

Cavite Province Hosts the 2019 Brigada Eskwela National Kick-Off and Caravan

With this year's theme, "Matatag na Bayan para sa Maunlad na Paaralan", the Department of Education (DepEd) spearheaded the 2019 Brigada Eskwela National Kick-off and Caravan held at Alfonso Central School in Alfonso Cavite on May 16, 2019. The event was attended by DepEd key officials from the Central, Regional and CALABARZON Division Offices.

Undersecretary for Legislative Affairs, External Partnerships and Project Management Service Tonisito Umali discussed the overview of the Brigada Eskwela Program which was first launched in 2003. He recounted that during the first implementation of the program, they expected only 4,000



DepEd Usec.
Annalyn M. Sevilla

schools will participate but fortunately a total of 12, 533 schools participated the said program. In 2008, Brigada Eskwela was institutionalized and permanently became part of the school calendar nationwide.

DepEd Undersecretary Annalyn M. Sevilla delivered a message from DepEd Secretary
Turn to page 5



Jonvic Remulla proclaimed as Cavite governor on May 16, 2019. courtesy:Photo by Dennis Abrin

Turn campaign ad trash into cash: DENR



DENR 4-A Executive Director
Maria Paz Luna

CALABARZON--- The Department of Environment and Natural Resources (DENR) 4-A (Calabarzon) is encouraging candidates in the recent elections and their supporters, as well as local communities, to recycle their campaign materials.

DENR 4-A Executive Director Maria Paz Luna told the Philippine News Agency (PNA) on Thursday that they fully support the call made by the Department of the Interior and Local Government (DILG) for all candidates to take the lead in the cleanup drive to rid the region of election campaign materials.

Luna said they expect the volume of waste to increase due to the

campaign materials that would be taken down from various sites and dumped in public areas.

"We hope these wastes do not end up in bodies of water and farther to the seas," she said.

Luna explained that although the sizes and capacities of sanitary landfills remain the same,

there is still a need to reduce solid wastes.

Through the upcycling method, she said, wastes could be turned into useful products.

Thus, campaign posters, tarpaulins, sample ballots, flyers and leaflets, which would only end up as garbage, could be converted

TURN TO PAGE 5



The Department of Education (DepEd) spearheaded the 2019 Brigada Eskwela National Kick-off and Caravan held at Alfonso Central School in Alfonso Cavite on May 16, 2019

LGU CAVITE HOLDS TECHNICAL MEETING ON PROVINCIAL NUTRITION PROGRAMS, PROJECTS

Trece Martires City, Cavite(PIA) -- The Provincial Nutrition Committee under the Provincial Health Office recently conducted the Joint Nutrition Action Officers (NAOs) and Provincial Nutrition Committee-Technical Working Group (PNC-TWG) Meeting at the Cavite Collaboration Center for Public Health here in its desire to address the perennial malnutrition issues and concerns in the province

Representatives of the various cities and municipalities in the province and nutrition action officers convened to discuss the updates on Barangay Nutrition Services (BNS) Project and submission of reports, Philippine Plan of Action for Nutrition (PPAN) and accomplishment reports to be submitted to the Department of the Interior and Local Government (DILG) among others.

Provincial Nutrition Action Officer Angeles Peñalba gave a detailed overview of the PPAN 2017 – 2022 to enlighten

the new NAOs of their mission/vision.

"It is sad to note that the data on stunting or short for age cases continue to rise despite continued efforts of the provincial government to reach out to the poorest members of the community," Peñalba pointed out as she requested for their cooperation.

Meanwhile, Nutrition Officer II Ms. Liberty Mojica-Guzman tackled the updated nutrition Monitoring and Evaluation of Local Level Implementation Protocol (MELLPI) for local government and nutrition workers then answered queries on the new MELLPI Pro guidelines and elaborated some issues concerning the present practices in their locality including clarification on the different phases of the MELLPI.

