

Lower rice prices expected as global conditions improve, says

MANILA – The Department of Agriculture (DA) on Thursday announced that the maximum suggested retail price (MSRP) for 5 percent broken imported rice will be lowered to PHP43 per kg. starting July 16, citing improved global supply and eased geopolitical tensions. Agriculture Secretary Francisco Tiu Laurel Jr. said the price cut follows a steady drop in global rice and oil prices, and positive harvest forecasts from major producers such as India, Pakistan, and Thailand. “Global rice prices have since declined, alongside softening oil prices,” he said. The DA earlier postponed the

TURN TO PAGE 3

ISSN 2651-6845

Cavite Monday Times

crusading militant truthful

LPA develops into TD Bising; TCWS No. 1 hoisted

SEE PAGE 5

JULY 7-13, 2025 RE-ENTERED AS SECOND CLASS MAIL NO. 2011-37 AT BACORR POST OFFICE , CAVITE DATED MARCH 31, 2011 VOL 23 NO. 45 P15.00

Bacoor City residents grateful for PBBM’s affordable rice program

BACORR CITY, Cavite (PIA) — Beneficiaries of the ‘Benteng Bigas Meron Na’ program in Bacoor City, Cavite have expressed their gratitude to President Ferdinand R. Marcos Jr. for his administration’s efforts in fulfilling one of his campaign promises of making rice affordable for Filipinos.

A total of 2,500 beneficiaries from vulnerable sectors, including senior citizens, solo parents, persons with disabilities (PWDs), and members of the Pantawid Pamilyang Pilipino Program (4Ps), lined up at the Kadiwa ng Pangulo outlet at the Zapote Public Market on Wednesday (July 2) to purchase the affordable rice.

One of the senior citizen beneficiaries, Rodolfo Barlis, thanked President Marcos Jr. for making the program possible and praised the government’s efforts in helping poor families.

“Before, I could only buy 3 kilos of regular rice at P38 per kilo, but now I can buy 10 kilos for only

P20 per kilo. The benteng bigas is a great help to us; this is a blessing for those of us living below the poverty line,” Barlis said.

“I can’t thank the President enough for proving that he can implement benteng bigas successfully. This is a good initiative to reduce poverty here in Cavite,” he added.

A 78-year-old beneficiary from Barangay Zapote II, Bedelia Andalajao, shared how the initiative benefits her family.

“There are two of us in the family. Before, we bought P40-per-kilo rice from the market, but



I’m grateful to line up here because I can save money. For 10 kilos, I only need to pay P200,” Andalajao said.

“With this affordable rice, I have extra money to buy a dish and serve it at our table. This is really a great project of President Marcos,” she added.



Another beneficiary, Rosita Grado, 69, from Bacoor, expressed hope that the government will sustain the initiative.

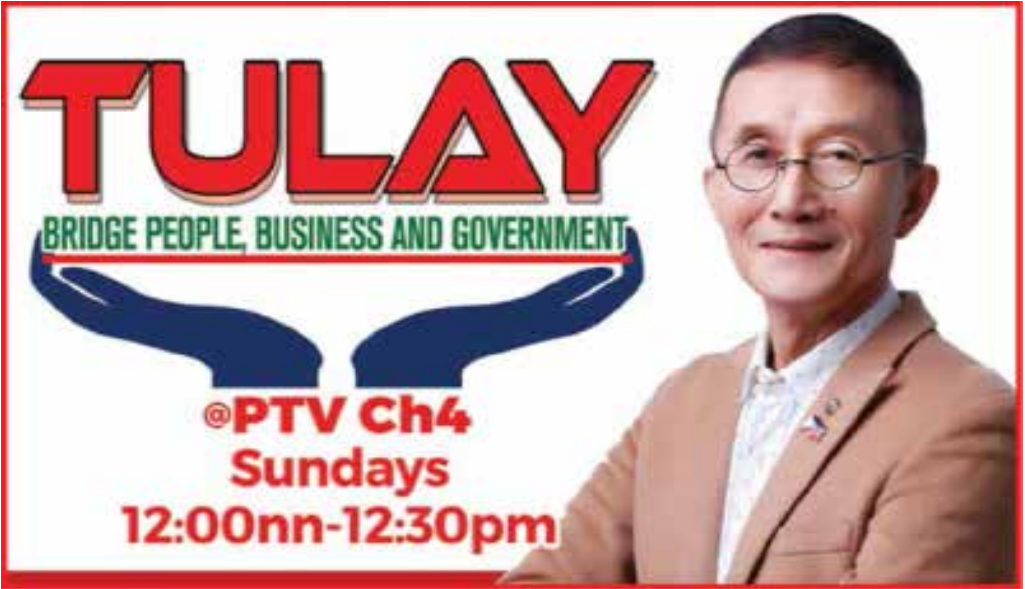
“This P20 rice project is good. I can buy 5 kilos for only P100. I hope President Marcos will continue this program. Affordable rice is

very important to us. His administration is doing a great job,” Grado said.

