



2025 CAVITE COOPERATIVE MONTH
CELEBRATION OPENING SALVO
10 OCTOBER 2025 | STRIKE GYMNASIUM, CITY OF BACOR

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Cavite celebrates Cooperative Month 2025, strengthening unity and shared prosperity

The Provincial Government of Cavite, through the Office of the Provincial Cooperatives Development Officer (OPCDO), in coordination with the Provincial Cooperative Development Council (PCDC), led the 2025 Cavite Cooperative Month Celebration on October 10, at the Strike Gymnasium, City of Bacoor. This year's theme, "Cooperatives United in Purpose and Action, Sharing Prosperity to Build a Better World," highlighted the vital role of cooperatives in promoting economic inclusivity and community development.

The event began with a trade fair and exhibits officially opened through a ribbon-cutting ceremony led by Governor Francisco Gabriel D. Remulla and guests.

During the opening program, Bacoor City Mayor Strike B. Revilla and Cavite PCDC Chairperson Ms. Ma. Teresa O. Daño delivered their welcome and opening messages, followed by inspiring remarks from Cooperative Development Authority (CDA) Usec. Alexander Raquipo, Rep. Lani Mercado-Revilla, Vice Governor Ramon Vicente H. Bautista, and Vice Mayor Rowena Bautista-Mendiola. Governor Remulla gave the Solidarity Address, emphasizing Cavite's strong cooperative movement.

CAVITE • 4

PGC employees empowered through Civilian Self-Defense Intro Workshop



CIVILIAN SELF-DEFENSE INTRO WORKSHOP
10 OCTOBER 2025 | NEW PROVINCIAL GOVERNMENT CENTER, TRECE MARTIRES CITY

In a proactive move to promote personal safety and preparedness among its workforce, the Provincial Government of Cavite (PGC), through the Cavite Office of Public Safety, spearheaded the Civilian Self-Defense Intro Workshop held on October 10, at the New Provincial Government Center in Trece Martires City.

The activity drew the participation of more than 100 PGC employees, who eagerly took part in the hands-on training designed to en-

PGC EMPLOYEES • 4

Science Takes Root in Nueva Vizcaya as DOST Region II Celebrates RSTW 2025



Bayombong, Nueva Vizcaya — The Department of Science and Technology (DOST) Region II brought science closer to communities through a series of project visits and technology showcases during the 2025 Regional Science, Technology, and Innovation Week (RSTW) held on October 9–11, 2025, at the Nueva Vizcaya State University (NVSU), Bayombong, Nueva Vizcaya.

Graced by DOST Secretary Dr. Renato U. Solidum Jr., Undersecretary for Regional Operations Engr. Sancho A. Mabborang, and DOST

SCIENCE TAKES • 5

NEWS

Fruit prices in China becoming more affordable

Many Chinese consumers have observed a significant decline in the prices of once-premium fruits like blueberries and Shine Muscat grapes. This trend is primarily driven by market dynamics and expanded production capabilities.



A vessel loaded with apples and kiwifruits from New Zealand docks at a terminal in Yuhuan, east China's Zhejiang province, Aug 19, 2025. (Photo/Duan Junli)

"Price fluctuations reflect fundamental supply-demand dynamics. Increased availability naturally leads to price adjustments," said Wang Wenhui, director of the fruit storage and processing research center at the Research Institute of Pomology, Chinese Academy of Agricultural Sciences.

Fruits like cherries and blueberries have seen substantial import growth, creating competitive pricing pressure.

Meanwhile, domestic production of blueberries and Shine Muscat grapes has also expanded rapidly, pushing their prices onto a downward track.

Data show that over the past decade, China's fruit planting area and output have continued to rise. By 2023, fruit output reached 327 million tons, with per capita availability exceeding 232 kilograms, well above the global average. This increase has been supported not only

by steady supplies of seasonal fruits but also by the rapid rise of off-season produce cultivated in controlled environments.

The Shine Muscat grape is a vivid example. Introduced in China in 2011 as a premium variety, it now covers nearly 2 million mu (133,000 hectares) nationwide, with output exceeding 3 million tons. Its price has fallen dramatically from an initial farm-gate price of 150 yuan (\$21.08) per kilogram and retail price



A farmer picks blueberries in a production base in Renshou township, Jing'an county, Yichun, east China's Jiangxi province. (Photo/Bao Gansheng)

of 300 yuan per kilogram, down to around 10 yuan today.

Wang explained that the rapid expansion of planting, soaring yields, and standardization across the industrial chain have transformed Shine Muscat grape from a luxury fruit into an everyday option for consumers.

