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Cavite Provincial Government Strengthens Response Operations for Super Typhoon Uwan

The Provincial Government of Cavite, under the leadership of Governor Francisco Gabriel "Abeng" Remulla, continues to implement proactive response and relief operations for families affected by Super Typhoon Uwan, which brought heavy rains and strong winds across the province in recent days.

As of the latest report, a total of 12,184 families or 44,733 individuals have been affected in various cities and municipalities of Cavite. No casualties have been reported.

Even before Super Typhoon Uwan entered the Philippine Area of Responsibility (PAR), the Provincial Disaster Risk Reduction and Management Council (PDRRMC) was convened on November 7 to conduct a Pre-Disaster Risk Assessment (PDRA) together with Local Disaster Risk Reduction and Management Officers (LDRRMOs) and lead national and provincial agencies.

CAVITE • 4

Provincial Government of Cavite Brings Free Medical and Dental Services to Noveleta Residents



MEDICAL AND DENTAL MISSION
6 NOVEMBER 2025
SAN RAFAEL 3, NOVELETA, CAVITE

MULA SA BAYAN, PARA SA BAYAN

In its continuous effort to promote accessible and quality healthcare for every Caviteño, the Provincial Government of Cavite extended its free medical and dental services to the residents of Barangay San Rafael III, Noveleta, Cavite, on November 6, 2025.

PROVINCIAL • 5

DOST, QPPO Award 10 Speed Drying Trays to Brgy. Matmad During Flag Raising Ceremony

The Department of Science and Technology (DOST) Regional Office 02, together with the Provincial Science and Technology Office-Quirino (PSTO-Quirino), led by Regional Director Dr. Virginia G. Bilgera, awarded ten Solar Speed Drying Trays to Barangay Matmad, Nagtipunan, Quirino.



The assistance was awarded during the Monday Flag Raising Ceremony of the Quirino Police Provincial Office (QPPO).

In her message, Dr. Bilgera expressed her heartfelt gratitude to the men and women of QPPO for their unwavering dedication and service to the people. She emphasized DOST's continued commitment to bringing science, technology, and innovation (STI) closer to communities across the region.

"Patriotism alone is not enough to protect our people. Collaboration makes it more meaningful and effective."

DOST, QPPO • 5

NEWS

DOST, LGU-Rosario promote biogas technology and wastewater solutions for Sustainable Agriculture

In a continued effort to promote sustainable waste management practices and green energy solutions, the Department of Science and Technology (DOST)-Batangas and the Local Government Unit (LGU) of Rosario, conducted a seminar titled "Biogas Technology and Wastewater Solutions: From Site Assessment to Knowledge Sharing" at the Function Room of Rosario Resort and Hotel, Barangay Quilib, Rosario, Batangas, recently.

To provide expert insights on biogas and wastewater technologies, DOST-Batangas engaged specialists from DOST-Rizal and the

Industrial Technology Development Institute (DOST-ITDI). The seminar brought together local government officials, agricultural stakehold-

ers, and industry experts to discuss biogas integration and wastewater treatment applications for sustainable farm operations. It also featured



Quezon community, church leaders file complaint vs DOE Sec. Garin for approving coal project despite moratorium

Quezon City, Philippines — Quezon for Environment (QUEEN), church leaders and residents from Atimonan in Quezon Province, together with the Philippine Movement for Climate Justice (PMCJ), filed a criminal and administrative complaint on Nov. 3, 2025 against Department of Energy (DOE) Secretary Sharon Garin for approving the 1,200-Megawatt (MW) Atimonan One Energy Inc. (A1E) coal-fired power plant project.

In 2020, DOE issued a coal moratorium to halt the development of new coal-fired power plant projects. Despite this, in July 2025, Sec. Garin exempted the Atimonan coal plant project from the moratorium even though it did not meet the requirements for exemption.

Groups and communities in Quezon Province, particularly in Atimonan, strongly opposed Garin's decision.

"There is overwhelming opposition against the construction of the Atimonan coal plant. It is not just the church but the people of Atimonan and Quezon Province. Besides, the economic and financial arguments are clearly against it. No one is interested in investing in the construction of coal plants anymore as their era has passed. Even the past DOE leadership has given up on it. DOE Secretary Garin has created a mess, and now she has to face the consequences," said Fr. Warren Puno, lead convener of Quezon for Environment (QUEEN).

The case filed before the Office of the Ombudsman accuses Garin of violating the Anti-Graft and Corrupt Practices Act (Republic Act No. 3019), as well as committing grave misconduct, gross neglect of duty, and conduct prejudicial to the best interest of the service. Complainants charge Garin for unlaw-

fully allowing the Atimonan coal plant project to proceed despite the coal moratorium, even as it did not fall under any of the exemptions, thereby risking serious harm to local communities and the environment.

"Sec. Garin clearly violated her own Department's coal moratorium when she conveniently greenlighted the Atimonan coal plant despite DOE's previous decision to bar the long-stalled project due to the existing ban. Her approval bears the hallmarks of corruption by accommodating a project to the point of breaking existing regulations. Even the DOE's Oct. 14, 2025 advisory, which expanded the exemptions to the coal moratorium, cannot be retroactively applied to justify the Atimonan coal plant project, although this seems to be Garin's intention. In the face of ongoing protests and investigation into the flood control issue, Garin should be investigated for facilitating the endorsement and approval of projects supposedly banned by the government," said Atty. Aaron Pedrosa, PMCJ chief legal counsel.

