



GOV. REMULLA LEADS THE DISTRIBUTION OF EDUCATIONAL ASSISTANCE TO PUP STUDENTS



Committed to support the youth in their educational endeavors, Governor Jonvic C. Remulla led the distribution of scholarship assistance to one thousand six hundred five (1, 605) PUP students. The distribution program was held on August 22, 2019 in Brgy. Mangas 2 Covered Court, Alfonso and at the Polytechnic University of the Philippines-Maragondon Campus with the scholars receiving their cash incentives amounting to a total of 3, 210, 000.00. In his message, Governor Remulla motivated the scholars to take the right path and strive harder for a better future. He also assured everyone that the provincial government will always support them in reaching their goals. Eighth District Board Members Rainier Ambion and Virgilio Varias,

Alfonso Mayor Randy Salamat, Vice Mayor Madona Pel, Provincial Administrator for Community Affairs and Provincial Scholarship Program Chairman Alvin Mojica, PSP Secretariat Head Apolonio Golfo and other local officials were also present and delivered words of encouragement to young learners. (Julie Anne L. Rolle)



Two major regional Gawad Kalasag awards were given to the City of Bacoor. Bacoor was conferred as Regional Winner for the Best City Disaster Risk Reduction and Management Council (Component City Category) and as Regional Finalist for the Best Local Government Emergency Management and Response Team Category. The awards were given by the Office of Civil Defense CALABARZON and were received by Mayor Lani Mercado Revilla and BDRRMO Head Richard Quion, accompanied by the rest of the members of the City DRRM Council. Congratulations! #1Team1Love1Bacoor #AlagangAteLani

Medical Mission a success at SM City Calamba

A total of 1,155 indigent Calambenos benefited from SM Foundation's Medical Mission at the Terminal 1 of SM City Calamba. Men, women, children and senior citizens from marginalized barangays of Calamba City flocked to the mall as early as 8am.

SM Foundation's medical mission was dubbed, "Gamot para sa Kapwa". Beneficiaries were able to consult with doctors as well as have tooth extraction services free of charge. Aside from these, X-ray, ECG, eye check-up, uric and hemoglobin tests were also provided. Medicines and reading glasses were

given for free, much to the delight of the patient-beneficiaries.

SM Foundation and SM City Calamba is very grateful to the Calamba City Health Office, University of Perpetual Help Medical Center - Biñan, Dr. Jose P/ Rizal Memorial District Hospital, Asia Pacific College, The Eyelab – SM City Calamba, Integrated Philippine Association of Optometrists, Philippine National Police, GMA 7 – Kapwa ko, Mahal ko and other volunteers who selflessly contributed their time and effort and made the medical mission a success.

The medical mission is conducted every year as part of SM's commitment to serve the community. KCHT

Dominguez cites ADB's support for 'Build, Build, Build'

P5

EDITORIAL:

Train to Clark

The Philippines needs a truly modern railway station that will cut across Laguna, Metro Manila and the provinces of Bulacan, Pampanga and Tarlac to decongest traffic.

The North-South Commuter Railway, or NSCR, and also known as the Clark-Calamba Railway, is one major infrastructure project that aims to ease traffic and make traveling convenient to commuters. The Department of Transportation should pursue the railway project at all costs, after the Asian Development Bank and the Japan International Cooperation Agency both endorsed its economic viability.

The 147-kilometer elevated Clark-Calamba railway project, which will run from Calamba to New Clark City in Capas, Tarlac and cost a total of P778 billion, is already in several stages of implementation.

Big local companies lately submitted bids for the three contract packages under the Malolos-Clark phase. It will feature the country's first airport express railway service. Once completed, it will allow commuters to reach the Clark International Airport from Buendia in Makati in just 55 minutes, compared to two hours by private vehi-

cle via expressway. The second phase of the railway system alone is expected to accommodate 340,000 passengers in its opening year in 2022.

The rail network project is key to the further economic development of the industrial provinces of southern and northern Luzon. Aside from easing traffic, the rail will speed up the flow of goods and produce from these provinces, after being linked to other future railway networks.

Another component of the government railway system is the P175-billion Philippine National Railways South Railways project, a 639-kilometer line from Manila to Matnog, Sorsogon. Connecting the southernmost part of Luzon to the central provinces will boost productivity and commerce in the main island.

The government should give top priority to rail projects across the Philippines and within Metro Manila and other urban centers. All right-of-way problems should be settled soon to assure their speedy construction. They should also be spared from unnecessary delays and the petty issues normally raised by local government units.

P3K HALAGA NA MILITARY UNIFORMS, TINANGAY

ARESTADO ang isang 38-anyos na binata matapos na tangain nito ang tinatayang P3K halaga ng military uniforms sa loob ng isang tindahan sa Cavite City.

Nakakulong ngayon sa Cavite City Custodial Center ang suspek na si Reynaldo Faustino, walang trabaho ng Bagong Pook Barangay 48A San Antonio Cavite City dahil sa reklamo ni Jil Simon Bragado, binata, may-ari ng Magat Military Supply and Gen. Merchandise at residente ng B11 L4 Ciano St. Vita Toscana Mambog 4 Bacoor City, Cavite.

Sa ulat ni PSSgt Armangel Genuino ng Cavite City Police Station, dakong alas-6:00 kamakalawa ng gabi nang naaresto ang suspek sa loob ng kanyang ba-

hay ng mga Barangay officials ng Brgy 48A ng naturang Lungsod.

Ayon kay Genuino, pumasok ang suspek sa Magat Military Supply and Gen. Merchandise na matatagpuan sa Dra Salamanca St., San Antonio Cavite City Bdakong alas-2:00 kamakalawa ng hapon at nagkunwang mamimili at habang abalang nakikipag-usap si Bragado sa kanyang mga suppliers ay p-simple namang tinangay nito ang assorted na military uniforms na umabot sa halos P3K ang halaga.

