

PROVINCIAL GOVERNMENT OF CAVITE CAVITE - OPDRRMO

OPLAN UNDAS 2025

☎ 0917 858 8263
✉ cavitepdrmo@gmail.com
@pgcdrmc

CAVITE PDRRMC Activates its Emergency Operations Center for OPLAN UNDAS 2025. In line with the observance of All Saints' and All Souls' Day, the Cavite Provincial DRRM Council EOC is on BLUE Alert Status from October 26 to November 2 to ensure a peaceful and smooth celebration across the province. To ensure public safety, Cavite OPDRRMO has mobilized medical teams to establish First Aid Stations and deployed Roving Teams to provide assistance and promote a safe and peaceful observance of Undas 2025. Provincial Government of Cavite #MulaSaBayanParaSaBayan #cavitepdrmoupdates #OplanUndas2025 #staysafecavite

Cavite hosts 4th CALABARZON Culture Summit

The Province of Cavite, through the Office of the Provincial Tourism Officer, hosted the 4th CALABARZON Culture Summit dubbed as "Hibla ng Kamalayan" – Paghahabi ng Malikhaing Diwa: Weaving the Creative Spirit of CALABARZON" on October 23, at the International Convention Center, Cavite State University, Indang, Cavite.

The annual summit gathered hundreds of participants from various local government units, the academe, and other cultural stakeholders across Region IV-A, all united in their commitment to preserve, promote, and enrich the region's diverse cultural heritage.

The event formally open through the welcome remarks delivered by Dr. Ma. Agnes P. Nuestro, President of Cavite State University, expressing her gratitude to the Provincial Government of Cavite and the National Commission for Culture and the Arts (NCCA) for choosing CvSU as the venue of this year's gathering. She highlighted the importance of academic institutions in safeguarding culture and heritage, emphasizing that universities play a vital role in nurturing the next generation of culture bearers and creative leaders.

CAVITE HOSTS • 6

Coop i-CREATE empowers Cooperative Leaders through progressive management training

The Provincial Government of Cavite, through the Office of the Provincial Cooperatives Development Officer (OPCDO) in partnership with the PAMANA Development Cooperative Federation successfully conducted the Capacity Training Seminar for Cooperatives, Coop i-CREATE: A Ladderized Training for Cooperative Managers and Chairperson, from September 17, 18, 23, October 6 and 22, 2025 at the New Provincial Government Center.



MULA SA BAYAN, PARA SA BAYAN

This capacity building seminar is a structured professional development program designed to equip cooperative leaders and managers with essential management skills and knowledge to effectively sustain and grow their organizations.

The program featured a progressive curriculum, beginning COOP I-CREATE • 6

PTFOMS, NAPOLCOM Ink Agreement to Strengthen Protection, Cooperation for Media Workers

The Presidential Task Force on Media Security (PTFOMS) and the National Police Commission (NAPOLCOM) formally signed a Memorandum of Agreement today, 24 October 2025, marking a significant step toward creating a safer and more supportive environment for media workers across the country.



Among the key initiatives is the establishment of an effective case referral and investigation system, designed to facilitate quick response and decisive action on incidents involving media workers. A joint monitoring mechanism will also be set up to ensure continuous, real-time sharing of information, helping to prevent cases from falling through the cracks.

In addition to investigative processes, the agreement prioritizes the protection of media workers through mechanisms that will expedite referrals for protective custody and psychosocial support—ensuring victims of threats or violence receive timely assistance.

Education and awareness will be central to this partnership. Both agencies will review and enhance existing policies on media relations, emphasizing principles of press freedom, the right to information, and responsible communication.

The agreement underscores the importance of policy reform, including engaging media workers' groups in decision-making processes PTFOMS • 2

NEWS

Dakak Hosts the First-Ever Mi Ultimo Amor Bridal Expo in Northern Mindanao: A Grand Celebration of Love, Heritage, Fashion, and Creativity

The first-ever Mi Ultimo Amor Bridal Expo successfully took place on October 11–12, 2025, at Dakak Golf and Beach Resort, marking a historic milestone for the region's wedding and fashion industry. This landmark event brought together an exceptional gathering of renowned local and international fashion designers, exhibitors, and creative professionals, all united to celebrate the artistry and culture of Filipino weddings.

The two-day bridal exposition showcased a spectacular array of wedding gowns, event styling concepts, catering services, and other essentials for modern Filipino weddings. Among the most anticipated highlights were the fashion shows featuring couture masterpieces by acclaimed designers like Dexter Alazas, Philip Rodriguez, Bezza, Hanz Coquilla, Jerald Almadin, Puey Quiñones, Dodjie Batu, and Frederic Velasco, each piece embodying the elegance, craftsmanship, and rich

cultural heritage of the southern Philippines.

