



25th National PESO Congress strengthens employment network across the Philippines

The Public Employment Service Office Managers Association of the Philippines (PESOMAP) – CALABARZON in collaboration with the Department of Labor and Employment (DOLE), successfully held the 25th National Public Employment Service Office (PESO) Congress from October 15 to 17, at Taal Vista Hotel in Tagaytay City. The event gathered more than a thousand PESO managers, local government leaders, and employment advocates nationwide.

With the theme “Dalawampu’t Limang Taon ng Matatag at Maayos na Paglilingkod Tungo sa Bagong Pilipinas”, the congress served as a milestone gathering, highlighting the continuous evolution of the PESO network as a vital arm of government in ensuring accessible, inclusive, and responsive employment services for every Filipino.

In his keynote message delivered virtually, President Ferdinand R. Marcos, Jr. lauded the PESO network for its unwavering commitment to creating pathways for meaningful employment and local economic growth. He emphasized that through strengthened partnerships with LGUs, TESDA, and other government agencies, PESOs continue to play an indispensable role in reducing joblessness and poverty at the grassroots level.

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PGSO of Lanao del Sur conducts benchmarking activity at PGC



The Provincial Government of Cavite, through the Office of the Provincial General Services Officer (OPGSO), warmly welcomed the delegates from the Provincial General Services Office of Lanao del Sur headed by Mr. Abraham S. Rasuman during their benchmarking activity held on October 21, 2025, at the New Provincial Government Center, Trece Martires City.

The activity aimed to foster inter-provincial collaboration and knowledge sharing on the implementation of effective systems and best practices in various operational areas. Among the systems presented were procure-

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NEWS

PNHS Joins the Growing Network of STARBOOKS Beneficiaries

Peñablanca National High School (PNHS) in Camasi, Peñablanca, Cagayan, has officially joined the growing network of STARBOOKS beneficiaries in Region II following the successful installation of the Science and Technology Academic and Research-Based Openly Operated Kiosks (STARBOOKS).



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With more than 1,845 students and 102 dedicated teachers and staff, PNHS has long been a stronghold of inclusive and quality education in the region. The installation of STARBOOKS marks a major step toward making science, technology, and innovation accessible to every learner, even without the internet.

"With STARBOOKS, mas gaganahan ang mga mag-aaral na bumalik sa library, mag research at magbasa" shared Sharon Soriano, Teacher III and

library in-charge. "Mas magiging updated ang learners with new trends lalo na there are learners from far flung areas, at least open ang library for them" Loraine C. Rodriguez, Teacher II added.

Through STARBOOKS, students can now access thousands of educational materials, from science and math lessons to livelihood and research videos, all available offline. The system provides an equal opportunity for learners to explore new ideas and develop a love

for knowledge, regardless of connectivity challenges.

This partnership between DOST and PNHS is not merely an installation but a commitment to nurture young minds, promote digital inclusion, and strengthen education in rural communities. As PNHS continues to guide its students toward becoming responsible and innovative citizens, STARBOOKS stands as a beacon of hope proving that with science and technology, every dream is within reach.



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Cayetano backs call for higher funding for disaster-hit families' housing aid

Senate Minority Leader Alan Peter Cayetano has expressed support for the Department of Human Settlements and Urban Development's (DHSUD) appeal for a higher budget for the Integrated Disaster Shelter Assistance Program (IDSAP) to help families rebuild their homes after recent calamities.

Cayetano made the call after it came out during a Senate briefing on DHSUD's proposed 2026 budget on October 15 that the agency had requested P4 billion for the program but was granted only P412 million under the 2026 National Expenditure Program.

The IDSAP provides P10,000 in cash aid for partially damaged houses and P30,000 for totally damaged ones.

Cayetano said rehabilitation remains the weakest link in disaster response, noting that families affected by previous calamities are often forgotten once new ones strike.

"Medyo magaling na tayo sa relief but medyo mabagal talaga tayo sa rehabilitation. In fact, 'pag may nangyaring bagong kalamidad, nakakalimutan na natin yung dati," he said.

He emphasized that disaster relief must always be followed by proper rebuilding so that commu-



nities can "build right at first sight".

To address this, the minority leader renewed his call for the creation of an Emergency Response Department, which he has consistently pushed for, to ensure accountability and continuity in disaster response and rehabilitation.

