

TRANSITUS:

*Journeying with Christ from the Cross to
Eternal Life*

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Catholic radio station brings Lenten exhibit to mall

A Catholic radio station has brought a Lenten exhibit into a busy shopping mall in Quezon City, aiming to make Holy Week reflection more accessible to the public.

Organized by Radio Veritas, the exhibit opened Monday at Fisher Mall, drawing visitors seeking moments of prayer amid daily routines.

Titled "Transitus: Journeying with Christ from the Cross to Eternal Life," the installation invites reflection on Jesus Christ's passion, death and resurrection.

Fr. Roy Bellen, the station's president, led the opening rites and said the initiative seeks deeper spiritual engagement during Lent.

CATHOLIC • 6

Parts of Metro Manila, Rizal and Cavite to have water interruptions this week due to maintenance works

Some places in Metro Manila, Rizal and Cavite will have water interruptions this week because of maintenance works and because of high demand, Manila Water Company Inc. and Maynilad Water Services Inc. said on Sunday.

Manila Water said that some areas in the villages of West Kamias, Socorro, Pasong Tamo, and Matandang Balara will have service interruptions on March 24-25 between 10 p.m. and 4 a.m. because of zero pressure testing activities to check on the systems' zonal integrity.

Some places in Brgy. Culiati, Alpha Village, Country Villas, and Capitol Drive

PARTS OF METRO • 6



DOST, Intramuros launch PH-made electric 'e-tranvia' for heritage tourism



MANILA, Philippines — In a move toward sustainable transport and heritage tourism, the Department of Science and Technology (DOST), in partnership with the Intramuros Administration (IA), officially unveiled the country's first Filipino-engineered all-electric tourist transport vehicle, or "e-tranvia," on March 19 in Intramuros, Manila.

The 18-seater, low-speed, battery-electric vehicle is designed to

DOST • 4

NEWS

DOST-Quezon reinforces food safety compliance of Buddy's through seminar-training on food safety hazards and GMP

To further strengthen food safety awareness and ensure sustained compliance with regulatory standards, the DOST-Quezon successfully conducted a Seminar-Training on Food Safety Hazards and Good Manufacturing Practices (GMP) for Ydlazavon Pancit Habhab, Inc. (Buddy's) held recently, at the company's commissary in Brgy. Ayuti, Lucban, Quezon.

Buddy's, a well-known Filipino restaurant brand rooted in Quezon Province, is recognized for promoting local culinary heritage through products such as Pancit Lucban and other traditional Filipino dishes. As the company continues to expand its operations, strict adherence to food safety standards and GMP is essential, particularly in its commissary, which plays a critical role in centralized food preparation and distribution to its restaurant branches.

The two-day training served as a follow-up to a 2024 food safety seminar facilitated by DOST-

Quezon. This activity aimed to refresh and deepen the knowledge of management, production personnel, store supervisors, and chief cooks, particularly those who were unable to attend the previous training on food safety hazards and GMP principles.

A total of thirty-eight participants took part in the activity. The sessions were facilitated by Ms. Precious R. Monedera, Supervising SRS, Ms. Sydney Mae G. Tadosa, SRS II, and Ms. Raiza Lyn N. Antenor, PTA II, all members of the Food Safety Team of DOST-Quezon. Topics covered included biological,

chemical, and physical food safety hazards; foodborne illnesses; sources of contamination; and control measures, as well as comprehensive discussions of GMP key elements, including organizational requirements, premises, education and training, sanitation and hygiene, process control, documentation, and quality audits.

Interactive workshops were integrated into the activity, highlighting the importance of proper handwashing, followed by Glo Germ testing to assess handwashing effectiveness, and demonstrations using APC



plates help participants better appreciate the role of proper sanitation and hygiene in food safety.

These activities, together with exercises on physical hazard identification and cross-contamination control, reinforced learning and en-

couraged active participation. Pre- and post-diagnostic examinations were also conducted to assess knowledge gained throughout the training.

Through this initiative, Buddy's reaffirms its commitment to strengthening its food safety systems and maintaining

product quality and consistency across its operations. The activity likewise highlights DOST-Quezon's continued support in promoting food safety culture and capacity-building among local food enterprises in the province. **(By Precious R. Monedera)**

Calabarzon PUV drivers hopeful for fuel subsidy rollout to ease costs

Some Public Utility Vehicle (PUV) drivers in the Calabarzon region praised the expected rollout of the government's fuel subsidy which aims to help them cope with rising oil prices amid tensions in the Middle East.

Since the effects of the crisis have been felt across the world, jeepney drivers have become one of the most vulnerable sectors, as they are heavily affected by the rising cost of fuel, particularly diesel, which they rely on for their operations.

Once the financial assistance is distributed to other regions following the National Capital Region (NCR), PUV drivers are expected to feel some relief, as it will help ease their financial burden.

For Julius Castor, a jeepney driver from Laguna, the financial assistance to be distributed by the Department of Social Welfare and Development (DSWD) will help cover their daily expenses, particularly fuel costs, allowing them to continue operating.

"Malaki po, gawa ng siyempre yung kakarampot lang na kita ay napupunta na lang sa pang-krudo, tapos 'pag hindi naman kami naghanapbuhay at hindi nakakapamasada, wala din kaming kikitain, wala kaming kakainin, saktuhan lang po sa pambili ng pagkain,



boundary pa, eh siyempre kakayod ka talaga," Castor said.

Although the said financial assistance will be rolled out in other regions in April 2026, the P5,000 fuel subsidy under the Assistance to Individuals in Crisis Situations (AICS) of the DSWD is expected to ease the burden on PUV drivers—but it also leaves many wondering, what happens once the aid runs out?

"Makakatulong din naman kahit papaano, dahil para rin iyon sa pambili ng krudo. Pero sa tingin ko, hindi rin ito magtatagal dahil mahal pa rin ang presyo ng krudo. Mas mabuti sana kung pagkatapos ibigay ang tulong, bababa agad ang presyo kahit ilang araw lang. Gayunpaman, makakatulong pa rin ito,

lalo na sa iba pang gastusin sa bahay tulad ng pagkain."

