

Comelec: Hybrid polls violate election automation law

MANILA – The Commission on Elections (Comelec) on Friday thumbed down the idea of a hybrid poll system next year.

Comelec chairperson George Erwin Garcia said this would violate the law which requires an automated method for the

holding of the polls. “Kasi po ‘yung automation law ay pure automation na-kalagay at ang budget din po

na binigay sa atin ay para sa pure automation lamang (It’s because the automation law mandates pure automation

and the budget given to us by the government is for pure automation only,” he said in a message to

reporters, when asked if a hybrid poll has a chance at least for the

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crusading militant truthful

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DA: More youths engage, earn from farming through YIPOA

SEE PAGE 2

PH human rights consultation rolls across country

TAGAYTAY CITY, Cavite (PIA) – Regional discussions for the drafting of the country’s new human rights plan have continued as the Presidential Human Rights Committee Secretariat (PHRCS) conducts the third leg of the joint regional consultations in the South Luzon and Bicol regions.

During the Philippine Information Agency Sulong Calabarzon program, PHRCS Executive Director Usec. Severo Catura discussed the whole-of-government approach in crafting the 4th Philippine Human Rights Plan (PHRP4) for 2024–2028.

Regional consultations are part of ongoing efforts to gather input from various sectors. After the consultations in Luzon and Metro Manila, the PHRCS will focus its discussions on Visayas and Mindanao.

Catura said that during the consultation sessions, various government agencies, including the Department of Justice (DOJ), the National Economic and Development Authority (NEDA), the Philippine Commission on Women (PCW), and the Council for the Welfare of Children (CWC), had their inputs and initiatives laid down for the creation of PHRP4 to ensure local human rights issues were addressed.

Each agency is assigned specific responsibilities aligned with international treaties; for instance, the DOJ will oversee civil and political rights, NEDA will focus on economic and social rights, and the CWC will handle the rights of children to ensure comprehensive human rights coverage across various sectors.

PHRCS also invites NGOs and civil society organizations to hold discussions focusing on prevalent human rights issues and concerns in the country, which include civil and political rights; women empowerment; opportunities for people with disabilities; Indigenous Peoples’ rights; migrant worker protection; and the prevention of cruel, inhumane, and degrading treatment.

“This is not just the responsibility of government agencies; it means that all sectors

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PHRCS invites NGOs and civil society organizations to hold discussions focusing on prevalent human rights issues and concerns in the country which include civil and political rights, women empowerment, opportunities for people with disabilities, Indigenous Peoples’ rights, migrant worker protection, and prevention of cruel, inhumane, and degrading treatment. (Photo courtesy of PHRCS)

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CPD CALABARZON CELEBRATES WORLD POPULATION DAY IN CAVITE



The Commission on Population and Development Calabarzon, in partnership with the Cavite Office of the Population Officer, spearhead today, July 12, the World Population Day with this year's global theme "Embracing the Power of Inclusive Data Towards a Resilient and Equitable Future for All". Held at the ceremonial hall of the Provincial Capitol in Trece Martires City, the province of Cavite explicitly demonstrated

good practices in integration of population and development in program- planning, and policy-making within the region. Based on the 2020 Census of Population and Housing, Cavite is the most populous province in the country. | via Ruel Francisco - PIA Cavite #BagongPilipinas #worldpopulationday

DA: More youths engage, earn from farming through YIPOA

MANILA – The Department of Agriculture (DA) on Friday said more youths are now engaged and earning in farming, following the pilot implementation of the Youth Intern Program for Organic Agriculture (YIPOA) in 2023.

"We are creating a new breed of youth at nag-e-enjoy sila sa agriculture (and they are enjoying in agriculture)," DA-National Organic Agriculture Program Director Bernadette San Juan said during the Usapang Agrikultura aired in Radyo Pilipinas.

"Mayroon pong isang kabataang babae, out of school youth, 22 anyos lang, kumikita po ng PHP1,200 to PHP1,500 a day sa pagbebenta po ng itlog ng itik (There's a female out-of-school youth, 22 years old, she's earning as high as

PHP1,200 to PHP1,500 a day from selling duck eggs)," she said, citing a 70-percent harvest on one of the YIPOA's beneficiaries' poultry production.

YIPOA is the DA's nine-month internship program where enrolled youth beneficiaries are directly deployed in fields under farmer-partners nationwide, with a PHP5,000 allowance each.

Program beneficiaries are trained in planting crops, raising livestock, creation of natural fertilizers, troubleshooting of agricultural machinery, and food processing, among others.

"Sinasanay natin sila, dini-deploy, wala na munang lecture (We train and deploy them, there are no lectures), hands-



YOUTH IN AGRICULTURE. Department of Agriculture (DA) National Organic Agriculture Program Director Bernadette San Juan (3rd from right) visits the "May money sa Mani" project of Matthew Profeta (3rd from left) in Tanza, Cavite in this undated photo. Profeta is one of the program beneficiaries of the Youth Internship Program on Organic Agriculture (YIPOA) that seeks to encourage the youths to train and engage in agriculture. (Photo courtesy of DA - National Organic Agriculture Program)

on," San Juan said.

Those who complete the nine-month internship are given PHP150,000 worth of capital, with PHP10,000 worth of allowance for the succeeding months while awaiting harvest.

"Tayo lang po ang programa na nagbibigay ng panimulang puhunan, PHP150,000 after nine months. Wala hong programa sa ngayon na scholarship na nagbibigay ng gan-yan kalaki (We are the only program that gives a seed capital of PHP150,000 after nine months. There's no current scholarship program that grants such sums)," she said.

So far, San Juan said the YIPOA is positively accepted among the youths.

"Iba na po kasi ang kabataan ngayon. Hindi na sila nakakulong sa dating kamalayan nung

tayo ay kaga-graduate lang na rat race, Makati ang iniisip natin di ba. Ngayon iba na po sila. Open na po sila na ang lifestyle ay farm (The youth now are different. They are no longer confined in a rat race mindset like us, where Makati comes first in mind after graduation. They are now different. They are now open to a farming lifestyle)," she said.