The Department of Agriculture (DA) emphasized that 500 sacks of rice were prepared during the program and that residents can wait for further schedules to be announced by the city govern-

ment of Bacoor.

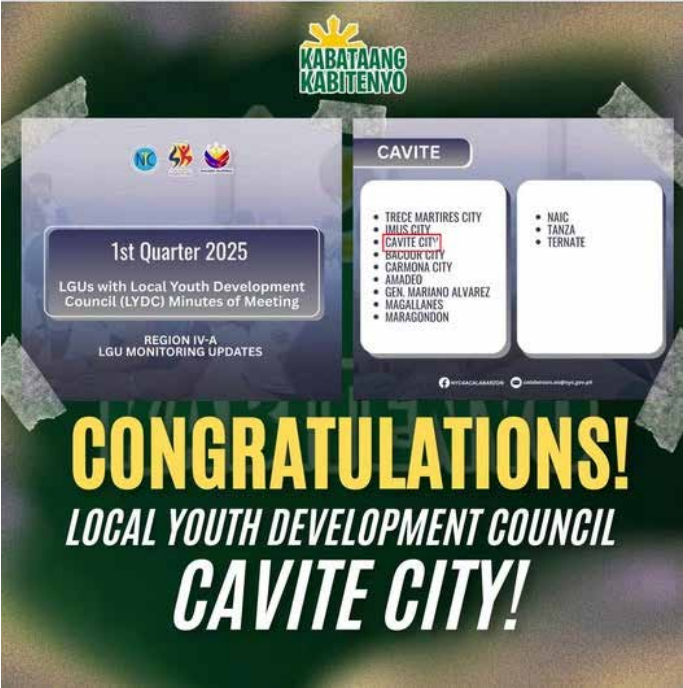
The agriculture department added that members of the vulnerable sector could soon purchase the affordable rice up to 30 kilos in a month. This initiative is part of the expansion of the “Benteng Bigas Meron Na” program, which is a fulfillment of the the Marcos Jr. administration’s promise of a “Masaganang Bagong Pilipinas.” (KA PIA4A)



EXTRA JUDICIAL SETTLEMENT OF ESTATE

NOTICE IS HEREBY GIVEN THE PUBLIC THAT THE LATE MARIA LUISA GUIA CUTARAN WHO DIED INTESTATE WITHOUT WILL AND TESTAMENT LEAVING A THREE (3) PARCELS OF LAND COVERED BY TRANSFER CERTIFICATE OF TITLE NO. 955431,WHICH IS THE SUBJECT FOR EXTRA JUDICIAL SETTLEMENT EXECUTED ON MARCH 19, 2025 UNDER DOC. NO. 284, PAGE NO. 58, BOOK NO. 100, SERIES OF 2025 BEFORE NOTARY PUBLIC NO. CZAR FAUSTUS ARENAL DURANTE

CAVITE MONDAY TIMES
JUNE 30, JULY 7 & 14, 2025



Congratulations,
Cavite City!

NYC CALABARZON has released the list of LGUs who submitted their 1st Quarter (January–March 2025) LYDC Minutes of the Meeting on time, and Cavite City is one of them! Hats off to the Local Youth Development Office (LYDO) of Cavite City, led by LYDO Officer Princess Micah Alvarez, and to LYDC Chairperson and SK Federation President Zul Gilera for your commitment to youth governance and timely compliance.



Monday Times

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REPUBLIC OF THE PHILIPPINES
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NAIC CAVITE
OFFICE OF THE CLERK OF COURT
AND EX-OFFICIO SHERIFF

FNC 2024-189

HOME DEVELOPMENT MUTUAL FUND
Petitioner-Mortgagee,

-versus-

MICHELLE ANN Z. MARBEBE,
Respondent-Mortgagor.
X-----X

NOTICE OF EXTRA-JUDICIAL SALE

WHEREAS, upon Extra-Judicial Petition for Sale under Act No. 3135 as amended by the Act No. 4118, filed by HOME DEVELOPMENT MUTUAL FUND, Mortgagee, with postal address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against MICHELLE ANN Z. MARBEBE, Mortgagor, with postal address at ACERO CMPD, KM 22, WEST SERVICE ROAD CUPANG, MUNTINLUPA CITY, METRO MANILA, to satisfy the mortgage indebtedness which as of November 19, 2024, amounted to FIVE HUNDRED SIXTY EIGHT THOUSAND FIVE HUNDRED SEVENTY ONE PESOS & 27/100 (Php. 568,571.27) Philippine Currency, excluding penalties, Attorney's Fees and expenses of the foreclosure, the undersigned authorized Sheriff IV, will sell at public auction on August 4, 2025 at 9:00 in the morning or soon thereafter at the Regional Trial Court, Naic Cavite, to the highest bidder in CASH or MANAGER'S CHECK and in Philippine Currency the property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2019015402