At the same time, fruit imports are also booming. Over the past decade, China's fruit imports have grown rapidly, with total imports in 2024 up 77.1 percent compared with those in 2015. Sources and varieties have diversified, with popular fruits such as cherries and blueberries seeing explosive growth in import volumes.

New varieties are gaining market access, while favorable policies such as lower tariffs and faster customs clearance are being introduced. Trade fairs including the Canton Fair, the China International Import Expo, and

the China International Consumer Products Expo are creating smoother channels for international suppliers. Meanwhile, infrastructure projects such as the New International Land-Sea Trade Corridor and the China-Laos Railway, along with expanded cold-chain logistics, storage facilities, and shipping routes, are making fruit trade between China and the world more efficient and convenient.

In addition to supply-side changes, demand-side adjustments are also influencing the prices of high-end fruits. Wang noted that the imported fruit market in China is becoming more segmented, with different grades of products now offered to cater to different consumer groups. This provides consumers with more diverse options and better value for money.

China's geographic diversity also means that different regions produce

distinct high-quality specialty fruits, which often come at more competitive prices. With the growth of e-commerce and new retail models, consumers now enjoy a wider range of purchasing options, which makes it easier to find fruit that suits their preferences.

Looking ahead, as global fruit production continues to expand, trade becomes increasingly convenient, and China's domestic fruit industry continues to upgrade, Chinese consumers will have access to a wider variety of fruits at more reasonable prices.

"With abundant supply in the Chinese market and increasingly smooth distribution channels, fruit prices are expected to remain stable. The 'fruit basket' will keep expanding, giving consumers more variety and making fresh fruits increasingly accessible," Wang said. (By Chang Qin, People's Daily)



Photo shows fruits sold in a supermarket in Kunming, southwest China's Yunnan province. (Photo/Zheng Yi)

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Editorial

Positive outlook in the education front

In the past week, the country has been ravaged by earthquakes, floods and landslides. Add to that the unimaginable greed of some politicians and engineers of the Department of Public Works and Highways, delivering substandard projects that only caused flooding and deaths.

One bright spot, though, can be found on the education front. The Department of Education (DepEd), the Commission on Higher Education (CHED), and the Technical Education and Skills Development (Tesda) have signed an agreement to establish a unified and interoperable data system to track the process of Filipino learners across all levels of education.

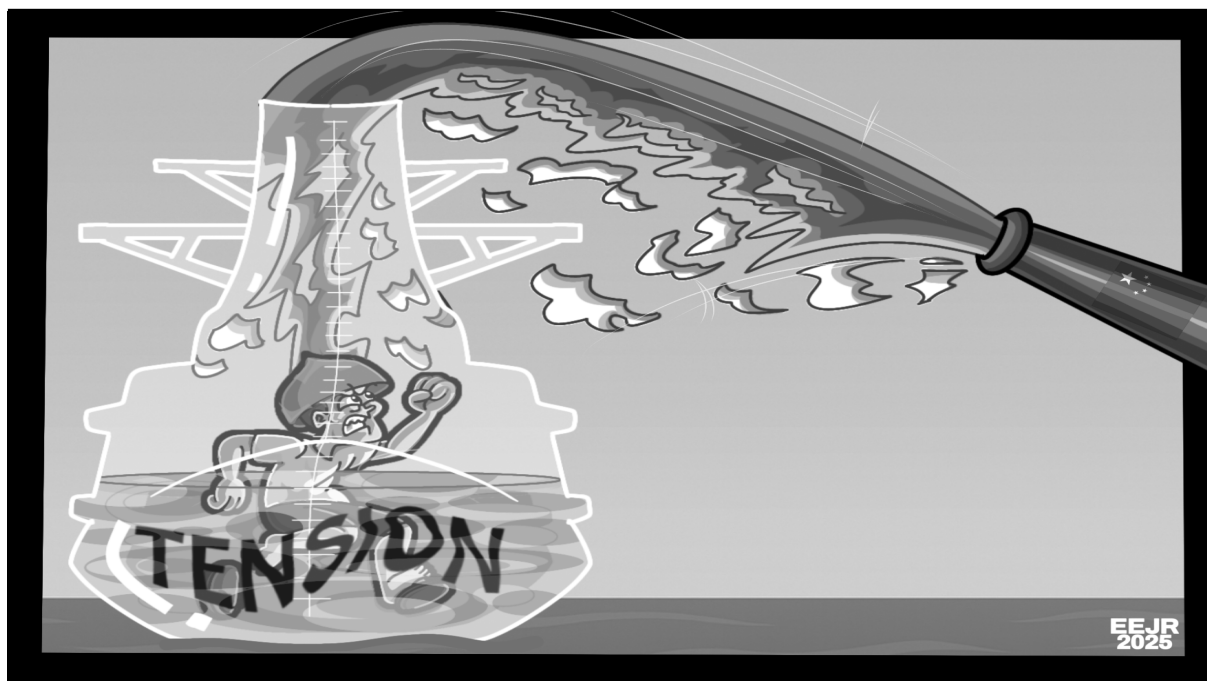
The memorandum of understanding (MOU) was formalized during the first joint management committee meeting of the three agencies with Education Secretary Juan Edgardo "Sonny" Angara, CHED chairman Shirley Agrupis, and Tesda Director General Jose Francisco "Kiko" Benitez as signatories.

