

'Boying' Remulla wins Congress seat for Cavite's 7th district

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NEW CAVITE SOLON. Former Cavite Governor Jesus Crispin "Boying" Remulla (center) is proclaimed congressman of Cavite's 7th district at the Sangguniang Panlalawigan session hall in Trece Martires City on Wednesday (May 15, 2019). Remulla is flanked by Provincial Board of Canvasser chairperson Arnulfo Pioquinto and member secretary Dr. Cherrylou Repia. (PNA photo by Gladys S. Pino)

Wednesday former Cavite Governor Jesus Crispin "Boying" Remulla as winner of the 7th district congressional race.

The proclamation at the Sangguniang Panlalawigan session hall here, was chaired by lawyer Arnulfo Pioquinto, with lawyer Gavino Mapano as vice-chair and Dr. Cherrylou Repia as member-secretary.

The proclamation was held after the canvassing of votes cast last Monday for the House of Representatives member in 357 precincts of the 7th District of Cavite.

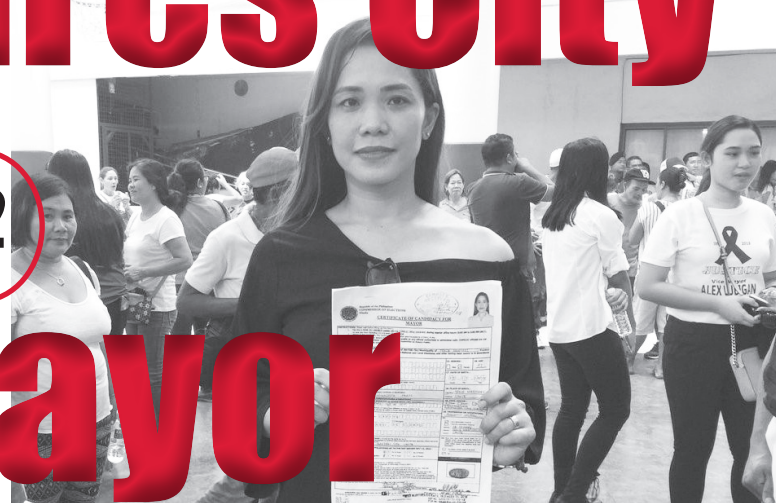
In the certificate of canvass of votes, Remulla obtained 128,674 votes over his rival Gengen Arayata, who garnered 61,031 votes.

The 7th district of Cavite covers this city, including the towns of Indang, Tanza, and Amadeo. (PNA)

TRECE MARTIRES CITY, Cavite - The provincial board of canvassers (PBOC) in Cavite officially proclaimed on

Trece Martires City welcomes first lady mayor

P.2



The newly elected officials of the Bacoor City Government, led by Mayor Lani Mercado Revilla and Vice Mayor Catherine Evaristo, were proclaimed by the Comelec.



Cavite town gives Ancajas hero's welcome



MAGALLANES, Cavite - World boxing champion Jerwin Ancajas received a hero's welcome here for his successful defense of the International Boxing Federation super flyweight title on May 5, 2019.

Mayor Jasmin Maligaya-Bautista spearheaded a motorcade for Ancajas, nicknamed 'Pretty Boy' on Wednesday around Magallanes town.

"Our local government, along with our Sangguniang Bayan members and barangay chairmen, recognizes the convincing win of Pretty Boy. Long live Pretty Boy Ancajas," Bautista said in a media interview.

Ancajas, a Navy reservist, was also given a hero's welcome by the Philippine Navy upon his arrival at the Ninoy Aquino International Airport on May 15.

A native of Panabo City, Daval del Norte, Ancajas scored a seventh round technical knockout victory against Japanese challenger Ryuichi Funai in Stockton, California.

The 27-year-old champion, who currently lives in Cavite City, has improved his ring record to 31-1-2 with 21 wins via stoppages.

He trained for five-week at the Marine Base Gregorio Lim in Ternate, Cavite prior to the fight. (PNA)

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EDITORIAL: Patriotic act

Supporters of President Duterte unleashed their collective online fury at political commentator and comedian Hasan Minhaj who, over the weekend, marveled at Mr. Duterte's continued popularity despite his bloody war on drugs and cited his propensity to use the law to punish his critics.

Minhaj, in the latest episode of Patriot Act which aired on Netflix just before voters trooped to precincts Monday, poked dark fun at some of Mr. Duterte's statements on illegal drugs and claimed that the war, despite its violence and its bias against the poor, had been ineffective.

As a result, one Duterte supporter asked Minhaj how much the political opposition paid him. Another told him to mind his own country and to focus on India instead. Yet another said Minhaj should have done better research.

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The reaction to the latest foreign criticism comes just after the release of two so-called matrices identifying lawyers and journalists as part of a destabilization plot against Mr. Duterte. A recent version even included athletes—much to many people's bewilderment, even amusement.

If the President has not had it so good, we wonder why he and his supporters even bother with their critics in the first place. He needs no better proof of this than the fact that his senatorial candidates dominated Monday's elections.

Speculating about destabilization and badmouthing anybody who dares have a different, less rosy perception of the way things are here is not only useless; it is counterproductive. Congress will already be bereft of legitimate voices from the opposition. If the Executive wants at least an appearance of dissent, then it should not be vexed by the slightest criticism.

The President and his allies should instead channel their energy to delivering on their promises and assuring the masses that the sustained confidence—for some, adulation—is at least deserved.

BUNGO NG TAO NATAGPUAN SA ILALIM NG TUBIG, SA ISANG RESORT SA LAGUNA

by : Kevin Pamatmat

KALAYAAN, LAGUNA - Isang bungo ng tao ang natagpuan sa isang resort Natagpuan sa loob mismo ng isang resort habang nakalagay sa isang kulay brown na timba sa bahagi ng Bgy. San Juan, bayan ng Kalayaan kamakalawa ng hapon.