IT IS HEREBY CERTIFIED that a certain land situated in BARANGAY OF TIMALAN MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows:
LOT NO: 25, BLOCK NO: 29, PLAN NO: PCS-04-031172
PORTION OF: CONS-SUBD. OF LOT 2977 & 2978, FLS-986-D, (NAIC ESTATE), (VS-04-000597)
LOCATION: BARANGAY OF TIMALAN MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON.
BOUNDARIES:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	NE	LOT 1, BLOCK 29, PCS-04-031172
2-3	SE	LOT 24, BLOCK 29, PCS-04-031172
3-4	SW	ROAD LOT 3, PCS-04-031172
4-1	NW	LOT 26, BLOCK 29, PCS-04-031172

TIE POINT: MON. NO. 17, NAIC ESTATE, PROVINCE OF CAVITE

LINE	BEARING	DIS-
TANCE		
TO CORNER	1	S.49° 25'E 1719.71 M.
	1-2	S.41° 25'E 3.50 M.
	2-3	S.48° 35'W 8.00 M.
	3-4	N.41° 25'W 3.50 M.
	4-1	N.48° 35'E 8.00 M.

AREA: TWENTY EIGHT SQUARE METERS (28), MORE OR LESS x x x.

Prospective bidders are hereby enjoined to investigate for themselves the title of the above-described property and to the encumbrance existing thereon, if any there be.

All sealed bids 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 11, 2025 at same time and at the same place mentioned above without further notice.

Municipality of Naic, Province of Cavite, May 11, 2025.

(SGD) JANELLE V. LAGADON, MBA
Sheriff IV

Copy furnished:
HOME DEVELOPMENT MUTUAL FUND – The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City

MICHELLE ANN Z. MARBEBE - ACERO CMPD, KM 22, WEST SERVICE ROAD CUPANG, MUNTINLUPA CITY, METRO MANILA

Maria Victoria D. Capiral c/o Atty. Simon P. Madrid, Atty-in-Fact, S.P. MADRID & ASSOCIATES, 5TH Floor Bedrock Building, Kayumanggi Center, Commonwealth Ave. Matandang Balara, Quezon City

Cavite Mondy Times
July 7, 14, 21, 2025

REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
NAIC CAVITE
OFFICE OF THE CLERK OF COURT
AND EX-OFFICIO SHERIFF

FNC 2022-152

HOME DEVELOPMENT MUTUAL FUND
Petitioner-Mortgagee,

-versus-

SALVADOR DOMAGO BANADERA JR. MARRIED
TO ROUMELIALYN MEJIA BANADERA,
Respondents-Mortgagors.
X-----X

NOTICE OF EXTRA-JUDICIAL SALE

WHEREAS, upon Extra-Judicial Petition for Sale under Act No. 3135 as amended by the Act No. 4118, filed by HOME DEVELOPMENT MUTUAL FUND, Mortgagee, with postal address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against SALVADOR DOMAGO BANADERA, MARRIED TO ROUMELIALYN MEJIA BANADERA, Mortgagors, with postal address at 1A Sonata St., Sta. Cecilia Village, Talon II, Las Piñas City and/or Lot 3, Block 59, Pasinaya Homes II, Sabang, Timalan, Naic, Cavite, to satisfy the mortgage indebtedness which as of September 30, 2022, amounted to FOUR HUNDRED FIFTY THREE THOUSAND SEVEN HUNDRED THIRTY FIVE PESOS and 60/100 (Php.453,735.60) Philippine Currency, excluding penalties, Attorney's Fees and expenses of the foreclosure, the undersigned authorized Sheriff IV, will sell at public auction on July 22, 2025 at 9:00 in the morning or soon thereafter at the Regional Trial Court, Naic Cavite, to the highest bidder in CASH or MANAGER'S CHECK and in Philippine Currency the property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2018036520

IT IS HEREBY CERTIFIED that a certain land situated in BARANGAY OF SABANG (FORMERLY TIMALAN), MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows: LOT NO: 3, BLOCK NO: 59, PLAN NO: PSD-04-246095, PORTION OF: SUBD. OF LOT 2933, FLS-986-D, NAIC ESTATE (VS-04-000597) LOCATION: BARANGAY OF SABANG (FORMERLY TIMALAN), MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON x x x AREA: TWENTY EIGHT (28) SQUARE METERS, MORE OR LESS. x x x.

Prospective bidders are hereby enjoined to investigate for themselves the title of the above-described property and to the encumbrance existing thereon, if any there be.

All sealed bids 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 July 29, 2025 at same time and at the same place mentioned above without further notice.

