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PRO4A SINIGURO ANG KAAYUSAN SA INDIGNATION RALLY LABAN CPP-NPA-NDF

Camp BGen Vicente P Lim –Siniguro ng miyembro ng kapulisan mula sa Police Regional Office CALABARZON ang maayos at tahimik na pagsasagawa ng Indignation Rally laban sa CPP-NPA-NDF (CNN) na pinangunahan ng Highway Patrol Group- Force Multiplier Inc. na nagsimula sa harap ng dambana ni Dr. Jose Rizal sa The Park, Calamba City hanggang sa Crossing, Calamba City kung saan ay dinaos ang isang programa.

Libo-libong miyembro ng Civic, Non-Government Organizations, at Community Anti Crime Groups mula sa limang Probinsiya ng CALABARZON ang nagsama-sama at nakiisa sa nasabing rally na pinamagatang "Walk for Lasting Peace".

Ayon sa pambungad na pananalita ni Ms. Susan Caballes, National Chairman ng HPG-FMI, ang nasabing pagtitipon ay naglalayong ipakita ang pagsuporta nila sa programa ng pamahalaan laban sa karahasan at terorismo at upang ipamulat ang katotohanan sa mapanlinlang na gawain ng CNN at upang maprotektahan ang mga kabataan laban sa panghihikayat at baluktot na idelohiya ng makakaliwang grupo.

Kabilang sa programa ay ang testimonya ng mga dating kaanib ng grupo na nagbalik-loob sa pamahalaan kung saan ay isinalarawan nila ang kanilang naging masamang karanasan sa loob ng samahan bilang NPA at nagpatunay na kapahamakan lamang ang dulot nito.

Ayon kay alyas 'Lucy', sya ay narecruit noong kabataan pa lamang nya dala ng kahirapan at napangakuan ng magandang kinabukasan. "Hindi ko mawari kung bakit ako ay narecruit, tinuruan kami kung paano humawak at kanino gagamitin ang sandata," aniya. Ayon pa kay alyas Lucy, isa siya sa naging aktibista, nagrally at nanghikayat ng kapwa kabataan na sumama at makilahok sa kanilla. "Hindi dahilan ang kahirapan upang humawak ng armas, mga kabataan sumunod kayo sa inyong mga magulang," dagdag pa nito.

Samantala, emosyonal namang inilahad ni Mrs. Arabella ng samahang 'Hands Off Our Children' kung paano na recruit ang kanyang anak. Ayon sa kanya, nag-aaral sa Polytechnic University of the Philippines (PUP) Sta Mesa at nasa Grade 11 pa lamang noong 2016 ng na-recruit ng LFS at sumapi sa Anak Bayan, nakilahok sa mga rally at kung saan-saang lugar naimbitahan. "Hindi po namin alam na ang ginagawa ng aking anak na na-recruit ng makakaliwang grupo ay para lamang lumaban at batikusin kung anong meron ang gobyerno," sabi ni Mrs. Arabella.

-more-

Hinikayat rin ni Mrs Arabella ang bawat magulang na ingatan ang kanilang anak upang maiwasan ang pagrerecruit ng mga makakaaliwang grupo. Ang anak ni Mrs. Arabella ay halos dalawang taon ng nawawala ayon dito.

Ayon kay PNP CALABARZON Regional Director PBGEN Vicente D Danao, Jr., ang buong pamunuan ng PNP hindi lamang sa CALABARZON ay nakikiisa sa panawagan ng mga samahang lumahok sa indignation rally tungo sa kapayapaan at pag-laban sa karahasan ng makakaliwa at teroristang grupo.

"Nais po naming magpasalamat sa ating mga force multipliers at sa mga samahan na nagpakita ng suporta dito sa programa ng ating pamahalaan upang wakasan na ang karahasan ng makakaliwang grupo. Marami nang nagbuwis ng buhay sa magkabilang panig at marami pang nadadamay na mga inosenteng kababayan natin. Makakaasa po kayo na lalo pa naming paiigtingin ang ating kampanya upang isulong ang Executive Order No. 70 o ang End Local Communist Armed Conflict (ELCAC)," ani ni General Danao.

"Hinihikayat din namin ang aming mga kapatid na nahulog sa bitag ng makakaliwang grupo na panahon na upang magbago para sa bayan at sa ating mga mahal sa buhay. Sinsero ang ating pamahalaan ngayon upang mas mapabuti ang buhay nila at maibalik natin sila sa lipunan bilang kaisa natin", dagdag pa ni RD Danao.

Sa kasalukuyan ay mayroon ng 97 former rebels na sumuko sa buong CALABARZON mula noong nagsimula ang EO 70 at mayroon ding 57 assorted firearms, bala at explosives ang nai-surender sa mga otoridad. Ang mga nag balik-loob ay nakatanggap na din ng mga benepisyo sa ilalim ng Enhanced Comprehensive Local Integration Program o E-CLIP.

Caffeine may offset some health risks of diets high in fat, sugar

CHICAGO -- Caffeine may offset some of the negative effects of an obesogenic diet by reducing the storage of lipids in fat cells and limiting weight gain and the production of triglycerides, according to a study in rats posted on the website of the University of Illinois (UI) this week.

For four weeks, the rats in the study ate a diet that contained 40 percent fat, 45 percent carbohydrate and 15 percent protein. They also ingested one of the forms of caffeine in an amount equivalent to that of a human who drinks four cups of coffee daily.

The researchers performed cell culture studies in which they exposed adipose cells from mice to synthetic caffeine or the coffee or mate caffeine extracts, and found that regardless of its source, caffeine decreased the accumulation of lipids in adipose cells by 20 percent to 41 percent.

To be specific, the rats that consumed the caffeine extracted from mate tea gained 16 percent less weight and accumulated 22 percent less body fat than the rats that consumed decaffeinated mate tea.

The researchers also tracked the expression of several genes associated with obesity and lipid metabolism, including the fatty acid synthase gene (Fasn) --an enzyme compound involved in the synthesis of fatty acids from glucose, and the lipoprotein lipase gene (Lpl), which codes for an enzyme that breaks down triglycerides.

All of the caffeine treatments, regardless of origin, have significantly downregulated the expression of both Fasn and Lpl.

In the cell cultures, Fasn expression diminished by 31 percent to 39 percent, while Lpl expression decreased by 51 percent to 69 percent among cells treated with synthetic caffeine or the caffeine from mate tea or coffee, the researchers found.

In the rats that consumed the mate tea caffeine, expression of Fasn decreased by 39 percent in their fat tissue and by 37 percent in their livers.

The decreased expression of Fasn and two other genes in the liver evoked lower production of low-density lipoprotein cholesterol and triglycerides in the liver as well, according to the study.

Mate tea is an herbal beverage rich in phytochemicals, flavonoids and amino acids that is consumed as a stimulant by people in southeastern Latin American countries. The amount of caffeine per serving in mate tea ranges from 65-130 milligrams, compared with 30-300 milligrams of caffeine in a cup of brewed coffee.

"The consumption of caffeine from mate or from other sources alleviated the negative impact of a high-fat, high-sucrose diet on body composition due to the modulation of certain lipogenic enzymes in both adipose tissue and the liver," said Elvira Gonzalez de Mejia, a co-author of the study and director of the division of nutritional sciences at UI. "The decreased expression of Fasn and Lpl brought about lower synthesis and accumulation of triglycerides in the adipose tissue."

The study was published in the Journal of Functional Foods. (Xinhua)

SA isinagawang Interdiction Operation ng Inter-agency Drug Interdiction Task Group (NAIADITG) sa Central Mail Exchange Center, Philippine Postal Corporation Compound, Domestic Road, Pasay City nasakote si Joseph Marck Tamo na nakatira sa 112 P. Mariano St., Taguig City at nakumpiska sa kanya ang isang kahon na may laman na 3 pirasong malaking plastic bag na dried leaves (marijuana). Makikita sa larawan habang iniimbestigahan at imbentaryo ng DOJ representative, Brgy Kagawad ng Pasay at ng representative ng Media ang mga ebidensya ng nasabing droga. **(JIMMY HAO)**

THROWBACK

by: Terri Q. Faustino/ARZ

TINIG NG KONGRESO (mula sa pahayagang TALIBA taon 1992)

Noong Disyembre 27, 1992. WALANG patid sa pagbibigay ng serbisyo sa kanyang nasasakupan kaya umani ng suporta sa kinakatawan niyang distrito ang San Juan at Mandaluyong.

Ito ang pinanumpaang serbisyo ni Congressman Atty. Ronaldo Bayan Zamora, ng Mandaluyong-San Juan, sa kanyang mga mamamayan. Ipinanganak noong Disyembre 4, ng mag-asawang Amparo Bayan ng Calumpit, Bulacan at ng yumaong Ambassador Manuel Guevarra Zamora. Ang ama ni Congressman Zamora ay nanungkulan bilang Ambassador mula administrasyon ni Pangulong Quezon hangggang kay Pangulong Ferdinand E. Marcos.

Si Kongresista Zamora, na naging sentro ng panunuligsa dahil sa pagkalas nito sa partido ng Laban ng Demokratikong Pilipino (LDP) at pag anib sa partidong NUCD ni Pangulong Fidel V. Ramos ay nangibabaw pa rin sa kanyang sariling pamamaraan.

Ikinarangal at iginalang ang kanyang desisyon, pinatunayan ni Zamora sa mga tumutuligsa na tunay siyang liderato. Isa na sa pagpapatunay dito ay pag pili sa kanya taun-taon bilang isa sa mahuhusay na kongresista dahil sa kakaibang gilas na ipinapakita. Kasama rin siya sa napiling Ten Outstanding Congressman noong 1987.

Si Kongresista Zamora ay kasalukuyang Majority Floor-leader ng mababang kapulungan at pumapangalawa kay Speaker Jose De Venecia.

Bilang kinatawan ng Mandaluyong San Juan District, ang kanyang adhikain ay mapaunlad ang kanyang nasasakupan. Dito ay nakapagbibigay siya ng higit sa P300 milyong halaga ng pagpapaunlad ng kalsada kasama na ang mga bagong paaralan, barangay hall, puerriculture at daycare center, playgrounds mga kalye, at iba pang proyektong para sa kapakanan ng kanyang nasasakupan.

Dahil sa kanyang adhikaing paunlarin ang buong bansa, nagharap siya ng mga panukalang-batas kung saan kabilang ang lehislasyon sa agrarian reform, local na awtonomiya, salary standardization at mga hakbangin tungkol sa pagbabayad ng buwis.

Lubhang malaki ang pagmamahal niya sa mga taong gabay ng bansa sa pag-unlad kung kaya't ipinaglaban nito ang pagkakaroon ng magandang sahod kabilang dito ang mga guro, sundalo, pulis at iba pang kawani ng gobyerno.