Despite the anticipated government assistance, PUV drivers acknowledge that rising petroleum prices remain inevitable due to ongoing international crises. Still, they express hope that measures will be implemented to help lessen the direct impact on their livelihood.

Roberto Macapagal, a tricycle driver from Calamba, Laguna, said that they are fully aware of the ongoing crisis and recognize themselves as among the most affected sectors.

"Talagang aray po kami sa hina na nga rin po ng pamamasada namin wala na rin po kaming maisakay minsan, lalo na ngayon

na tumaas talaga ang gasolina hindi naman po kami makapagtaas ng presyo gawa ng meron din po kaming taripa, yun po ang iniisip namin kaya po kami ngayon ay talagang tiyaga din po talaga para po at least meron din po kaming pangtustos sa aming pamilya," Macapagal stated.

Amid the challenges posed by the ongoing crisis and rising fuel costs, he expressed appreciation for the government's move to provide financial

assistance, noting that it still offers some relief to drivers struggling with daily expenses.

"Sa ipagkakaloob po ng Malacañang na ibibigay sa amin, malaking tulong na rin po 'yun; 'yun po ang magiging karagdagan na rin po para masapatan yung pang-araw-araw namin na minsan wala kaming kita, at least merong dumating sa amin na subsidy na gano'n, malaki din ang pasasalamat namin na mangyari yung gano'n

kapag ganyan na may krisis."

With ongoing tensions in the Middle East, sectors like theirs are among the hardest hit, but the government has assured that aid will be provided to ease the impact.

In line with this, prices of basic commodities such as canned meat and sardines are being closely monitored, with manufacturers guaranteeing adequate supply despite global uncertainties. **(COP/PIA-CALABARZON)**

On the Killing of Broadcaster Julito "Jaz" Diamante Calo

The Presidential Task Force on Media Security condemns the killing of broadcaster Julito "Jaz" Diamante Calo of La Castellana, Negros Occidental, on March 20. Such an attack on a journalist poses a significant threat to press freedom and the safety of journalists in our country.

We extend our heartfelt condolences to the family, friends, and colleagues of Mr. Calo. His death serves as a reminder of the dangers that media practitioners face in the line of duty. Mr. Calo was known for hosting the "Waswasanay sa Quinto Distrito" program on 88.3 DNN News FM in Himamaylan City and also served as a job order worker in the local government.

The Task Force is fully

committed to ensuring that justice is served. We have already coordinated with local law enforcement agencies to prioritize and expedite the investigation of this case.

Initial police investigations revealed that Mr. Calo was standing in front of his house near the road when a white SUV approached from the direction of La Carlota City. An assailant from the vehicle shot Mr. Calo before fleeing toward La

Castellana town center.

Safeguarding press freedom is a collective responsibility. We call upon all stakeholders, including media organizations and civil society, to unite in defending the fundamental rights of journalists and ensuring their safety.

We urge the public and the media community to remain vigilant and provide any information that may aid in resolving this case.

Editorial

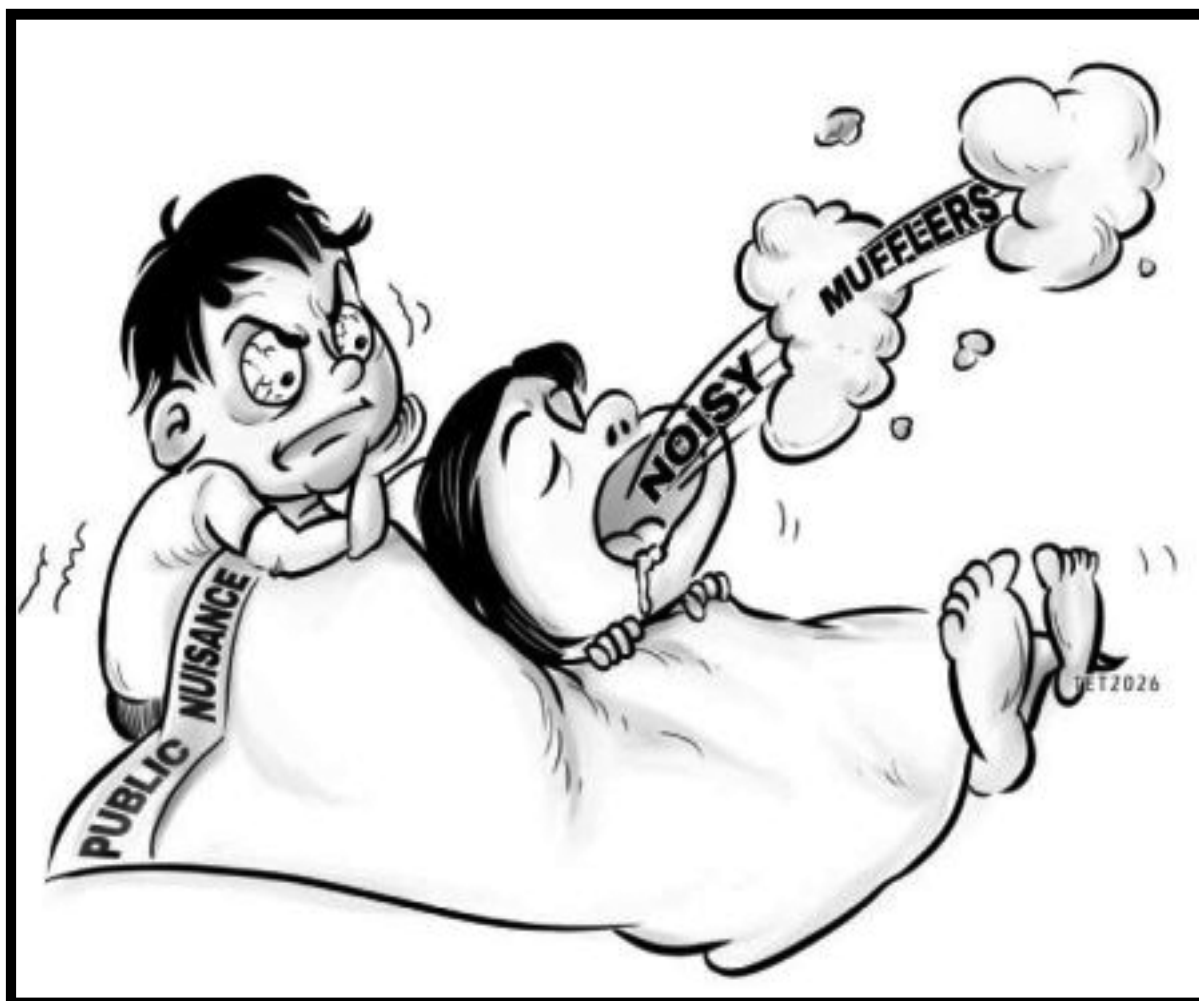
When Fuel Prices Soar, Our Nation Must Stand Together

