

May 12 polls voter turnout at 'historic' 82.20%

MANILA – More than 57 million of the country’s close to 70 million registered voters participated in the May 12 midterm elections, the Commission on Elections (Comelec) said Friday. In a press briefing, Comelec Chairperson George Garcia said 57,350,968 or 82.20 percent out of the 69,673,653 registered participated on election day. “This is historic and the Commission is glad that we were able to deliver, of course, with the help of other government agencies, citizens’ arm and other stakeholders,” Garcia said. Garcia gave the Comelec an 85-percent grade for their performance.

TURN TO PAGE 3

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Cavite Monday Times

crusading militant truthful

MAY 19-25, 2025 RE-ENTERED AS SECOND CLASS MAIL NO. 2011-37 AT BACORR POST OFFICE , CAVITE DATED MARCH 31, 2011 VOL 23 NO. 37 P15.00

Calabarzon Kadiwa Centers to sell P20 rice

SEE PAGE 3

Dynasties dominate but democracy lies in the people, DLSU professor reminds voters

Elected seats may be taken up by those who share the same surname, but the power to usher change remains in the people, according to a professor from the De La Salle University-Dasmariñas (DLSU-D).



“The principle of checks and balances, the principle of equal opportunity for public service, and the principle of meritocracy can be undermined when we have a political dynasty, and when we say political dynasty, it’s almost equivalent to a concentration of power.”

Mazo emphasized the importance of political maturity among the electorate, wherein candidates are placed elected based on their qualifications and not on their affiliations.

“It’s always two things: those who are running and those who are voting. Now, if the people are politically aware, they won’t vote for individuals running simply based on their affiliation with families or political dynasties. If they know who is qualified, despite their affiliations, they will vote for the qualified ones.”

The 2019 National and Local Elections placed a spotlight on political families

Dr. Rommel Mazo of the DLSU-D’s School of Governance, Public Service and Corporate Leadership emphasized that the people usher development in democracies through the political actors they vote for.

“The power to change doesn’t reside solely in government officials or political actors, but in the people. Sovereignty resides in them. Whoever is in government, whether it’s a dynasty or not, and the people remain the same in their thinking—not critically aware of what’s happen-

ing—we can’t expect anything. It goes in two ways: change should happen both in the government and the people.”

Mazo said political families continue to dominate the elections due to the continuity of leadership where local government-backed programs and projects continue.

On the other hand, fundamental democratic processes such as checks and balances and concentration of powers tend to be overlooked due to the prevalence of political dynasties.



where 80 percent of elected candidates were related to incumbent officials, and 67 percent of members of the Congress had family members who were already in government.

Political maturity, or the ability to take an informed approach when participating in political activities such as elections, also contributes to the survival of political dynasties.

“Now, if the people are politically aware, they

won’t vote for individuals running simply based on their affiliation with families or political dynasties. If they know who is qualified, despite their affiliations, they will vote for the qualified ones.”

For the Center for Civic Education, a non-profit organization based in the United States, democracies like the Philippines place the ultimate authority in the people from which the government derives its right to government from their consent through

elections. Government powers are limited by law and a written or unwritten constitution in which those in power obey.

“Political dynasties prevail because we allow them to prevail. The choice is ours because the people are sovereign, and it’s the people who have the power to change the political landscape of the country.”

Mazo further noted that public service requires competence, principles, and values among its workers—regardless if they are continuing a dynasty or challenging one. (PB/PIA4A)



**FREE STUDENT DRIVER’S LICENSES: A BACORR CITY INITIATIVE**  
Bacoor City, May 15-16, 2025 – The City Government of Bacoor, led by Mayor Strike B. Revilla and Vice Mayor Rowena Bautista Mendiola, partnered with the Sangguniang Panglungsod, SK Federation Bacoor (headed by SK President Palm Angel Buncio), the Liga ng mga Barangay, and the Land Transportation Office (LTO) to provide free student driver’s license training to 130 Cavite State University (CAVSU) students. The two-day program, held May 15-16, 8:00 AM to 5:00 PM, at the 3rd Floor of the New Legislative Building, featured LTO trainers Mr. Jonathan Medina and Mr. Patrick Añasco. Ms. Khei Sanchez represented Mayor Revilla. This initiative promotes road safety and responsible driving habits among young people. The successful program reflects a collaborative effort to ensure future drivers are well-prepared and knowledgeable about road rules and regulations.

