



57 Interns Oriented for Government Internship Program in Cavite

The Provincial Government of Cavite through the Office of the Provincial Public Employment Service Manager, in partnership with the Department of Labor and Employment (DOLE), successfully conducted the Government Internship Program (GIP) Orientation on April 6, at the New Provincial Government Center in Trece Martires City.

A total of 57 government interns participated in the orientation and are set to be deployed across various local government units in the province, including the Provincial Government of Cavite, the cities of Trece Martires and Tagaytay City, and the municipalities of Mendez, Maragondon, Noveleta, Magallanes, Tanza, Indang, and Naic.

The orientation aimed to familiarize the interns with their roles, responsibilities, and the work environment within government offices. It also highlighted the importance of professionalism, public service, and adherence to ethical standards as they begin their internship journey.

57 INTERNS • 5

GMA Residents Benefit from Medical-Dental Outreach

The Provincial Government of Cavite, through the Office of the Provincial Governor (OPG) and the Office of the Provincial Health Officer (OPHO), conducted a Medical and Dental Mission on April 7, 2026, at Brgy. Poblacion 5, GMA.



A total of 425 residents benefited from medical services, while 67 individuals received dental care. Additional diagnostic services were also made available, with 17 residents undergoing ECG and 85 availing of FBS (fasting blood sugar) testing, helping detect and monitor common health conditions.

The activity was graced by 5th District Board Member Aidel Paul Belamide, joined by Municipal Councilor Aisa C. Gutierrez and other local officials, whose presence reinforced the province's commitment to accessible and community-based health services.

GMA RESIDENTS • 4

BauerTek Wins 2 Gold Medals and the Medicine Award at INVENTCOR 2026

06 April 2026 – Deva, Romania – The Philippines has been honored with 2 Gold Medals and the Medicine Award at the International Exhibition of Inventiveness and Innovation – INVENTCOR 2026.



PRO NITRO LITE

PATENT NO.: 1-2016007793

INVENTORS: RICHARD NIXON GOMEZ, RIGEL GOMEZ

TURNING FAT INTO FITNESS

GOLD MEDAL AWARDEE

International Exhibition of Inventiveness and Innovation INVENTCOR 2026 Deva, Romania

COMPONENTS	
Beetroot (Beta vulgaris) extract	
Garcinia cambogia	
Antioxidant formula	

INDICATIONS	
BEETROOT (BETA VULGARIS)	
A natural source of nitric oxide, which helps improve blood flow, reduce blood pressure, and enhance athletic performance.	
GARCINIA CAMBOGIA	
Naturally occurring compound that helps suppress appetite, reduce fat absorption, and promote weight loss.	

ANTIDOTESMA BUNUS	
A natural and effective way to improve your health and well-being.	

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The event recognized BauerTek Farmaceutical Technologies with its highest honors:

2 Gold Medals (Jamperine & ProNitroLite) – for outstanding pharmaceutical innovation and technical excellence.

Medicine Award (BauerTek Farmaceutical Technologies, Inv. Richard Nixon Gomez, CNP & Inv. Rigel Gomez, CNP) – a prestigious Special Distinction honoring their significant contributions to the global healthcare industry.

INVENTCOR 2026 featured over 500 inventions and projects from more than 40 countries.

This recognition celebrates the work of BauerTek and the groundbreaking inventions of father-

BAUERTEK • 4

NEWS

Tingloy 4Ps beneficiaries prepare for post-program livelihoods through DOST-DSWD training

Potential exiting beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps) in Tingloy, Batangas took a step toward self-reliance as they underwent a food safety training led by the Department of Science and Technology (DOST)-Batangas in partnership with the Department of Social Welfare and Development (DSWD) at the Sangguniang Bayan Hall, Tingloy, Batangas, on March 25, 2026.

As participants prepare to transition out of the government's conditional cash transfer program, the training focused on equipping them with practical skills needed to sustain income-generating activities, particularly in small-scale food businesses and home-based food preparation.

The activity forms part of the joint effort of DOST and DSWD to ensure that beneficiaries are not only financially assisted but also technically prepared to manage safe and viable livelihood enterprises.

Ms. Anna Marie Marasigan, member of

the DOST CALABARZON Food Safety Team, facilitated the seminar and discussed key principles of Basic Food Hygiene, including the importance of sanitary permits and health certificates, proper food handling practices, and maintaining clean and compliant production environments.

