

# Congressional honor given to Carlos Yulo for winning 2 Olympic golds

MANILA – The House of Representatives has conferred the Congressional Medal of Excellence to gymnast Carlos

Yulo for bagging two gold medals in the 2024 Paris Olympics. During the plenary session on

Wednesday, the chamber adopted House Resolution 1864, which confers the congressional award to Yulo for being the

first and only Filipino athlete in history to win two gold medals in a single Olympic series.

“For his remarkable victory and exceptional performances at the 2024 Paris Summer Olympics

that brought great honor and glory to the country while showcasing

TURN TO PAGE 5

ISSN 2651-6845

# Monday Times Cavite

crusading militant truthful

**PBBM to meet with Caloy, Filipino Olympians on Aug. 13**

SEE PAGE 4

AUGUST 12-18, 2024 RE-ENTERED AS SECOND CLASS MAIL NO. 2011-37 AT BACOR POST OFFICE, CAVITE DATED MARCH 31, 2011 VOL 22 NO. 50

# SEN BONG GO PROVIDES CASH ASSISTANCE TO MARAGONDON FOLKS

Maragondon, Cavite - About 2,500 individuals from this town benefitted from the assistance given by Sen Bong Go during his visit Thursday, August 8, 2024.



The assistance came from Senator Bong Go thru the Local Government Social Fund.

Grade 12 graduates and scholars from Maragondon.

sunglasses were also raffled. Basket and Volley balls were also given to chosen residents.

construction of a new Cavite Municipal Hospital and allots a P12M budget for the project.

the Sangguniang Bayan passed a resolution declaring Senator Bong Go as Adopted Son of Maragondon.

Senador Go thanked the people for the warmth welcome and promised more projects for the town that will benefit its citizenry, youth and other sectors of the society.

It benefitted solo parents, Persons with Disabilities (PWD),

Each recieved P2,000 plus grocery packs. Several items like bicycles, wrist watches,

Sen Go also led the ground breaking ceremony for the

To show appreciation, the local government unit thru

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## Australia to launch work, holiday visas for Filipinos soon

MANILA – The Australian government is launching its work and holiday visa for Filipino nationals “in the coming months,” the Australian Embassy in Manila said Thursday.

“Both countries are now undertaking the administrative arrangements necessary before launching the program in the coming months,” it said in a statement, citing the Australia Department of Home Affairs.

The Embassy said the start date and other details would be published as soon as arrangements are finalized, including the advice to Filipino passport holders on how to

get a Letter of Concurrence (LoC) from the Philippine government.

The new program for Filipinos follows the signing of the Australia-Philippines Memorandum of Understanding for a Work and Holiday (subclass 462) visa arrangement last September 2023.

The scheme will allow up to 200 Filipinos aged 18 years to 30 years to have an extended holiday in Australia, and do short-term work to help fund their trip; study for up to four months; or do three months of “specified subclass 462” work to become eligible for a sec-

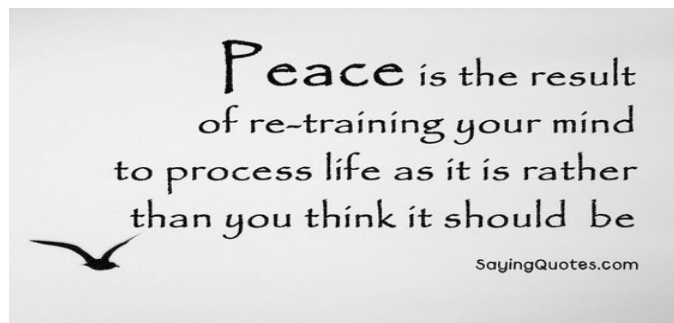
ond work and holiday visa.

In the inaugural Philippine-Australia Bilateral Consular Consultation (BCC) in Makati on July 24, the two states discussed the scheme and also explored opportunities for collaboration on significant consular trends, including e-Apostilles and education.

In addition, the two sides ex-

pressed interest to negotiate an agreement on consular notification and access (CNA) and cooperation agreements related to crisis response.

The countries also discussed issues relevant to the welfare of Filipino nationals in Australia, particularly bridging programs for students and recognition of licensed Filipino professionals. (PNA)



## DepEd eyes more admin staff to ease teachers' workload

MANILA – The Department of Education (DepEd) on Thursday expressed plans to increase the number of administrative staff to further ease the non-teaching workload of public school teachers following the official opening of the school year 2024-2025.

In an ambush interview, DepEd Secretary Sonny Angara said the sector still lacks administrative assistants despite the deployment of 5,000 non-teaching staff.

“Na-o-overburden iyong administrative assistants dahil iyong iba tatlo iyong eskwelahan iyong pinupuntahan niya (Our administrative assistants are being overburdened because others are catering to three schools),” he said.

The DepEd has yet to determine the number of additional staff, as it conducts a study on the reduction of teachers' administrative workload.

“Hihingi pa kami ng additional na tulong dito sa (We will ask for additional help in our) manpower. But at the same



time, siguro babawasan rin namin iyong mga reports (we can maybe reduce our reports),” Angara said referring to non-teaching reports.

Meanwhile, the DepEd chief said there is still room for adjustments as some teachers were reportedly “being overwhelmed” during the pilot implementation of the MATATAG curriculum.

“There'll be adjustment pe-

riod kasi pilot pa lang siya. Iyon ang maganda dahil pilot pa lang siya kung may nais baguhin, madaling baguhin (because it's still in the pilot phase. That's what's good during the pilot phase because if you want to revise something, it can be easily done),” Angara said.

Overall, he said the DepEd only encountered minor issues during the opening of classes, considering the effects of the enhanced southwest monsoon and Super Typhoon Carina.

