• 1 PACMAN PARTYLIST IBOTO # 122 SA BALOTA ISSN: 2672-2658

Construction of CALAEX begins

By Glady's of PNA

CALAEX GROUNDBREAKING. Public Works and Highways Secretary Mark Villar (left) and Cavite Governor Jesus Crispin Remulla (3rd left), lead the groundbreaking of the CALAEX Cavite Segment at the MPT South Headquarters Ground, Barangay Alapan II-B in Imus, Cavite on Wednesday (March 27, 2019). The Cavite Segment starts from Kawit and will traverse the Imus Open Canal, Governor's Drive, Dasmariñas, Aguinaldo Highway, and Silang town. This will connect to the Laguna Segment of Sta. Rosa exiting to Mamplasan, Binan, Laguna towards SLEX. **(PNA photo by Avito C. Dalan)**

IMUS CITY, Cavite – The construction of the 27-km. Cavite segment of the 45-km. Cavite-Laguna Expressway (CALAEX) began after the ground-breaking at Alapan II-B village here Wednesday.

Envisioned as the "most advanced" expressway in the country, the Cavite segment, with an estimated project cost of PHP12 billion, will ensure a safe, efficient and seamless travel for motorists from Kawit town (in Cavite) to the South Luzon Expressway (SLEX) – Mamplasan Interchange. It is expected to cut travel time from 2.5 hours to less than 45 minutes and help decongest approximately 50,000 cars.

At the groundbreaking ceremony, Public Works Secretary Mark Villar said the project is part of the Duterte administration's masterplan to connect Luzon from north to south, to be called the "Luzon Spine Expressway Network" (LSEN), to increase the current 300-km. high-speed expressway to 1,000 km. by 2022, the end of President Rodrigo R. Duterte's term.

CONSTRUCTION • 3

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CAVITE
TIMES JOURNAL
PAHAYAGAN NG TUNAY NA CAVITEÑO
ENTERED AS A SECOND CLASS MAIL MATTER

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"MY HUSBAND ALWAYS WANTED TO SERVE" — GIGI DELA RIVA

ISA siya sa pinakasikat na kabataang aktres sa pelikula at telebisyon noong dekada 80.

Ngunit nang umibig at maging Mrs. Marlon Bautista-Revilla, tuluyan nang tinalikuran ni Ms. Gigi dela Riva ang karangyaan, at ang mahika ng mundo ng showbiz.

"Mas pinili ko na ang tahimik na buhay sa piling ng aking pamilya, at ngayon, na ang aking mister ay isa sa nominee ng partylist na 1-Pacman, buong-buo ang suporta ko sa hangarin niya na maglingkod sa bayan," paliwanag ng napakaganda pa ring aktres sa panayam namin kamakailan.

Ms. Gigi dela Riva dating aktes may bahay ni 3rd nominee 1 Pacman Partylist Mr. Marlon Bautista.

Noon pa man, sabi ni Ms. Gigi, nais ni Sir Marlon na maglingkod sa bayan.

"My husband always wanted to serve the people," aniya.

Kaya nang maimungkahi na maging 3rd nominee ng 1Pacman ang makisig na dati ring action star na si Sir Marlon, "hindi na kami nagdalawang-isip."

Bakit 1Pacman partylist ang napili ni Sir Marlon na samahang partido politika?

"Subok na kasi ang 1Pacman partylist. Kung titingnan ang accomplishment at record nito sa Congress, masasabi natin na very outstanding. Maipagmamalaki talaga ang nagawa ng 1Pacmanm to alleviate the living condition of opur

"MY HUSBAND • 3

Imus City sets up first aid, help desk during Holy Week

IMUS CITY, Cavite – Mayor Emmanuel Maliksi has launched "OPLAN SEMANA SANTA" 2018 to assist pilgrims and travelers in times of emergency as the city expects hordes of Catholic devotees to flock to churches and places of worship for penance and spiritual reflection this Holy Week.

The city government issued on Wednesday its advisory designating five First Aid Stations and help desks - with the support of the Cavite police, city disaster risk reduction and management office (CDRRMO) and Bureau of Fire Protection (BFP).

Also, four designated fixed spots were identified as PNP strategic areas.

The five First Aid and help desk stations are located in Robinson's Place Imus, 7-Eleven in Pag-asa 2 (Gahak), Petron Gas Station (Pasong Buaya 2), International British

IMUS •2

City Mayor Emmanuel L. Maliksi

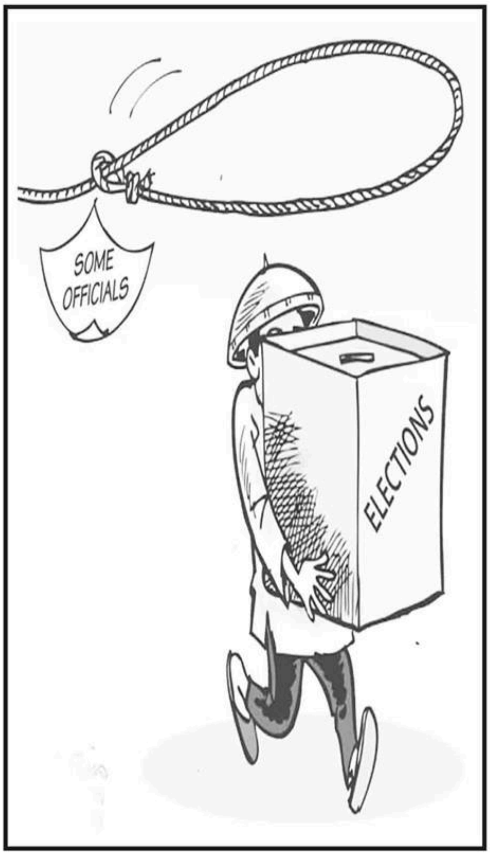
PhilHealth introduces new claim requirement to ensure quality of care

THE Philippine Health Insurance Corporation (PhilHealth) recently introduced a policy to ensure that its members who seek treatment in hospitals are provided with health care services that are of the desired quality and at par with existing medical standards.