During the meeting, key features of MELLPI Pro and its tools to qualify for the 2019 awards like the Certificate of Quality Nutrition Program, Consistent Regional Outstanding Winner



The City Government of Bacoor, led by Mayor Lani Mercado Revilla, joins Brigada Eskwela 2019. An annual program of the Department of Education, Brigada Eskwela aims to promote community participation in preparing school facilities for the opening of classes. In these photos, Mayor Lani lends her hand at Queens Row Elementary School.

in Nutrition (CROWN), CROWN Maintenance Award, and the Presidential Award for Nutrition were discussed by Nutritionist - Dietitian II Ms. Dessa May Alibangbang to prepare the different local provincial/city/municipal government units.

MELLPI Pro scores and top performing local government units with ratings not lower than 3 will be the basis in granting the Certificate of Quality Nutrition Program in lieu of the Green Banner. (Ruel Francisco, PIA-Cavite/with reports from PICAD)

CAVITE NGAYON

VEN L. ZOLETA
+FounderBAYANI N. ZOLETA
Publisher/Editor-in-Chief
ELIZABETH S. ZOLETA
Office Manager
HELEN N. ZOLETA
ComptrollerELEONOR S. BANAD PAULA S. ZOLETA
AdvertisingLOLITZ ESTRELLADO
EditorAdvertising Rates
P160.00 per col.cm
P200.00 per col.cm
Subscription Rates
P180.00 6 months
P360.00 1 year
Office Address:
271 Virata Subd., Palico 3, Imus, Cavite
Cellphone Nos. 0916-3008472; 09773939482 and
0949-8671414
Telephone No. (02) 218-2477*Cavite Ngayon is published weekly with circulation in the cities and province of Cavite.*

SENATE CORNER

Drilon lauds institutionalization of 4Ps

Senate Minority Leader Franklin M. Drilon on Thursday lauded the signing into law of Republic Act 11310 or the Institutionalization of the Pantawid Pamilyang Pilipino Program (4Ps), citing its effectiveness in combating poverty in the country.

"The institutionalization of 4Ps is one of my campaign promises when I ran and topped the senatorial race in 2016, because I believe that such a very high-impact poverty alleviation program needs to be sustained," said Drilon, one of the authors of the law.

"The signing into law of Republic Act 11310 is a big push in the government's objective of reducing poverty incidence to 14 percent by 2022," he said.

"The institutionalization of 4Ps would allay fears about the program being abolished or scaled down," Drilon added.

The conditional cash transfer program or 4Ps is patterned after the conditional cash transfer scheme implemented in other developing countries, which provides cash grants to beneficiaries provided that they comply with the set of conditions required by the program.

It was first implemented in pilot areas during the Arroyo administration with less than a million beneficiaries. The Aquino administration continued and expanded the program reaching more than four million beneficiaries by the end of Aquino's term.

Drilon said that 4Ps helped in reducing poverty incidence in the country, citing the latest data from the Philippine Statistics Authority (PSA), which showed that poverty incidence in the country dropped to 21 percent in the first semester of 2018.

The 4Ps, according to Drilon, has become a platform to close the poor's income gap, enabling them to move closer to the minimum income level.

In the Philippines, a family of 5 would need to earn P10,481 to meet their needs. The 4Ps would provide around P1,400 per month to millions of poorest families, augmenting their meager income, according to Drilon.

The senator also pointed to the program's effectiveness in keeping poor children in school and preventing them from dropping out. One of the conditions of the program to receive the grant is for parents to send their children to school.



UPDATE

NBI, professional-hospital associations rally behind PhilHealth's drive

The anti-fraud campaign launched by Dr. Roy Ferrer, acting president of the Philippine Health Insurance Corporation (PhilHealth) is gaining momentum bolstered by the expressed support of investigative agencies, enforcers, professional groups and hospital associations.

The National Bureau of Investigation (NBI), Philippine Medical Association (PMA), Philippine Hospital Association (PHA), and the Professional Regulation Commission (PRC) have thrown their support for

PhilHealth's campaign against malpractices and violations that are defrauding government of its funds and resources.

The growing base of support for PhilHealth is prompted by people's perception that the Acting PhilHealth President has "shown his grit and determination to stamp out health insurance fraud," said one physician who belongs to the PMA. This is specially true, he noted, "since PhilHealth has succeeded in identifying violators, prosecuting them and are meted penalties."

The NBI has made its investigative skills and facilities

available to PhilHealth to catch wrongdoers, produce evidence of fraud, and assist prosecutors to buttress their cases against violators.