Municipality of Naic, Province of Cavite, January 7, 2023

(SGD) JANELLE V. LAGADON, MBA
Sheriff IV

Copy furnished:
HOME DEVELOPMENT MUTUAL FUND – The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City

Salvador Domago Banadera Jr. and Roumelialyn Mejia Banadera - 1A Sonata St., Sta. Cecilia Village, Talon II, Las Piñas City and/or Lot 3, Block 59, Pasinaya Homes II, Sabang, Timalan, Naic, Cavite Atty. Michael Yancy P. Yngson- Unit C, 10th Floor, Strata 2000 Bldg. F. Ortigas Jr. Rd. Ortigas Center, Pasig City

Cavite Mondy Times
June 30 & 1July 7, 14.. 2025

Health Benefits of Apple

- Bone Protection

- Asthma Help

- Lung, Breast, Colon, Liver Cancer Prevention

- Alzheimer's Prevention

- Lower Cholesterol

- Diabetes Management

- Weight Loss

DOJ: Ang, Barretto being evaluated as suspects

MANILA – Justice Secretary Jesus Crispin Remulla said Thursday businessman Charlie “Atong” Ang and actress Gretchen Barretto would be investigated after they were implicated in the case of the missing “sabungeros” (cock-fight aficionados).

In an interview with reporters, Remulla said the two personalities would be included in the

investigation of the Department of Justice (DOJ) after Julie Patidongan, alias Totoy, tagged Ang as the mastermind behind the abductions and linked Barreto to the disappearances.

“They will be included. Because they were named, then we will have to include them as suspects,” he said.

“That will be evaluated by

our group of fiscals, who will be assigned to evaluate all the evidence so that we will know what cases to be filed properly.”

Ang maintained his innocence as he filed a complaint against Patidongan before the Mandaluyong City Prosecutor’s Office on Thursday morning.

He claimed that Patidongan and another former employee

threatened to implicate him in the missing sabungeros case if he refused to give them PHP300 million.

Meanwhile, Remulla said experts are still planning how to go about mapping the bed of Taal Lake following Patidongan’s claim that the remains of more than a hundred persons, including the missing sabungeros, were dumped there. (PNA)



Distribution of School Supplies for Day Care Students

Namahagi po tayo ng mahigit 900 school supply kits para sa ating mga Day Care students dito sa Cavite City. Ito po ay bahagi ng ating adhikain na masigurong handa, masaya, at may kumpiyansa ang bawat bata sa pagsisimula ng kanilang paglalakbay sa mundo ng edukasyon. Naniniwala tayo na ang maagang pagtugon sa kanilang pangangailangan ay susi sa paghubog ng mas maliwanag na kinabukasan. Patuloy tayong maglilingkod nang may dedikasyon para sa isang mas maunlad at makabagong Cavite City.

DOLE 4A adopts hybrid service delivery in field offices

In response to the increasing demand for accessible and efficient public services, the Department of Labor and Employment (DOLE) in Calabarzon has adopted a hybrid service delivery approach, blending traditional in-person assistance with digital platforms to ensure no worker and transacting public are left behind.

This initiative is in line with the Marcos Jr. administration’s Bagong Pilipinas governance thrust, which advocates for streamlined, transparent, and responsive governance through digital transformation across all sectors.

DOLE IV-A Regional Director Erwin Aquino emphasized that the agency’s hybrid service model is a critical step to balance innovation and inclusivity.

“At DOLE Calabarzon, digitalization is being promoted with accessibility and inclusivity in mind. To ensure that no worker is left behind, we are implementing a hybrid service approach, we are integrating online systems with the help of our regional and field office staff, as well as Public Employment Service Offices (PESOs) in cities and municipalities,” Aquino said.

Part of the hybrid initiative is



the installation of information kiosks in DOLE field offices which serve as self-service stations where clients can access labor advisories, file grievances, check employment opportunities, and track the status of their applications.

Simultaneously, on-site help desks remain active to accommodate individuals who face technological barriers. Services such as the Tulong Panghanapbuhay sa Ating Disadvantaged/Displaced Workers (TUPAD), labor inspections, livelihood assistance, and job referrals are still processed in person to cater to marginalized groups, informal workers, and senior citizens.

To support this shift, DOLE Calabarzon regularly holds training and orientation sessions to personnel on using

digital systems.

“Our frontliners are trained to personally guide workers who are struggling with online platforms, such as DOLE ERS and TUPAD MIS. Computer stations are set up in the offices for walk-in clients, and lines of communication are open via phone, email, and social media. This way, everyone—regardless of age, level of technological knowledge, or state of

life—can keep up with the digital transformation the agency is implementing,” Aquino stated.

The regional labor chief stressed that digitization should never come at the cost of accessibility.

“Digital transformation is not just about technology—it’s about making government services more inclusive. With our hybrid model, we aim to provide equitable service delivery while moving forward with innovation.”

