



PGC strengthens performance management through orientation on revised SPMS guidelines

In its continuing commitment to promote excellence, accountability, and results-driven public service, the Provincial Government of Cavite gathered department heads and administrative officers for the Strategic Performance Management System (SPMS): Revised Guidelines and Implementation orientation on July 21, 2026, at the 2nd Floor Function Hall, New Provincial Government Center in Trece Martires City.

Chief of Staff Ferdinand A. Belamide welcomed the participants and underscored the importance of the Strategic Performance Management System (SPMS) in strengthening organizational performance, fostering professional growth, and cultivating a culture of continuous improvement in the Provincial Government.

The orientation equipped participants with a comprehensive understanding of the revised SPMS guidelines through a series of lectures delivered by members of the Provincial Government's Performance Management Team (PMT). Engr. EnP Lorna R. Leyran, Chair of the PMT Secretariat, introduced the Strategic Performance Management System, followed by Niko R. Montenegro, who discussed the framework and operational guidelines. Jasmin B. Magallanes presented the submission requirements and implementation timelines, while Angelica Joy A. Balanquit and Mark Lester A. Carada facilitated discussions on target setting, rating standards development, and accomplishments monitoring.

PGC STRENGTHENS • 5

McDonald's Recruitment Activity Opens Employment Opportunities to Caviteño

TRECE MARTIRES CITY, Cavite (PIA) — The Provincial Government of Cavite is working with the Japan International Cooperation Agency (JICA) to build infrastructure projects that will help address flooding in key areas.



Eloisa Rozul, Department Head of the Office of the Provincial Disaster Risk Reduction and Management Officer (OPDRMO), in an interview with the Philippine Information Agency — MCDONALD'S • 4

DOST, PGIS, PHILVOLCS Enhances Disaster Preparedness, Assessment through Drone Operation with REDAS Training in Ilocos Sur

VIGAN CITY, Ilocos Sur — The Provincial Government of Ilocos Sur (PGIS), in partnership with the Department of Science and Technology Ilocos Region (DOST Ilocos Region), and DOST PHIVOLCS (Philippine Institute of Volcanology and Seismology) kicked off the four-day capacity building initiative titled "REDAS Training on Exposure Data Collection and Processing Using Remotely Piloted Aircraft (RPA) for Earthquake and Tsunami Impact Assessment" here today.



In her message, DOST Ilocos Region Director Teresita A. Tabaog, emphasized that equipping disaster preparedness and assessment of LGUs through trainings such as this strengthens capability which ensuring lesser disaster impact while utilizing modern technologies such as drones. She added that these initiatives brought by DOST stands with its battlecry of "Agham na

DOST, PGIS • 5

NEWS

DOST-Laguna strengthens herb processing through PORTASOL, drying technologies, and GMP

The Department of Science and Technology Provincial Science and Technology Office (PSTO) Laguna conducted a Training on Drying Herbs through the PORTASOL and other Drying Technologies with Awareness on Good Manufacturing Practices (GMP) equips members of TANIM Agriculture Cooperative in Calauan, Laguna held recently.

The event kicked off with opening remarks from Cooperative Chairperson Ms. Mary Ann B. Torres, who thanked DOST for their technical support and urged members to actively apply what they learned. Engr. Wilma G. Del Rosario of DOST Laguna then reaffirmed the agency's dedication to supporting farming communities through scientific innova-

tion, before introducing the guest expert, Dr. Adeliza Dorado from UPLB.

Dr. Dorado walked the participants through the essential steps of herb dehydration—from washing and sanitizing to drying and packaging. She explained that removing moisture is crucial for stopping bacterial growth and extending shelf life but noted that



proper drying conditions must be maintained to keep the herbs' natural color, aroma, and flavor intact. She compared different methods, including traditional sun and shade drying, solar drying, hot-air drying, and heat pump

drying. Additionally, she emphasized using the right packaging to protect the finished products from light, air, and moisture.

Concluding the session, DOST's Mr. Leandro Dimatulac introduced the

DOST Grant-in-Aid (GIA) Program. He stressed that having a facility that complies with Good Manufacturing Practices (GMP) is vital for ensuring food safety and making their products ready for a bigger market.

Overall, the training successfully provided the cooperative with the practical skills needed to create high-quality, value-added herb products and strengthen their agricultural business. **(By Leandro D. Dimatulac)**

Cavite LGUs to include nutrition in disaster preparedness plans

TRECE MARTIRES CITY, Cavite (PIA) — Cavite Province will soon integrate nutrition strategies in local disaster preparedness plans, highlighting that proper health and nutrition remain crucial in crisis recovery.



To ensure proper public nutrition, especially during disasters and emergencies, local Nutrition Action Officers in Cavite Province completed a three-day capacity-building activity focused on delivering essential interventions.

The National Nutrition Council (NNC) in CALABARZON led the Training on Nutrition in Emergencies and Information Management from July 15 to 17. Held in partnership with the Cavite Provincial Nutrition Office, the session gathered personnel from City and Municipal Action Officers and Coordinators, Barangay Nutrition Schol-

ars, Nutrition Office staff, and local Disaster Risk Reduction and Management Offices across the province.

In a statement, the NNC CALABARZON emphasized the importance of ensuring proper nutrition as part of the four core pillars of DRRM: Disaster Prevention and Mitigation, Disaster Preparedness, Disaster Response, and Disaster Rehabilitation and Recovery.