Atty. Pedrosa added that the project also violates the Department of Health (DOH) - Department of Interior and Local Government (DILG) Joint Administrative Order (JAO) No. 2021-0001,

also known as Guidelines for the Operationalization of the Health Impact Assessment (HIA) Review Process for Development Projects, as the project proponent has yet to send an application for Health Impact Clearance Certificate.

"Quezon Province is a coal corridor with five operating coal plants with a total capacity of 2,250 MW. It is burning the people's health, livelihood, and future. We have been fighting against these environmentally degrading projects for decades now. Communities here deserve to breathe clean air. We will not stop fighting until they are held accountable. They need to rectify their decisions now and heed our call," said Ma. Luisa Opalda, one of the complainants and a resident of Atimonan.

The groups urge the Office of the Ombudsman to promptly act on the case filed to deter public officials from extending undue advantage to projects that may harm public welfare.

PMCJ, together with other concerned organizations, calls on the government to reaffirm its implementation of the coal moratorium, address the communities' concerns about livelihood loss and health impacts, and hold those who enable the exacerbation of the climate crisis to account.

#AtimonanSaysNoToCoal
#ClimateJusticeNow
#QuezonForClimateJustice

the presentation of findings from the Technology Needs Assessment (TNA) and Gas Quality Assessment earlier conducted in livestock farms located in Barangays Itluga and Mayuro, Rosario, Batangas.

Ms. Una Grace M. Dollete, Senior Science Research Specialist of DOST Rizal, opened the technical sessions with a lecture on the Overview of Biogas and DOST-CALABARZON's Biogas Technology, underscoring the environmental and economic benefits of biogas systems for farm-based communities.

Engr. Johnemma Mae Chuayana, Science Research Analyst from DOST-ITDI, followed with a presentation on DOST-ITDI Biogas Tech-

nology, discussing recent innovations and successful applications of biogas systems developed by ITDI. Engr. Rochelle Retamar, Supervising Science Research Specialist from the same institute, also introduced the DOST-ITDI Wastewater Technology, highlighting its importance in minimizing water pollution and supporting eco-friendly waste management practices.

Adding practical insights, biogas expert Mr. Fernando Ablaza, former Provincial Director of DOST-Rizal, shared the results of the TNA and Gas Quality Assessment conducted in Rosario's livestock farms, noting the municipality's strong potential for biogas adoption due to its agri-

cultural base and readiness for green energy initiatives. Engr. Rodelma Perez and Mr. Adonis Eclipse, both from DOST-ITDI, also addressed technical questions during the open forum.

The seminar served as a platform for knowledge sharing, collaboration, and technology promotion, reinforcing DOST's commitment to advancing innovation and supporting environmentally responsible practices at the community level. Participants from the LGU, farmer groups, and private sector expressed optimism toward adopting biogas and wastewater technologies in future local projects. **(By John Maico M. Hernandez)**

PhilHealth Strengthens Member Protection, Guarantees Quality Care with Eye Surgery New Guidelines

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Editorial

Staying the course in limiting global warming

AHEAD of the opening of the 30th United Nations Climate Change Conference in Belem, Brazil, on Nov. 10, the UN Environment Program (UNEP) projects that commitments to limit global warming are most likely to fall way below target.

In its Emission Gap Report 2025, the UNEP says the global temperature increase has only slightly fallen, "leaving the world heading for serious escalation of climate risks."

The 2015 Paris Agreement limited temperature increase to not more than 2 degrees Celsius above pre-industrialization levels, capping it at 1.5 C.

The UNEP, however, projected that average temperature rise would exceed 1.5 C between now and 2035, a trend that "will be difficult to reverse — requiring faster and bigger additional reductions in greenhouse gas emissions to minimize overshoot, reduce damage to lives and economies, and avoid overreliance on uncertain carbon dioxide removal methods."

The UNEP's message is clear: the longer the world holds off on decisive climate action, the more severe the problem of global warming grows.

UNEP blames the shortfall on unfulfilled funding pledges by member states. "Nations have had three attempts to deliver promises made under the Paris Agreement, and each time they have landed off target," UNEP Executive Director Inger Anderson said. "While national climate plans have delivered some progress, it is nowhere near fast enough, which is why we still need unprecedented emissions cuts in an increasingly challenging geopolitical backdrop."

The global community can speed up climate action if it wanted to. The Group of 20 (G20) — the bloc made up of the world's richest countries — has the means to spearhead the transformational initiative. What it lacks is the will.

G20 members, among them the biggest emitters of greenhouse gases, are not even on track to meet 2030 emissions reduction



targets. In fact, the group's collective emissions rate went up by 0.7 percent last year.

The irony is that as much as \$1.3 trillion in climate finance can be provided to vulnerable nations.

At the end of last year's climate conference in Baku, Azerbaijan, the participants came up with an 81-page report that serves as a "catalyst and foundation for the next phase of climate action."

Under the "Baku to Belem Roadmap," developed nations will provide \$300 billion annually in climate finance to poorer countries by 2035.