As of Thursday, 615 public schools have yet to open classes, affecting 454,082 learners in Metro Manila, Ilocos Region, Central Luzon, and Calabarzon. The said schools are

expected to open their classes on August 5.

To date, the DepEd already hit 83 percent of its target enrollment from elementary to Senior High School level, in all public and private schools nationwide.

This accounts for 23,087,785 out of its 27,722,835 learners, including 256,643 alternative learning system (ALS) enrollees.

The highest number of enrollees was recorded in Calabarzon with 3.38 million enrollees, followed by Central Luzon and Metro Manila, with 2.45 million and 2.36 million enrollees, respectively. (PNA)

## PRO 4-A Balik Eskwela 2024-2025 Achieves Zero School related and Street Crimes Incidents

By Roselle R. Aquino

Camp BGen Vicente P. Lim, Calamba City – The Police Regional Office 4A, under the leadership of Regional Director PBGEN Paul Kenneth T Lucas recorded zero school-related and street crime incidents as the Balik-Eskwela for the School Year 2024-2025 began today, Monday, July 29, 2024, across the CALABARZON Region.

As of 5:00 PM today, over 5,004 schools have resumed classes, marking a smooth start to the new school year. A total of 1,969 police personnel were deployed to man police assistance desks, conduct mobile and foot patrols, and implement other crime prevention measures.

“I want to congratulate the entire PRO CALABARZON police force as our thorough preparations for the return of

our students to school have resulted in a smooth and orderly start, with zero school-related and street crime incidents recorded,” Lucas said.

Lucas emphasized that, although not all schools in the region have fully re-opened, the continuous deployment of police officers to each school and densely populated area ensured the safety of every student, teacher, and member of the CALABARZON com-

munity as normal school operations resumed.

“Makakaasa po ang ating mga kababayan na patuloy po nating paiigtingin ang ating police visibility and deployment sa bawat sulok ng CALABARZON, hindi lamang para masiguro ang kaligtasan ng bawat mag-aaral kundi ng bawat mamamayan ng CALABARZON,” Lucas added.

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

Publication: Cavite Monday Times  
Days: July 15, 22, 29, 2024

Monday Times

A weekly publication, with principal office, business and editorial address at 151 Panamitan, Kawit, Cavite 4104  
\*Cell.no. 09176275521

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COMMERCIAL ADS :P200/COLUMN CM  
LEGAL NOTICES :P160.00/COLUMN CM

Monday Times Cavite is accredited by the Regional Trial Courts of Imus and Trece Martires City to publish legal and judicial notices.

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for  
REGIONAL TRIAL COURT, Branch 114  
City of Bacoor, Cavite  
Email: rtc1bcr114@judiciary.gov.ph

LRC CASE NO. 8843-2024-73

IN THE MATTER OF THE RECONSTITUTION OF THE ORIGINAL COPY OF TCT NO. T-300237 UNDER SEC. 110 P.D. 1529 REGISTERED TO SPS. JESUS AND LEONILA UMALI OF THE REGISTRY OF DEEDS OF THE PROVINCE OF CAVITE

JONALYN DY DELIMA,  
Petitioner,  
-Versus-  
The Register of Deeds of the Province of Cavite, Office of the Solicitor General, Land Registration Authority.  
Respondent.  
x-----x

ORDER

On July 9, 2024, petitioner through counsel filed this instant petition alleging among others that: (a) the property involved in this petition is a foreclosed property covered by TCT No. T-300237 registered to Spouses Jesus B. Umali and Leonila B. Umali; (b) the petitioner acquired the foreclosed property from Balikatan Financing Services; (c) when the petitioner applied for a certified true copy of the Original copy of the title for transfer purposes, she was issued a Certification dated June 27, 2024 stating that the Original copy of the said certificate of title was destroyed and mutilated; (d) the subject property has been declared for taxation purposes; and (e) the subject property has not been sold or encumbered to anyone. Petitioner is praying that the court, after due notice and hearing, render judgment directing the Register of Deeds for the Province of Cavite to issue a reconstituted Original Transfer Certificate of Title No. T-300237 under the same terms and condition as the original destroyed one after payment of the proper fees.

Finding the petition to be sufficient in form and substance, NOTICE IS HEREBY GIVEN that the petition is set for initial hearing on November 8, 2024 at 2:00 in the afternoon at 2nd floor, New Hall of Justice, Evangelista St., Brgy. Poblacion, City of Bacoor, Cavite at which date, place and hour, any interested person may appear and show cause why the said petition should not be granted.

Petitioner is directed to cause the publication of the copies of this Order, at his expense, twice in successive issues in the Official Gazette and once a week for three (3) consecutive weeks in a newspaper of general circulation in the Cities and Province of Cavite at least thirty (30) days prior to the scheduled date of hearing.

Let copies of this Order be posted in three (3) conspicuous places in the City of Bacoor, where the subject property is situated at least one (1) month prior to the aforesaid date of hearing, particularly at the bulletin boards of the following: (1) the main entrance of the City Hall Building of Bacoor; (2) the Hall of Justice of Bacoor City; and (3) the Barangay Hall where the property is situated.

The Branch Clerk of Court is directed to furnish with copies of this order the Office of the Solicitor General, the Office of the Prosecutor of Bacoor City, the Register of Deeds of Bacoor City, the Register of Deeds for the Province of Cavite and the Land Registration Authority.

Petitioner is directed to furnish with copies of the verified petition and all its attachments the Office of the Solicitor General, the Office of the Prosecutor of Bacoor City, the Register of Deeds of Bacoor City, the Register of Deeds for the Province of Cavite and the Land Registration Authority.