To date, there are 150 youth beneficiaries under the YIPOA. Besides YIPOA, the DA-National Organic Agriculture Program is also implementing its Organic Agriculture Livelihood Program which provides PHP5 million worth of support to farmer organizations to fill in the value-chain gap, as well as the Soil Health Program which seeks to rehabilitate the quality of soil in the country to boost production and resilience. (PNA)

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
Branch 130, Trece Martires City
rtc1tmt130@judiciary.gov.ph
09198753023

LRC CASE NO. 6832-003-24

IN RE: PETITION FOR REPLACEMENT OF LOST OWNER'S DUPLICATE COPY OF TRANSFER CERTIFICATE OF TITLE NO. T-114359- OF THE REGISTRY OF DEEDS FOR THE PROVINCE OF CAVITE,

JOSE ANTONIO MARTINEZ, JR., (a.k.a.) JOSE Y. MARTINEZ, JR. represented herein by their Attorney-in-Fact, NORINA V. ANDRO, Petitioner,

versus

THE REGISTRY OF DEEDS FOR THE PROVINCE OF CAVITE, Respondent.

X-----X

NOTICE OF HEARING

Filed before this Court is a Petition for Replacement of Lost Owner's Duplicate Copy of Transfer Certificate of Title No. T-114359, in lieu of the lost one, issued by the Registry of Deeds for the Province of Cavite in the name of the JOSE ANTONIO T. MARTINEZ, JR., the registered owner.

After being satisfied that the Petition is sufficient in form and substance, the same is hereby set for initial hearing on September 23, 2024, and on November 25, 2024 at 8:30 o'clock in the morning, which date, hour, and place any and all interested persons are required to appear and show cause why the Petition should not be granted.

Let a copy of this Notice of Hearing be published for three (3) consecutive weeks, at the expense of the Petitioner, in a newspaper of general circulation and posted, in a newspaper of general circulation and posted at Tanza Public Market, the Tanza Municipal and Barangay Halls where the property is situated, as well as on the land itself located at Lot 3 Block 1 Sta. Cruz de Malabon Estate Brgy. Julugan, Municipality of Tanza, copy furnish petitioner, and his counsel.

The Sheriff of this Court is hereby directed to post copies of this Notice accordingly. The Petitioner is likewise directed to submit a copy of the Petition with its annexes to the Registry of Deeds for the Province of Cavite and the Office of the Solicitor General.

Send a copy of this Order to the Office of the Clerk of Court (OCC) for raffie of the publication.

SO ORDERED.

Trece Martires City, Cavite, February 19, 2024.

GAYSOL C. LUNA
Presiding Judge

Copy Furnished:

ATTY. RICHMOND REI RAM BELLEZA
PACALDO & BELLEZA LAW OFFICES
Counsel for Petitioner
640 Plaza Soledad,
Samonte Park, Cavite City

NORINA V. ANDRO
Attorney-in-fact of the Petitioner
747 A. del Rosario Street, San Roque, Cavite City

JOSE ANTONIO MARTINEZ, JR.
Petitioner
747 A. del Rosario Street, San Roque, Cavite City

OFFICE OF THE SOLICITOR GENERAL
134 Amorsolo St., Legaspi Village, Makati City

REGISTRY OF DEEDS FOR THE PROVINCE OF CAVITE
Trece Martires City, Cavite

ATTY. MARICEL LILLED ASUNCION-ROXAS
Clerk of Court
Office of the Clerk of Court (OCC)
Trece Martires City, Cavite

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Regional Trial Court Of Cavite
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New Justice Hall, J.P. Rizal Avenue, Kaybagal South,
Tagaytay City

EJF NO. TG-23-226
FOR: Extra-Judicial Foreclosure of Real Estate Mortgage under Act No. 3135 as amended by Act No. 4118

HOME DEVELOPMENT MUTUAL FUND (otherwise known as Pag-IBIG Fund),
Petitioner-Mortgagee,

-versus-
MADELYN DE GUZMAN DE RAMOS
married to WINMAR LOUIE U. DE RAMOS,
Borrowers-Mortgagors.
x-----x

2nd NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial Foreclosure Sale under Act 3135, as amended by Act No. 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND (otherwise known as Pag-IBIG Fund), a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679, with principal office and place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City pursuant to the terms and conditions of the Loan and Mortgage Agreement ("MORTGAGE") executed and notarized on June 18, 1999 by Borrowers-Mortgagors, MADELYN DE GUZMAN DE RAMOS married to WINMAR LOUIE U. DE RAMOS, both of legal age, Filipino citizens, with residence and postal addresses at (1) EP Housing Phase II Blk. 14, Lot 29, Taguig, Metro Manila and (2) Lot 31, Blk 18, Rancho Imperial De Silang, 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 TITLE NO. (T-860199) 18121 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Borrowers-Mortgagors in the amount of FOUR HUNDRED SIXTY-EIGHT THOUSAND THREE HUNDRED NINETY-ONE PESOS AND 84/100 (Php468, 391.84) inclusive of interest and other charges, as of August 15, 2023, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Baby Leem B. Maristela, will sell at public auction on August 15, 2024 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 in Philippine Currency, the following property with all its improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. (T-860199) 18121
Registry of Deeds for the Province of Cavite

"IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Silang, Prov. of Cavite, bounded and described as follows:
A parcel of land (Lot 31 Blk. 18 of the cons./subd. plan Pcs-04-012899, being a portion of Lot 8014, 8015, 8017, 8018, Cad. 452-D, Silang Cad., Lots 8016-A to 8016-H, Csd-04-006071-D, Lot 15709-A, Csd- 042118-012810-D, Lot Blk. 71, Pcs-04-011250, LRC Rec. No.), situated in the Brgy. of Tartaria, Mun. of Silang, Prov. of Cavite. Bounded on the SE., along line 1-2 by Rd. Lot 23 (10.00 m. wide); on the SW., along line 2-3 by Lot 32 Blk. 18; on the NW., by Rd. Lot 12; on the NE., along line 4-1 by Lot 30 Blk. 18, all of the cons./subd. plan. Beginning at a pt., marked "1" on plan being S. 65 deg. 42 E., 4924. 48 m. from BLLM No. 1, Cad. 452-D, Silang, Cad.; thence S. 65 deg. 53 W., 7.00 m. to pt. 2; thence N. 24 deg. 07 W., 10.00 m. to pt. 3; thence N. 65 deg. 53 E., 7.00 m. to pt. 4; thence S. 24 deg. 07 E., 10.00 m. to pt. 1; beginning, containing an area of SEVENTY (70) SQ. METERS. All pts. referred to are indicated on the plan and are marked on the ground by PS. cyl. conc. mons. 15x60 cm.; bearings true; date of orig. survey and that of the subd. survey Aug 1-30, 1997 and was approved on Dec. 5, 1997.

is registered in accordance with the provisions of the Property Registration Decree in the name of MADELYN DE GUZMAN DE RAMOS, married to Winmar Louie U. De Ramos, both of legal age, Filipino." In the event the public auction should not take place on the said date, it shall be held on August 22, 2024 without further notice. Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the TRANSFER CERTIFICATE OF TITLE NO. (T-860199) 18121, 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, June 25, 2024.

ATTY. VARBRA ANN A. VARIAS-DIMAYUGA
Clerk of Court & Ex-Officio Sheriff

BABY LEEM B. MARISTELA
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
Note:
Publication was awarded to: CAVITE MONDAY TIMES
Date of Publication: July 8, 15 & 28, 2024

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND
(otherwise known as Pag-IBIG Fund),
Petitioner-Mortgagee
The Petron Mega Plaza Building,
No. 358 Sen. Gil Puyat Ave., Makati City
MARIA VICTORIA D. CAPIRAL
c/o PAULINO E. CASES, JR.
Attorney-in-Fact of the Mortgagee
c/o Cases Chun & Associates Law Offices
6TH Floor JELP Business Solutions Building,
409 Addition Hills, Shaw Boulevard, Mandaluyong City
MADELYN DE GUZMAN DE RAMOS married to
WINMAR LOUIE U. DE RAMOS
Borrowers-Mortgagors
(1) EP Housing Phase II Blk. 14, Lot 29, Taguig, Metro Manila
(2) Lot 31, Blk 18, Rancho Imperial De Silang, Brgy. Tartaria,
Silang, Cavite

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

Foreclosure No. 2024-110

For: Extra-Judicial Foreclosure of
Real Estate Mortgage

ELENA LOQN & CREDIT CO., INC.,
Mortgagee.

-versus-

SPS. FLORENCIO C. MOSQUERA, JR. AND
ROSITA S. MOSQUERA,
Mortgagors.
x-----x

NOTICE OF EXTRA JUDICIAL FORECLOSURE

Upon Extra-judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, ELENA LOAN & CREDIT CO., INC., at Unit B 2204 Taft Ave., Malate Manila, and against the mortgagors, SPS. FLORENCIO C. MOSQUERA, JR. AND ROSITA S. MOSQUERA at #1821 G Singalong St., Malate, Manila, to satisfy the mortgage indebtedness which as of June 4, 2024, amounts to ONE MILLION SEVEN HUNDRED TWENTY NINE THOUSAND SIX HUNDRED FORTY TWO PESOS & 30/100 (P1,729,642.30), Philippine Currency, inclusive of interest, and penalty charges but exclusive of other fees incident to this foreclosure, the undersigned or her duly authorized representative will sell at the public auction on August 8, 2024 at 10:00 o'clock in the morning or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-323883

"A Parcel of Land (Lot 6 Blk. 3 of the cons./subd. plan, Pcs-04-005115, being a portion of the consol. of Lots 5830-N6552 & 6554, Fls-404-D, Imus Estate, L.R.C. Rec. No.), situated in the Bo. of Molino, Mun. of Bacoor, Prov. of Cavite, Is. of Luzon. X x x, Containing an area of ONE HUNDRED FIFTY SQ. METERS & NINETY SQ. DECIMETERS (150.90)."

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

"In the event the public auction should not take place on the said date, it shall be held on August 15, 2024, without further notice."

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

City of Bacoor, July 2, 2024.

MELY R. HERMOSURA-VISTA
Clerk of Court VI

By:

ARTHUR T. SAN MIGUEL
Sheriff IV

Copy Furnished:

ATTY. ROSENDO T. CAPCO
2/F Paulina Bldg., 162 M. Almeda St.,
Brgy. San Roque, Pateros, Metro Manila

ELENA LOAN & CREDIT CO., INC.
Unit B 2204 Taft Ave., Malate Manila

SPS. FLORENCIO C. MOSQUERA, JR. AND ROSITA S. MOSQUERA
#1821 G Singalong St., Malate, Manila
Lot 6 Blk. 3 Queensrow Subd., Molino, City of Bacoor, Cavite

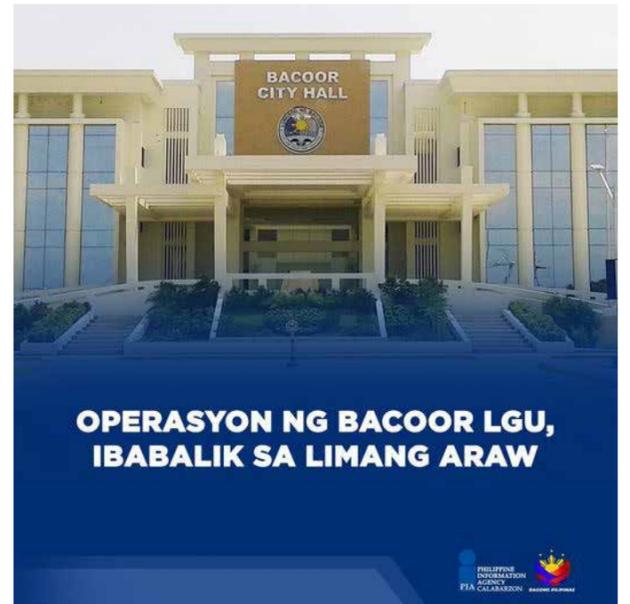
WARNING: It is absolutely prohibited to remove, deface or destroy this Notice of Extra-Judicial Sale on or before the date of sale.