PhilHealth
Your Partner in Health

In its PhilHealth Circular No. 2019-0002 entitled "Docu-mentary Require-ments for Claims Reimbursement and Medical Prepayment Review of Claims (Revision 2)," the state health insurer prescribes a medical prepayment review and requires the use of Claim Form 4 (CF4) for all admissions starting March 1, 2019.

PHILHEALTH •3



Editorial

PAMAMASYAL SA IBANG BANSA, BAWAL NA!

BAKIT nga naman magti-team building kuno, e sa Hong Kong pa pupunta ang mga opisyal ng gobyerno?

Pag-uusapan lamang ang badyet ng munisipyo o ng lungsod, sa Macau pa ookeyan ng Sanggunian.

Pwede naman sa session hall ng Sanggunian pagdebatehan ang budget ng munisipyo o siyudad, e bakit kailangang "mamasyal" pa sa ibang bansa at tumira sa mamahaling hotel?

Sa pagbiyahe sa abroad, may kasama pang alalay at mga "love ones" na siyempre, pera ng bayan ang ipinanggastos.

"Hobby" na noon pa ng maraming taong-gobyerno ang magliwaliw at mag-team building daw sa ibang bansa.

Imbes na gastusin sa mas mahahalagang proyekto sa kabutihan ng kanilang constituents, inuubos, winawaldas ng mga public servants ang milyon-milyong pisong pera ng bayan sa maluhong paggastos sa pamamasyal, pagtira sa mamahaling hotel at pagkain at inuming kaymamahal sa mga bansang pinupuntahan.

Suportado namin ng maraming mamamayan utos at pagbababawal ni Pangulong Rodrigo Roa Duterte laban sa travel junkets at team building activities ng mga taga-gobyerno.

Sa Executive Order 77, binago ang rules and regulations at allowances para sa lahat ng official local at foreign trips ng mga opisyal at empleyado ng pamahalaan.

Epektibo agad ang utos ng Pangulo sa lahat ng opisyal at tauhan ng national government agencies, State Universities and Colleges, Government Owned and Controlled Corporations, government financial institutions, Congress, judiciary, constitutional commissions, Office of the Ombudsman at local government units.

Kung talagang kailangan na umalis ng bansa, dapat ay ipaalam kung opisyal o personal ang foreign trips at kung ito ba ay gastos ng isa o higit pang pribadong kumpanya o ang gastos ay mula sa sariling bulsa ng (mga) indibidwal na taong gobyerno.

Bawal na bawal din sa EO 77 na ang travel abroad ay gagastusan o sponsor ng mga suppliers, contractors ng gobyerno.

Kahit pa personal o opisyal ang biyahe sa ibang bansa, dapat itong ipaalam at may aprobal ng mga nakatataas na opisyal ng gobyerno.

IMUS... (FROM PAGE 1)

Academy (Anabu 2-D, Aguinaldo Hi-way) and O-Resort (Malagasang 2-C).

On the other hand, the police assistance desks are established at the Lumina, Phoenix (Aguinaldo Hi-way), Petron (Daang Hari Road) and Imus City Plaza.

The public may also call the following emergency hotlines: PNP - +6346. 4713993, BFP- +6346.970.5161 and CDRRMO - +6346.471.0629.

Holy Week is a very sacred time for majority of Filipinos – a time for reflecting and penance, where various religious and spiritual traditions are observed.

Owing to cultural traditions, constituents here still practice the religious chanting/singing or "pabasa" of Biblical verses; "Visita Iglesia" or visit to seven churches and Station of the Cross.

Due to the long Lenten break, most people also embark on their summer escapade such excursions with families and friends to escape the sizzling heat, and the bustle and hassle of the urban metropolis. ***(Gladys Pino)***

UGALIING MAGBASA NG CAVITE TIMES JOURNAL PAHAYAGAN NG TUNAY NA CAVITEÑO

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PCLEDO LEADS PATH TO ULTIMATE ENTREP SUCCESS

THE Provincial Cooperative, Livelihood and Entrepreneurial Development Office headed by Atty. Khervy Reyes formally opened the *BIZ iCREATE-Cavite Responsible Entrepreneurs Aiming Toward Economic Sustainability* program on April 2, 2019, a progressive training designed to reach out to entrepreneurs and cultivate in them the proper mindset for ease of managing business. Around twenty qualified Caviteño entrepreneurs gathered at the PCLEDO Training Area in Trece Martires City, gaining knowledge on financial formula and understanding the business model – the learning areas covered on the first session from the series of activities lined up for them. Succeeding schedule of lecture and discussion will focus on entrepreneurial skills development and strategic business planning which will be held on the 23rd and 30th of April; as well as on the 2nd and 28th of May 2019. Dr. Aldrin Antivola, Professor DLSU-Dasmariñas Graduate School of Business, who served as the guest speaker during the first session effectively shared his expertise on entrepreneurial mindsetting. ***(PICAD)***

CONSTRUCTION...

(FROM PAGE 1)

"We will deliver not just on our promise to solve traffic, but to bring development to our provinces," Villar said.

The high-speed expressways are not just expected to reduce travel time but, once completed, create a new period of development for the provinces of Cavite and Laguna.

Cavite is now the biggest in terms of population among the country's provinces, with an estimated 4.1 million people, 2016 data from the Philippine Statistics Authority show.

As Region 4-A (Calabarzon) now accounts for almost 20 percent of the country's Gross Domestic Product (GDP), the most productive region.

Cavite Governor Remulla said this "speaks volumes about the dynamism of the government and its private partner." He said the expressway will connect Laguna and Cavite, and declog the South Luzon Expressway (SLEX).

The Laguna segment of the CALAEX project is now in full swing which, according to Metro Pacific Tollways Corp. (MPTC) president and Chief Executive Officer, Rodrigo Franco, is expected to open the first section during the third quarter or as early as July this year.

"In two years' time, we hope the province of Cavite will have a brand new expressway that will connect the existing Cavite Expressway, which is also operated by the Metro Pacific Group," Franco added.