The Land Registration Authority is required to submit to the court its REPORT and the Register of Deeds of Bacoor City/ Register of Deeds for the Province of Cavite to submit its written FINDINGS on the status of the title sought to be reconstituted in this petition on or before the date of the hearing set on November 8, 2024.

SO ORDERED.

IN CHAMBER. City of Bacoor, Cavite. July 16, 2024.  
NIKKI ROSE DELA PEÑA ESPERANZA  
Assisting Judge

Copy Furnished:

JONALYN DY DELIMA (Petitioner)  
1787 Estrada St., San Andres Bukid, Malate, Manila

ATTY. LUISITO GAUDIER (Counsel for Petitioner)  
Ester Baquir Bldg., L. Castro,  
Tabing Dagat, Bacoor City, Cavite

SPS. JESUS B. UMALI and LEONILA C. UMALI  
02 Primrose St., Manuela Subd., Las Piñas City and/or  
Lot 34 Blk. 1, Wensdale St., Parkdale Subd. 1,  
Malumot, Bacoor City, Cavite

BALIKATAN PROPERTY HOLDINGS, INC.  
24th Floor, BPI Buendia Center,  
Sen. Gil Puyat Avenue, Makati City

REGISTRY OF DEEDS - Bacoor City, Cavite

REGISTRY OF DEEDS - Trece Martires, Cavite

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

LAND REGISTRATION AUTHORITY  
East Avenue, Quezon City

OFFICE OF THE CITY PROSECUTOR

OCC RTC Bacoor Cavite

Publication: CAVITE MONDAY TIMES  
Dates: August 5, 12, 19, 2024

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

File No. FC-DC-1414-24

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-

ALFREDO REYES represented by  
MARILOU CAPUYAN, Attorney-In-Fact,  
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/mortgagors, ALFREDO REYES represented by MARILOU CAPUYAN, Attorney-In-Fact with postal address at (1) PNR Side, Biga-A, Cabuyao, Laguna; and 2) Lot 37 Block 14, San Marino South 2, Bo. Salawag, Dasmariñas, Cavite 4114 and for the satisfaction of the mortgaged debt which as of May 07, 2024 amounts to THREE HUNDRED TWENTY ONE THOUSAND THREE HUNDRED SIXTY THREE PESOS AND 04/100 (Php 321,363.04), exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on SEPTEMBER 17, 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. T-559582

IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Dasmariñas, Province of Cavite, bounded and described as follows: A parcel of land (Lot 37 Blk. 14 of the subd. plan Psd-042106-075975,

being a portion of Blk. 20, Pcs-042106-008537, L.R.C. Rec. No. ), situated in the Brgy. of Salawag, Mun. of Dasmariñas, Prov. of Cavite, Is. of Luzon. Bounded on the SW., along line 1-2 by Lot 38 Blk. 14 of the subd. plan; on the NW., along line 2-3 by Blk. 16 Pcs-042106-008537; on the NE., along line 3-4 by Lot 36 Blk. 14 and on the SE., along line 4-1 by Rd. Lot 4; both of the subd. plan. Beginning at a pt. marked "1" on plan being N. 07 deg. 16'W 407.68 m. from Mon. No. 164, Imus Estate, thence N. 21 deg. 04'W 10.00 m. to pt. 2; thence N. 68 deg. 56'E., 9.00 m to pt. 3; thence S. 21 deg. 04'E., 10.00 m. to pt. 4; thence S. 68 deg. 56'W 7.00 m. to the pt. of 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 July 27, 1905-June 11, 1908 and that of the subd. survey April 4-16, 1994 and was approved on Nov. 11, 1994, is registered in accordance with the provisions of the Property Registration Decree in the name of ALFREDO REYES, of legal age, Filipino, single.

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 OCTOBER 01, 2024, at the same time and place without further notice.

Dasmariñas City, Cavite, July 22, 2024.

ARLYN P. BARCELON  
Sheriff IV

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

PUBLICATION: Cavite Monday Times  
DATES: August 5, 12, 19, 2024  
Raffle Date of Judicial Notices: July 19, 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  
PAULINO E. CASES, JR.  
Cases Collection & Associates Law Offices  
6th Floor, JELP Business Solutions Building,  
409 Addition Hills, Shaw Boulevard, Mandaluyong City

ALFREDO REYES represented by  
MARILOU CAPUYAN, Attorney-In-Fact  
(1) PNR Side, Biga-A, Cabuyao, Laguna;  
2) Lot 37 Block 14, San Marino South 2,  
Bo. Salawag, Dasmariñas, Cavite

Notice 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

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-22-037  
FOR: Extra-Judicial  
Foreclosure of Real Estate  
Mortgage under Act 3135as  
amended by Act 4118

HOME DEVELOPMENT MUTUAL FUND,  
Petitioner/Mortgagee,

-versus-  
ZENAIDA S. SORIANO,  
Petitioners/Mortgagors,  
x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by Petitioner/Mortgagee, HOME DEVELOPMENT MUTUAL FUND., a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679 with principal office 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 executed and notarized on November 19, 1998 by Respondents/Mortgagors, ZENAIDA S. SORIANO, single, of legal age, Filipino citizen, with postal address at (1) 72-A Boni St., Makati City, Metro Manila and (2) Lot 10, Block 24, 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-828699) 26928, of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Respondents/Mortgagors in the amount of TWO HUNDRED SIXTY-FOUR THOUSAND TWO HUNDRED FIFTY- SEVEN PESOS & 83/100 ONLY (Php264,257.83) inclusive of interest and other charges, as of April 22, 2022, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Rhiz Sañel C. Toledo, will sell at public auction on OCTOBER 10, 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-828699) 26928  
Registry of Deeds for Province of Cavite