The numbers on gasoline station boards across the Philippines are stark and sobering: gasoline now ranges from P82.60 to P112.40 per liter, diesel from P107 to P134.30, and kerosene up to P165.79 – with another small hike taking effect today. As families stretch budgets thinner and over 400 stations have closed their doors, the oil price crisis is no longer just an economic issue – it is a test of our nation's resilience and leadership.

The root cause of this turmoil is clear: global supply disruptions driven by the U.S.-Iran conflict, which has effectively closed the Strait of Hormuz and cut output from key Gulf producers. With 99% of our petroleum imported and 95% coming from the Middle East, the Philippines was always vulnerable to such shocks. But why are we bearing a heavier burden than our Southeast Asian neighbors? Energy Secretary Sharon Garin's explanation cuts to the heart of the matter: unlike countries with fuel subsidies, our deregulated market leaves prices to market forces, compounded by excise and value-added taxes that add to the final cost at the pump.

The government has taken steps to mitigate the pain. President Ferdinand Marcos Jr. is seeking alternative suppliers and pushing for emergency powers to suspend fuel excise taxes – a measure that could ease inflation, which is projected to climb above 4% this year and risk dragging GDP growth below 5%. Temporary measures like the four-day work week for government offices and mandatory energy conservation targets are also in place. Meanwhile, the DOE is cracking down on hoarding and price manipulation, rightly labeling such practices "inhumane and anti-Filipino."

Yet these are stopgap solutions. The crisis exposes deep structural gaps that demand



long-term action. We need to accelerate investments in renewable energy to reduce our dependence on imported oil. We must revisit the regulatory framework for the downstream oil industry to ensure fair competition and protect consumers. And we need a more robust social safety net to shield the poorest households – those hit hardest by higher transport and food costs – from future shocks.

For ordinary Filipinos, the response must also extend beyond government action. Communities can organize carpooling initiatives, busi-

nesses can adopt energy-efficient practices, and individuals can make small changes to reduce fuel consumption. In times like these, solidarity is as vital as any policy measure.

The road ahead is uncertain – no one knows how long the Middle East conflict will rage or when global prices will stabilize. But one thing is clear: our nation cannot afford to wait for external conditions to improve. We must act now, together, to weather this storm and build a more secure energy future for all Filipinos.

“Doc, It’s Hard For Me To Sleep”

Dear Doc Willie. I'm having a hard time sleeping. When I'm stressed, I can't stop thinking about problems. What can you advise? Hoping, James

Sleep is a normal process of the body. You can teach yourself to sleep soundly. Here are some tips to sleep:

1. Have a regular sleeping time. Sleep at the same time every night. For example, every 9pm you are lying down to get your body used to.
2. Eat right. Never get full or hungry. It's hard to sleep if you have a bloated stomach. Also avoid spicy or spicy foods before going to bed.
3. Have regular exercise. It feels good to sleep when the body is tired in the morning.
4. Avoid drinking coffee. Because caffeine, which is obtained from coffee, will make you wake up.
5. Also avoided drinking alcohol. Many people use alcohol to sleep but it has a bad effect on our heart and liver. You're lethargic and also have a hangover in the morning.
6. Quit smoking cigarettes. It has nicotine that causes cancer and wakes up your mind.
7. Don't work after 6 pm. Stop your mind already. Let your mind relax.
8. Relax before going to bed. You can watch a funny show on television or read a magazine or comic book.

DOKTOR NG MASA

ni Dr. Willie Ong



9. Put the clocks away. Don't get a noisy clock that rings every hour. You might be stressed because you remember you haven't slept yet.
10. Don't schedule an early meeting. If you know you have to do something early tomorrow, you might not be able to sleep at night. This is normal because you are excited.
11. Make your sleep peaceful and comfortable. Minimize the noises and scrubs on the side. Tie the dog that keeps barking. Put the baby to sleep. Make the room dark.
12. Buy a comfortable bed, pillow and blanket. You can grow so that mosquitoes won't bite you.
13. Don't let the electric fan be loyal to you. Your throat and eyes could dry up. Just let the wind swirl.
14. Drink warm milk or soup before going to bed. Bananas or cookies are also good at night. Banana has tryptophan that makes me sleepy.
15. And of course, don't forget to pray. Good luck!

LEGAL NOTICES

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
City of Bacoor
Email: rtc1bcrocc@judiciary.gov.ph.
Telephone No. 09273707489

AFC SME FINANCE, INC.,
(Represented By: Judy P. Ignacio)
 Mortgagee,

-versus- **Foreclosure No. 2026-25**
 For: Extra-Judicial Foreclosure of
 Real Estate Mortgage

SPS. HERMINIGILDO B. BALETE
AND GILDA A. BALETE,
 Mortgagors.