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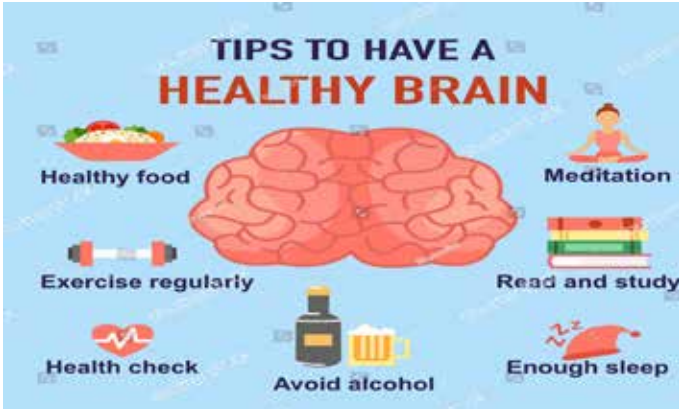
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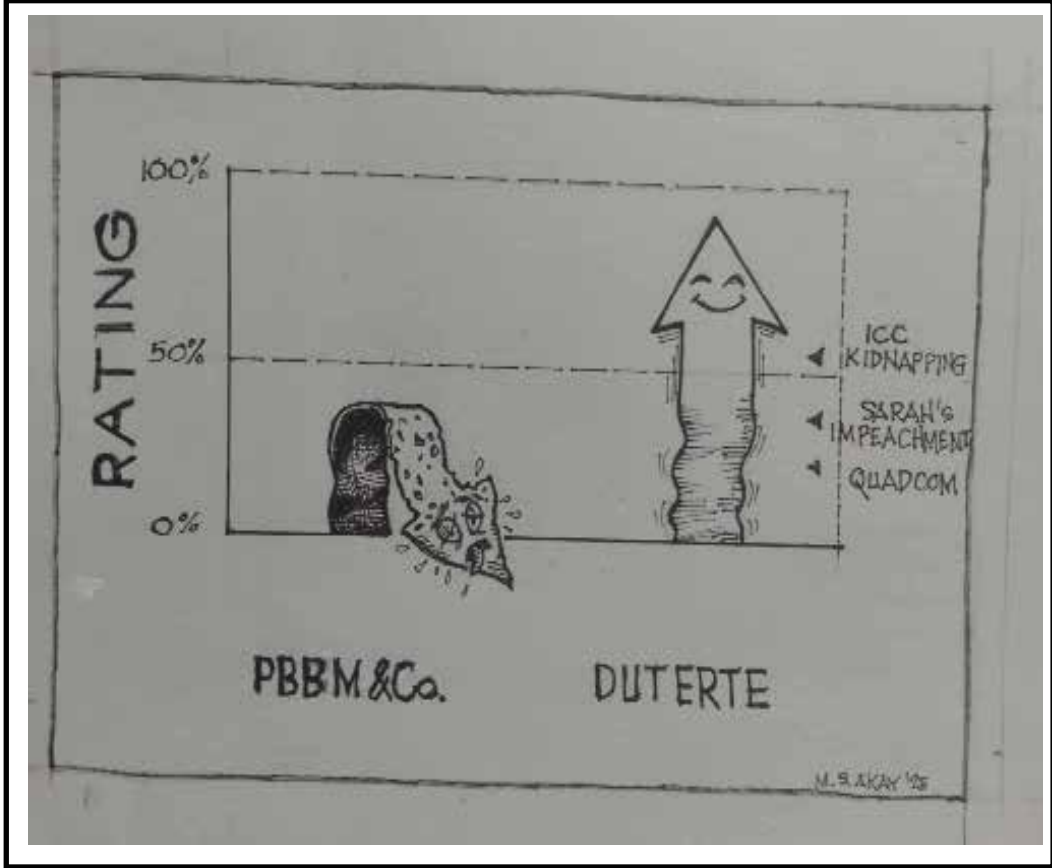


CAVITE MONDAY TIMES  
MAY 5, 12, 19, 2025









EDITORIAL

We're in trouble

Consequently, from consistent upward trust rating since assuming the Presidency, PBBM's dropped at an unprecedented level recording the lowest survey rating in 3 years.