"IT IS HEREBY CERTIFIED that certain land situated in MUN. OF SILANG, PROVINCE OF CAVITE, hounded and described as follows:

A PARCEL OF LAND (LOT 10 BLOCK 24 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 BLOCK 71, PCS- 04-011250, LRC REC NO.), SITUATED IN THE BRGY. OF TARTARIA, MUN. OF SILANG, PROV. OF CAVITE. BOUNDED ON THE NW., ALONG LINE 1-2 BY LOT 9; ON THE NE, ALONG LINES 2-3 BY LOT 34; ON THE SE., ALONG LINE 3-4 BY LOT 11; ALL OF BLK. 24; AND ON THE SW., ALONG LINE 4-1 BY RD. LOT 27 (6.50 M. WIDE), ALL OF THE CONS./SUBD. PLAN. BEGINNING AT A POINT MARKED "1" ON PLAN, BEING S. 66 DEG. 05'E., 5091.42 M. FROM BLLM NO. 1, CAD. 452-D, SILANG CAD; THENCE N. 73 DEG. 58'E., 10.05 M. TO PT. 2; THENCE S. 15 DEG. 52'E., 5.00 M. TO PT. 3; THENCE S. 76 DEG. 46'W., 10.16 M. TO PT. 4; THENCE N. 14 DEG. 39'W., 41.51 M. TO PT. 1; BEGINNING, CONTAINING AN AREA OF FORTY EIGHT (48) 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 DEC. 7, 1973 DEC. 4, 1975 AND THAT OF THE SUBD. SURVEY ON 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

Owner: ZENAIDA S. SORIANO, single, of legal age, Filipino  
In the event the public auction should not take place on the said date, it shall be held on OCTOBER 17, 2024 without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the CERTIFICATE OF TITLE NO. (T-828699) 26928, 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, July 30, 2024.

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

RHIZ SAÑEL C. TOLEDO  
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: August 12, 19, 26, 2024

Copy Furnished:

HOME DEVELOPMENTAL MUTUAL FUND  
Petitioner/Mortgagee  
The Petron Mega Plaza Bldg.,  
No. 358 Sen. Gil Puyat Avenue, Makati City

CRISTINA A. ESTEPA c/o PAULINO E. CASES, JR.  
Petitioner/Mortgagee

Unit 408 Cityland Condominium 10 Tower II,  
154 H.V dela Costa Street, Salcedo Village Makati City

ZENAIDA S. SORIANO  
Respondent/Mortgagor  
(1) 72-A Boni St., Makati City, Metro Manila  
(2) Lot 10, Block 24, Rancho Imperial De Silang,  
Brgy. Tartaria, Silang, Cavite



# PBBM to meet with Caloy, Filipino Olympians on Aug. 13



NATIONAL TREASURE. An open truck with an electronic billboard of Paris Olympics double gold medalist Carlos Yulo traverses NIA Road, Quezon City on Tuesday (Aug. 6, 2024). The 24-year-old gymnast is scheduled to arrive home on Aug. 13, with a motorcade taking him and the other Olympians to Malacañan Palace in Manila for an audience with President Ferdinand R. Marcos Jr. (PNA photo by Joan Bondoc)

MANILA – President Ferdinand R. Marcos Jr. will meet with double Paris Olympics gold medalist Carlos Yulo and other Filipino Olympians at Malacañan Palace in Manila on Aug. 13.

This was announced by the Presidential Communications Office (PCO) in a statement posted on its official Facebook page.

“President Ferdinand R. Marcos Jr. will proudly receive Carlos Yulo, the 2024 Paris Olympics gold medalist, alongside other outstanding Filipino Olympians at Malacañan Palace on Tuesday, August 13, 2024,” the statement read.

Yulo and the Philippine delegation will land at Villamor Airbase in Pasay City in the afternoon of Aug. 13, the PCO said.

The PCO said the athletes would be welcomed by their families at the airport and would then proceed to the Philippine International Convention Center in Pasay City where government officials would wait for them.

After the welcome ceremony,

they will be accorded with a heroes’ parade until Malacañan Palace.

“Upon their arrival at the Palace, the Olympians will be welcomed by President Ferdinand R. Marcos Jr., First Lady Louise Araneta-Marcos and the First Family,” the PCO said.

“A special program will follow, where the President will personally honor the athletes and present them with well-deserved incentives, recognizing their extraordinary contributions to Philippine sports and their stellar performance during the 2024 Paris Olympics,” it added.

Yulo bagged two Olympic gold medals in the men’s artistic gymnastics’ floor exercise and vault events.

Boxers Nesthy Petecio and Aira Villegas, meanwhile, snatched Olympic bronze medals.

As of posting time, female golfers Bianca Pagdanganan and Dottie Ardine and female weightlifter Vanessa Arno will still vie for medals. (PNA)



The Bureau of Jail Management and Penology Region IV-A (BJMP Regional Office Calabarzon) reported a jail congestion rate of 591 percent, down from 676 percent based on last year’s figures.

In his presentation during the Kapihan sa Bagong Pilipinas episode with the Department of the Interior and Local Government (DILG) and its attached agencies, BJMP IV-A Regional Director JCSUPT Hilbert M Flor highlighted that congestion rate in all jail facilities in the region has decreased with remaining 22,421 inmates under their custody.

REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
CITY OF IMUS, CAVITE

EXTRA-JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135, AS AMENDED BY ACT 4118

FC CASE NO. 19100-24

HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND), Mortgagee,

-versus-

BENEDICTO L. MIRO JR. married to ANNA LIZA S. MIRO, Mortgagors.