Exhibitors like Enhance Visa, Cebu's Original Lechon Belly, Tazzino Coffee + Chill, Tablea Chocolate, Kakanin Delights, Sorpresa by Kenjo, Ford, Art Calligraphy by Jay M, Mona Accessories, Nikaela's Crafts, Dipolog Perfume Bar, Reycon's Piña Cloth and Industry, Oasis Sauna, Paris Talent and Events Agency, The Spa at the Villa, and Rayna and Son also participated, showcasing a diverse range of wedding-related products and ser-

vices. From bridal gowns and photography to floral arrangements and wedding venues. The event served as a platform for local and regional businesses to connect with future brides and grooms, as well as to establish collaborations within the growing wedding industry in the south.

The success of the bridal expo was also supported by generous sponsors like Nestlé, BDO, Ford, Starlite Ferries, Sanitary Care Products Asia, Inc., Blush Spa & Aesthetics, Angel A de

CHAMPS Food Safety Awareness

CARDONA, RIZAL | DTI Rizal through its Collaborative Harnessing Assistance for Mentoring Program for SMEs (CHAMPS) held its Food Safety Awareness module on October 22, 2025 and was attended by 75 attendees, consisting of CHAMPS Beneficiaries and other existing and potential MSMEs.



Negosyo Center Cardona Business Counselor Johanna Faye R. Javier facilitated the session, while Ms. Charo Ola, President of SARAP, Inc., delivered the welcome remarks highlighting the vital role of food safety in sustaining customer trust and business success.

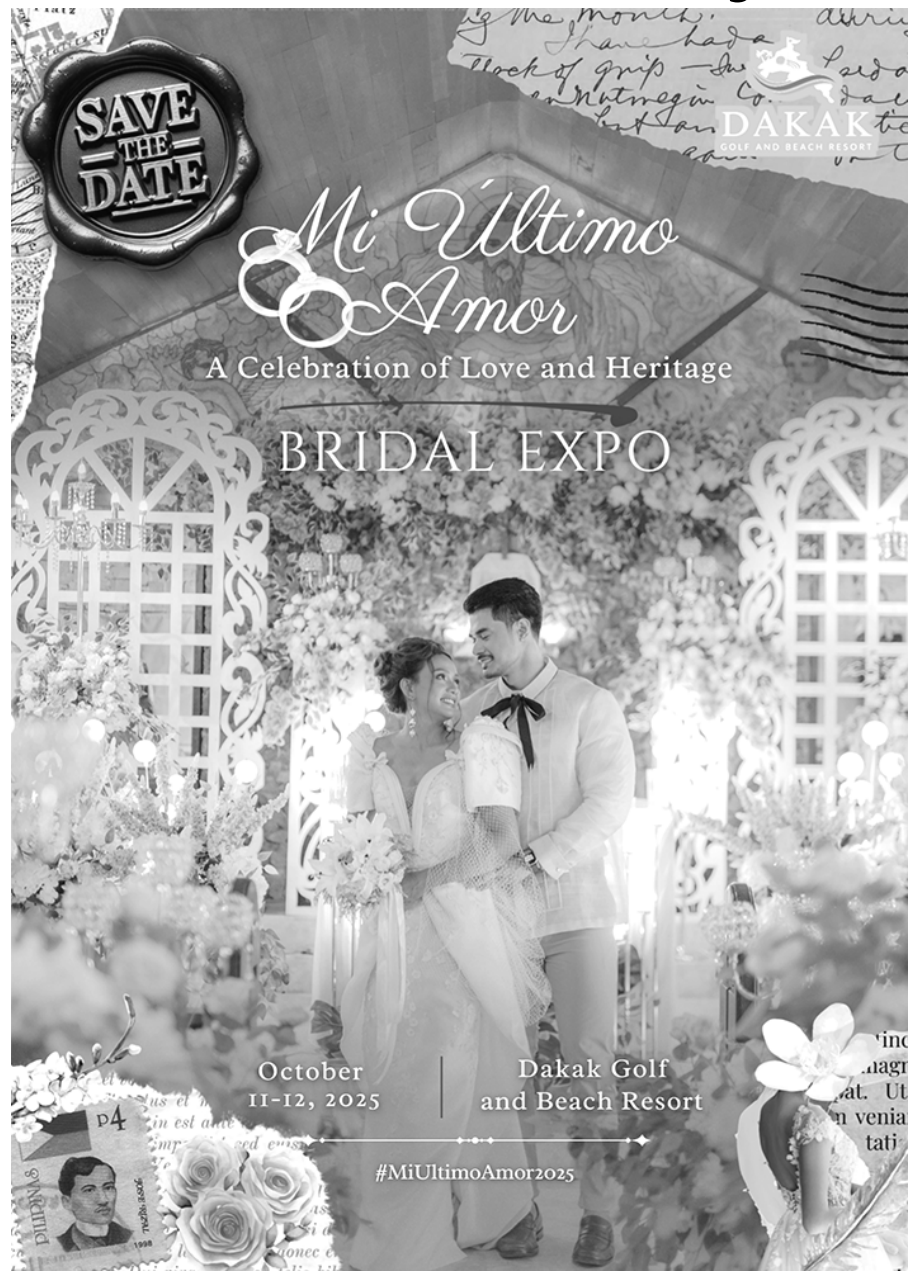
Ms. Niña Sherylle Giron, Supervising Science Research Specialist from DOST-Rizal, served as the resource speaker. She provided a detailed discussion on the mean-