The PMA, the countrywide association of medical doctors, has pledged its support for PhilHealth, vowing to apply peer pressure against practitioners "who take the low road of deception and crime." "Ours is an intelligence network than can easily spot our fellow practitioners if they make false medical claims, fabricate forms and documents, and submit multiple claims for one disease", a PMA official said.

"We are ashamed of hospitals which betray the trust of PhilHealth when they engage in fraudulent acts," said an official of PHA, who added that their association will not

hesitate taking out these unethical hospitals from their membership roll. There have been cases of hospitals which connived with doctors to submit false claims – just so to make money.

The PRC, the regulator and licensing body for all professionals, said it is ready to suspend the licenses of unscrupulous medical doctors and participating nurses if evidence would show that they engaged in fraudulent activities, said a PRC official. "It is always good to cleanse our professional ranks of unethical and abusive peers," he added.

Dr. Ferrer, visibly elated by this pervasive show of support, declared that PhilHealth will be able to put an end to this health insurance fraud "faster than expected" due to the support of public and private agencies. "I am vindicated and reassured

Turn to page 4



PGC CONDUCTS OPERATION TULI IN IMUS CITY

As soon as the 2019 local elections concluded, the Provincial Government of Cavite immediately carried out Operation Tuli in the province which started off on May 16, 2019 in Barangay Alapan II-A, Imus City. Barangay Chairman Marc Albert Barzaga was thankful to be part of the continuing endeavors of promoting the hygienic importance of circumcision. The free circumcision program is one of the basic public healthcare services being conducted during the summer break spearheaded by trained volunteers from the Provincial Health Office and the OPG-Extension. Members of the Order of Demolay-Gen. Emilio Aguinaldo Chapter and barangay health workers also contributed to the success of the outreach event that made a total of 48 young boys proud and happy.



PhilHealth Acting President and CEO, Dr. Roy B. Ferrer

FEATURE

Ready, Test, Go! Taguig City's innovative way on HIV screening

By Jimmyley E. Guzman

The human immunodeficiency virus or HIV, according to the Department of Health, refers to a viral infection that attacks and slowly destroys the immune system of the infected person that leads to "immune deficiency."

HIV is progressive and can lead to lack of body defense to all kinds of infection including those that don't normally infect man and can also lead to cancer susceptibility. While AIDS or the Acquired Immune Deficiency Syndrome, is the appearance of clinical manifestation of HIV infection.

Unfortunately, many people have fears, prejudices or negative attitudes about HIV. According to www.aidsmap.com, stigma can result in people living with HIV being insulted, rejected, gossiped about and excluded from social activities. At its extreme, stigma can drive people to physical violence. HIV/AIDS & ART Registry of the Philippines

Based on DOH's Epidemiology Bureau, the HIV/AIDS and Anti-retroviral Treatment (ART) Registry of the Philippines, there were 1,013 newly confirmed HIV-positive individuals reported in February of this year, with 96 percent of the newly diagnosed were male.

From January 1984 to February 2019, the regions with the most number of reported cases were NCR with 25,148 (39%) cases, Region 4A with 9,618 (15%) cases, Region 3 with 5,939 (9%) cases, Region 7 with 5,773 (9%) cases, and Region 11 with 3,560 (6%) cases. Twenty percent (13,115) of the cases came from the rest of the country while 1,138 (2%) did not report region of residence.

In February 2019, there were 59 reported deaths due to any cause among people with HIV and 95 percent of whom were males. Four cases (7%) were 15-24 years old at the time of death, 37 cases (63%) were 25-34 years old, 15 cases (25%) were 35-49 years old and three (5%) were older than 50 years.

The data also revealed that almost all of the cases were reported to have acquired the infection through sexual contact.

During the same period, a total of 35,278 people living with HIV (PLHIV) are presently on Anti-retroviral Treatment (ART). Innovation on HIV Screening

The City of Taguig offers the first ever door-to-door HIV screening to residents. The innovative "Door-to-Door Counselling and Screening" through the Ready Test Go Initiative.

According to the city government, HIV counsellors will be driving around the probinsiyudad carrying information on the virus and screening kits, from Mondays to Saturdays, 1:00 PM to 9:00PM.