"By strengthening the capacities of local nutrition and disaster response personnel, the training reinforced the province's readiness to integrate nutrition into

the four core thematic areas of DRRM."

The NNC also highlighted the vital role of local government units in allocating resources to guarantee that nutrition interventions will continue even during emergencies.

"Cavite LGUs are expected to develop their respective DRRM-H-NiE Plans and integrate them into their Local Nutrition Action Plans (LNAPs) and LDRRM Plans to facilitate the allocation of appropriate resources and ensure the implementation of nutrition interventions during emergencies."

According to the

Cavite farmers brace for El Niño

TRECE MARTIRES CITY, Cavite (PIA) — Local farmers in the province of Cavite are bracing for extreme drought brought by the El Niño phenomenon.



Mario Rotauro, Senior Agriculturist at the Office of the Provincial Agriculturist, underscored efforts in helping local farmers maintain their productivity despite the extreme weather conditions.

"Nandyan na namimigay kami ng seeds, organic fertilizers, at 'yung libreng pa-traktora para makatulong sa ating mga magsasaka."

Despite being known as an industrial province, Rotauro lamented that Cavite suffered from the extremely dry season caused by the El Niño phenomenon

which led to depleted water levels for irrigation.

"Kung ikukumpara mo 'yung El Niño noong nakaraang [taon] at ngayon, mas mainit ang panahon ngayon na nakakaapekto sa agrikultura ng probinsya. Nagkakaroon ng kakulangan ng tubig ang mga magsasaka."

With low agricultural productivity, income is greatly affected.

"Ang hamon ng El Niño ay nagpapababa nito ang ani at kita ng ating mga magsasaka. Kaya naman prayoridad ng OPAg ang pagtulong sa mga magsasaka lalo na sa

panahong ganito at binibigyan sila ng impormasyon para mapaghandaan ito."

Rotauro added, "Nandyan ang pamimigay natin ng seeds, organic fertilizers at 'yung libreng pa-traktora at binibigyan sila ng impormasyon para mapaghandaan ito."

According to the Office of Civil Defense CALABARZON, the El Niño phenomenon will likely persist until early 2027, causing drier weather conditions leading to droughts and dry spells. **(PB/PIA CALABARZON)**

World Health Organization (WHO), malnutrition, illness, and even death spike during emergencies. Without access to

diverse and healthy diets, crises can severely disrupt breastfeeding and infant feeding practices that are crucial for

child nutrition. **(PB-PIA CALABARZON with reports from National Nutrition Council-Calabarzon)**

Editorial

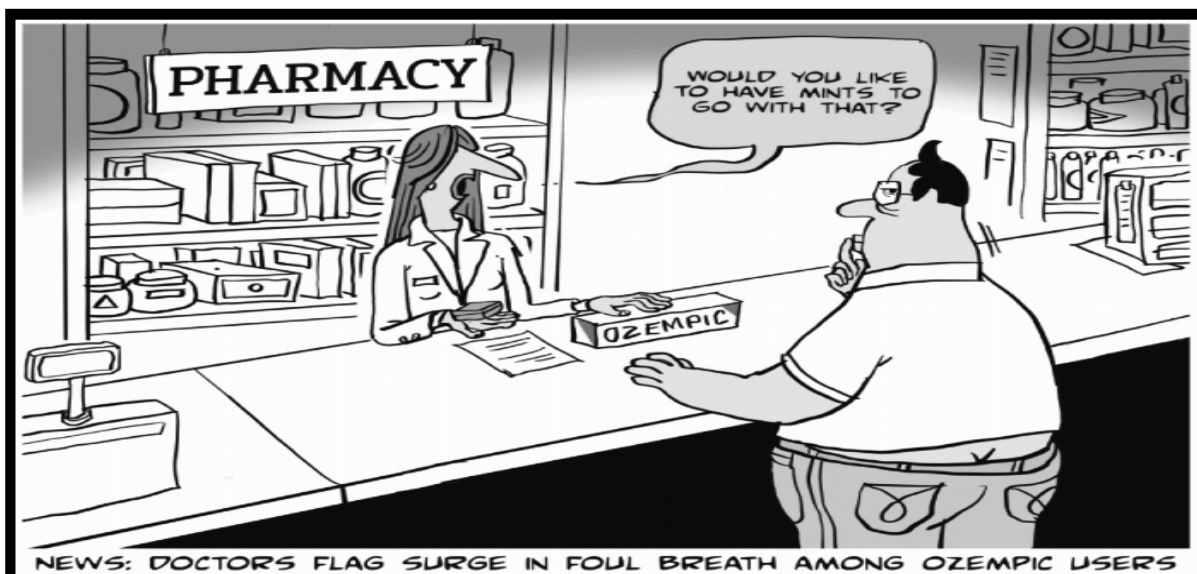
DOE fails to impress with proposed Oil Deregulation Law changes

Energy Secretary Sharon Garin announced that the Department of Energy (DOE) had formally submitted proposed amendments to Republic Act (RA) 8479, or the Downstream Oil Industry Deregulation Act of 1998, saying that the recommendations were “practical measures that will strengthen our energy security, improve supply resilience and better protect the Filipino people from future supply disruptions.” This was, of course, in response to the recent energy crisis caused by the United States-Israel war against Iran, which badly disrupted fuel supplies from the Persian Gulf and caused prices to soar worldwide.