"Kailangan po ng isang departamento na walang ibang ginagawa kundi relief at rehab," the minority leader said. "Ang kalamidad po ba, ang sunog, ang bagyo, ang

lindol, eto po ba ay tumitigil? Hindi. Pero ang mga departamento, hilong-hilo na rin sa kakamultitasking."

Cayetano also called for transparency and efficiency in implementing the IDSAP and other disaster-related programs to make sure that funds reach the intended beneficiaries.

"We need a department na may isang natuturo, may isang pong accountable, at isa pong nakatutok talaga d'yan," he said.

Editorial

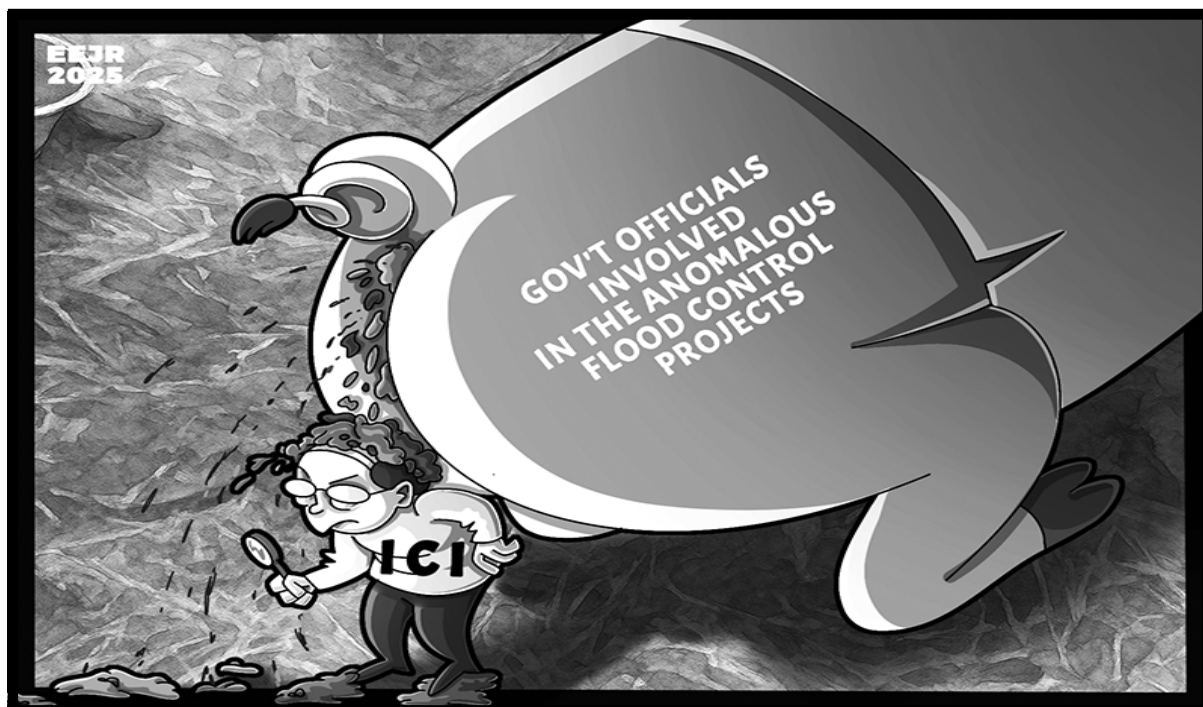
Rare progress on climate action

In what is becoming an unfortunately less frequent example of global cooperation in combating climate change, the International Maritime Organization (IMO) is set to adopt what will become the world's first-ever legally binding global emissions reduction and carbon tax framework, aimed at eliminating one billion metric tons of carbon dioxide emissions annually by 2050. The draft agreement of the IMO Net-zero Framework was first approved by the IMO Marine Environment Protection Committee (MEPC) at its meeting this past April, and is expected to be adopted by the full IMO — the membership of which represents 97 percent of the world's shipping — during its meeting this week in London.

The agreement is not just the first legally binding greenhouse gas reduction program for any global industry; it also represents a significant expansion of the IMO's original goals. In its 2018 Greenhouse Gas Strategy, the IMO had set a target of reducing shipping GHG emissions by half by 2050; with the new agreement, it now intends to achieve net-zero emissions in the same time period.