Si kongresista Zamora na iginagalang na politico ay laging handang makinig sa hinaing ng kanyang nasasakupan particular ang mga mahihirap na kababayan. At dahil sa papel na kanyang ginagampanan ay maituturing itong haligi ng bansa na ang pangunahing minimithi ay Makita itong lubos maunlad para sa mamamayang Pilipino.

Si Congressman Zamora ay kasalukuyang Congressman dahil sya ay muling inihalal ng mamayan sa lone district ng San Juan at sinuportahan ni PANGULONG RODRIGO DUTERTE pati na ng kanyang anak na si Mayor Francis M. Zamora ng Lungsod ng San Juan. **(Teresa Q. Faustino)**

USAP LANG

JUNE BILLONES
0929-8127638

Piyesta

PAGKATAPOS ng Pasko at Bagong Taon ay kabilang ang piyesta sa pinagtutuunan ng pansin.
Hindi lamang pansin kundi talagang pinagtutuunan ng pinansiyal na aspeto.
Ibig sabihin, kagaya ng Pasko at Bagong Taon ay pinaghahandaan din ang piyesta.
Parang mas matindi pa nga ang piyesta kumpara sa Pasko at Bagong Taon.
Iba kasi kapag piyesta, bumabaha talaga ng handa o ng iba't ibang nilutong putahe at maging ng inumin.
Kumbaga ay piyesta ang handa at ang mga bisita ay lubhang mabubusog at masisiyahan.
Dalawang malalaking piyesta ang umaarangkada sa unang bugso ng taon.
Mauuna ang kapistahan ng Itim na Poon Nazareno kaya lagakpak ang kasiyahan sa area ng Quiapo sa Maynila.
Pagkatapos ng piyesta ng Quiapo ay susundan naman ng piyesta ng Tondo.
Ito ang kapistahan ng Sto. Nino na halos sarado ang mga daan o kalsada sa bahagi ng Tondo.
Palagi nga na idinadalangin na wala sanang magbubuwis ng buhay sa dalawang kapistahang ito.
Wala namang masama o problema sa pagdaraos ng ganitong okasyon.
Nakakalungkot lang na minsan ay naririnig na para lamang makapaghanda ay ipinangungutang.
Iyan po ang 'wag na 'wag gagawin, mangungutang para lamang may maipagmayabang.
Paalala lamang po.

PhilHealth sets new contribution schedule; assures immediate eligibility to benefits

The Philippine Health Insurance Corporation (PhilHealth) has released a new contribution schedule for its Direct Contributors in accordance to the Universal Health Care Law of 2019 and its implementing rules and regulations.
Direct contributors refer to those who are gainfully employed and bound by an employer-employee relationship. In addition, Kasambahays, self-earning individuals, practicing professionals and Overseas Filipino Workers belong to this membership category as well.
In its PhilHealth Circular No. 2019-0009 published on November 23, 2019, premium rate for Direct Contributors shall still be at 2.75% of their monthly basic salary with an adjusted ceiling of P50,000. In 2020, PhilHealth will increase the rate to 3% and henceforth adjusted to increments of 0.5% every year until it reaches the 5% limit in 2025 as provided for by law. Income floor is fixed at P10,000 during the 5-year period, while salary ceiling will gradually increase by P10,000 each year until it reaches P100,000 in 2025.
For those earning below the salary floor of P10,000, contributions are computed using the minimum threshold; while those who earn the set ceilings/limits shall pay premiums based on the set ceiling. This policy shall also apply to seafarers.
On the other hand, premiums of self-paying members, professional practitioners, and land-based OFWs are computed straight based on their monthly earnings and paid in whole by the member. To ensure accuracy in computation, PhilHealth will require submission of financial records such as latest income tax return received by the Bureau of Internal Revenue, duly-notarized affidavit of income declaration, or overseas employment contract as proof of income. Otherwise, contribution will be based on the highest computed rate.
Pursuant to Republic Act 10631 or the Kasambahay Law, employers shall borne the premiums of their domestic helpers in full, except when monthly salary exceeds P5,000 where Kasambahays shall then be deducted of their equal share in the monthly contribution. In cases of 'employed' Persons with Disability (PWDs) listed in the Department of Health's PWD registry, their contributions shall be equally divided between their employers and the National Government for their personal share.
The new premium schedule takes effect on December 7, 2019 or 15 days after the publication of its Circular 2019-0009. Its application for employed members will be for the applicable month of December 2019 (which is payable on January 2020). Meanwhile, the rest of Direct Contributors may still avail of the existing rate of P2,400/year (or P3,600/year for those earning P25,000 or more per month) for a maximum of three years until December 6, 2019 only. Starting December 7, 2019, the new rate shall apply to all Direct Contributory members using the following schedule:

Year	Premium Rate	Income Floor	Income Ceiling
2019	2.75%	P10,000.00	P50,000.00
2020	3.00%	P10,000.00	P60,000.00
2021	3.50%	P10,000.00	P70,000.00
2022	4.00%	P10,000.00	P80,000.00
2023	4.50%	P10,000.00	P90,000.00
2024	5.00%	P10,000.00	P100,000.00
2025	5.00%	P10,000.00	P100,000.00

The state agency said that the new schedule will help ensure sustainability of the National Health Insurance Fund, guaranteeing that all Filipinos are able to avail of outpatient benefit packages that are currently being finalized, as well as immediate eligibility to benefits during confinement.
"Starting November 22, 219 until such time that a new set of guidelines are issued, all Filipinos including those without the qualifying contributions shall be allowed to avail of the PhilHealth benefits," PhilHealth President and CEO Ricardo C. Morales announced.
While no one will be denied of PhilHealth coverage due to non-payment of premiums, Morales also clarified that members lacking contributions shall be billed for the unpaid premiums with interests (compounded monthly) and penalties of at least 3% a month for employers, sea-based OFWs, and Kasambahays. On the other hand, self-earning members, professionals and land-based migrant workers shall incur a maximum interest of 1.5% for every month of missed payment. Interests, however, shall only be applied effective applicable month of January 2020.
PhilHealth assured that the adjustments in contributions are sanctioned by law and essential in sustaining and enhancing its benefits and services to its 108 million-strong members and beneficiaries here and abroad.

EDITORYAL

Resolusyon sa Bagong Taon

TUWING nagpapalit ng panibagong taon ay marami pa rin sa atin ang may kanya-kanyang resolusyon.
Iyon bang kung tawagin ay New Year's resolution, na isang uri ng pangako.
Bakit pangako? Sasabihin kasi sa sarili na sa pagpasok ng bagong taon ay hindi na gagawin ang maling gawain o nagawa sa nagdaang taon.
Malinaw na ang pangako ay kaakibat ng pagbabago subalit ang katanungan ay kakayanin kaya o mapapanindigan?
Makakaya o magagawa naman ang New Year's resolution kung ito ay nasa puso.
Ang mabigat na kalaban ay hindi ang ibang tao o ang mga nakapaligid.
Bagkus ay ang sarili mismo, kaya paghariin ang isip at puso upang manalo sa pangako tungo sa pagbabago.

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LIGAYA ANG HANAP, SA 'TUTOK' NASADLAK

IMBES na magandang babae na makakapiling, holdaper ang nakilala ng isang 20-anyos na Indian national nang holdapin ito habang sakay sila ng kanyang motorisklo sa Imus City, Cavite.

Personal na dumulog sa tanggapan ng Imus City Police station ang biktimang si Kelvin Singh Thounaojam, estudayante at nanunuluyan sa 702 Torre Sur Condominium, Las Pinas City upang ireklamo ang suspek na si Velentino Boyles , 37, binata, walang trabaho, ng Granvale Subd., Brgy Malagasang II-F, Imus City.

Sa ulat ni MSgt Christian Tamayo, ng Imus City Police Station, dakong alas-8:15 ng umaga nang naganap ang insidente kung saan nakilala ng biktima ang suspek sa isang mall sa Las Pinas City.

Nagtanong ang biktima kung may alam na babae ang suspek na pansamantalang makapagpapaligaya sa kanya.

Matapos ang kanilang paguusap, isinama ng suspek ang biktima at sumakay sa motorsiklo ng huli at nagtungo sa isang lugar sa Brgy Anabu ng naturang Lungsod.

Pagsapit sa isang madilim na bahagi ay biglang nalabas ng baril ang suspek at nagdeklara ng holdap at tinangay ang P1,000 cash ng biktima at saka tumakas.

Gayunman, nagsumbong ang biktima sa pulisya at nagsagawa ng operasyon na nagesulta sa pagkakaaresto sa suspek base sa diskripsiyon nito at naibalik din ang kanyang pera.

GENE ADSUARA

Pamilya ng 'hero cop' tumanggap ng P.3 milyon sa City of Manila

Bunsod ng ipinakitang tapang at dedikasyon sa tungkulin, tumanggap ng P300,000 financial assistance mula kay Manila Mayor Isko Moreno ang pamilya ni P/Corporal Edgil Bombase na napatay sa encounter sa Sta. Cruz, Maynila.

Batay sa report, nagtamo ng apat na tama ng baril sa katawan si Bombase na nakipagbarilan sa holdaper sa PNR railway, Antipolo St. cor. Tomas Mapua, Sta. Cruz noong Disyembre 11.

Bagamat naitakbo pa Jose R. Reyes Memorial Medical Hospital, namatay din ito matapos ang apat na araw na pagkakaratay sa ospital.

Pinangunahan mismo ni Moreno ang pagbibigay pugay sa kabayanihan ni Bombase sa pagbibigay ng isang minutong panalangin.

Sinabi ni Moreno, naglaan ng P300,000 ang city government ng Manila para tulong pinansiyal sa pagkamatay ni Bombase.

Samantala, sinusulat ito ay pagkakalooban ng 'Medalya ng Kadakilaan' ng National Capital Regional Police Office (NCRPO) si Bombase kaugnay sa katapangan at kabayanihang ipinakita nito.

"P/Cpl Bombase died due to multiple organ failure at 3:10PM, yesterday, December 15, 2019. But he died with honor and integrity of having accomplished the mission of neutra¬lizing one notorious robbery/hold-up suspect, he is NCRPO's police hero," ayon kay NCRPO director B/Gen. Debold Sinas.

Gagawaran si Bombase ng posthumous award na Medalya ng Kadakilaan at sagot din ng NCRPO ang gastos sa ospital maging sa libing ng pulis. **(Leonard Basilio)**

NCR's 1st peace & dev't convergence program targets displaced Malabon vendors

MALABON CITY (PIA) – At least 75 displaced sidewalk vendors in the city stand to benefit from the whole-of-nation convergence program designed to alleviate their plight and provide alternative, long-term, and more stable earning opportunities for them.