That situation has improved, although another flare-up of Iranian attacks against shipping in the Strait of Hormuz and retaliatory air strikes against targets in Iran by the US on Wednesday were a stark reminder that the temporary “peace” agreed last month is still extremely tenuous. Thus, there is a sense of urgency in taking measures to protect the country from another energy shock. In that respect, the DOE’s move to propose some kind of security measures relatively quickly is noteworthy. However, what it has proposed so far is decidedly less than impressive, and does not really seem to address the most significant negative effects the Philippines has experienced, and is likely to experience again.

The DOE reportedly forwarded three proposed amendments to RA 8479 to the House of Representatives and the Senate Committee on Energy, but Garin only shared two of them with the media in a press conference on Monday. The first was the proposed establishment of a national fuel reserve of 60 days’ supply, and the second was a proposal to increase the required inventory reserve of oil companies from 15 to 30 days.

The reported third proposed amendment was not disclosed, but Garin made a point of saying that the DOE was not proposing to establish a system for price controls. “This is quite a very sensitive issue, and the fact that it’s oil deregulation, the concept was to leave it to market competition so that the theory is



NEWS: DOCTORS FLAG SURGE IN FOUL BREATH AMONG OZEMPIC USERS

that prices would fall when there’s competition among oil companies,” Garin was quoted as saying.

Under the state of “national energy emergency” declared by President Ferdinand Marcos Jr. with Executive Order 110 in March, the DOE has the authority to manage allowable fuel price adjustments, which it has done through enjoining the major fuel suppliers to implement major increases in installment fashion over a period of a couple of weeks. Prior to the enactment of the Oil Deregulation Law, the government could impose a ceiling on fuel prices, subsidizing the difference through the Oil Stabilization Fund.

The most severe part of the war-induced crisis took place in March and April, which was not so long ago that the experience could have faded from the DOE’s memory. It most certainly has not faded from the memory of fuel consumers, who faced a price rather than a supply crisis during that time. While there were a few brief and isolated incidents of stations running out of fuel supplies, overall the country’s supply buffer has stayed above 30 days. The proposals presented by the DOE would extend that buffer, but they do not actually address the most serious problem experienced by the country. In fact, Garin’s statement indicated that the DOE

pointedly chose not to propose a solution to that problem of unmanageably high prices.

The reasoning for that provided by Garin, that “competition among oil companies would lower prices,” is completely facetious, and one would think that the nation’s chief energy policymaker would understand that simple bit of economics. Oil demand is perhaps the most inelastic thing there is (meaning, demand does not change as prices rise or fall), therefore, prices are not at all competition-driven. There may be some slight variations from one supplier to another, depending on their sourcing, but there? are a limited number of sources in the first place, which prevents any oil company from significantly undercutting its competitors. There is also a widespread assumption — which is not without some basis — that oil suppliers are collusive, and only “compete” within agreed limits.

It is possible that the rumored third proposal does address fuel price spikes, despite Garin’s statement, and of course, Congress will ultimately determine what, if any, amendments to the existing Oil Deregulation Law will be made. But as things now stand, the DOE’s proposals leave much to be desired, and do not inspire confidence that the next serious energy crisis will be any less disruptive.

Pagkaing Pampapayat

Noong mga nakaraang linggo, nailathala ko ang 12 pagkaing pampapayat. Ito ay ang gulay, suha, mansanas, peras, itlog, saging, beans, suka, tofu, green tea, brown rice, wheat bread at high-fiber cereals. Ito ang nalalabing 6 sa ating listahan:

1. Matatabang isda tulad ng sardinas, tilapia, mackerel at salmon. Ang mga isdang ito ay mayaman sa omega-3 fatty acids, na tumutulong sa inyong puso at nakabubusog pa. Ayon sa pagsusuri sa Iceland, ang mga taong kumain ng matatabang isda ay mas nabusog kumpara sa mga hindi kumain ng isda. Napatunayan din ng mga siyentipiko na mas tumataas ang lebel ng leptin sa katawan. Ang leptin ay isang hormone na nagsasabi sa ating utak na tayo’y busog na.

2. Low-fat milk at yogurt. Ang gatas ay mataas sa protina, mga vitamin Bs at calcium. Kung gusto ninyong pumayat, piliin ang gatas na low-fat o fat-free na mababa sa calories. Ngunit kung kayo ay kabilang sa mga taong nagtatae sa pag-inom ng gatas (may lactose intolerance), puwede ninyong subukan ang yogurt. Mababa sa taba, calories at asukal ang yogurt. May sangkap pa itong healthy bacteria tulad ng lactobacilli na makatutulong sa pag-iwas sa ulcer at kanser sa sikhura.

3. Oatmeal. Ang isang tasang oatmeal sa araw-araw ay makapagpapababa ng iyong kolesterol ng 10%. Ang oatmeal ay may beta-glucan, isang klaseng fiber na tinatangal ang kolesterol sa katawan at inilalabas ito sa dumi. Dahil sa fiber, madaling makabusog ang oatmeal.

DOKTOR NG MASA

ni Dr. Willie Ong



4. Manok at turkey na walang balat. Sa lahat ng mga karne, ang manok at turkey ang may pinakamababang taba sa kanilang laman. Ang pato at duck (tulad ng Peking duck) ay may maraming taba kumpara sa manok at turkey. Kung gusto pa lubusang tanggalin ang taba, alisin ang balat ng manok bago ito kainin. Mas mainam din ang roasted o steamed chicken kumpara sa pinirito sa mantika.