According to the latest available data, the shipping industry is responsible for approximately 2.9 percent of annual global GHG emissions, or just under one billion metric tons, and about 11 percent of GHG emissions from the transport sector. To its credit, the IMO has been active in supporting research and lobbying for regulatory changes to reduce GHG emissions from the shipping industry. It has over the past decade imposed standards for cleaner fuels, and has encouraged experimentation with technologies such as battery power, sail power, and alternative fuels, as well as simpler measures such as reducing ships' speed and operating freezer and refrigeration units at a slightly higher temperature. The new framework, however, greatly expands the mandatory measures that shippers must implement, and pay a substantial tax if they fall short.

The basics of the Net-zero Framework are progressive global fuel standards that require ships to reduce their annual greenhouse gas fuel intensity (GFI), which is the amount of GHG emitted for each unit of energy used.



For many ships, particularly the largest tankers, container ships, and cruise ships, this will be a long road to travel, as the majority of them still rely on bunker oil for fuel. The second part of the framework is the carbon tax, which will be imposed on ships emitting above GFI thresholds; to encourage shippers to work toward compliance, part of the tax revenues will be used as financial incentives for ships using zero or near-zero GHG technologies.

According to the IMO, other purposes for the carbon tax, which will be collected and managed in an IMO Net-zero Fund, will be to support innovation, research, infrastructure and just climate transition initiatives in developing countries; fund training, technology transfer, and capacity-building to support the IMO GHG Strategy; and to contribute to mitigation of negative climate impacts on vulnerable countries.

Once it is formally adopted, the Net-zero Framework will come into full effect at the beginning of 2027, to give shippers time to prepare. Covered ships will then be required to cut their emissions by 17 percent by the end of 2028, or pay the carbon tax penalty, with increasing cuts required thereafter until the net-zero target is reached by 2050.

get is reached by 2050.

There are a couple of encouraging takeaways from the development of the IMO Net-zero Framework, the main one being that it demonstrates that global-scale, legally binding climate action is indeed possible. In this sense, it is a rather damning indictment of the recent collapse of the global plastics treaty negotiations.

Apart from the direct positive outcomes that will be achieved by the IMO framework, the manner in which it was created suggests an approach that can be replicated elsewhere. Its successful passage may be attributable to its relatively specific focus, in this case, fuel for ships. Rather than broad initiatives that fall apart in the negotiation phase or become so watered-down as to be irrelevant because they have too many moving parts — again, the recent aborted plastics treaty serves as a good example — the world should consider focusing on smaller areas where agreement is easier to achieve. The IMO has just demonstrated how to do that; we are certain that its experts would be happy to share some tips and advice.

Sabaw Ng Manok: Pampalakas Ng Katawan (Chicken Soup)

Kahit noong unang panahon, ginagamit na ang chicken soup o sabaw ng manok para sa may karamdaman. Ang chicken soup ay may benepisyo sa mga sumusunod na kondisyon: ubo, sipon, trangkaso, hangover at nagpapa-breast feed.

Heto ang sangkap: 1 buong manok, 4 butil ng bawang, 3 sibuyas, 10 carrots, 1 kamote, 6 tangkay ng celery at pamintang buo.

Paraan ng Pagluto: Ilagay ang manok sa isang malaking kaldero. Lagyan ng 14 na basong tubig. Pakuluin ang sabaw. Ihalo ang sibuyas, bawang, celery, kamote at carrots. Pakuluan ng mga 2 oras. Dagdagan ng konting asin at pamintang buo para magkalasa.

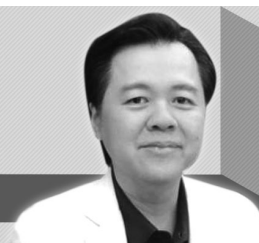
Espesyal na Sangkap:

1. Chicken soup – Ayon sa mga pagsusuri ni Dr. Stephen Rennard ng University of Nebraska, ang chicken soup ay tumutulong sa pag-alis ng pagbabara ng sipon at plema. Pinipigilan nito ang pamamaga ng tonsils at paggawa ng plema (anti-inflammatory). Ang chicken soup ay may sangkap na amino acid o cysteine, na lumalabas sa pagluluto ng sabaw ng manok. Ang cysteine ay nagpapalabnaw ng plema sa baga, at pinapabilis ang ating pag-galing. Ang manok ay mataas din sa protina.