During Satruday's 1st Metro Manila Convergence Program of government, private entities, and civil society organizations held at the Malabon National High School, and spearheaded by the Poverty Reduction, Livelihood and Employment Cluster of the National Capital Region Task Force to End Local Communist Armed Conflict in support of President Rodrigo Roa Duterte's Executive Order No. 70, the beneficiaries were given the option to learn skills on Hilot (Wellness Massage) NC II, Bread and Pastry Production NC II, and Tile Setting NC II, coupled with orientation on livelihood, business management, financial assistance, and employment opportunities, among others.

Malabon City Mayor Antolin "Len" Oreta, who graced the event, expressed his support to the convergence effort. The mayor also assured that the city was working on providing an alternative means of livelihood for the vendors.

Gilberto Dela Cruz, a 64-year old vendor from Barangay Catmon, said he was quite surprised at first, because despite his age, he is still given the opportunity to avail of the skills training on bread-making.

"Sabi ko po interesado ako, gusto ko pong maipakita sa gobyerno at kay Pangulong Duterte na gusto ko pa rin makibahagi sa programa ng gobyerno," Dela Cruz said, adding that he will challenge himself to finish the training course and engage with other vendors to avail of the livelihood opportunities.

"Ang totoong gusto ko po ay sa computer [operation] pero baka next year pa raw po i-offer, kaya nag-shift po muna ako sa bread-making business. Pero kasi, interesado rin ako sa ganyan e. Magagamit [ko] sa negosyo at malay nyo, baka makapagpatayo rin tayo ng bakery," he said.

Nabanggit din po nila sa amin noong primerong orientation namin sa munisipyo na mayroong ibibigay na mga gamit pang-baking kapag nakatapos sa kurso," he added.

For her part, Lolita Bon, 52, of Barangay Hulong Duhat, who used to sell her wares beside the Malabon City Square Mall, said she and her fellow vendors were encouraged by the local government to avail of the programs being offered. She said she will avail the bread and pastry-making course and also train as a therapeutic masseuse due to its readily available potential income.

"Napakaganda po at napakamaraming matutulungan ng kagaya sa aming mga vendors, bale 75 po kami na mga vendors na willing mag-training kasi po, lalo na ngayong clearing time, wala po kaming pagkakataong magtinda sa kalsada nang maghapon. Hinihikayat ko po sila na mag-avail at ito po ang magiging hanapbuhay namin kapag nakatapos po kami," Bon said.

Training courses would last for as short as 10 days to 18 days depending on its specialty. The convergence program will also provide business opportunities to graduates through-supportive environment such as provision of facilities, mentoring and coaching, training, and networking that will help them establish their respective start-up business.

Graduates of the program are expected to use their skills and knowledge to put up their own business while others can be hired as employees of various business establishments.

On the other hand, those who have no business capital may form a group and register as a cooperative so that they can start their own business venture, said Pilar Hernandez-Herbolario of the City of Malabon Polytechnic Institute.

"Ang programang ito, hindi magtatapos sa hilot, mayroon din pang-negosoyo, pangkabuhayan, tapos mayroon din, kung 15 na kayo [members], pwede kayong magtayo ng coop para isang grupo na kayo, na hahanapin. 'Di ba meron tayo na nabuong Tricycle Food Tour noon? O baka sa susunod mayroon na tayong Malabon Tricycle Hilot Tour, at iikutan na kayo ng mga gustong magpahilot para iyong serbisyo natin ay naipapa-abot talaga natin," she said.

To recall, Malabon City has started promoting its culinary landmarks by means of accredited tricycles, a local public utility transport, which can easily wheeze through traffic and narrow alley ways.

Also, the national and city governments have ordered for the clearing of streets of obstructions to comply with the mandate of the President. **(PIA NCR)**

DOTr compensates, relocates residents affected by Metro Manila Subway Project

VALENZUELA CITY (PIA) – Landowners here who signed Deeds of Absolute sale of their properties affected by the construction of the Metro Manila Subway Project (MMSP) have been compensated financially on Saturday by the Department of Transportation (DOTr).

This after the start of the formal clearing works of the Partial Operability (PO) Section of the MMSP.

DOTr Secretary Arthur Tugade also said that informal settler families have been transferred and given residence at the Disiplina Village in Barangay Bignay, Valenzuela City, an in-city relocation site managed by the local government.

A total of around 460 lots would be needed for the PO Section of the Subway, and some 364 lots of the total number were offered to be bought at prevailing Market Value.

While, 285 lot owners of the 364 lots have earlier agreed to sell their properties to government.

The PO Section of the subway will be composed of its first stations in Valenzuela City and Quezon City, its Line's Depot in Barangay Ugong, and some infrastructures for the Philippine Railway Institute, the first Railway Training Center in the country.

The underground rail line has been considered the "Project of the Century" being able to accommodate around 370,000 passengers daily when fully operational. It, however, targets 2021 to start its partial operations.

Around 15 stations of the Subway Project will service passengers when fully operational, including a terminal station at the Ninoy Aquino International Airport (NAIA) Terminal 3. **(PIA NCR)**

Over-speeding of trucks must be controlled: Duterte

MANILA -- President Rodrigo Duterte on Monday said he wanted to have over-speeding of trucks regulated by police, lamenting that it has been one of the country's leading causes of deaths in road accidents.

"Pati 'yang mga truck, i-control ninyo ang speed. Alam mo ang disgrasya ngayon, pag ano ang patay, 10, 20 (The speed of trucks has to be controlled. You know accidents now, kill 10 to 20 people). I have to think about that. That has to stop," Duterte said in a speech in Cotabato City.

Duterte said the number of deaths due to road accidents was "no longer acceptable" to him.

"Itong over-speeding, it has to be controlled kasi marami nang patay (This over-speeding has to be controlled because there are so many deaths)," he added.

Duterte compared deaths caused by over-speeding to a "massacre" that took place almost every day.

"Ang numbers ng patay (of deaths) ... No longer, hindi na nakakatuwa, hindi na maganda basahin. Parang massacre na almost every day (The number of deaths is no longer a laughing matter. It's not a good thing to read about. It is like a massacre almost every day)," he added.

Earlier this month, nine persons died while five others were injured when a truck hit a dump truck and a jeepney in Cardona, Rizal.

In 2013, when he was Davao City Mayor, Duterte issued Executive Order No. 39, which "orders setting the speed limit for all kinds of motor vehicles within the territorial jurisdiction of Davao City".

Section 4 of the said order states that "violators shall, if warranted, be subjected to arrest and their vehicle impounded without prejudice to the imposition of penalties and fines under the provisions of R.A. No.4136 and Davao City Ordinance No. 778, if applicable".

Duterte's two children, Davao City Mayor Sara and former Davao City Vice Mayor Paolo have previously been apprehended for over-speeding in 2014 and 2016, respectively.

The Global status report on road safety 2018, launched by World Health Organization (WHO) in December 2018, showed that the number of annual road traffic deaths has reached 1.35 million.

Road traffic injuries are now the leading killers of people aged 5-29 years, the report said.

The burden is disproportionately borne by pedestrians, cyclists and motorcyclists, in particular those living in developing countries, it added.

It also noted that drastic action is needed to put these measures in place to meet any future global target that might be set and save lives.

Data from the Philippine Statistics Authority (PSA) showed that 10,012 people died due to road crashes in 2015, a 45.76 percent increase from 6,869 deaths recorded in 2006. **(PNA)**

GOOD VIBES! ACTS OF KINDNESS AT SM CITY BACOOR

SM CITY BACOOR, CAVITE - Helping is always one of the best traits Filipinos have. Sadly, helping is becoming rare, especially these days when everyone is so busy with their own business and usual routine. This is not the casewitharecentreport made by shoppers at SM City Bacoor, who commended three of the mall's security officers and guards who did kind gestures towards them unexpectedly.

S.O. Alfredo Erio of the Defense Security-SM City Bacoor, was doing his daily roving inspection when he saw Rex Bañez, who had difficulty in walking due to some medical conditions, going to the mall with his wife under the hot sun in the parking area far from the Mall Department store entrance. Mindful of the shoppers' need of assistance, Erio came from their back and persistently offered them a ride so they can conveniently come to the mall and enjoy even though giving a ride to customers aren't really part of his duty.

According to S.O. Orio, he noticed that Bañez has difficulty in walking towards the mall and in that moment, he knew he needed to insist on giving help. " Ako po ay lubos na nagagalak dahil kahit sa simpleng paraan po ng pagtulong ko ay nakapagpasaya po ako ng mga tao. Huwag po tayong mag-dalawang isip tumulong sa kapwa at lalong huwag po tayo maghintay ng kapalit dahil Diyos na po ang magbabalik nito sa atin. Ang mahalaga po ay nakatulong po tayo sa ating kapwa nang bukal sa ating kalooban."

Because of his example, S.O. Orio has been commended by his colleagues and the mall.

"It was an unexpected, best experience here at SM City Bacoor," said Bañez, "At first I felt shy and denied the offer twice but that's when he insisted. It was an overwhelming experience. S.O.Erio is a valuable employee, a keeper. He's diligent and very accomodating to the people around SM."

Aside from this, another shopper commended SIC Jayson Leyis and SG Gabriel Albino, both from Defense Specialist Security Agency Inc. for assisting her in changing her car's flat tire. SG Albino called SIC Leyis via handheld radio to assist him in changing the tires as he noticed that the installed rim in the rear part of the shopper's car was running bent and damaged. Despite them being on duty, the two helped the shopper with her need. The shopper,

with a grateful heart wrote on her commendation " saludo po ako sa inyo. Nawa'y tularan pa at dumami pa ang mga katulad ninyo."

In its effort to bring world class and great family shopping experience, SM Supermalls train and encourage its employees to have "Malasakit" through being mindful to the needs of the shoppers and other people around them so they can be of best service especially to those who need their assistance. These small yet commendable act of kindness towards other people can start ripples of change and sets a good example for other employees so they can better care for others.

Merrier ChriSMiles at SM CITY BACOOR and SM CITY MOLINO!

BACOOR, CAVITE - Sixty-one (61) cute little kids from Panapaan 5, Day Care Center, Bacoor City Cavite wore their biggest smile last December 20, 2019 as SM City Bacoor conducted a fun filled gift-giving activity with their ChriSMiles 2019. Fifty-eight (58) Volunteers from SM City Bacoor were happy to serve as they lead the children during the games and other activities. Mall Manager Ms.Josephine Arvesu gave a short but meaningful message to the kids before the fun begun. The children were so happy dancing and playing with the employee volunteers who became their Christmas Buddies during the exciting games. Goodies and other treats were given along with the cute and cuddly SM Bears of Joy collected from the SM Bears Of Joy Project. And who would not smile with the sight of our favorite bee? Children were delighted as Jollibee gave a surprise dance number before they enjoy their journey with the exciting Rides at SM Storyland's Orbiter Ferris Wheel and Train.