Base sa ipinalabas na ulat ni Laguna PNP Public Information Officer (PIO) P/Major Jojo Sabeniano, hindi inaasahang natagpuan ang bungo ng life guard ng Twin Falls Resort na si Rosau-ro Sadsad, 50 anyos ang nasabing timba ganap na alas 3:00 ng hapon habang nasa ilalim ito ng tubig at nasa pagitan naman ng malalaking bato.

Lumalabas na imbestigasyon

na nababalutan pa ng masking tape ang dilaw ng timba kung kaya agad itong inihahon sa tubig at binuksan subalit laking gulat ni Sadsad ng tumambad sa kanya ang pugot na ulo ng tao.

Agad naman ipinabatid nito ang nasabing insidente sa mga otoridad. Kasunod ang pagresponde ng mga sa lugar para sumailalim sa isasagawang masusing imbestigasyon sa pagkakanilalan sa di pa nakikilalang biktima ng brutal na pagpatay.

Samantalang sinunog muna ang bungo bago pa man ito itago sa ilalim ng ilog at blanko pa din sa ngayon ang pulisya kung sino ang salarin at ang motibo ng pamamaslang.

first lady ...

TRECE MARTIRES CITY, Cavite - Gemma Lubigan was officially proclaimed mayor-elect of this city on Wednesday by Commission on Elections (Comelec) city officer, lawyer Jastine Marie dela Cruz.

Lubigan, who ran for mayor to continue the "unfinished business" of her slain husband, city

vice mayor Alex Lubigan, is the first ever female to hold the city's top post.

"A challenge for me," Lubigan said on her new task, aware of the big expectations of city folks from her.

Lubigan and her partymates occupy the majority of local positions, including vice mayor Romeo Montehermoso and

FROM PAGE 1

seven out of the 10 city councils.

She won by more than 6,000 votes against former city mayor Melencio de Sagun.

Trece Martires City has 92 clustered precincts, with 84,430 registered voters. Some 61,982 city residents came out to vote last Monday. (PNA)

Vote buying mars peaceful midterm polls in Calabarzon

CAMP GEN. VICENTE LIM, Calamba City - Vote buying has marred the erstwhile peaceful conduct of Monday's midterm elections in the five vote-rich Calabarzon provinces of Cavite, Laguna, Batangas, Rizal and Quezon, according to the region's top police official here.

"Except for incidents of vote-buying, we are very thankful that the public have shown their support and cooperation with the authorities so that we could all have safe and peaceful elections," said Calabarzon Police Regional Director, Brig. Gen. Edward Carranza, on Tuesday.

The regional police command has set up its Regional Election Monitoring Action Center (REMAC) at the multipurpose center in this camp,

and deployed 12,500 cops prior to Monday's polls.

"Our police personnel on the field and those who are under operational and administrative part of Police Regional Office Calabarzon had indeed work beyond what is expected from them. With the peaceful outcome of this year's election in all parts of the region, they are truly commendable," he said.

The Philippine National Police (PNP) is still placed under full alert status as the poll body conducts its transmissions of official results and the canvassing of votes.

Carranza said the REMAC has monitored around 14 incidents of vote buying where 32 suspected persons were arrested, including the

confiscation of some PHP 426,000 in aggregate cash seized from vote buying suspects from Quezon, Laguna, Cavite, and Batangas.

Meanwhile, Carranza extended the regional police headquarters' expression of sympathy and condolence to a Batangas police officer who succumbed to a cardiac arrest while on poll duty on the eve of election.

"While it turn-out generally peaceful, we are very saddened by the loss of one of our men, Police Staff Sergeant Ramil Briones Dagle, member of Batangas City Police Station, who suffered from heart attack while rendering election duties at Soro Soro Karsada Elementary School, Barangay Soro Soro Karsada, Batangas City," he said. (PNA)

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Cavite Provincial Board of Canvassers officially proclaimed Carmona Mayor Dahlia Loyola as Representative of the 5th Legislative District of Cavite. #CaviteElections2019.



KAPANALIG

NI Nelson Dimapilis

Mandatory lifeguards in all public swimming pools needed

guards required to be on duty at public swimming pools.

SBN 997 requires each public swimming pool to have at least one qualified lifeguard for every 250 meters of pool during operating hours. The lifeguard must be certified by any nationally-recognized organization accredited by the Department of Health (DOH).

Citing the recurring incidence of drowning every summer, Senator Win Gatchalian is pushing for the mandatory assignment of qualified lifeguards in all public swimming pools and bathing facilities in the country.

"Of the 56 deaths that occurred this past Holy Week, 45 or 80% was due to drowning. This only emphasizes the need to have lifeguards in swimming and bathing facilities," Gatchalian said, citing data from the Philippine National Police.

Gatchalian said his Senate Bill No. (SBN) 997 addresses the often-disregarded essential requirement of the presence of a lifeguard in swimming pools and bathing areas by establishing a formula, based on World Health Organization standards, for the number of life-

The bill defines a lifeguard as an expert swimmer trained in lifesaving techniques who is employed by the pool operator to protect bathers and swimmers, prevent drowning and related water injuries, and ensure the orderly and safe of facilities.

The proposed legislation also mandates the DOH to strictly impose the lifeguard requirement and increases the criminal liabilities of pool operators who fail to comply with the requirement.

Furthermore, SBN 997 requires pool operators to provide the appropriate local government unit (LGUs) with a certification and supporting documents to prove that they have hired and are currently employing the required number of lifeguards.

The LGUs meanwhile are tasked to ensure compliance of all public swimming pools through periodic inspections coordinated by local health officers.

"Taon-taon na lang may mga nalulunod at namamatay dahil kulang o walang kakayanan ang mga pool facilities na sagipin at iligtas ang mga biktima. It is high time that these very preventable deaths are stopped," Gatchalian said.

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Explore summer's wild - and on-trend side - with these leopard-print heels.



Go from the city to the beach with espadrilles and sandal slides from Parisian Shoes.