5. Laman ng karne paminsan-minsan. Puwede naman kumain ng karneng baboy at baka paminsan-minsan. Mas madaling alisin ang taba ng baboy dahil nakahiwalay na ito sa laman. Pero ang taba ng baka ay nakasingit sa laman kaya mahirap itong alisin. Kung kayo ay bibili ng baka, piliin ang mga parteng sirloin, chuck, loin at round beef. Sa baboy naman, piliin ang tenderloin o loin chops. Tanggalin din ang lahat ng nakikita ninyong taba bago ito lutiin.

6. Tubig. Ang tubig ay walang calories at hindi nakatataba. Uminom ng 1 basong tubig bago kumain para medyo mabusog na kayo. Uminom din ng 8-10 basong tubig sa maghapon lalo na kung kayo ay nag-di-diyeta. Tandaan, kumain lamang ng sapat at piliin ang mga pagkaing inilista natin. Good luck po.



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NEWS

DTI Laguna, SB Corp Equip Women Entrepreneurs with Business, Financing Support

CABUYAO, Laguna — Thirty-five women entrepreneurs and aspiring business owners enhanced their business and financial management knowledge during the “Abante Babae, Abante Bisnes! Financial and Business Freedom via DTI and SB Corporation” seminar conducted by the Department of Trade and Industry – Laguna Provincial Office (DTI Laguna) on July 13, 2026 in celebration of the 51st Micro, Small, and Medium Enterprise (MSME) Development Week.



The seminar introduced participants to DTI's business development programs and services, including Business Name Registration, Barangay Micro Business Enterprise (BMBE) Registration Assistance, business advisory services, capability-building programs, and consumer welfare initiatives aimed at helping enterprises formalize operations and improve business competitiveness.

To help address one of the persistent challenges faced by MSMEs, representatives from SB

Corporation (SB Corp) discussed the agency's financing programs, including available loan facilities, eligibility requirements, and application procedures. The orientation provided participants with information on accessible financing options for business start-up, expansion, and recovery.

An open forum followed, allowing participants to raise business concerns and receive guidance directly from DTI and SB Corp resource persons on available government assistance and business-re-

lated concerns.

The activity forms part of DTI Laguna's continuing efforts to strengthen the capacity of women entrepreneurs by improving access to government business development services and financing opportunities. It likewise supports the objectives of the annual MSME Development Week celebration, which highlights the vital role of MSMEs in generating employment, driving innovation, and contributing to inclusive economic growth. **(CME Alvarez, DTI Laguna)**

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The training was organized through the collaborative efforts of the Department of Science and Technology (DOST) Laguna, the Local Government Unit (LGU) of Cabuyao City, and Sun Asia Energy. In his message, Mr. Jazner De Dios, Community Relations Officer of Sun Asia Energy emphasized the importance of partnerships among government agencies, private institutions, and community organizations in creating livelihood opportunities that contribute to both economic development and environmental sustainability.

Representing DOST Laguna, Engr. Wilma G. Del Rosario, Science Research Specialist II, encouraged participants to maximize the learning opportunity and explore the economic potential of water hyacinth-based products.

During the training, Ms. Remia V. Adedoja, President of the Laguna Water Hyacinth Producers Association and owner of Remdavis, discussed the characteristics, environmental impacts, and value-added applications of water hyacinth. She provided technical guidance on proper harvesting, bundling, and drying techniques and highlighted its utilization in handicraft production, organic fertilizer, wastewater treatment, livestock feed, and

biogas generation. To further enrich the learning experience, video presentations from the DOST – Forest Products Research and Development Institute (FPRDI) showcased the harvesting, drying, processing, and weaving of water hyacinth into marketable products. Ms. Adedoja also shared her experiences empowering women through water hyacinth-based livelihood enterprises, demonstrating how handcrafted products can be transformed into sustainable, income-generating ventures and marketed on online platforms such as Shopee Philippines, thereby expanding market access and entrepreneurial opportunities for community members.

Mr. Leandro D. Dimatulac, Project Technical Assistant I of DOST Laguna, also presented the agency's programs and services, highlighting opportunities for technology transfer, capacity building, livelihood assistance, and enterprise development that community organizations may access to support their growth and sustainability.

The afternoon session featured messages of support from Mr. Christian Benedict T. Bueno of the City Community Livelihood Development Office (CCLDO) and Ms. Ma. Remelyn E. Aragon, Market Supervisor, a rep-

resentative from the City Agriculture Office, reaffirming the local government's commitment to push initiatives that promote environmental stewardship and income-generating opportunities for fisherfolk and community organizations.

A key highlight of the activity was the hands-on workshop, in which participants learned basic three- and four-stalk braiding techniques using dried water hyacinth. The practical session equipped participants with foundational skills in producing handicraft products such as placemats, baskets, trays, and decorative items, opening potential avenues for community-based enterprise development.

The training concluded with an open forum, question-and-answer session, and evaluation activity. Participants expressed appreciation for the knowledge and skills gained and recognized the potential of water hyacinth processing as an alternative source of livelihood for their association and communities.

The activity also underscored the value of collaboration among government agencies, private-sector partners, and community organizations in transforming environmental challenges into sustainable livelihood opportunities, ultimately contributing to the inclusive economic empowerment of Cabuyao City's fisherfolk. **(By Leandro D. Dimatulac)**



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PTFOMS, CICC

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ration, PTFOMS and CICC will pool their resources, expertise, and legal frameworks to provide enhanced protection against cyberattacks targeting journalists.