Inireport ng biktima sa Barangay officials kung saan nanunton ang suspek at mga ninakaw na military uniforms sa loob ng kanyang bahay. **MARGIE BAUTISTA**

3 MIYEMBRO NG AKYAT BAHAY, KABILANG ANG ISANG 15-ANYOS, ARESTADO

TINATAYANG nasa mahigit sa P70K halaga ng cash at kagamitan ang tinangay ng hinihinalang miembro ng akyat bahay gang kabilangang isang menor de edad sa magkahiwalay na insidente sa Gen Trias City, Cavite.

Nakakulong ngayon sa General Trias City Custodial Center ang suspek na si Richard Arga, 43, may-asawa ng resident of 157 Crispolo Street, Brgy. Salitran 1, Dasmariñas City, Cavite; Danilo Rago II, 19, binata ng Blk 6, Lot 14 Camella-Lessandra Subdivision, Brgy Santiago, Gen Trias City, Cavite; habang

hawak ng Department of Social Welfare and Development (DSWD) ang isang 15-anyos na menor de edad dahil sa reklamo nina Lolita Peralta, 62, may-asawa ng 101 Brgy. Dulongbayan, City of General Trias, Cavite at Dennis Casiano, 43, ng Blk 6, Lot 3, Camella-Lessandra Subdivision, Brgy Santiago, Gen Trias City, Cavite.

Sa reklamo ni Peralta kay PSSgt Harry Culanding ng General Trias City Police Station, na dakong alas-8:00 kamakalawa ng gabi nang puwersahang pumasok ang suspek na si Arga sa

loob ng kanyang bahay sa Brgy Dulungbayan, Gen. Trias City, Cavite sa likurang bahagi at tinangay ang mahigit kumulang sa P20K cash.

Nagsagawa naman ng hot pursuit operation ang Gen Trias CPS na nagresulta sa pagkakaaresto ng suspek.

Sa ulat naman ni PSSgt Armine Matro ng General Trias CPS, na dakong alas-8:00 kamakalawa ng gabi nang napansin ng roving guard na si Isagani Sabasa ng Camella-Lessandra Subd., Brgy Santiago, Gen Trias City, Cavite

ang dalawang kalalalahan habang bitbit ang isang sako habang naglalakad sa lugar.

Tiyempo naman na habang sinisita ni Sabasa ang dalawang kalalalahan nang nakatanggap ito ng tawag sa kasamahan guwardiya na pinasakok ang bahay ni Casiano.

Personal na kinilala ni Casiano na personal na gamit nito ang nakasilid sa sako na umabot sa P57K.

Nabatid na sinira ng dalawa ang grills sa likurang bahagi ng bahay ni Casiano saka tinangay ang kanyang mga gamit habang wala ito.

MARGIE BAUTISTA



Nagsagawa ng Inspeksyon kaugnay sa Tamang Bihis ang grupo ni Pcapt. Ajalino B. Balaoro Platoon leader ng 3rd. Laguna Provincial Mobile Force Company-LPMFC sa tanggapan ni Famy Municipal Police Station. sa pangunguna ni Chief of Police PCapt. Earl Rodenni S. Jangalay. (Kevin Pamatmat)

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HEIDELITA LAT PAGINAG
Publisher / Gen. Manager

Webster Ace Paginag
Editor-in-Chief

Jennalyn B. Lat **Margie Bautista**
Circularion -in-Charge & Irene Gascon
Correspondent

Atty. Evelyn R. Dominguez
Legal Consultant

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Happy Birthday

May the *Lord Jesus*
shine His light on you
as He showers you with
blessings and grace
to take you throughout
the year.

MS. MARIVIC SOBERANO

SEPTEMBER 07, 2019.

GREETINGS FROM :
DATELINE WEEKLY NEWSPAPERS



KAPANALIG
Ni Nelson Dimapilis

Stop corruption in PhilHealth first before raising excise taxes on alcohol

Senator Win Gatchalian wants corruption in the state-run Philippine Health Insurance Corporation (PhilHealth) to be completely eradicated first before the Senate pass a measure seeking to raise excise taxes on alcohol products.

During the initial deliberations on Senate Bill No. 383, which seeks to increase the excise tax rates on alcohol products, and forms part of the proposed package 2+ of the Comprehensive Tax Reform Program of the Department of Finance, Gatchalian questioned the capability of PhilHealth to implement

the Universal Health Care (UHC) Program of the government amid allegations of corruption hounding the agency.

“Nung 17th Congress, we raised the tobacco excise tax precisely to fund the Universal Health Care Program. It also serves as a dual purpose and that is to reduce the consumption of cigarettes,” Gatchalian said.

“Ngayon, nandito ulit tayo para taasan naman yung buwis sa alcohol, precisely to fund the UHC program, through PhilHealth. Pero lumalabas sa reports na ang

laki ng nawawala sa PhilHealth dahil sa korupsiyon,” he said.

Citing the privilege speech of Senator Panfilo Lacson, Gatchalian pointed out that the Commission on Audit found that the state-run corporation made overpayments in at least 20% of the 6,128 cases recorded by the Commission on Audit from 2013 to 2018.

These figures meant that of the ₱512.6 billion in benefit claims paid by PhilHealth from 2013 to 2018, PhilHealth made an overpayment of ₱102.5 billion. Meanwhile, Gatchalian also noted that one medical facility – WellMed Dial-

ysis Center – allegedly carted away around ₱300 million since 2016 through fraudulent claims with PhilHealth, citing a CNN Philippines report.