The initiative addresses a longstanding challenge that has been identified by the Second Congressional Commission on Education (Edcom 2): fragmented information systems that hinder the monitoring of a learner's progress from basic education through higher and technical-vocational training.

Currently, DepEd's Learner Reference Number (LRN) and Tesda's Unique Learner Identifier (ULI) exist separately, making integration difficult. This has been a perennial problem in bureaucracy — the lack of synergy among agencies dealing with the same issue.

Angara said: "For too long, our view of a student's journey has been fragmented. This isn't just about numbers — it's also about understanding the learners' pathways and ensuring that every Filipino has an opportunity to succeed. This fulfills a core recommendation of Edcom 2, which is turning a critical diagnosis into decisive action."

Benitez called the agreement "a game-changer" for aligning education with the needs of the workforce. Again, this has been a longstanding challenge for Tesda and likewise for CHED — how to align course offerings in state universities and colleges (SUCs) and the technical-vocational courses in Tesda



with industry needs.

Benitez said: "By understanding the learners' background, we can better guide them into tracks that lead directly to in-demand jobs."

Agrupis emphasized its importance for higher education, noting that the system would help refine scholarships, improve enrollment projections, and ensure that the degree programs remain relevant.

What is the importance of the unified system? It is expected to enhance learner tracking, improve the targeting of support programs, such as the Pantawid Pamilyang Pilipino Program (4Ps) and the Bagong Pilipinas Merit Scholarship. It will also sharpen the enrollment projections for state universities and colleges, which is important for the government to process early the payment for the students' tuition and fees. In theory, all students at SUCs get free tuition and fees, and the earlier this is processed, the better, since the government can remit the tuition and fees to the SUCs.

It will also link with other agencies, including the Department of Information and Communication Technology (DICT), the Department of Labor and Employment (DOLE), the Department of Social Welfare and Development (DSWD), and the Philippine Statistics Authority, to support the broader goals of national development.

CHED and Tesda will adopt the DepEd's LRN as the common identifier, while the DepEd will ensure continuous issuance and sharing of data.

The system is slated for pilot implementation by 2026 and full deployment by 2027. It is supported by the Education Center for AI Research (Ecair).

But as we said in this space last week, there is also a pressing need to increase the salaries of public school teachers, which are among the lowest in the bureaucracy.

"Under the law, we are tied to the P50 pay per diem from 2024 to 2027," said Vladimir Quetua, the chairperson of the Alliance of Concerned Teachers (ACT). "If we follow this law, while the prices of goods and services are skyrocketing, we are hoping for some sort of upgrade."

On Oct. 3, as part of the observance of World Teachers' Day, teachers across Metro Manila again staged a mass walkout to underscore the longtime challenges of their profession — low wages, shortage of learning facilities and materials, and an education budget that is yet to meet the standards set by the United Nations.

The mass action also served as an expression of outrage over the systemic corruption being uncovered lately in public works projects. These projects include more than 1,000 substandard classrooms, which were turned over by DPWH to DepEd without doors and toilets, unpainted and with leaking roofs.

There is now a clamor for teachers to be granted an entry-level salary of P50,000. It's about time we consider this proposal seriously.

Nahihilo: Mga Posibleng Dahilan

MARAMING dahilan ang pagkahilo. Kadalasan ay hindi naman delikado ito. Pag-usapan natin ang mga pangkaraniwang sanhi ng pagkahilo.

1. Problema sa mata — Kung malabo na ang iyong mata, puwede kang mahilo sa pagbabasa. Kung madalas mag-computer, nakahihilo rin. Dapat ay ipahinga ang mata at tumingin sa malayo para ma-relaks ito. Magpagawa ng salamin o dili kaya'y baguhin na ang grado ng salamin.