Multilateral development bank — such as the African Development Bank or the Asian Development Bank — will play a "central role" by improving the financial systems that would allow them to lend more.

There will be closer coordination among banks, multilateral climate funds and the philanthropic organizations to free up more funding.

The International Monetary Fund will issue Special Drawing Rights (SDRs) directly to vulnerable countries. Rich countries can also channel their SDRs to poorer nations, freeing up between \$100 billion and \$500 billion a year.

The report also proposed tax measures to further boost climate funding.

A global tax on billionaires, for example, could bring in between \$200 billion and \$1.36

trillion, "depending on the rate applied at different income thresholds," the report said.

Aviation and maritime transport fees could bring between \$4 billion and \$223 billion, and a tax on financial transactions could rake in between \$105 billion and \$327 billion.

Tax measures could be a hard sell, but debt relief could be more palatable.

The road map proposes easing the debt burden of countries that are already economically strapped.

UN Climate Change Executive Secretary Simon Stiell considers the task of moving the needle in climate change "ambitious, but achievable. The tools exist; what's been missing is coordination and shared commitment."

Harjeet Singh, founding director of Satat Sampada Climate Foundation, does not agree, saying the road map was "like offering a band-aid for a mortal wound and fundamentally fails to prescribe the cure."

For UN Secretary-General Antonio Guterres, the formidable challenge of fighting global warming "is no reason to surrender. It's a reason to step up. Achieving 1.5 degrees by the end of the century remains our North Star. And the science is clear: this goal is still within reach. But only if we meaningfully increase our ambition."

The climate summit in Belem will test the UN's resolve to stay the course.

Menopause Sa Lalaki: Ano Ito?

Kung ang babae ay may menopause, ang mga lalaki naman ay may andropause. Iba ang sintomas ng menopause sa babae kumpara sa lalaki.

Ang menopause sa babae ay biglang dumarating ng mga edad 45 hanggang 55, kung saan hihinto na ang pag-re-regla ng babae. Tumitigil na ang paggawa ng itlog (egg cell) ng babae at biglang babagsak ang lebel ng estrogen sa katawan. Dahil dito, nakararamdam ang babae ng pag-iinit ng katawan (hot flushes), irregular na regla, pagkabalisa, hindi makatulog at pag-iinit ng ulo.

Kumonsulta sa iyong OB-gynecologist para malunasan ito.

Andropause Sa Lalaki:
Ang andropause ay posibleng mangyari sa mga lalaki. Ito ang tinaguriang "male menopause."

Mula sa edad 30 ay unti-unti nang bumababa ang lebel ng testosterone ng lalaki ng 1% kada taon. Pagdating ng edad 70 ay posibleng bumaba na ang lebel ng testosterone ng halos 50%. Dahil dahan-dahan ang pagbaba ng testosterone at hindi ito gaano napapansin ng kalalakihan.

Ang sintomas ng andropause ay ang (1) pagbawas ng gana sa sex, (2) lumiliit na mga masel ng katawan,

DOKTOR NG MASA

ni Dr. Willie Ong



(3) panghihina, at (4) pagbaba ng kumpiyansa sa sarili (low self confidence). Ang iba naman ay nalulungkot at nahhirapan matulog.

Para malaman kung mababa ang iyong testosterone, puwede itong ipasuri sa laboratoryo sa pamamagitan ng blood test.

Ano ang solusyon sa andropause? Una, kumain ng masustansya at ituloy ang regular na ehersisyo. Pangalawa, magpa-check up sa doktor para malaman kung may ibang dahilan ang iyong nararamdaman. Baka naman hindi andropause ang sanhi ng sintomas mo.

Huling payo: Mag-ingat din sa pag-inom ng mga supplements para sa testosterone. Hindi pa tiyak ang benepisyo at peligro nito. Kumonsulta sa inyong doktor. Good luck.

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NEWS

Cavite

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Following the directive of the Department of the Interior and Local Government (DILG), pre-emptive evacuations were implemented in

high-risk areas to ensure the safety of residents. The Emergency Operations Center (EOC) has remained on 24/7 standby, with all response

clusters on full alert status to closely monitor developments and coordinate immediate actions with local government units (LGUs).

Relief operations officially began on November 9, led by the Office of the Provincial Social

SC Approves

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Typhoons and other natural calamities

For typhoons or heavy rainfall, the ORCM may suspend work and court operations for up to three consecutive days, based on national and local advisories, weather forecasts, rainfall and typhoon warnings, and the area's vulnerability to flooding or landslides.

In sudden calamities, such as earthquakes, fires, landslides, or volcanic eruptions, the Executive Judge may declare suspension for a period not exceeding one day and must submit a report to the ORCM within one day. The report must state the basis for the suspension, the condition of court personnel and facilities, and whether an extension is needed. The ORCM may extend the suspension for up to two more consecutive days as necessary.

Any suspension beyond three consecutive days requires clearance from the Court Administrator.

Transport strikes and large-scale rallies

For transport strikes and other large rallies, the Executive Judge must notify the ORCM within one day of receiving information. The ORCM may suspend work and court operations in the affected trial courts for up to three consecutive days, considering relevant factors such as national and local government advisories, the scale and location of the event, and its impact on court personnel.