“Ito po ay nakakabahala. ₱102.5 billion ang nawala sa overpayment ng PhilHealth. Samantalang sa isang facility pa lamang, sa WellMed, ₱300 million, ang naibayad ng PhilHealth sa mga ghost or non-existing patients. And now we are talking about raising taxes to be given to an agency that is plagued with corruption,” the senator pointed out.

“Parang tina-taasan natin yung bu-

wis para pondohan yung korupsiyon na nangyayari sa loob ng Philhealth. Sa ngayon, sa mga lumalabas na issues at sa mga comments sa aming hearing, na walang control or walang sistema sa loob ng Philhealth kaya marami pong ganitong korupsiyon,” he said.

For this reason, Gatchalian asked PhilHealth representatives to submit to the Senate Committee on Ways and Means a list of safeguards or reforms that the corporation would implement to ensure that the money given to PhilHealth from the excise tax collections on alcohol and tobacco products will be properly used for the benefit of the

real beneficiaries of the UHC program of the government.

“We owe it to our tax payers. Hindi po fair sa ating mga taxpayers na sisingilin natin sila pero ito ay mapupunta lamang sa bulsa ng mga nananamantala tulad ng WellMed,” the lawmaker said.

“Why doesn’t PhilHealth first propose its internal reforms so that legislators like us will be assured that corruption will not happen and the taxes that will be collected through an increase in excise taxes on alcohol and tobacco products will not be put into waste,” he added.

CARD SME Bank celebrates 8th year in operation



CARD SME Bank, the thrift bank of CARD Mutually Reinforcing Institution (CARD MRI), is now on its 8th year of providing financial and non-financial services to thousands of clients nationwide.

CARD SME Bank clients and employees simultaneously gathered in every branch in celebration of its 8th year anniversary on July 25, 2019.

The event started with a thanksgiving mass to celebrate their accomplishments for the past eight years. It was followed by a program promoting the importance of savings.

As part of the bank celebration, a raffle promo was also facilitated. “It’s our way of giving back to our dear clients who continue to patronize us until this day,” said Aristeo A. Dequito, President and CEO of CARD SME Bank.

Dequito also added that its clients are the most important factor in the continuous growth of the institution and that he is looking forward to add new competitive products for clients deposit and loan needs.

Eight lucky winners were announced to win a mystery box via e-affle system on July 31, 2019 which was posted at CARD SME Bank Official Facebook page.

To date, CARD SME Bank has a total of 835,014 clients with 99.24% repayment rate and 568 offices nationwide.

EXTRAJUDICIAL

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE SPS. CLARITA GIMENO-BASA AND VALENTIN BASA ; SIBLINGS CARLOS GIMENO AND CRISANTO GIMENO HAVE BEEN EXTRA-JUDICIALLY SETTLED BY THEIR HEIRS THRU EXTRAJUDICIAL SETTLEMENT OF ESTATE AS PER DOC. NO. 191 ; PAGE NO. 32 ; BOOK NO. 40 ; SERIES OF 2019 , BEFORE NOTARY PUBLIC ATTY. CESARIO G. GONZALES, JR.

Dateline Weekly Newspapers:
August 26, September 02 & 09, 2019

EXTRAJUDICIAL

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE RONALDO AMOS HAS BEEN EXTRA-JUDICIALLY SETTLED BY HIS HEIRS THRU EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF SHARE AS PER DOC. NO. 46 ; PAGE NO. 11 ; BOOK NO. 32 ; SERIES OF 2019, BEFORE NOTARY PUBLIC ATTY. CESARIO G. GONZALES JR.

Dateline Weekly Newspapers:
September 02, 09 & 16, 2019

FOR WITH
GOD
ALL THINGS
ARE
POSSIBLE

Dakasi tea, Now Serving at SM City Bacoor



Dakasi Tea at SM City Bacoor 2nd Floor



Dakasi Tea crowd favorites

SM CITY BACCOOR, CAVITE - There's more reason to visit SM City Bacoor as Dakasi Tea recently opened its newest store at the mall's 2nd Floor. Milk tea lovers can now enjoy their favorite Dakasi Tea thirst-quenchers with its signature Taiwan milk tea blends with medium-sized yummy pearls. Don't miss trying their Dakasi Bubble Milk Tea, a classic blend that offers a distinctive

taste most people describes as "a taste only Dakasi tea can offer." Try and taste their Charcoal Roasted Milk Tea if you're longing for a tea with a hint of coffee. Their Taro Milk Tea is also a must-try for a rich and flavorful taro blend that would definitely capture your heart (and your mother too!). All these and more at Dakasi Tea-SM City Bacoor. Enjoy!



Papemelroti at SM City Bacoor Lower Ground Floor

Papemelroti, Now Crafting at SM City Bacoor

SM CITY BACCOOR, CAVITE- Papemelroti recently opened its newest store at the lower ground of SM City Bacoor to satisfy the demands of the artsy and environmentalist stationery lovers of Cavite. The store offers a very light ambience to cater your creative side and amaze your soul with the brilliant ideas they have with each of their products. Most of the must-haves are their planners and journals, refreshingly designed home decorations and a whole bunch of gift ideas and event favors perfect for anyone in every occasion.

Papemelroti offers passionately made office and school stationery supplies like notebooks, greeting

cards and postcards, inspirational and heart-warming gifts with eco-friendly Filipino themes like accessories, jewelry, home decorations and scents, keychains, pins, coin banks, and event invitations they can personalize just for your special celebrations. They also are offering kitchen decors, mugs and coasters, coffee tumblers and sleeves dolls, bags and purses. And to awaken your artistic side, they offer painting kits, scrapbook materials, blank cover journals and craft sets. With its wide variety of arts and craft products, Papemelroti will surely make you swoon over its artistically made and personalized items which are mostly from recycled papers.