Publisher: Cavite Monday Times email: arnelreyes878.apr@gmail.com. contact #09163094087
Dates: July 8, 15 & 22, 2024

PH human rights consultation rolls across country....from page 1

of society should be included in the consultation," Catura said. During the 75th anniversary of the Universal Declaration of Human Rights in 2023, the Philippines pledged to create the Fourth Philippine Human Rights Plan. Under the administration of President Ferdinand R. Marcos Jr., the PHRP4 is aligned with the "Bagong Pilipinas" agenda, which emphasizes a renewed commitment of the state to uphold human rights and international obligations. The creation of the PHRP4

is rooted in the Philippines' commitment to the 1993 United Nations convention held in Vienna, where members agreed to develop human rights plans for their countries. Since 1995, the Philippines has implemented these plans, with the most recent being in 2022. (TP/PIA4A) Sulong Calabarzon is a weekly public affairs program hosted by the Philippine Information Agency Calabarzon, streaming live every Thursday at 2:00 PM via the Philippine Information Agency Calabarzon Facebook page.



Ibinalik na sa limang-araw na operasyon ang lahat ng tanggapan ng pamahalaang lungsod ng Bacoor simula noong Lunes, Hulyo 1. Alinsunod sa Executive Order No. 92-A-2024, ipinag-utos ni Mayor Strike B. Revilla na ibalik sa regular na limang araw na work week, mula Lunes hanggang Biyernes, alas-8 ng umaga hanggang alas-5 ng hapon ang operasyon ng pamahalaang lungsod. Ayon kay Revilla, bunsod ito ng patapos na bisa ng Executive Order No. 92-2024 na naunang nilagdaan ng alkalde. Dagdag pa ng alkalde, inagahan nila ang pagbabalik na regular na operasyon ng pamahalaang lungsod dahil sa pagbuti ng kalagayan ng panahon at upang masiguron ang tuloy-tuloy na serbisyo sa mga residente. Layon rin nito na masiguro ang kaligtasan at kaginhawaan ng mga empleyado at residente, at upang mas mapalawig ang serbisyong publiko ng pamahalaang lungsod. | via City Government of Bacoor #BagongPilipinas

Comelec: Hybrid polls violate election automation law...from page 1

2025 elections. Republic Act 9369 or the Election Automation Law, enacted in 2007, authorized the poll body to use an automated election system in subsequent national and local elections.

The law aims to ensure transparency, credibility, fairness, and accuracy of elections in the country.

The Philippines' first automated polls took place in May 2010.

Under a hybrid method, Garcia said it would take several days for votes to be counted.

On Thursday, poll watchdog Kontra Daya urged the poll body to consider the option of using a hybrid election system in next year's elections, as its PHP17.9 billion poll automation contract with South Korean firm Miru Systems is being

questioned. It said a hybrid election system shall employ a manual counting at the precinct level and an automated transmission of the results.

Earlier, Sagip party-list Rep. Rodante Marcoleta revealed that he has discovered at least PHP120 million have been deposited to 49 offshore bank accounts from South Korean banks with indications leading to a Comelec official.

The service provider for the automated polls next year is based in Seongnam, South Korea.

Garcia said he was referred to by Marcoleta and vehemently denied the allegations.

Former Caloocan congressman Edgar Erice has filed a petition before the Supreme Court questioning the Comelec-Miru contract. (PNA)



Bahagyang maulap hanggang sa maulap na kalangitan na may pulo-pulong pag-ulan ang aasahan sa kalakhang Calabarzon ngayong Miyerkules, ika-10 ng Hulyo, batay sa weather forecast ng PAGASA.

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-24-043
FOR: Petition for Extra-Judicial
Foreclosure of Real Estate
Mortgage under Act 3135 as
amended

TRANS-PHIL CREDIT CORPORATION,
Creditor-Mortgagee,

-versus-

SPS. RODERICK A. ESPIRITU &
GERALDINE M. ESPIRITU,
Debtors/Mortgagors,
X-----X

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by Creditor-Mortgagee, TRANS-PHIL CREDIT CORPORATION, a corporation duly organized and existing under the laws of the Philippines, with principal office and place of business at No. 1218 Pablo Ocampo corner Alfonso Street, Malate Manila, pursuant to the terms and conditions of the Real Estate Mortgage ("MORTGAGE") executed and notarized on March 16, 2023 by Mortgagors-Debtors, SPS. RODERICK A. ESPIRITU & GERALDINE M. ESPIRITU, both of legal age, Filipino citizens, with residence and postal address at Lot 3098-E-1-A Barangay Mangas II, Alfonso, Cavite, in favor of the Creditor-Mortgagee, over a real estate property including improvements thereon, described in and covered by TRANSFER CERTIFICATE OF TITLE NO. 076-2016003490 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors-Debtors in the amount of ONE MILLION NINE HUNDRED TWENTY THOUSAND FIVE HUNDRED TWENTY-ONE PESOS and 51/100 (Php1,920,521.51) as of February 19, 2024, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Oliver T. Bocacao, Jr., will sell at public auction on SEPTEMBER 4, 2024 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 in Philippine Currency, the following property with all its improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 076-2016003490
Registry of Deeds for Tagaytay City

"IT IS HEREBY CERTIFIED that a certain land situated in BO. OF MANGAS, MUN. OF ALFONSO, PROV. OF CAVITE, ISLAND OF LUZON, more particularly bounded and described as follows:

LOT NO: 3098-E-1-A PLAN NO: (LRA) PSD-E2015003632

PORTION OF: LOT 3098-E-1, (LRA)
PSD-357408 (LRC REC. NO.) FREE PATENT

LOCATION: BO. OF MANGAS, MUN. OF ALFONSO
PROV. OF CAVITE, ISLAND OF LUZON

BOUNDARIES:

LINE	DIRECTION	ADJOINING LOT (S)
1-2-3-4-5-6	NW, NE, SE,	LOT 3098-E-1-B, (LRA) PSD-E2015003632
6-1	SW	PROVINCIAL ROAD (12.00 M. WIDE)

TIE POINT: BLLM NO. 1, CAD 466-D, MUNICIPALITY OF ALFONSO, PROVINCE OF CAVITE

LINE	BEARING	DISTANCE
TO CORNER 1	S. 29° 42' E	3150.05 M.
1-2	N. 54° 29' E	14.96 M.
2-3	S. 35° 58' E	7.80 M.
3-4	S. 62° 12' W	6.60 M.
4-5	S. 26° 02' E	5.33 M.
5-6	S. 62° 36' W	6.11 M.
6-1	N. 43° 21' W	11.41 M.