X----- X

NOTICE OF EXTRA JUDICIAL FORECLOSURE

Upon Extra-judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, **AFC SME FINANCE, INC., (Represented By: Judy P. Ignacio)**, at Unit 310 AIC Gold Tower, Emerald Ave., Corner Garnet St., Ortigas Center, Pasig City, and against the mortgagors, **SPS. HERMINIGILDO B. BALETE AND GILDA A. BALETE** at L12 B4 Mondale St., Parkdale 1, Perpetual Village 7, Mambog V. Bacoor City, Cavite, Philippines, to satisfy the mortgagee indebtedness which as of October 28, 2025, amounts to **NINE HUNDRED NINETY ONE THOUSAND FOUR HUNDRED SEVENTY TWO PESOS (P991,472.00)**, Philippine Currency, inclusive of interest, and penalty charges but exclusive of other fees incident to this foreclosure, the undersigned or her duly authorized representative will sell at the public auction on **April 14, 2026 at 10:00 o'clock in the morning** or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon, to wit;

TRANSFER CERTIFICATE OF TITLE NO. (T-288423)
057-2025013480

"A PARCEL OF LAND (LOT 12, BLK. 4 OF THE SUBD. PLAN PSD-04-022102, BEING A PORTION OF LOT 4740-A, FLS-1689-D, LRC REC. NO.), SITUATED IN THE BO. OF MALUMOT, MUN. OF BACOR, PROVINCE OF CAVITE. X X X, CONTAINING AN AREA OF **ONE HUNDRED TWENTY (120) SQUARE METERS.**"

"All sealed bid must be submitted to the undersigned on the above stated time and date."

"In the event the public auction should not take place on the said date, it shall be held on **April 21, 2026**, without further notice."

Prospective buyers or bidders are hereby enjoined to investigate for themselves the title to the said property and encumbrances, if any there be.

City of Bacoor, March 2, 2026.

(Sgd.) MELY C. HERMOSURA-VISTA
 Clerk of Court VI

By: **(Sgd.) TRISTAN C. MIRANO**
 Sheriff IV

Copy Furnished:

AFC SME FINANCE, INC.
 Unit 309, AIC Gold Tower, F. Ortigas Jr. Road (Ex-Emerald Ave.) Ortigas Center, Pasig City

SPS. HERMINIGILDO B. BALETE AND GILDA A. BALETE
 L12 B4 Mondale St., Parkdale 1, Perpetual Village 7, Mambog V. Bacoor City, Cavite, Philippines

WARNING: It is absolutely prohibited to remove, deface or destroy this notice of Extra-judicial Sale on or before the date of sale.

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 Dates: March 9, 16 & 23, 2025

DOST

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navigate the historic streets of the Walled City, blending modern innovation with cultural preservation.

Developed through a collaboration among DOST-National Capital Region (NCR), the DOST-Industrial Technology Development Institute (ITDI), the University of the Philippines Diliman (UPD), and Cagayan State University (CSU), the e-tranvia highlights Filipino ingenuity in sustainable mobility solutions.

Intramuros Administrator Atty. Joan M. Padilla emphasized the importance of partnerships between government and academe in delivering people-centered innovations.

"This collaboration reflects the strength of partnerships between the government and the

academe in delivering practical and people-centered solutions," Padilla said, expressing hope that the project would inspire further efforts toward greener mobility and smarter tourism systems.

Designed to echo the tranvias that once operated in Intramuros in the late 19th century, the vehicle complements the historic atmosphere of the area while offering an environmentally friendly alternative to traditional diesel-powered transport.

CSU led the conceptualization and structural development of the e-tranvia, including the vehicle frame, suspension system, and body paneling. The body

and roofing panels utilize abaca fiber composite material, an innovation developed by DOST-ITDI.

Meanwhile, UPD handled the electrical and electronic systems, equipping the vehicle with a lithium-ion battery, electric motor, controller, and charging infrastructure—effectively eliminating reliance on fossil fuels.

Science and Technology Secretary Renato U. Solidum Jr. underscored the role of such innovations in addressing rising fuel costs and supply concerns, while promoting accessible electric mobility across the country.

He also highlighted the importance of strengthening research and development in e-mobility, expanding charging infrastructure, and sustaining partnerships with higher education institutions.

At present, Intramuros has deployed one e-tranvia unit, with three additional units expected to arrive soon. Additional units are also planned for deployment in South Cotabato,

Cagayan province, and Malacañang Palace, according to CSU President Dr. Arthur G. Ibañez.

The initial material cost of each unit is estimated at ₱2.5 million. DOST-NCR Regional Director Engr. Romelen T. Tresvalles said efforts are underway to secure private sector partnerships to support large-scale production.

"By reimagining a symbol of our history through Philippine engineering and sustainable technology, we are breathing new life into the walled city," Tresvalles said.

The e-tranvia is currently available to the public free of charge through a rolling tour within Intramuros. The route includes key heritage sites such as Fort Santiago, Museo de Intramuros, Baluarte de San Diego, Foro de Intramuros, Centro de Turismo, nearby schools, and the Pasig Esplanade. **(Nelson Santos)**

PDLs

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These services include screening, diagnosis, treatment, monitoring, and reporting, as well as reimbursement of healthcare costs through PhilHealth. The partnership ensures that PDLs undergoing treatment—whether at the BJMP CALABARZON Regional Infirmary TB-DOTS Facility or other PhilHealth-accredited TB-DOTS centers—are covered from start to treatment completion.

Currently, 66 PDLs are undergoing treatment for Pulmonary Tuberculosis (PTB) under the care and custody of the BJMP

CALABARZON Regional Infirmary TB-DOTS Facility. In addition, 50 PDLs have been successfully treated and declared cured, all of whom benefited from the recent MOA and are registered with PhilHealth—highlighting the program's early gains in improving health outcomes within jail facilities.

A key feature of the agreement is the institutionalization of coordinated processes between PhilHealth and BJMP, enabling faster claims processing and efficient reimbursement of TB-DOTS benefits.

This not only strengthens healthcare delivery within detention facilities but also eases the financial burden associated with TB treatment.