DTI BRINGS NEGOSYO SERBISYO SA BARANGAY IN AMADEO

The Department of Trade and Industry (DTI) – Cavite launched another Negosyo Serbisyo sa Barangay (NSB) Program on August 22, 2019, this time in Amadeo.

On behalf of DTI-Cavite Provincial Director Noly Guevara, Business Development Division Chief Ms. Revelyn Cortez gave an overview of the project, highlighting that NSB is one way of reaching out to communities to help micro, small and medium-sized enterprises (MSMEs) and potential entrepreneurs in the barangay to start and even scale up their business. Meanwhile, Senior Trade and Industry Specialist Mr. Rico Chavez together with his team facilitated the event, assisting partici-

pants throughout the seminar and during the diskwento caravan. They also reminded participants of the services being offered for free by the Negosyo Center established in the municipality, which locals can seek for any business-related assistance and support.

Amadeo Mayor Redel Dionisio, who welcomed guests from the DTI and participants from the 26 barangays, expressed his appreciation to the NSB program session held to promote entrepreneurship. Mayor Dionisio encouraged constituents to grab every opportunity that DTI offers, especially the free training and seminar being provided through NSB for it may fuel the town's

economy. "Mahalin natin ang Amadeo," the mayor added in his message.

Words of inspiration also came from the Chairman Emeritus of the Provincial Cooperative Development Council (PCDC) Ka Rodrigo Camia and the Officer-in-Charge of the Provincial Cooperative, Livelihood and Entrepreneurial Development Office (PCLEDO) Atty. Khervy Reyes, who both shared success stories that are pushed by business and cooperatives. Mr. Camia told the locals of Amadeo the benefits of joining cooperatives, particularly to farmers and to those in the agricultural business; while Atty. Reyes presented the programs and projects of

PCLEDO that help capacitate entrepreneurs and cooperatives in the province.

On behalf of Governor Jonvic Remulla, Atty. Khervy Reyes delivered his message of thanks, ensuring everyone that the provincial government will continue developing and conducting interventions needed for economic development. Atty. Reyes also mentioned the Pondo sa Pagbabago at Pag-asenso (P3) program of DTI that can help boost business, since it provides capital loan to micro entrepreneurs. Other resource speakers during the NSB in Amadeo were from the Department of the Interior and Local Government

(DILG)-Cavite with their discussion on Business Permit and Licensing System standards, emphasizing the shift to automation and computerization; the Department of Science and Technology with their SETUP or Small Enterprises Technology Upgrading Program that encourages and assists MSMEs in adopting technological innovations; and

the Technical Education and Skills Development Authority (TESDA) with presentation on the list of trainings they provide.

Aside from the free seminar provided for the locals of Amadeo during the NSB, they also enjoyed free-of-charge pamper services sponsored by TESDA including manicure, pedicure and haircut. (Rochelle D. Bawalan)



REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT OF CABITE
OFFICE OF THE CLERK OF COURT & EX-OFFICE SHERIFF
New Justice Hall, J.P. Rizal, Kaybagal South, Tagaytay City

BDO UNIBANK, INC.,

Mortgagee,

-versus-

**SPS. LIZA LALLANA ASKAR AND MOHAMED
MAHMOUD AHMED FARAG ASKAR,**
Mortgagors.

x ----- x

FOR: Extrajudicial Foreclosure of Real Estate
Mortgage under Act No. 3135, as amended

EJF NO. TG-19-072

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed on July 30, 2019 by BDO UNIBANK, INC., Petitioner/Mortgagee, a universal banking corporation duly organized and Existing under the law of the Republic of the Philippines, with principal office address at BDO Corporate Center, 7899 Makati Ave., Makati City, pursuant to the terms and conditions of the DEED OF Real Estate Mortgage dated May 27, 2014 that was executed by SPS. LIZA LALLANA ASKAR AND MOHAMED MAHMOUD AHMED FARAG ASKAR, Debtors/Mortgagors, with postal address/es at: (1) 150 M. Gregorio Street, San Antonio, Cavite City, Cavite; and (2) Unit H1, 1st floor Level, Upper Ground Floor Grand Quarter 2 Bldg. , Crosswinds Calamba Rd., Brgy. Iruhin Central, Tagaytay City, Cavite, in favor of the Petitioner/Mortgagee, over a real estate property including improvements thereon, described in and covered by Condominium Certificate of the Title No. 076-201400099 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors/Debtors in the amount of TWO MILLION SEVENTY SEVEN THOUSAND FIVE HUNDRED SIXTY PESOS & 49/100 (Php2,077,565.49) Philippine Currency, inclusive of interest, penalties and other charges, as of July 1, 2019, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy Sheriff Teodoro O. Criss, hereby announces that on OCTOBER 17, 2019 AT 10:00 O'CLOCK IN THE MORNING OR SOON THEREAFTER, AT THE New Hall of Justice of Tagaytay City, to the highest bidder, for cash or Manager's Check and Philippines Currency, the following property/ies with all its improvements thereon, to wit:

CONDOMINIUM CERTIFICATE OF TITLE No. 076-201400099 Registry of Deeds for Tagaytay City

IT IS HEREBY CERTIFIED that the unit identified and Described as:

GRAND QUARTER 2-1ST FLR. LEVEL-UPPER GROUND FLOOR. UNIT H1, 42.00. METERS-STUDIO UNIT

In the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on which embraces and describes the land located at BRGY. IRUHIN, TAGAYTAY CITY with an area of ONE THOUSAND FOUR HUNDRED THIRTY SIX (1,436) Square Meter, is registered in the name of:

Owner : SPS. LIZA LALLANA ASKAR AND MOHAMED
MAHMOUD AHMED FARAG ASKAR, EGYPTIAN
Address: 150 M. Gregorio St., San Antonio, Cavite City.