2. Sweet potato (Kamote) – Ang kamote ay may maraming carotenoids tulad ng beta-carotene. Mataas ang kamote sa fiber, vitamins B6, C at E, folate at

DOKTOR NG MASA

ni Dr. Willie Ong



potassium. Bukod dito, mababa pa ito sa calories. Ang isang kamote ay may 54 calories lamang. At ayon sa pagsusuri, nakababawas ng tsansa ng lung cancer ang pagkain ng kamote, kahit pa ikaw ay naninigarilyo.

3. Carrots – Ang carrots ay may taglay na beta-carotene at Vitamin A. Ang vitamin A ay tumutulong lumaban sa impeksyon at mabuti rin sa ating mata. Puwedeng pang-diyeta ang carrots dahil 35 calories lang ang kalahating tasa nito.

4. Celery – Ang celery ay mataas sa vitamin C, magnesium at iron na kailangan ng ating dugo. Ayon sa ibang eksperto, may tulong ang celery sa mga sakit sa baga tulad ng hika at bronchitis. Puwede din ang celery sa may sakit sa puso.

5. Black pepper – May taglay itong volatile oils at alkaloids na makatutulong sa pagluwag ng ating sinuses o ang daanan ng sipon. Puwede din ang black pepper sa may ubo at trangkaso. Medyo pagpapawisan ka nga lang kapag kumain ng black pepper.

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25th National

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Labor Secretary Bienvenido E. Laguesma and PESOMAP President Ms. Luningning Y. Vergara, and other DOLE officials, were present, delivering messages that underscored the importance of innovation, data-driven strategies, and continuous skills development to address the evolving needs of the labor market.

Throughout the congress, various plenary and breakout sessions tackled relevant topics such as: Strengthening PESO-LGU partnerships in local job generation and placement; Digital innovations in job matching, labor market information systems, and employment data management; Linkages with TESDA and private partners for enhanced training and re-skilling of jobseekers; and Empow-

ering the youth and marginalized sectors through inclusive livelihood and entrepreneurship programs.

Delegates also had the opportunity to exchange best practices and success stories from their respective regions, showcasing how effective local employment facilitation can transform communities and uplift families.

One of the highlights of the congress was the PESO Awards Night, which honored exemplary PESO offices, managers, and local government units that demonstrated outstanding performance in employment facilitation.

PESO Bataan was notably recognized as a Hall of Famer, having consistently delivered exceptional employment programs and innovations in

its province. Other awardees from various regions were also lauded for their dedication and efficiency in implementing job placement and livelihood initiatives.

The 25th National PESO Congress marked not only a significant milestone but also reaffirmed the network's steadfast mission to bridge employment opportunities and improve the quality of life for Filipino workers. Now on its 25th year, the PESO network continues to embody the government's vision of "matatag, maginhawa, at panatag na buhay" for every Filipino.

As the event concluded, participants renewed their commitment to advancing the goals of decent work, sustainable employment, and inclusive growth – a fitting celebration of 25 years of unwavering public service and collaboration. **(JDP)**



DOST SARAI

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Development Lead of SARAI Ilocos Region provided an overview of the activity, highlighting the growing importance of GIS in evidence-based governance and program management. He underscored that GIS enables the visualization and analysis of spatial relationships among factors such as agriculture, environment, and disaster risk reduction, allowing DOST Ilocos Region to make more informed and equitable decisions for the communities it serves.

Geographic Information System (GIS) is a vital tool that supports the creation, storage, visualization, and analysis of geographically referenced data. It strengthens decision-making by revealing spatial patterns and relationships across locations and sectors, while also contributing to gender-responsive planning by identifying gender-differentiated needs, ac-

cess to resources, and community vulnerabilities.