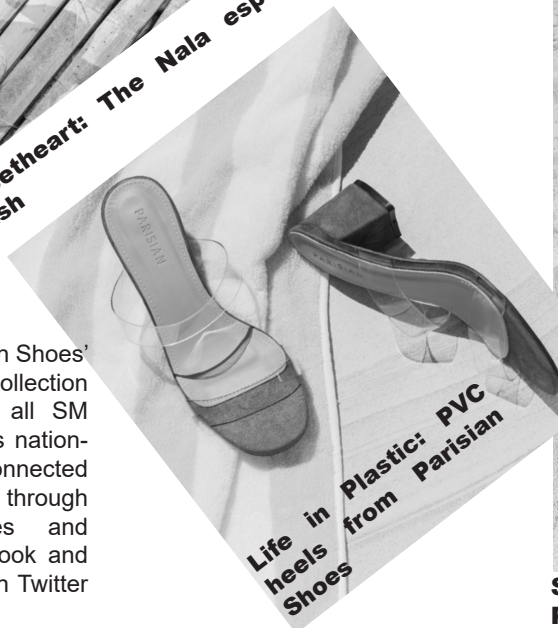
Summer is easy with Parisian Shoes



Summer Sweetheart: The Nala espadrilles in blush



Bright Idea: Vibrant Rani heels in mustard



Life in Plastic: PVC shoes from Parisian



Showcase your summer style with Parisian Shoes.

SM's iconic in-house brand Parisian, celebrates summer with great style and great stories as it launches its Summer Collection.

Whether you're headed for the beach, a weekend getaway, or simply enjoying summer in the city, the collection makes a statement with animal-printed shoes and even PVC-de-

tails. There are also espadrilles for those casual days and pointed mules for a night out. Parisian's summer palette makes a splash with neutral tones and vibrant colors; and walks high with elegant stilettos and chic blocked heels.

Whatever your summer story may be, Parisian definitely has the perfect

pair you.

Parisian Shoes' Summer Collection is available at all SM Stores branches nationwide. Get connected with Parisian through Parisian Shoes and Bags on Facebook and @SMParisian on Twitter and Instagram.

Republic of the Philippines
Fourth Judicial Region
Regional Trial Court of Cavite
Office of the Clerk of Court & Ex-Officio Sheriff
New Justice Hall, J.P. Rizal Avenue, Kaybagal South, Tagaytay City

EJF NO. TG-19-054

FOR; Extrajudicial Foreclosure of Real Estate Mortgage under Act No. 3135 as Amended by Act no. 4118

BPI FAMILY SAVINGS BANK, INC., Mortgagee,

-versus-

SPOUSES ENRIQUE BAUTISTA LAYNO V. A.K.A. ENRIQUE B. LAYNO V. AND MAUREEN ACOSTA LAYNO A.K.A. MAUREEN A. LAYNO, Mortgagor,

X _____ X

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135, as Amended by Act No. 4118, filed by Mortgagee, BPI FAMILY SAVINGS BANK, INC., a banking institution duly organized and existing under and by virtue of the laws of the Republic of the Philippines, principal office and place of business address at BPI Family Savings Bank Center, Paseo de Roxas corner Dela Rosa Street, Makati City, pursuant to the terms and conditions of the Mortgage Loan Agreement (MORTGAGE") dated May 28, 2013 that was executed by Mortgagors/Borrowers, SPOUSES ENRIQUE BAUTISTA LAYNO V, A.K.A. ENRIQUE B. LAYNO V. AND MAUREEN ACOSTA LAYNO A.K.A. MAUREEN A. LAYNO, with Residence and postal address at No. 8 Munting Nayon Compiund, Summitville Subdivision, Putatan, Muntinlupa City, and Block 3, Lot 1, Phase 1, The Mandara, Brgy. Tartaria, Silang, Cavite, in favor of the Petitioner/Mortgagee, over a real estate property including improvements thereon, described in and covered by Transfer Certificate of the Title No. 076-2017009238 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors/Borrowers in the amount of TWO MILLION THREE HUNDRED NINETY ONE THOUSAND FOUR HUNDRED SEVENTY TWO PESOS & 02/100 (Php2,391,472 .02) inclusive of interest, penalties and other charges, as of March 20, 2019, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Sheriff Teodoro O. Criss, will sell at public auction on June 20, 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 of manager's Check and in Philippine Currency, the following property with all its improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 076-2017009238
Registry of Deeds for Tagaytay City

" A PARCEL OF LAND (LOT 1, BLOCK 3, OF THE SUBDIVISION PLAN PSD-04-217935. BEING A PORTION OF LOT 16778-A, CSD-04017062-D, LRC RECORD NO. N-64700), SITUATED IN THE BRARANGAY OF TARTARIA, MUNICIPALITY OF SILANG, PROVINCE OF CAVITE, ISLAND OF LUZON. BOUNDED ON THE NW., ALONG LINE 1-2 BY LOT 3 BLOCK 3; ON THE NE., ALONG LINES 2-3-4-5-6 BY ROAD LOT 3 (8:00 m ROW); ON THE SE., ALONG LINE 6-7 BY ROAD LOT 1(8:00 M ROW); ON HE SE., ALONG LINE 7-1 BY LOT 2 BLOCK 3, ALL OF THE SUBDIVISION PLAN. BEGINNING AT A POINT MAKED "1" ON PLAN, BEING S 69 DEG. 12'E, 5173.04 M. FROM BLLM NO. 1, CAD -452-D SILANG CADASTRE, THENCE N. 65 DEG. 1'E., 11.00 M. TO POINT 2: THENCE S 24 DEG. 01'E., 6.06 M. TO POINT 3; THENCE S. 09 DEG. 43-2' E 2.06 M. TO PINT 4; THENCE S. 20 DEG. 34'W., 2.06 M. TO POINT 5: THENCE S. 49 DEG., 31'W., 2.07 M. YO POINT 6; THENCE S. 65 DEG. 12'W., 7.06 M. TO POINT 7: THENCE N. 24 DEG. 01'W., 10.05 M. TO POINTOG BRGENNING , CONTAININH AN AREA OF ONE HUNDRED SEVEN (107) SQUARE METERS . ALL POINTS REFERRED TO ARE INDICATED ON THE PLAN AND ARE MARKED ON THE GROUND BY P.S. CYL. CONC. MONS, 15X40 CMS.; BEARINGS: GRID; DATE OF ORIGINAL SURVEY; DEC. 17, 2011 is registerd on accordance with the provision of the Property Registration Decree in the name of