She also emphasized the role of facility design, equipment maintenance, personnel competence, sanitation procedures, and pest control in preventing contamination. Participants were oriented on operational control, consumer awareness, and the provisions of Presidential Decree



No. 856 to guide them in meeting food safety standards.

The session on Food Safety Hazards introduced participants to physical, biological, and chemical risks commonly encountered in food preparation, along with

practical control measures to ensure product safety and quality.

Participants recognized the relevance of the training as they prepare to establish or expand their own food-related enterprises beyond the 4Ps program. To

them, ensuring food safety is not only a compliance requirement but a critical factor in building customer trust and sustaining their future income.

The initiative highlights how the convergence of DOST and DSWD sup-

ports a more holistic approach to development, linking social protection with science-based capacity building to help beneficiaries transition toward independent and sustainable livelihoods. **(By John Maico M. Hernandez)**

PROPEL Business Hub Opens to Drive Commercialization of Filipino Innovations

The Department of Science and Technology (DOST) formally launched the PROPEL Business Hub and Exhibit Center on March 31, 2026, at the PROPEL Hub-Executive Lounge, DOST Complex along General Santos Avenue in Taguig City, establishing a collaborative space aimed at accelerating the commercialization of Filipino innovations and strengthening the country's science, technology, and innovation (STI) ecosystem.



The PROPEL Business Hub is envisioned as a dynamic platform that

brings together startups, innovators, scientists, experts, and research insti-

tutions, enabling stronger collaboration and bridging the gap between discov-



ery and deployment. It serves as a venue where research outputs can be transformed into market-ready solutions through access to shared facilities, advanced equipment, and technical expertise.

Dr. Napoleon K. Juanillo Jr., Assistant Secretary for Technology Transfer, Communications, and Commercialization, emphasized that the hub stands as a platform for turning possibilities into reality by connecting innovators with the scientific community and providing an environment that fosters collaboration and technological development.

Meanwhile, Dr. Renato

U. Solidum Jr., Secretary of the Department of Science and Technology, highlighted that the initiative enables researchers and startups to benefit from mentorship, incubation, and acceleration programs, while also opening opportunities for industry matching and technology pitching. He underscored the importance of promoting regional strengths across priority sectors such as agriculture, marine resources, advanced manufacturing, health technologies, and renewable energy.

The DOST chief further noted that the establishment of the hub reflects the agency's firm com-

mitment to move beyond research publication toward full commercialization. By strengthening linkages among government, academe, industry, and investors, the PROPEL Business Hub helps build a seamless pipeline from ideation and validation to prototyping, production, and global competitiveness.

With the launch of the PROPEL Business Hub and Exhibit Center, DOST reinforces its goal of ensuring that Filipino innovations do not remain on shelves but are translated into real-world applications that drive inclusive economic growth and national development. **(Nelson Santos)**

Editorial

The long view on energy

THE Philippines has been characterized as the most vulnerable economy in Southeast Asia to the oil shocks triggered by the United States-Israel war on Iran. That assessment, from Maybank Investment Bank, is based on the country's extreme dependency on imported oil, 95 percent of which comes from the Persian Gulf. This makes our economy exceptionally sensitive to supply-chain disruptions and price spikes compared to our Southeast Asian neighbors.

Due to these factors, Maybank slashed its projected gross domestic product growth for the Philippines from 4.9 percent to 4.5 percent this year. It also raised its 2026 inflation forecast from 2.8 percent to 3.3 percent, estimating that for every 10-percent sustained rise in crude oil prices, inflation here increases by about 0.45 percentage point, the highest in the region.

A worsening current account deficit as a result of rising energy costs will further weaken the local currency.

Moreover, the country's 45-day fuel buffer for gasoline, diesel and fuel is limited compared to those of our neighbors, such as Malaysia (70 days or more) and Thailand (60 to 65 days), putting the local economy at risk in the event of a long-drawn supply shock.

Realizing these dangers, President Ferdinand Marcos Jr. has announced a P20-billion fund to procure more fuel, and declared a state of national energy emergency that allows the Department of Energy (DOE) to bypass certain procurement laws to speed up fuel imports and make advance payments exceeding the usual 15-percent limit to secure shipments.

The president has also signed Republic Act (RA) 12316, which grants him the power to suspend or reduce excise taxes on petroleum products when world oil prices hit a specific threshold.

The government has also provided a number of transport subsidies for public utility vehicle drivers and operators, and expanded free or discounted public transport rides to cushion the impact of rising fuel prices on commuters.