X-----X

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND), mortgagee, with principal place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against BENEDICTO L. MIRO JR. married to ANNA LIZA S. MIRO, mortgagors, with residence and postal address at 1006-B.P. Burgos St., San Roque, Cavite City, and/or Lot 7 Block 16, Greenplace Homes, Phase 1, Annex A, Barangay Malagasang II, Imus, Cavite, to satisfy the mortgage indebtedness which as of June 25, 2024 amounts to FOUR HUNDRED FORTY THOUSAND FIVE HUNDRED NINETY FOUR PESOS AND 14/100 (Php440,594.14), Philippine Currency, including interest and penalties, but excluding attorney’s fees, sheriff’s fees and all other charges incidental to this foreclosure and sale, the undersigned will sell at public auction on AUGUST 13, 2024 at 10:00 o’clock in the morning or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC Imus City Hall of Justice, Aguinaldo Highway, Imus City, Cavite to the highest bidder, for CASH and in Philippine Currency, the following property with all improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2014064285

“A PARCEL OF LAND (LOT 7, BLOCK 16, OF THE SUBD. PLAN PSD-04-213603, BEING A PORTION OF LOT 1869 IMUS ESTATE, LRC REC. NO. ), SITUATED IN THE BARANGAY OF MALAGASANG II, MUNICIPALITY OF IMUS, PROV. OF CAVITE, ISLAND OF LUZON. BOUNDED ON THE SOUTH, ALONG LINE 1-2 BY LOT 8; ON THE WEST, ALONG LINE 2-3 BY LOT 9, BOTH OF BLOCK 16; ON THE NORTH, ALONG LINE 3-4 BY ROAD LOT 5; AND ON THE EAST, ALONG LINE 4-1 BY LOT 5, BLOCK 16, ALL OF THE SUBD. PLAN. X X X CONTAINING AN AREA OF THIRTY SIX (36) SQ. METERS. XXX”

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

In the event the public auction should not take place on the said date, it shall be held on AUGUST 20, 2024 at 10:00 o’clock in the morning without prior notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrance therein if any there be.

Imus

City of Imus, Cavite, July 17, 2024.

ROSVIDA C. NOCUM  
Sheriff IV  
Branch 22

Approved:

ARMIE A. FRANCISCO  
Clerk of Court VI

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)  
The Petron Mega Plaza Building,  
No. 358 Sen. Gil Puyat Avenue, Makati City

JEFFREY A. RAMIENTAS, C.P.A.  
Attorney-in-Fact, Greatsource Corp.  
2546 A. Bonifacio St., Bangkal, Makati City

BENEDICTO L. MIRO JR.  
ANNA LIZA S. MIRO  
1006-B P. Burgos St., San Roque, Cavite City and/or Lot 7 Block 16, Greenplace Homes, Phase 1, Annex A Barangay Malagasang II, Imus, Cavite

Publication: Cavite Monday Times  
Dated: July 29, August 5 & 12, 2024



REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
CITY OF IMUS, CAVITE

EXTRA-JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135, AS AMENDED BY ACT 4118

FC CASE NO. 19090-24

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

-versus-

NORA ASUNCION married to ROBERTO ASUNCION, Respondents-Mortgagors.

X-----X

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act No. 3135 as amended by Act No. 4118 filed by HOME DEVELOPMENT MUTUAL FUND (otherwise known as PAG-IBIG Fund), mortgagee, with principal office at The Petron Megaplaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against NORA ASUNCION married to ROBERTO ASUNCION, mortgagor, with residence and postal address at #956-C, Barangka Drive, Mandaluyong City and/or Lot 31, Blk. 4, CH-Barcelona-1, Bo. Tanzang Luma, Imus, Cavite to satisfy the mortgage indebtedness which as of May 07, 2024 amounts to FOUR HUNDRED THIRTEEN THOUSAND NINE HUNDRED NINETEEN PESOS and 72/100 (Php 413,919.72), Philippine Currency, including interest and penalty charges but excluding attorney’s fees, sheriff’s fees, and all other charges incidental to this foreclosure and sale, the undersigned Sheriff IV will sell at public auction on SEPTEMBER 10, 2024 at 10:00 a.m. or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC-Imus, Bulwagan Ng Katarungan, Aguinaldo Highway, Imus City, Cavite, to the highest bidder, for CASH and in Philippine Currency, the following properties with all the improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-579550

“A parcel of land (Lot 31, Blk. 4 of the subd. plan, Psd-042109-062796, being a portion of Lot 5467-D, (LRC) Psd-349661, LRC Rec. No.), situated in the Bo. of Tanzang Luma, Mun. of Imus, Prov. of Cavite. Bounded on the Nw., along line 1-2 by Lot 32, Blk. 4, on the NE., along line 2-3 by Rd. Lot 20, on the SE., along line 3-4 by Lot 30, Blk. 4, on the SW., along line 4-5 by Lot 26, Blk. 4, along line 5-1 by Lot 25, Blk. 4, all of the subd. plan. xxx, containing an area of FIFTY (50) SQ. METERS. xxx”

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

In the event the public auction should not take place on the said date, it shall be held on SEPTEMBER 17, 2024 at 10:00 a.m. without prior notice.

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

Imus City, Cavite, Philippines, July 09, 2024.