The survey, done 4 days after the "kidnapping" of Duterte led by that PNP's abusive idiot Gen Torre from March 15 to 20 conducted by PUBLiCUS Asia Inc., indicated a huge shift in public sentiment. The approval and trust ratings of most Administration officials notably, Speaker Martin Romualdez, Senate President Chiz Escudero and even Chief Justice Alexander Gesmundo produced downward trend could possibly be attributed to the serious political divisions among the power elite, aside from the unresolved high prices of the basic goods, making most Filipinos believed they are more miserable than before. Most view the objective conditions as worsening and it's not getting any better indicated in PBBM approval

and trust ratings plunging to 19 percent and 14 percent, respectively. The public sentiment.

We've never wish for this precarious situation, preferred to support any government initiative which we believed would bring improvement in our people's lives. In fact, in many of our previous published materials, we've been trying to raise hope for this Administration to succeed in the thinking, of course, that its success would be beneficial to us Filipinos, majority of whom are mired in poverty.

Despite the harsh and unrelenting attacks by officials identified with the Administration and with the CPP, Vice President Sara Duterte, however, came out as the only high official where there's an improvement in approval ratings this quarter. The positive survey rating reversed the continuing slide of the Vice President prior to the delivery of FPRRD to the skin white pigs.

Obviously, the reversal from negative to positive of Inday Sara indicate that whatever maybe the wrong perception

of people attributed to black propaganda and untoward behavior of Rep. Castro, Flores, Manuel, Paduano, et al against her suggests that enough is enough. It exposed political persecution aided and sustained by dole outs, if not directly bribes from the Lower House leadership.

Filipinos, here and from all over the world expressed dismay and anger over the shabby treatment by the stupid abusive idiot General Torre on FPRRD. Sadly, Administration officials admitted coordination with the International Criminal Court. The incident generated the massive support which is unprecedented in world history. No person, a past leader at that, has ever been so adored and loved by his people that they took the initiative to show how indignant they are of those responsible for bringing the former President to the skin white pigs at ICC.

Of course, the drug dealers and syndicates supporters we hear and see from the legislative, legal profession, NGO/PO and individuals who see just one side of the coin, never relent in showing how unfair and evil they are against a previous leader who brought in peace and tranquility among the people, during his reign.

Well, we should keep up because this nation is in trouble.

Ang tulay mo

by Billy Andal



Incompetent village officials

The general impression of homeowners in any subdivision or village is that a new set of village officials will be better for that community. It's the ideal.

However, that is isn't real in all new set officials of some. There are good and bad. Tulay who, personally has firsthand knowledge about two good homeowners association (HOA), Kingsville Subdivision in Antipolo City and Katarungan HOA's. These two among the many HOA where prominent police and military generals and officials and business leaders and employees of the justice and judiciary, respectively, reside. Their new set of officials are really up to the job and knows their responsibilities especially on the subject of security.

As we all know, a safe and secure community of peace-loving citizens is first and foremost in the order of priority in running a village association. An assurance of safety for all residents and their guests is ensured because the official or Chairman of the Committee on Security is assigned to the individual who is trained, licensed and, therefore, competent to do the critical job. Clearly, all other areas of responsibility are secondary in

nature. Although, of course, the village association head should also be competent in managing it's affairs, which we are seeing in Kingsville and recently at Katarungan Village, located in the City of Muntinlupa, The latter is beside the New Bilibid Prison and where residents have worked and retired although many are still employed with the judicial branch of our government.

TULAY cited the above in relation to the officials of one village HOA, where sources indicated many lapses or obvious wrongdoing, if not corruption of some officials. In essence, the officials doesn't know what they're doing and as a result, the residents of that village are sorry having elected these individuals. One of the Directors, not new in the HOA, sources tell us is more interested in having a take from the entrance gates fees being collected by the civilian volunteers, so some cash collected are not recorded. The CVO handles the job instead of the licensed security guards contracted by the said HOA. One thing more, the CVO are made to do security job which

is against the law. They are not even supposed to be manning gates if we consider SOSIA rules and regulations.