CALAEX will employ some 1,200 personnel for its Laguna segment and close to 1,300 more for site and office personnel as its Cavite segment progresses. It is part of the network of toll roads that the MPTC is constructing and developing, which will connect to Cavitex and the C5-South Link and will make transfers from Laguna, Cavite, Las Piñas, Parañaque, and CP Garcia Ave. seamless.

Other projects under the MPTC's portfolio are the recently opened Harbor Link Segment 10, North Luzon Expressway (NLEX), Subic - Clark -Tarlac Expressway (SCTEX), and the Cebu-Cordova Link Expressway in the Visayas.

PHILHEALTH...

(FROM PAGE 1)

Medical pre-payment review is done prior to actual processing, wherein claims that are not compensable as well as those that are not compliant with existing policies and standards on quality of care shall no longer be processed. The review shall be based on data from the CF4 which summarizes a patient's pertinent clinical information. The submission of the CF4 eliminates the submission of voluminous complete clinical charts for claims reimbursements. The policy does not preclude submission of other documents if necessary.

The new policy shall cover claims using case rates with the exception of directly filed claims those for confinements abroad and claims for Z Benefits, among others.

The new system enables PhilHealth to efficiently assess provider claims and to detect irregular practices such as over utilization or under-utilization of services; unnecessary use of diagnostic and therapeutic procedures and interventions; irrational medication and prescriptions; fraudulent, false or incorrect information; gross or unjustified deviations from currently accepted standards of practice and/or treatment protocols; inappropriate referral practices; use of fake, adulterated, misbranded or unregistered drugs; among others.

"*With this new policy, we aim to maximize our limited human and financial resources to promptly act on good and compliant claims. This also translates to faster turnaround time for claims processing, and good health outcomes for our patients.*" PhilHealth Acting PCEO Dr. Roy B. Ferrer explained.

The Policy, signed last Feb 8,2019, allowed for a transition period for the month of March for hospitals to align and update their systems. To help HCIs in adapting to the new system, PhilHealth allowed facilities with eClaims systems to transmit the encoded CF4s of admissions starting March 1, 2019, while other HCIs may still use available offline applications provided by PhilHealth. On the other hand, those manually submitting claim applications shall submit soft copy of encoded CF4 together with manually transmitted claim application. Claims submitted to PhilHealth without the required CF4 shall be returned to the hospital for compliance starting April 1.

Good Vibes and More

ni Marites Leonillo

Ang inyong abang lingkod...Doc Eric Saratan No. 163 sa balota

GOD is good all the time! And all the time God is good! Isang mapag-palang araw po sa ating lahat. Salamat sa Diyos na ako ay nabigyan ng pagkakataon na makapag-pasalamat sa taong tumulong sa akin para ako ay maoperahan sa aking goiter. Taon din ang binilang bago ito na-operahan at sa tulong ng taong ito, at sa kalooban ng Diyos natanggal na nga ito. Marami po ang tumulong sa akin at lahat sila ay aking pinapasalamatan sa Diyos at ipinagdadasal ang kanilang kalusugan, hindi ko man sa ngayon mabanggit ang inyong mga pangalan nakarating naman sa langit kung sino-sino kayo.

Isa na nga po dito, ay si Doc Eric Saratan. Salamat din sa aking bossing Bambi Yngson na siyang nagpakilala sa akin sa kay Doc Eric. "Doc Eric" ang nakasanayang itawag sa kanya, nanilbihan sa lungsod ng Talisay City, Negros Occidental sa loob ng siyam na taon bilang Ama ng lungsod.

Kahit Tapos na ang kanyang termino bilang alkalde ng lungsod, patuloy pa rin siyang pinupuntahan ng mga tao sa kanilang tahanan upang humingi ng tulong. Laging bukas ang kanyang bahay sa mga nangangailangan ng tulong at ito ay aking nasaksihan. Lahat po yon ay isa-isa niyang hinaharap, Maging ang kanyang Maybahay na si Ma'am Sheila, may programa para sa pangkalusugan. Nasa sistema na ng pamilyang ito ang pagbibigay ng tulong, totoong tulong. Kahit wala na sa serbisyo, patuloy ang Medical, Dental, circumcision ng **libre** para sa mga mahihirap. Ang lahat ng ito ay aking nakita at ako po mismo ay nakaranas nito.

Labis ko pong ikinatuwa ng mabalitaan ko na gustong palawakin ni Doc Eric ang pagbibigay ng tulong. Dahil nga isang doctor, likas na ang kanyang malasakit sa mga nangangailangan ng tulong medical. Kaya nais niyang idag-dag sa serbisyo ang paglalagay ng mga "Help desk" sa ilang mga government hospitals...para tumulong sa pag process ng Philhealth, DSWD at PCSO Assistance. Plano rin ni Doc Eric, na i-review ang 1992 Magna Carta for public health workers including MDs, nurses, midwives, orderlies, aides, BHWs at iba pa. Kasama na rin dito ang bagong pinagtibay na human settlement at urban development na ang may panukala ay si Cong. Albee Benitez.

Subok na po sa serbisyo si Doc Eric Saratan. Marami na siyang natulungan at patuloy na lumalawak ang mga programa. Isa po sa hinahangaan ko kay Doc Eric, para sa kanya ang pagtulong sa kapwa ay isang pribelihiyo at isang pagkakataon na bigay sa kanya ng Maykapal. Ito po ang naging inspirasyon ko sa aking buhay. Muli po, madali pong tandaan 163 po sa inyong balota. Kaya po mga kapatid, kaibigan, kapamilya, kapuso, kakampi, klasmates,kapitbahay,ka-eskwela,ka opisina,kamag-anak, ka apelyido at higit sa lahat sa aking kapwa Filipino. **Ang inyong abang lingkod...Doc Eric Saratan.**

To God be the glory! May God Bless our country the Philippines!

——oOo——

Happy reading po sa lahat ng nakasama sa **Daily Vacation Bible School – JGIA Bucal Tanza** sa pangunguna po ni Ate Marilou Balbin kasama sina Jed Alvarez & Enad Dupegay. Sa grupo ni Ate Lita Samio kasama naman sina Ren-Ren Cardano, Salyn Concepcion & Alvin Dupegay. Sa grupo nina Elaine, Aisha, Monique & Edna. Special thanks to Ate Judith Polistico.