ing, importance, and practical applications of food safety—from understanding types of food hazards to implementing control measures that reduce the risk of foodborne illnesses.

Ms. Giron encouraged participants to adopt good manufacturing practices and consistent sanitation protocols in their daily operations. For her parting words, Ms. Giron stressed that "Food Safety is a shared responsibility" to remind participants that every-

one – from farmers, manufacturers, to the final consumers is responsible in safeguarding the quality and integrity of the food that we serve and consume.

Now on its sixth year, the Collaborative Harnessing Assistance for Mentoring Program for SMEs (CHAMPS) Rizal is a local mentoring program designed to groom Rizal-based MSMEs to qualify for flagship programs of DTI such as Kapatid Mentor ME and OTOP NextGen.



Fleur, Larawan Studio, Rommel Tan Concept, Glorious Fantasyland Theme Park, and Isla Mystica.

Beyond being a bridal expo, Mi Ultimo Amor was a celebration of love, heritage, artistry, culture, and the enduring spirit of collaboration among cre-

ative professionals in the region. It reaffirmed Dakak Golf and Beach Resort's commitment to supporting local industries and promoting Dapitan City, the Shrine City of the Philippines as a center for tourism, fashion, and events.

As the curtains closed

on this momentous occasion, participants and guests alike expressed optimism that Mi Ultimo Amor Bridal Expo will continue to flourish in the years to come, paving the way for more grand showcases that unite creativity, community, and the timeless beauty of love.

PTFOMS

from
page 1

and strengthening guidelines to better protect their rights. To promote long-term cooperation, regional capacity-building activities will be conducted to train law enforcement officers and media personnel, fostering stronger collaboration and respect.

Both agencies will advocate with relevant authorities, including the Department of Justice,

to ensure investigation reports are credible and hold weight in legal proceedings. They will also hold regular meetings to assess progress, set new targets, and reinforce their shared commitment.

"This agreement is more than just a document; it is a shared vow to protect the rights of media workers, uphold press freedom, and promote transparency and

accountability in our society," said Jose Torres Jr., Executive Director of PTFOMS. "Together, we aim to ensure every media practitioner can perform their duties safely, freely, and without fear or obstruction."

The collaborative effort between PTFOMS and NAPOLCOM highlights the Philippine government's strong commitment to safeguarding press freedom and ensuring that media workers can operate in a secure and supportive environment.

Editorial

Allowing commercial fishing into municipal waters a flawed plan

THE marine conservation watchdog Oceana has strongly opposed the plan of the Department of Agriculture (DA) to open municipal waters to commercial fishing.

The plan, presented by the department during a budget hearing in Congress, involves the introduction of amendments to the Fisheries Code of 1998.

The code was last amended in 2015 to further reinforce protection for the country's fishery resources. Measures to prevent, deter, and eliminate illegal, unreported and unregulated fishing were added, and penalties were raised.

The DA now wants the rules eased to allow commercial fleets to fish in waters that are exclusive to local fishers.

In a statement last week, Oceana denounced the plan as "tantamount to stealing from the nation's poorest."

The group has thrust into the limelight two festering issues that have eluded resolution.

One is the utter neglect of fisherfolk. The country has about 2.3 million small-scale fishermen, and 1.1 million of them fish in seas within 15 kilometers from the shore, or what is legally demarcated as "municipal waters."

Government efforts to improve the fisherfolk's lives have fallen way below expectations.