Owner: SPOUSES ENRIQUE BAUTISTA LAYNO V. AND MAUREEN ACOSTA LAYNO A.K.A. FILIPINOS
Address: BLK 6. LOT 41 VILLA CAROLINA 2, TUNASAN, MUNTINLUPA CITY"

In the event the public auction should not take place on the said date, it shall be held on June 27, 2019 without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the TRANSFER CERTIFICATE OF TITLE NO. 076-2017009238, the encumbrances thereon, if any there be.

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

Tagaytay City, April 25, 2019

(sgd) ATTY. VARBRA ANN A. VARIA-DIMAYUGA
Clerk of Court & Ex-Officio Sheriff

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 THE AUCTION SALE UNDER THE PENALTY OF LAW

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BPI LEGAL AFFAIRS AND DISPUTE RESOLUTION DIVISION
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372 Sen Gil Puyat Avenue, Brgy. Bel-Air, Makati City

SPOUSES ENRIQUE BAUTISTA LAYNO V. AND MAUREEN ACOSTA LAYNO
Mortgagor
No. 8 Munting Nayon Compiund, Summitville Subdivision, Putatan, Muntinlupa City
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Dateline Weekly Newspapers:
May 13, 20 & 27, 2019

EXTRAJUDICIAL

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE ANGELITA DEL MUNDO SAN JOSE HAS BEEN EXTRA-JUDICIALLY SETTLED BY HER HEIRS THRU EXTRAJUDICIAL SETTLEMENT OF ESTATE AS PER DOC. NO. 351; PAGE NO. 71; BOOK NO. 14; SERIES OF 2019, BEFORE NOTARY PUBLIC ATTY. CESARIO G. GONZALES JR.

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DATELINE WEEKLY NEWSPAPERS:
May 20, 27 & June 03, 2019

EXTRAJUDICIAL

Notice is hereby given that the estate of the late SONIA C. BONDAD, consisting of a parcel of land (Lot 1009-A-1 of the subd. plan Psd-04-043166, being a portion of Lot 1009-A, (LRC) Psd-111060, L.R.C. Rec. No.) situated in the Brgy. of Bucana, Mun. of Naic, Prov. of Cavite. xxxxconsisting of ONE HUNDRED (1000) SQUARE METERS embraced and covered by Transfer Certificate of Title No. T-380040 of the Registry of Cavite Province, have been the subject of an Extra-Judicial Settlement of Estate of the Deceased among the legal heirs With Waiver of Rights as per Doc.No.138; Page No.29; Book No. XXI and series of 2019 of Notary Public Jameswell M. Resus of Naic, Cavite.

DATELINE WEEKLY NEWSPAPERS:
May 20, 27 & June 03, 2019

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NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE CARLOS A. DELA PEÑA HAS BEEN EXTRA-JUDICIALLY SETTLED BY HIS HEIRS THRU EXTRAJUDICIAL SETTLEMENT OF ESTATE AS PER DOC. NO. 04 ; PAGE NO. 02 ; BOOK NO. 14 ; SERIES OF 2019, BEFORE NOTARY PUBLIC ATTY. CESARIO G. GONZALES JR.

Dateline Weekly Newspapers:
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mentor me
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President and Director, Universal Leaf Philippines, Inc.

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AGRIPRENEURSHIP
FREE 1-ON-1
NEGOSYO MENTORSHIP

MAY 24, 2019 • 10AM ANNEX EVENT CENTER
SM CITY DASMARIÑAS

Tagged as one of the pillars for inclusive growth, the agriculture industry remains one of the booming sectors in the country. Considered as a game-changer of the economy, Go Negosyo continues to produce programs supporting the development of the agriculture sector and empowering farmers and other agri-stakeholders.

On May 24, 2019, Go Negosyo in partnership with the Department of Trade and Industry, Agricultural Training Institute Region 4A and Department of Trade and Industry (DTI) will bring a special leg of FREE MENTORSHIP on Agripreneurship to SM City Dasmariñas.

The rollout will be spearheaded by PA Joey Concepcion together with Henry Lim Bon Liong, CEO of SL Agritech; Winston Uy, CEO of Universal Leaf; William Dar, President of Inanglupa Movement; Toto Barcelona, President of Harbest Agribusiness Inc.; Ruth Novales, Senior Vice President of Nestlé; Flor Tarruela, Chairwoman of Philippine National Bank; Rosalind Wee, President of W Group of Companies; Josie Costales, Chairwoman of Costales Nature Farms; and Johnlu Koa, President & CEO of the French Baker; among others.

Distinguished mentors and key personalities from the industry are also invited to join including Senators Juan Miguel Zubiri and Cynthia Villar; DA Secretary Emmanuel Piñol; and DAR Secretary John Castriacion.

MMOW on Agripreneurship is a FREE 1-on-1 mentorship discussion with aspiring and existing MSMEs in the agriculture industry, agri cooperatives and farmers associations. It aims to equip them with business knowledge while providing wider access to market for their products and services.

Through MMOW, Go Negosyo and its partners, will 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 can pre-register through www.tinyurl.com/MMOWAGRI. Walk-ins are also welcome and may register on the day of the event. Limited slots available.

SM City Dasmariñas is the official venue partner of Go Negosyo's Mentor Me on Wheels on Agripreneurship. Watch out for the next leg of MMOW in your local malls!