Under the agreement, PTFOMS and CICC will work together to address and resolve cybercrime issues concerning media personnel.

The CICC will render assistance on complaints reported by PTFOMS, ensuring expedient referrals to law enforcement and prosecutorial bodies. It will also supply digital forensic support, cyber

intelligence, and technical resources to streamline investigations and ensure accountability and effective prosecution of offenders.

The collaboration will also see CICC sharing its cybersecurity expertise with PTFOMS to bolster its operational capacity in monitoring investigations.

The partnership includes coordinating with local government units, media organizations, civil society, and other stakeholders to strengthen digital security measures for media workers.

Undersecretary Torres said these efforts underscore the government's commitment to defending press freedom by fostering a secure environment where journalists can work uninhibited by cyber threats.

He said individuals perpetrating online attacks on media workers will face due consequences.

The enhanced protection across physical and digital domains exemplifies the Ferdinand Marcos Jr. administration's dedication to democratic values that reject violence against journalists, encourage the unrestricted movement of information, and uphold the im-

portance of the press. "This partnership marks a progressive step toward nurturing a soci-

ety where ethical journalism and responsible reporting flourish," said Undersecretary Torres.

Contact Information:
PTFOMS Hotline:
09650310377; CICC
Hotline: 1326

PGC strengthens

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An open forum concluded the activity, allowing participants to

raise questions, clarify implementation concerns, and gain a deeper

understanding of the revised policies to ensure consistent and effective application of the SPMS across all Provincial Government offices. —
OPIO



SPMS: REVISED GUIDELINES AND IMPLEMENTATION FOR DEPARTMENT HEADS AND ADMINISTRATIVE OFFICERS OF THE PROVINCIAL GOVERNMENT OF CAVITE
21 JULY 2026
2/F FUNCTION HALL, NEW PROVINCIAL GOVERNMENT CENTER, TRECE MARTIRES CITY

McDonald's

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CALABARZON confirmed that the Cavite Industrial Area Flood Risk Management project will help reduce flooding in urbanized and industrial parts of the province.

"Cavite has experienced rapid urbanization over the past decades, resulting in increased paved surfaces, reduced natural drainage, and higher flood runoff during heavy rainfall."

The project will benefit low-lying areas, particularly the cities of Bacoor and Imus, as well as Kawit, Noveleta, Rosario, and Tanza towns which experience regular flooding due to San Juan River, Imus River, and Ylang-Ylang River, as well as interconnected drainage systems leading to Manila Bay.

Moreover, Rozul noted that the provincial government is also pushing local government units to pass local legislature creating infrastructure audit teams and school safety officers to ensure the integrity and safety of public infrastructure.

"We recommended legislative measures to the Sangguniang Panlalawigan through the PDRMC Chairperson for the enactment of DRRM-related ordinances."

Rozul noted that key policies that they have recommended included the ordinances for the creation of an Infrastructure Audit Team, while other policies such as the Designation of Safety Offices in Elementary and Secondary School and the Ordinance on Safety Waters are being approved for first reading and are undergoing the crafting of Internal Rules and Regulations, respectively.

The Cavite Industrial Area Flood Risk Management project includes major engineering interventions, such as the construction of a Flood Retarding Basin designed to retain excess floodwater temporarily during heavy rainfall and gradually release it after the storm, thereby reducing downstream flooding. Improvements on river-

beds, floodways and diversion channels, drainage systems, and bridge networks are also underway to help reduce flooding by redirecting excess floodwater towards Manila Bay.

As the province continues to invest on flood mitigation infrastructure, the official emphasized that public support is key in strengthening disaster preparedness and recovery efforts.

"Together, we continue to improve our preparedness, response, recovery, and resilience to better protect lives, livelihoods, and the future of our province. Disasters may not always be prevented, but we can significantly reduce their impacts by working together, planning ahead, and acting responsibly."

With some of its cities connected to Metro Manila, Cavite Province frequently experiences province especially in parts of Bacoor, Imus, Kawit, Noveleta, Rosario, General Trias, Tanza, and Dasmariñas, particularly during prolonged rains, tropical cyclones, and high tide. **(PB-PIA CALABARZON)**

DOST, PGIS

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Ramdam" in the communities.

Local Disaster Risk Reduction and Management Officers (LDRMO) of the Province of Ilocos Sur, together with personnel from the DOST participated in the training.

Central to the training is the Rapid Earthquake Damage Assessment System (REDAS), a specialized software platform developed by Dr. Bartolome C. Bautista, former Deputy Director of DOST PHIVOLCS. It is a platform designed to enable local planners to model potential impacts from multiple hazards—including earthquakes, tsunamis, floods, severe

winds, and agricultural crop damages. This is to better inform contingency plans and disaster risk reduction strategies.

This initiative aims to merge modern hardware (drones/RPAs) with scientific analytical software (REDAS) to enhance local disaster risk reduction, management, and emergency response capabilities. It features the hands-on quadcopter drone skills under Civil Aviation Authority of the Philippines (CAAP) safety guidelines to map high-risk areas. By feeding aerial imagery into the REDAS, participants learn to simulate multi-hazard impacts—en-

abling the province to build science-backed contingency plans in RPA Operations and REDAS applications.