The Philippines is among the world's biggest fish-producing countries. In 2015, fisheries contributed close to \$4.33 billion to the economy.

Yet the bounty from the sea has not translated to a better life for the people who harvest it.

According to the Philippine Statistics Authority, fisherfolk had the highest poverty incidence among the basic sectors in 2021, with a rating of 30.6 percent.

Overfishing is the other elephant in the room. Oceana reports that chronic overfishing has severely depleted fish stocks.

Municipal fisheries production has fallen to its lowest level in over 20 years.

It slid to 802,770 metric tons in 2024, an 8.8 percent decline from 879,960 MT, Oceana said, citing government figures.

Seafood makes up more than half of Filipinos' primary protein source. Fishery companies try to keep up with the demand by increasing their catch to more than 2 million MT annually.

"Our fishing communities, already among the



country's poorest, now face emptier seas and shrinking livelihoods due to rampant illegal commercial fishing," an Oceana official said. "Unless we act decisively to safeguard municipal waters and uphold the law, our dream of food-fish sufficiency will remain out of reach."

It is surprising that the agriculture department is pushing such a plan, when it had spearheaded a court battle over the enforcement of municipal fishing limits.

Last year, the Supreme Court upheld a ruling by the Malabon City Regional Trial Court that the ban on commercial fishing in municipal waters is unconstitutional.

The Constitution's Article XIII, Section 7, provides subsistence fishermen preferential use of communal marine and fishing resources, in keeping with the ideal that "those who have less in life should have more in law."

The provision also safeguards small fishers against displacement by large-scale commercial fishing.

A fishing company, Mercidar Fishing Corp., challenged that provision before the Malabon court. In deciding in favor of Mercidar, the court stressed that the control over natural resources belongs to the national government, not local governments.

The decision was a massive blow to municipal fishers.

The DA and the Bureau of Fisheries and Aquatic Resources (BFAR), through the Office of the Solicitor General, appealed the ruling. But the Supreme Court dismissed the appeal, saying that it was filed too late.

Oceana and other advocacy groups have filed separate motions that are pending before the high court.

The turnaround by the DA was intriguing. The impact of removing preferential access for municipal fisherfolk could further marginalize them and widen social inequality.

It could also weaken the ability of local governments to regulate and manage marine resources.

It threatens environmental sustainability and speeds up the depletion of the country's aquatic reserves, since large-scale operations tend to be less selective in their methods.

There could be a political fallout as well. President Ferdinand Marcos Jr. has promised to achieve food security during his term. The DA plan veers away from this objective and could widen the gap of distrust between the government and the marginalized and neglected sectors.

Mag-ingat sa Mababang Potassium

Isa sa pinakamahalagang mineral sa katawan ay ang potassium. Masama ito kapag labis at masama din ito kapag kulang. Kailangan natin ang potassium para sa normal na pagtibok ng puso at paggamit ng mga masel sa katawan.

Marami na akong nakitang pasyente na nadisgrasya dahil lamang sa mababang potassium. Ang tawag ng doktor dito ay hypokalemia.

Ano ang dahilan ng mabababang potassium?

Ang pangkaraniwang pinanggagalingan ng mababang potassium ay ang labis na pagpapawis, pagtatae at pagsusuka. Dahil dito, lumalabas ang potassium sa katawan sa pamamagitan ng ating pawis at dumi. Minsan naman ay may diprensiya ang bato (o kidneys) kaya lumalabas din ang potassium sa ihi.

Kung kayo ay mahilig uminom ng mga pampadumi, pampapaihi o pampapayat, puwedeng bumaba ang iyong potassium. Kung mahilig kayo sa colon cleansing, puwede din bumaba ang potassium. Ang sobrang pag-e-ehersisyo at pagpapawis ay puwedeng makababa din ng potassium.

Ano ang sintomas?

Ang sintomas ng mababang potassium ay ang panghihina ng mga paa, pinupulikat at abnormal na tibok ng puso. Nag-uumpisa ang panghihina sa may paa at umaakyat ito ng dahan-dahan hanggang sa ma-paralisa na ang buong katawan. Napakadelikado nitong sakit at puwedeng ikamatay agad.

Paano ginagamot ang mababang potassium?

DOKTOR NG MASA

ni Dr. Willie Ong



Kapag malala na ang lagay ng pasyente ay kailangan nang dalhin sa ospital para mabigyan ng potassium sa dugo. Ngunit kung nag-uumpisa pa lamang ang panghihina ay puwede muna kumain ng mga pagkaing mataas sa potassium tulad ng saging, patatas, kamatis, orange at broccoli.