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

"If we really want to change the landscape of prosperity for all in this country, we must pay attention and give importance to our farmers and other players in agriculture. The Philippines, as an agricultural country, can become an even stronger player in the ASEAN, if we align our efforts to ensure that innovation in the field is supported and that the programs we develop can sustain growth." Presidential Adviser for Entrepreneurship and Go Negosyo Founder Joey Concepcion.

CARD ...

Dequito was the president of these three social enterprises until 2015 when he was given a new challenge by CARD MRI to lead its CARD SME Bank. Dequito is the second president and CEO of the bank after it was acquired in 2007.

The bank is CARD MRI's thrift bank that provides SME loans and other financial and community development programs to its more than 840,000 clients nationwide.

The leadership of Dequito, according to CARD MRI Managing Director Flordeliza L. Sarmiento, is instrumental in the further growth and development of the bank, which contributed significant effects to our clients and the community as a whole.

"Boyet always has the heart to serve. When he was the vice president of CARD Bank in 2002, significant accomplishments were attained by the bank because of his exceptional leadership skills. No wonder he also maintained the good performance of CARD SME Bank in terms of repayment and business viability of its clients. The loan outstanding also continues to grow, meaning, more and more MSMEs in the Philippines are provided with their financial needs," Sarmiento added.

The bank also remained to be consistent in receiving awards every year. One of the key awards that the bank is proud of is their financial inclusion award given by the Bangko Sentral ng Pilipinas.

"My rich experience in microfinance and SME banking all started at CARD. I owe this award to CARD

and to its millions of clients," thanked Dequito. His academic journey at Harvard Business School also helped him in strategically steering the bank's future.

He also extends his utmost gratitude to his CARD MRI family. "CARD has been the wind beneath my wings. Where I am today is because of the support of CARD. My sincerest thanks to Dr. Aris Alip and Dr. Dolores M. Torres, who have been my mentors since I started working at CARD," he said. Dr. Alip and Dr. Torres were also a recipient of the same award.

Dequito is also an active civic leader and once became the National President of the Association of Apex Club of the Philippines, which was founded in Australia in 1931.

"I will continue my work and pass on to others the lessons I've learned so a lot of people could also benefit and help others grow," he said challenging himself.

Dequito is a native of San Pablo City and married to Jocelyn "Joy" Dequito, who is also one of the executives of CARD MRI. Dequito has three children - Arvin John who is a banker, Alvin Joseph, a businessman, and Arjay Paul who is still a student.

"I am thankful to my wife and especially our children for the support they've poured out in my journey at CARD. I and Joy are very busy working everyday but our children's love and understanding on the passion I and Joy both work on is unwavering," he concluded.

FROM PAGE 6

EXTRAJUDICIAL

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Dateline Weekly Newspapers:
May 20, 27 & June 03, 2019

No rough seas for a hardworking and prayerful heart

Becoming a lawyer could be every child's dream. This journey, however, is one of the toughest voyage one has to sail. Here, only the most determined will ever get to the shoreline. Can you imagine the countless readings, intimidating professors, frightening recitations, and stressful written exams?

But to Samuel John Domjoe M. Abarcar and Florencio B. Aliman, Jr., hard work coupled with prayers will help you get through the rough seas. This has been proven by them as they were among the 1,800 passers of the 2018 Bar exam out of the 8,158 examinees, as released by the Supreme Court on May 3, 2019.

From a dream to a reality

Atty. Abarcar, since he was nine years old, already dreamed of being a lawyer. Instead of taking AB Political Science, however, he took BS Psychology at San Beda College in Alabang as his pre-law course.

"It was my mother's choice for me to take psychology so I could look for a job immediately if in any case they could not sustain my law school journey right after graduation," recalled Atty. Abarcar.

Luckily, he was able to enroll to law school right away at San Pablo Colleges in San Pablo City.

After graduation, Atty. Abarcar looked for a job that could help him provide the needs of the family. He juggled his time at work while reviewing for the bar exam. Unfortunately, he failed his first bar exam in 2012.

"It did not cause me to stop reaching for my dream. I even pushed myself and continued what I have started," said Atty. Abarcar.

After the 2012 bar exam, he applied for a work in CARD Mutually Reinforcing Institutions (CARD MRI) corporate legal department. "I am lucky because I've become part of the legal department of CARD MRI. It's like working at the same time reviewing for the bar exam," he added.

After years of waiting, Atty. Abarcar felt that 2018 is the year for him to pass the bar exam. However, he felt the need for him to really undergo review classes because six years have passed already. This time, Atty. Abarcar's problem is on the financial side.

"I need to review for six months. But instead of letting me drop the work since I will be out of office

most of time, CARD even supported me financially and emotionally," thanked Atty. Abarcar

Likewise, Atty. Aliman is a graduate of Bachelor of Law from Andres Bonifacio College at Dipolog, Zamboanga del Norte. He was inspired by his father who was then a law student but was not able to take the bar exam because he focused on raising their family.



"I am really happy that I have the full support from my family. I thought it will never happen but because of them, I made it. We made it," said Atty. Aliman.

Atty. Aliman is also part of the legal department of CARD MRI. Like Atty. Abarcar, he also sought the help of the management to financially support him

during his six months of review class. "The generosity of CARD is beyond measure. Who would let you stay in a company even if you're out of office for six months? It's just CARD," Atty. Aliman proudly said.

Warm congratulations

During the Monday morning assembly of CARD MRI in San Pablo City head office on May 6, 2019, CARD MRI recognized the accomplishment achieved by its two staff, now lawyers.

"Since they started their journey at CARD, they have contributed significant things already especially in making sure that their respective offices would meet the targets set. Listening to their story, too, will make you realize how blessed a person can be if he/she only work hard and pray," said Flordeliza L. Sarmiento, CARD MRI Managing Director.

In the Unified Collab blog post of CARD MRI Founder and Chair Emeritus Dr. Jaime Aristotle B. Alip, he said the accomplishment of the two lawyers is a manifestation of how CARD MRI's core values work, especially the family spirit.