Simultaneously, Fifty (50) kids from Citihomes Daycare Center were given a special treat by twenty-three (23) Volunteer Employees of SM City Molino during their ChriSMiles Program. Exciting games such as Candy Color Coding, The Boat is Sinking, and Stop Dance brought the children more fun. The employee volunteers also performed a special number followed by an intermission number performed by the cute and sweet kids from the Citihomes Daycare Center. Treats and SM Bears Of Joy were distributed before the kids munch on their favorite snacks at Jollibee.

Christmas is indeed merrier when people are freely giving and is filling the season with love, smiles and laughter. Thanks to the Malasakit of SM City Bacoor and SM City Molino's shoppers who bought and donated SM Bears of Joy, and their Employee Volunteers who served as this year's Christmas Elves. Surely, these children will be going home with lasting smiles with this year's ChriSMiles!

Children from Panapaan 5, Day Care Center, Bacoor City with their new cuddly friends SM Bears of Joy, and the volunteers from SM City Bacoor

SM City Bacoor Volunteer Angela Balbuena having fun with her cute little fellas as they ride the Storyland Train

GLAM UP THIS SEASON WITH TONY & JACKEY!

SM CITY BACOOR, CAVITE - Be more beautiful this season with Tony & Jackey's latest health care services now available at the lower ground of SM City Bacoor! Give your crowning glory a well deserved treat with their complete color and treatment packages for an ultimate Christmas fab and glammed up look! SO hurry and get your hair done only at Tony & Jacky's - SM City Bacoor.

MURIKA, UMARANGKADA!

Nagwagi ang bagong imported na kabayo na mula sa bansang Amerika na si Murika na ginabayan ng hineteng si Deo Fernandez sa pakarerang ginanap noong nakaraan sa pista ng Santa Ana Park sa Naic, Cavite. Sa largahan ay maganda ang naging salida ni Murika, sabay arangkada naman ang kanilang mga kalaban na pawang may natural na ayre sa alisan na sina Iikot Lang, Don Albertini at Magic Blast kaya naiwan sina Deo sa ika-apat na posisyon habang nasa likuran naman ang dalawa pang kalahok na kabayo na sina Courageous at Dream Lover. Papasok sa 800 meters ay nagsimula ng hingan ni Deo si Murika at agarang namang nagresponde si kabayo mula sa ika-apat na puwesto ay nagdire- diretso ang kanilang pag remate kaya inisa-isa na nila ang tatlong katunggali na nasa unahan hanggang sa tuluyang makapantay sa bumanderang si Magic Blast pagdating sa may 600 meters. Sa pagkakataong iyon ay halos nagkapanabayan na silang dalawa, ngunit dahil sa bilis ng pagkaripas ni Murika ay unti- unti na nilang iniwanan ang nakadama na ng pagod na si Magic Blast. Pagpasok sa huling 200 metro ng takbuhan ay may tatlong kabayong layo na si Murika sa harapan hanggang sa tapusin na ang labanan. Sumegunda sa datingan ang may malakas na remate na si Courageous kasunod sina Don Albertini, Iikot Lang, Magic Blast at Dream Lover. Nakapagtala ang pakarerang iyan ng mainam na tiyempo na 1:16.0 (07'-21'-22'-24') para sa distansiyang 1,300 meters.

Republic of the Philippines
Province of Cavite
OFFICE OF THE SANGGUNIANG PANLALAWIGAN
Trece Martires City

EXCERPTS FROM THE MINUTES OF THE 7TH REGULAR SESSION OF THE SANGGUNIANG PANLALAWIGAN OF CAVITE HELD ON AUGUST 19, 2019 AT THE SANGGUNIANG PANLALAWIGAN CONFERENCE ROOM, LEGISLATIVE BUILDING, TRECE MARTIRES CITY, CAVITE

PRESENT:

Hon. Ramon Jolo B. Revilla III	Vice Governor/Presiding Officer
Hon. Felix A. Grepo	Temporary Majority Floor Leader
Hon. Edralin G. Gawaran	Majority Floor Leader
Hon. Valeriano S. Encabo	Pro-Tempore
Hon. Romel R. Enriquez	Board Member, 1st District
Hon. Davey Christian R. Chua	Board Member, 1st District
Hon. Edwin E. Malvar	Board Member, 2nd District
Hon. Jeffrey V. Asistio	Board Member, 3rd District
Hon. Dennis T. Lacson	Board Member, 3rd District
Hon. Fulgencio T. dela Cuesta, Jr.	Board Member, 4th District
Hon. Alston Kevin A. Anarna	Board Member, 5th District
Hon. Ivee Jayne A. Reyes	Board Member, 5th District
Hon. Kerby J. Salazar	Board Member, 6th District
Hon. Crispin Diego D. Remulla	Board Member, 7th District
Hon. Angelito H. Langit	Board Member, 7th District
Hon. Reyniel A. Ambion	Board Member, 8th District
Hon. Virgilio P. Varias	Board Member, 8th District
Hon. Benzen Raleigh G. Rusit	CCL Interim President
Hon. Francisco Paolo P. Crisostomo	Liga ng mga Barangay Provincial Chapter President
Hon. Jerome Napoleon T. Gonzales	SK Provincial Federation President

ABSENT:
None

PROVINCIAL ORDINANCE NO. 251-2019

AN ORDINANCE ESTABLISHING THE WATER CONSERVATION PROGRAMS IN THE PROVINCE OF CAVITE.

Introduced by: Hon. Kerby J. Salazar
Chair, Committee on Rules and Good Government

Sponsored by: Hon. Felix A. Grepo, Chair, Committee on Environmental Protection, Natural Resources and Ecology

Co-sponsored by: All Sangguniang Panlalawigan Members

WHEREAS, Section 16 of Republic Act No. 7160, also known as the Local Government Code of 1991, states that all local government units shall ensure and support, among others, the promotion of general welfare;

WHEREAS, consistent with Presidential Decree No. 1067, known as the Water Code of the Philippines, water is vital to national development and it has become increasingly necessary for government to intervene actively in improving the management of water resources;

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WHEREAS, DILG Memorandum Circular No. 2016-04 encourages Local Chief Executives, Presiding Officers and Members of the Sanggunian to enact an ordinance establishing guidelines on water conservation, look into the water cycle stages in formulating policies, from rainfall or another sources to strategic collection, appropriate use, adequate treatment and proper discharge of water;

WHEREAS, various areas in the province are experiencing shortage of domestic, agricultural and industrial water supply that is essential in supporting human existence;

WHEREAS, with this issue, it is but right to promote environmental strategies, formulate an integrated water quality management framework for the benefit of the Caviteños;

NOW, THEREFORE, on motion of Hon. Salazar, duly seconded by Hon, Grepo and all the members present, be it enacted by the Sangguniang Panlalawigan of Cavite in a session duly assembled that:

SECTION I. SHORT TITLE. This Ordinance shall be known and cited as the "Water Conservation Programs Ordinance in the Province of Cavite.

SECTION II. DECLARATION OF POLICY. It is hereby declared the policy of the Provincial Government of Cavite to intervene actively in improving the management of water resources, through the implementation of guidelines aimed towards the conservation of water resources.

SECTION III. DEFINITION OF TERMS. As used in this Ordinance, the following terms shall mean:

1. **Water Aerators** - refer to the one found at the of the faucet that creates a no-splashing stream and often delivering a mixture water and air.
2. **Potability** – refers to water that is safe and suitable for human consumption.

SECTION IV. CREATION OF A WATER CONSERVATION COMMITTEE (WATERCOM). A Committee on Water Conservation or "WaterCom" shall be created in the Province of Cavite to ensure the proper implementation of this Ordinance and to coordinate with all agencies necessary in implementing the same. Said Committee shall meet at least once every quarter or as frequent as necessary.

The WaterCom shall be composed of the following:

Chairperson	-	The Provincial Governor
Member	-	Sangguniang Panlalawigan Chairman on Committee on Environment and Natural Resources
	-	Sangguniang Panlalawigan Chairman on Committee On Health and Sanitation
	-	Provincial Planning and Development Officer
	-	Provincial Environment and Natural Resources Officer
	-	Provincial Health Officer
	-	Representatives from two (2) environmental groups Dealing with water resources
	-	Representative from the academe
	-	Representative from local water utilities
	-	City/Municipal Environment and Natural Resources Officer

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SECTION V. WATER CONSERVATION PROGRAMS. The Water Conservation Program is hereby established in the Province of Cavite to actively encourage the civil society, the academe and the business sector in undertaking environmental – related activities, specifically in organizing, educating, motivating and disseminating information to the people in order to address water-related issues and problems.

The WaterCom is hereby established in the Province of Cavite and shall include:

a.) Conduct of Barangay-based public education and information programs to disseminate the importance of water;
b.) Establish rules on the regulation of requirements for water conservation in residential, commercial, industrial and institutional establishments, in compliance to existing sanitation and water conservation laws;
c.) Promotion of the use of rainwater harvesting in all Barangays;
d.) Installation of water saving devices like water aerators, specifically at the household level;
e.) Conduct of tree-planting and other reforestation activities in partnership with environmental organizations;
f.) Integration of lectures on water conservation and water demand management concepts in all schools;

g.) Adoption of technologies promoting water conservation, which may include water conserving gardens, grey water reuse in irrigation, etc.
h.) Monitoring of the safety and potability of all local water resources;
i.) Clean-up, rehabilitation and restoration of rivers, creeks and other tributaries and water sources;
j.) Dissemination of campaign materials on water conservation.

SECTION VI. IMPLEMENTATION.

1. The WaterCom shall be the lead in all information, education and communications (IEC) campaign strategies.
2. The Barangay Chairman and Officials shall help in the implementation of the different water conservation programs identified in Section V hereof of this ordinance.
3. The Sangguniang Bayan/Panlungsod Chairman of the Committee on Environment and Natural Resources, the City/Municipal Environment and Natural Resources Officer (CENRO/MENRO), shall help in evaluating the effectiveness of the implementation of the different water conservation programs conducted.

SECTION VII. REPEALING CLAUSE. All ordinances, resolutions, executive issuances or rules and regulations or parts thereof, whose provisions are inconsistent with or contrary to the provisions of this Ordinance, are hereby deemed repealed, amended or modified accordingly.

SECTION VIII. APPLICABILITY CLAUSE. The provisions of existing ordinances, resolutions or executive orders dealing with related subject matter, which is not contradictory with this Ordinance, are hereby adopted as an integral part of this Ordinance.

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SECTION IX. SEPARABILITY CLAUSE. If, for any reason, any section or provision of this Ordinance is held unconstitutional or invalid, the other sections or provisions hereof shall not be affected thereby shall continue to be in force and effect.

SECTION X. EFFECTIVITY. This Ordinance shall take effect after its approval and compliance with the posting and publication requirements.

I hereby certify that the foregoing ordinance was duly enacted by the Sangguniang Panlalawigan of Cavite during its 7th Regular Session on August 19, 2019.