Early on, the Marcos administration also implemented a four-day workweek and banned unnecessary travel as a way of reducing fuel consumption in government agencies.

Arguably, these palliative measures are necessary to maintain calm in what is clearly a destabilizing environment. But longer-term measures, some of which were detailed at The Manila Times' energy forum on March 26, will make us less vul-



nerable to future oil shocks once this crisis passes.

For one, we stand to benefit from an expansion of the Green Energy Auction Program, a flagship initiative by the DOE designed to speed up the country's transition to renewable energy (RE). The program uses a competitive bidding process to pull in private investment, aiming to hit the national target of a 35-percent RE share in the power mix by 2030 and 50 percent by 2040. Already, the government has successfully auctioned 12 gigawatts of RE capacity to be delivered between 2025 and 2035.

With solar and wind prices dropping significantly, successful auctions could lower electricity rates by up to 32 percent in some regions by 2029, Maybank said, reducing the need for imported coal and gas.

Another long-term solution is nuclear energy. The passage of RA 12305, or the Philippine National Nuclear Energy Safety Act, in September 2025 provides a regulatory framework for nuclear power and establishes an independent nuclear regulator.

For the first time in decades, there is a concrete regulatory road map for nuclear power. With the signing of RA 12305, the country established the Philippine Atomic Energy Regulatory Authority, or PhilAtom. The government expects to start accepting license applications for small modular reactors in late 2026, aiming for the first operational plant by 2032. This

would provide the "baseload" power that solar and wind cannot, without the volatility of imported oil.

We also need to speed up the electrification of public transport. Regardless of the political noise generated by increasingly nonsensical transport strikes, it is high time to phase out old and dirty diesel-burning jeepneys and shift to electric vehicles, or EVs. The insanely high prices prevailing for diesel these days can only provide added impetus for this shift.

Finally, an aggressive search for natural gas to replace the aging Malampaya field can ensure that the country doesn't become 100-percent dependent on expensive liquefied natural gas imports. Particularly encouraging were two major natural gas finds in early 2026, both located near the existing Malampaya field off the coast of Palawan province.

Of course, reducing dependence is also about using less. Grids can be made smarter by using artificial intelligence to manage intermittent sources such as solar power more efficiently, reducing the need to turn to oil-based plants in times of high demand.

The recent shift to a four-day workweek for government offices can be institutionalized, and the private sector can be encouraged to follow suit to permanently lower national fuel consumption.

Pagkain Para Sa Pusong

Ayon sa American Heart Association, para mapangalagaan natin ang inyong puso, kumain ng mapupulang pagkain. Ano ito?

1. Pulang Ubas – Ang pulang ubas (red grapes) ay may taglay na flavonoids, quercetin, at resveratrol (nasa balat ng pulang ubas). Ayon sa pagsusuri, ang ubas ay nagpapataas ng ating good cholesterol. Pinipigilan din nito ang pag-buo-buo ng platelets sa dugo para hindi magbara ang ugat. Ayon sa mga eksperto, mas masustansya ang pula o itim na ubas kumpara sa puti o berdeng ubas. Ang pulang ubas ay napag-alaman ding may panlaban sa virus at sa bacteria. Huwag lang kumain ng sobrang dami dahil ito'y nakatataba din.

2. Pulang Mansanas – Ang red apples ay mataas sa quercetins. Ayon sa pag-aaral, ang mga taong kumakain ng "one apple a day" ay mas nakaiwas sa kanser sa baga at sa Alzheimer's disease. Ang balat ng mansanas ay may pectin, na nagpapababa din ng lebel ng bad cholesterol (LDL cholesterol) ng 16% kaya mabuti ito sa ating puso.

3. Red Wine – Ang red wine ay gawa sa ubas at may taglay na resveratrol. Ang resveratrol ay napatunayan sa laboratoryo na nagpapahaba ng buhay ng mga daga at nakaiwas din sa kanser. Pinapataas ng resveratrol ang good cholesterol at pinapababa ang bad cholesterol. Hinay-hinay lang sa pag-inom ng alak. Ang mga lalake ay puwedeng uminom ng 2 maliit na baso at ang mga babae naman ay puwedeng uminom ng 1 maliit na baso bawat araw. Dahil mas payat sila, mas madali malasing ang mga babae kumpara sa mga lalake.