As the department continues to expand its digitization efforts, it assures the public that physical access points will remain open to cater to all sectors, proving that modernization can co-exist with grassroots service. (AM/PIA 4A)

Lower rice prices expected as global conditions improve, says DA..from page 1

initial plan to bring down the MSRP on 5 percent broken imported rice on July 1 due to the recent conflict in the Middle East.

To date, the MSRP for 5 percent broken imported rice is at PHP45 per kg., down from the initial PHP58 per kg. MSRP in January.

Besides declining oil prices in the global market, the Agriculture chief also mentioned good palay (unhusked rice) harvest from other major rice-producing countries.

“We are also seeing positive projections for record harvests from key producers like India, Pakistan, and Thailand.

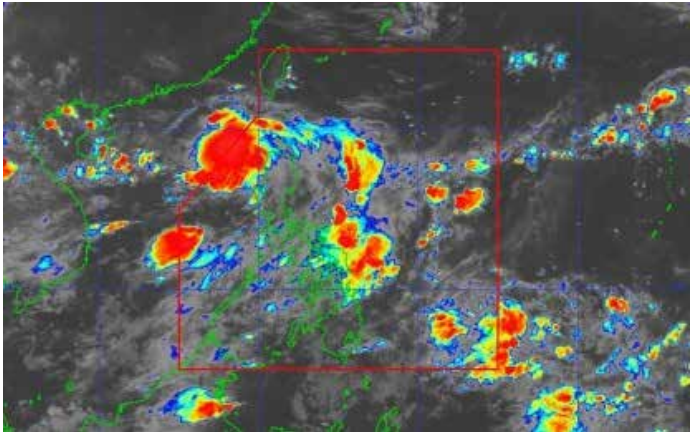
These developments could improve global supply and help pull prices further down,” Tiu Laurel said.

As of Wednesday, the prices of premium imported rice in Metro Manila range from PHP44 to PHP47 per kg., according to the DA Bantay Presyo (price watch).

Prices of imported well-milled rice, meanwhile, are between PHP38 per kg and PHP48 per kg.; and imported regular milled rice from PHP33 per kg. to PHP45 per kg.

Prices of premium local rice range from PHP42 per kg. to PHP60 per kg.; local well-milled rice, PHP37 per kg. to

LPA develops into TD Bising; TCWS No. 1 hoisted



MANILA – The low-pressure area west of Calayan, Cagayan has developed into a tropical depression (TD) and was named Bising, the weather bureau said in its 5 a.m. bulletin on Friday.

Bising was located 200 km. west-northwest of Calayan, Cagayan as of 4 a.m., moving southwestward at 20 kph.

It packs maximum sustained winds of 45 kph near the center and gustiness of up to 55 kph.

Tropical cyclone wind signal no. 1 is hoisted over the western portion of the Babuyan Islands (Calayan and Dalupiri), and the northwestern portion of Ilocos Norte (Pagudpud, Bangui, Burgos, Pasuquin, and Dumalneg)

Minimal to minor impacts from strong winds are possible in those areas, the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) said.

Rough seas will prevail across the western seaboard of the Babuyan Islands.

Mariners of small seacraft, including all types of motorbancas, are advised not to venture out to the sea.

Meanwhile, PAGASA said Bising is forecast to exit the

Philippine Area of Responsibility (PAR) within the day, but a re-entry to the western boundary of the PAR is possible by Sunday.

Meanwhile, the following areas have declared class suspensions:

- All levels (public and private):
- *Abra
 - *Bataan
 - *Ilocos Sur
 - Santiago
 - Tagudin
 - *La Union
 - Sudipen
 - *Pangasinan
 - Manaoag (face-to-face classes only)
 - Pozorrubio
 - Umingan
 - *Pampanga
 - Candaba (face-to-face classes only)
 - Masantol
 - *Tarlac
 - La Paz (face-to-face classes only)

- Elementary to Grade 12 (public and private):
- *Cavite
 - *Pampanga
 - Macabebe (face-to-face classes only)

- Pre-school to Grade12 (public and private):
- *Dagupan City (face-to-face classes only)

- Pre-school to elementary (public and private):
- *La Union
 - Bauang (PNA)

PHP48 per kg.; and local regular-milled rice, PHP35 per kg. to PHP42 per kg.

RCEF balance

Meanwhile, DA Assistant Secretary Arnel de Mesa said the agency is seeking the release of the remaining balance of the Rice Competitiveness Enhancement Fund (RCEF) to support the upcoming planting season.

Although PHP34 billion in rice tariffs was collected in 2024, only PHP10 billion was included in the 2025 national budget.

“Nine billion pesos will go to mechanization, PHP6

billion will go to inbred seeds. So that’s PHP15 billion,” De Mesa told reporters in a press briefing on Wednesday.

The remaining balance will be allocated for seven projects, including rice farmers’ financial assistance, expanded rice credit assistance, solar-powered irrigation systems and water impounding for soil health improvement, composting facilities for biodegradable wastes, training and extension services, as well as pest and disease management.