Completers will earn formal credentials in both Quadcopter RPA Operations and the REDAS Module. This formal certification recognizing their competency in drone operations and scientific exposure database development will lay a stronger foundation for disaster-resilient communities in Ilocos Sur.

DOST remains driven in its vision of bringing innovation straight to the people wherein stakeholders will not just be preparing for disasters but staying one step ahead of them. **(Jean Claire Almosa & Edrussell Castillo)**



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CBCP NEWS



Bishop Nick Vaquilar of Urdaneta is ordained to the episcopate at the Archdiocesan Shrine of Nuestra Señora de la Caridad in Bantay, Ilocos Sur, on July 21, 2026. ROY LAGARDE

Cardinal tells new Urdaneta bishop: Walk with your people

VIGAN City— Twenty-nine years after Cardinal Orlando Quevedo ordained him a priest, Bishop Nick Vaquilar knelt before the same prelate Tuesday to receive episcopal ordination and a simple charge: walk with your people.

The retired archbishop of Cotabato told the new bishop of Urdaneta that episcopal leadership is measured less by authority than by closeness to priests and the faithful.

"Be a synodal bishop," Quevedo said moments after the ordination rite at the Archdiocesan Shrine of Nuestra Señora de la Caridad in nearby Bantay town. "Be among your priests, walk with them, with your flock."

He urged Vaquilar to be "a servant leader," saying a bishop sometimes leads from the front, sometimes from behind, but always remains among God's people.

A shepherd who walks with people

In his homily, Archbishop David William Antonio of Nueva Segovia said a bishop belongs first to Jesus Christ before belonging to any local church.

"The bishop in a synodal church does not walk ahead as one who possesses all the answers nor walks behind as one reluctant to lead," Antonio said. "He walks with God's people, listen-

ing before speaking, discerning before deciding."

He said bishops are called to accompany priests, consecrated men and women, families, young people, the elderly, the poor and those searching for faith.

Antonio said Vaquilar's 18 years in priestly formation at the Immaculate Conception School of Theology prepared him for that ministry.

"The bishop's first ministry is not administration," Antonio said. "His first ministry is contemplation."

He said God's people deserve shepherds whose decisions are shaped by prayer and whose words flow from the Gospel rather than personal ambition.

'For you a bishop, with you a Christian'

Papal nuncio Archbishop Charles Brown echoed the theme, quoting St. Augustine's description of episcopal ministry: "For you, I am a bishop; with you, I am a Christian."

He said those words express a bishop's calling to remain close to the faithful while guiding

them toward God's kingdom.

Brown also described the bishop as a "man of vision," noting that the Greek word "episkopos" means one who watches over.

Recalling the risen Christ's appearance at the Sea of Tiberias, Brown said St. John recognized Jesus before the other disciples and helped them see what he saw.

"So this is the vocation of the bishop — to be the one who sees and communicates that vision to others," Brown said. "It is the Lord."

From 'when' to 'yes'

In his remarks, Vaquilar reflected on his mobile phone's autocorrect feature, which often changes the Ilocano word wen ("yes") into the English word "when."

"There are times when instead of saying, 'Yes, Lord,' I find myself asking, 'Lord, when?'" he said.

"He calls first, then he forms. He entrusts first, then he strengthens."

Vaquilar said God's call does not wait for perfect readiness but invites trust

despite fear, weakness and uncertainty.

"My life, my ministry, my strength, and even my weaknesses no longer belong to me alone, but to the Lord who called me," he said.

The theme also echoes his episcopal motto, Domine, Tuus Sum ("Lord, I am Yours"), expressing the total surrender to God that he said every bishop is called to live.

He asked Catholics to pray that he would never allow hesitation to replace generosity in answering God's call.

"Every morning," he said, "may this be the prayer of my heart: 'Yes, Lord, I am yours.'"

Pope Leo XIV appointed Vaquilar bishop of Urdaneta on May 3, succeeding Bishop Jacinto Jose, whose resignation was accepted upon reaching the mandatory retirement age.

Vaquilar, 54, was ordained a priest by Quevedo in 1997 when the cardinal was archbishop of Nueva Segovia. He will be installed as the Diocese of Urdaneta's fourth bishop on July 28.

Bishop says priestly accountability begins with conscience, not rules

A Catholic bishop said lasting accountability among priests depends less on stricter regulations than on personal integrity and a well-formed conscience.



Bishop Gerardo Alminaza of San Carlos. CBCP NEWS

Bishop Gerardo Alminaza of San Carlos said Church rules remain necessary but cannot substitute for the interior conversion needed to live the priesthood faithfully.

"Perhaps the deepest challenge is not simply having more regulations, but cultivating hearts so converted that integrity, simplicity, accountability, and pastoral charity become our natural way of life," Alminaza said.

The bishop made the remarks in response to ongoing discussions about priestly accountability and safeguarding measures within the Church.

The former chairman of the CBCP's Episcopal Commission on Seminaries said regulations are most effective when they reinforce a deep commitment to faithful and transparent ministry, serving primarily as reminders of a priest's

vocation rather than corrective measures after failures.

"Rules have their place, but they can never replace formation of conscience," he said.

Alminaza said the healthiest dioceses are those where accountability flows not from fear of sanctions but from a shared commitment to live the priestly vocation with integrity, simplicity and fidelity to Christ.

Such a culture, he said, encourages priests to take responsibility willingly rather than simply complying with rules to avoid punishment.