Serving as resource persons were Engr. Novilyne O. Obfan, Lead Researcher and GIS Expert of SARAI Ilocos Region, and Ms. Mirriam A. Oliva, GIS Support of DOST SARAI Ilocos Region. Engr. Obfan discussed the fundamentals of GIS, explored the QGIS interface and its functionalities, and facilitated hands-on exercises on symbology styling, raster datasets, and map layouting. Complementing these, Ms. Oliva guided participants through practical exercises on georeferencing and digitizing raster data, map projection and area determination, map styling and visualization, and raster data clipping.

Through this training, DOST Ilocos Region aims to bridge existing technical and knowledge gaps in the integration of geographic tools into its operations. While data col-

lection and reporting are already part of the agency's regular processes, the use of GIS strengthens the spatial dimension of program management, monitoring, and evaluation.

In his closing remarks, Mr. Decth-1180 P. Libunao, PFT, DOST Ilocos Region's SARAI Focal Person and Assistant Regional Director for Field Operations, expressed his gratitude to the participants and organizers. He emphasized the importance of applying the knowledge gained to enhance the use of GIS tools in their respective units and offices, improving service delivery and ensuring that DOST's programs and interventions remain grounded on data and location intelligence.

The activity forms part of DOST Ilocos Region's continuing efforts under Project SARAI to promote smarter, data-driven, and technology-supported planning across various sectors in the region. **(Christian Domic I. Casimiro)**

PGSO of Lanao

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ment, property and asset management, motorpool and maintenance, records management, warehouse operations, and disaster-related frontline services.

During their visit, the Lanao del Sur delegation was also given a tour at the Office of the Provincial Governor (OPG) and Office of the Provincial Vice Governor (OPVG) to

observe workflow coordination and administrative processes.

A simple program was held to formally welcome the guests, led by Chief of Staff Ferdinand A. Belamide, Provincial Administrator Engr. Gilbert V. Gandia, Provincial Board Secretary and Quality Management Representative Ms. Michelle F. Alcid, and other OPGSO staff led

by Ms. Luzviminda S. Amparo, OIC - OPGSO. The activity served as a venue for the exchange of insights and operational strategies aimed at enhancing service delivery and efficiency in local governance.

Through the benchmarking initiative, both provinces reaffirmed their shared commitment to promoting good governance, transparency, and innovation in public service operations. **(JDP)**



MULA SA BAYAN, PARA SA BAYAN

Inventor

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dignity, respect, and care, as they remain the heart of the community and an enduring inspiration to future generations.

Mr. Vazquez is the inventor of the Vazbuilt prefabricated modular housing system, a pioneering innovation that redefined affordable and disaster-resilient housing in the Philippines. His work led to the commercialization of modular housing and fencing technologies, producing thousands of units that address the country's housing chal-

lenges. He later expanded his innovations to include misting-cooling systems and waste-to-ash technologies, blending practical solutions with environmental consciousness and social purpose.

Beyond his technical achievements, Mr. Vazquez is also an author and advocate of preventive health and accessible technologies for communities. His lifelong commitment to innovation and service exemplifies how creativity and compassion can drive mean-

ingful change, improving the quality of life for ordinary citizens. With both national and international accolades, he continues to prove that senior innovators can remain powerful agents of progress and inspiration.

The Gawad Parangal for Exemplary Senior Citizen is an annual recognition program organized by the Senior Citizens Party List to honor Filipino seniors who have made remarkable contributions to the nation. The event aims to celebrate their wisdom, leadership, and enduring legacy in building a more inclusive and empowered Philippines. **(Nelson Santos)**

YAKAP Orientation
During the General Assembly of PWDs
in celebration of the 47th National
Disability Rights Week at Barangay Sta. Elena
Covered Court, San Pablo City, Laguna
LHIO San Pablo City / October 8, 2025

LEGAL NOTICES

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IN RE: PETITION FOR THE
ISSUANCE OF AN ORDER
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DELIVER/SURRENDER THE
OWNER'S COPY OF TCT NO. T-
1069174 UNTO THE PETITIONER,
AND IN CASE OF REFUSAL, AN
ORDER BE ISSUED ANULLING THE
SAME AND CONSEQUENTLY AN
ORDER BE ISSUED DIRECTING
THE REGISTRY OF DEEDS TO THE
PROVINCE OF CAVITE TO ISSUE A
NEW OWNER'S COPY OF THE
SUBJECT TITLE IN LIEU THEREOF,