Some residents say they may complain with the Department of Housing and Urban Development-Calabarzon Regional Office (DHSUD).

This comes in the light of an alleged letter signed without authority for and in behalf of a HOA official. The alleged letter informs the agency concern that their services is being terminated. Surprisingly, the HOA President noted the letter which in addition was addressed to a non-existent human. Apparently, this is forgery.

TULAY takes note and monitors the activities and workings of the HOA's all over the land in support of DHSUD effort to ensure that HOA's are up to the job. What comes next, we will let our readers know.

But of course, we believed that HOA officials in the main would like to do good for the village residents and what makes them unable to do the job well, as mandated, is because, indeed, there are misfits in some HOA Board who has nothing but personal interests in joining their respective village association.



Voices and Views:  
The conversation continues

By MGen Delfin Lorenzana (Ret)

The P20/kilo rice (Un) Fulfilled Promise

Early in his administration PBBM promised to lower the price of rice to P20/kilo. The populace waited with bated breaths as rice is the staple food and constitute a major part of the daily food expense of the Filipino household.

On May 1st the Department of Agriculture finally rolled out this long-promised P20-rice by the President. With

much hoopla and hype this was finally done starting last May 2 thru the Kadiwa stores in Cebu. The LGUs in Cebu City and adjacent towns were likewise selling the P20 kilo rice subsidizing the P13 the difference from the market price of P33 pesos.

But immediately after it was started the COMELEC has cautioned that the scheme

cannot be done by LGUs as it violates the vote buying prohibition by the COMELEC. The Kadiwa Centers, however, could continue to sell the P20 per kilo rice.

This was hailed by the administration as a "promise fulfilled". But it was also criticized by many that it was for election purposes only. Many asked why was it done in Visayas only? And why near election day and

in vote-rich Cebu? Are the other regions not deserving of cheap rice? VP Duterte says it is not fit for human consumption which was belied by the DA.

There were official reasons why this was done at this time. DA says it needs to sell its stockpile to make way for new importation. The DA Likewise says it has allocated P3.5 to P4.5B pesos for this roll out.

Economists were quick to comment that funding will be a huge challenge for this roll out. According to them the Bureau of Treasury showed a P103B peso deficit for the first 2 months of 2025. Last year the budget deficit was 1.5T pesos. They warned that subsidies will only worsen

the government budget deficit.

One opinion writer termed this project as quack economics. "The economics driving the P20/kilo rice is just as unsound and unhinged as Trump's tariffs. There is no way the global trading system would survive those levies. The P20/kilo rice is a policy of utter desperation and craziness, with no basis in the real world and in agricultural economics. There is no circumstance or environment that would make the P20/kilo rice sustainable" he says.

The cost to the government will be huge. Sec Laurel of Agriculture said

that the Marcos administration is ready to spend P10 billion to P12 billion to subsidize the upcoming pilot run of its P20-per-kilo rice program in the Visayas region and Kadiwa ng Pangulo (KNP) stores. In a briefing on Tuesday, April 29, Laurel said the government has authorized the redirection of P5 billion from the national government's contingency fund to the state-run Food Terminal Inc. (FTI).

How long will this P20/kilo rice last? My estimate is not very long due to the law of supply and demand- demand will outstrip supply. And more importantly the government cannot sustain the subsidy.

The P20/kilo rice may be a good optics but it is not sustainable and it will ruin the fiscal position of the country.



**Position title:** Business Development Officer (4 Vacancies)

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- Ability to develop and implement strategic plans.
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- Clear and concise verbal and written communication skills.
- Willing to continue to develop and grow current skill sets.
- Internally motivated with the ability to work with minimal supervision.