Interested individuals will only need to contact the Taguig Social Hygiene and Drop-In Center at 0915-953-1389 or through their official Facebook page at www.facebook.com/taguigsocialhygiene.

The screening, conducted free and confidential, will be a relief for individuals with busy schedules and reservations about visiting clinics. It will also raise awareness on HIV/AIDS; better coverage of key affected sectors and the Taguig population as a whole; and link up people with reactive results to appropriate services.

The measure hopes to discover cases earlier, as well as reduce transmissions and infections. This is done through a comprehensive approach involving proper education, community-based screening, effective treatment and support.

Recently, hundreds gathered at the Philippine Army Grandstand in Fort Bonifacio and lit candles for the lives lost to AIDS and recommit to the battle against HIV on the observance of International AIDS Candlelight Memorial on May 19.

The event centered on the theme "One Big Fight for Health and Rights of People Living with HIV."

Taguig City, headed by Mayor Lani Cayetano, was recognized by DOH as the Best Performing Local Government Unit for having tested the most number of persons for HIV during

People gather at the Philippine Army Grandstand in Fort Bonifacio, in Taguig in observance of the International AIDS Candlelight Memorial on May 19. (Photo by PIO Taguig)



the HIV Testing Week done from May 8 to 15, 2019.

Taguig addresses cases of HIV in the city with several free counselling and testing services, and people living with HIV (PLHIV) treatment and monitoring services. Awareness-raising is also addressed with trainings, lectures and seminars, as well as coordination with NGOs and other civil society groups.



DOH awards Taguig City Mayor Lani Cayetano (3rd left) in behalf of Taguig LGU as the Best Performing Local Government Unit for having tested the most number of persons for HIV during the HIV Testing Week done from May 8 to 15, 2019. (Photo courtesy of Taguig PIO)

The city's Social Hygiene Clinic and Drop-In Center also offers the following services: Free Syphilis Screening, Free Hepa-B Screening, CD4 Counting, Free Condom and Lubes, HIV/AIDS 101 Lecture, and Community Based Screening (HIV). (PIA InfoComm/DOH/TAGUIG CITY LGU)



ERRATUM

In the Notice of Sale filed by Home Development Mutual Fund against Rosanna A. Demiar married to Arsenio L. Demiar, Jr., the correct entry for the technical description of TCT No. T-1338350 should be "... being a portion of Lots 1852 & Lot 1853 Port...." and NOT Lot 1583 and in TCT No. T-1338351 should be "...being a portion of Lots 1852 & Lot 1853 Port...." and NOT Lot 1583, as published in the issues of Cavite Ngayon dated April 1, 8 & 15, 2019.

Our Apology.

CN: May 20-26, 2019

ERRATUM

In the Notice of Sale filed by Home Development Mutual Fund against Mariano A. Marasigan, Sr. married to Rufina B. Marasigan, the correct entry for the technical description of TCT No. T-1290563 should be "...Pcs-04-019767...." and NOT Pcs-04-019764 and in TCT No. T-1290564 should be "...Pcs-04-019767...." and NOT Pcs-04-019764, as published in the issues of Cavite Ngayon dated Jan. 14, 21 & 28, 2019.

Our Apology.

CN: May 20-26, 2019

ERRATUM

In the Notice of Sale filed by Home Development Mutual Fund against Buenavida G. Bernardo, in the technical description of TCT No. T-1308949, "... on the NW., along line 3-4 by Lot 3482-C, Psd-41187..." is the correct entry and NOT "...Lot 57, Blk. 16, both of the cons. & subd. plan: on the NW., along line 3-4...." as published in the issues of Cavite Ngayon dated Jan. 14, 21 & 28, 2019.

Our Apology.

CN: May 20-26, 2019

ERRATUM

In the Notice of Sale filed by Home Development Mutual Fund with F.C. Case No. 14240-16, the correct name of the Mortgageors should be MA. MELISSA N. ODOÑO married to ARNALDO R. ODOÑO and NOT MA. MELISSA N. ORDONO married to ORDONO as published in the issues of Cavite Ngayon dated May 30, June 6 & 13, 2016.

Our Apology.