AREA: ONE HUNDRED THIRTY SIX SQUARE METERS (136), MORE OR LESS DESCRIPTION OF CORNERS: ALL POINTS ARE PS CYL. CONC. MONS. 15X40 CMS. BEARINGS: TRUE DECLINATION:
DATE OF ORIGINAL SURVEY: JAN.-JULY 1983
DATE OF SUBD/CONS SURVEY: NOV. 9, 2014
GEODETIC ENGINEER: RAMIL A. ESPIRITU

NOTES:
Owner: RODERICK A. ESPIRITU MARRIED TO GERALDINE M. ESPIRITU, FILIPINOS
Address: MANGAS II, ALFONSO, CAVITE"
In the event the public auction should not take place on the said date, it shall be held on SEPTEMBER11, 2024 without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the CERTIFICATE OF TITLE NO. 076-2016003490, 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, June 18, 2024.

ATTY. VARBRA ANN A. VARIAS-DIMAYUGA
Clerk of Court VI & Ex-Officio Sheriff

OLIVER T. BOCACAO JR.
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
Note:
Publication was awarded to: CAVITE MONDAY TIMES
Date of Publication: July 1, 8, 15, 2024

Copy Furnished:

TRANS-PHIL CREDIT CORPORATION
Mortgagee
No. 1218 Pablo Ocampo corner Alfonso Street, Malate, Manila

SPS. RODERICK A. ESPIRITU AND GERALDINE M. ESPIRITU
Mortgagors
Lot 3098-E-1-A Barangay Mangas II, Alfonso, Cavite

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
Branch 90
DASMARIÑAS CITY, CAVITE

File No. FC-DC-1376-24
EXTRA JUDICIAL FORECLOSURE
OF REAL ESTATE MORTGAGE
UNDER ACT 3135, AS AMENDED
BY ACT 4118

HOME DEVELOPMENT MUTUAL FUND
(Otherwise known as PAG-IBIG Fund),
Petitioner/Mortgagee,

-versus-

MA. LUISA C. BARAL MARRIED TO
REY P. BARAL,
Respondent/Mortgagor.
X-----X

NOTICE OF SHERIFF'S SALE

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118 filed by the petitioner/mortgagee, HOME DEVELOPMENT MUTUAL FUND (Otherwise known as PAG-IBIG Fund), a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679, with postal address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against respondents/mortgagor, MA. LUISA C. BARAL MARRIED TO REY P. BARAL with postal address at (1) 1008 Adelina St., Sampaloc, Manila; and 2) Lot 7 Block 50, Mabuhay Homes 2000, Paliparan, Dasmariñas, Cavite and for the satisfaction of the mortgaged debt which as of JUNE 03, 2024 amounts to TWO HUNDRED TWENTY TWO THOUSAND THREE HUNDRED THIRTY FIVE PESOS AND 88/100 (Php 222,335.88), exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on AUGUST 13, 2024 at 10:00 o'clock in the morning or soon thereafter in the Court Room of Branch 90, Regional Trial Court, Ground Floor, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Buro I, Dasmariñas City, Province of Cavite to the highest bidder and for CASH or CERTIFIED CHECK, in Philippine Currency, the following described real property together with all the buildings and other improvements existing thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 658100

IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Dasmariñas, Prov. of Cavite bounded and described as follows:

A parcel of land (Lot 7 Block 50 of the cons./subd. plan, Pcs-04-011234, being a portion of the cons. of Lot 7, Pcs-042106-008804, Lot 4, Pcs-04-003272 Lot 7228-A, Psd-04-022816 (Rs-04-002224), and Lot 6995-N, Imus Estate (Rs-04- 002199), L.R.C. Rec. No.), situated in the Brgy. of Paliparan, Mun. of Dasmariñas, Prov. of Cavite. Bounded on the NE., along line 1-2 by Lot 9, Blk. 50; on the SE., along line 2-3 by Footpath 40; on the SW., along line 3-4 by Lot 5; on the NW, along line 4-1 by Lot 6, both of Blk. 50 all of the cons./subo plan. Beginning at a pt. marked "1" on plan being S. 09 deg. 39'E., 2482.54 m. from Mon. 163, Imus Estate; thence S. 17 deg. 16'E., 8.60 m. to pt. 2; thence S. 72 deg. 44'W., 5.00 m. to pt. 3; thence N. 17 deg. 16'W., 8.60 m. to pt. 4; thence N. 72 deg. 44'E., 5.00 m. to the pt. of beginning, containing an area of FORTY THREER (43) Sq.M. All pts. referred to are indicated on the plan and are marked on the ground by PS cyl. conc. mon. 15x60 cm; bearings true; date of original survey, July 27, 1905-June 11, 1908 & that of the consol./subd. survey Sept. 2-28, 1995 & was approved on Dec. 22, 1995.

is registered in accordance with the provisions of the Property Registration Decree in the name of MA. LUISA C. BARAL, Filipino, of legal age, married to Rey P. Baral.

Prospective buyers and/or bidders are hereby enjoined to investigate for themselves the title of the said real property and the encumbrance thereon, if there be any.

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

In the event that the public auction should not take place on the said date and time, it shall be held on AUGUST 27, 2024, at the same time and place without further notice.