MANIFOLD ASIA PACIFIC, INC.,
represented by: RAMONCHITO S.
TUBALINAL as the Duly Authorized
Representative,
Petitioner,

-versus- CASE NO. LRC-C-GMA-2025-44
For: To Surrender Owner's Duplicate Copy
of Transfer Certificate of Title No. T-
1069174 (Pursuant to Sec. 107 PD 1529)

DR. CHENG - KUANG WU,
3F Mingcheng 4th Road, Gu Shan District
Kaoshing City, Taiwan 800

REGISTRY OF DEEDS FOR THE
PROVINCE OF CAVITE
Governor Drive, Trece Martires City, Cavite
Respondents.

X----- X

NOTICE OF HEARING

There is a petition filed by petitioner through counsel for the issuance of an order directing respondent to surrender owner's duplicate copy on **Transfer Certificate of Title No. T-1069174** on the grounds alleged therein.

NOTICE IS HEREBY GIVEN that said petition has been set for hearing on **November 19, 2025 at 1:30 o'clock in the afternoon**, before this Court, on which date, time, and place, any person interested is cited to appear and show cause why the same should not be granted.

Let a copy of this Notice be published once a week for three (3) consecutive weeks in a newspaper of general circulation in the Province of Cavite.

Further, let a copy of this Notice and that of the petition be furnished the Registry of Deeds, Trece Martires City, Cavite, Land Registration Authority and the Office of the Solicitor General and the same be posted by the sheriff of this Court in three (3) conspicuous places in the Municipality of Carmona, Cavite, where the property is located.

Witness may hand under the seal of this Court this 30th Day of September 2025 at Carmona, Cavite, Philippines.

(Sgd.) **BON GERARD D. ASCAÑO**
Clerk of Court VI

Copy Furnished:

Office of the Provincial Prosecutor - OPP, Hall of Justice Bldg., Brgy. Maduya, Carmona, Cavite (r04ocpcarmona@gmail.com)

Atty. Romeo N. Bartolome - Unit 2-C, Dahlia Tower Suntrust Parkview Condominium, No. 181 N. Lopez St., Ermita, Manila (bartolomelawfirm@gmail.com)

Manifold Asia Pacific Inc. - 14433 Governor's Drive, Brgy.

DTI 4-A honors top cacao producers in 2025 Regional Quality Awards

The Department of Trade and Industry Region 4-A successfully concluded the CALABARZON Cacao Quality Award (CCQA) 2025, a regional initiative recognizing excellence in fermented cacao bean production, through a two-part event held in Quezon Province this October. The initiative was carried out in partnership with the University of the Philippines Los Baños, the Department of Agriculture-Regional Field Office 4-A, the CALABARZON Cacao Industry Federation, Inc., the CALABARZON Cacao Industry Council, and the Offices of the Provincial Agriculturist (OPAs) of Batangas, Cavite, Laguna, Quezon, and Rizal.



The activity began with the Regional Technical Evaluation and Judging on October 7-8, 2025, at Flor and Daisy's Agricultural Farm in Sariaya, Quezon, followed by the Awarding Ceremony on October 22, 2025, at the Quezon Convention Center in Lucena City as one of the highlights of the CALABARZON Cacao Congress 2025. The two-day judging activity brought together cacao producers from across the region, with a total of 17 entries submitted from Cavite, Laguna, Batangas, and Quezon for a rigorous assessment based on internationally recognized grading protocols. All entries underwent coding and blind judging to ensure impartiality, with evaluations focusing on moisture content, fermentation level, bean defects, mold presence, and other quality parameters. The process was conducted under the supervision of Prof. Romel M. Felismino, Lead Technical Consultant from the UPLB Institute of Food Science and Technology. The judging activity also provided participants with valuable technical feedback to help improve their postharvest practices and prepare them for the

Philippine Cacao Quality Award (PCQA) 2026.

The culmination of the process took place during the Awarding Ceremony on October 22. The four regional winners were: Florencio Flores, Romeo Manalo, Luz C. Gusto and Paulino Sulibit. They were formally recognized for producing the best fermented cacao beans in CALABARZON. The event honored the outstanding efforts of farmers, cooperatives, and associations who have demonstrated excellence and sustainability in cacao production.