CN: May 20-26, 2019

ERRATUM

In the Notice of Sale filed by Home Development Mutual Fund against Darling Mae Bron Perinia, the correct entry is TCT No. 057-201636000 and NOT TCT No. T-057-201036000, LRC Rec. No is 8340 and NOT LRC Rec. No. 834000 and "... 36'E., 2339.21 M and NOT 36'E., 2331.21 M...." as published in the issues of Cavite Ngayon dated April 22, 29 & May 6, 2019.

Our Apology.

CN: May 20-26, 2019

ERRATUM

In the Notice of Sale filed by Home Development Mutual Fund against Pelita Z. Santos married to Jose Ronald S. Santos, the correct entry for TCT No. T-808966 should be "...thence S. 68 deg. 26'W., 4.50 m to pt. 3; thence N. 21 deg. 34'W., 10.00 m to pt. 4 and Pelita Z. Santos and NOT Peta Z. Santos..." as published in the issues of Cavite Ngayon dated April 22, 29 & May 6, 2019.

Our Apology.

CN: May 20-26, 2019

Mimaropa

Marinduque elects 4 women mayors

By Lyndon Plantilla

Four of the newly-elected mayors of Marinduque are women: Armie Carrion (Boac); Vicky Lim (Gasan), Nancy Madrigal (Buenavista) and Lorna Velasco (Torrijos). Men may have dominated the 2019 National and Local

Elections in Marinduque but the ladies got ahead in the senatorial and mayoralty races and in other positions.

Electing women into power is nothing new in Marinduque. The late Carmencita Reyes was long time governor until

her passing early January this year and her daughter, Regina, was a former house representative.

The other new women leaders of Marinduque also include Hannilee Siena (Buenavista) and Geraldine Morales (Sta. Cruz) who

won as vice mayors.

The Sanggunian Panlalawigan has three local lady legislators: Adeline Angeles and Theresa Caballes for the first District and Mercy Rejano for the 2nd District.

At least one or two women will be occupying seats in Marinduque’s Sanggunian Bayans starting June 30.



People registered at the Don Luis Hidalgo Memorial School in Boac, Marinduque await for their turn to cast votes during the Maya 13 National and Local Elections. (file photo by Lyndon Plantilla)

NBI...FROM P2

that our courageous effort to frontally face the problem has drawn support from well-meaning public and private groups,” he beamed.

The broadening support for PhilHealth has augured well for the early success of the anti-fraud campaign, and has reassured the hundred million PhilHealth members that the collective PhilHealth Fund will remain solid and robust. It will be recalled that PhilHealth ended 2018 with 11.6 billion in net income.

PhilHealth’s financial health is further bolstered by the Universal Health Care (UHC) Law which would raise premium contributions from PhilHealth members, national government subsidies, and shares from such government agencies like th Philippine Amusement Gaming Corporation (Pagcor) and the Philippine Charity Sweepstakes (PCSO).

With these developments, Dr. Ferrer has rallied his PhilHealth “army” to be “very vigilant and aggressive” in bringing this anti-fraud campaign to a suitable conclusion: “Make fraud a thing of the past, and enable PhilHealth to focus on its mandate to help patients in confinement and in disease treatment.”(END)

QUEZON PROVINCE

Mga nanalong kandidato sa Lungsod ng Lucena iprinoklama

LUNGSOD NG LUCENA, Quezon, (PIA)- Pormal na iprinoklama ng Lucena City Board of Canvassers noong Mayo 15 ang mga kandidatang nanalo sa May 13, 2019 elections.

Kabilang rito si incumbent mayor Roderick Alcalá bilang mayor ng Lungsod ng Lucena matapos lumamang ng mas malaking boto sa kanyang kalaban na si dating mayor Ramon Talaga.

Ayon sa tala ng COMELEC Lucena City, si Alcalá ay nakakuha ng boto na 89,134 na mas mataas kumpara kay Talaga na nakakuha ng kabooang boto na 37,557.

Iprinoklama rin bilang vice mayor si incumbent vice mayor Philip Castillo na nakakuha ng mas mataas na boto na 71,009 kumpara sa kalaban nito na si Bong Talabong na nakakuha ng kabuoang boto na 51,677.