4. Strawberries – Ang strawberries ay may taglay na ellagic acid at polyphenols, na nagpro-protakta

DOKTOR NG MASA

ni Dr. Willie Ong



laban sa kanser. Mataas din ang strawberries sa anti-oxidants, vitamin B at C, at potassium na kailangan sa normal na pagtibok ng puso.

5. Kamatis, tomato sauce at ketsap – Ang kamatis ay mayaman sa anti-oxidants tulad ng lycopene at beta-carotene. Ang lycopene ay isa sa pinakamalakas na anti-oxidant. Maraming pagsusuri ang nagpapatunay na ang pagkain ng kamatis, tomato sauce o ketsap ay nagpapababa ng tsansang magkaroon ng sakit sa puso, prostate cancer, at kanser sa bituka. Para lumabas ang lycopene sa kamatis, lutuin ang kamatis na may kaunting mantika. Ayon sa mga eksperto, kailangan nating kumain ng 10 kutsara o 150 cc ng tomato sauce bawat linggo.

6. Pulang Pakwan – Ayon sa U.S. Department of Agriculture, ang pakwan ay may benepisyo sa ating puso at ugat (blood vessels). Napatunayan na pinapataas ng pakwan ang lebel ng arginine sa ating katawan. Ang arginine ay na-co-convert sa nitric oxide, isang kemikal na nagpapa-relaks at nagpapabuka ng ating ugat. Dahil dito, makatutulong ito sa pag-iwas sa stroke at heart attack. Ang pulang pakwan ay may taglay na lycopene na nagpapabagal sa ating pag-edad. Konting kaalaman: Ang dilaw na pakwan ay may lutein na mabuti naman sa ating mata.

Kaya kung gusto ninyong maging healthy ang inyong puso, kumain ng "red foods for the heart."

NEWS

GMA residents

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In collaboration with the GEAMH and Carsigma District Hospital medical team, consultation services were efficiently delivered, ensuring that patients received proper assessment and care. The OPHO dental team provided dental services,

while the OPG medical team distributed free medicines to beneficiaries, extending support beyond consultation.

Healthcare professionals and volunteers worked hand in hand to provide consultations, basic treatments, and

dental procedures in a setting marked by cooperation and compassion.

The mission reflected a simple yet meaningful goal: to bring government services closer to the people. It also highlighted the enduring spirit of bayanihan, as local leaders and health workers came together to serve the community.

—OPIO



DOST Ilocos

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emphasizing its framework, key pillars, and the roles of various agencies. He highlighted DOST's critical role in delivering science-based solutions and technologies to enhance disaster preparedness and response. Mr. Maquiling also guided participants through the Public Service Continuity Plan (PSCP), ensuring that essential operations can be maintained during emergencies.

Following this, Mr. Edrussell S. Castillo introduced the DOST workforce to various DRRM technologies, including Hazard Hunter PH, GeoAnalytics PH, PANAHO, and the SOLIDO DRRM Knowledge Hub. He also presented the newly launched HANDA Integrated Platform,

designed to provide accessible, integrated digital solutions for effective disaster risk management.

The afternoon session focused on fire safety, led by SFO1 Al Zandrick Macuroy of the Bureau of Fire Protection – San Fernando City, La Union, together with FO1 John Samuel L. Olbinado. They delivered a lecture on Fire Safety and Basic Fire Response in the Workplace, equipping the workforce with essential knowledge on fire prevention, proper response, and workplace safety protocols.

Participants then engaged in a hands-on fire drill and fire suppression activity, where they practiced using fire extinguishers and applied safety techniques in simulated emergency scenarios. This practical

experience ensured that the workforce could respond effectively during real-life incidents.

In her closing remarks, Assistant Regional Director for Technical Services Ms. Racquel Espiritu emphasized the importance of continuous preparedness and reaffirmed DOST's commitment to fostering a safe and resilient workplace. She also highlighted inclusive participation, ensuring that all members of the workforce are equipped with the skills and knowledge to respond to emergencies.

This initiative reflects DOST Ilocos Region's commitment to building a disaster-ready workforce capable of managing emergencies, including fire-related incidents, while safeguarding lives, property, and continuity of services. (**Edrussell Castillo and Aryan Joy Soliman**)



BauerTek

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and-son duo Richard Nixon Gomez and Rigel Gomez. Their award-winning innovations are:

Jamperine – most powerful anti-diabetic food supplement

PNL Ultra Energy –

weight loss, increased endurance, enhanced performance, anti-inflammatory

These milestones highlight BauerTek's work to make healthcare better through innovation.