In the event the public auction should not take place on the said date, it shall be held on October 24, 2019 without further notice.

Prospective bidders/buyers are hereby enjoined to investigate and verify for themselves the Transfer Certificate of title No. 076-201400099, the encumbrances thereon, if any there be.

All sealed bids must be submitted to the undersigned on the above-stated time and date.

Tagaytay City, Philippines August 14, 2019.

(sgd.) JUVY ANNE M. BUHAY
Office-in-Charge/Clerk of Court V

(sgd) TEODORO O. CRISS
Sheriff in Charge

Warning: It is absolutely prohibited to remove deface or destroy this Notice of Sheriff's Sale on or Before the date of auction sale under the penalty of law.

Copy Furnished:

BDO UNIBANK, INC.,
RISK MANAGEMENT GROUP-REMEDIAL MANAGEMENT UNIT
11TH Floor, BDO South Tower, BDO Corporate Center
7899 Makati Ave., Makati City

SPS. LIZA LALLANA ASKAR AND MOHAMED
MAHMOUD AHMED FARAG ASKAR, EGYPTIAN
150 M. Gregorio St., San Antonio, Cavite City.
And Unit H1, 1st floor Level, Upper Ground Floor Grand Quarter 2 Bldg. ,
Crosswinds Calamba Rd., Brgy. Iruhin Central, Tagaytay City, Cavite

Dateline Weekly Newspapers:
Sept. 02, 09 & 16, 2019

Dominguez cites ADB's support for 'Build, Build, Build'

Finance Secretary Carlos Dominguez III has underscored the strong partnership between the Philippines and the Asian Development Bank (ADB) as aptly demonstrated by the multilateral institution's full support for the "Build, Build, Build" program and other growth-friendly initiatives of the Duterte administration.

Dominguez also lauded the ADB under the leadership of its president, Takehiko Nakao, for exploring ways of forging closer coordination with the World Bank to better respond to the needs of countries in the Asia-Pacific region.

"Thank you very much for all the support of ADB to us," Dominguez told Nakao during a recent meeting in Manila. "We are accomplishing a lot because ADB is 100 percent behind us, especially with this assistance for the Malolos-Clark Railway Project and the secondary education support program. It is proof that the institution is very supportive of our growth."

The ADB's US\$2.75 billion financing for the construction of a 53.1-kilometer (km) passenger railway connecting Malolos in Bulacan to the Clark International Airport (CIA) in Pampanga is the multilateral institution's single largest infrastructure investment ever here or in any other country.

Last July 11, Dominguez and ADB vice president Ahmed Saeed signed a \$1.3-billion loan agreement representing the first tranche of the Bank's loan for the Malolos-Clark Railway Project.

During the meeting on 23 July, Nakao informed Dominguez that the ADB heeded his proposal to set up an expert advisory group for digital technology within the Bank, which would prove useful in improving the way ADB delivers assistance to its member-countries. ADB has invited Dominguez to take part in its first meeting set in September.

Dominguez welcomed the ADB's positive response to his proposal, and expressed interest in joining the first meeting of the Thematic Group. This could prove beneficial for the Philippines' ongoing efforts to digitalize, among others, the government's frontline services, tax collection and payment systems, as well as in tapping agricultural technology to rev up the farm and fisheries sector.

It was also Dominguez who had proposed that the ADB and World Bank build on each other's complementarities to improve and more

cohesively deliver development assistance to countries in the region.

Dominguez is governor for the Philippines in both the ADB and World Bank.

"It would be a good idea that we meet with both of you, World Bank and ADB, on an annual basis to see how we are progressing with this collaboration," Dominguez suggested to Nakao during the meeting.

Nakao said representatives from the ADB, World Bank and the Philippines' Department of Finance (DOF) met last May to discuss how the two multilateral institutions can "streamline processes" in delivering aid to the region.

Dominguez further suggested that the ADB and World Bank also discuss conducting portfolio reviews on the Philippines' proposed projects, and ways to unify procurement procedures and economic assessment analysis.

"For joint co-financing of infrastructure activities, we are working together under a common platform. We are starting to do it in certain countries," Nakao said.

In a meeting last April in Washington DC, World Bank Group president David Malpass welcomed Dominguez's proposal on closer ADB-World Bank collaboration on development efforts.

Dominguez said his proposal will help reduce overhead costs not only for both institutions but also for countries seeking development assistance, in terms of lowering their operational expenses and borrowing rates.

The Finance chief first formally broached his proposal during the Association of Southeast Asian Nations (ASEAN) 23rd Finance Ministers Meeting in Chiang Rai, Thailand.

Malpass had said during his meeting with Dominguez that a coordinated country program, which should start with a coordinated economic outlook, is now being worked out to begin doing away with redundancies.

The World Bank president noted that coordination, as pointed out by Dominguez, is necessary to avoid one institution absorbing high front-end costs for a particular project and another institution offering a lower financing package and ending up getting the credit.

Malpass has suggested that the two multilateral institutions create a subgroup that would focus discussions on a specific aspect of development assistance, such as infrastructure, to avoid redundancies and ensure that projects are done efficiently. (DOF.gov.ph)

Enchanted Kingdom Supports the EPiC JOURNEY AGAINST DIABETES in Manila 2019



The EPiC JOURNEY AGAINST DIABETES, an advocacy by Edwin A. Velarde (Past-President of Rotary Club of Westlake Village, California USA and Board Member of Rotarian Action Group on Diabetes), is in the country for its Manila-Batangas-Laguna leg.