Kasama ring iprinoklama ang sampung nanalong konschal na pinapangunahan ni Third Alcalá - 81,403; Danny Fallar -74,525; Sunshine Abcede -69,761; Wilbert Noche- 68,152; Benito Brizuela - 65,648; Nilo Villapando - 64,384; Amer Lacerna - 63,375; Jose Christian Ona - 58,964; Ramil Talaga - 57,802; at Manong Nick Pedro - 57,018.

Ayon sa COMELEC, ang lungsod ng Lucena ay may registered voters na 163,736 at may 877 established precincts kung saan ay naging maayos at tahimik naman sa kabuoan ang idinaos na halalan.

Inaasahan naman ng mga mamamayan dito na ipagpapatuloy ng muling nanalong alkalde ang mga nasimulang proyekto at ang mga proyektong gagawin pa sa lungsod ng Lucena para sa kapakanan ng mga residente dito. (Ruel Orinday, PIA-Quezon)

NCR kicks off Brigada Eskwela in Las Piñas

LAS PIÑAS CITY.-- The Department of Education-National Capital Region (DepEd-NCR) formally kicked off this year’s Brigada Eskwela at Las Piñas Elementary School Central (LPESC) on May 20.

A caravan participated by community members, partners, and stakeholders signaled the start of the activity with the theme, “Matatag na Bayan para Sa Maunlad na Paaralan.”

Undersecretary for Legislative Affairs, External Partnerships, and Project Management Service Tonisito Umali, Esq. underscored that Brigada Eskwela is not just a week-long activity but also a year-round movement.

“Ang konsepto ng pagbri-Brigada, hindi dapat nagsisimula isang linggo bago ang unang araw ng pasukan at matatapos makaraan ang limang araw ng paglilinis. Ito ay dapat araw-araw, linggo-linggo, buwan-buwan, buong taon dapat nangyayari,” Umali shared.

Meanwhile, DepEd NCR Director Wilfredo Cabral

underscored the value of preparedness throughout the school year, and what Brigada Eskwela can do for a school: “Kailangan natin na gawin ito buong taon para ang ating tugon sa lahat ng magiging problema sa taong panuruan ay mayroon kaagad na kasagutan.”

Umali further reminded everyone the importance of school safety and preparedness as indicated in DepEd Memorandum No. 36, series 2019 entitled, “2019 Brigada Eskwela Implementing Guidelines.” He also emphasized on water, hygiene, and sanitation (WASH) facilities.

“We want to make sure that our children our schools will have, number one, access to safe water. Number two, to have a functional toilet and number three, bahagi ng ating adbokasiya, for them to have proper hygiene habits,” the Undersecretary added.

Umali also enumerated the various concerns on school safety and readiness which shall be addressed during

Brigada Eskwela, including cables and wirings, drainage, fire extinguishers, flashlights, evacuation plans, first aid kits, emergency contact numbers, signage, especially in areas with ongoing construction, among others.

In closing, Umali thanked everyone, especially the partners and stakeholders, for their remarkable contributions in the education sector through Brigada Eskwela.

“Tandaan po natin, ang mga bagay na akala natin ay hindi natin kayang gawin, hindi natin kayang abutin, akala natin imposible. Ngayon, walang kaduda-duda, kayang-kaya nating gawin... Pinakamamahal ko pong mga kasamahan sa DepEd, huwag tayong mag-sawang mangarap.”

Also present in the event were DepEd Planning Service Director Roger Masapol, local government officials, and officials and teachers from NCR.



The Department of Education-National Capital Region (DepEd-NCR) formally kicked off this year’s Brigada Eskwela at Las Piñas Elementary School Central (LPESC) on May 20

HEALTH

Monitor blood pressure at home: health experts

MANILA -- Health experts on Thursday encouraged the public to perform blood pressure monitoring at home amid the rising cases of hypertension among Filipinos.

Dr. Leilanie Mercado-Asis, president of the Philippine Society of Hypertension, said early detection is important in the treatment and control of high blood pressure.

“We aim to increase the blood pressure awareness to 80 percent, treatment rate to 60 percent, and a control rate of 30 percent by 2022. With such rates, we are optimistic that we can reduce blood pressure-related deaths by 25 percent and save about 30,000 Filipinos yearly,” Asis said in a press briefing in Mandaluyong City.

Hypertension is a silent killer and one of the best ways to detect it is through daily self-

monitoring, which can be done at home with the use of a digital blood pressure monitor, she said.