For sudden, unannounced strikes or rallies, the Executive Judge may suspend work on the same day. They must then submit a report to the ORCM detailing the basis for the suspension and recommending any needed extension. The ORCM may extend the suspension for up to two more consecutive days. Any suspension beyond

three consecutive days requires clearance from the Court Administrator.

Interruption of Utility Services

For sudden and unannounced electricity interruptions, the Executive Judge may suspend work if: (1) the electricity provider or local government advises that power will not be restored within two hours, or (2) no advisory is issued but power remains out for at least two hours. The Executive Judge must report to the ORCM—either through email, SMS, or any instant messaging application—the factual basis for the suspension and whether an extension is needed. The ORCM may extend the suspension for up to two more consecutive days, if needed.

If the power interruption is announced in advance, the ORCM may suspend work upon the Executive Judge's recommendation. Any suspension beyond three consecutive days requires prior clearance from the Court Administrator.

Internet and water service interruptions are not valid grounds for suspension.

For prolonged disruption of any utility service, the ORCM must submit a report and recommendations to the Court Administrator.

Local holidays and celebrations

For permanent local non-working holidays, which are declared by law to be observed annually within a locality, the ORCM will announce the suspension at least one week before the holiday.

For temporary local non-working holidays, i.e., those declared by the President for observance only within the year, the Executive Judge must inform the ORCM within one day of the Office of the President's declaration. The ORCM will issue the suspension order

within one day of being notified.

For local celebrations, such as town fiestas and charter days, the Executive Judge must notify the ORCM within one day of the LGU declaration. The ORCM will declare the suspension within one day. If the suspension will exceed three days, prior clearance from the Court Administrator is needed.

For legal Muslim holidays, the ORCM may suspend work and court operations and/or excuse Muslim judges and court personnel from reporting to work, in line with A.M. No. 25-03-04-SC (Re: Muslim Religious Observances), which provides flexible working hours for Muslim judges and court personnel during Ramadan.

For all other instances requiring suspension of work and trial court operations, the ORCM or the Executive Judge may declare suspension, subject to the Court Administrator's review.

Under the Guidelines, any work suspension declared by the ORCMs or Executive Judges shall be reviewed by the Court Administrator, who may reverse the suspension.

Executive Judges must ensure a skeleton workforce remains on duty to handle urgent matters such as bail applications, release orders, writs of habeas corpus, and similar urgent reliefs, and to keep official hotlines operational.

The Guidelines also require prompt notification to parties, law enforcement agencies, and the public. Immediately after declaring suspension, the Executive Judge or ORCM must inform the SC Communications Office through its official email address: sccommunications@judiciary.gov.ph.

The Guidelines emphasize that work suspensions must be done judiciously. Abuse of authority may lead to administrative action. (Courtesy of the SC Office of the Spokesperson)



Welfare and Development Officer (OPSWDO), which distributed food and non-food items to affected families in Ternate and Maragondon.

On November 10, another round of relief operations was done, with the teams distributing aid to affected residents in Silang and Naic, and another batch of assistance in Ternate.

Governor Remulla reaffirmed the provincial government's commitment to ensuring timely and efficient delivery of assistance, emphasizing that the safety and welfare of Caviteños remain the top priority.

The Provincial Government of Cavite continues to mobilize its resources and manpower to provide sustained relief and recovery support to af-

affected communities. Meanwhile, the Office of the Provincial Disaster Risk Reduction and Management Officer (OPDRMO) remains on heightened alert for further monitoring and response activities.

Residents are reminded to remain vigilant and to follow updates and advisories from official government channels. (E. Reyes)

Empowering

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Mayor's office, delivered the welcome remarks, while Mr. Pepito D. Bonilla, also an executive assistant from the same office, discussed the rationale of the training, underscoring the city government's commitment to empowering the farming sector through partnerships and capacity-building programs.

Participants included members of the Masipag at Maagap Farmers Association, San Pablo City Pineapple Farmers En-

trepreneurs Association, Sta. Veronica Farmers Association, San Pablo Corn Farmers Association, and the Samahan ng Magniniyog Agriculture Cooperative.

A sample silage was also presented during the session, giving participants the opportunity to observe its appearance and quality as an example of effective preservation and feed management.

As a positive outcome of the activity, the partici-

pants, through the support of the City Agriculture Office of San Pablo City, expressed their intent to form a Silage Association to further strengthen collaboration, promote silage production, and enhance the city's agriculture competitiveness.

This initiative reflects DOST Laguna's continuing efforts to promote science-based and sustainable agricultural practices that enhance productivity, foster innovation, and improve the livelihoods of Filipino Farmers. (By Charles Andrew M. Reyes)



Agham

from
page 8

Secretary Solidum said that "After Iloilo and Cagayan de Oro, we are bringing NSTW to Ilocos Norte because science and technology must be felt by every Filipino, this is what we call 'Agham na Ramdam.'"

The annual NSTW serves as a platform to showcase the country's scientific advancements, research breakthroughs, and technological innovations that drive socio-economic growth and improve quality of life. It also fosters collaboration among government agencies, the academe, industries, entrepreneurs, and local communities, all working together toward sustainable and inclusive progress.