Dasmariñas City, Cavite, June 25, 2024.

ARLYN P. BARCELON
Sheriff IV

ATTY. MARCELA L. BAYBAY
Clerk of Court VI & Ex-Officio Sheriff

PUBLICATION: Cavite Monday Times
DATES: July 8, 15 & 22, 2024
Raffle Date of Judicial Notices: June 21, 2024

Copy furnished:

HOME DEVELOPMENT MUTUAL FUND
(Otherwise known as PAG-IBIG Fund)
The Petron Mega Plaza Bldg.,
No. 358 Sen. Gil Puyat Ave., Makati City

MARIA VICTORIA D. CAPIRAL
ATTY. MELANIO BADENAS
GCCS & Associates Corp.,
Rm. 209 Megastate Bldg.,
No. 737, G. Araneta Ave., Tatalon Quezon City

MA. LUISA C. BARAL MARRIED TO REY P. BARAL
1) 1008 Adelina St., Sampaloc, Manila;
2) Lot 7 Block 50, Mabuhay Homes 2000,
Paliparan, Dasmariñas, Cavite

Note posted at:
1.The Bulletin Board of Regional Trial Court, Dasmariñas City, Cavite
2. The Bulletin Board of Dasmariñas City Hall
3. The Bulletin Board of Dasmariñas City Post Office
4. The Bulletin Board of Dasmariñas City Public Market

Bataan-Cavite mega bridge construction to start early or mid-2025

CAPAS, Tarlac – The construction of the 32-kilometer Bataan-Cavite Interlink Bridge is likely to start early or mid 2025, the Department of Public Works and Highways (DPWH) said Thursday.

With an initial cost of PHP219 billion, the Bataan-Cavite mega bridge is set to be the “biggest and the single most expensive project” of the DPWH, Public Works Undersecretary Maria Catalina Cabral said during the Build Better More Infrastructure Forum at New Clark City in this town.

The bridge, once completed, will reduce the travel time between Bataan and Cavite from five hours to 45 minutes bypassing Metro Manila by crossing Manila Bay.

The detailed engineering design of the mega bridge project has been completed, while the bidding of the initial contract package was held last week, Cabral said.

“Hopefully, it will be started either by early part of next year or middle of next year,” she said.

The project will be funded through an official development assistance (ODA).

ODA loans support developing countries by providing low-interest, long-term and concessional funds to finance development projects.

The construction of the Bataan-Cavite bridge project was supposed to start late 2024.

Asked what caused the delay, Cabral explained that the government took its time in looking for the “best financing package” available.

“Sourcing the funding has been really the problem. We’re trying to get the best financing package for this biggest project of the DPWH and finally we are able to do so,” Cabral said.

“I think last week we just held the bidding for the first contract packages,” she added.

Infra program forum

Spearheaded by the Presidential Communications Office (PCO), the Build Better

More Infrastructure forum is the third leg of the PCO’s pioneering initiative, the Bagong Pilipinas Media Engagement and Workshop Series of 2024, following the successful culmination of the Food Security Cluster Communications Workshop and National Security Cluster Communications Workshop in March and April 2024, respectively.

It seeks to provide a platform



MEGA BRIDGE. Department of Public Works and Highways (DPWH) Undersecretary Maria Catalina Cabral talks about the 32-kilometer Bataan-Cavite Interlink Bridge during the Build Better More Infrastructure Forum at New Clark City in Capas, Tarlac on Thursday (July 11, 2024). The mega bridge aims to reduce travel time between the provinces of Bataan and Cavite from five hours to just 45 minutes, bypassing Metro Manila through Manila Bay. (PNA photo by Darryl John Esguerra)

to allow government agencies to engage and collaborate with the media and government communicators to enhance the quality and value of public discourse on the Build Better More Infrastructure Program – the flagship infrastructure development agenda of the Marcos administration.

The program includes 187 infrastructure flagship projects. (PNA)

CBCP to divorce supporters: Take it slow, study effects on society

MANILA – The Catholic Bishops' Conference of the Philippines (CBCP) called on divorce advocates to think carefully about the measure's effects on society.

In a pastoral letter issued Thursday after its 128th Plenary Assembly, the Conference said there is no need to rush the passage of the measure and that Filipinos must exercise self-control before calling for its enactment.

"Before we jump into the divorce bandwagon, before we end up regretting it and hearing those who dared to swim against the current, 'But we told you so!', can we just take a little more time and ask – could there be a reason why we are practically the last remaining country in the world that still has not opted to legalize civil divorce?" the letter signed by CBCP president Bishop Pablo Virgilio David read.

"The Tagalog expression, 'Maghunos-dili muna tayo at mag-isip-isip,' (Let us keep our cool and reflect) is probably the most appropriate exhortation to those who are too eager to come up with an Absolute Divorce Law in our country."

The CBCP also noted that it would be dangerous for the government to make it easy for married couples who are having problems with their relationship to have their mar-

riages civilly dissolved.

"Think of the sufferings that you would have had to endure if civil divorce had already been available as a remedy for what your own parents may have thought back then were 'irreconcilable differences' between them," it said.

The CBCP added that allowing divorce is not a guarantee that the succeeding marriages will be better than the preceding ones.

"Statistics tell us that in countries where civil divorce is legal, 'failure rate for first marriage is roughly 48 percent, 60 percent for second, and 70 percent for third marriages' (National Center for Health Statistics in the United States). Are we sure we want our families to become part of (these) grim statistics?" it said.

At the same time, the Church leaders expressed appreciation for the move of laypeople to hold discussions on the proposed measure.

"As spiritual and moral leaders of the Church, we can only propose but never impose. We can only motivate our faithful to actively participate in reasoned public discourse as citizens," the CBCP added.

On May 22, the House of Representatives approved Bill 9349, or the Divorce Bill, on third and final reading.

The bill was transmitted to the Senate last month. (PNA)

Task group probes hotel murder incident in Tagaytay

By Roselle R. Aquino

Camp Vicente Lim, Calamba City - PRO 4A Regional Director PBGen Paul Kenneth Lucas ordered the creation of a special investigation Task Group "SITG DAVID FISK" to investigate the identification and immediate arrest of the suspect responsible for the recent hotel murder incident in Tagaytay.