In support of Mr. Velarde's advocacy along with fellow Rotarians in Rotary District 3820 Philippines to raise awareness on Diabetes, Enchanted Kingdom hosted a breakfast in the Park last August 22, 2019, for the participants of the bike tour from Metro Manila along the shores of Lake Laguna to Batangas Provincial Capitol and around the province of Laguna. The agenda also included a Diabetes Symposium in Calamba Medical Center which featured experts of Diabetes. Mr. Velarde also shared his personal diabetes journey along with information about the Global Diabetes Epidemic.

The first and only world-class theme park supports the cause of Mr. Edwin A. Velarde and the Rotarian Action Group on Diabetes to promote awareness and education of Diabetes as a preventable disease.

GO NEGOSYO'S FREE MENTORSHIP GOES TO TUGUEGARAO CITY!



FREE 1-ON-1 NEGOSYO MENTORSHIP

AUGUST 30, 2019 • 10AM | ACTIVITY CENTER, ROBINSONS PLACE TUGUEGARAO

REGISTER HERE >>> www.tinyurl.com/MMOWTUGUEGARAO

in partnership with



Go Negosyo will mark its 26th stop at the Country's Premier Ibanag City -- Tuguegarao happening on August 30, 2019, at the Activity Center of Robinsons Mall Tuguegarao.

Following the successful rollouts that have served thousands of aspiring and existing MSMEs, Go Negosyo, in partnership with the Department of Trade and Industry (DTI) continues its advocacy to bring mentorship closer to every Filipino.

Tagged as the gateway to Ilocandia and the Cordilleras because of its strategic location, Tuguegarao City is ideal for business ventures and opportunities. The local government, together with its stakeholders focuses on maintenance, upgrade, and development of the city's infrastructure. Tuguegarao is also one of the first-class municipalities in the province that possesses merits of a very high rate of socio-economic development throughout the years.

The program will be led by Go Negosyo Adviser for MSME Development Merly Cruz, DTI Region 2 Director Romleah Juliet Ocampo, and Universal Leaf CEO Winston Uy.

On bringing free mentorship closer to more Filipinos, Presidential Adviser for Entrepreneurship and Go Negosyo Founder Joey Concepcion said: "With the right mindset and level of creativity and innovation, most of you will shine and persevere in the business community. The government, with the help of DTI, Go Negosyo and the private sector, will be here to mentor you especially in areas on how to use and source money to grow your business and on how to reach more markets for your products and services."

Through Mentor ME On Wheels, Go Negosyo and its partners, introduce mentors to micro and small entrepreneurs that will offer technical and practical know-how on entrepreneurship through sessions in convenient and accessible locations. This program is in line with the current administration's vision to capacitate micro and small businesses in boosting the Philippine economy.

Interested participants to the Mentor Me On Wheels can pre-register through www.tinyurl.com/MMOWTUGUEGARAO. Walk-ins are also welcome and may register on the day of the event. Limited slots are available.

Robinsons Mall is an official venue partner of Mentor Me on Wheels. This free mentorship program will roll out in selected local malls nationwide. Watch out for the next leg of MMOW!

Be mentored online! Download the Mentor Me Mobile App now on Google Play Store and App Store.

Go Negosyo free mentorship will mark its 26th stop at the Activity Centre of Robinsons Place, Tuguegarao City this coming August 30, 2019.

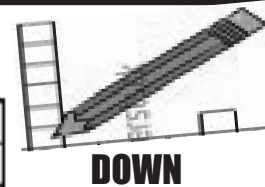
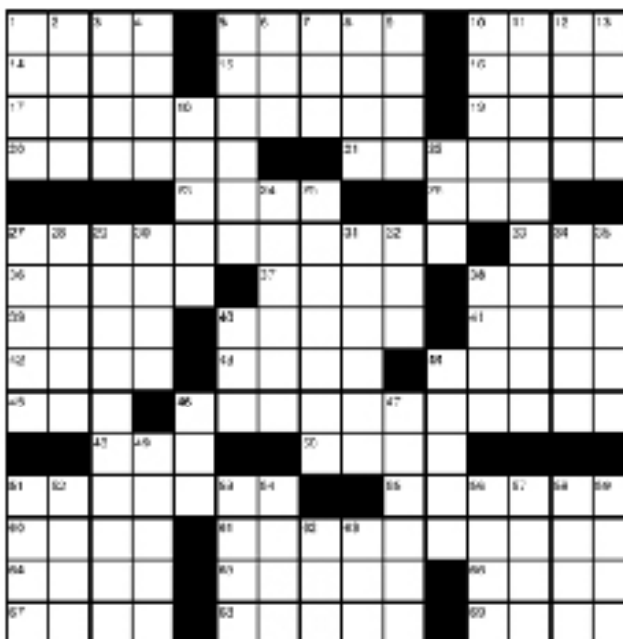
Following the successful rollouts that have served thousands of aspiring and existing MSMEs, Go Negosyo, in partnership with the Department of Trade and Industry (DTI), Philippine Chamber of Commerce Region 2, and the MSMED Council continues its advocacy to bring mentorship closer to every Filipino.