Distinguished guests who graced the awarding included DTI 4-A Assistant Regional Director Revelyn A. Cortez, DA 4-A Regional Executive Director Fidel M. Libao, Quezon Provincial Administrator Manuel Butardo, RCFI President Mr. Florencio A. Flores, Provincial Agriculturist Ana Clarissa S. Mariano, 2nd District Chairperson & Committee on Agriculture Hon. Vinnette E. Alcala-Naca, and HVCDP Undersecretary Cheryl Marie N. Caballero.

The program featured congratulatory mes-

sages, the presentation of plaques and certificates to winners and partners, and a photo session to celebrate the region's milestone in advancing cacao quality.

"Local cacao products are more than just ingredients for delicious chocolates - they hold a promise of a brighter sustainable future for our farmers and the entire cacao industry", shared ARD Revelyn Cortez.

This gathering celebrates not only the progress of the cacao industry but also the promising development of Calabarzon in shaping its bright future", said DA-HVCDP Usec Cheryl Marie N. Caballero.

Through the CALABARZON Cacao Quality Award, the DTI 4-A and its partners reaffirmed their commitment to promoting quality standards, fostering government-academe-industry collaboration, and building the competitiveness of local cacao farmers. The initiative marks another step toward positioning CALABARZON as a leading contributor to the country's growing cacao industry.

Bancal, Carmona, Cavite

Dr. Cheng-Kuang Wu - Block 48 Lot 2, Southwoods Village, Brgy. Cabilang Baybay, Carmona, Cavite

Office of the Solicitor General - 134 Amorsolo St., Legaspi Village, Makati City (efile@osg.gov.ph)

The Registry of Deeds-Cavite - LRA Bldg., Capitol Cmpd., Trece Martires City, Cavite

Land Registration Authority - East Avenue cor. NIA Road, Diliman, 1128 Quezon City

Sheriff Joseph Diokno - RTC Br. 109, Hall of Justice Bldg., Brgy. Maduya, Carmona, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: October 20, 27 & November 3, 2025

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) – Hayaan mo lang ang mga palakontra at hindi nakakaunawa. Sa huli, makikisakay rin sila sa iyo. At mari-realize nilang ikaw ang pormula ng pagpapayaman. Masuwerteng kulay-violet. Tips sa lotto-9-17-23-27-38-43.

TAURUS (Apr. 20-May 20) – Positibong pananaw ang magsisilbi mong pampasuwerte ngayon, sa pagdating ng mga magagandang pagkakataon, mas lalo mo pang mapapaunlad ang iyong kabuhayan. Masuwerteng kulay-peach. Tips sa lotto-3-11-19-26-35-44.

GEMINI (May 21-June 20) – Pilitin mong buhayin at pasiglahin ang iyong isip. Sa ganitong paraan, hindi ka masingitan ng anumang pagkakamali. Masuwerteng kulay-red. Tips sa lotto-5-18-25-28-30-34.

CANCER (June 21-July 22) – Hanga sa iyo ang langit dahil sa istilo ng iyong pagmamahal. Masuwerteng kulay-silver. Tips sa lotto-2-16-21-24-33-40.

LEO (July 23-Aug. 22) – Hayaan mong makaporma ang iyong mga karibal at kakumpitensya. Dahil ang totoo, hanggang porma lang naman sila. Masuwerteng kulay-white. Tips sa lotto-1-12-28-30-37-42.

VIRGO (Aug. 23-Sept. 22) – Kung ano ang makakaganda sa kasalukuyang kalagayan mo, gawin mo na agad. Sa mga araw na ito at sa darating pa, walang duda, pawang magaganda lang ang mangyayari sa iyo. Masuwerteng kulay-green. Tips sa lotto-4-17-20-31-38-45.

LIBRA (Sept. 23-Oct. 22) – Kung sino ang makakatulong sa kabuhayan mo, siya ang piliin mo. Masuwerteng kulay-yellow. Tips sa lotto-6-18-22-32-35-39.

SCORPIO (Oct. 23-Nov. 21) – Nagpapatuloy ang pagganda ng takbo ng iyong buhay. Ipagpatuloy mo rin ang iyong kasalukuyang pananaw; ang anumang pagbabago ay hindi makakabuti para sa iyo. Masuwerteng kulay-purple. Tips sa lotto-7-14-20-25-30-41.