Applications may be sent to:  
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The company hereby declares that those mentioned earlier foreign national is able, willing, and qualified to perform the services and job description for this position. The company has the intention to employ the said foreign national and apply for an Alien Employment Permit with the Department of Labor and Employment – Region 4, located at 3<sup>rd</sup> and 4<sup>th</sup> Floors Andenson Building II, Parian, Calamba, 4027 Laguna.

## Qualified gov’t employees get midyear bonus starting May 15



MANILA – Qualified government employees across the country will begin receiving their midyear bonus starting Thursday, the Department of Budget and Management (DBM) announced.

The midyear bonus is equivalent to one month of an employee’s basic salary and is mandated under DBM Budget Circular No. 2017-2.

The incentive is part of the government’s regular compensation package for qualified personnel.

To be eligible, employees must have rendered at least four months of service from July 1 of the preceding year up to May 15 of the current year.

They must still be in government service as of May 15 and must have received at least a satisfactory performance rating in the most recent applicable performance evaluation period.

Part-time employees will re-

ceive the bonus on a pro-rata basis, depending on the actual services rendered.

Those detailed to other government agencies will be paid by their parent agency, while employees who have transferred to a new agency will receive the bonus from their current office.

Employees with pending administrative or criminal cases will remain entitled to the bonus unless found guilty by final and executory judgment. Those found guilty will be required to return the bonus received in the year the decision becomes final, except when the penalty is limited to a reprimand.

The incentive covers all civilian personnel, including those in regular, casual, and contractual positions, whether appointive or elective. This includes employees in the Executive, Legislative, and Judicial branches; Constitutional Commissions and Offices; State Universities and Colleges; and Government-Owned or -Controlled Corporations cov-

ered by the Compensation and Position Classification System.

Uniformed personnel are also covered by the incentive.

For employees of local government units, the granting of the mid-year bonus will be subject to the decision of their respective sanggunian (local councils) and the availability of funds, in compliance with relevant provisions of the Local Government Code and DBM Circular No. 2017-2.

Meanwhile, the Philippine National Police (PNP) has released the bonus to about 230,925 uniformed and non-uniformed personnel.

“The midyear bonus is a recognition of the dedication and faithful service of our police officers and non-uniformed personnel. Under the leadership of our President, this is a concrete step in boosting their morale and supporting their continued commitment to public service,” PNP Chief Gen. Rommel Francisco Marbil said. (with Lloyd Caliwang/PNA

## Proclamation of 12 winning senators set May 17 – Comelec

MANILA – The Commission on Elections (Comelec) is set to proclaim the 12 winning senators on Saturday, five days after the May 12 midterm elections.

In a press briefing on Friday, Comelec Chairperson George Garcia said the proclamation is scheduled at 3 p.m. at the Tent City of the Manila Hotel.

“We are just waiting for the formal recommendation of the supervisory committee. We were informed they will recommend the proclamation of 12 winning senatorial candidates based on yesterday’s (Thursday) ranking. We will have the proclamation by 3 p.m. tomorrow (Saturday),” he said.



CANVASSING. Staff members of the Commission on Elections check the ballot box they received for vote canvassing at the Manila Hotel Tent City on Thursday (May 15, 2025). With the canvassing of votes in the May 12 elections already over, the poll body is set to proclaim the 12 winning senators on Saturday afternoon (May 17) and party-list organizations on Monday (May 19). (PNA photo by Yancy Lim)

Each member of the Commission en banc will be given the chance to proclaim the winning senators starting from 12th place down to the one who got the highest votes.

“Each commissioner will be reading the certificate of proclamation of each and every candidate,” Garcia said.

The Comelec chief added that each senator-elect is allowed to bring along 10 to 15 guests and are given five minutes each to deliver their speeches.

“We will start distributing the invitations to the winning senatorial candidates. And maybe 10 to 15 guests will be allowed to each winning senatorial candidate. This is more compared to the past. It used to be only five. This is their moment,” Garcia said.