BRYAN C. CERVANTES  
Sheriff IV

Approved:

ARMIE A. FRANCISCO  
Clerk of Court VI

Copy Furnished:

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

ATTY. SIMEON P. MADRID  
Attorney-in-Fact, S.P. MADRID & ASSOCIATES  
5th Floor Bedrock Building, Kayumanggi Center  
Commonwealth Ave., Matandang Balara, Quezon City

NORA ASUNCION married to ROBERTO ASUNCION, #956-C, Barangka Drive, Mandaluyong City and/or Lot 31, Blk. 4, CH-Barcelona-1, Bo. Tanzang Luma, Imus, Cavite

Publication: Cavite Monday Times  
Dated: July 29, August 5 & 12, 2024

### 10 TIPS FOR HEALTHY EATING

1. Consume home cooked food more often
2. Eat only as per your requirements
3. Eat at regular intervals
4. Munch on healthy snacks
5. Eat when hungry
6. Consume whole grain more often
7. Eat more protein
8. Eat fish for Omega source
9. Include healthy fats in your diet
10. Eat variety of veggies



# Sen. Imee Marcos & FFCCCII Undertake P60 Million Typhoon Relief, Urge Reforms in Economy, MSMEs, Sports & Foreign Policy

Sen. Imee Marcos & FFCCCII Undertake P60 Million Typhoon Relief, Urge Reforms in Economy, MSMEs, Sports & Foreign Policy

Quezon City – Senator Imee Marcos and Federation of Filipino Chinese Chambers of Commerce and Industry, Inc. (FFCCCII) President Dr. Cecilio K. Pedro announced their ongoing P60 million typhoon Carina relief effort during their talk at the Pandesal Forum of the 85-year-old Kamuning Bakery Cafe. This relief effort, spearheaded by FFCCCII and Senator Imee Marcos, involves 30 major Filipino Chinese business, cultural, and civic organizations, providing aid to flooded and hard-hit areas of Metro Manila and nearby provinces such as Bulacan, Bataan, Pampanga, Tarlac, and Cavite. The eventual target is P100 million worth of donations for essential relief supplies like rice, canned sardines, and other necessities.

During the forum, Senator Marcos and Dr. Pedro congratulated gymnast Carlos Yulo for his unprecedented success in winning two Olympic gold medals in Paris, expressing high hopes that pole vault athlete EJ Obiena, boxers, and other athletes will also secure medals in the ongoing Olympiad. Dr. Pedro emphasized the importance of focusing on individual sports where height is not a crucial advantage, advocating for disciplines where the Philippines can excel globally, unlike basketball which has height requirements. Senator Marcos advised Carlos Yulo and other Filipino sports winners to manage and invest their prize money wisely, seeking good and honest advisers. She also urged the government



to revive grassroots sports programs similar to the successful Gintong Alay project of her late father, President Ferdinand E. Marcos, which nurtured champions like Lydia de Vega and Elma Muros.

Senator Marcos, former Director-General of the Experimental Cinema of the Philippines (ECP), expressed her sadness over the August 4, 2024, passing of top movie producer Mother Lily Yu Monteverde. Dr. Pedro also eulogized Mother Lily and her late husband Remy Monteverde, recognizing them as respected philanthropists within the Filipino Chinese business community. Both Senator Marcos and Dr. Pedro lamented the August 3, 2024, death of FFCCCII Honorary President and philanthropist Dr. Henry Lim Bon Liong, known as the “Father of Philippine Hybrid Rice.” Dr. Lim was a strong advocate of Philippine economic self-reliance, agricultural self-sufficiency, and enhanced economic cooperation with China.

Addressing questions on foreign policy, Senator Marcos urged the government to uphold an independent and balanced approach similar to other ASEAN countries like Malaysia, Thailand, Vietnam, and Indonesia, which prioritize trade and economic cooperation. She emphasized the importance of the Philippines maintaining friendly relations with all global powers for economic and strategic benefits, avoiding involvement in power rivalries. She advocated for less aggressive rhetoric and actions regarding the West Philippine Sea tensions and for continuing diplomatic negotiations. Senator Marcos also stressed the need for national defense self-reliance and regional peace through ASEAN consultation and consensus.

On the need for railways, Senator Imee Marcos lamented that China has first offered their modern railway technology to the Philippines with the Northrail project started under then President Gloria Macapagal Arroyo but unfortunately this was not continued, while

other ASEAN countries had benefitted from China-built modern trains like Indonesia’s Jakarta-Bandung high-speed rail, trains in Thailand and Laos. She pointed out that her home province Ilocos Norte would benefit, if the country and China can jointly build a modern train system across Luzon.

On the economy, Senator Marcos called for increased support for micro, small, and medium enterprises (MSMEs) and the promotion of local manufacturing to reduce reliance on Business Process Outsourcing (BPOs) and overseas Filipino workers (OFWs). Dr. Cecilio Pedro echoed these sentiments, urging improvements in ease of doing business and energy reforms to attract more foreign direct investments (FDIs), including the adoption of nuclear energy and other new technologies to lower high electric power rates.

# Congressional honor given to Carlos Yulo for winning 2 Olympic golds... from page 1



Paris Olympics double gold medalist Carlos Yulo (Photo courtesy of International Gymnastics Federation)

the magnanimity of a Filipino athlete, Carlos Edriel P. Yulo deserves utmost recognition and commendation,” the resolution read.

Speaker Martin Romualdez, author of the resolution, described Yulo as “truly one of the greatest Filipino athletes of all time.”

“Ang kanyang tagumpay ay tagumpay ng bawat Pilipino, at napalaking karangalan ang kanyang hatid sa Pilipinas (His success is the success of every Filipino. He brought immense pride to the Philippines). It is such an extraordinary feat that should be emulated by all of us,” he said.

“Hindi man lahat tayo ay Olympic material, pero tinuruan tayo ni Caloy Yulo na sa tamang pagpupursige ay maaabot din natin ang ating mga pangarap, hindi lamang para sa sarili pati sa ating pamilya, komunidad, at bansa (We might not all be Olympic material, but Caloy Yulo taught us that with the right amount of perseverance, we could achieve our dreams not just for ourselves but also for our family, community, and country).”