Based on the report, at about 1:35 PM on July 10, 2024, the personnel of Tagaytay CCPS received a telephone call from hotel staff informing them of the incident.

Patrol personnel and investigators responded to the crime scene to verify the report and upon arrival, they discovered the lifeless bodies of an Australian couple and a female Filipino companion in one of the rooms. The victims were found with their hands and feet bound, and packaging tape cov-

ering their mouths.

The victims were identified as alias "David", 57 years old, Australian, alias "Lucita" 55 years old, Australian, and alias "Mary" 30 years old, a Filipina.

Lucas, ordered the backtracking and identification of the suspect based on the evidence that was gathered during the initial investigation.

"For now, we are conducting a thorough investigation based on the evidence that we have collected in our initial investigation. Our task group conducted back-tracking of CCTV footages and follow-up investigation for the possible identification of the suspect, rest assured that we will provide updates on any new information that comes to light on this case. Sisiguraduhin namin na mananagot ang may sala sa karumaldumal na pagpatay na ito." Lucas said.

Kapihan sa bagong Pilipinas highlights Tourism industry gains in Calabarzon



As the primary government agency mandated to promote and develop a sustainable and inclusive tourism industry in the country, the Department of Tourism Calabarzon Office presented its accomplishments for the year 2023 and 2024 during the seventh episode of the Kapihan sa Bagong Pilipinas on Tuesday, July 9.

Marites T. Castro, Regional Director of DOT Calabarzon underscored the contributions of their office in the Calabarzon's thriving and emerging tourism industry.

This includes the following:

- The launching of the CALA-

BARZONE mobile application, which aims to further promote tourist destinations in the Philippines and provide users with information to help them explore the region's wonders and activities.

- Successful conduct of various training programs, including the Integrated Tourist Oriented-Police for Community Order and Protection, Tourist Boatmen as Tourism Frontliners, Farm Tourism Product Development, Cultural Community Guiding, Basic Tour Guiding, Community-Based Kulinarya Workshop, among others.

- Recognized as the top re-

gional contributor for the Filipino Brand of Service Excellence (FBSE).

- Introduced Tourism Circuit developments and promotion including GCI Validation, UNESCO World Heritage briefings, and hosting of the Hello Filipino Youth Tour with Miss Philippines Australia.

- Actively participated in different travel and trade expo, assisted industry stakeholders, led several tourism marketing and promotional activities, as well as validation and assessment, rollout tourism guidebook, and provided technical assistance for Foreshore Lease Area, Miscellaneous Lease Application

(MLA), Tourist Rest Areas, and Tourism Road Infrastructure Projects.

- Presented the 2023 Calabarzon Quarterly Regional Economic Situationer including its indicators such as Overnight Tourist, Domestic, Foreign and Overseas Filipinos

- Highlighted the Top 10 markets, Top 10 Tourist Sites, LGUs and provinces in the region

via CO, TJZP, JL; PIA4A #KapihanSaBagongPilipinas #BagongPilipinas #LoveThePhilippines #DOT | #PCO | #PIA

PNP strictly vetting 'tips' on Quiboloy's whereabouts

MANILA – Pieces of information on the whereabouts of fugitive televangelist Apollo Quiboloy will undergo strict verification, the Philippine National Police (PNP) said Thursday.

This came after the Police Regional Office (PRO)-11 (Davao) confirmed receiving a lot of calls giving information on Quiboloy's location after a reward has been offered for his arrest, PNP spokesperson Col. Jean Fajardo said in a press briefing at Camp Crame.

"Baka meron doon ay nililigaw naman yung ating focus kung saan yung sa tingin natin ay maaaring matagpuan itong mga wanted persons na ating hinahanap (It is likely that some would want to mislead our focus on where to find these wanted persons. This is not impossible)," she said.

She, however, assured that the police is sparing no effort in looking for Quiboloy.

"One of the challenges is we know that the subject of

our warrant of arrest is a high profile individual. He has resources, he has supporters so we continue to appeal to Pastor Quiboloy and his five co-accused, spare your supporters, your relatives. Face the charges. On the part of the PNP, we are just implementing the law," she said in Filipino.

Earlier this week, Interior Secretary Benjamin Abalos Jr. announced that citizens have pooled a PHP10-million reward for information that can help in the arrest of Quiboloy.

Quiboloy's five co-accused

each have a PHP1 million bounty.

The Kingdom of Jesus Christ leader has standing arrest warrants for child and sexual abuse issued by the Davao City Regional Trial Court, and human trafficking issued by a Pasig City court, which are non-bailable cases.

Fajardo said the PNP is looking into increasing the bounty for anyone who can give information that will lead to Quiboloy's arrest. (PNA)

Miru Systems' 18 Billion Peso Contract for Philippine Elections Sparks Major Concerns



Miru Systems' 18 Billion Peso Contract for Philippine Elections Sparks Major Concerns
Manila, Philippines — On July 9, 2024, Hon. Rodante D. Marcoleta, Party List – SAGIP, addressed the media regarding troubling reports on Miru Systems, which COMELEC has chosen to supply voting technology for the 2025 national elections. Marcoleta expressed serious reservations about whether Miru's technology aligns with the stringent specifications mandated by the Automated Election Law. This law requires that election technologies demonstrate proven capability and successful use in prior elections, both domestically and internationally. Marcoleta emphasized the fundamental importance of conducting fair and transparent elections, echoing the concerns of many Filipinos. He stressed the urgency for COMELEC to provide clear responses to allegations raised about Miru's technologies, given their implications for the credibility and integrity of future elections in the Philippines. COMELEC is set to spend 18 billion pesos on machines and technologies for the 2025 elections, heightening the need for scrutiny and accountability.