2. Problema sa tainga — Isa pang pangkaraniwang dahilan ng pagkahilo ay ang sakit sa tainga. Nasa tainga kasi natin ang vestibular system kung saan nagmumula ang pakiramdam natin sa balanse at pag-galaw. Kung may dumi o impeksiyon sa tainga, puwede ito magdulot ng matinding pagkahilo (vertigo). Ang gamot dito ay ang meclizine 25 mg tablets (Dizitab, Bonamine). Ang ganitong hilo ay tumatagal ng mga isang buwan bago humupa.

3. Presyon ng dugo — Kung ika'y may high blood, puwede kang mahilo at manakit ang iyong batok. Kung ikaw naman ay low blood, anemic at maputla, puwede ka rin mahilo. Dapat ang blood pressure natin ay nasa pagitan ng 140/90 ang pinakamataas at 90/60 ang pinakamababa.

4. Nerbiyos — Ang mga nerbiyosong tao ay madalas din mahilo. Kapag kinakabahan, natatakot o nakasaksi ng nakahihindik na bagay, puwede silang mahilo. Ang

DOKTOR NG MASA

ni Dr. Willie Ong



tawag dito ay panic attack o nerbiyos. Kailangan lang nila na magpahinga at uminom ng pampa-relax tulad ng Lexotan 1.5 mg tablet. Sa doktor lang makahihi ng reseta nito.

5. Kulang sa oxygen — Minsan naman ay may nahihilo o nahihimatay sa isang mataong lugar tulad ng simbahan o rally. Dala ito ng matinding init at dami ng tao. Kailangan lang magpahinga, magpahangin at mawawala rin ang hilo.

Sa panghuli, mayroon ding mga pinanggagalingan ang hilo na mas seryoso. Ito ay ang istrok at tumor sa utak. Ang istrok ay may matinding pagkahilo at may kasamang panghihina ng isang parte ng katawan. Ang tumor naman sa utak ay may kasamang matinding sakit ng ulo.

Subalit huwag matakot dahil bihira lang naman ito. Kung may karagdagang katanungan, komunsulta sa doktor.

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Science Takes

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Region II Director Dr. Virginia G. Bilgera, the celebration highlighted how research, innovation, and technology continue to uplift lives and empower communities across Cagayan Valley. One of the major highlights was the inauguration of the Adaptive Robotics Technology and Intelligent Computing (ARTIC) Center at NVSU—a pioneering facility designed to advance intelligent systems research and strengthen regional capabilities in artificial intelligence, robotics, and data-driven innovation.

Beyond the launch of high-tech laboratories, this year's RSTW focused on science in action through field visits that showcased how DOST's programs and partnerships create tangible impacts on local industries. The first leg of the visit brought the DOST delegation to two flagship citrus initiatives in Nueva Vizcaya—the NICER Citrus Project at the NVSU Citrus Resources Research and Development Center and the Namujhe Integrated Farm in Malabing Valley, Kasibu. Led by Dr. Elbert A. Sana, Project Leader of the NICER Project on Establishing Quality Planting Materials Production System for Cit-

rus, the team at NVSU shared how the initiative ensures the production of high-quality, disease-free planting materials through a robust Quality Planting Materials Production System (QPMPS). Funded by DOST-PCAARRD, the project supports nurseries and partner LGUs in Kasibu and Villaverde, enabling local farmers to access superior citrus seedlings—such as Satsuma, Calamansi, Lemon, and Pummelo—that are indexed for major citrus diseases like Citrus Tristeza Virus (CTV) and Huanglongbing (HLB). Through science-based orchard management and irrigation practices, the project has boosted fruit yield, improved quality, and strengthened Nueva Vizcaya's identity as the Citrus Capital of the Philippines.

Meanwhile, the visit to the Namujhe Integrated Farm, owned by Mr. and Mrs. Alfonso and Josephine Namujhe, showcased how DOST's Small Enterprise Technology Upgrading Program (SETUP) introduced a ₱1.2-million Gravity-Type Drip Irrigation System to address recurring irrigation challenges. The innovation significantly improved

flower initiation, reduced fruit drop, and stabilized production—sustaining an annual yield of 250 to 300 tons of citrus despite climate stresses. These successes exemplify how the convergence of research and technology directly benefits local farmers, driving growth in one of Region II's key agricultural sectors.

The RSTW project visits also featured DOST's continued support for micro, small, and medium enterprises (MSMEs) that are adopting sustainable technologies. At Zen Hotel-Bayombong, owned by Mr. Antonio and Mrs. Zenaida Caleon, DOST-SETUP funded the installation of a 100kW solar power system that dramatically reduced monthly electricity costs from ₱367,000 to just a fraction of the amount, yielding over ₱324,000 in savings and enabling the business to sell excess power back to the grid. During the visit, Secretary Solidum emphasized that solar energy adoption can help MSMEs cut power expenses, enhance efficiency, and promote environmental sustainability. He also encouraged government offices to invest in renewable systems to reduce overall power consumption nationwide.