"The journey of these two lawyers was never easy. While preparing for their bar exam, they, too, are working at CARD. Good thing CARD MRI is not just a workplace, it is a family to consider," said Dr. Alip, adding that he is also proud and thankful for the support their immediate supervisors and co-staff have given so they could successfully pass the bar exam.

"This is what family spirit is all about. At CARD we always make sure that every staff is nurtured and given full support to whatever they hope for," said Dr. Alip.

At CARD MRI, capacity-building is always prioritized. "We will continue to support our staff in attaining their full potential to become stronger and more efficient in ending poverty in the country," he emphasized.

Atty. Abarcar and Atty. Aliman are hopeful that they could contribute more in the attainment of CARD MRI's mission of eradicating poverty. "We will continue to do the best of our profession so we could help more socioeconomically challenged families in the country," expressed Atty. Aliman.

Truly, success favors those who work and pray for it.

CARD SME Bank president among outstanding San Pableños

CARD SME Bank President and Chief Executive Officer Aristeo "Boyot" A. Dequito is named as the 2019 Outstanding San Pableño in the field of microfinance and SME banking as recognized by the City of San Pablo on May 7, 2019, in time for the city's 79th Charter Anniversary.

Dequito is recognized for his contributions in the field of Banking (microfinance and SME) for 31 years now.

"This award reminds me of my journey as a development worker at CARD. I am forever thankful to the City of San Pablo for recognizing the efforts I and CARD have done for more than three decades," said Dequito.

Back in 1988 when the Center for Agriculture and Rural Development useful in managing organizations in the future," recalled Dequito.

Dequito's first break was when he became the first president and CEO of CARD-Business Development Service Foundation Inc. (CARD-BDSFI).

"We were planning to professionalize the business development program of CARD back then. Fortunately, Boyot was taking up his master's degree at Asian Institute of Management (AIM). So I challenged him to consider the establishment of CARD-Business Development Service Foundation as a subject of his thesis," said Dr. Jaime Aristotle B. Alip, founder and chair emeritus of CARD MRI.

Dequito's graduation and CARD-BDSFI's official registration at the Securities and Exchange Commission (SEC) both happened in 2008. At CARD-BDSFI, Dequito ensures that the business development and marketing needs of the microfinance clients of CARD MRI will be addressed accordingly. "CARD

has hundreds and thousands of clients already that time, which is quite a challenging task on our end. But with the trust and support of the management, we were able to provide interventions to our clients tailored fit to their needs," he added.

During the term of Dequito, he established the Mga Likha ni Inay (MLNI), a marketing program of CARD-BDSFI, which was then registered as a separate entity in 2014, adding to the growing institutions under CARD MRI.

The CARD-BDSFI was also the inspiration on the establishment of CARD Leasing and Finance Corporation (CLFC) in 2013. The roots of activities of CLFC can be traced back from CARD-BDSFI's development of scalable projects. Among their projects are solar products, printing, and finance lease, among others.

(CARD) became operational in San Pablo City, Laguna, Dequito is the institution's first Account Officer (AO), who was working as a social-development agent that provides communities with various development-oriented programs and financial services.

After working as an AO, he was then promoted to several positions. After nine years of working in CARD, Inc. (A Microfinance NGO), he was transferred to CARD Bank from 1997-2005. According to Dequito, the transition of his work from an NGO to bank allowed him to expand his horizons.

"Eventually, my work at CARD became more challenging every year. But I didn't give up. I even pushed myself so I could gain more knowledge that would be



In the photo are Mr. Boyot Dequito (center) together with his family and San Pablo City Mayor Loreto Amben Amante (leftmost).

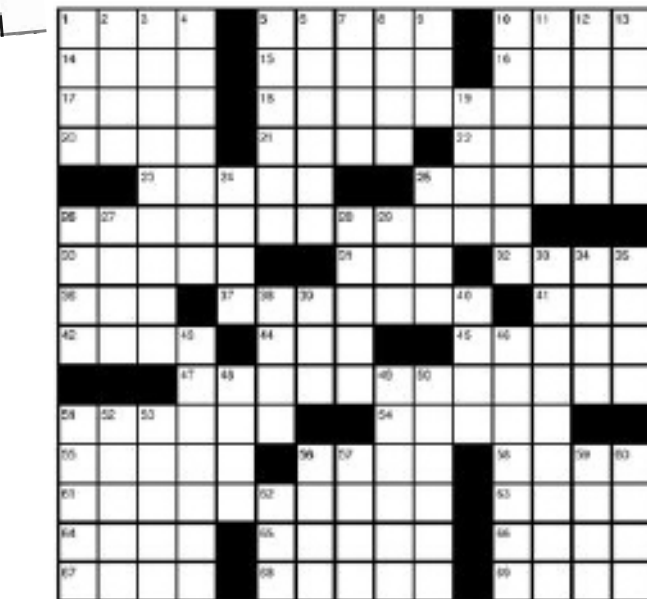
Cont. on page 5



CROSSWORD PUZZLES

ACROSS

- 1 River hazard
- 5 It aids commerce in Cancun, Kalamazoo, and Calgary
- 10 Left 21 across or 8 down
- 14 He's blue without his red or white
- 15 Offering from Google or Yahoo
- 16 He may be blue because he's in the red
- 17 Golden rule word
- 18 Princess in plum?
- 20 One might clean up at a Vegas hotel
- 21 Certain hand-outs
- 22 Coolpix camera maker
- 23 Fabric for a sundress
- 25 Creatures of clay
- 26 Share the stage with journalist Andrea?
- 30 See eye to eye
- 31 Lord's Prayer start



- 32 Blown away
- 36 Org. that sticks to its guns
- 37 Auto dealer's option, and a hint to this puzzle's theme
- 41 Greeting for Caesar
- 42 Congers and morays, e.g.
- 44 Keats creation
- 45 Novelist Joyce Carol
- 47 Caesar's boastful bon mot?
- 51 Like this clue
- 54 Pendragon of legend
- 55 Stock holding
- 56 Word with back or off
- 58 Tach readings
- 61 San Fran sportscaster?
- 63 "Piggies"
- 64 Ceasars challenge
- 65 One with grievances, perhaps
- 66 Classic Lotus model
- 67 Kind of waist
- 68 Strand in Rapunzel's rope
- 69 Oxford fellows