De Mesa, however, said that the approval of the proposed allocation will still be subject to the concurrence of President Ferdinand R. Marcos Jr. (PNA)





Matagumpay na nailipat ang mga pamilyang apektado ng proyektong LRT Line 1 South Cavite Extension patungong LRTA Subdivision, Barangay Santiago, General Trias, Cavite mula pa noong Hunyo 30 hanggang Hulyo 4, 2025. Nasa kabuuang 552 pamilyang relocatees mula sa Sitio Kanluran at Sitio Centro ng Zapote 3, Barangay Niog, Sitio Samana ng Talaba 2, Taging Ilog (Future Station) at Aguinaldo High Way. Sa tulong ng mga inter-agency committee at pamahalaang lokal tiniyak ang maayos at ligtas na proseso ng relokasyon. Ang proyektong ito ay isinakatuparan sa aktibong pakikipag-ugnayan ng lokal na pamahalaan sa mga ahensyang pambansa, habang sinusupportahan ng buong pwersa ni Mayor Strike B. Revilla na patuloy na nagpapakita ng konkretong aksyon at malakasakit sa mga pamilyang Bacooreño lalo na sa panahon ng pagbabago’t paglipat ng tirahan.

Phivolcs setting up more monitoring stations on restive Taal Island



The Philippine Institute of Volcanology and Seismology (Phivolcs) is establishing additional monitoring stations on the western side of Taal Volcano Island (TVI) to enhance its surveillance efforts.

During the Regional Disaster Risk Reduction and Management Council meeting on Monday, June 30, Paolo Reniva, Taal Volcano’s resident volcanologist, said the new stations will improve Phivolcs’ capabilities in monitoring gas emissions, seismic activity, real-time weather, and magnetic changes to assess the volcano’s behavior.

“Our current western station is

equipped with internet protocol (IP) cameras and a portable seismometer. In the coming months, we will establish another station at Daang Kastila, which will also host an IP camera and portable seismometer,” Reniva said.

He added that additional gas sensors will be deployed to support their sulfur dioxide monitoring. He also noted their ongoing observation of rock formations around the island, which serve as indicators of magmatic activity.

“Rock formations at Taal Volcano help us assess whether magma or internal activity is present,” Reniva explained.

The Taal Volcano Observatory (TVO) currently maintains solar-powered autonomous stations equipped with state-of-the-art systems in volcano monitoring.

According to Phivolcs, All monitoring data are acquired by TVO and transmitted to Phivolcs main office in Quezon City in real-time via internet or satellite communications.

It also serves as the regional office and resource center for the delivery of information services to various stakeholders and communities in the Calabarzon region. (PB-PIA4A)

Army, PIA collab on news, socmed prod’n for better public engagement



Beyond the battlefield, soldiers of the 202nd Infantry “Unifier” Brigade of the Philippine Army continue to sharpen their skills on social media production and news writing to promote public understanding of military affairs.

Some 24 brigade personnel took part in the social media and news writing workshop facilitated by the Philippine Information Agency (PIA) Calabarzon on June 30.

The Agency’s media production officers Anna Mole and Maine Odong served as technical experts, sharing their knowledge on effective news writing, responsible digital engagement, photojournalism, including the Presidential Communications Office’s (PCO) initiative against fake news peddlers Maging Mapanuri.

Captain Lorie Mae Arligue, one of the training organizers said that the session is not only about learning technical skills, but also serves as an opportunity for them to develop their voice as communicators and strengthen their ability to effectively convey their programs and activities to the public.

“In today’s digital age of fast information and social media, it’s important that we know how



to speak and write with truth, credibility, and heart. Whether you’re telling a story, writing a report, or posting online, words have power,” Arligue stated.

Lt. Col. Geomar Pipit emphasized the importance of social media and news writing in reaching the communities they serve.

“Social media is very influential, it can shape our environment, even shifts our mood; we feel happy when we see ourselves [posts] on social media. That’s how powerful social media is,” Pipit said.

Pipit notes that at present, social media is being used by various organizations with malicious agenda to influence and persuade people to join their cause. Therefore, soldiers must also strengthen their capabilities in social media and news writing to effectively counter

and inform the public with the accurate information.

As the government’s grassroots communications arm, the PIA has been providing training sessions in journalism, social media, and photography, among others.

These initiatives aim to help empower national and local government agencies, including the military to effectively communicate timely and meaningful information to the public, counter inaccurate information, promote transparency, and improve public trust.

This effort also aligns with the brigade’s ongoing commitment to proactive information engagement—ensuring that stories of service, dedication and peace-building efforts in the Calabarzon region are conveyed responsibly and effectively. (CO/PIA-4A)

Wellness Tip

of the Week

with the Area Agency on Aging District 7

Healthy Holiday Eating Tips

- Stay hydrated - drink lots of water.
- Eat a protein-packed snack an hour before your Holiday meal.
- Fill-up on salad and fresh vegetables first.
- Have smaller bites and portions.
- Watch the calories you are drinking.
- Get active! Stand up and move around!