Alminaza said authentic reform in the Church ultimately begins with the conversion of hearts, arguing that no regulatory framework can replace a conscience formed by the Gospel and sustained by a genuine commitment to pastoral service.

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Limitahan mo lang ang mga kilos mo at ang mas magandang pagtuunan mo ay ang pagpapalago ng kabuhayan. Masuwerteng kulay-blue. Tips sa lotto-8-11-18-20-24-27.

TAURUS (Apr. 20-May 20) - Tumulong ka sa nangangailangan. Gayunman, hindi magandang tulongan ang mga taong hindi naman humihingi ng tulong. Masuwerteng kulay-violet. Tips sa lotto-2-10-19-22-26-34.

GEMINI (May 21-June 20) - Paghandaan ang kinabukasan. Ang mga biglaang pagpapasya at pagkilos ay nagsasabing walang paghahandang ginawa. Masuwerteng kulay-pink. Tips sa lotto-4-9-16-23-33-42.

CANCER (June 21-July 22) - Silipin mo ang mga puwedeng mangyari. Sa ganitong paraan, maaga mong maiiwasan ang mga hindi magagandang kaganapan. Masuwerteng kulay-red. Tips sa lotto-9-12-14-25-39-41.

LEO (July 23-Aug. 22) - Hindi ka dapat mapabilang sa mga labis ang tiwala sa sarili. Sa araw na ito at sa iba pang araw na darating, ilagay mo sa isip na ang labis na tiwala sa sarili'y magpapahamak sa marami. Masuwerteng kulay-green. Tips sa lotto-7-13-21-27-30-44.

VIRGO (Aug. 23-Sept. 22) - Hinuhusgahan ang tao sa kung ano ang mga katangiang madalas niyang maipakita. Kaya ang payo sa iyo ay sumama ka sa mga may sinasabi upang makita mo kung ano ang mangyayari sa iyo. Masuwerteng kulay-purple. Tips sa lotto-1-18-24-34-37-45.

LIBRA (Sept. 23-Oct. 22) - Sabihin mo ang katuwiran mo. Hindi na mahalaga kung maniwala man sila o hindi. Ang mahalaga ay nailalabas mo ang laman ng kanyang isip at damdamin. Masuwerteng kulay-lilac. Tips sa lotto-3-17-28-31-38-42.

SCORPIO (Oct. 23-Nov. 21) - Ang matagal na preparasyon ay higit na mabuti. Dahil ito ay umaayon sa batas ng tagumpay na ang ibayong paghahanda ang susi sa maligaya at masaganang buhay. Masuwerteng kulay-yellow. Tips sa lotto: 05-15-25-29-33-35.

SAGITTARIUS (Nov.22-Dec.21) - Kung ano ang kailangan mo, iyon ang gawan mo ng paraan. Ang hindi mo naman talaga kailangan, huwag nang pag-aksayahan pa ng oras. Masuwerteng kulay-aquamarine. Tips sa lotto-6-14-20-35-37-40.

CAPRICORN (Dec. 22-Jan. 19) - Hindi masama ang magsabi ng kung ano ang gusto. Pero ang hindi maganda ay kapag pagalit at masakit sa tainga ang boses. Ito ang mensahe para sa iyo. Masuwerteng kulay-black and white. Tips sa lotto-3-19-23-30-34-41.

AQUARIUS (Jan. 20-Feb. 18) - Iwasan mong mapaniwala ang isang tao na kaya mong gawin ang hindi mo naman kaya. Masuwerteng kulay-orange. Tips sa lotto-9-13-21-28-31-36.

PISCES (Feb. 19-Mar. 20) - Hindi ka dapat panghimasukan ng ibang tao sa iyong pagdedesisyon. Ikaw ang may hawak ng iyong kapalaran at hindi ang mga mahilig mangialam. Masuwerteng kulay-gray. Tips sa lotto-7-10-15-22-35-43.

SUDOKU

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

SAGOT: SUDOKU VOL. 23 #20

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

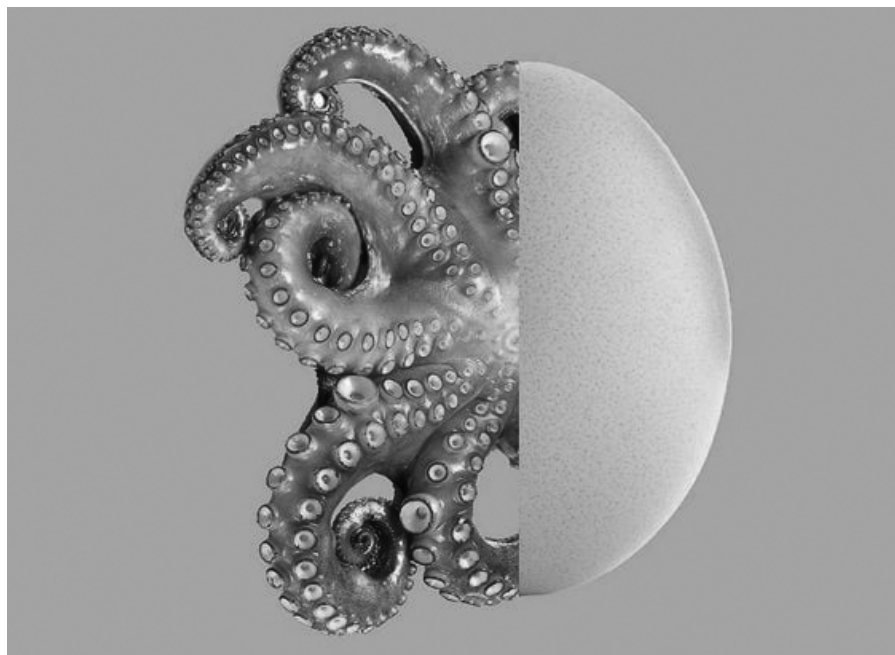
HOW TO PLAY: Sudoku puzzle is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called boxes. There are 9 rows, 9 columns and 9 boxes in every puzzle. The object of the game is to fill all squares in the grid with the correct number.