Building on the successes of previous provincial celebrations that focused on the blue economy (Iloilo) and circular and green economies (Cagayan de Oro), this year's edition will

center on smart and sustainable community development. The celebration will highlight how science and technology can transform cities, towns, and provinces into resilient, digitally connected, and environmentally responsible communities.

DOST Ilocos Region shared the same vision that communities where technology empowers citizens, promotes sustainable practices, and enhances the quality of life for everyone. The week-long celebration will feature exhibits, technology demonstrations, forums, and competitions that aim to inspire innovation and local adoption of scientific solutions. Events will be held across various venues in Ilocos Norte, including the Centennial Arena in Laoag City, where the opening program will take place on November 18, 2025.

Aligned with the four

(4) pillars of DOST—human well-being, wealth creation, wealth protection, and sustainability—NSTW 2025 aims to demonstrate how science and technology directly contribute to the nation's long-term vision for a "Matatag, Maginhawa, at Panatag na Kinabukasan" in line with AmBisyon Natin 2040.

As the country continues to advance its innovation ecosystem, DOST Ilocos Region through the wholehearted initiative of the Regional Director Teresita A. Tabaog and the whole DOST Ilocos Region family, invites every Filipino to take part in the celebration.

Through this year's NSTW in Ilocos Norte, DOST Ilocos Region reaffirms its core values to bring service first and foremost through meaningful efforts and impact closer to the people—turning innovation into action and building smart, sustainable, and inclusive communities for the future. **(By Aryan Joy M. Soliman)**

Charting

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sensation of the FY 2026 National Expenditure Program (NEP) of DOST NorMin.

The operational planning aims to produce a consolidated Work and Financial Plan (WFP) and an

Indicative Project Procurement Management Plan (PPMP) for FY 2026. These outputs will guide the region in setting clear objectives, ensuring efficient resource allocation, and enhancing accountability and

performance monitoring.

By charting a clear and unified direction, DOST NorMin reaffirms its commitment to advancing a science-driven and innovation-led Northern Mindanao—one where STI initiatives deliver real and sustainable solutions for communities and industries.

Provincial

from
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The activity was spearheaded by the Office of the Provincial Governor's Medical Mission Team, in partnership with the Office of the Provincial Health Officer, 1st District Board Member Jgys R. Gandia and Noveleta Mayor Davey Reyes-

Chua. The joint effort reflects the province's continuing mission to bring essential healthcare directly to communities, especially those who have limited access to medical facilities.

A total of 451 residents benefited from the

program, wherein they availed various free health services such as ECG for 23 patients, X-ray for 10 recipients, and dental services for 58 beneficiaries. Through these sustained efforts, the province continues to promote the well-being of its constituents and ensure that quality healthcare remains accessible to all. **(F. Tamio)**



MEDICAL AND DENTAL MISSION
6 NOVEMBER 2025
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MULA SA BAYAN, PARA SA BAYAN

DOST QPPO

from
page 1

You are not only guardians of peace and order, but also partners in nation-building," – she added.

During the ceremony, Solar Speed Drying Trays were formally awarded to Barangay Matmad,

Nagtipunan, Quirino, as part of DOST's ongoing efforts to promote science, technology, and innovation to the grassroots level.

RD Bilgera also led the awarding of medals to the five (5) outstanding

officers of QPPO in recognition of their exemplary service.

Through this activity, the partnership between DOST and the PNP continues to grow stronger—a testament to how inter-agency collaboration can truly transform lives—when science meets discipline and compassion meets courage.



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NEWS

Three-Day Bamboo Processing and Handicraft-Making Training Strengthens Livelihood Opportunities in Brgy. Galalan, Pangil, Laguna

The Department of Science and Technology DOST - Laguna, in collaboration with the Department of Agrarian Reform (DAR) and the Department of Trade and Industry (DTI), conducted a three-day training on Bamboo Processing for Handicraft Making for the Galalan Agrarian Reform Beneficiaries Multipurpose Cooperative (Galalan ARB MPC) recently, in Brgy. Galalan, Pangil, Laguna.

Facilitated by the DOST-Forest Products Research and Development Institute (DOST-FPRDI), the training aimed to equip cooperative members with tech-

nical knowledge and practical skills in bamboo harvesting, processing, and handicraft production. This initiative forms part of the ongoing effort to enhance local liveli-

hood opportunities and promote sustainable eco-tourism within the community.

The activity commenced with an opening program through a wel-



come remarks from Barangay Chairwoman Hon. Josephine Taniegra, who expressed her deep appreciation to the partner agencies for bringing the training to Galalan. She emphasized that the skills imparted through the program would create new avenues for livelihood and community development. This was followed by a message from DOST-Laguna Provincial Director Ms. Agnes G. Morales, who highlighted the critical role of science, technology, and innovation in increasing productivity and competitiveness among grassroots cooperatives. DAR Laguna representative Mr. Juan Miguel Amara also addressed the participants, sharing his vision for Galalan ARB MPC to become a bamboo benchmarking site and a model eco-tourism destination in the province.