Ang mga pagkaing ito rin ang magandang paraan para makaiwas sa pagbaba ng potassium. Ang Gatorade ay may potassium din. May tableta din na binibigay ang mga doktor, ang potassium tablets (brand name K-Lyte) na mabilis magpataas ng potassium.

Para makaiwas sa sakit na ito, ugaliing kumain ng 2 saging sa bawat araw. Tandaan: Two bananas a day can keep the doctor away.

Kumonsulta sa doktor kung kayo ay nanghihina. Ipapasuri ng doktor ang iyong Potassium level (isang blood test) para malaman kung mababa nga ang iyong potassium. Kung kayo ay may sakit sa bato o may kidney failure, magtanong muna sa doktor bago kumain ng pagkaing mataas sa potassium. Good luck po

SUBSCRIPTION RATE

1 Month	P 20.00	3 Months	P 60.00
6 Months	P 120.00	One Year	P 240.00

ADVERTISING RATE

Commercial.....P200.00/col. cm. Legal.....P160.00/col. cm.

MEMBER
Papi

Publishers Association
of the Philippines, Inc.

NOTE: All news articles and opinions expressed by the writers are entirely their own and do not reflect the opinion of the Publisher, Management of this Publication.

DOST Cagayan

from
page 8

DOST Region 02 Director Dr. Virginia G. Bilgera presented the Department's key programs that directly support cooperatives and micro, small, and medium enterprises (MSMEs).

She highlighted flagship initiatives such as SETUP 4.0, OneLab, OneExpert, the Community Empowerment through Science and Technology (CEST) pro-

gram, and Innovation for Filipinos Working Distantly from the Philippines (iFWD PH).

These programs aim to enhance productivity, provide access to modern technologies, and offer technical expertise and funding support to local enterprises.

Dr. Bilgera also emphasized DOST's continued collaboration with the City Government and the newly established

Tuguegarao City Cooperative Development Council.

Members of the council took their oath during the summit, pledging to promote innovation, collaboration, and good governance within the cooperative movement.

"We believe that progress is best achieved when science serves the people. Our goal is to ensure that cooperatives experience the tangible impact of science and technology in every aspect of their operations because science and in-

novation are not confined to laboratories or industries - they belong in our communities. When our cooperatives grow through technology, our entire region moves forward," said Dr. Bilgera.

As the summit concluded, Dr. Bilgera reaffirmed DOST's mission to make 'Agham na Ramdam' a reality across Cagayan Valley.

The event also reflected Tuguegarao City's

strong commitment to cooperative empowerment and development. With DOST as a steadfast partner, the city continues to champion innovation, productivity, and shared prosperity for all.

Cayetano's

from
page 8

The team also distributed hot meals, water, and tarpaulins to residents in mentioned areas, including underserved areas. Children enjoyed storytelling and coloring activities that brought comfort and

hope amid the aftermath.

All these were done in partnership with Cebu Governor Pam Baricuatro, San Remigio Mayor Mariano Martinez, Medellin Mayor Edwin Salimbagon, and Tabogon Mayor Francis

Salimbagon. Recently, the Cayetano team also delivered aid to the town of Borbon to distribute folding tents and blankets, in response to the request of former Borbon Vice Mayor Roy Melgo. Cebu continues to rise — and Senator Cayetano remains steadfast in helping every step of the way.



Davao LGUs

from
page 8

adaptable, providing decision-makers and planners with faster access to relevant data for urban mobility and transport planning," he said.

MobilityVision+ focuses on measuring mobility by people rather than vehicles, offering insights into accessibility, safety, and transport needs. SEERMO enables accelerated data collection and analysis, allowing LGUs to generate actionable information that can inform policies and infrastructure planning.

Mr. Timothy Joshua Vargas, Co-Founder of MobilityVision+, noted that the platform can be customized to the realities of Philippine cities, helping local governments assess transport patterns and mobility challenges.

LGU representatives across Davao highlighted

challenges in planning road networks that accommodate both growing populations and public transport systems and emphasized the importance of data-driven insights for long-term city planning.

Highlighting the Davao Region's unique urban landscape, Dr. Gomari noted, "The major cities—Digos, Davao, Panabo, and Tagum are clustered along the coast yet retain their

distinct roles. With proper planning, each City can serve as a strategic hub for growth, contributing to a more people-centric and sustainable regional development."

DOST Davao Regional Director, Dr. Anthony Sales underscored the importance of equipping LGUs with these innovative tools.