DOWN

- 1 Like one leg of a triathlon
- 2 First of a famous sailing trio
- 3 Like AZT
- 4 "Well said!"
- 5 Himalayan denizen
- 6 Wom magic item
- 7 McDonald's e.g.
- 8 Certain hand-outs
- 9 Tide alternative
- 10 Silverback, e.g.
- 11 No longer napping
- 12 Asp's output
- 13 Moran and Brockovich
- 19 Hydroxyl compound
- 24 "...until ____ a man with no feet."
- 25 "Its Raining Men" singer Halliwell
- 26 Heroine of a classic children reader
- 27 Man-eater of myth
- 28 Many a software engineer
- 29 Blue, red, or white
- 33 Sport with very wet horses?
- 34 What to get after an insult
- 35 He loved Lucy
- 38 Unchangeable storage
- 39 Stir
- 40 A bagel and lox, perhaps
- 43 Buttress
- 46 Kept a bay
- 48 Mouse manipulator
- 49 You'll find many in a pound
- 50 Pronounces
- 51 How good was it?
- 52 Tony-winning Rivera
- 53 Dennis Miller specialty
- 56 Evening on the Champs-Elysees
- 57 Land of the leprechauns

Mga Sanhi Ng Uric Acid?

Katulad ng nabanggit na, ang uric acid ang nagiging dahilan kung bakit ka nagkaroon ng gout ang isang tao. Ang karamdamang ito ay kinokonsidera ngang basura sa katawan na kailangang ilabas sa pamamagitan ng pag-ihi. Pero kung ito ay iiiihi nang maayos, o mabilis na makakapag-imbak ang katawan ng uric acid, malaki ang tsansa ng pagkakaroon ng karamdaman.

Agapan na ito bago pa man lumala. Mas mabuting ikaw ay may alam tungkol sa paggamit ng mga halamang gamot sa uric acid. Pero bago rito, mahalagang alam mo kung ano ang mga sanhi ng may mataas na uric acid. Narito ang ilan:

- * Kapamilyang may mataas ding uric acid
- * Mabilis tumaba o sobrang timbang
- * May kasalukuyan nang karamdaman gaya ng sakit sa bato
- * Malakas sa pag-inom ng alak at iba pang katulad nito
- * Pag-inom ng gamot na nagiging dahilan ng paglabas ng ihi
- * Base naman sa pag-aaral, ilan sa mga major na sintomas ng gout ang:
- * Matinding sakit ng kasukasuan na umaabot hanggang 24 oras
- * Sobrang sakit ng katawang tumatagal nang ilang araw
- * Namamaga at namumulang kasukasuan

Mga Epektibong Panlunas Sa Uric Acid

Kung may may uric acid ka ito ay imposibleng gumaling kung hindi ka iiwas sa mga bawal sa may uric acid. Hindi ka rin gagaling hangga't hindi ka pa nalalapatan ng gamot na nakakapagpa-normal ng uric acid. Isa na sa mga pinakamabisa ang halamang gamot sa uric acid. Mahalagang alam mo kung ano ang normal o tipikal na dami ng uric acid sa iyong katawan at ito ay hindi dapat lumagpas sa 6 milligrams per deciliter. Ang totoo niyan, wala pang panlunas na nadidiskubre para sa sakit na uric acid.

Hindi man ganap na nalulunasan ang nasabing karamdaman, ang pag-inom naman ng angkop na gamot ay nakatutulong na maging normal ang bilang ng uric acid. Nakakatulong ito para makontrol ang paglala ng sakit. Ang pagpunta sa doktor ang pinakamabuting gawin para maagapan ang pagdami ng uric acid sa katawan. Bukod pa rito, ang mag-ehersisyo araw-araw bilang isa pang paraan para maiwasan ang pag-atake at pagsumpong ng sintomas ng gout o uric acid. Iwasan na rin ang mga pagkaing bawal sa may uric acid.

Pansit-Pansitan: Mabisang Gamot Sa Uric Acid

Kung maghahanap ka ng mga babasahing nagsasabi ukol sa mga gamot sa uric acid, halos wala kang makikitang partikular na gamot lalo na ng halaman. Pero ang pinaka-ordinaryo at kalimitang lumilitaw sa mga search engines ay ang halamang pansit-pansitan. Base sa mga pag-aaral, ito ang pinakamabuting halamang gamot sa uric acid. Ito rin ay mabisang gamot para sa sakit sa bato.

Ito ay herbal na halamang kalimitang tumutubo sa mamasa-masa at malilim na paligid katulad ng gilid ng bahay, ilalim ng puno, kanal, dingding at paso ng halaman. Ang pansit-pansitan ay pakalat-kalat lamang na parang damong-ligaw kaya napakadali nitong hanapin.

Siguruhing tama ang mga pinipitas na halaman bilang gamot sa uric acid. Para malaman ang ito, sura, ang pansit-pansitan ay berdeng dahon na puso ang hugis. Ito ay may mga maliliit na buto na animo'y nakakapit sa sangang hugis pansit. Ang nasabing sangang ay matatagpuan sa tuktok ng halaman. Kahit na naturingang damong ligaw lamang, ang pansit-pansitan ay isa sa mga aprubado at rekomendadong halaman ng Department of Health (DOH). Ito rin ang madalas na ginagamit para sa gamot sa rayuma o arthritis.

Isa man ang halamang gamot sa uric acid pero ito tiyak namang pinakamabisa sa lahat. Madali rin itong matagpuan at hindi na kinakailangan pang gumastos at bilhin. Higit sa lahat, kumonsulta muna sa doktor para makasiguro sa kondisyon ng kalusugan.