JAMPERINE

PATENT NO.: 1-2016007788

INVENTORS: RICHARD NIXON GOMEZ
RIGEL GOMEZ

MOST POWERFUL ANTI-DIABETIC FOOD SUPPLEMENT

Anti-Diabetes
(Anti-Hyperglycemia)

Contains the GLYCOSIDE JAMBOLINE with Pancreatic Effect
Induces the pancreas to produce insulin specially useful for Diabetes Type 1 (Insulin Dependent)

Contains the ALKALOID JAMBOSINE with Extra-Pancreatic Effect
Aids in the cellular utilization of glucose and insulin for Diabetes Type 2

Could reduce blood sugar by as much as 40% in just 2 hours

ANTI-GASTRIC ULCERATION
(Stomach Ulcer, etc.)
Helps resolve Acid reflux, GERD, and related problems

COMPONENTS	
Duhat (<i>Eugenia jambolana</i>)	490mg
Piperine (from <i>Piper longum</i>)	10mg
Bovine Gelatin Capsule	#0

INDICATIONS

DUHAT (EUGENIA JAMBOLANA)
Used in eastern traditional medicine in the treatment of Diabetes. Also used in Unani and Chinese medicine. Duhat is the most powerful hypoglycemic agent in Ayurvedic repertoire.

PIPERINE (FROM PIPER LONGUM)
We further amplified Duhat's anti-diabetic properties using Piperine extract from long pepper.

60 CAPSULES

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Luzon

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Organized by the National Academy of Science and Technology, Philippines in partnership with the Department of Science and Technology (DOST) Luzon Cluster, led by Department of Science and Technology – National Capital Region, the two-day event is anchored on the theme "UN SDGs: Science, Technology, and Innovation for Sustainable Development."

Key national figures graced the opening, including Renato U. Solidum Jr., Sancho A. Maborang, Napoleon K. Juanillo Jr., Jaime C. Montoya, and Michael O. Sinocruz. Their participation underscored the importance of collaborative, science-based policymaking in addressing the country's most

pressing development challenges.

Day 1 sessions centered on assessing Luzon's current progress toward achieving the United Nations Sustainable Development Goals (SDGs), with focused discussions on passive cooling strategies and pathways toward a net-zero emissions future. Experts highlighted the critical role of innovation in enhancing climate resilience, improving energy efficiency, and promoting sustainable urban development.

The meeting, which serves as the first leg of the 2026 Regional Scientific Meetings series, continues on April 8 with two additional plenary sessions tackling emerging priorities: the develop-

ment of a bioplastics industry roadmap alongside urban waste management solutions, and the application of artificial intelligence (AI)-based prediction systems to address climate-related disasters.

Outcomes from the discussions are expected to be consolidated into policy recommendations and endorsed to relevant government agencies, contributing to evidence-based decision-making and strengthening science, technology, and innovation (STI) initiatives across Luzon.

The Luzon RSM is part of an annual effort by NAST PHL to convene the country's scientific community and key stakeholders in shaping responsive, forward-looking strategies that align with national and global development goals. (**Nelson S. Santos**)

Climate Change Commission, Climate Change Task Force, Science and Technology for Environment Progress Oath-Taking Ceremony

For a New Philippines, the newly appointed members of the Climate Change Task Force – Science and Technology for Environmental Progress (CCTF-STEP) took their oath to fulfill their vital role in protecting the environment through science and technology.

The Climate Change Task Force (CCTF) operates under the supervision of the Climate Change Commission (CCC). The CCC aims to strengthen the country's preparedness and resilience against the impacts of climate change while promoting smart and innovative solutions to environmental challenges in the Philippines.

The oath-taking of the new members and officers reflects the support of BauerTek Pharmaceutical Technologies, Kaibigan sa Kalusugan, and The GlobalLeader Inc. for initiatives aimed at combating climate change. Through tree-planting programs, BauerTek actively contributes to reducing carbon in the environment

through carbon sequestration.

Led by Scientist/Inventor Richard Nixon Gomez, who has been designated as the National Commander of STEP, the task force will utilize innovative approaches and science-based solutions to address the challenges of climate change in the country.

The ceremony was graced by Commissioner Albert P. Dela Cruz of the Climate Change Commission, who also serves as Director General of the Climate Change Task Force. May this serve as an inspiration for everyone to continue fulfilling our responsibilities with integrity, dedication, and genuine concern for the environment and the nation.