The BJMP CALABARZON Regional Infirmary TB-DOTS Facility, established in 2012, plays a central role in the initiative. Recently certified by the Department of Health as a TB service provider valid until May 2028, the facility serves as an isolation and treatment center for TB-affected PDLs, helping prevent further transmission within jail communities.

The MOA also supports the implementation of the Universal Health Care (UHC) Act (Republic Act No. 11223), which guarantees automatic PhilHealth coverage for all Filipinos, including those in custodial settings. It further reinforces Republic Act No. 7875, as amended, mandating PhilHealth to provide benefit packages

for priority diseases such as TB.

During the signing ceremony held on March 3, 2026, Dr. Oriña highlighted key PhilHealth initiatives, including the Yaman ng Kalusugan Program (YAKAP), which aims to enhance healthcare access for PDLs through expanded benefits, streamlined processes, and improved service delivery.

This first-of-its-kind agreement between PhilHealth and BJMP sets a precedent for similar collaborations nationwide, signaling a broader push to extend healthcare access to marginalized and vulnerable sectors.

With this partnership, authorities underscore that access to quality healthcare remains a fundamental right—ensuring that PDLs in CALABARZON receive the care and support they need, in line with the principle that no one is left behind. **(CCM-PIA CALABARZON)**

DOST-Cavite

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The collaboration marks a significant step in empowering HICPC to overcome operational challenges while opening opportunities for innovation and growth. Through continued coordination,

DOST Cavite aims to help the cooperative transition toward more sustainable practices, strengthening its role as a competitive and environmentally responsible local enterprise. **(By Marielle P. Nueva)**

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Contrasting fates for two church restoration efforts in Manila, Cavite

Restoration activities of two declared national cultural treasures face contrasting fates, with one moving according to schedule while another church is still searching for its first block of funds.

The Minor Basilica and Parish of San Sebastian in Recto Avenue, Manila has reached its third phase with a signing of a new contract recently to commence the restoration work.

However, financial support remains wanting to restore the 300-year-old pulpit of the Parroquia de Nuestra Señora de la Asuncion (Our Lady of the Assumption Parish Church) in Maragondon municipality in Cavite.

The San Sebastian Basilica Conservation and Development Foundation (BASTECON) recently signed a contract agreement with Tertext International Philippines, Inc., formally launching Phase 3 of the restoration effort at the basilica.

Phase 3 of the basilica's restoration efforts will cover its bell towers and faces. These areas are considered among the vulnerable parts of the basilica given their height.

"This [restoration effort] is a crucial step... in the country's all-steel church, ensuring that this unique heritage landmark can be enjoyed by future generations," said Rev. Fr. Hector Gonzales, OAR during the contract signing ceremony.

Previous phases of the restoration at the minor basilica covered the dome, which also included corrosion treatment and repainting works (phase 1, year 2023), and the roofing and ridge rolls found at the corners of the dome (phase 2, last year). The second phase involved sealing roof penetrations, applying protective patterns and coatings, and waterproofing gutters.



Maragondon Church

The country's first minor basilica was completed in 1891 to become the nation's only church building that is made of steel.

The parish then announced winners of a raffle that's part of fundraising efforts for the basilica, this time covering Phase 3.

However, funds for the restoration of a damaged pulpit at the Parroquia de Nuestra Señora de la Asuncion remains wanting.

The said pulpit (also called "pulpito") and its support both fell last December 12 due to an internal structure failure. Upon discovery of the fallen pulpit and its parts, fragments were carefully collected as recovered wooden panels were kept at the parish's baptistry.

The National Commission on Culture and the Arts (NCCA) had initially assessed the incident, followed by detailed evaluations conducted by conservation specialists. Parishioners even conducted last January 30 a stakeholders' meeting to plan for restoration efforts.

As appropriate restoration procedures are still being determined by the parish in coordination with the Diocese of Imus, parish leaders say restoration efforts should "adhere to the highest conservation standards".

However, raising funds and pledges is slow in coming. The Cavite Provincial Government had made a pledge to the parish, but only covering the actual restoration work, said parishioner John Lester Malimban.

Last January 22, the parish announced on its Facebook page its first fundraising program: the selling of the official "Maragondon Church Pulpit Restoration" shirt, for P350.

Preliminary studies are still required, Malimban said, before actual restoration efforts can commence but the provincial government cannot fund these studies.

There is no official start date yet for the Parroquia's restoration, unless a sufficient amount of funds is raised.

Parish officials say the pulpito is a "significant symbol of faith and history for the community" in echoing appeals for financial support.

The Parroquia de Nuestra Señora de la Asuncion in Maragondon (some 51 kms. southwest of Manila) is home to the municipality's patron, the Nuestra Señora de la Asuncion de Maragondon. Devotion to the patron began as early as 1585 when the Franciscan Missionaries arrived in Cavite and did missionary work in Maragondon, Silang and Indang municipalities.

But it was the Jesuit fathers that built the church in 1618, with the church bequeathed to the Colegio de Manila that the Society of Jesus managed.

The "Maragondon Church" was declared a national cultural treasure by the National Museum on July 31, 2001. The San Sebastian Basilica, for its part, was declared a "national historical landmark" in 1973 as well as a national cultural treasure in 2011. **(by Guilbert C. Bongay and Jaden Nicolae G. Concepcion)**



San Sebastian Church

NEWS

DOST Ilocos

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A major highlight of the meeting was the presentation of preparations for the Innovation Summit for North Luzon Cluster, led by ARD Decth-1180 P. Libunao and the DOST Pangasinan team. As presented by Ms. Jennifer C. Fernandez, Senior Science Research Specialist of DOST Pangasinan, the summit is envisioned as a major platform for advancing innovation collaboration across Northern Luzon. Among the key activities to be featured are the Ceremonial Technology Licensing Agreement (TLA) signing involving Regions I, II, and the Cordillera Administrative Region (CAR), technology adopter success stories, and forums promoting innovation and technology transfer. These initiatives aim to accelerate the commercialization and adoption of locally developed technologies, strengthening regional competitiveness and innovation ecosystems.