Pansit-Pansitan Bilang Pinakamabisang Gamot Sa Uric Acid



Isa na ang uric acid o gout sa mga pinaka-ordinaryong sakit ngayon. Baka nga ikaw ay dumaraing na rinse sakit na ito. Marami sa mga Pinoy sa panahong ito ang nakakaranas ng ganitong karamdaman. Ito marahil ay dahil sa kanilang mga kinakain. Kadalasan, maririnig sa mga usapang uric acid ang mga maling kinakain at iniinom bilang pangunahing dahilan ng pagkakaroon nito. Subalit paano nga ba ito malulunasan. Mayroon bang gamot sa uric acid na puwedeng subukan?

Karaniwang itinuturing na basurang kemikal ang sakit na ito na madalas makita sa katawan ng isang tao. Naiipon ito sa tuwing tinutunaw ng digestive system ang isang kemikal na tinatawag na purine. Ito ay makikita sa mga pagkain katulad ng atay at mushroom. Karaiwang nililinis ang uric ng mga batong matatagpuan sa dugo. Inilalabas ng mga ito sa katawan ang uric acid sa pamamagitan ng ihi.

Paano Nagkakaroon Ng Uric Acid O Gout?

Alam mo ba kung ano ang uric acid? Ang sobrang taas ng uric acid ay maaaring maipon sa iyong katawan. At, kapag naipon ito sa loob lamang ng napakaikling panahon, ang kondisyon ay nauuwi sa sakit na kilala sa medical term na 'hyperuricemia'. Kaugnay nito, ang

sobrang taas ng konsentrasyon ng uric acid sa ating dugo ay maaaring maging uric crista. Kapag tumagal, ang uric crystal na ito ay maaaring maimbak sa mga malalambot na tissue at hugpungan ng mga buto. Ang mga naipong ito ay may mala-karayom na kirstal ang itsura. Ito na ang nagiging sanhi ng pagkakaroon ng sakit ng gout.

Ang gout ay kilala rin sa tawag na gouty arthritis. Ito ay isang sobrang sakit na uri ng arthritis na nagiging dahilan ng pagtaas ng konsentrasyon ng uric acid sa katawan. Ang sobrang sakit na pag-atake ng mga gout symptoms ay puwedeng magmula sa paa, partikular na sa hinlalaki. Ang ganitong karanasan ay isa sa mga sintomas ng uric acid. Maaari ring mamaga ang mga sakong, braso, siko at tuhod. Ang ganitong mga klase ng sakit ay puwedeng magtagal ilang araw sa mga unang yugto pa lamang ng sakit.

Puwedeng magtagal ang sakit sa uric acid habang lumalala ang kundisyon. Kaya naman dapat na itong maagapan at gamutin sa simula pa lamang na maramdaman ang sintomas. Nagtatanong ka na marahil kung anong mabisang gamot sa uric acid ang makatutulong na panimulang lunas. Epektibong pamamaraan ang halamang gamot sa uric acid dahil ito ay garantisadong ligtas kung susubukan. Ang ganitong uri ng medikasyon ay walang halong kemikal kaya hindi na kailangan pang mag-alala sa allergic reaction.

Napaka-importanteng gamutin kaagad ang uric acid. Base sa mga pag-aaral, kung ito ay hindi kaagad magagamot, maaari na itong permanenteng makasira sa mga kasukasuan at bato sa katawan. Ang uric acid ay mas karaniwang nararanasan ng mga kalalakihan partikular na ng mga lalakeng may edad 40-50 taon. Ayon din sa mga pananaliksik, mayroon nang mahigit anim na milyong taong may edad na sa buong mundo ang na-diagnose na may gout o may mataas na uric acid.

CONGRATULATIONS TO THE NEWLY-PROCLAIMED WINNERS

JONVIC
REMULLA
GOVERNOR

**TAPAT SA BAYAN.
TAPAT SA USAPAN.**

Muling nahalal bilang Gobernador ng Cavite ang nagbabalik sa kapitolyo na si Gov. Jonvic C. Remulla sa nakaraang election 2019 makaraang napatuy-an na buo pa rin ang tiwala ng taong bayan sa kanya upang patuloy siyang maglilingkod sa bayan.



**NEWLY-ELECT SO. COT. BOARD MEMBER
ROGELIO ANKOL V. CADELLINO**



RE-ELECTED SOUTH COTABATO CONGRESSMAN FERDINAND HERNANDEZ



NEWLY-ELECT KORONADAL CITY MAYOR ELIORDO U. OGENA

First lady governor of Maguindanao proclaimed

COTABATO CITY - The Commission on Elections (Comelec) has proclaimed outgoing Mayor Bai Mariam Sangki-Mangudadatu of Datu Abdullah Sangki town as the governor-elect of Maguindanao province on Thursday afternoon. Sangki-Mangudadatu made history as the first-ever lady governor of the 46-year-old province after winning over his closest rival, Freddie Mangudadatu, by more than 54,000 votes in the province's 36 municipalities during the May 13 mid-term polls.

"From now on, the welfare of the people of Maguindanao always come first before anything else," she said when interviewed by reporters here following her proclamation.

The lady governor-elect is the wife of Governor-elect Suharto Mangudadatu of Sultan Kudarat province, who is the cousin of Freddie Mangudadatu, the outgoing mayor of Mangudadatu town in Maguindanao.

The Comelec's Provincial Board of Canvassers (PBOC), which held the 4 p.m. proclamation at the Shariff Kabunsuan Complex, the seat of the Bangsamoro Autonomous Region in Muslim Mindanao here, said Sangki-Mangudadatu garnered a total of 256,338 votes to clinch the gubernatorial post as against Freddie's 201,565 votes.

Also proclaimed were Datu Lester Sinsuat as vice governor-elect of Maguindanao and Datu Ronnie Sinsuat as Congressman-elect of the province's first district.

Hours earlier on the same day, the PBOC correspondingly proclaimed outgoing Maguindanao Governor Esmael Mangudadatu as the Congressman-elect of the province's second district together with his son, King Jazer, as board member for the same provincial district. (PNA)