The technical training began with Mr. Joseph R. Lapis of DOST-FPRDI, who introduced the goals of the bamboo training and briefly presented the programs and services offered by the Institute. He then introduced the resource speaker, Engr. James Anthony Chan, a bamboo expert from DOST-FPRDI. Engr. Chan opened the session with a discussion on proper techniques in harvesting and preparing bamboo, emphasizing the importance of using the right materials to ensure product quality. He then demonstrated the basic tools used in bamboo processing before proceeding to the hands-on activities of the training. Participants were guided through the step-by-step production process for making bamboo handicrafts such as trays, portable speakers, and lamp



shades. A strong focus was placed on following the Bill of Materials (BOM) to ensure efficiency, consistency, and resource allocation. Assisting Engr. Chan were Mr. Reyes and Mr. Lastimoso, who helped supervise the hands-on activities, allowing cooperative members to gain practical experience in cutting, shaping, and assembling bamboo components into finished products.

On the last day, the training continued with a specialized session on Finishing Techniques for Bamboo Handicraft Making, led again by Engr. Chan. This session highlighted the importance of proper finishing in enhancing both the durability and aesthetic appeal of bamboo products. Topics covered included sanding, smoothing, polishing, and the application of protective coatings. Engr. Chan stressed that high-quality finishing is essential in producing market-ready products that meet customer expectations and quality standards. Following the lecture, participants were once again engaged in hands-on activities, applying finishing techniques to the items they had crafted the previous day. Under close supervision, cooperative members practiced the techniques and received individualized guidance and feedback from the trainers.

The three-day training

concluded with a brief closing program. Messages of support were delivered by a DAR representative and by Engr. Wilma G. Del Rosario, who both praised the active participation of the Galalan ARB MPC members. The DAR representative assured the cooperative of continued support not only through trainings but also by providing future access to bamboo facilities and necessary equipment to sustain their livelihood efforts. Engr. Del Rosario encouraged the participants to apply their newfound skills and emphasized the importance of continuous practice to improve craftsmanship. Engr. Chan also offered final words of encouragement, reminding the cooperative that mastering bamboo handicraft production takes time, patience, and consistency.

Overall, the training effectively introduced bamboo processing and handicraft-making techniques to the Galalan ARB MPC, while strengthening the collaboration among DOST, DAR, and DTI. The initiative is a significant step toward empowering the community of Brgy. Galalan, equipping its members with the tools and knowledge needed to develop bamboo-based enterprises and transform the barangay into a thriving bamboo livelihood and eco-tourism site in Laguna. (By Leandro D. Dimatulac)

Fernando launches province-wide directive to institutionalize earthquake drills and secure critical infrastructure

CITY OF MALOLOS – Governor Daniel R. Fernando has mandated an immediate, province-wide intensification of disaster preparedness measures, focusing on the structural safety of educational institutions, establishment of dedicated, open-site evacuation centers and institutionalization of earthquake drills.

The governor's directives were issued during the Joint PDRMC and C/MDRRMOs Full Council Meeting yesterday, underscoring the necessity of a swift and decisive pivot toward maximum resilience.

This follows the updates from the Philippine Institute of Volcanology and Seismology (PHIVOLCS) and structural reports submitted by the Department of Education (DepEd) Bulacan.

In her presentation, Myleen C. Enriquez, Science Research Specialist of PHIVOLCS-DOST, highlighted the Philippines' position as one of the world's most seismically active regions, presenting the 'Orientation on Recent Earthquake Events and Possible Impacts of the West Valley Fault'.

Enriquez said the West Valley Fault, which traverses nearby provinces, has not moved in approximately 400 years, raising the possibility of a major movement, heightening the risk of a significant movement that could trigger 'The Big One', from which she introduced PHIVOLCS tools such as GeoRiskPH, HazardHunterPH, and the "How Safe is My House", helping citizens and local governments assess building safety and hazards in their areas, with more information available at phivolcs.dost.gov.ph.

"Natural ang lindol at iba pang sakuna, pero ang trahedya ay maaaring naging maiwasan sa pamamagitan ng kahandaan at tamang pagtugon," she reminded the participants.

This cautionary note was immediately contextualized by a report from Peter C. Lacap, DepEd Bulacan DRRM focal person, that as of October 23, 2025, 287 of 412 elementary schools and 75 of 100 secondary schools have submitted building inspection reports conducted by municipal/city engineers wherein findings underscored that 104 elementary and 36 secondary schools were tagged as unsafe, involving a total of 416 classrooms requiring major repair or further engineering validation.

DepEd Bulacan is now coordinating with LGUs for rapid validation and structural reinforcement, prioritizing the development of robust Learning Continuity Plans and updated earthquake contingency measures to mitigate risks to students and personnel.

While expressing gratitude that Bulacan was spared by recent weather events, Fernando stressed that this reprieve must be seized to accelerate pre-disaster operational readiness and established a clear and binding mandates for all local government units, in-

cluding 1) Establishment of Designated Open Evacuation Sites: LGUs must immediately identify, mark, and publicize dedicated, open evacuation areas and appoint a primary contact person in each site for earthquake response management; 2) Swift Procurement and Distribution of Emergency essentials: The PGB will oversee the rapid distribution of flashlights, whistles with lanyard, water bottles, and vital emergency provisions; and 3) Institutionalizing Drills and Safety Protocols: A formal memorandum will be issued requiring the inclusion of earthquake drills in schools' daily morning activities.