"By translating Science and Innovation into actionable policies and programs, local governments can reduce congestion, improve mobility, and enhance the quality of life for their communities," he said.

This initiative is part of the Smart and Sustainable Communities Program (SSCP) of Department of Science and Technology (DOST), which supports local governments in leveraging science and technology for inclusive and sustainable urban development. It is aimed at providing science-based, innovative, and inclusive solutions across four strategic pillars: human well-being, wealth creation, wealth protection, and sustainability. These pillars embody the mantra OneDOST4U: Solutions and Opportunities for All. For more information, visit www.dost.gov.ph. (By Vener Zygmund O. Rebuelta, DOST-XI)

Preserving

from
page 8

handlooms and underwent specialized trainings on cellulosic fiber dyeing, silk yarn degumming, advanced 4-pedal handloom weaving, and loom repair and maintenance. These interventions improved their craftsmanship, enhanced production quality, and promoted sustainable silk weaving practices in Region 10.

During the visit, Secretary Solidum observed weaving and natural dyeing demonstrations by four skilled members of the cooperative. Currently, ten active silk weavers in the province continue to strengthen the industry by training other weaving communities across Northern Mindanao—passing on their artistry and technical knowledge to preserve this centuries-old craft.

Secretary Solidum lauded the cooperative's dedication to merging tradition with technology and emphasized how DOST's continued support bridges cultural preservation and innovation. He also expressed his hope for the group to inspire and mentor young silk weavers through training and certification programs, ensuring that the artistry of Filipino weaving not only endures but flourishes—colored beautifully by science, technology, and innovation.



NEWS

Cavite hosts

from
page 1

This was followed by the opening remarks delivered by Ms. Caroline B. Mizal, Head of NCCA Planning and Policy Office, on behalf of Ms. Marichu G. Tellano, Deputy Executive Director of the NCCA. In her message, Ms. Mizal, underscored the significance of the summit as a platform for collaboration, innovation, and dialogue among culture and arts advocates in the region. She noted that weaving the

creative spirit of CALABARZON is not just about preserving traditions but also about strengthening the region's identity through shared stories and artistic expressions.

Representing Cavite Governor Francisco Gabriel D. Remulla, Ms. Elinia Imelda Rozelle Sangalang, Provincial Tourism Officer delivered the message of support, extending the Governor's appreciation to all partici-



4TH CALABARZON CULTURE SUMMIT
23 OCTOBER 2025 | CAVITE STATE UNIVERSITY, INDANG

pants and partner institutions for their active role in advancing Cavite's and

the region's cultural agenda. She also reaffirmed the Provincial Government's continuous commitment to promoting cultural awareness, creative industries, and heritage preservation across Cavite and beyond.

The summit featured a rich lineup of lectures and discussions led by distinguished experts and cultural advocates who shared valuable insights on Filipino culture, heritage, and development. The speakers included Prof. Felipe "Jun" De Leon, Jr., former NCCA Chairperson; Ms. Caroline B. Mizal; Ms. Ricamela Palis, Chairperson of Artist, Inc.; Mr. Phillip Norbert Ahmad L. Medina, President of the Silang Historical Society; EnP. Lorenz G. Palec of Palec and Amigos Urban Enviro; Mr. Joether A. Francisco from Cavite State University; Mr. Guillermo Ramos, Jr., Managing Director and Founder of the Ugnayan

Center for Filipino Gas-tronomy; and Dr. Carlos P. Buasen, Jr., Regional Director of NCIP IV-A. An engaging open forum followed, allowing participants to interact and exchange perspectives with the speakers.

Another exciting highlight of the event was the announcement of winners for the Digital Photography and Logo-Making Contests, which showcased the creativity and cultural passion of CALABARZON's artists. Mr. Jeffrey Sandoval won the grand prize in the Digital Photography Contest for his entry "Mga Kamay ng Pamanang Buhay", while Christopher Macerin emerged as the grand prize winner in the Logo-Making Contest for his design that captured the spirit of cultural unity and creativity across the region.

The summit also featured vibrant cultural intermissions that added color and rhythm to the

event, with captivating performances by the CvSU Chorale Ensemble, CvSU Cultural Dance Group, Las Cuerdas Caviteños-Rondalla, ARTIST, Inc., and some Indigenous Peoples from Tanay, Rizal.

One of the event's most anticipated moments was the turnover ceremony of hosting responsibilities to the Provincial Government of Laguna, which will serve as the next host of the CALABARZON Culture Summit.