Philippine Heart Association president, Nanette Rey, said digital or oscillatory blood pressure monitors are more accurate in determining hypertension.

“One disadvantage of the mercury blood pressure monitor is that it is operator dependent. It is dependent on the one listening, compared to the oscillatory blood pressure monitor, which basically depends on the machine as it measures the oscillations of your blood pressure. That is why you need a good machine, a standard machine that has been tested and seen reliable,” she said.

Rey recommended taking blood your pressure three times when using a digital blood pressure monitor to ensure accuracy.

“If you’re doing it at home, you do it three times. After the first checking, rest five minutes, do a second checking, rest, and then third checking and do an average. So, you see it’s less operator dependent,” she said.

Rey added that people must have their blood pressure checked as soon as they reach 18 years old for early detection and treatment of health problems.

“We’re getting a lot of patients who are younger, 12 or 13 years old who are already hypertensive and we can’t see any other reason for it. Before, we check if hypertensive children have kidney problems, but now more and more teenagers are hypertensive without specific reasons,” she said, adding that modern lifestyle and unhealthy eating play a big role in it.

Rey also advised the public to exercise regularly and keep an active lifestyle to beat hypertension. (source:PNA)

in a trade fair exhibit.

Alfonso Mayor Virgilio Varias and DepEd-Cavite Schools Division Superintendent Cherrylou D. Repia warmly welcomed all the delegates. Other guests present were Silang Mayor Omil Poblete, Mendez Mayor Eric Vida, Amadeo Vice Mayor Junel Bayot, Alfonso Vice Mayor Randy Salamat, Magallanes Councilor Aina Sisante and PYSDO Head Vince Bac, on behalf of Gov. Boying Remulla.

Brigada Eskwela or National Schools Maintenance Week will be observed in all public elementary and secondary schools on May 20-25, 2019.

SOURCEPROVINCIAL INFORMATION AND COMMUNITY AFFAIRS DEPARTMENT

Part of the Kick-off activity was the Brigada Eskwela Bayanihan in Pansin Elementary School and Kaysuyo National High School. The said schools received donations which include cleaning materials, paint materials and cement from private stakeholders.

Advocacy campaigns and orientation about anti-illegal drugs, disaster and livelihood trainings were also done simultaneously. Cavite products were also showcased

TURN...FROM P1

by “Junk Not! Eco-Creatives”, a Laguna-based social enterprise, into upcycled and recycled materials, she added.

Wilhelmina Garcia, award-winning interior designer and owner of Junk Not!, said they will only accept the discarded campaign ad materials if the upcycled and recycled products would be bought back from them.

These campaign materials could be converted into chairs, shoe bags, ballpen or pencil cases, and purses, among others, and they could be donated to schools.

“This kind of buy-back model will make future waste producers think twice,” Luna said. “This is an opportunity for individuals to create value around products that would otherwise end up in sanitary landfills or illegal dumpsites.”

Junk Not! Eco-Creatives promotes creative ways to transform everyday trash and other solid trash into usable and functional items by empowering local communities to be responsible stewards of the environment. (PNA)



HIRING on May 28, 2019

Calling the attention of all **Bacoor**enos in need of gainful employment!
SM Home is urgently in need of the following job positions:

- **SALES CLERK**
 - Male or Female
 - At least high school graduate or SHS graduate
- **WAREHOUSE CLERK**
 - Male
 - At least senior high school graduate or 2-year course graduate

- **DELIVERY DRIVER**
 - Male
 - At least high school graduate or 2-year course graduate
 - With restriction 1,2,3

SCHEDULE OF LOCAL RECRUITMENT ACTIVITY

Date: MAY 28, 2019 - TUESDAY

Time: 9:00 am to 12:00 nn

Venue: PESO Office located on the 2nd floor of Bacoor Government Center, Brgy. Bayanan, Bacoor Blvd. City of Bacoor, Cavite.

Bring 2 copies of your resume with 2x2 pictures and wear your best proper attire as initial interview.

See you there!