MICHELLE F. ALCID
Provincial Board Secretary

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Majority Floor Leader

VALERIANO S. ENCABO
Pro-Tempore

FELIX A. GREPO
Temporary Majority Floor Leader

ROMEL R. ENRIQUEZ
Provincial Board Member

DAVEY CHRISTIAN R. CHUA
Provincial Board Member

EDWIN E. MALVAR
Provincial Board Member

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Provincial Board Member

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Provincial Board Member

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Provincial Board Member

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Provincial Board Member

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FRANCISCO PAOLO P. CRISOSTOMO
Liga ng mga Barangay Provincial Chapter President

BENZEN RALEIGH G. RUSIT
CCL Interim President

JEROME NAPOLEON T. GONZALES
SK Provincial Federation President

ATTESTED BY:

RAMON JOLO B. REVILLA III
Vice Governor/Presiding Officer
Date Signed August 30, 2019

APPROVED BY:

JUANITO VICTOR C. REMULLA
Governor
Date Signed September 20, 2019

MFA/jnc/patrick

Publication: HANEP December 30, 2019

LIGAYA ANG HANAP, SA 'TUTOK' NASADLAK

IMBES na magandang babae na makakapiling, holdaper ang nakilala ng isang 20-anyos na Indian national nang holdapin ito habang sakay sila ng kanyang motorisklo sa Imus City, Cavite.

Personal na dumulog sa tanggapan ng Imus City Police station ang biktimang si Kelvin Singh Thounaojam, estudayante at nanunuluyan sa 702 Torre Sur Condominium, Las Pinas City upang ireklamo ang suspek na si Velentino Boyles , 37, binata, walang trabaho, ng Granvale Subd., Brgy Malagasang II-F, Imus City.

Sa ulat ni MSgt Christian Tamayo, ng Imus City Police Station, dakong alas-8:15 ng umaga nang naganap ang insidente kung saan nakilala ng biktima ang suspek sa isang mall sa Las Pinas City.

Nagtanong ang biktima kung may alam na babae ang suspek na pansamantalang makapagpapaligaya sa kanya.

Matapos ang kanilang paguusap, isinama ng suspek ang biktima sa sumakay sa motorsiklo ng huli at nagtungo sa isang lugar sa Brgy Anabu ng naturang Lungsod.

Pagsapit sa isang madilim na bahagi ay biglang nalabas ng baril ang suspek at nagdeklara ng holdap at tinangay ang P1,000 cash ng biktima at saka tumakas.

Gayunman, nagsumbong ang biktima sa pulisya at nagsagawa ng operasyon na nagesulta sa pagkakaaresto sa suspek base sa diskripsiyon nito at naibalik din ang kanyang pera. **GENE ADSUARA**

Pamilya ng 'hero cop' tumanggap ng P.3 milyon sa City of Manila

Bunsod ng ipinakitang tapang at dedikasyon sa tungkulin, tumanggap ng P300,000 financial assistance mula kay Manila Mayor Isko Moreno ang pamilya ni P/Corporal Edgil Bombase na napatay sa encounter sa Sta. Cruz, Maynila.

Batay sa report, nagtamo ng apat na tama ng baril sa katawan si Bombase na nakipagbarilan sa holdaper sa PNR railway, Antipolo St. cor. Tomas Mapua, Sta. Cruz noong Disyembre 11.

Bagamat naitakbo pa Jose R. Reyes Memorial Medical Hospital, namatay din ito matapos ang apat na araw na pagkakaratay sa ospital.

Pinangunahan mismo ni Moreno ang pagbibigay pugay sa kabayanihan ni Bombase sa pagbibigay ng isang minutong panalangin.

Sinabi ni Moreno, naglaan ng P300,000 ang city government ng Manila para tulong pansiyal sa pagkamatay ni Bombase.

Samantala, sinusulat ito ay pagkakalooban ng 'Medalya ng Kadakilaan' ng National Capital Regional Police Office (NCRPO) si Bombase kaugnay sa katapangan at kabayanihang ipinakita nito.

"P/Cpl Bombase died due to multiple organ failure at 3:10PM, yesterday, December 15, 2019. But he died with honor and integrity of having accomplished the mission of neutra¬lizing one notorious robbery/hold-up suspect, he is NCRPO's police hero," ayon kay NCRPO director B/Gen. Debold Sinas.

Gagawaran si Bombase ng posthumous award na Medalya ng Kadakilaan at sagot din ng NCRPO ang gastos sa ospital maging sa libing ng pulis. **(Leonard Basilio)**

NCR's 1st peace & dev't convergence program targets displaced Malabon vendors

MALABON CITY (PIA) – At least 75 displaced sidewalk vendors in the city stand to benefit from the whole-of-nation convergence program designed to alleviate their plight and provide alternative, long-term, and more stable earning opportunities for them.

During Satruday's 1st Metro Manila Convergence Program of government, private entities, and civil society organizations held at the Malabon National High School, and spearheaded by the Poverty Reduction, Livelihood and Employment Cluster of the National Capital Region Task Force to End Local Communist Armed Conflict in support of President Rodrigo Roa Duterte's Executive Order No. 70, the beneficiaries were given the option to learn skills on Hilot (Wellness Massage) NC II, Bread and Pastry Production NC II, and Tile Setting NC II, coupled with orientation on livelihood, business management, financial assistance, and employment opportunities, among others.

Malabon City Mayor Antolin "Len" Oreta, who graced the event, expressed his support to the convergence effort. The mayor also assured that the city was working on providing an alternative means of livelihood for the vendors.

Gilberto Dela Cruz, a 64-year old vendor from Barangay Catmon, said he was quite surprised at first, because despite his age, he is still given the opportunity to avail of the skills training on bread-making.

"Sabi ko po interesado ako, gusto ko pong maipakita sa gobyerno at kay Pangulong Duterte na gusto ko pa rin makibahagi sa programa ng gobyerno," Dela Cruz said, adding that he will challenge himself to finish the training course and engage with other vendors to avail of the livelihood opportunities.

"Ang totoong gusto ko po ay sa computer [operation] pero baka next year pa raw po i-offer, kaya nag-shift po muna ako sa bread-making business. Pero kasi, interesado rin ako sa ganyan e. Magagamit [ko] sa negosyo at malay nyo, baka makapagpatayo rin tayo ng bakery," he said.

Nabanggit din po nila sa amin noong primerong orientation namin sa munisipyo na mayroong ibibigay na mga gamit pang-baking kapag nakatapos sa kurso," he added.

For her part, Lolita Bon, 52, of Barangay Hulong Duhat, who used to sell her wares beside the Malabon City Square Mall, said she and her fellow vendors were encouraged by the local government to avail of the programs being offered.

She said she will avail the bread and pastry-making course and also train as a therapeutic masseuse due to its readily available potential income.

"Napakaganda po at napakamaraming matutulungan na kagaya sa aming mga vendors, bale 75 po kami na mga vendors na willing mag-training kasi po, lalo na ngayong clearing time, wala po kaming pagkakataong magtinda sa kalsada nang maghapon. Hinihikayat ko po sila na mag-avail at ito po ang magiging hanapbuhay namin kapag nakatapos po kami," Bon said.

Training courses would last for as short as 10 days to 18 days depending on its specialty. The convergence program will also provide business opportunities to graduates through-supportive environment such as provision of facilities, mentoring and coaching, training, and networking that will help them establish their respective start-up business.

Graduates of the program are expected to use their skills and knowledge to put up their own business while others can be hired as employees of various business establishments.

On the other hand, those who have no business capital may form a group and register as a cooperative so that they can start their own business venture, said Pilar Hernandez-Herbolario of the City of Malabon Polytechnic Institute.

"Ang programang ito, hindi magtatapos sa hilot, mayroon din pang-negosoyo, pangkabuhayan, tapos mayroon din, kung 15 na kayo [members], pwede kayong magtayo ng coop para isang grupo na kayo, na hahanapin. 'Di ba meron tayo na nabuong Tricycle Food Tour noon? O baka sa susunod mayroon na tayong Malabon Tricycle Hilot Tour, at iikutan na kayo ng mga gustong magpahilot para iyong serbisyo natin ay naipapa-abot talaga natin," she said.

To recall, Malabon City has started promoting its culinary landmarks by means of accredited tricycles, a local public utility transport, which can easily wheeze through traffic and narrow alley ways.

Also, the national and city governments have ordered for the clearing of streets of obstructions to comply with the mandate of the President. **(PIA NCR)**

DOTr compensates, relocates residents affected by Metro Manila Subway Project

VALENZUELA CITY (PIA) – Landowners here who signed Deeds of Absolute sale of their properties affected by the construction of the Metro Manila Subway Project (MMSP) have been compensated financially on Saturday by the Department of Transportation (DOTr).

This after the start of the formal clearing works of the Partial Operability (PO) Section of the MMSP.

DOTr Secretary Arthur Tugade also said that informal settler families have been transferred and given residence at the Disiplina Village in Barangay Bignay, Valenzuela City, an in-city relocation site managed by the local government.

A total of around 460 lots would be needed for the PO Section of the Subway, and some 364 lots of the total number were offered to be bought at prevailing Market Value.

While, 285 lot owners of the 364 lots have earlier agreed to sell their properties to government.

The PO Section of the subway will be composed of its first stations in Valenzuela City and Quezon City, its Line's Depot in Barangay Ugong, and some infrastructures for the Philippine Railway Institute, the first Railway Training Center in the country.

The underground rail line has been considered the "Project of the Century" being able to accommodate around 370,000 passengers daily when fully operational. It, however, targets 2021 to start its partial operations.

Around 15 stations of the Subway Project will service passengers when fully operational, including a terminal station at the Ninoy Aquino International Airport (NAIA) Terminal 3. **(PIA NCR)**

Over-speeding of trucks must be controlled: Duterte

MANILA -- President Rodrigo Duterte on Monday said he wanted to have over-speeding of trucks regulated by police, lamenting that it has been one of the country's leading causes of deaths in road accidents.

"Pati 'yang mga truck, i-control ninyo ang speed. Alam mo ang disgrasya ngayon, pag ano ang patay, 10, 20 (The speed of trucks has to be controlled. You know accidents now, kill 10 to 20 people). I have to think about that. That has to stop," Duterte said in a speech in Cotabato City.

Duterte said the number of deaths due to road accidents was "no longer acceptable" to him.

"Itong over-speeding, it has to be controlled kasi marami nang patay (This over-speeding has to be controlled because there are so many deaths)," he added.

Duterte compared deaths caused by over-speeding to a "massacre" that took place almost every day.

"Ang numbers ng patay (of deaths) ... No longer, hindi na nakakatuwa, hindi na maganda basahin. Parang massacre na almost every day (The number of deaths is no longer a laughing matter. It's not a good thing to read about. It is like a massacre almost every day)," he added.

Earlier this month, nine persons died while five others were injured when a truck hit a dump truck and a jeepney in Cardona, Rizal.

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Road traffic injuries are now the leading killers of people aged 5-29 years, the report said.