The program concluded on an inspiring note with Mr. Edward Perez, CALABARZON SCC Co-Chairperson, leading the closing segment, capped off by a heartfelt performance from ARTIST, Inc. The event truly embodied the summit's theme—weaving the creative spirit of CALABARZON—celebrating the region's shared heritage, creativity, and collective cultural pride. (OPIO)

Coop i-CREATE

from
page 1

with foundational concepts and advancing to specialized areas of cooperative management. Topics included Organizational Assessment, Business Model Design, Strategic Business Planning, Organizational Design and Human Resource Management, Sales and Marketing Management, Operations Management, and Financial Management.

Dr. Aldrin Antivola, the resource speaker, guided participants through interactive discussions and workshops, emphasizing practical applications of each topic. The training culminated in the presentation and defense of participants' strategic plans, highlighting their understanding and commitment to applying learned concepts within their respective cooperatives.

The activity concluded with a graduation ceremony, recognizing the dedication and achievements of the participants who completed the comprehensive program.

Through initiatives like Coop i-CREATE, the Provincial Government of Cavite continues to promote sustainable cooperative growth, enhance leadership capacities, and strengthen the cooperative movement as a key driver of inclusive local economic development. (R. Tanael)



COOP i-CREATE
17 SEPTEMBER - 22 OCTOBER 2025 | NEW PROVINCIAL GOVERNMENT CENTER

MULA SA BAYAN, PARA SA BAYAN

Ano ang kahalagahan ng Primary Care?

Mahalaga ang primary care dahil nakatutulong ito upang manatiling malusog ang isang tao, maagang matukoy ang mga problema sa kalusugan, at agad na makakuha ng tamang gamutan.

PhilHealth YAKAP
PARA MALAYO SA SAKIT

PhilHealth
Your Partner in Health



ARRESTED MURDER SUSPECT. Governor Daniel R. Fernando, Bulacan Police Provincial Office Provincial Director PCol. Angel L. Garcillano, and Vice Gov. Alexis C. Castro present Christian Roxas alyas "Lupin", one of the suspects on the murder case of former Association of Barangay Captains-Bulacan President Ramilito Capistrano and Shedrick Toribio to the media, in a press conference held at Balagtas Hall, Hiyas ng Bulacan Convention Center, City of Malolos, Bulacan today. Also in the photo is Atty. Juris Huerta of the Public Attorney's Office. Iprinisinta nina Gob. Daniel R. Fernando, Bulacan Police Provincial Office Provincial Director PCol. Angel L. Garcillano, at Bise Gob. Alexis C. Castro sa mga mamamahayag si Christian Roxas alyan "Lupin", isa sa mga suspek sa kasong pagpatay kina dating Association of Barangay Captains-Bulacan President Ramilito Capistrano at Shedrick Toribio, sa isang press conference na ginanap sa Balagtas Hall, Hiyas ng Bulacan Convention Center, Lungsod ng Malolos, Bulacan ngayong araw. Makikita rin sa larawan si Abgd. Juris Huerta ng Public Attorney's Office.

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

SAGOT: SUDOKU VOL. 22 #34

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

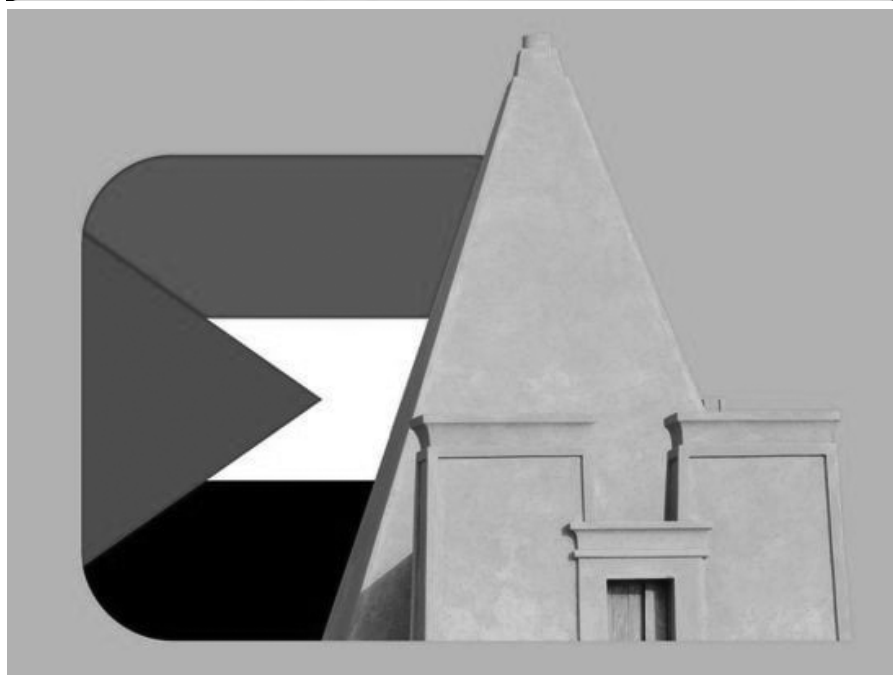
HOW TO PLAY: Sudoku puzzle is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called boxes. There are 9 rows, 9 columns and 9 boxes in every puzzle. The object of the game is to fill all squares in the grid with the correct number.