PAMAMAHAGI NG GAMIT PANG-ESKWELA AT BAG PARA SA MGA MAG-AARAL SA KINDERGARTEN AT GRADE I



Isinagawa ng Pamahalaang Lungsod ng Bacoor programa na pinangungunahan nina Mayor Strike B. Revilla, Vice Mayor Rowena Bautista Mendiola, at Kongresista Lani Mercado Revilla ang pamamahagi ng mga gamit pang-eskwela at bag sa mga mag-aaral sa Kindergarten at Grade 1 nitong Hulyo 1, 2025. Nilahukan ito ng mga konsehál ng Distrito 1, LNB Vice President Randy Francisco, mga guro, at mga estudyanteng benepisaryo mula sa pitong paaralang elementarya sa lungsod: Aniban Elementary School, Ligas 1 Elementary School, Ligas 2 Elementary School, Sineguelasan Elementary School, Bacoor Elementary School, Mabolo Elementary School, at Digmaan Elementary School. Layunin ng programa na matulungan ang mga batang mag-aaral sa pamamagitan ng pagbibigay ng mga kinakailangang gamit pang-eskwela, isang tulong mula sa Pamahalaang Panglungsod ng Bacoor sa pamamagitan ng Team Revilla. Inaasahang makatutulong ito upang masiguro ang kanilang paghahanda ngayong pasukan.

Coconut trust fund law under review for possible amendment: PBBM



MANILA – The government is currently studying Republic Act (RA) 11524 or the Coconut Farmers and Industry Trust Fund Act to introduce possible amendments to the law, President Ferdinand R. Marcos Jr. said on Friday.

Marcos made the pronouncement, as he visited the Century Pacific Agricultural Ventures Inc.'s coconut plant at the Millennium Industrial Economic Zone in General Santos City, Palace Press Officer Claire Castro told reporters.

“Para sa ating coconut farmers, inilatag ni Pangulong Ferdinand R. Marcos Jr. ang mga kongkretong solusyon ng pamahalaan bilang suporta sa coconut industry (For our coconut farmers, President Ferdinand R. Marcos Jr. laid out the government’s concrete solutions in support of the coconut industry),” Castro said in a Palace press briefing.

“Dagdag pa ng Pangulo, kasalukuyang inaaral ang pag-amyenda sa Coconut Farmers and Industry Fund Act para malaman ang mga susunod na hakbang para paunlanin pa ang coconut industry, (The President added that the amendment to the Coconut Farmers and Industry Fund Act is currently being studied to determine the next steps to further develop the coconut industry),” she added.

Castro said the possible amendments include the advancement of “effective and responsive” programs to accelerate the country’s coconut planting and expansion project.

RA 11524 inked in 2021 mandates the maintenance of the Trust Fund for 50 years under the Coconut Farmers in Industry Development Plan that will be formulated.

While the study is underway, discussions on the use of the coconut levy fund continue to meet the needs of the coconut farming sector, Castro said.

Castro said Marcos has also ordered the Department of Agriculture (DA), the Department of Trade and Industry (DTI), and the Philippine Coconut Authority (PCA) to further expand seed farms, communal nurseries, and distribution of hybrid seedlings.

She said the DA, the DTI, and the PCA were also instructed to look for ways to encourage investment in the coconut industry, as well as study products that can be created using coconuts.

The three agencies were also directed to closely monitor the implementation of the revised Coconut Farmers and Industry Development Plan (CFIDP) and intensify the Massive Coconut Planting and Replanting Program to increase coconut production in the country.

Marcos, on May 21, issued Memorandum Circular 84, approving and adopting the CFIDP 2024-2028, the revised version of the CFIDP 2022-2026.

The CFIDP 2024-2028 seeks to outline strategies for implementing national development programs on social protection, capacity building, farmer organization empowerment, infrastructure, and other support programs to improve the socioeconomic status of Filipino coconut farmers and revitalize the coconut industry.

In August 2024, Marcos approved the additional budget for the massive planting and replanting and fertilization programs of the coconut industry for 2025, amounting to PHP1 billion and PHP2.5 billion, respectively.