The burden is disproportionately borne by pedestrians, cyclists and motorcyclists, in particular those living in developing countries, it added.

It also noted that drastic action is needed to put these measures in place to meet any future global target that might be set and save lives.

Data from the Philippine Statistics Authority (PSA) showed that 10,012 people died due to road crashes in 2015, a 45.76 percent increase from 6,869 deaths recorded in 2006. **(PNA)**

ANGEL LOCSIN, KARAPAT-DAPAT

TALAGA namang karap-at-dapat ang ibinigay na posisyon sa aktres na si Angel Locsin.

Hindi nagkamali na hirangin bilang anti-piracy ambassador ng Optical Media Board (OMB) si Angel.

Kilala ng marami ang adbokasiya ng aktres at ang umiiral na katapatan sa kanya.

Tapat sa puso at tapat sa kanyang mga ginagawa ang aktres.

Hindi ba na si Angel ay sadyang kinilala ng Forbes Asia, batid ng lahat ang dahilan.

Ito ay bunga ng busilak na kalooban ni Angel sa pamamagitan ng pagtulong.

Kaya naman hinangaan siya dahil sa pagtulong sa mga biktima ng malakas na lindol sa Mindanao at iba pang bahagi ng bansa.

Nananalantay na sa kanya ang pagtulong sa mga kababayang mahihirap.

Nabanggit o nabalikan lamang natin ang kabutihan ni Angel sa kapwa bunsod ng kanyang panibagong misyon ngayon.

Bahagi na si Angel sa laban ng OMB kaugnay ng pamimirata ng mga pelikula sa bansa.

Iba ka talaga Angel kaya wala kaming masasabi kundi na ikaw ay talagang karapat-dapat.

@@@

SABIK MAGING TATAY AT NANAY

Napag-usapan lang din naman si Angel ay batiin na natin si Phil Younghusband.

Magiging tatay na si Phil sa kanyang model at kapwa half Filipino-British wife na si Margaret Hall.

Itong darating na summer vacation malamang iluwal ang baby ng mag-asawa pero hindi naihayag kung lalaki o babae.

Thankful ang 32-anyos na football star dahil safe sa pagbubuntis ang kanyang misis.

Last July nang maganap ang wedding sa England after na almost two years relations ng dalawa as sweetheart.

Kaya naman kinikilig at nananabik na ang dalawa na maging ina at ama sa darating na panganay.

Si Phil ay dating nobyo ni Angel Locsin.

Back to Angel, coming soon na rin ang wedding nito sa kasintahang TV/film producer na si Neil Arce.

@@@

INTENSIYON NI TONY KAY JULIA

HANEP SHOWBIZ

Speaking of relasyon, para sa mga nang-uurat eh hayan at nagsalita na si Tony Labrusca.

Malinaw po ang sabi at kumpirmasyon mula kay Tony na sila ay walang relasyon ni Julia Barretto.

Paliwanag ng aktor, hindi sila super close ng aktres pero interesado pa rin siya.

Interesado? Ibaba muna ang mga kilay dahil sabi ni Tony ay naroon pa rin ang intensiyon sa kanya na maging friend si Julia.

Klaro!

"TANIM SA TIYAN"

NOBELA NI ATE JOSIE

(31)

"BASTA 'mamya ay malalaman mo kung ano ang sinasabi ko sa iyong tanim sa tiyan."

Nagpaalam saglit si Ingka at pagkalipas ng halos isang oras ay muling bumalik.

May mga dalang iba't ibang klase ng dahoon si Ingka at malinis na puting malaking panyo na parang lampin ng sanggol.

"Kambing yata ang matandang ito."

Bumubulong sa sarili si Alex habang pinagmamasdan ang ginagawa ni Ingka.

Isinusubo ni Ingka ang mga dahon at pagkatapos nguyain ay iniluluwa sa panyo.

Pagkaluwa ng mga nginuyang dahon ay binalumbon ni Ingka ang panyo.

"Wow! Baby cologne."

Nagawa pa ni Alex na magbiro kaya pinagalitan siya ng kanyang tiyahin.

Ang hawak kasing panyo ni Ingka ay ipinahid sa iba't ibang katawan ni Allan.

Una ay sa mismong sikmura o tiyan kasunod ay sa noo na parang sign of a cross.

Doon natatawa si Alex dahil kumakatas ang laway sa panyo mula sa mga dahong nginuya ni Ingka.

Pagkatapos sa noo ay sa magkabilang braso naman ni Allan ipinahid ang panyo.

Muli ay ibinalik sa tiyan ni Allan at habang nakatapat o nakadiin ang panyo ay nagdarasal si Ingka.

Eksaktong sampung minuto nang tanggalin ni Ingka ang panyo mula sa tiyan ni Allan.

"Totoo ba itong nakikita ko, paanong nangyari yun? Bakit nagkaganoon?"

Labis na nabigla si Alex at sadyang hindi makapaniwala sa kanyang nasaksihan.

Kung tutuusin bawat galaw o lahat ng kilos ni Ingka ay minamatyagan ni Alex.

Kaya naman hirap na hirap si Alex na paniwalaan ang kanyang mga nasasaksihan.

Ang nakabalumbon na panyo na mayroong lamang mga nginuyang dahon ay binulatlat ni Ingka.

"Hayan ang sinasabi kong tanim sa tiyan mo."

(Itutuloy)

IISA... IKAW AT AKO

SA PANULAT NI KUYA ARMAN

(Ika-41 labas)

MAS lalong nadagdagan ang matinding kaba sa dibdib ni Jane sa narinig.

Sabihin ba naman ni Bernie na masuwerte na kakaiba ang pumasok sa isip ni Jane.

Para kay Jane, ibig sabihin ng pagkakasabi ni Bernie na masuwerte ay dahil inaakala ng lalaki na siya ay birhen pa.

Kaya naman mistulang may gumagapang na mataas na boltahe sa buong katawan ni Jane lalo na nang yapusin siya ng kasintahan.

Sukol na sa ganoong sitwasyon si Jane at hindi na siya makakaurong o makakatanggi pa sa magaganap sa kanila ni Bernie.

Hindi pagkasabik o excitement ang nararamdaman ni Jane sa mga oras na iyon.

Dapat ay kapana-panabik ang mga sandaling iyon dahil sa mangyayari.

Pero sobrang kaba at takot ang namamayani sa buong katauhan ni Jane.

"Mayroon kang dapat malaman, ayokong itago sa iyo. Ayokong magsinungaling sa iyo."

Nahinto ang pangangarinyo ni Bernie dahil inawat muna siya ni Jane.

"Nagkaroon ako ng nobyo noon, siya ang aking first boyfriend at first love ko."

"Siya rin ang aking unang yakap at unang halik. Gusto kong malaman mo…"

Inilapat ni Bernie ang isang daliri sa labi ni Jane na senyales na hindi na nito kailangang magsalita pa.

Hindi na pinatapos pa ni Bernie ang dapat sasabihin pa ni Jane bagkus ay ginawaran niya ng masuyong halik at yapos ang nobya.

Wala ng salitaan, wala ng usapan pa at naging matahimik na ang loob ng silid.

Hindi na narinig ang tinig ni Jane at ang boses ni Bernie sa halip ay naganap na ang dapat maganap.

Pagkaraan ng mahabahabang katahimikan ay muli na namang nagkaroon ng tinig sa kwarto.

"Masuwerte ako sa iyo dahil tinanggap mo ang aking pagmamahal."

"Kahit 'di ka na virgin ay walang kaso 'yun sa akin kasi mahal na mahal kita."

"Alam mo ba sa nagyari sa atin ngayon ay mas lalo pa kitang minahal at mamahalin."

(Sundan)

Filipino Inventor Establishes a Next Generation Pharmaceutical Firm

DOST Secretary Hon. Fortunato T. DelaPeňa delivers his inspirational message during the Soft Opening of the Bauertek Corporation.

The renowned Filipino Scientist and Inventor Dr. Richard Nixon Gomez realizes a ten-year endeavor with the establishment of the Bauertek Corporation – a 100% Filipino-owned research, development and production facility for all-natural herbal supplements which are 3 to 4 generations ahead of the norm. The concept of the whole project started with a high school project of his son in 2009, which the family later on decided to register for patent and then officially introduced to the market. This embraces their company motto: "ImbensyongPinoy, GawangPinoy".

Bauertek Corporation was inaugurated through a soft opening ceremony on 16 December 2019. The event has been attended by various special guests such as the Department of Science and Technology (DOST) Secretary Hon. Fortunato T. DelaPeňa as the Special Guest of Honor; Mr. Francisco "Popoy" Pagayon, the current President of the Filipino Inventor Society Producer Cooperative (FISPC); Hon. Anastacia R. Vistan, the current Municipal Mayor of Plaridel; among others. After the ceremonial ribbon cutting, Dr. Gomez led the guests for a special tour inside the newly constructed Bauertek building in order to introduce the different facilities inside.

Bauertek Corporation, which is located at SitioKabilangBakood, Sta. Rita, Guiguinto, Bulacan, is a pharmaceutical facility dedicated to producing world class and Food and Drugs Administration (FDA)-approved food supplements. One of their products, PiCUR, is the first and only Philippine made food supplement that is approved by the German Government for over-the-counter selling.

The company plans to partner with various government agencies in order to benefit the local farmers, from which the company acquires its plant raw materials. Instead of importing plant raw materials, the company plans to work with Filipino-owned plantations and government managed growing areas, such as the 1000-hectare herbal plant farm in Isabela State University. DOST will also play a major role in terms of providing technology needed as well as equipment and machineries in order to convert the locally produced plants into globally acceptable products.

DOST Secretary, Hon. Fortunato T. DelaPeňa (middle), leads the ribbon cutting for the soft opening of the Bauertek Corp., together with its **General Manager Dr. Richard Gomez** (leftmost), **Hon. Mayor Anastacia Vista**n, and **Mr. Francisco Pagayon.**

Dr. Richard Gomez leads the special guests inside the Bauertek building to conduct a plant tour of its facilities after the soft opening ceremony.

SIMPLE at masayang nairaos ang Christmas party ng PCP-1 na ginanap sa Nocom Bldg.,Pasay City. Makikita sa larawan si P/ Major Jolly Soriano na tinanggap ang regalo na helmet para sa mga tauhan ng PCP-1 mula sa isang kaibigan. **(JIMMY HAO)**

Bumangga sa poste, rider tigbak

PATAY ang isang 28-anyos na housekeeper nang tumama ang katawan nito sa isang poste habang nakamotorsiklo sa Dasmarinas City, Cavite.

Namatay habang ginagamot sa Pagamutan ng Dasmarinas City ang biktimang si Larry Lavandero, nagtratrabaho sa Orchard at residente ng Block 18 Lot 20, Satellite 3, Brgy San Jose, Dasmarinas City.