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TICKETING

cebu pacific Philippine Airlines AirAsia
OCEANJET 2GO TRAVEL

Sports Life

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not to replicate, but to refine—to build environments where athletes are not only trained, but formed.

From Cavite to Japan and back, the message holds: the future of the game depends on how we develop our youth—and how committed we are to growing alongside them as coaches.

Join me. Support the Movement

As the founder of Scholastic Sports Camp, I invite you to join in my passion project. Be part of this growing community of passionate, doers and believers. Help me continue building this movement. Like. Share. Subscribe. Support. Let's shape the future of youth sports—together.

Like and follow my Facebook Page: FB@CoachFrancisPH/

Subscribe to my YouTube Channel: YT@CoachFrancisPH

Sports Life – A WordPress Blog by Coach FrancisPH
[https://buenaventurafa.wordpress.com/]



57 Interns

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The Government Internship Program (GIP) is a component of DOLE's youth employment initiatives designed to provide opportunities for young individuals to

gain meaningful work experience in government agencies. Through the program, interns are exposed to actual workplace settings where they can develop their skills,

enhance their employability, and gain a deeper understanding of public service.

The GIP also serves as a bridge for fresh graduates and out-of-school youth to transition into the workforce while contributing to nation-building.

The Provincial Government of Cavite expressed its continued support for programs that empower the youth and create employment opportunities, reinforcing its commitment to developing a competent and service-oriented workforce for the future. — **OPIO**

NEWS

Rosario food livelihood beneficiaries strengthen safety practices through DOST-DSWD training

Food handlers from Sustainable Livelihood Program associations (SLPAs) and Pantawid Pamilyang Pilipino Program (4Ps) beneficiaries in Rosario, Batangas strengthened their capacity to produce and sell safe food products after participating in a food safety training conducted through the partnership of the Department of Science and Technology (DOST)-Batangas and the Department of Social Welfare and Development (DSWD)



batangas@ro4a.dost.gov.ph region4a.dost.gov.ph dostbatangasph

Cavite Career Caravan 2026: Providing Job Opportunities for Every Caviteño

On April 1, 2026, Provincial Government of Cavite through the Office of the Provincial Public Employment Service Manager (OPPEM), headed by Ms. Rizalie Pinpin Enero, successfully organized the Cavite Career Caravan in SM City Tanza.



The initiative also gained support from Hon. Chelsea Jillian Sarno, Cavite SK Federation President, further highlighting the commitment of the youth sector in promoting employment opportunities.

A total of 460 job seekers registered for the event, participated in by 55 companies—49 local and 6 overseas employers. Notably, 71 applicants were hired on the spot, highlighting the strong employment opportunities generated during the activity.

Additionally, national government agencies were present to assist participants in updating their records and availing of essential services.

These included the Philippine Statistics Authority (PSA), PAG-IBIG Fund, Department of Trade and Industry (DTI), Philippine Health Insurance Corporation (PhilHealth), National Bureau of Investigation (NBI), Technical Education and Skills Development Authority (TESDA), Bureau of Internal Revenue (BIR), Department of Labor and Employment (DOLE), Integrated Bar of the Philippines (IBP), and the Office of the Provincial Cooperative Development Officer (OPCDO), which provided guidance and support to individuals interested in forming or joining cooperatives and accessing related programs. —OPIO

at the Conference Hall, New Building, Municipal Hall of Rosario, Batangas, on March 26, 2026.

For many of the participants, food production and vending serve as a primary source of income, making food safety not only a regulatory requirement but a critical component of their livelihood.

The training equipped them with essential knowledge to ensure that the products they prepare and sell are safe, high-quality, and compliant with standards, helping protect both their customers and their small enterprises.

The activity formed part of DOST-Batangas' Food Safety Roadshow Program and was implemented in coordination with DSWD's livelihood initiatives, highlighting the importance of convergence in strengthening community-based enterprises.

Ms. Renalee L. Reyes, member of the DOST CALABARZON Food Safety Team, led the discussions on Basic Food Hygiene and Food Safety Hazards. She emphasized that proper food handling practices such as maintaining personal hygiene, ensuring clean facilities, and securing sanitary permits, are essential in

preventing contamination and sustaining consumer trust.

The session also covered the identification and control of physical, biological, and chemical hazards commonly encountered in food preparation and processing. Participants learned practical measures to minimize risks, improve product quality, and maintain safe food environments in both their enterprises and households.