——oOo——

Sa mga naghahanap po ng lupa, meron pong magandang location na benebenta negotiable ang price, pwedeng installment ang pagbayad. Ito ay 233 sq meter...sa mga interesado mag txt lang o tumawag sa cp # 0995-608-6978 para sa karagdagang detalye.

"MY HUSBAND...

(FROM PAGE 1)

people," sabi ni Madam Gigi.

Isipin nga naman, sa loob ng tatlong taon lamang, sa pangunguna ni Congressman Mikee Romero, umakda, at naging co-author at co-sponsor ang 1Pacman sa 26 bagong batas.

"Malinaw ang vision kasi ng 1Pacman – at ito ay tumulong sa maraming marginalized sector ng ating lipunan. Mga batas tungkol sa universal health care, free tertiary education; mga tulong sa agrikultura, sa mga guro at karaniwang government workers at sa mga karaniwang mamamayan," paliwanag ng napakaganda pa ring maybahay ni Sir Marlon.

Ngayon na abala siya sa kampanya, mayroon pa kayang quality time sila ni Sir Marlon sa kanilang pamilya?

Lalo na siguro kung maihalal na kongresista si Sir Marlon – paano na ang buhay nila?

Wala raw namang maaaring maging pagbabago, sabi ni Ms. Gigi.

"Si Marlon, noon pa ay sanay na siya sa public service. Alam naman nyo, dating senador si Daddy at tumutulong siya sa mga kapatid niya.

"Ako literally, I just wanted to be very private although artista nga ako before. So I was busy raising our children hanggang dumating 'yong point na teenagers na ang mga anak namin," at hanggang sa nagkaroon na rin kami ng apo, paliwanag niya.

Tinutukoy ni Ms. Gigi na daddy at ang dating senador, Don Ramon Revilla at mga kapatid na dating Sen. Bong Revilla at nakaupong 2nd District Congressman Strike Revilla, at siyempre sina Bacoor Mayor Lani Mercado-Revilla at Vice-Gov. Jolo Revilla.

Upang maging abala, pinamahala siya ni Sir Marlon sa kanilang printing business.

"... but the blessing there, ang aking mga kliyente namin ay mismong mga politiko. So, for almost 20 years I have been in contact with many candidates , tulad ng mga presidentiables, senator, congressman, mga mayor.

"Pero I go there just to offer my business and along the way, I was able to build good relationship with them. Ngayon lang talaga ako bumaba at nakakausap ng mga tao. Now sa tanong nyo, siyempre as a woman, ang concern ko ay mga moms lalo na 'yong mga single mothers.

" And if the Lord allows my husband to win, at sana nga ay mangyari, malaki ang matitulong sa mga nanay at nga single mothers. Bilang isang maybahay, one of my duties is to support my husband. Ngunit bilang isang babae, una sa mga tungkulin ko ay ang aking mga anak, Kaya alam ko ang karaniwang concerns ng mga mothers, ang mga needs at pangangailangan ng pamilya at ng kakabaihan. Gusto ko na siguraduhing magkakaroon ng mga programang magsusulong ng ating kapakanan. Tulad ng livelihood trainings, employment opportunities, alternative education, at marami pang iba, sabi ni Madam Gigi.

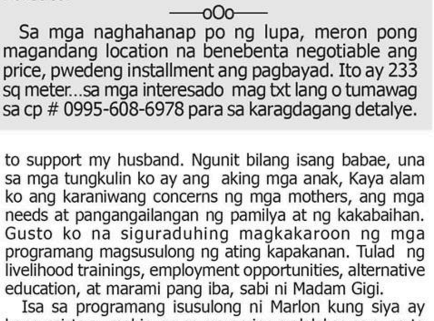
Isa sa programang isusulong ni Marlon kung siya ay kongresista ay mabigyan ng maraming malalakas na suporta sa mga atleta, lalo na ang mga babaeng manlalaro. Isusulong din nila ang proper care and management for pregnant and nursing women.

Sa kanyang pananaw, ano ang pagkatulad o pagkaiba ng politika at entertainment?

"In terms of function pwede mong sabihin na meron kang advantage kung ikaw ay isang artista dahil kilala ka, may name recall ang pangalan, but to help people is ibang level 'yon," paliwanag ni Madam Gigi.

"Ang pagiging artista kasi, you go there and out, kapag politika magkakaroon ka ng burden. Kami naman ni Marlon when he decided to run, I know that my husband always wanted to serve. Nasa dugo na ng mga Revilla ang hangarin na maglingkod sa bayan, ang makatulong sa ating mamamayan.

At naririto ako bilang kanyang maybahay na ibigay ang lahat ng suporta sa kanya, kung siya ay isa nang 1Pacman congressman," pagtatapos na sabi ni Ms. Gigi Dela Riva Bautista. ***(FRANZ A. ORLAIN)***



Ms. Gigi dela Riva dating aktres may bahay ni 3rd nominee 1 Pacman Partylist Mr. Marlon Bautista kasama ang mga kabataan.