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?



SOME OCTOPUS SPECIES LAY 56,000 EGGS AT A TIME

On average, a giant Pacific octopus will lay 56,000 eggs at the end of a pregnancy, over the course of about a month. At first, these new babies float through the surrounding water unattached to one another or their mother. But then the mother gathers each egg—which is about the size of a grain of rice—and weaves them into braids, allowing her to keep an eye on everyone at the same time.

WORD HUNT

Pirates

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

CAPTAIN

THE PLANK

PARROT

SCURVY

THIEVES

TREASURE

PIRATE

LANDLUBBER

BLACKBEARD

DOUBLOONS

PEG LEG

BUCCANEER

DOST UNEARTHS TIKOG'S LUXURIOUS FASHION IDENTITY

BASEY, SAMAR — The Department of Science and Technology (DOST) visits town's modern craftsmanship through their Science Tourism Experience: Exploring Natural Wonders and Culinary Heritage, last July 16, 2026, at Lara Showroom, Basey, Samar.



The initiative—a collaboration between Spark Samar, design consultants, and Basey's artisan weavers—aims to modernize the town's traditional weaving industry. By merging contemporary design with

DOST-Laguna provides training on water hyacinth, creating sustainable livelihood opportunities for the fisherfolk of Cabuyao



CABUYAO CITY, Laguna – Members of the Pangkalahatang Samahan ng Mangingisda ng Cabuyao participated in the Water Hyacinth Harvesting, Drying, and Production Training recently held at the DepEd Building Training Hall of Brgy. Banaybanay, City of Cabuyao, Laguna, aimed at transforming water hyacinth—an invasive aquatic plant—into a sustainable livelihood resource while promoting environmental conservation and community enterprise development. **DOST • 4**

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ng Makabagong

NEWS PUBLICATION

PINAGBUBUKLOD ANG MAMAMAYANG CAVITEÑO

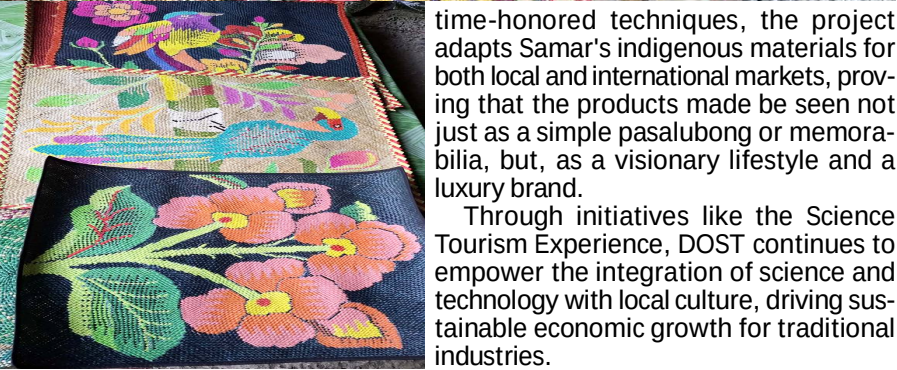
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time-honored techniques, the project adapts Samar's indigenous materials for both local and international markets, proving that the products made be seen not just as a simple pasalubong or memorabilia, but, as a visionary lifestyle and a luxury brand.

Through initiatives like the Science Tourism Experience, DOST continues to empower the integration of science and technology with local culture, driving sustainable economic growth for traditional industries.

PTFOMS, CICC strengthen collaboration to protect journalists from cyber threats

The Presidential Task Force on Media Security (PTFOMS) and the Cybercrime Investigation and Coordinating Center (CICC) today signed a Memorandum of Agreement (MOA) to ensure the safety and security of journalists online.

Undersecretary Jose Torres Jr., PTFOMS Executive Director, said the "strategic alliance aims to address and mitigate the growing cybercrime threats and harassment faced by media workers."

He noted that as digital platforms become essential tools for journalism, the risk to media practitioners from online harassment, threats, data privacy breaches, disinformation, and cybercrimes has heightened.

The MOA seeks to extend protection to journalists in the digital sphere, ensuring the exercise of their rights to free expression and information is preserved.

The CICC, established under the Cybercrime Prevention Act of 2012 (RA No. 10175), is mandated to enhance cybersecurity.

Through the collaboration, PTFOMS, CICC • 5



Bring the magic home at Disney Fest! Disney fans, this is your sign to shop! Visit The SM Store pop-up at the Event Center of SM City Bacoor and discover adorable Disney-inspired merchandise—from character collectibles to magical keepsakes you'll love. While you're here, strike a pose at the Toy Story blocks, snap photos with your favorite Disney & Pixar characters, and capture picture-perfect moments around the enchanting displays. Don't miss your chance to score these magical Disney finds while they're still available!