SAGITTARIUS (Nov. 22-Dec. 21) – Tulad ng naggagandahang mga bulalakaw, ang kapalaran mo ay napapalamutian ng mga suwerteng magbibigay sa iyo ng malaking pagyaman. Masuwerteng kulay-pink. Tips sa lotto-11-19-22-29-37-44.

CAPRICORN (Dec. 22-Jan. 19) – Aakalain mong matatalo ka ng iyong mga karibal, dahil sa biglang tingin ay higit silang malakas, pero ang mangyayari, bigla silang magsisibagsak. Masuwerteng kulay-beige. Tips sa lotto-1-16-21-28-39-42.

AQUARIUS (Jan. 20-Feb. 18) – Nakakatuwa ang kapalaran mo ngayon, dahil lilipad at maglalayasan na ang mga hindi magagandang pangyayari sa buhay mo. Masuwerteng kulay-blue. Tips sa lotto-4-13-15-26-31-40.

PISCES (Feb. 19-Mar. 20) – Kikilos ka na parang wala ka sa sarili at parang hindi nag-iisip, pero mahimalang ang mga kilos mo ay maglalapit sa iyo sa kung saan ay uunlad ka, mabilis na yayaman at liligaya. Masuwerteng kulay-black. Tips sa lotto-3-17-28-33-39-41.

SUDOKU

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

SAGOT: SUDOKU VOL. 22 #33

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



DEAD SKIN CELLS ARE A MAIN INGREDIENT IN HOUSEHOLD DUST

Here's an interesting (and gross) science fact for you: According to researchers at Imperial College London, humans shed around 200 million skin cells each hour—and they have to go somewhere when we're indoors. If the idea of skin dust isn't sitting well with you, you should know that a report from the American Chemical Society found that a skin oil called squalene naturally helps reduce indoor ozone levels by up to 15%—so it's not all bad.

WORD HUNT

Rocks and Minerals

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

METAMORPHIC
COMPACTION
ORGANIC
HEAT
LITHOSPHERE
CRYSTALS
SILICATE
CLAST
FOSSILS
EXTRUSIVE
PRESSURE
INTRUSIVE
SEDIMENT
RUBY
CHEMICAL
COLOR
GOLD
DIAMOND
COOLING
LAVA

Inventor Edgardo Vazquez Honored Among 2025 Exemplary Senior Citizens



On October 15, 2025, the House of Representatives, through the Senior Citizens Party List, held the 2nd Gawad Parangal for Exemplary Senior Citizen 2025 at the Meeting, Incentives, Conferences, and Exhibitions (MICE) Event Center in Quezon City. The event celebrated the remarkable achievements and lifelong contributions of Filipino senior citizens who have made lasting impacts in their respective fields. Among this year's distinguished awardees was Mr. Edgardo Vazquez, a visionary inventor recognized for his groundbreaking innovations in modular housing, sustainable technologies, and community empowerment. The celebration was part of the Elderly Filipino Month, which carries the theme "Embracing Age: Living a Life with Dignity and Purpose." This theme underscores the belief that every senior citizen deserves to live with **INVENTOR • 6**



DOST SARAI Ilocos Region Upskills Personnel In Geographic Information System



To promote data-driven and location-based planning in science and technology programs, the Department of Science and Technology Ilocos Region (DOST Ilocos Region), through its Smarter Approaches to Re-invigorate Agriculture as an Industry in the Philippines (SARAI) unit, conducted a hybrid training on "Introduction to the Fundamentals and Basic Application of Geographic Information System (GIS)" on October 14, 2025, at the DOST Ilocos Region Multipurpose Hall in the City of San Fernando, La Union. The activity gathered Twenty-three (23) personnel from the regional and provincial offices. Mr. Christian Dominic I. Casimiro, Capacity **DOST SARAI • 6**



Little Cosplayers Unite at SM City Trece and Dasma! In celebration of Kids' Month, young cosplayers stole the show at the Cosplay Conquest in SM City Trece Martires and SM City Dasmariñas! From mini superheroes to adorable anime icons, these kids showcased their creativity, confidence, and love for cosplay—proving that even the youngest fans can conquer the stage with style and heart.