GRAND ZUMBA ACTIVIY SA BACOOR MATAGUMPAY

Ni Reyland G. Lopez

MAKIKITA sa unang larawan ang Punong Lungsod ng Bacoor City Mayor Lani Mercado Revilla habang nagbibigay ng kanyang mensahe, sa ikalawang larawan makikita naman sa ikalimang pwesto ang anak ng Punong Lungsod na si Gianna Revilla kasama ang ilang mga kawani ng Bacoor BFP at mga miyembro ng dance icon sa bansa ang sex bomb dancers. Ang larawan ay kuha noong nakaraang March 30, 2019 sa aktwal na grand zumba activity, ***Mga larawan ni Reyland Lopez***

LUNGSOD NG BACOOR, CAVITE – Bahagi ng pagdiriwang ng Fire Prevention Month ang local na pamahalaan ng Lungsod ng Bacoor sa pangunguna ni City Mayor Lani Mercado Revilla ay nagsagawa ng isang malakihang zumba activity na pinangasiwaan naman ng Bacoor City Bureau of Fire Protection sa ilalim ng pamumuno ni Bacoor Bureau of Fire Protection Chief Insp. Jude D. Sumeg Ang, Bacoor Fire Marshal Chief. Ang aktibidad ay dinaluhan naman ng isa sa mga anak ng PunongLungsod nasi Gianna Revilla kasama ang mga miyembro ng dance icon ng bansa ang sexbomb dancers. Sa pasimula ito ay binuksan sa pamamagitan ng Fun Run na nilahukan ng iba'tibang kalahok na galling sa iba't ibang sector at mga estudyante galling sa iba't bang paaralan ng lungsod , na muli ay sinundan ng zumba na nilahukan din ng libo – libong partisipante na kinabibilangan ng mga estudyante, Mga empleyado ng Bacoor City Hall, Barangay Officials, mga guro, PNP Bacoor, Zumba Associations at marami pang iba.

Sa Temang Galaw, Sayaw, Takbo laban sa Sunog para sa ligtas na Bacoor, sinabi ng Punong Lungsod na ang taunang paglunsad ng programa ay bahagi ng mga paalala at gabay upang maiwasan ang anumang sanhi ng sunog. "Ang programa natin sa umagang ito ay upang ipabatid sa lahat kung paano maiwasan ang sanhi ng sunog, na kung saan puedeng ikasawi ng mga mabibiktima. Kung kaya't ang kahandaan sa sunog ay lagi natin ipinapaalala ,upang tayong lahat ay palaging maging alerto at maging ligtas. Na lagi po natin tatandaan ditto sa lungsod ng Bacoor tayo ay One Team, One Love, One Bacoor." Pahayagni Bacoor City Mayor Lani Mercado Revilla.

HONEST GUARD: SM Lady Guard Marjorie Astrero (right) of CBDSSI is shown in photo handing over the wallet to the rightful owner John Christian Ong (left). LG Astrero recovered the found item in the mall area. Her laudable deed is reflective of SM's corporate value of honesty and bespeaks well of the good values of the SM security guards. Salute to LG A

'FIXCAL' SA DRUG LIST, IIMBESTIGAHAN NG DOJ

KUNG may makita siya, kahit kapirasong ebidensiya laban sa mga prosekyutor na nasa narco list ng the Philippine Drug Enforcement Agency (PDEA), sinabi ni Justice Secretary Menardo Guevarra na agad siyang bubuo ng isang grupo na mag-iimbestiga sa mga ito.

Ayon kay Guevarra, formal na niyang hiniling kay PDEA chief, Director Gen. Aaron Aquino na bigyan siya ng listahan ng mga piskal na sang nasa narcotics trade.

Balita na 10 ang piskal na nasa narco-list ng PDEA.

"... I myself will lead the investigation against them. That (involvement of prosecutors in illegal drug trade) is just unac-ceptable," sabi ni Guevarra sa mga mamamahayag.

Ipinaalam din ni Guevarra na patuloy ang validation effort ng Department of Justice sa pagbubuo ng mattitibay na ebidensiya laban sa 46 politiko na binanggit ni Pres-idente Rodrigo Duterte na kasangkot sa negosyo ng ilegal na droga. ***(ET)***

Want to have your own masseur at home anytime of the day? Visit **OGAWA**, well-known for its expertise in manufacturing massage chairs that provide relaxation and total wellness to you and your family. Visit its newly opened store at the 2nd level of SM City Bacoor.

Joint Nutrition Action Officers and Provincial Nutrition Committee Technical Working Group Meeting

COMMITTED to address the malnutrition problems in the province, the Provincial Nutrition Committee under the Provincial Health Office remains persistent in formulating and delivering programs that cater to the nutritional needs of Caviteños as they facilitated the Joint Nutrition Action Officers (NAOs) and Provincial Nutrition Committee-Technical Working Group (PNC-TWG) Meeting on April 4, 2019 at the Cavite Collaboration Center for Public Health in Trece Martires City.

During the gathering, Provincial Nutrition Action Officer Angeles Peñalba explained the scope and overview of the Philippine Plan of Action for Nutrition 2017-2022 for the neophyte NAOs. She also asserted the call for action on the rampant measles cases in the province which reached more than 1,000 and 17 deaths. Ms. Peñalba also pointed out the urgency of collaborating with all the NAOs in the province as the data on stunting or short for age cases alarms the PHO and malnutrition continues despite the efforts of the provincial government to reach out the poorest members of the community.

On the other hand, background on the updated nutrition Monitoring and Evaluation of Local Level Implementation Protocol (MELLPI) for local government and nutrition workers was discussed by Nutrition Officer II Ms. Liberty

'Visita Iglesia' in Cavite, a mix of spiritual and historical journey

KAWIT, Cavite – The Holy Week is a very sacred time for Filipinos, a time for reflection and penance, and a time for honoring traditions, such as the pabasa (chanting/singing of the Passion of Christ), the Way of the Cross, and the Visita Iglesia.

As millions of devout Catholics make the rounds of at least seven churches to commemorate the last days of Jesus on earth, pilgrims may opt to add a "historical" twist to this annual tradition by doing it in the historical province of Cavite.

Cavite's churches not just present colonial influences but they have figured well in the nation's history, former Kawit tourism officer and now freelance curator, Angelo Jarin Aguinaldo, said in an interview on Thursday.

His advice as an ideal first stop from Manila, a few minutes' drive down South, is the Iglesia Catolica Apostolica Romana Parish of St. Michael the Archangel.

Located along Evangelista St. in Bacoor City, this was where Fr. Mariano Gomez served as one of its parish priests.

"Gomez is the GOM in GOMBURZA – the three Filipino priests who were executed (on) charges of subversion arising from the 1872 Cavite mutiny," Aguinaldo added.