Another stop led the DOST team to JAYDEX Farm and Hatchery in



Maddiangat, Quezon, Nueva Vizcaya, owned by Mr. Fred A. Bisquera, a retired aquaculture expert. Through DOST's interventions, the farm modernized its facilities and introduced efficient water management technologies, resulting in a 30–50% increase in tilapia yield, improved fingerling quality, and reduced operational costs. Now serving as a learning hub for local fish farmers, JAYDEX Farm demonstrates how S&T interventions enhance

freshwater aquaculture, contribute to food security, and promote sustainable livelihoods in the region.

Through the synergy of programs like NICER, SETUP, and the establishment of facilities like the ARTIC Center, DOST Region II continues to bridge research institutions, industry partners, and local communities toward a smarter and more sustainable future. "When science takes root in the hands of our farmers, innovators, and en-

trepreneurs, it grows into something greater than technology—it becomes progress," said Secretary Solidum, highlighting DOST's commitment to ensuring that innovation reaches every Filipino. From the lab to the field, and from farms to enterprises, the 2025 RSTW in Cagayan Valley showcased the transformative power of science, technology, and innovation in building resilient, inclusive, and future-ready communities. **(Nelson Santos)**

PGC employees

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hance awareness, confidence, and readiness in handling real-life threats or emergencies.

Leading the workshop were Ms. Yonina Colleen Chan, Mr. Ronald Bardinas, and Mr. Von Eric Ng of Krav Maga Philippines, who shared essential techniques and practical strategies

rooted in Krav Maga's principle of efficient and instinctive self-defense. The instructors guided participants through a series of drills focused on situational awareness, defensive postures, and response tactics against potential attacks, emphasizing the importance of presence of mind and

quick decision-making.

The event served not only as a fitness and empowerment activity but also as a vital step in strengthening the province's advocacy for safety and well-being among its employees. By equipping government personnel with basic self-defense knowledge, the PGC continues to demonstrate its commitment to fostering a secure and resilient workplace. **(OPIO)**



CIVILIAN SELF-DEFENSE INTRO WORKSHOP
 16 OCTOBER 2025, NEW PROVINCIAL GOVERNMENT CENTER, TRINITY MARTIRES CITY

MULA SA BAYAN, PARA SA BAYAN

REVAYAH OPC

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tinuous growth.

The seminar was facilitated by Ms. Verjo Angelie M. Sisante, a member of the Food Safety Team of DOST-CALABARZON, who emphasized the importance of mandatory food safety training in ensuring consumer safety, building customer trust, and maintaining compliance with regulatory standards.

"Na refresh yung knowledge namin sa tamang pag handle ng food sa pamamagitan ng training, maganda parin talaga na naaalala ito time to time para masigurong nasa quality pa rin yung ginagawa namin sa bawat proseso mula sa receiving hanggang sa entrada," said Mr. Eldred John Abagon, Quality Assurance Officer of Revayah OPC.

Ms. Sisante delivered an in-depth discussion on various cGMP elements, including organizational structure, staff training, plant layout and design, sanitation and

hygiene, equipment maintenance, process and chemical control, quality management systems, audits, traceability, and documentation. She also addressed common GMP lapses and provided practical recommendations to prevent contamination and maintain consistent product quality. To assess the participants' learning, a pre-test and post-test were conducted, and all participants successfully passed, reflecting their improved understanding of cGMP principles and food safety protocols.

One of the seminar's

highlights was a hands-on demonstration on proper handwashing using the Glo Germ kit, which allowed participants to visualize the critical role of hygiene in preventing foodborne contamination. The training also served as the formal induction program for Revayah OPC's newly hired staff. As part of their orientation, participants were introduced to the key provisions and importance of Republic Act 10611 or the Food Safety Act of 2013, which underscores how adherence to this law safeguards public health and ensures the delivery of high-quality food products. **(By Kimberly A. Azuelo)**



DOST
CAVITE

NEWS

DOST CALABARZON Gears Up for Smart City transformation of Lucena City through Benchmarking of Cauayan City's Smart Innovations

The Department of Science and Technology CALABARZON, through the Provincial Science and Technology Office (PSTO) Quezon, in collaboration with the Highly Urbanized City of Lucena, successfully conducted a benchmarking activity in Cauayan City, Isabela, on October 2–3, 2025.



Recognized as the first Smart City in the Philippines and known as the City of Firsts, Cauayan City served as an ideal model for Lucena's ongoing efforts toward becoming a smart and sustainable community. The activity aimed to introduce Lucena City to Cauayan's various smart initiatives, highlighting both the successes and challenges that shaped its digital transformation journey.