- Based on the National Certificate of Canvass (NCOC), the senatorial candidates who made it to the “Magic 12” are:
1. Sen. Bong Go – 27,121,073 votes
  2. Former senator Bam Aquino – 20,971,899 votes
  3. Sen. Ronald dela Rosa – 20,773,946 votes
  4. ACT-CIS party-list Rep. Erwin Tulfo – 17,118,881 votes
  5. Former senator Francis Pangilinan – 15,343,229
  6. SAGIP party-list Rep. Rodante Marcoleta – 15,250,723
  7. Former senator Panfilo Lacson – 15,106,111
  8. Former Senate president Vicente Sotto III – 14,832,996
  9. Sen. Pia Cayetano – 14,573,430
  10. Las Piñas City Rep. Camille Villar – 13,651,274
  11. Sen. Lito Lapid – 13,394,102

12. Sen. Imee Marcos – 13,339,227

On the other hand, the Comelec is looking at proclaiming the winning party-list groups on May 19.

Based on the NCOC, the top five party-list groups are Akbayan (2,779,621), Duterte Youth (2,338,564), Tingog (1,822,708), 4Ps (1,469,571), ACT-CIS (1,239,930), and Ako Bicol (1,073,119).

“We will come up with [a] resolution regarding allocation of seats for the party-list. That will be read in the proclamation of the party-list this coming Monday,” Garcia said.

The Commission en banc, sitting as the National Board of Canvassers, completed the canvassing of all 175 certificates of canvass, both local and overseas, on Thursday. (PNA)

## SSS, DICT partner to boost services in remote areas via e-Wheels



More enhanced Social Security System (SSS) services now await grassroots communities as the SSS and the Department of Information and Communications Technology (DICT) team up for the SSS e-Wheels program.

Through this partnership, the DICT has equipped the SSS e-Wheels with free high-speed internet, enabling the delivery of SSS services to far-flung areas.

SSS Lucena Branch Head Frederick D. Isip explained that the partnership will strengthen the SSS e-Wheels program by ensuring seamless online services in areas with limited or no internet connectivity.

“This satellite internet technology directly addresses the challenges in remote locations, significantly improving system uptime and reducing client waiting time. This is a game-changer for SSS Lucena, as it allows us to bring our digital services closer to members,” Isip said.

Covering 29 municipalities and two cities in Quezon Province, including geographically isolated and disadvantaged areas (GIDAs), Isip added that SSS Lucena is now better equipped to provide uninterrupted digital services to its members.

SSS Lucena can now offer faster access to the My.SSS portal and SSS Mobile App, real-time processing of contri-

butions (RTPC), membership applications, online registration, verification, and benefit consultations in last-mile communities.

“This initiative reflects our commitment to innovation and excellent public service, ensuring that no member is left behind due to connectivity challenges. We can now efficiently bring essential transactions closer to the people, making our services more accessible and reliable. In fact, we are set to conduct e-Wheels visits in the majority of towns and municipalities under the jurisdiction of SSS Lucena,” Isip said.

He added that the partnership serves as great example of how interagency collaboration can truly make a difference.

“We thank the agency for their continued support, and we look forward to exploring more ways to work together to bring social security services closer to every Filipino,” Isip said.





DEMOCRACY FRONTLINERS. Teachers serving as electoral board inspectors conduct a mock voting session during final testing of automated counting machines at Baliok Elementary School in Davao City on May 6, 2025. Education Secretary Sonny Angara on Tuesday (May 13) commended public school teachers, non-teaching staff and other poll watchers for the success of the May 12 midterm polls.(PNA photo by Robinson Niñal Jr.)

## DepEd: Teachers, other staff frontliners of democracy

MANILA – Department of Education (DepEd) Secretary Sonny Angara on Tuesday commended public school teachers, non-teaching staff and other poll watchers for the success of the 2025 national and local elections.

In a statement, Angara said DepEd personnel’s commitment to service helped ensure the orderly conduct of polls nationwide.

“These are not just public servants. They are frontliners of democracy,” Angara said.

“Saludo po kami. Dahil sa inyo, naging maayos at safe ang proseso. Kayo ang tunay na ka-team sa Bagong Pilipinas -- laging handa, laging para sa bayan (We salute you. Because of you, the process has been orderly and safe. You are the true teammates of the New Philippines, always ready, always for the nation).”

According to the DepEd, more than 660,000 personnel served in Monday’s midterm polls. Overall, 758,549 poll workers were deployed nationwide.