Participants expressed appreciation for the training, noting that the knowledge gained directly supports their daily operations as food handlers. They

shared that understanding food safety standards strengthens their confidence in selling their products and helps ensure the well-being of their customers.

The collaboration between DOST and DSWD underscores the role of science-based interventions in social protection programs and demonstrates how technical support can enhance livelihood sustainability. By integrating food safety into community-based enterprises, the initiative helps ensure that income-generating activities remain both viable and responsible. (By John Maico M. Hernandez)



TOPS 2025 AWARDEE. Bulacan Governor Daniel R. Fernando, together with Provincial Social Welfare and Development Office (PSWDO) Department Head Rowena J. Tiongson, presents the plaque and certificate of recognition during the first Monday Flag Raising Ceremony held at the Bulacan Capitol Gymnasium, City of Malolos, Bulacan recently after being awarded with the Best Implementor for Population and Development Integration in The Outstanding Population Structure (TOPS) Regional Awards last March 19, 2026 at the Sacop Ephatha Development Center, City of San Fernando, Pampanga. Also in the photo are (from left) Board Members Renato DL. De Guzman, Jr., Fortunato SJ. Angeles, Commission on Population and Development (CPD) Region III Population Program Officer Bores N. Pitero, PSWDO Project Development Officer III Katherine G. Faustino, Board Member Romina D. Fermin, Provincial Administrator Antonia V. Constantino, Adolescent Health and Development (AFP) Component Person Aliza F. Martin, Responsible Parenthood and Family Planning (RPFP) Component Person Ellaine Garcia, and Board Member Josef Andrew T. Mendoza.

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Ito ang araw na kailangan mo ng pampasuwerte. At ibinabalita para sa iyo na hindi mga bagay ang pampabuwenas mo kundi tao mismo—siya ay ang laging nagpapasaya sa iyo. Masuwerteng kulay-green. Tips sa lotto-1-19-27-30-35-40.

TAURUS (Apr. 20-May 20) - Gusto mo bang mapatunayan na ang mga halaman ay nagbibigay ng suwerte sa buhay ng bawat tao? Pumitas ka ngayon ng dahon sa iyong halaman at ilagay mo sa wallet, at 'wag kang magulat kung bigla kang susuwertehin. Masuwerteng kulay-yellow. Tips sa lotto-9-11-20-26-29-33.

GEMINI (May 21-June 20) - Gumamit at magsuot ka ng mga bagay na yari sa pilak o silver, dahil ito ang magsisilbi mong lucky charm, hindi lamang sa buwang ito kundi sa buong taon ng 2026. Habang suot mo ito, magagandang kapalaran ang darating sa iyo. Masuwerteng kulay-gray. Tips sa lotto-5-14-23-25-38-42.

CANCER (June 21-July 22) - Maglinis ka ng bahay. Kapag mas maraming tubig ang magamit mo sa paglilinis, mas maraming suwerte ang darating sa buhay mo. Masuwerteng kulay-pink. Tips sa lotto-6-12-22-28-39-45.

LEO (July 23-Aug. 22) - Kailangan mo ang sikat ng araw kahit sandali lang. Ito ang panlaban mo sa mga negatibong puwersa sa paligid. Ito rin ang magbibigay sa iyo ng mga suwerte sa buhay mo. Masuwerteng kulay-beige. Tips sa lotto-4-17-20-31-34-41.

VIRGO (Aug. 23-Sept. 22) - Magsuot ka ng bagay na may kislap dahil ito ang susi para magkislapan ang kapalaran mo. Masuwerteng kulay-blue. Tips sa lotto-2-13-18-24-35-43.

LIBRA (Sept. 23-Oct. 22) - Hindi bagay ang pampasuwerte mo ngayon. Kahit isang simpleng ngiti mula sa iyong labi ay nagbabalitang anuman ang gusto mo, tiyak na mapapasaiyo. Masuwerteng kulay-black. Tips sa lotto-5-11-16-25-37-40.

SCORPIO (Oct. 23-Nov. 21) - Huwag kang mag-alala kapag napuyat ka dahil kakaiba ngayon ang takbo ng kapalaran mo na nagsasabing sa pagpupuyat, bubuwenasin ka! Masuwerteng kulay-violet. Tips sa lotto-7-14-20-28-33-38.