In nearby Kawit town is where you will find the Church of St. Mary Magdalene, where the first president of the Philippine Republic, Gen. Emilio Aguinaldo, was baptized. Saint Maria Magdalena is known as the patroness of the Revolutionists.

It is located near Gen. Aguinaldo's birth house, which has been turned into a Shrine and museum in his honor and run by the National Historical Commission of the Philippines (NHCP).

Saint Mary Magdalene is believed to be the general's inspiration in naming his Katipunan council "Magdalo".

Just a few minutes' drive from Kawit is the town famous for its smoked fish – Rosario.

"This is where you'll find the image of Our Lady of the Most Holy Rosary, Reina de Caracol, who saved the lives of people in the midst of a strong typhoon during the Spanish era," Aguinaldo said.

Historical accounts reveal that the church was burned in 1896 at the height of the Katipuneros' hostilities against the friars, and was converted into a "cuartel" of revolutionaries during the fight with the Americans in 1901.

Another popular church in Cavite that boasts of priceless religious relics and high-vaulted ceilings reminiscent of the Spanish colonial era and the Katipunan period, is the Imus Cathedral of Our Lady of the Pillar.

Built by the Jesuits, the cathedral was declared a structure of historical significance in November 2006.

In DasmariHas City, the Immaculate Conception Church — the city's first Catholic church — was the site of the bloody Battle of Perez Dasmariñas, a Cavite offensive in 1897 commanded by Major Gen. Jose de Lachambre to recapture Cavite since the loss at the twin battles of Binakayan and Dalahican.

Close to it, in Silang town, sits the church known for its Spanish colonial architectural style and Rococo-influenced retablos called the Our Lady of Candelaria Parish Church.

The church served as kuta (camp) of the guardia sibil (civil guards) at the height of the hostilities of Filipino revolutionaries to Spanish friars in 1896.

Like the church in Imus, the "Retablo Mayor y Menores and the complex of the Church of Nuestra Senora de Candelaria, more known as the Silang Church, has been declared a National Cultural Treasure in 2016.

Other churches that pilgrims may consider are the churches of Our Lady of Assumption in the upland town of Maragondon, the Sto. Niño de Ternate Parish that sits in the coastal town located in the western part of Cavite, and the St. Gregory the Great Parish in Indang town.

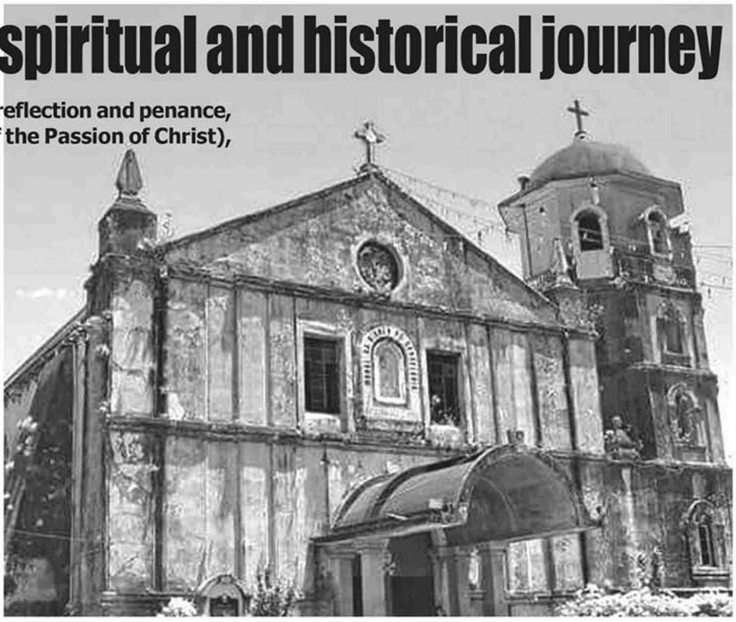
The "Our Lady of Assumption" served as Emilio Aguinaldo's base during the Philippine Revolution in 1897, while Ternate's "Sto. Niño" was said to be ruined by the battle with only the Holy Image of Santo Niño left intact.

"St. Gregory" was also burned and destroyed during the Philippine Revolution against Spain but was impressively restored, capturing the 18th century.

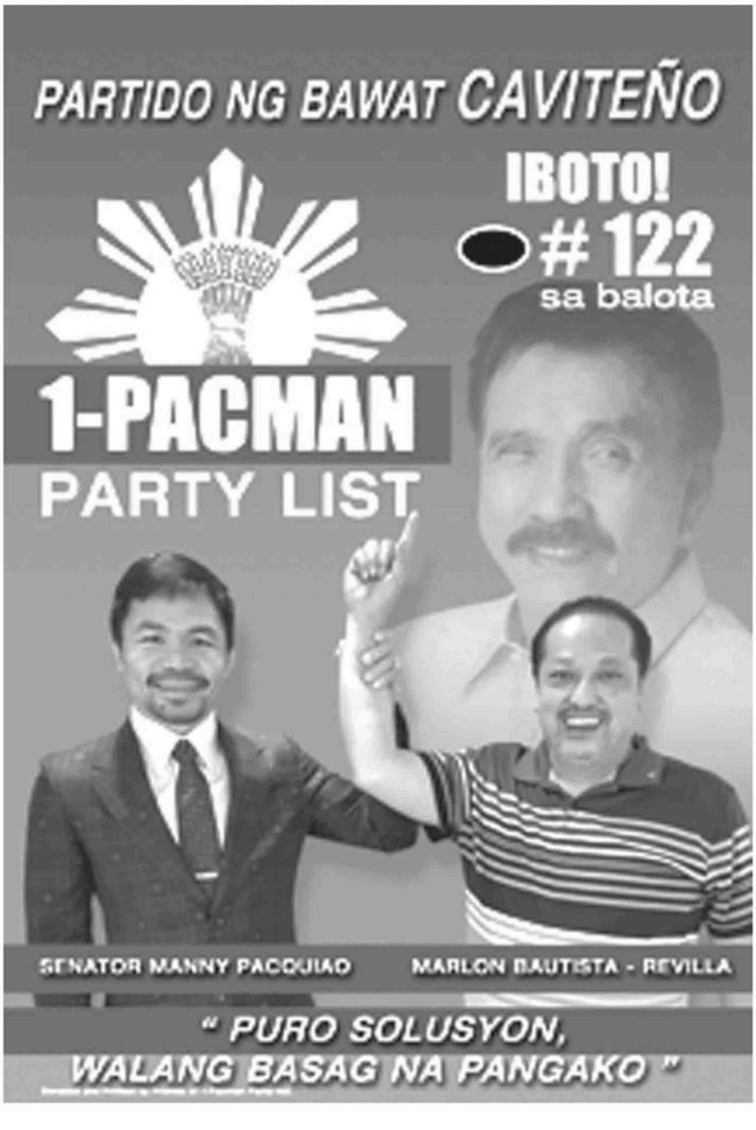
The church is famous for its impressive interiors, paintings on the ceiling, and the old pulpit platform, which gives prominence to the officiating priest during Mass.