The DepEd Task Force, mean-

while, logged 603 election-related issues through its 24/7 command center.

The reports included malfunctioning automated counting machines, irregularities in ballots and receipts, and voters’ list concerns, with the majority of reports coming from Metro Manila and the Bangsamoro Autonomous Region in Muslim Mindanao.

The DepEd earlier said prompt responses were given in coordination with the Commission on Elections and other government agencies. (PNA)

## ITCZ, easterlies to bring rains over Mindanao, parts of PH

MANILA – The Intertropical Convergence Zone (ITCZ) and the easterlies will bring rains over several parts of the country, the weather bureau said Saturday.

In its 4 a.m. bulletin, the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) said the ITCZ will bring cloudy skies with scattered rains and thunderstorms over Mindanao, Eastern Visayas and Palawan.

Moderate to at times heavy rains in those areas could result in flash floods or landslides, PAGASA warned.

The rest of the country will have partly cloudy to cloudy skies with isolated rain showers or thunderstorms due to the easterlies.

The whole archipelago will experience light to moderate winds and slight to moderate seas.

Meanwhile, PAGASA warned of dangerous heat index levels in 28 areas.

NAIA Pasay City – 42°C  
Laoag, Ilocos Norte – 43°C  
Dagupan City, Pangasinan – 43°C  
Bacnotan, La Union – 43°C



Aparri, Cagayan – 44°C  
Tuguegarao City, Cagayan – 43°C  
Iba, Zambales – 43°C  
Cubi Point, Subic Bay, Olongapo City – 44°C  
San Ildefonso, Bulacan – 42°C  
Tayabas, Quezon – 42°C

Sangley Point, Cavite – 42°C  
Ambulong, Tanauan, Batangas – 42°C  
Infanta, Quezon – 44°C  
San Jose, Occidental Mindoro – 45°C  
Puerto Princesa City, Palawan – 42°C  
Cuyo, Palawan – 43°C  
Daet, Camarines Norte – 43°C  
Legazpi City, Albay – 42°C  
Virac, Catanduanes – 43°C  
Masbate City, Masbate – 43°C

CBSUA-Pili, Camarines Sur – 44°C  
Roxas City, Capiz – 42°C

Iloilo City, Iloilo – 43°C  
Dumangas, Iloilo – 42°C  
Borongan, Eastern Samar – 42°C  
Zamboanga City, Zamboanga – 43°C  
Davao City, Davao del Sur – 43°C  
Butuan City, Agusan del Norte – 43°C

PAGASA said heat index is what the temperature feels like to the human body when relative humidity is combined with the air temperature.

The weather bureau advised the public to limit the time spent outdoors, especially at noon, and drink plenty of water.

People going outdoors are reminded to use umbrellas, or wear hats and sleeved clothing. (PNA)

## Upsets and continuity: Gubernatorial election results in CALABARZON proclaimed



The 2025 National and Local elections promised to bring a new direction of governance in the Philippines.

In the Calabarzon region, the gubernatorial elections saw switch-ups, where husband and wife and mother and son tandems were replaced by other familiar names.

Batangas, Rizal and Cavite: where bailiwicks formed Batangas, Rizal and Cavite provinces have been known to be strongholds of political families for decades.

The Rectos of Batangas is an old political family whose generations stemmed from former Senator Claro M. Recto who played a key role in drafting the 1935 constitution.

Decades later, former actress Vilma Santos-Recto—wife of Claro’s grandson and Finance Secretary Ralph—is leading the charge as the new governor-elect. Her son, Ryan Christian, is joining the House of Representatives as the newly-minted sixth district representative.

The Remullas, Bautistas, and

Revillas of Cavite are also forming their impenetrable stronghold with Abeng Remulla and Ram Bautista-Revilla as Governor and Vice Governor-elect, respectively.

Meanwhile, the Ynareses of Rizal remained undefeated with Governor Nina continuing her duties at the Capitol alongside Pining Gatbalayan as Vice Governor.

Quezon: undefeated Quezon Province has long rid of its very own dynasty through the triumph of Angelina Tan in 2022. Three years later, the physician-turned-politician is continuing her duties as the province’s chief executive alongside Third Alcala as vice governor.