Interested? Register now via www.tinyurl.com/MMOWTUGUEGARAO. #GoNegosyo #PilipinasAngatLahat

ACROSS

- 1 Oliver's plea
- 5 U.S. Mex - Can. accord
- 10 Very short time, for short
- 14 Cry from the crow's nest
- 15 "Oh no, not _____!"
- 16 Hairy Himalayan
- 17 Om-maker's goal?
- 19 Final Four org.
- 20 "How should I know??"
- 21 Affirm under oath
- 23 "Got You (Where I Want You)" alt-rock band, with "The"
- 26 Figure on a revolutionary's T-shirt
- 27 Record-breaking level
- 33 Prof's helpers
- 36 Harried dad's heart's desired?
- 37 Its a long story
- 38 Name on a cognac bottle
- 39 "Rule Britannia" composer Thomas
- 40 Portents, or things which may follow the ends of 17, 27, 46 and
- 61 across, and 11 and 9 down
- 41 Labelled line on a graph
- 42" _____ there, done that!"
- 43Melchior and Bathasar, e.g.
- 44Record label for Enya and Monkees
- 45 Foot araw
- 46 Ended up atop a dime?
- 48 Agent's org.
- 50 "G.I. Jane" portrayer
- 51 Highway egress
- 55 Where a baseball player might be out, and a suburbanite might be in
- 60 Met melody
- 61 Your Gramp's age
- 64 Russell of "Felicity"
- 65 Where Dolphins play
- 66 Word after lava or hrrricane
- 67 Like incompetent ninjas
- 68 The Final Four, e.g.
- 69 Foe of the Master Control Program

CROSSWORD PUZZLES



- DOWN**
- 1 It may be bounding or buried
 - 2 "Horrors!"
 - 3 Piece of "the San Francisco treat"
 - 4 Set one's sights on
 - 5 Relative of Greek fire
 - 6 Get along
 - 7 DOT org.
 - 8. Minor spasms
 - 9. From the top
 - 10 Avian aper
 - 11 It'll give you an out when the cops come
 - 12 Louisiana, to Louis
 - 13 "Aloha, Armando!"
 - 18 Equip q dhip once more
 - 22 Command level: Abbr
 - 24 Response to "Are you working a crossword?"
 - 25 Danced the Corlina state dance
 - 27 Gulf in the Middle East
 - 28 Cast ones bait
 - 29 Don't get caught in it
 - 30 Learner's permit holder, often
 - 31 Start a blaze
 - 32 It'll raise a blaze
 - 34 Acid in proteins
 - 35 Bulletin board VIP
 - 38 Cheeleader's cries
 - 40 Wee, in Dundee
 - 44 "Something to talk About" rocker Bonnie
 - 46 Agent's org.
 - 47 Muscat residents
 - 49 Pinkie's pal, on Animaniacs
 - 51 Acorns' offspring
 - 52 One way to run
 - 53 Unpaid chauffeurs, often
 - 54 Ballerina's bend
 - 56 Raplier part
 - 57 Bridge guru Sharif
 - 58 Dead - tree twitter?
 - 59 NFL Countdown network
 - 62 It may make a lake
 - 63 RCA competitor

SUDOKU

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Eight tips for healthy eating



These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

The key to a healthy diet is to:

Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight. Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

It is recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules). Most adults are eating more calories than they need, and should eat fewer calories.

Base your meals on starchy carbohydrates

Starchy carbohydrates should make up just over one third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can help you feel full for longer.

Most of us should eat more starchy foods: try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat.

Keep an eye on the fats you add when you're cooking or serving these types of foods because that's what increases the calorie content, for example oil on chips, butter on bread and creamy sauces on pasta.

Eat lots of fruit and veg

It's recommended that we eat at least five portions of a variety of fruit and veg every day. It's easier than it sounds.

Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

Unsweetened 100% fruit juice, vegetable juice and smoothies can only ever count as a maximum of one portion of your 5 A DAY. For example, if you have two glasses of fruit juice and a smoothie in one day, that still only counts as one portion.

- Base your meals on starchy carbohydrates
- Eat lots of fruit and veg
- Eat more fish – including a portion of oily fish
- Cut down on saturated fat and sugar
- Eat less salt – no more than 6g a day for adults
- Get active and be a healthy weight
- Don't get thirsty
- Don't skip breakfast

Eat more fish – including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least two portions of fish a week, including at least one portion of oily fish. Oily fish contains omega-3 fats, which may help to prevent heart disease.

- Oily fish include:
 - salmon
 - mackerel
 - trout
 - herring
 - fresh tuna
 - sardines
 - pilchards.
- Non-oily fish include:
 - haddock
 - plaice
 - coley
 - cod
 - canned tuna
 - skate
 - hake

If you regularly eat a lot of fish, try to choose as wide a variety as possible.

You can choose from fresh, frozen and canned: but remember that canned and smoked fish can be high in salt.

Cut down on saturated fat and sugar

Saturated fat in our diet

We all need some fat in our diet, but it's important to pay attention to the amount and type of fat we're eating. There are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

The average man should have no more than 30g saturated fat a day. The average woman should have no more than 20g saturated fat a day, and children should have less than adults.

Saturated fat is found in many foods, such as:

- hard cheese
- cream
- cakes
- butter
- biscuits
- lard
- sausages
- pies.

Eight tips for healthy eating cont. on next week

Laguna Water supports DENR in addressing air pollution



In-photo: Estate Water General Manager Barny Kim (2nd from left) shaking hands with DENR-EMB IVA Division Chief of Environmental Monitoring and Enforcement Division Jessie Conde (3rd from left) together with Laguna Water General Manager Shoebe Caong (1st from right); and the other representatives of DENR.

Laguna Water, together with its sister company, Estate Water, furthered its support on environmental sustainability by contributing to the Adopt An Air Quality Monitoring Station project of the Department of Environment and Natural Resources Environmental Management Bureau Region IV-A Calabarzon (DENR IV-A).

The two water companies donated a 55-inch vertical type touch digital signage, an equipment that will be part of the Data Management Center

Hardware for the department's existing Differential Optical Absorption Spectroscopy Continuous Ambient Air Quality Monitoring Stations (DOAS-CAAQMS) situated in Santa Rosa, Binan, and Antipolo City. It will serve as a public information system that will display real time data from DENR-EMB IV-A's air quality monitoring stations.