The concerns raised by Marcoleta coincide with an investigative report by Politico, a prominent US-based journal, which has scrutinized Miru Systems' track record. The report questioned the reliability of Miru's voting technology in Iraq and Congo, nations supported by US



election funding but marred by significant technical issues. Politico's investigation also highlighted sanctions imposed by the US Treasury Department on the president of the Congo Election Commission due to corruption allegations involving Miru's machines. Locally, Miru Systems secured a sole-bidder contract with COMELEC for the 2025 elections, despite calls from various quarters for greater scrutiny. COMELEC's response that "winners in Congo and Iraq are satisfied with Miru's performance" has raised further doubts about the suitability of Miru's technology for the Philippines' electoral process.

Furthermore, concerns extend to Miru's association with Russian elections, where it has ties with Bauman Moscow State Tech-

nical University. This affiliation played a role in developing election scanners used in Russia's controversial 2018 presidential election and subsequently in Iraq, raising questions about the technology's impartiality and reliability.

The issue has broader implications as the Philippines navigates geopolitical tensions. Surveys by Pulse Asia underscore Filipinos' preference for Western-led democratic principles over concerns about Russian and Chinese influences. This sentiment underscores the need for COMELEC to carefully consider the ramifications of partnering with a company linked to Russia, especially amidst efforts to strengthen ties with the United States

and other Western democracies. The ongoing controversy prompts critical questions about COMELEC's procurement practices and its commitment to upholding electoral integrity. Marcoleta's call for transparency reflects widespread public concern over safeguarding the sanctity of Philippine elections against potential external influences.

Australia confirms death of 2 nationals in posh Tagaytay hotel

MANILA – The Australian government confirmed on Thursday that two of its nationals died at a posh hotel in Tagaytay City.

"The Department of Foreign Affairs and Trade (DFAT) is providing consular assistance to the families of two Australians who have died in the Philippines," Australia's DFAT said in an email to the Philippine News Agency.

"We send our condolences to the families at this difficult time. Owing to our privacy obligations we are unable to provide further comment."

The Associated Press (AP) said the Australians -- a male in his 50s and his Philippine-born female partner who has acquired Australian citizenship -- and their Filipino companion, daughter-in-law of the woman, were found with their hands and feet tied in their hotel room. The bodies were taken to Silang, Cavite for autopsy. Quoting Tagaytay police chief Lt. Col. Charles Daven Capagcuan, the AP reported that the Australian male victim's throat was slit with a sharp object while the two women may have been suffocated using a pillow.

In a radio interview, Cavite Police Provincial Office public information office chief, Maj. Jean Alagos, said the local police received the report

about the killing at around 1:30 p.m. Wednesday.

She said a hotel staff who checked the victims' room discovered their remains at around 12:30 p.m., as they were supposed to check out at noon.

Initial investigation showed that an electrical cord was used to tie up the trio while their mouths were covered with packaging tape.

Police have yet to determine whether there are missing belongings.

"We were shocked by this incident. We're very sorry to our Australian friends," Tagaytay Mayor Abraham Tolentino said, as quoted by ABC News Australia.

The AP also talked to the Australian-Filipino's son and husband of the third fatality, who recounted that the couple came from Sydney, went to Bali, Indonesia, and stopped by Tagaytay before their planned return to Australia on the day they were found dead.

The son said his wife picked up the pair from the airport and instead of going back to Mindoro as planned, joined the Tagaytay trip.

He last talked to his wife on Monday. When he could no longer reach them afterwards, he sought the police's help. (With reports from Lloyd Calivan/PNA)

SRA to resume raw sugar exportation to US

MANILA – The Sugar Regulatory Administration (SRA) is planning to resume the exportation of raw sugar to the United States next month, according to administrator and CEO Pablo Luis Azcona.

"Sugar exports need to arrive (in the US) by September... they should start shipping out by August," Azcona said during a briefing on Thursday. Azcona said this July, the agency issued two draft sugar orders to the industry for comment. "Yung US ay nagbigay sa atin ng US quota this year of almost 25,000 metric tons, raw sugar yan. Yung US market is a premium market for raw sugar, mataas yung buying price ng US, so yung exporters natin nanghingi kung pwede silang mag export (The US gave us a US quota this year of almost 25,000 metric tons, that's raw sugar.

The US market is a premium market for raw sugar, the US buying price is high, so our exporters asked if they could export," Azcona said. The Philippines last exported raw sugar to the US in 2021 following a shortage.

Azcona clarified that the country only exports raw sugar when there is overproduction. As of May 12, raw sugar production was at 1.92 million metric tons (MMT). It exceeded the 1.799 MMT recorded the previous year.

"Usually yung export to the US is being used to stabilize our local prices at a time when we have overproduction which is usually January, February, March, peak of milling (Usually the export to the US is being used

to stabilize our local prices at a time when we have overproduction which is usually January, February, March, the peak of milling," he said. Meanwhile, the SRA and Agriculture Secretary Francisco Tiu-Laurel Jr. would discuss the plan to import refined sugar. Laurel earlier said that the country need to import at least 200,000 metric tons of refined sugar in September to ensure a stable supply and prevent price hikes in the retail market. He said the target import intends to cover the gap before the milling season in October.

As of June 9, the country has around 436,229 MT of physical sugar stock and 380,835.70 MT of refined sugar stock. (PNA)

Pagkaing Pampapayat

Payo Ni Doc Willie Ong

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

1. Matatabang isda tulad ng sardinas, tilapia, mackerel at salmon.

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

2. Low-fat milk at yogurt. Ang gatas ay mataas sa protina, mga vitamin Bs at calcium. Kung gusto ninyong pumayat, piliin ang gatas na low-fat o fat-free na mababa sa calories. Ngunit kung kayo ay kabi-

lang sa mga taong nagtatae sa pag-inom ng gatas (may lactose intolerance), puwede ninyong subukan ang yogurt. Mababa sa taba, calories at asukal ang yogurt. May sangkap pa itong healthy bacteria tulad ng lactobacilli na makatutulong sa pag-iwas sa ulcer at kanser sa sikmura.

3. Oatmeal.

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

4. Manok at turkey na walang balat.

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

5. Laman ng karne paminsan-minsan.

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

6. Tubig.

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

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