SMHOME

JOB VACANCY

SALES CLERK

- Male or female
- At least high school graduate or SHS graduate

WAREHOUSE CLERK

- Male
- At least senior high school graduate or 2-year course graduate

DELIVERY DRIVER

- Male
- At least high school graduate or 2-year course graduate
- with restriction 1,2,3

TEAM LOVE BACOR

ALAGANG BAYAN LARI

AFFIDAVIT OF SELF ADJUDICATION

Notice is hereby given that the estate left by the deceased **LYDIA RAQUEÑO YU** consisting of several shares of stocks with San Miguel Corporation, with Stock No. A-0088854, A 043371, A 119249, A 142271, A 242711, A 334205, A 444432, A 548292 and A 65193, has been the subject of an Affidavit of Self Adjudication executed by the sole heir Amador R. Yu as per Doc. No. 71, Page No. 15, Book No. VI, Series of 2019 of Notary Public Atty. Celia N. Closa.

Sgd. By all the heirs

CN: May 6, 13 & 20, 2019



BREAKING COMMUNICATION BARRIERS THRU SIGN LANGUAGE TRAINING



Driven by the aim to break the communication barrier particularly with the deaf, mute as well as visually-impaired members of society and formally address one major concern of persons with disabilities, the Provincial Social Welfare and Development Office (PSWDO) facilitated a Deaf Sensitivity and Conversational Sign Language Training on May 15-17, 2019 at PCLEDO Training Area, CaCoDec, Trece Martires City. The said training was attended by 30 PGC frontline personnel from different offices who usually cater to PWD clients.

Social Welfare Officer IV Ms. Darylvy R. Avila acknowledged all the participants and echoed the importance of the training as it would help to easily reach out and understand the needs of the deaf and mute through their language.

On behalf of Governor Boying C. Remulla, Supervising Cooperative Development Specialist Atty. Khervy B. Reyes delivered an inspirational message and hoped that the training would be a venue for continuous initiatives in eliminating discrimination of PWDs.

The 3-day training aims to equip the front liners with proper knowledge on how to communicate thru sign language to persons with hearing and visual impairments.

Meanwhile, Guidance Counselor of Philippine School for the Deaf Ms. Irish Casaljay, Resource Speaker, elaborated the topic on Hearing Impairment/ Handling PWDs with Hearing Impairment in which she provided an overview about the types of hearing loss and deafness, causes and symptoms of hearing impairment, and deaf culture. Actual demonstration on proper hand sign language for alphabet, numbers, colors, foods, places, pronouns, quantity and office terminologies was done. She also trained the participants on how to greet, tell time and days, and count.

The last part of the training was a blindfold activity wherein partakers experienced what it felt to walk in darkness relying only from the assistance and instructions of their partners. The activity was a revelation to the participants of the plight of the visually impaired and how significant the senses are.

In conclusion of the 3-day activity, participants expressed their full commitment to extend and continuously apply the learnings to be effective service providers to constituents. SOURCE PROVINCIAL INFORMATION AND COMMUNITY AFFAIRS DEPARTMENT

Lakbay Aral participants visit Pantawid beneficiaries in Cavite

Trece Martires City, Cavite, (PIA) – Several representative employees from the different offices of the Provincial Government of Cavite, DepEd, DSWD IV-A and the LGUs of Magallanes and Alfonso recently participated in the Lakbay Aral tour of the Department of Social Welfare and Development Office-IV A.

The said activity was initiated by the Provincial Advisory Committee (PAC) thru the Provincial Social Welfare and Development Office that sought to inform

and provide learnings on the implementation of the anti-poverty programs of DSWD.

The group visited several Pantawid program beneficiaries in the municipality of Magallanes namely: Kabulusan Community store with 24 members; San Sebastian Hog-Raising Project also with 24 members; Baliwag Community Store with 25 members; Pacheco Water Refilling Station with 65 members and Bigasan sa Pacheco with 24 members while Angat Kababaihan ng Alfonso in Brgy. Taywanak

Ilaya in the municipality of Alfonso with 46 members was also visited.

The above mentioned business enterprises are Pantawid beneficiaries under the Sustainable Livelihood Program, a community-based capacity building program that seeks to improve the program participants' socio-economic status particularly thru the Microenterprise Development Track that supports micro-enterprises in becoming organizationally and economically viable. (Ruel Francisco, PIA-Cavite/ with reports from PICAD)