Sa ulat ni Pat Norman Guerra, ng Dasmarinas City Police Station, minamaneho ng biktima ang kanyang motorsiklong Honda XRM (WG 8995) habang binabagtas ang kahabaan ng Aguinaldo Highway ng naturang Lungsod patungong Pala-Pala pero pagsapit sa harapan ng Kalipayan Resort sa Brgy Salitran II nang hindi nabatid na kadahilanan nang dumiresto ang motorsiklo nito at bumangga sa poste ng isang telephone company dakong alas- 8:50 ng gabi.

Agad namang isinugod ng mga rumespodeng rescuer sa lugar sa ospital subalit namatay din ito habang ginagamot.

Ayon kay Guerra, galing ang biktima sa isang binyagan na hinalang nakainum ito habang nagmamaneho. **GENE ADSUARA**

YEAR ENDER 2019 SA SPORTS

MGA kaganapan sa palakasan (sports) sa nakalipas na buong taong ng 2019 . kung saan nakatatak na sa talaan ng hindi malilimutan naganap sa ating bansa. Parang kalian lang natapos na naman ang isang taon.

Enero sa buwan na ito ay tinalakay ni PSC Chairman William Ramirez itinakdang Batang Pinoy na maganap sa Davao Del Norte, Iloilo City at Ilagan, Isabela na pinasimulan sa buwan ng Pebrero. Ginampanan naman ni Senator Christopher Lawrence Bong Go. Ang traditional ceremonial toss para sa pagbubukas ng 44th Season PBA Philippine Cup sa Philippine Arena Bucaue, Bulacan kabilang ang mga board of governors at sympre si PBA Commissioner Willie Marcial. Higit din ang naging puspusan na pagsasanay ng pambatato ng Yawyan Romblon team kaugnay ng kanilang pakikibaka para sa National Kickboxing Tryout na gaganapin naman sa Pebrero. Naging abala naman sa Simul Chess para sa Mapua Institute of Technology (MIT) ang Asia's First Grandmaster Eugene Torre na nagtala ng 12 –panalo , 5 draw na nilahukan ng Alumni at varsity student sa buwan ng Pebrero pinahalagahan naman ni snooker/billiards champion Captain Marlon Manalo ang paglahok ng mga chess players sa 1st Coach Idle Datu at Atty. CB Beltran Tatlohan Chess Team tournament sa 3rd floor Alphaland Southgate Mall, Edsa Magallanes Makati City.

Marso kasagsagan ng kaganapan ng Aksyon sa Ayala Philippine Athletics Championship naginanap sa Ilagan, Sports Complex Isabela maging ang patuloy na akyson sa Batang Pinoy Luzon Qualifying Leg sa nasabi din na venue kung saan nag over all Champion dito ang Baguio City.

Abril naghari sa buwan na ito si John Chicano sa nilahukang Tri Factor National Duathlon Standard na ginanap sa Clark Freeport Zone Angelez City. binigo nito ang mga katunggaling dayuhan. Mabigat naman ang tunggalian sa pagitan ng F2 Logistics at Foton ng magharap sila sa Philippine Superliga (PSL) GrandPrix 2019 Preliminaries sa Fil Oil Fyling V San Juan, tinanghal namang 5 Peat kampeon ang San Miguel Beer sa 2019 PBA Philippine Cup matapos nilang talunin ang Magnolia,

Mayo ilan lamang sa naging dumalo sa lingguhang TOPS Tabloid Organization of the Philippine Usapang Sports sa NPC Intramuros Manila ang Princes of Philippines Motor Cross na si Clianna Patricia Pia Gabiel.

Hunyo masayang masaya ang batang cebuana na si Vic Glysen na mag-aaral ng NU National University matapos siyang tanghaling bagong Women National Master kaugnay ng mag kampoen ito sa nilahukang 2019 National Juniors Chess Championships & Girls Division sa Alphaland, Makati Place, Makati City na ginawaran ng Championship Trophy nila Tournament Director GM Jayson Gonzales at Atty. Cliburn Anthony Orbe. Nagpahayag ng kahilingan ang PSC Chairman / CDM William Ramirez sa mga sports namamayahag kaugnay ng pagkakaisa para sa nalalalapit na Philippine 2019 30th Southeast Asian Games na kung ipinarating ng pangulong Rodrigo Duterte na ipagmalaki ang bansa para sa naturang malaking okasyon na magaganap.

Hulyo Pinahayag ng AFAD Association of Firearms and Ammunition Dealers of the Philippines sa pamamagitan ng pangulo nitong si Alaric Topacio ang itinakda nilang gun show sa nasabing buwan hanabang susundan pa ito sa buwan naman ng Nobyembre makaraang bisita sila sa TOPS Usapang Sports. Malugod namang tinanggap ng PBA sa pamamagitan ni PBA Commissioner Willie Marcial ang pagiging bagong partner ng nasabing liga ang UnionPay Deputy General Manager kung saan ay ginanap ang MOA signing nito.

Agosto ginanap sa buwan na ito ang 2019 National Milo Marathon kung saan ay dagsa at lalo pang nadagdagan ang nakaraang taon na lumahok sa nasabing taunang patakbo, inilunsad naman sa pamamagitan ng PSC Philippine Sports Commission ang pagkakaisa para sa MOA signing sa pagitan ng SSS President & Chief Executive Officer Aurara C. Ignacio at ni PSC Chairman CDM William Ramirez ang nasabing kanilang mga nilagdaan ay ukol sa magiging benipisyo ng mga Atleta na mabing voluntary member sa SSS.

September Umigting ang bakbakan sa UAAP Season 82 basketbal sa pagitan ng UP at FEU, Bumisita naman sa lingguhang PSA Forum sa Amelie Hotel Manila ang sariwa pa sa nag kampeon na F2 Logistics PSL Champion ang mga manalalarong sina Kim Fajardo, Dawn Macandili, Alex Cabanos, Kalei Mau, at ang kanilang Marketing Manager na si Erika Uy. Isang teknikal na pagpupulong naman ang ginanap kaugnay ng nalalapit ng Southeast Asian Games venue sa bansa na pinangunahan ni PHISGOC Chief Operating Officer Ramon "Tats' Suzara kung saan ay ipinakita ang teknikal delegate na ginanap sa Maila Hotel.

Oktubre isang pagpupulong sa pamamagitan ni LVPI President Joey Romasanta ang ginanap sa buwan na ito patungkol naman sa 2nd Leg ng ASEAN GrandPrix kung saan kalahok ang pambato ng bansa na koponan at ang bansang Indonesia, Thailand, Vietnam na magtatagisan sa Sta Rosa Multi-purpose Gym Laguna. Ginanap din sa buwan na ito ang pasinaya ng Titan Table Tennis Center (T3C) sa 9156 Sitio de Fuego, San Francisco General Trias, Cavite, nagtala naman ng 19 na gintong medalya 26 na pilak, 37 na tanso na may kabuoang 82 medalya ang Cebu team mula sa nilahukan nilang Karatedo Goju-Kai Asia Pacific Championship na ginanap sa Hoops Dome Lapu-Lapu City.

Nobyembre sa buwan na ito kung saan ay papalapit ng papalapit na inaasahang malaking historic sa bansa ang southeast Asian games 2019 na nagsalita ang ama ng sports sa pamamagita ni PSC Chairman CDM na ang kahalagahan maganap na pinakamalaking kaganapan sa bansa sa taong ito tayo ay magkaisa sa tagumpay. Sagad sagad naman sa aksyon ang 2019 NCAA season 95 men Basketball sa pagitan ng Letran at San Beda kung saan ay nakamit ng Letran ang kampeonato. Nakamit naman ang tagumpay ni GM Rogelio Barcenilla sa kampoenato ang ginanap na Battle Of the Grandmaster sa PACE Project 6 Quezon City.

Disyembre Naghuhumiyaw sa kagalakan ang sambayang Pilipino sa natunghayang tagumpay at simple pro napa wow ang karamihan sa pagbubukas ng inaabangan Philippine 2019 Southeast Asian Games "We Win As One" sa Philippine Arena, Bucaue Bulacan, habang sa New Clark City Athletics Stadium, ang closing ceremony nito ay labis din na ikinasaya ng karamihan ng paghakot ng over all gold medal sa kumpetisyon ang bansa na may 149 – gold , 117 Silver at 121 na Bronze na nag tala ng 387 na medalya ilan lamang ito sa naging bahagi ng sports sa bansa. Dahil sa tinamasang tagumpay ng mga atleta ang tagumpay ikinagalak ng pangulong Duterte kung kaya pinarangalan nito ang 800 na Atleta sa Malacanang at sa kanyang talumpati ay personal na binate ang mga atleta sa natamong over all gold champion sa biennial. Samantala ang PPC Philippine Paralympic Committee at PSC Philippine Sports Commission ay pinahayag kamakailan na ang ASEAN Para Games ay sadyang ipinagpaliban sa unang natakdang schedule na Enero ay inilipat sa susunod na buwan Marso.

TOP Senior winner - tumanggap ng si FM Fide Master Adrian Pacis medal at cash mula kina GM Eugene Torre at Tournament Director GM Jayson Gonzalez makaraang tangling top seniors winner sa ginanap na Florencio Campomanes Memorial CHRISTmas Blitz Chess Tournament sa PACE Philippine Academy for Chess Excellence Proj 6 , Mindanao Avenue. Quezon City. **(RGN)**

HANEP SPORTS

Sports Editor: RGN

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PBA - WALANG takot na sinagasa ni Meralco forward Allein Maliksi para sa kanyang basket ang depensa nila Kj McDaniels at Bobby Ray Parks ng Talk N Text sa kanilang paghaharap sa 2019 PBA Governors Cup sa Araneta Coliseum. Samantala para sa finals haharap naman ng Meralco ang Ginebra sa darating Enero 8 sa Araneta Coliseum. **(RGN)**

OVEL ALL GOLD TROPHY - TINAAS nila PSC Chairman CDM William Ramirez, PSC Commissioner at Executive Secretary Salvador Medialdea ang Ovel All Goldin Trophy sa gunanap na closing ceremony ng 30th Southeast Asian Games na ginanap sa Athletic Stadium, New Clark City Tarlac. **(RGN)**

'NATOROTOT' KAYA NANGADYOT?

SINAKSAK hanggang sa napatay ng isang 43-anyos na garbage collector ang kanyang kainuman na hinalang "tumurotot" sa kanyang live-in partner habang nag-iinuman sa Cavite City.

Dead on the spot ang biktimang si Paquito Malto Enot Jr., 44, may-asawa, walang trabaho, ng Baagay 10A Aplayang Munti, Sta Cruz, Cavite City.

Arestado naman ang suspek na si Joel Orbaneja, alias Jong, ng Bagong Pook, Baragay 48A, San Antonio, Cavite City.

Sa ulat ni SSgt Armangel Genuino, ng Cavite City Police Station, dakong alas-5:30 Miyerkules ng umaga nang naganap ang insidente sa Bagong Pook, Barangay 48A, San Antonio.