"Hindi naman po ako kontra sa 'duck, cover, and hold' dahil epektibo po ito sa mga mahihinang lindol," he said. "Pero sa panahon ngayon na malalakas na ang pagyanig, mas mainam na lumabas sa mga open site para mas ligtas. Dapat po nating paghandaan ito, lalo na ang mga bukas na lugar sa mga paaralan at mga tahanan."

The Provincial Government's action plan is focused on preemptive intervention to secure Bulacan's future against predictable seismic threats, ensuring that preparedness is a continuous and operational state, not merely a reaction.

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Manguna ka! Pangunahan mo ang pagbabago. Ngayon ang tamang panahon para ang mga makalumang kaugalian ay isantabi, itago, at huwag nang gamitin pa. Masuwerteng kulay-black. Tips sa lotto-9-10-13-29-33-42.

TAURUS (Apr. 20-May 20) - Magdagdag ka pa! Huwag kang makuntento sa kung ano ang meron ka ngayon. Walang sinuman ang may hawak sa hinaharap, kaya mas magandang magsumikap ka. Masuwerteng kulay-violet. Tips sa lotto-8-12-24-31-39-45.

GEMINI (May 21-June 20) - Aangat pa ang antas ng iyong kabuhayan. Pero wala ka nang dapat ipag-alala, dahil mas lamang ang pag-angat mo. Masuwerteng kulay-peach. Tips sa lotto-5-15-17-27-34-36.

CANCER (June 21-July 22) - Yakapin mo ang magagandang aral na natutunan mo mula sa iyong mga kabiguan. Ito ang magsisilbing susi upang hindi na maulit pa ang masaklap mong karanasan. Masuwerteng kulay-red. Tips sa lotto-7-14-22-28-35-41.

LEO (July 23-Aug. 22) - Kung ano ang wala ka, iyon ang hanapin mo. Muli, hanapin mo ang katangiang kulang sa iyo at idagdag mo sa iyong pagkatao. Sa ganyang paraan, magsisimula kang suwertehin at paburan ng langit. Masuwerteng kulay-yellow. Tips sa lotto-4-18-20-29-32-38.

VIRGO (Aug. 23-Sept. 22) - Huwag kang magdalawang-isip, dahil ang pagdadalawang-isip ay sagabal sa mabilis na pag-asenso. Madalas, ito rin ay nagreresulta sa panghihinayang. Masuwerteng kulay-white. Tips sa lotto-1-19-21-23-30-43.

LIBRA (Sept. 23-Oct. 22) - Mas pipiliin mo ngayon ang mga magaganda. Walang masama sa ganito dahil bakit nga ba pipiliin ang hindi naman kaaya-aya sa paningin? Masuwerteng kulay-green. Tips sa lotto-6-17-22-33-38-45.

SCORPIO (Oct. 23-Nov. 21) - Dapat makapagpigil ang malakas. Malakas ka ngayon, kaya dapat mo ring makontrol ang galit mo. Masuwerteng kulay-yellow. Tips sa lotto-7-14-18-26-34-42.

SAGITTARIUS (Nov. 22-Dec. 21) - Iyung-iyong araw na ito, at ang maganda pa nito, para pa rin sa iyo ang mga araw na darating. Ngayon mo na simulan ang mga proyektong hindi mo itinuloy dahil sa pinanghinaan ka ng loob. Masuwerteng kulay-purple. Tips sa lotto-1-13-23-34-39-45.

CAPRICORN (Dec. 22-Jan. 19) - Patatatagin ng langit ang kabuhayan mo. Kaya lang, baka hindi mo agad ito maunawaan dahil ang paraan ng langit minsan ay hindi kaya ng isip ng tao. Masuwerteng kulay-pink. Tips sa lotto-4-16-20-29-31-44.

AQUARIUS (Jan. 20-Feb. 18) - Hindi ka dapat magmadali sa lahat ng bagay. Kung babalikan mo ang nakaraan, madalas na dahilan ng iyong kabiguan ay ang padalus-dalos mo. Masuwerteng kulay-beige. Tips sa lotto-2-18-21-25-28-38.

PISCES (Feb. 19-Mar. 20) - Pabagu-bago ang lagay ng panahon, at ikaw rin ngayon ay magpapabagu-bago ng isip. Pero ang masayang balita ay nagsasabing sa huli, kung ano ang pinakatamang maisip mo, ito ay kusang ipagkakaloob sa iyo ng nasa Itaas. Masuwerteng kulay-blue. Tips sa lotto-5-7-23-26-33-41.

SUDOKU

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

SAGOT: SUDOKU VOL. 22 #36

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

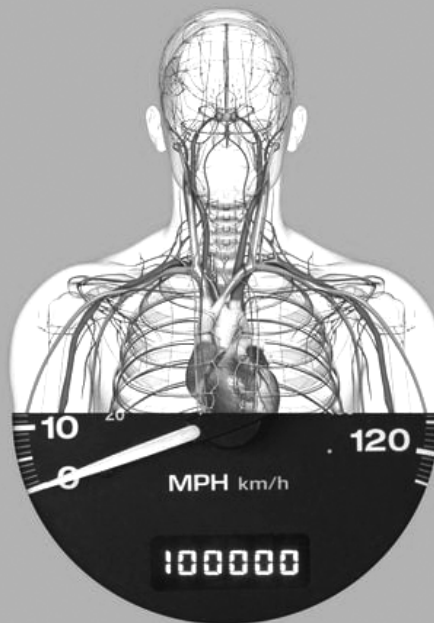
HOW TO PLAY: Sudoku puzzle is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called boxes. There are 9 rows, 9 columns and 9 boxes in every puzzle. The object of the game is to fill all squares in the grid with the correct number.