This, as the PCA aims to plant 100 million coconut trees by 2028. (PNA)

Para Sa Acidic o Ulcer: Mahapdi ang Sikmura: Saging at Tinapay Ang Lunas Payo Ni Doc Willie Ong

Lahat tayo ay nakararamdam ng paghapdi ng sikmura. Kapag nalipasan tayo ng pagkain o dili kaya ay na-stress sa trabaho, parang makulo ang ating tiyan. Naglalabas kasi ng sobrang acid kaya humahapdi ang sikmura. Ang tawag dito ay gastritis o hyperacidity at kung lumala ay puwedeng maging ulcer. Hindi lang gamot ang solusyon sa paghapdi ng sikmura. Sa ak- ing pananaw, mas maigi ang pagkain ng wasto:

1. Kumain sa tamang oras (small, frequent meals).
2. Saging at Tinapay ang lunas. Napaka-healthy ng saging. Bukod sa madaling baunin at kainin, ang saging ay parang gamot na rin dahil natatapan nito ang ating sikmura. Ang pandesal din ay maayos sa sikmura at nakakabusog pa. Araw-araw, saging at pandesal ang baon ko kapag maingay ang sikmura ko.
3. Uminom ng tubig pakonti-konti. Malaki ang naitutulong ng pag-inom ng tubig sa paglinis ng acid sa tiyan. Ang tamang pag-inom ay paglagok ng konting tubig bawat 20 minutos. Sa ganitong paraan, mahuhugasan at malilinis ang acid sa tiyan.
4. Umiwas sa pagkaing nakakahapdi ng tiyan. Umiwas sa ma-asim at ma-anhang (spicy).

May mga pagkaing sadyang nakakahapdi ng tiyan. Umiwas sa mga sobrang spicy na pagkain. Ang sili, kalamansi, suka, sinigang na sobrang asim at pineapple juice na puro ay puwedeng magdulot ng paghapdi ng sikmura. Ang sobrang lamig na inumin ay nakakairita din ng tiyan.

Sa aking palagay, hindi na kailangan ng gamot sa ordinaryong paghapdi ng sikmura. Kumain na lang ng mga pagkaing ikaka-relax ng ating tiyan, tulad ng saging, tinapay, kanin, lugaw at gulay. At mag-relax din kaibigan habang kumakain para hindi ma-stress ang ating katawan.



Mahapdi ang sikmura? Saging at tinapay ang lunas

By Dr. Willie T. Ong



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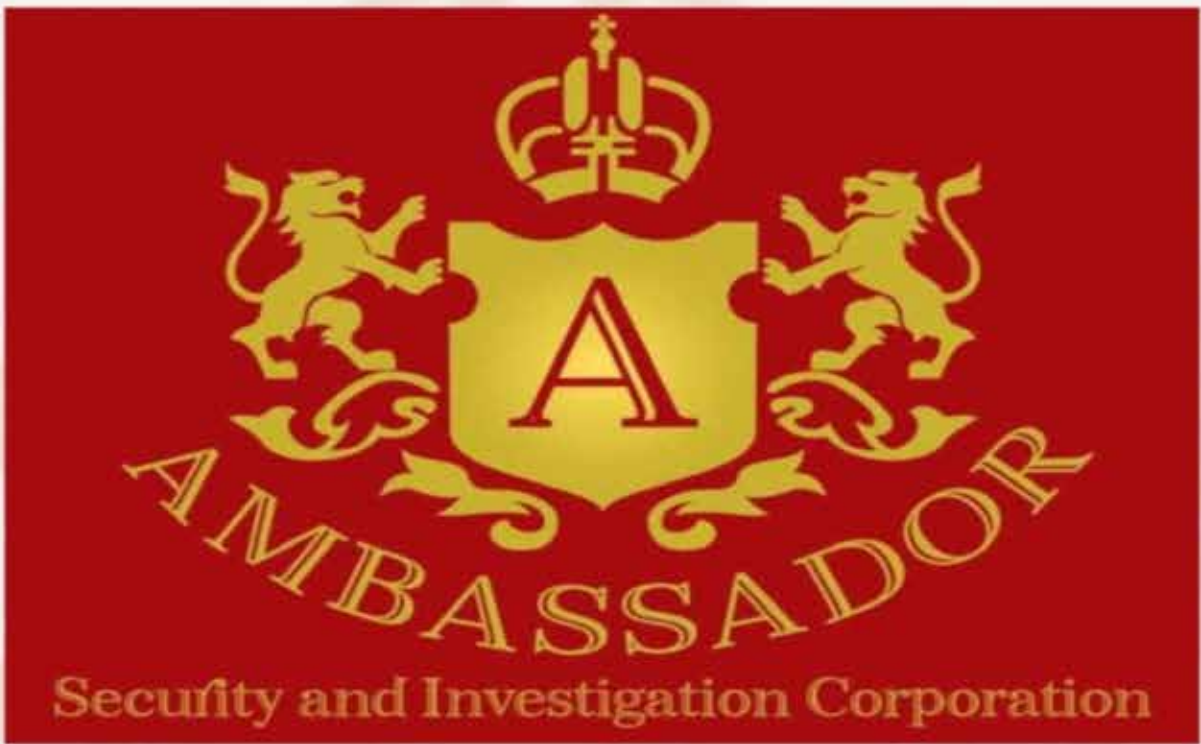
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