During the meeting,

Director Tabaog also emphasized the significance of the Secretary's 3 Horizon Strategy, underscoring its role in guiding the Department's long-term vision for science, technology, and innovation. She highlighted the need for regional programs to align with this strategic framework to ensure that initiatives translate into tangible benefits for communities and industries. Key programs supporting this direction include the Small Enterprise Technology Upgrading Program (SETUP), OneLab, the Solido DRRM Knowledge Hub, Project SARAI, and the region's Innovation Hubs (iHubs) - all of which contribute to expanding technology access, strengthening disaster resilience, and enhancing innovation-driven development.

Updates on the agency's 2nd Surveillance Audit and preparations for the Philippine Quality Award (PQA) were presented by Assistant Regional Director for

Technical Operations Services Racquel M. Espiritu, who also serves as the PQA Manager, along with Engr. Brian U. Rasco, Provincial Director of Ilocos Norte. The discussion reinforced the importance of maintaining high standards of organizational excellence and clarified the roles and responsibilities of staff to ensure readiness and compliance with quality management systems.

Moreover, Human Resource staff Beverly B. Cardinez also presented updates on the agency's roadmap toward PRIME-HRM (Program to Institutionalize Meritocracy and Excellence in Human Resource Management) Level III accreditation, outlining the key phases and milestones necessary to strengthen the agency's human resource management systems and institutionalize a culture of meritocracy and performance excellence.

The meeting concluded with presentations from the Committee Heads of the 2026 Regional Science, Technology, and Innovation Week (RSTW), who shared their post-event

evaluation highlighting accomplishments, challenges encountered, and strategic recommendations to further enhance the planning and impact of future regional STI celebrations.

Through collaborative

planning and strategic leadership, the Special ManCom Meeting reaffirmed DOST Ilocos Region's commitment to strengthening innovation ecosystems, improving organizational excellence, and advancing

"Agham na Ramdam" - science and technology that deliver meaningful solutions, expand opportunities, and improve the lives of communities across the Ilocos Region. **(Hannah Dorothy Morales)**

Parts of Metro

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in Brgy. Matandang Balara will have no water on March 26-27 between 10 p.m. and 4 a.m. because of zero pressure testing works.

In Taguig City, some locations in Brgy. Bagumbayan will have water interruptions on March 24-25 between 10 p.m. and 4 a.m. because of the replacement of a line meter.

Meanwhile, some places in Brgy. Wackwack in Mandaluyong City, and some parts of Brgy. Greenhills in San Juan City will have service interruptions on March 25-26 between 10 p.m. and 4 a.m. because of the declogging of a line meter and strainer in a nearby water system.

In Marikina City, some locations in the villages of San Roque and Sta. Elena will have water interruptions on March 25-26 between 10 p.m. and 4 a.m. due to step testing activities to detect possible system leaks.

In Pasig City, some parts of Brgy. Bagong Ilog will have no water on March 26-27 between 10 p.m. and 4 a.m. due to the declogging of a line meter and strainer in a nearby water system.

Some places in Brgy. Pinagbuhatan, Pasig City will also have water interruptions on March 26-27 between 10 p.m. and 4 a.m. due to the decommissioning of a water line.

In Rizal, some portions of Brgy. Bagong Nayan, Antipolo will have service interruptions on March 23-24 between 10 p.m. and 4 a.m. because of the replacement of a line meter.

Also, some areas in the

villages of San Luis and Dela Paz in Antipolo will have no water on March 25-26 between 10 p.m. and 4 a.m. due also to the replacement of a line meter in a nearby water system.

Some parts of Brgy. San Isidro in Antipolo will have water interruptions on March 26-27 between 10 p.m. and 4 a.m. due to step testing activities.

Still in Rizal, some locations in the villages of Mahabang Parang and Mambog in Binangonan will have no water on March 24-25 between 10 p.m. and 4 a.m. because of zero pressure testing activities.

In Cainta, Rizal, some parts of Brgy. San Andres and Brgy. San Roque will have service interruptions on March 23-24 between 10 p.m. and 4 a.m. because of zero pressure testing works.

Some locations in Brgy. San Isidro and in Taytay will also have no water on March 24-25 between 10 p.m. and 4 a.m. because of step testing activities and the replacement of a line meter in a water system.

Maynilad meanwhile announced that in Malabon City, some locations in Brgy. Tonsuya will have water interruptions on March 23-24 between 10 p.m. and 6 a.m. because of network maintenance activities.

In Caloocan City, some areas in the villages of 22, 23, 24, 27, 28, 30, 31, 176 and 178 will have water service interruptions on March 23-24 between 10 p.m. and 6 a.m. because of network maintenance activities.

In Valenzuela City, some places in the villages of Gen. T. De Leon and Parada will have no water on March 23-24 between 10 p.m. and 8 a.m. due to interconnection works.

Some areas in the villages of Gen. T. De Leon, Karuhatan, Malinta, Marulas, Maysan, and Parada in Valenzuela City will again have service interruptions on March 24 and on March 27 between 12:01 a.m. and 4 a.m. because of network maintenance activities.

In Las Piñas City, some locations in the villages of Pamplona Uno, Pulang Lupa Uno and Pulang Lupa Dos will have service interruptions on March 24-25 between 10 p.m. and 6 a.m. due to water auditing activities to identify water use and efficiency improvements, and to track water balance from source to discharge.