SAGITTARIUS (Nov. 22-Dec. 21) - Kahit pa may mga problema, huwag kang yuyuko. Panatilihin mong nakataas ang ulo mo at nakatingin sa harapan. Ito ang susi upang mapalapit ka sa dulo ng iyong mga pangarap. Masuwerteng kulay-peach. Tips sa lotto-9-13-19-27-30-42.

CAPRICORN (Dec. 22-Jan. 19) - Ang simpleng paghawak sa banga na nasa inyo ay pampasuwerte. Ito ang mensahe ng kapalaran mo. Masuwerteng kulay-red. Tips sa lotto-1-15-22-24-36-44.

AQUARIUS (Jan. 20-Feb. 18) - Hangin ang pinanggagalingan ng iyong magagandang kapalaran. Kaya mas mabuting buksan ang bintana upang pumasok ang sariwa at bagong hangin. Sa ganyang paraan, ikaw ay madaling bubuwenasin. Masuwerteng kulay-lavender. Tips sa lotto-2-13-25-31-38-41.

PISCES (Feb. 19-Mar. 20) - Tiwala sa sarili ang magdadala sa iyo ng mga suwerte. Kaya huwag na huwag kang mag-aalinlangan sa iyong kakayahan. Masuwerteng kulay-white. Tips sa lotto-7-18-23-29-32-37.

SUDOKU

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

SAGOT: SUDOKU VOL. 23 #5

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

MCDONALD'S ONCE MADE

BUBBLEGUM-FLAVORED BROCCOLI

This crazy McDonald's fact will have your taste buds crawling. Unsurprisingly, the attempt to get kids to eat healthier didn't go over well with the child testers, who were "confused by the taste."



WORD HUNT

Sounds

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

THUMP
RIPPLING
LIGHTNING
POUNDING
SPLITTING
SQUAWK
JANGLE
WHINNIE
CRINKLING
SCREECH
ZIPPER
CROAK
CHATTER
SWISHING
WHISTLES
DING DONG
BELLOW
CRACKING
MUSIC
THUNDER
SCREAM
WHISPER
POPPING

Luzon Scientists, Leaders Convene for 2026 Regional Scientific Meeting



ALABANG, Muntinlupa City, April 7, 2026 — The 2026 Luzon Regional Scientific Meeting officially opened on April 7, gathering leading scientists, policymakers, industry experts, and development stakeholders from across Luzon to advance science-driven solutions for sustainable development.

DOST Ilocos Region Builds Disaster-Ready Workforce Through DRRM Capacity Building Activity

In line with the celebration of Women's Month and Fire Prevention Month, the Department of Science and Technology Ilocos Region (DOST Ilocos Region), through the leadership of Regional Director Teresita A. Tabaog, successfully conducted a Capacity Building Activity on Disaster Risk Reduction and Management (DRRM) and Disaster Preparedness on March 31, 2026, at the DOST Ilocos Region Multipurpose Hall in City of San Fernando, La Union.



The activity brought together the DOST workforce from regional and provincial offices to strengthen their readiness in responding to disasters and emergencies.

The morning session opened with Mr. Michael John C. Maquiling, who provided an in-depth overview of the Philippine DRRM System. **DOST ILOCOS • 4**

Sports Life

By Coach Francis A.
Buenaventura



Pocari Sweat Live Your Dream Project: A Japan Exchange That Elevates Cavite's Youth and Coaches Development

In today's evolving Philippine sports landscape, opportunities that bridge cultures and coaching philosophies are rare, and transformative. The Pocari Sweat Live Your Dream – Basketball Edition provided exactly that. Eight national finalists from five provinces in Luzon, along with five Youth Development Coaches, took part in a cultural exchange in Japan. This is a once-in-a-lifetime experience that significantly advanced both youth and coaching development.



Five youth development coaches represented the Philippines: Alex Angeles (Laguna), Draymond Borromeo (Bulacan), JC Nuyles (Batangas), Tyrone Limon (Pampanga), and Francis A. Buenaventura (Cavite).

Led by National Director Noli Ayo and supported by Pocarí Sweat through Ken Saito, the six-day exchange focused on advancing grassroots basketball through shared learning in skills, culture, food, language, and history.

There were no medals—only discipline, detail, and purpose. The message was clear: prioritize development over display, consistency over intensity, and character over competition.

Cavite's national finalists, Clint Steven Gerero and Allain Micquel, embodied this approach. Immersed in a system grounded in patience and intentional learning, they saw that every action—on and off the court—matters.

The takeaway is straightforward: strong youth programs begin with well-developed coaches. As the delegation returns, the goal is