The resolution noted that Yulo captured the gold medal in the floor exercise with a his-

toric score of 15.000 points, dethroning Tokyo Olympic champion Artem Dolgopyat of Israel and besting Jake Jarman of Great Britain.

It also highlighted that the Filipino gymnast’s “stellar routine performance” in the final vault events with a total score of 15.116 overtook Armenia’s Artur Davtyan and Great Britain’s Harry Hepworth.

Yulo will be furnished with a copy of the resolution.

Yulo stands to receive rewards both from the government and private sector for his achievement.

The Philippine Sports Commission (PSC), under RA 10699 (National Athletes and Coaches Benefits and Incentives Act), will award PHP20 million, or PHP10 million each, for the gold medals he won.

Yulo will also get PHP6 million as pledged by the House of Representatives, a house and lot in Tagaytay from the Philippine Olympic Committee, PHP5 million from ArenaPlus, and a condominium unit worth PHP35 million from a property development firm. (PNA)

# Kabalikat ng pamahalaan ang pribadong sektor sa patuloy na oil spill response sa Cavite.



Noong Agosto 5, nagbigay ang Cleanway Environmental Management Solutions Inc. ng 50 drum na mayroong takip kung saan ilalagay ang mga contaminated waste na nakalap sa dalampasigan at sa cleanup operation ng pamahalaang panlalawigan, Department of Environment and Natural Resources (DENR) at ng Philippine Coast Guard (PCG). Ipinahayag rin ng kumpanya na handa itong magbigay ng mga karagdagang container kung kakailanganin. Nagbigay rin ng 12 drum ang All Waste Services ng Sto. Tomas City, Batangas bilang karagdagan. Nagpaabot naman ang Department of Social Welfare and Devel-

opment (DSWD) ng 25,000 relief packs para sa mga apektadong residente. Naging mas mabilis naman ang pagbibiyaha ng mga relief pack sa tulong ng 93 Army Reservist ng Philippine Army, Cavite Provincial Police, at PNP Maritime Personnel na nagbigay ng manpower support sa paghakot at pagbibiyaha ng mga relief pack. Labis naman ang pasasalamat ng pamahalaang panlalawigan sa patuloy na pagdating na suporta at mga donasyon para sa kanilang mga kababayan. | via Cavite Provincial Information Office



### HEALTH TIPS FOR RAINY DAYS

- Eat fresh fruits
- Do not eat street food
- Drink boiled water
- Keep your home clean
- Eat healthy & balanced diet
- Avoid getting wet in rain
- Don't play in rain water



## Gov't pilots 'enhanced work immersion' program for SHS students

MANILA – The Department of Education (DepEd) and the Private Sector Advisory Council (PSAC) have joined hands to augment the government's thrust in solving the jobs and skills mismatch problem in the country, coming up with an "enhanced work immersion" program for senior high school students that will be implemented starting this school year.

The education department and PSAC Jobs Committee, through the Private Sector Jobs and Skills Corporation (PCORP), signed a Memorandum of Agreement (MOA) to pilot the program seen to boost the employability of senior high school students.

The MOA signing was witnessed by President Ferdinand R. Marcos Jr. on Thursday at the Malacañan Palace.

The agreement includes the enhanced work immersion experience for students, curriculum alignment allowing more hours for students to learn skills aligned with current industry standards, teachers training to effectively guide students in their journey, and job fairs and matching opportunities nationwide.

"This initiative aims to bridge the gap between theoretical education and practical industry experience, making students more attrac-



WORK IMMERSION. President Ferdinand R. Marcos Jr. presides over a meeting with the Private Sector Advisory Council (PSAC) and officials from the Department of Education on Thursday (Aug. 8, 2024) in Malacañang. The PSAC and DepEd signed a memorandum of agreement that will set in motion an "enhanced work immersion" program for senior high school students beginning this school year to boost their employability and address jobs and skills mismatch. (Presidential Communications Office photo)

tive to potential employers," the PSAC said in a news release.

Among the first industries to join the new program are the Semiconductors and Electronics Industries in the Philippines (SEIPI), IT Business Processing Association of the Philippines (IBPAP), Philippine Constructors Association (PCA), Confederation of Wearables Exporters of the Philippines (CONWEP), Philippine Chamber of Commerce and Industry (PCCI), Employers Confederation of the Philippines (ECOP), iPeople through the National Teachers College (NTC), SM

Group, and Philippine Center for Entrepreneurship (Go Negosyo).

Ten schools across the country, including one specializing in the Alternative Learning System (ALS), are set to participate in the pilot program.

These schools can choose focus areas such as IT-BPM, tourism and hospitality, agriculture and entrepreneurship, and manufacturing, sectors which are known for their high demand for workers and abundant job opportunities.

DepEd Secretary Sonny Angara expressed support for the latest step to enhance students' employability.

"This MOA gives our students the opportunity to gain hands-on work experience while still studying. In that way, it follows the President's marching orders to us to do everything we can to improve the quality of our education and boost the chances of our graduates at landing better earning opportunities," he said, as quoted by the PSAC.

DepEd and PSAC Jobs, along



Mas pinabilis na serbisyo at aksyon gamit ang **P.O.W.E.R. Services Mobile Application**

Mas pinabilis na serbisyo at aksyon sa pamamagitan ng **Blue Cops in Mobile Sub-station on Wheels**

## SA BAGONG PILIPINAS, ANG GUSTO NG PULIS, LIGTAS KA!

Sa programang #KapihanSaBagongPilipinas, inilalahad ni Police Brigadier General Paul Kenneth Lucas ang mga napagtagumpayan ng Police Regional Office 4A gayundin ang mga programang kasalukuyan nitong ipinapatupad sa rehiyon ng Calabarzon.