As part of the environmental program, DENR-EMB IV-A promotes clean air through ambient air quality monitoring, which measures

the amount of pollution and the atmosphere's average purity. The agency partners with various private companies in setting up equipment that will aid in monitoring air quality around the country.

The donation of the equipment stresses the importance of collecting and conveying data that would assist in championing environmental protection and stewardship. "We need to be properly informed about what is happening around us, especially to

our environment. We all have a responsibility to protect and preserve our resources, not only for us but most especially for the future generations," said Laguna Water General Manager Shoebe Caong.

Laguna Water has upheld its long running support for the various projects and programs of DENR. This year, the company also participated in DENR's tree planting program in Mt. Batulao, Nasugbu Batangas held last June.

Econ managers seek closer partnership with Congress on PRRD priority bills

The government's economic managers have formally called for a closer working relationship with the Senate and the House of Representatives in ensuring speedy action on legislative proposals that are in line with President Duterte's goal of providing a safe and comfortable life for every law-abiding Filipino.

Led by Finance Secretary Carlos Dominguez III, the economic managers proposed that the Departments of Finance (DOF) and of Budget and Management (DBM) and the National Economic and Development Authority (NEDA) actively engage the leaders and committees of both the Senate and the

House in providing them with vital and timely inputs on the various economic and fiscal bills pending in the 18th Congress.

In a letter jointly addressed to Senate President Vicente Sotto III and Speaker Alan Peter Cayetano, they also proposed holding informal or technical-level meetings of the Legislative-Executive Development Advisory Council (LEDAC) more often to ensure better working relations with lawmakers.

They also underscored "the need for more clarity on the basis where the executive can support bills with fiscal or economic implications" to manage the expectations of lawmakers on such

measures.

"The DOF, DBM, and NEDA look forward to working more closely with the 18th Congress, under your leadership, to better align the priorities of the legislature with the President's development agenda," the letter said. "This is to ensure that we can move our country forward and achieve our Ambisyon Natin 2040 objective of becoming a high-income country where poverty is eradicated"

They said the DOF, for one, has reorganized to assign more full-time directors and staff to engage with the Congress on a regular basis.

The letter was also signed by Socioeconomic Plan-

ning Secretary Ernesto Pernia and then DBM Officer-in-Charge (OIC) Secretary Janet Abuel, who has since been replaced by Secretary Wendel Avisado.

Continuing the fiscal reforms proposed by the Duterte administration would be a good start in setting in motion this close collaboration between the Executive and the Congress to ensure that the Philippines gets "a good chance" of reaching an "A" credit rating in two years' time, they said.

Securing an "A" investment-grade credit rating "means that the government, businesses, and ordinary Filipinos can borrow more cheaply to invest, create jobs,

and improve their lives," the economic team said. "Thus, pursuing these reforms is not just about getting a credit upgrade. It is about upgrading everyone's life."

In their letter, the economic managers pointed out that "effective collaboration between the executive and legislative branches" during the previous Congress was crucial in the passage of key economic and fiscal reforms in support of the President's 10-point socioeconomic agenda.

These reforms include, they said, the Tax Reform for Acceleration and Inclusion (TRAIN) Law, Estate Tax Amnesty, Tobacco Tax Reform, Rice Liberalization, National ID System, Ease of Doing Business (EODB), and Universal Health Care (UHC).

They said Filipinos are already feeling the benefits of these reforms as shown by the decline in the inflation rate to 3.4 percent, which is now within the official target range of 2-4 percent; and the drop in the retail cost of rice, which now sells for up to P10 per-kilo cheaper compared to the peak market rates last year.

Also, more jobs were created and people now have more money to spend, as a result of tax savings equivalent to a 14th month pay because of TRAIN, the economic managers said.

"The total value we give back to the people reached P111 billion in 2018. Spending on infrastructure was 41.3 percent higher in 2018, thanks in part to TRAIN revenues, helping create employment of over 300,000 in the construction sector. Likewise, larger Philippine Health Insurance Corp. (PhilHealth) premiums, free tertiary education, and rice subsidy to the 4Ps (Pantawid Pamilyang Pilipino Program) beneficiaries were made possible by higher revenue collections," they said.

These positive developments have led to a high growth rate of 6.2 percent in 2018 and a lower poverty rate from 27.6 percent in the first of 2015 to 21 percent in the first half of 2018, thereby lifting

six million Filipinos out of poverty, even as inflation was higher in 2018, they said.

"These game-changing reforms led to a credit rating upgrade from Standard and Poor's. The upgrade, from 'BBB' to 'BBB+', is a strong vote of confidence in the Duterte administration's reform agenda.

"This would not have been possible without the strong support of the Congress," they said in their joint letter to Sotto and Cayetano.

Apart from ensuring that the Congress pass more game-changing reforms needed to secure an "A" rating for the Philippines, the economic team also underscored the need to guarantee fiscal discipline. This means "taking a strong position on what is not in the best interest of the people as a whole."

"While some bills seek to benefit some sectors, they take away money from millions of other poor and jobless people who also deserve our help," they said.

Thus, in the letter, the economic team outlined their position on, among others, the grant

of incentives; the creation of more freeport zones; the imposition of guarantees or quotas on lending, credit, and other artificial barriers on resource allocation, including price controls and ceilings; mandatory addition of programs to the national budget; earmarking of funds; and the creation of new government corporations or departments.

They pointed out that in the 17th Congress, 147 bills were proposed that collectively would either erode revenues by P178 billion or mandatorily add P799 billion to the budget, or a total of P977 billion, which the government cannot afford.

Moreover, 31 bills proposed to create more tax-free freeports or ecozones, adding to the 546 that the country already has as of 2017. Many of these ecozones contribute to massive revenue leakages and the assorted incentives they grant are subsidized by taxpayers, they noted. (DOF.GOV.PH)