Through this knowledge exchange, DOST CALABARZON, PSTO Quezon, and the City of Lucena reaffirmed their shared commitment to advancing science, technology, and innovation as vital tools in achieving efficient and sustainable

urban governance.

The delegation was composed of DOST CALABARZON's Assistant Regional Director for Technical Operations, Engr. Francisco R. Barquilla III; PSTO Quezon Provincial Director, Ms. Maria Esperanza E. Jawili; and PSTO Isabela Provincial Director, Engr. Rosario "Rose" G. Danga.

On October 2, the benchmarking program commenced with a presentation on Cauayan City's journey to becoming the country's first Smart City. Smart City Focal Person, Atty. Reina Consorcia M. Santos highlighted the city's technology-driven governance and citizen-fo-

cused innovations. These include Cauayan's recognition as the "Innovative City of the North," its hosting of the International Smart & Sustainable Cities & Communities Exposition and Networking Engagement (ISCENE) in 2023 and 2025, and the development of several replicable technologies.

The plenary also emphasized the importance of partnerships and linkages in advancing smart city development—particularly the role of national government agencies, state universities and colleges, and the business sector in supporting local innovations. Cauayan City Mayor Caesar "Jaycee" S. Dy Jr. was

also present during the discussion.

On October 3, the delegation visited the Isabela State University (ISU) Cauayan Campus to explore the Business Intelligence Research and Development Center (BIRD-C) and learn about its locally developed technologies in partnership with the LGU. Lucena City and DOST CALABARZON expressed interest in benchmarking the iCity:

Digital Business Locator, along with other innovations such as the Business Intelligence Data Driven Assistant (BIDDA) for DOST SETUP Adopting Business Performance, Good Governance through Data Science and Decision Support System (GODDESS), Optimization of Decision Support System for Effective e-Governance (ODESSee), Community Dengue Early Warning

System (C-DEWS), Agriculture Supply and Demand Information System (LOQALINK), and the university's Bamboo Processing Facility.

Through this initiative, DOST CALABARZON and the City of Lucena aim to adopt and localize best practices that will accelerate their transition toward a smart, data-driven, and sustainable community. *(By Jade Alezandra L. Morales)*

LGU needs

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sustainable and inclusive development across Bukidnon communities.

Facilitated by the Department of Science and Technology – Northern Mindanao (DOST-NM) through the Provincial Science and Technology Office (PSTO) Bukidnon, the forum bears the theme "Bringing STI-Driven Development for All." This aims to strengthen the implementation of community-based projects that will improve livelihoods, enhance sustainability, and enhance sustainability. Health and nutrition, protecting nature, and developing disaster resilience.

Yes Engr. Send the N. Ratilla, Regional Director of DOST-NM, delivered the keynote message, highlighting STI's vital role in empowering local communities and promoting inclusive growth.

Among the distinguished guests and in attendance is Congressman Jonathan Keith T. Flores (represented by Mr. Roque Rios Jr.), Malaybalay City Mayor Atty. Warren Pabillaran (represented by Mr. John Valmores), Malitbog Mayor Gary D. Casino (represent ni Ms. Marianne T. Casino), Talakag Mayor Renato Sulatan Jr., Maramag Vice Mayor John Lester Malack Tan, Mr. Alberto Bigas, Atty. Francesco Manuel P. Valdez, Rep. Marjorie Jaraula, and Dr. Carina Joanne V. Barroso, with more than 200 participants from all over Bukidnon.

Representing

Kalilangan in this activity a delegation composed of LGU employees and MAFA Inc. Coffee Farmers, one of the leading community-based groups in the municipality supported through the CEST Program of DOST. Their participation highlights strong collaboration with the local government in the science and technology sector in promoting economic growth driven by innovation and sustainable livelihood opportunities.

Through this initiative, DOST-NM reaffirmed its mission to bring science closer to humanity—empowering communities through innovation and forging pathways toward sustainable progress.

The afternoon session of the Bukidnon CEST Forum 2025 featured

presentations of DOST technologies and programs under CEST entry points, featuring innovations in economic development, environmental protection, disaster risk reduction and climate change adaptation, health and nutrition, and human resource development.

Participants were also introduced to SARAI Technologies, an intelligent agricultural tool designed to help farmers make informed, data-driven, and sustainable decisions.

Through recognizing LGU Kalilangan and its partner communities, MAFA Inc. Coffee Farmers, DOST-NM highlighted the importance of collaborative governance in advancing Science, Technology, and Innovation as cornerstones of inclusive and sustainable community transformation in Bukidnon.



MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Papaganda nang papaganda ang kapalaran mo. Ito ang regalo sa iyo ng langit. Masuwerteng kulay-pink. Tips sa lotto-3-14-21-24-28-33.

TAURUS (Apr. 20-May 20) - Kasabay ng nagkikislapang display ng Christmas tree sa mga bahay-bahay at commercial building, ang magagandang kapalaran ay magkikislapang na rin sa iyong buhay. Masuwerteng kulay-beige. Tips sa lotto-5-16-25-31-37-42.

GEMINI (May 21-June 20) - Malinis ang tubig-ulan at madumi naman ang hangin. Kaya sa pagdaan ng malinis na ulan sa hangin, dumurumi ito. Huwag kang basta-basta magtiwala sa mga bago mong kakilala. Masuwerteng kulay-blue. Tips sa lotto-4-19-22-23-35-41.

CANCER (June 21-July 22) - Walang taong ninais magkaroon ng bagyo. Kapag naramdaman mong sobrang lakas ng dating ng isang tao, magingat ka. Masuwerteng kulay-black. Tips sa lotto-9-18-20-27-34-39.

LEO (July 23-Aug. 22) - Lahat naman ng bagay ay natatapos. Ang mahalaga ay panatilihin mo ang pagiging matatag, kahit pa sobrang bigat na ng mga pangyayari. Masuwerteng kulay-violet. Tips sa lotto-2-11-28-30-33-45.

VIRGO (Aug. 23-Sept. 22) - Huwag kang mag-alala kung matumal ang negosyo mo. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-peach. Tips sa lotto-8-14-21-31-38-43.

LIBRA (Sept. 23-Oct. 22) - Pana-panahon lang ang negosyo. Huwag mong ipilit ang mga produktong hindi naman tugma sa panahon ngayon. Kung ano ang pangangailangan ng mga tao, iyon ang ibenta mo. Masuwerteng kulay-red. Tips sa lotto-5-13-22-29-35-37.

SCORPIO (Oct. 23-Nov. 21) - Sumasaya ang mga halaman kapag sumasapit na ang tag-ulan. Ang buto ay tutubo, habang ang mga dahon ay mananariwa at ang mga sanga ay lalago. Tulad ka rin ng halaman ngayon, lalago ka hanggang sa umunlad pa lalo ang iyong kabuhayan. Masuwerteng kulay-brown. Tips sa lotto-3-11-21-26-33-40.

SAGITTARIUS (Nov. 22-Dec. 21) - Matuto kang mamaluktot kapag maikli ang kumot. Pagtiisan mo muna ang kakapiranggot na suweldo at kita mo. Isa pa, iwasan mo rin ang paggastos sa mga bagay na hindi naman kailangan. Masuwerteng kulay-white. Tips sa lotto-6-16-20-22-33-35.

CAPRICORN (Dec. 22-Jan. 19) - Maghanap ka ng mapaglilibangan. Kapag walang ginagawa ang mga tao, negatibong pananaw lang ang maglalaro sa kanyang isipan. Masuwerteng kulay-green. Tips sa lotto-6-19-24-25-34-36.

AQUARIUS (Jan. 20-Feb. 18) - Magnegosyo ka na ngayon kahit maliit lang ang puhunan, kapag napalaki mo ang benta, indikasyon 'yan na kaya mo ring magpayaman. Masuwerteng kulay-yellow. Tips sa lotto-1-17-21-27-38-42.

PISCES (Feb. 19-Mar. 20) - Kapag malinis ang paligid mo, lalo na ang higaan mo, tiyak na malaking suwerte ang darating sa iyo. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-purple. Tips sa lotto-3-13-16-22-31-44.

SUDOKU

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	1					5		
7	2				9	1		
		4					2	
			5			9		8

SAGOT: SUDOKU VOL. 22 #32

8	1	9	3	7	2	5	6	4
5	2	6	8	4	1	7	9	3
3	4	7	9	5	6	1	8	2
1	8	4	7	2	5	9	3	6
6	9	5	1	8	3	2	4	7
7	3	2	6	9	4	8	5	1
4	5	1	2	3	8	6	7	9
2	7	8	4	6	9	3	1	5
9	6	3	5	1	7	4	2	8

HOW TO PLAY: Sudoku puzzle is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called boxes. There are 9 rows, 9 columns and 9 boxes in every puzzle. The object of the game is to fill all squares in the grid with the correct number.

The rules are: • Every row, column and box must contain all the digits 1 to 9.

• Each number can only appear once in every row, column or box.

• Every puzzle has only one correct solution!