In Cavite, several places in the villages of Alapan I-C, Anabu I-A, Anabu I-B, Anabu I-C, Anabu I-D, Anabu I-E, Anabu I-F, Anabu II-A, Anabu II-B, Anabu II-C, Anabu II-D, Anabu II-E, Bayan Luma I, Bayan Luma II, Bayan Luma III, Bayan Luma IV, Bayan Luma V, Bayan Luma VI, Bayan Luma VII, Bayan Luma VIII, Bayan Luma IX, Bukandala III, Bukandala IV, Bukandala V, Carsadang Bago I, Carsadang Bago II, Malagasang I-A, Malagasang I-B, Malagasang I-C, Malagasang I-D, Malagasang I-E, Malagasang I-F, Malagasang I-G, Medicion I-B, Poblacion III-B, Poblacion IV-B, Poblacion IV-D, and Tanzang Luma VI will have no water on March 23-25 between 5 a.m. and 12 a.m. because of high demand at the Patindig Araw pumping station.

DTI routinely

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"Nag-inspect kami sa groceries at manufacturing plants such as Century, and they have enough food supply that will last for 30 days or more so yun ang gusto nating malaman ng publiko, that we have enough supply of food."

Among the goods monitored by the DTI are basic necessities and prime commodities, including canned goods, milk, water, condiments, and soap, among others. Roque said that this initiative aims to enforce the prescribed maximum prices set by the Trade department for each product.

"We've been monitoring on a daily basis. We have a department in DTI that handles this particular scenario. We have 18 regional offices. Nakatutok po kami dito sa mga groceries and supermarkets to make sure that there is no price increase for basic necessities and prime commodities."

CPFI, the largest canned food manufacturer in the country, assured the government and the

public that it has sufficient inventory and capacity to continue serving Filipino families, with no additional cost to consumers, for a period ranging from 30 to 60 days.

"Our priority is simple: to make sure Filipino families continue to have access to affordable and nutritious food. Consumers can rest assured that Century Pacific is prepared. Ang mahalaga ay magtulungan ang gobyerno, mga manufacturers, pati na rin ang mga retailers para sapat at tuloy-tuloy ang supply ng abot-kayang pagkain sa bawat pamilyang Pilipino," CPFI Chief Executive Officer Ted Po said in a media statement.

The company likewise encouraged the public to remain calm and avoid panic buying.

"Sapat at tuloy-tuloy ang supply ng abot-kayang pagkain para sa bawat pamilyang Pilipino. Supply is stable. Our factories are running, our warehouses are well stocked, and we are committed to keeping food available for Filipino

families even during global disruptions. Though production inputs are increasing, we will find ways to keep food prices as affordable as reasonably possible," Po added.

The company also pledged that it can maintain current prices for up to 30 days and may extend this up to 60 days.

The Trade department vows to release timely reports on market conditions, as well as advisories to better guide consumers on updated commodity prices.

"We will keep on reporting. This is an unusual case naman eh. It's a worldwide situation. Kailangan ma-update ang mga tao kung ano ang real situation. At least for now, the manufacturers that have products in the basic necessities and prime commodities have assured us that there will be no price increase," the Trade secretary said.

Roque also advised the public to immediately report any unscrupulous acts, price manipulation, sudden price hikes, or overpricing to the DTI via hotline 1-384 or through the 'Report to Sec' email at sec@dti.gov.ph. **(CH/PIA-Laguna)**

Catholic

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page 1

"Through this exhibit, we hope to offer a space for reflection, prayer, and spiritual encounter," Bellen said.

He said bringing the exhibit into a public venue responds to rising costs and practical barriers limiting participation in traditional Lenten activities.

The priest added that situating the exhibit in everyday spaces allows people to pause briefly

and reconnect with the sacred.

"As we walk with Christ in His passion, death, and resurrection, may we also rediscover the meaning of our own journey of faith—marked by sacrifice, renewal, and hope," he added.

The exhibit is open during mall hours until April 5, coinciding with Holy Week, including observances on Holy Thursday and Good Fri-

day. Organizers said the initiative also aligns with the 800th anniversary of the Transitus of St. Francis of Assisi.

Bellen said the commemoration underscores themes of transition, hope and eternal life central to both Franciscan spirituality and the Lenten season.

He reaffirmed the station's mission to bring the Gospel closer to everyday life through accessible, prayer-centered initiatives beyond traditional church settings.

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Bubuwenasin ka kapag nakipagkuwentuhan ka sa kaibigan mo. Gawin mo na ito, at malalaman mong may suwerte pala sa mga kuwento niya. Masuwerteng kulay-lilac. Tips sa lotto-2-19-25-32-39-41.

TAURUS (Apr. 20-May 20) - Magsalita ka ng marahan at iwasan mo ang pabigla-biglang pagsasalita. Sa ganitong paraan, makikita mo unti-unting gaganda ang nangyayari sa buhay mo. Masuwerteng kulay-blue. Tips sa lotto-3-11-17-27-34-42.

GEMINI (May 21-June 20) - Magsuot ka ng may kislap. Oo, 'yung may kislap at saka ka makipagsapalaran upang sumakses ka. Masuwerteng kulay-black. Tips sa lotto-7-13-21-28-35-44.

CANCER (June 21-July 22) - Dadagsa sa buhay mo ang magagandang kapalaran. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-violet. Tips sa lotto-2-24-29-31-38-43.

LEO (July 23-Aug. 22) - Kayanin mo ang mga napakahirap na kapalaran. Kailangan mo itong pagdaanan upang suwertehin ka. Masuwerteng kulay-peach. Tips sa lotto-1-17-20-25-33-36.

VIRGO (Aug. 23-Sept. 22) - Kapag kumilos ka, mababawasan ang mga negatibong tumatakbo sa iyong isipan. Masuwerteng kulay-red. Tips sa lotto-5-15-28-32-39-42.

LIBRA (Sept. 23-Oct. 22) - Aakalain mong mahirap kunin ang bagay na madali lang naman mapasaiyo. Masuwerteng kulay-purple. Tips sa lotto-3-12-22-27-30-44.

SCORPIO (Oct. 23-Nov. 21) - Mas maganda kung 'di mo muna kokontrahin ang mga nagaganap sa buhay mo. Ang sumasakay sa agos ng kapalaran ay nakakarating sa kaligayahan. Masuwerteng kulay-white. Tips sa lotto-7-18-24-28-33-45.