There is also the old church in Tanza town, the Sta. Cruz Parish Church, where Gen. Aguinaldo and Gen. Mariano Trias took their oaths as President and Vice President of the Philippine Revolutionary Government some 120 years ago.

Last is the Saint Francis of Assisi Parish Church in General Trias where the Banda Matanda, a local marching band, practiced the Marcha Filipina – the music of the Philippine National Anthem, before they played it when independence was proclaimed in Kawit town on June 12, 1898. ***(Gladys of PNA)***



OUR LADY OF CANDELARIA PARISH CHURCH, or more popularly known as Silang Church, is recognized for its Spanish colonial architectural style and Rococo-influenced *retablos.* Its "Retablo Mayor y Menores and the church complex has been declared a National Cultural Treasure in 2016. *(Photo courtesy of Silang Church Facebook page)*



ANO ang Partylist na 1-Pacman?

MARAMI ang nag-iisip na ito ay ang lokal na partido ng ating pambansang kamao at 8-division champ, Senador Manny Pacquiao na kilala sa mundo sa kanyang palayaw o bansag na "Pacman."

Ang partidong ito ay opisyal na kinilala ng Commission on Elections (Comelec) na pangalang One Patriotic Coalition of Marginalized Nationals (1-Pacman). Adbokasiya ng Pacman ay tumulong sa maliliit at kapuspalad na sektor sa lipunan ng ating bansa.

Lumahok ito sa halalan noong 2016, at nanalo sa mahigit sa isang milyong boto kaya naupo ang naupong numero unong nominee na si Congressman Mikee Romero, team manager ng Global Port Batang Pier sa Philippine Basketbal Association (PBA).

Ikalawang nominee nito ay si Congressman Erick Pineda na nagsilbing business manager ni Senador Manny Pacquiao.

Ilan sa prioridad na programa ng 1-Pacman partylist ay ang pagpapaunlad ng isport (sports development), edukasyon at ang paglikha ng trabaho (job creation).

Maraming kilalang at dakilang personalidad sa isports ay ineendorso ang 1-Pacman partylist, kabilang si World Boxing champ Sen. Manny 'Pacman' Pacquiao, mga manlalaro ng PBA –James Yap, Jayson Castro, Terrence Romeo, LA Tenorio, Marc Pingris, at aktor John Estrada, at mga sikat na volleyball stars Rachel Anne Dacquis at Aby Marano.

Ngayong midterm May 13, 2019 elections, bukod kina Congressman Romero at Congressman Pineda, ikatlong nominado para kongresista si Marlon Bautista Revilla ng Cavite. (CTJ REPORTORIAL TEAM)

DOH CONDUCTS 2ND BATCH OF BASIC WHEELCHAIR TRAINING FOR BATANGAS PWDs

DOH CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) in partnership with Philippine Society of Wheelchair Professional Inc of UP Manila conducted the second batch of "Wheelchair Service Training Package: Basic Level" for service providers and Persons with Disabilities (PWDs) from April 2-5, 2019 at Ciudad Christhia 9 Waves Resort in San Mateo, Rizal.

The training aims to provide coordinators of various local government units, PWDs and caregivers the knowledge in the proper measurement, specifying the correct wheelchair for their physique, preparing and installing fittings and preventive maintenance making it more suitable to their needs and at the same time enhancing their knowledge and skills on the proper handling of a wheelchair.

Various types of wheelchairs used during the demo and practicum of participants.

A total of 27 PWDs and federation officers from Batangas province attended the training.

The activity was conducted by the Non-Communicable Disease Unit headed by the PWD Regional Coordinator Ms. Paulina A. Calo who emphasized the importance of the training to wheelchair users and caregivers as it will allow them to have a complete understanding of what a wheelchair is and its significance to their daily life. "*We have to accept the fact that most PWDs spent their life in a wheelchair kaya kailangang malaman nila ang mga tamang pamamaraan ng pangangalaga kasama na dito ang tamang paggamit upang sila ay maging kumportable at maiwasan ang pagkakaroon ng mga skin sores dahil sa matagal na pagkakaupo dito,*" she stated during the opening program.

"*Mahalaga ring malaman na hindi basta-basta lang ang paggamit ng wheelchair dahil may panuntunan na dapat sundin at gawin upang maging ligtas ang sinumang gagamit nito,*" she added.

A **wheelchair** is a wheeled mobility device propelled either manually (by turning the wheels by the hand) or via various automated systems. It is used by a person who has difficult in walking or impossible due to illness, injury, or disability. Some may include specialized seating adaptions, individualized controls, and some are specific for particular activities for sports and leisure.

According to the President of the Philippine Society of Wheelchair Professionals and head trainer Dr. Ferdiliza Dandah S. Garcia, emphasized that only one percent of the Philippine population has access to wheelchair. "Most wheelchairs are donated by government and private institutions and these are not match to fit the donee because of its large size which is generally not suitable for Asian users".