Tan, who won over the Suarezes in the previous election, remained unchallenged thanks to her health programs in the province. Meanwhile, Alcala—whose political ties can be traced to the father and son tandem in the Capital, Luceña—will continue to lead local legislation as Vice Governor.

Laguna: a tale of two women It may have been wrong to pit

women against women, but Laguna province was promised with a very different leadership style in Sol Aragonese, a former journalist and outgoing Laguna Third District Representative, after winning against Ruth Mariano-Hernandez, outgoing Second District Representative and wife of outgoing governor-now-turned Congressman Ramil Hernandez.

Both Aragonese and Mariano-Hernandez were members of the House of Representatives and have built respective networks of their own right. Aragonese has found strong support in the 3rd district where she started the Alagang Sol program, while Mariano-Hernandez, who also shared popularity with her governor husband in the second district, kickstarted the Serbisyon Tama Kababaihan—a program for the Lagunense women. Barely a day after the elections, but the electorate of CALABARZON is seeing clear winners who will be sworn into office by June 30. The only question that stands: will the (relatively) new faces live up to the expectations that go with their names? (PB/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!



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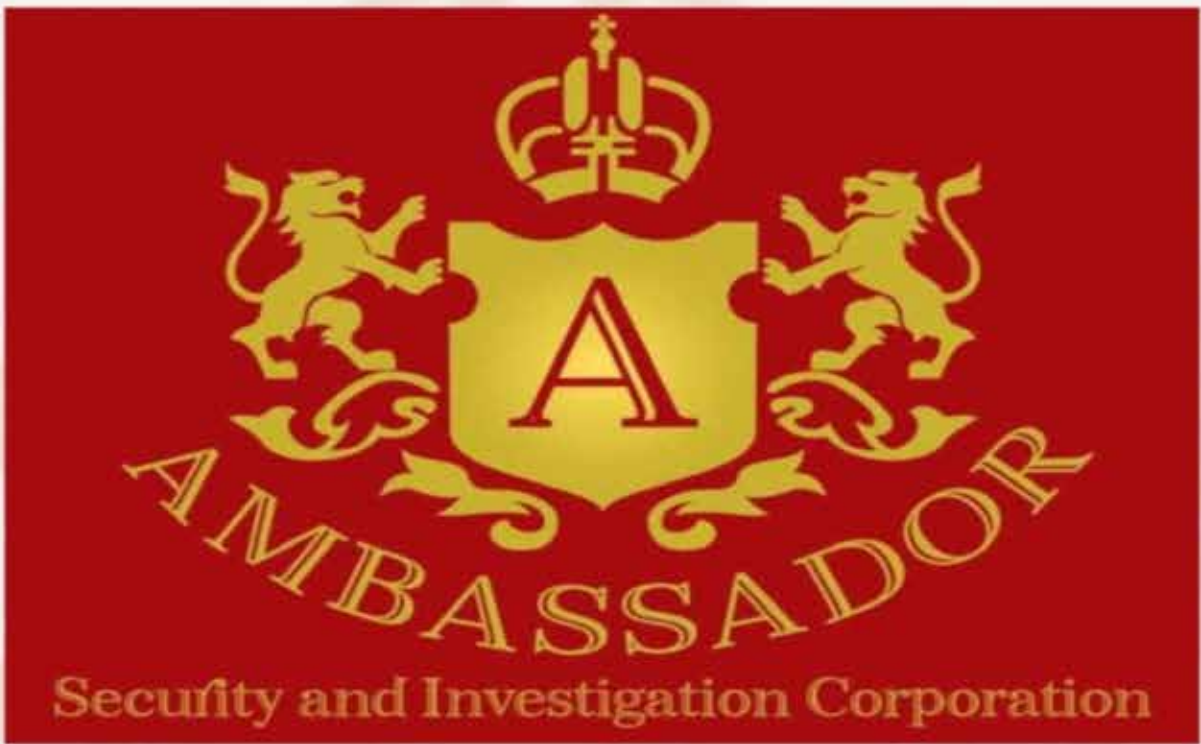
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