SAGITTARIUS (Nov. 22-Dec. 21) - Pakinggan mo ang payo ng mas mahusay kesa sa iyo. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-green. Tips sa lotto-6-11-23-36-39-41.

CAPRICORN (Dec. 22-Jan. 19) - Ito ang araw na pinakahihintay mo, kung kailan ay nakabukas at nakatapat sa iyo ang tenga ng langit. Kaya magsabi ka na ng mga kahilingan mo. Ngayon na! Masuwerteng kulay-yellow. Tips sa lotto-8-10-14-27-37-38.

AQUARIUS (Jan. 20-Feb. 18) - Hindi mo na kailangang igiit ang gusto mo, dahil ang totoo, kahit konting salita lang mula sa iyo ay ituturing na nautos na kailangang sundin. Masuwerteng kulay-purple. Tips sa lotto-7-18-20-28-32-42.

PISCES (Feb. 19-Mar. 20) - Kumukuha ng malakas na buwelo ang mga suwerte mo. Kaya 'wag mo nang akalain na minamalas ka dahil hindi umuusad ang gulong ng iyong kapalaran. Masuwerteng kulay-pink. Tips sa lotto-2-16-25-29-31-43.

SUDOKU

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

SAGOT: SUDOKU VOL. 23 #3

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

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?



PROFESSIONAL ATHLETES USED TO PERFORM IN VAUDEVILLE DURING THE OFF-SEASON

Before today's big-league salaries, professional baseball players often had to take on jobs during the off-season. Some of them took advantage of their name recognition and hit the vaudeville circuits, doing everything from comedy to song-and-dance routines to reciting poems. Babe Ruth even sang—if you could call it that. Frankly, many of the athletes had no business being on stage, but it's not like it was against the rules.

WORD HUNT

Mardi Gras

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

PARADE
TREATS
STREAMERS
ROULER
LAISSEZ
MASKS
FAT TUESDAY
EXTRAVAGANT
FRENCH QUARTER
EXCITEMENT
MYSTIC
BONS TEMPS
LOUISIANA
DANCING
COLOURFUL
FLOATS
GRAS
CROWDS
BEADS
PURPLE
LES
GREEN
THROW
GOLD

DOST Ilocos Region Strengthens Strategic Direction for 2026 Through Special ManCom Meeting

The Department of Science and Technology Ilocos Region (DOST Ilocos Region) convened a Special Management Committee (ManCom) Meeting held recently at the DOST Ilocos Region Multipurpose Hall in the City of San Fernando, La Union, bringing together



the agency's leadership to align key programs, upcoming initiatives, and organizational priorities that will advance science, technology, and innovation (STI) in the region.

The meeting was presided over by Regional Director Teresita A. Tabaog, with the participation of Assistant Regional Directors, Provincial Directors, and Unit Heads, reinforcing a unified leadership approach in steering the agency's strategic programs and ensuring the effective delivery of STI interventions that benefit communities and industries across the Ilocos Region.

DOST ILOCOS • 6

DOST-Cavite strengthens partnership with Silang-based furniture cooperative

Silang, Cavite — The Department of Science and Technology (DOST) Cavite has reinforced its support for local industries through a recent on-site engagement with the HAGIYO IFU-CAV Producers Cooperative (HICPC) in Barangay Lumil. The visit came in response to the cooperative's request for assistance, highlighting the agency's commitment to providing timely and responsive technical support to grassroots enterprises.



During the activity, DOST Cavite worked closely with cooperative members to assess their operations and identify practical, science-based interventions that could enhance productivity and sustainability. Among the concerns raised was the growing volume of wood waste materials such as cut-offs and sawdust, prompting discussions on potential solutions that could improve waste utilization and overall efficiency.

DOST-CAVITE • 4



DTI routinely monitors retailers, manufacturers to ensure stable prices of goods amid Middle East conflict

As the government continues to ensure food supply stability for Filipinos in the wake of the Middle East conflict, the Department of Trade and Industry (DTI) is actively monitoring groceries, retailers, and manufacturing plants nationwide to ensure that the prices of goods remain within prescribed levels and that supply is sufficient for Filipino consumers.



President Ferdinand R. Marcos Jr., together with DTI Secretary Ma. Cristina Roque inspect the warehouse of Century Pacific Food Inc., the largest canned food manufacturer in the country. (Christopher Hedreya, PIA Laguna)

During an inspection with President Ferdinand R. Marcos Jr. on March 20 at the Century Pacific Food Inc. (CPFI) warehouse in Calamba City, Laguna, DTI Secretary Ma. Cristina Roque said that the department is following the President's directive to coordinate with manufacturers and various industries to ensure an adequate food supply for Filipinos.

DTI ROUTINELY • 6

PDLs in CALABARZON assured of better TB care, financial support under PhilHealth-BJMP pact

Persons Deprived of Liberty (PDLs) in CALABARZON are set to benefit from improved tuberculosis (TB) care and enhanced financial support following the signing of a landmark Memorandum of Agreement (MOA) between PhilHealth Regional Office IV-A (PRO IV-A) and the Bureau of Jail Management and Penology (BJMP) Regional Office CALABARZON.



The agreement, led by Acting Regional Vice President Dr. Edwin M. Oriña and BJMP CALABARZON Regional Director Jail Chief Superintendent (JCSUPT) Isabelo V. Cartin Jr., establishes a strengthened partnership to ensure the effective implementation of the TB-DOTS (Directly Observed Treatment, Short-course) Package for PDLs across the region.

With almost 20,000 PDLs in CALABARZON, the initiative addresses the heightened risk of TB in jail facilities, where congestion, prolonged close contact, and poor ventilation contribute to the spread of the disease.

Through the MOA, all TB-diagnosed PDLs—whether bacteriologically or clinically confirmed, including drug-sensitive and drug-resistant cases—will be systematically enrolled in the National Health Insurance Program (NHIP) and provided access to comprehensive TB services.

PDLs • 4