Did You Know?



THE WORLD'S OLDEST WOODEN WHEEL HAS BEEN AROUND FOR MORE THAN 5,000 YEARS

Talk about one old tourist attraction! This wheel was found in 2002, approximately 12 miles south of Ljubljana, the capital of Slovenia, and is now housed in the city's museum. Radio-carbon dating was used to determine the wheel's age, which is somewhere between 5,100 and 5,350 years old.

WORD HUNT

Keep Your Blood Pressure Under Control

C	X	L	E	A	N	M	E	A	T	S	E	G	T
I	A	M	S	S	C	S	M	I	D	S	H	D	G
O	G	E	S	L	A	A	T	A	I	R	S	G	Y
O	E	D	T	T	V	L	S	C	S	O	W	C	G
H	T	I	I	E	A	T	R	G	S	E	A	L	O
M	A	C	B	I	T	E	N	T	A	M	T	W	L
E	C	A	A	D	X	U	R	O	R	A	E	D	A
T	O	T	H	E	L	E	T	A	T	C	R	H	M
O	V	I	I	C	S	G	H	L	E	O	H	E	O
O	D	O	U	S	T	P	I	A	R	N	T	A	N
R	A	N	O	N	L	A	A	R	I	T	L	R	I
A	S	T	I	U	R	F	H	S	E	R	A	T	T
G	N	I	K	L	A	W	L	A	S	O	E	R	O
S	I	L	R	E	B	I	F	B	E	L	H	E	R

STRESS
HEART
DIET
ADVOCATE
PHARMACY
LEAN MEATS
SALT
EXERCISE
HEALTH
WATER
LOG
FRUITS
MONITOR
MEDICATION
LUNGS
FIBER
HABITS
WALKING
ARTERIES
CONTROL

LGU NEEDS TO BE RECOGNIZED AS DOST PARTNER IN CEST PROGRAM



The local government of Kalilangan headed by Mayor Atty. Raymon Charl O. Gamboa is one of the recognized partners of the Department of Science and Technology (DOST) during the Bukidnon CEST Forum: Bridging STI-driven Development for All, held on October 9, 2025, at Loiza's Pavilion, Casisang, Malaybalay City.

The Community Empowerment through Science and Technology (CEST) Forum 2025 brings together DOST partners, local leaders, and stakeholders to showcase how science, technology, and innovation (STI) can drive LGU NEEDS • 6

REVAYAH OPC receives training on Current Good Manufacturing Practices (cGMP)

On September 18, 2025, Revayah OPC participated in a seminar on Current Good Manufacturing Practices (cGMP) held in Trece Martires City, Cavite. The training aimed to enhance the company's knowledge of food safety protocols, identify potential food hazards and contamination sources, and assess sanitary conditions to ensure compliance with GMP standards and food safety regulations.



As Revayah OPC is actively engaged in the food industry, this seminar was pivotal in strengthening Revayah OPC's capacity to deliver safe, high-quality and regulation-compliant products. The training provided participants with tools and insights to align their operations with cGMP standards while reinforcing their commitment to food safety excellence and con- REVAYAH OPC • 5

A Celebration of Creativity, Culture, and Craftsmanship at SM City Dasmariñas!

The OTOP Next Gen Trade Fair and Exhibit 2025 officially opened on October 6, 2025, at SM City Dasmariñas, showcasing Cavite's home-grown excellence through a vibrant display of creativity, culture, and local talent.



The opening ceremony was graced by Cavite Governor Jonvic "Abeng" Remulla, Dasmariñas Vice Mayor Hon. Dennis "Third" Barzaga, members of the City Council and Provincial Board, and DTI Cavite representatives, who expressed their continued support for local entrepreneurs and small businesses.

Raising the Bar for Cacao: DTI 4-A Holds Regional Judging for Calabarzon's Finest Beans

The Department of Trade and Industry Region 4-A successfully conducted the Regional Judging and Evaluation for the Calabarzon Cacao Quality Award 2025 on October 7-8, 2025 at Flor and Daisy Agricultural Farm, Sariaya, Quezon. The activity was conducted in partnership with the Department of Agriculture 4-A, the University of the Philippine Los Baños- Institute of Food Science and Technology, and the Calabarzon Cacao Industry Federation, Inc., with support from the Offices of the Provincial Agriculturists in Batangas, Cavite, Laguna, Quezon and Rizal.



The CCOA aims to recognize outstanding fermented cacao beans in the region and promote quality standards and best postharvest practices among cacao producers. Results will be formally announced during the Calabarzon Cacao Congress 2025, to be held on October 22-24 at the Quezon Convention Center, Lucena City.