Kabilang sa mga ito ang POWER Mobile Application, Project LUKAS, Project RONDA, at ang Blue Cops in Mobile on Wheels na layong mapaigting ang pagpapanatili ng kaayusan at

### HEALTH TIPS FOR RAINY DAYS

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- Eat healthy & balanced diet
- Do not eat street food
- Keep your home clean
- Avoid getting wet in rain
- Don't play in rain water

LUNGSOD NG BACOR LALAWIGAN NG CAVITE

## NO SHELLFISH SALE POLICY

EXECUTIVE ORDER NO. 38 SERIES 2024

ANG PAGBEBENTA NG LAHAT NG URI NG SHELLFISH AY IPAGBABAWAL NA SA LAHAT NG PALENGKE, SUPERMARKETS, MALLS, VENDORS, AT IBA PANG TINDAHAN SA LUNGSOD NG BACOR SIMULA SA AUGUST 1, 2024.

## PUBLIC ADVISORY

### EXECUTIVE ORDER NO. 38 - SERIES 2024

AN ORDER DECLARING A NO-CATCH AND NO-SELL ZONE FOR ALL SHELLFISH IN THE COASTAL AREAS OF THE PROVINCE OF CAVITE DUE TO THE ADVERSE IMPACT OF THE BATAAN OIL SPILL

SGD GOV. JUANITO VICTOR C. REMULLA

DATE POSTED ON FB: AUGUST 01, 2024

## PAGKAING MABUTI SA PUSO

### Payo ni Doc Willie Ong

Ayon sa mga pagsusuri, ito ang mga pagkaing pinaka-healthy para sa ating puso. Mainam din ito sa mga may taong mataas ang kolesterol at may diabetes.

- Oatmeal – Ang oatmeal ay nakapagpapababa ng ating kolesterol ng 10%. Tinatangal ng oatmeal ang mga bad cholesterol sa katawan at inilalabas ito.
- Mani – Ang mani ay may sangkap na good fats, amino acids (arginine) at resveratrol. Ang mga ito ay nakapagpipigil sa pagbabara ng ugat sa ating puso. Kumain ng isang dakot ng mani sa meryenda. Huwag

din sosobra ng kain at baka tumaba kayo.

- Saging – Ang saging ay may potassium na kailangan sa pagtibok ng puso. Kapag kulang ka sa potassium, puwedeng magloko ang tibok ng iyong puso. Delikado iyan. Tandaan: Two bananas a day will keep the doctor away.
- Olive oil – Ayon sa Mayo Clinic, ang olive oil ay napakaganda sa puso. Kaya healthy ang Mediterranean diet na gumagamit ng lettuce, olive oil at mani.
- Bawang – Nakapagpapababa ng kolesterol at blood pressure ang bawang. Ihalo ito sa iyong pagkain. Huwag sunugin ang bawang at mawawala ang mabisang sangkap nitong

allyl sulfides. Mag-ingat lang at medyo mahapdi ito sa sikmura.

- Sibuyas – Ang sibuyas ay may quercetin na isang anti-oxidant. Kapag mas matapang ang amoy ng sibuyas, mas marami ang quercetin nito. Tinatangal ng sibuyas ang bad cholesterol ng katawan. Panlaban din sa kanser ang sibuyas.
- Shiitake mushrooms – Ang espesyal na Japanese mushrooms na ito ay mabibili sa mga supermarkets. Ang shiitake mushrooms ay nakapagpapababa ng kolesterol at tinatayang makatutulong din sa Hepatitis B at HIV-Aids. Masarap itong ihalo sa manok o tofu.
- Tofu, tokwa at soya milk

– Magandang alternatibo ang tofu kumpara sa karne. Ito ang ginagamit sa vegetable. Mataas ang tofu sa protina at calcium para sa buto. At dahil wala itong kolesterol, napakaganda nito sa ating puso. Kaya kung may sakit ka sa puso, bawasan ang karne at dagdagan ang tofu.

- Red wine – Ang pag-inom ng kaunting red wine ay mabuti sa puso. May sangkap na resveratrol (isang anti-oxidant) ang mga grapes na ginagamit sa red wine. Ngunit, kung sosobra sa kalahating baso ang iyong iinumang ay masama naman ito. Patikim-tikim lang ang gawin. Good luck po.



# ALL CARS SALE

**CASH, TRADE IN, SWAP OR FINANCING OPTIONS AVAILABLE**

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**1997 Mazda B2500 pick up. strong engine and aircon, nothing to fix, nice in and out. P245K. Negotiable. 0917 627 5521**



**Montero 2010 model, almost new, casa maintained, 40k mileage, owner driver. Asking for P1M. Negotiable. 0920 951 1248**



**1999 Mitsubishi L300 FB, good engine, collapsible seat, nothing to fix. P235k or best offer 0920 951 1248**



**Hyundai Accent CRDI 2012 model, casa maintained, under factory warranty, leather seat, 15 magwheels, perfect condition, owner driven. Negotiable at P650,000**

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**Honda City**

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registration current**

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brand new**

**928.962.9589**



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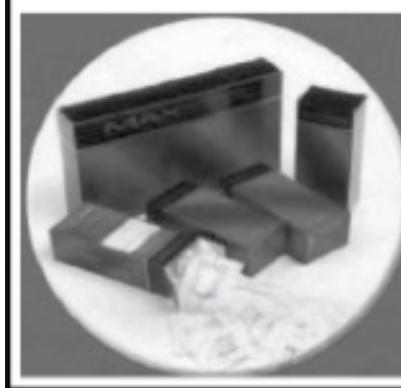
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# Monday Times

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AUGUST 12-18, 2024

VOL. 22 NO. 50 P15. 00



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