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?



SUDAN HAS MORE PYRAMIDS THAN ANY COUNTRY IN THE WORLD

What is ... a totally strange Jeopardy! question about geography? Not only have archaeologists found more pyramids in Sudan than Egypt, but the numbers aren't even close. While somewhere around 100 pyramids have been discovered in Egypt (some sources put the number at 118), the number of those found in Sudan is around 255—more than double.

WORD HUNT

Marvel Comics

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

STAR LORD
POWERMEN
DEADPOOL
LUKE CAGE
HAWEYE
SHIELD
THE PUNISHER
CYCLOPS
IRON MAN
DAREDEVIL
HUMAN TORCH
THOR
SPIDER-MAN
THING
GROOT
ANT-MAN
VENOM

DOST Cagayan Valley Reaffirms STI Support for Cooperatives



TUGUEGARAO CITY, Cagayan, October 24, 2025 — The Department of Science and Technology (DOST) Cagayan Valley reaffirmed its commitment to empowering cooperatives through science, technology, and innovation (STI) as it joined the City Government of Tuguegarao in celebrating the 1st Tuguegarao City Cooperative Development Summit held recently in the city.

The event, spearheaded by the Cooperative and Livelihood Development Office (CLDO), gathered cooperative leaders, partner regional line agencies, and local government officials.

It aimed to strengthen partnerships, promote innovation, and advance inclusive and sustainable growth among cooperatives.

Davao LGUs explore DOST Balik Scientist's AI solutions improve traffic, urban mobility

Local Government Units (LGUs) across Davao Region are looking for opportunities to transform urban mobility, traffic management, and city planning using advanced AI-driven platforms.



Traffic congestion and road safety continue to challenge many cities in the country, while traditional urban planning tools are often costly, complex, and slow, limiting their practical use for local governments and planners.

To address this, DOST Balik Scientist Dr. Syrus Borja Gomari, Founder and CEO of MobilityVision+, developed SEERMO, an AI-driven platform that helps cities collect and analyze mobility data efficiently, supporting evidence-based decisions for reshaping transport systems and urban environments.

In a forum conducted during the Regional Science, Technology, and Innovation Week in Davao City, Dr. Gomari explained that the platform is designed to help LGUs collect and analyze urban mobility data efficiently. It helps LGUs collect and analyze data up to ten times faster, enabling more practical and cost-effective planning decisions.

"We developed MobilityVision+ to be user-friendly and DAVAO LGUS • 5



Preserving Tradition through Science DOST Secretary Solidum Witnesses How Innovation Colors the Future of Future of Filipino Silk Weaving in Misamis Oriental



On October 20, 2025, Department of Science and Technology (DOST) Secretary Renato U. Solidum Jr. visited the ABAI (Ayala Beneficiaries Association, Inc.) Weavers Multi-Purpose Cooperative and the Philippine Textile Research Institute's (PTRI) Natural Dyes Hub in Laguindingan, Misamis Oriental, where culture and innovation merge to sustain the province's rich silk weaving heritage.

A beneficiary of both the Community Empowerment through Science and Technology (CEST) program and DOST-PTRI, the cooperative received assistance in 2018 under the project "Upgrading of Silk Weaving Center at Laguindingan." Through this, ABAI was provided with 10 PRESERVING • 5

CAYETANO'S TULONG MEDIKAL BOOSTS CEBU QUAKE SURVIVORS



Bayanihan filled the air as Senate Minority Leader Alan Peter Cayetano continued to extend compassion to earthquake-hit communities in Cebu through his Tulong Medikal and Emergency Response Department (ERD) caravan. From October 21 to 23, 2025, Cayetano's team served 989 residents in quake-hit San Remigio, Medellin, and Tabogon through free services such as stress-debriefing, medical and psychological consultations, treatment for minor injuries, wounds, and fractures, anti-tetanus shots, new vaccines, and a month's supply of medicines for maintenance and common ailments.

CAYETANO'S • 5