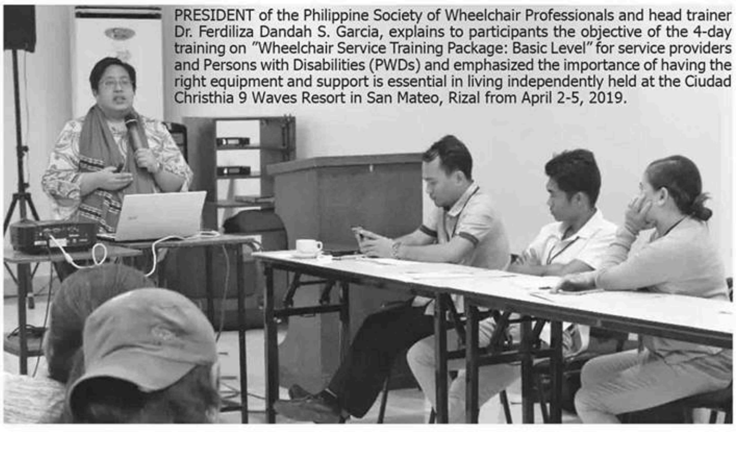
The basic wheelchair training was conducted through the initiative of Regional Director Eduardo C. Janairo in line with his health roadmap: "Towards CALABARZON Prime," with the objective of providing a more efficient, effective and sustainable health care delivery in the communities.

"*Our vision is to make CALABARZON a prime which means you have the right accessibility, the right equipment aside from the facilities, the right service referral system for everyone, kahit sino, namundok ka, nagkasakit ka o naaksidente, me sasalo sa iyo sa anumang oras na kailangan mo ng health service,*" Janairo emphasized.

Participants of the 4-day training program have undertaken various application of wheelchair services including proper sitting position, proper lifting and transferring of a disabled person from wheelchair to bed or chair, and avoiding pressure sores which is one of the most commonly expe-rienced by a user due to improper wheelchair usage.

There is a total of 50 trained including 23 from the province of Laguna on February this year. The regional office is targeting at least 150 PWDs and federation officers from various societies for the basic wheelchair training.

"This is part of the health department's commitment through the leadership of Secretary Francisco T. Duque, to provide stakeholders, including PWDs essential trainings for them to become a productive part of our society by giving them access to various opportunities including full participation various activities in the community," Janairo emphasized.



PRESIDENT of the Philippine Society of Wheelchair Professionals and head trainer Dr. Ferdiliza Dandah S. Garcia, explains to participants the objective of the 4-day training on "Wheelchair Service Training Package: Basic Level" for service providers and Persons with Disabilities (PWDs) and emphasized the importance of having the right equipment and support is essential in living independently held at the Ciudad Christhia 9 Waves Resort in San Mateo, Rizal from April 2-5, 2019.

TALAISIPAN

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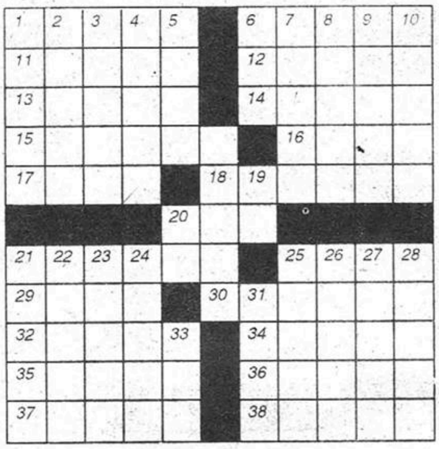

SAGOT SA NAKARAANG LINGGO

PAHALANG

1. Balahibo
6. Bukambibig
11. Imbestiga
12. Pahintay
13. Gaway
14. Sandali
15. Isangkot
17. Kapal
18. Hipo
19. Kuwentong bayan
21. Palayaw ng lalake
22. Pumarito
26. Ambag
30. Sungit ng panahon
31. Manok sa gubat
33. Pagala-gala
35. Lalake sa Korokan
36. Takdang abuloy
37. Asarol
38. Linsad
39. Simple

PABABA

1. Taniman ng palay
2. Pantang
3. Hapdi ng mata
4. ..... Bin Laden
5. .... Sutra: pelikula
6. Kawawa
7. Pangalang babae
8. Antala
9. Isabay
10. Dulog
16. Matigas na kahoy
20. Lanthanum: sagisag
21. Ayos!
22. Pamalit
23. Tila
24. Tapat
25. Hirit
26. Itunghay
27. Punit-punit
28. Kampi
29. Huni ng palaka
32. Amateur Boxing Association of the Philippines
34. Nora

An act of Mercy

EVERY DAY, we see in our neighborhood ordinary women like Mercy, selling street food and drinks under the heat of the sun. Mercy C. Galanque, of Lanao del Sur, started her small business selling kwek-kwek, kikiam, tempura, and gulaman.

As the saying goes, business ain't easy—but for Mercy, it was her grit and relationship with CARD, Inc. that pushed her to grow her business from a humble street food stand to a bustling bakery.

FROM SMALL TO BIG

Mercy has built her small business from the ground up, starting with the little capital that she had at the time. It is not unusual for entrepreneurs like Mercy to start in familiar territory—selling street food was probably a go-to for most Filipino mothers such as her.

Her street food stand covered in tarpaulin was far from the town proper, but she knew she had to persevere if she wanted to make a living. This is where Mercy stood out: in a little over two years, she earned enough money and was able to move to a bigger space where she put up a bakery of her own.

Mercy did not expect that she would be able to achieve such a feat. But now, she has her own bakery where she sells a variety of pastries, cookies, and sweets. She says that her business is doing well, serving many customers including children who go to school.

FROM FRIEND TO FAMILY

According to Meldeia A. Flores, area manager of CARD, Inc. (Bukidnon 1), it was Mercy's friend that brought her to join the institution. CARD, Inc. was precisely what Mercy needed in her life to start a business.

CARD, Inc. is known to be one of the 21 institutions of CARD Mutually Reinforcing Institutions (CARD MRI), united sharing a common goal of eradicating poverty in the Philippines through microfinance, microinsurance, capacity building, and community development programs.

"With the help of CARD, Inc., I was able to provide for her family, and even found a new family in CARD, Inc. where I received not just loans but other benefits as well," said Mercy.