Nag-iinuman ang suspek, biktima at ilang kaibigan nila nang may nanukso o nagbiro umano sa una.

Tinukso umano ang suspek na isa sa mga anak nito ay hindi sa kanya bagkus ay sa biktima.

Dahil dito ay nagalit ang suspek na inisip o inakalang nasalisihan at naturotot siya ng biktima.

Kaya naman inundayan ng saksak ng suspek ang biktima na nagresulta sa agarang pagkamatay nito.

Agad namang naaresto ang suspek sa mabilis na pagresponde ng mga barangay tanod. GENE ADSUARA

Angkas sa motor, todas

ISANG 22-anyos na lalaki ang nasawi matapos na bumangga sa puno habang nakaangas sa motorsiklo ng kanyang pinsan na nasugatan din sa Magallanes, Cavite.

Namatay habang ginagamot sa Gen. Emilio Aguinaldo Hospital ang biktimang si Vincent Decillo habang ginagamot sa Our Lady of Way Hospital ang pinsan nitong si Jonnel Dimapiles, 26, binate, kapwa residente ng Brgy Pacheco, Magallanes.

Sa ulat ni SSgt Fercival Signo, ng Magallanes Municipal Police Station, dakong alas-10:30 ng umaga nang naganap ang insidente sa isang palikong daan sakop ng Brgy Baliwwag, Magallanes, kung saan minamaneho ni Jonnel ang kanyang motorsiklo na may plakang 3816000 at angkas nito ang pinsan na si Vincent.

Pero sa pagsapit sa palikong bahagi ng nasabing kalsada nang nawalan umano ng kontrol ang kanyang manibela at sumalpok sa isang puno ng niyog.

Nabatid kay Signo na mabilis umano ang patakbo ni Jonel sa kanyang motorisklo kaya malakas ang pagkakabangga nila sa puno bukod pa sa wala silang suot na helmet. **GENE ADSUARA**

Obrero dedo sa poste

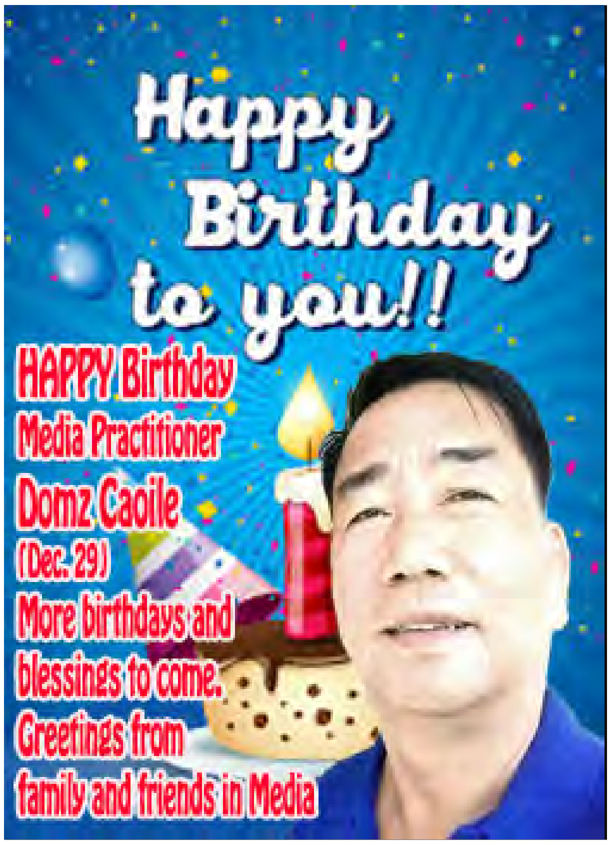
NASAWI ang driver ng isang motorsiklo sa mismong araw ng Kapaskuhan habang sugatan ang angkas nito nang tumama ang kanilang katawan sa poste ng Meralco sa Imus City, Cavite.

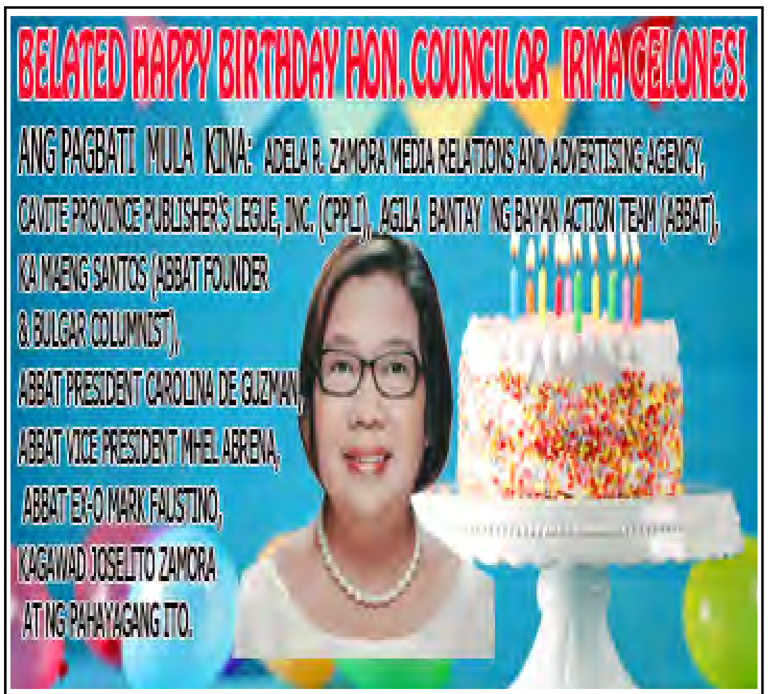
Hindi na umabot ng buhay sa Ospital ng Imus ang biktimang si Lynier Lachica, 57, construction worker dahil sa matinding sugat sa ulo habang ginagamot sa Divine Grace Medical Center sa Gen Trias City, Cavite ang angkas nitong si Reynadlo Damayo, 35, may-asawa, construction worker at kapwa naninirahan sa Don Ramon Compound, Brgy. Alapan 2B, Imus City.

Sa ulat ni Corporal Danilo Martinez, dakong alas-5:50 ng hapon nang naganap ang insidente sa harapan ng Saint Edward School sa St. Edward Road, New Lancaster City, ng naturang Lungsod kung saan minamaneho ni Lachica ang kanyang motorsiklo at angkas nito si Damayo habang binabagtas ang kahabaan ng St. Edward Road nang nawalan umano ng kontrol ang manibela nito at sumalpok sa poste ng Meralco at perimeter fence ng Saint Edward School.

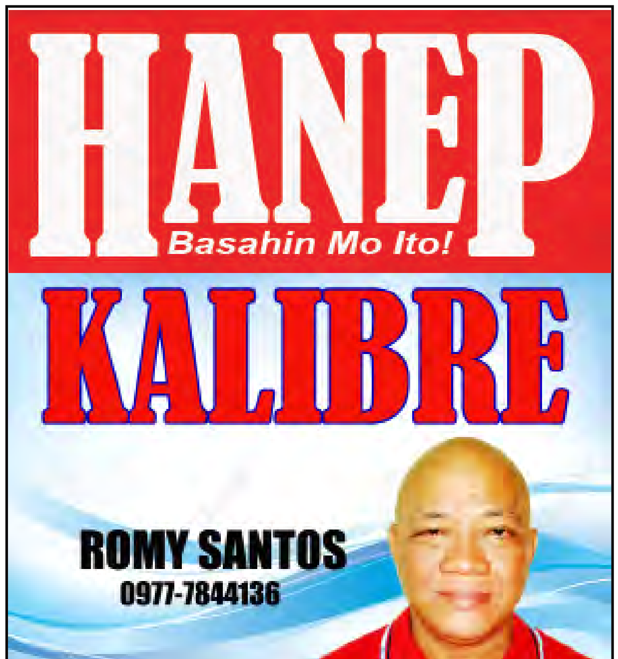
Dahil sa malakas na pagkakabangga, tumilapon ang kanilang katawan habang ang sinakyang nilang motorsiklo ay nahulog sa open canal sa naturang lugar.

Kapwa isinugod sa ospital ang dalawa subalit idineklarang dead on arrival ang driver ng motorsiklo. **GENE ADSUARA**





ANG president ng Senior Citizen sa Loma de Gato, Marilao, Bulacan na si Mr. Rogelio Ringor kasama ang kanyang maybahay habang nagbabasa ng HANEP newspaper katabi ang 'Lola ng Media' na si Adela Zamora.



Kahina-hinalang dyaryo

KAPAG ganitong bago na ang taon ay dagsa na ang pagpunta ng mga mayroong negosyo sa mga city o municipal hall.

Siyempre para lakarin ang kanilang renewal ng business o mayor's permit dagdag pa iyong mga magsisimulang magnegosyo.

Iwasan nating magpahuli pa o lumagpas sa takdang palugit o deadline na ibinibigay ng lokal na pamahalaan.

Ang aming publication ay maagap naman dahil sa mga unang bugso o araw pa lamang ng taon ay inaayos na ang mga dapat aayusin.

Sa kagaya naming ang negosyo ay dyaryo ay mahalagang updated ang lahat ng documents lalo at accredited sa mga regional trial court.

Kayong mga mambabasa kahit hindi man magiging kliyente ng isang publication ay mayroon kang maaaring partisipasyon.

Paano? Sa staff o editorial box ng pahayagan ay makikita ang address ng publication kaya malalaman kung saang city o municipal hall sumasakop ito.

Maaaring magtungo sa Business and Licensing Division ng city o municipal hall upang mabatid kung ang dyaryo ay nakapag-ayos ba ng dokumento para sa kabuuan ng isang taon.

Kaya ko ito nababanggit ay dahil mayroon akong nakapanayam subalit humiling na huwag na lamang siyang ihantad.

Ang sabi ng aking nakausap na respetadong tao na kung may pagdududa sa isang publication ay makabubuting alamin ang estado nito.

Puntahan umano ang BLD at kapag napatunayang hindi nag-renew ay humingi ng sertipikasyon.

Ang sertipikasyong iyon ang maaaring magagamit sa pagrereklamo laban sa isang publication.

Katanungan kasi na paanong tuloy ang negosyo sa kabila na wala palang renewal ng business permit?

Puwedeng isipin na nameke ng business permit o iba pang dokumento kaya naidederetso ang dyaryo.

Sabi pa ng aking kausap, maging sa Bureau of Internal Revenue ay mas mainam na tunguhin para sa mga kaukulang kaalaman o impormasyon laban sa isang kahina-hinalang publication o dyaryo.

Ang dyaryo po ay hindi lamang basta isang uri ng negosyo, ang dyaryo po kahit lingguhan ang isyu ay dapat itindig ang tunay na pakahulugan ng isang dyaryo bilang bahagi ng pamamahayag.

Batu-bato sa langit…