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?



THE CIRCULATORY SYSTEM IS MORE THAN 60,000 MILES LONG

If your entire circulatory system—we're talking veins, arteries and capillaries—were laid out flat, it would stretch for more than 60,000 miles. That's long enough to go around the Earth almost two and a half times! This is one of those mind-blowing facts that sounds made up (but isn't).

WORD HUNT

School Items

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

ROOMS
TUCKSHOP
PENCILS
COMPUTERS
OVAL
TENNIS
CARS
FENCE
BUILDINGS
STUDENTS
DESKS
LAPTOPS
BASKETBALL
TEACHERS
FANS
BOOKS
CLOCKS
PAPER
CHAIRS
RULER

SC Approves Uniform Guidelines for Suspension of Work and Court Operations in Trial Courts

The Supreme Court (SC) En Banc, through a Resolution dated October 28, 2025, in A.M No. 25-10-21-SC, has approved the Uniform Guidelines on the Suspension of Work and Court Operations in the Trial Courts (Guidelines). The Guidelines set clear procedures for suspending work and trial court operations during typhoons and other natural calamities, transport strikes, interruption of utility services, holidays, and similar situations.

This is aligned with the SC's Strategic Plan for Judicial Innovations 2022-2027 (SPJI), which promotes efficiency through decentralized court administration. While the Chief Justice retains the authority to suspend work and court operations, the Guidelines allow limited delegation to the Office of the Court Administrator (OCA), including the Office of the Regional Court Manager (ORCM) for their respective areas, and Executive Judges for their stations.

The Guidelines ensure uniform and consistent procedures across all trial courts. Below are the key provisions:



SC APPROVES • 4

Charting the Course: DOST Northern Mindanao Sets Strategic Direction for FY 2026

CAGAYAN DE ORO CITY, October 30, 2025 — The Department of Science and Technology – Northern Mindanao (DOST NorMin) conducted its Operational Planning for Fiscal Year 2026 at Hamerson's Hotel, aligning regional priorities and strengthening the implementation of science, technology, and innovation (STI) programs across the region.

HAPPENING NOW



CHARTING THE COURSE DOST Northern Mindanao Conducts Operational Planning for FY 2026

region10.dost.gov.ph info@region10.dost.gov.ph /dost10ph @dost10ph



The activity gathered provincial directors and regional unit heads to present and discuss their proposed projects, activities, budget requirements, and performance targets for FY 2026. Proposals centered on research and development, technology transfer and commercialization, innovation capacity development, and organizational improvement.

OIC-Regional Director Engr. Ruel Vincent C. Banal led the planning session, emphasizing the value of evidence-based planning and collaboration in achieving the department's goals. The event also featured the pre-

CHARTING • 5



'Agham na Ramdam' Takes Center Stage in Ilocos Norte as NSTW 2025 Building Smart and Sustainable Communities

The Department of Science and Technology (DOST) brings the 2025 National Science, Technology, and Innovation Week (NSTW) celebration to the heart of the North as it unfolds in Laoag City, Ilocos Norte, on November 18–21, 2025. With the sub-theme "Building Smart and Sustainable Communities," this year's NSTW underscores the vital role of science, technology, and innovation in empowering local communities and promoting inclusive development across the country.



Now on its third provincial conduction, following Iloilo and Cagayan de Oro, the NSTW 2025 marks another milestone in DOST's commitment to make "Agham na Ramdam"—science that is felt—by every Filipino, wherever they may be. According to DOST Secretary Renato U. Solidum, Jr., during the media kickoff last September 8, 2025, the move to bring NSTW outside Metro Manila reflects the Department's dedication to making the benefits of research, development and innovation accessible to all.

AGHAM • 5

Empowering Farmers: DOST Laguna Promotes Silage Production for Sustainable and Profitable Farming

To promote sustainable feed management and enhance local agricultural productivity, the Department of Science and Technology (DOST) CALABARZON, through DOST Laguna, conducted the training titled "From Grass to Glass: Training on Corn Silage Production, Emphasizing its Benefits for Dairy Production and Farmer Profitability" on October 22, 2025, at the San Pablo Convention Center, San Pablo City, Laguna.



The activity featured Ms. Clarissa B. Moral from the Department of Agriculture Region IV-A as the resource speaker, who shared her expertise on silage production techniques – covering proper crop selection, harvesting, storage, and utilization – to help farmers improve feed efficiency, reduce waste, and add value to their produce.

The event was graced by San Pablo City Mayor Arcadio Najie B. Gapangada Jr., who expressed his full support for local farmers, proudly sharing that he was once a corn farmer himself. His inspiring message emphasized the importance of embracing innovation to strengthen agricultural resilience and profitability.

Engr. Samuel L. Caperiña, executive assistant from the City

EMPOWERING • 4