CAVITE NEWS PUBLISHING

A COMMUNITY NEWSPAPER THAT'S NATIONAL IN SCOPE

VOL. XXV NO. 1 ISSN: 2651-7450

APRIL 18-24, 2024

P10.00

Entered as Second Class Mail at the IUmus Post Office under Permit No. 2003-11 dated August 29, 2003

MMDA begins crackdown vs. e-bikes, tricycles on nat'l roads

MANILA – The Metropolitan Manila Development Authority (MMDA) on Wednesday began its implementation of the ban on e-bikes, tricycles, and other similar unregistered vehicles from national roads in the National Capital Region.

In a situation report as

of noon, the MMDA has apprehended a total of 87 vehicles -- 50 tricycles, four pedicabs, 18 e-trikes, and 15 e-bikes.

Each apprehension was fined PHP2,500.

About 19 of the vehicles were impounded for being unregistered or the driver was unlicensed.

In a statement, MMDA acting chair Romando "Don" Artes said the policy has been announced through a memorandum issued by the Department of the Interior and Local Government (DILG).

"Ang pangunahing layunin ng regulasyon (Turn to p. 2

P10-B post-harvest fund to address drying capacity disparity: NFA

MANILA – The National Food Authority (NFA) on Wednesday said the approved PHP10 billion funds for the modernization of post-harvest facilities will help address the disparity in its drying capacity for palay.

"Actually, sa ngayon ay dapat may capacity tayo ng (for now, we should have a capacity of) 495,000 metric tons. Ang capacity natin ngayon (but our current capacity) for drying is only 31,000 metric tons," NFA Administrator officer-in-charge Larry Lacson said during the Bagong Pilipinas Ngayon briefing over PTV4.

Lacson, however, said the PHP10 billion

fund is not enough to cover all the targeted capacity for drying palay.

"Kulang pa po iyan, malayo pa po (It's not enough, still far). It's a multi-year activity, so hopefully, after that multiyear activity ay mapunan natin lahat iyan (we may cover it all)," he added.

(Turn to p. 2)

DIR. LARRY LACSON OIC. NATIONAL FOOD AUTHORITY 12:43

BETTER RICE QUALITY. National Food Authority (NFA) officer-in-charge Administrator Larry Lacson discloses plans to ensure improved quality of procured NFA rice at the Bagong Pilipinas Ngayon interview over PTV4 on Wednesday (April 17, 2024). He said calamity-affected recipients should have access to good quality rice through the national rice buffer stock. (Screengrab from PTV4)

the amount of the discount and the budget," he said.

He said the discounted price at select fuel stations for motorcycle riders, motorcycle taxis, tricycles, and PUJs would expand the current coverage of targeted fuel subsidies for land transport, which are limited only to legit PUJs and tricycles.

He added that the (Turn to p. 2)



FUEL SUBSIDIES. A gas station attendant fills up a motorcycle gas tank at a gas station in Intramuros, Manila recently. Manila Rep. Joel Chua recommended on Wednesday (April 17, 2024) the use of the Kadiwa market system in implementing the targeted fuel subsidies for poor and low-income households to cushion the impact of rising oil prices. (PNA photo by Yancy Lim)

Lawmaker bats for Kadiwa market style for discounted fuel

MANILA – A law-maker on Wednesday suggested the use of the Kadiwa market system in implementing the targeted fuel subsidies for poor and low-income house-holds to cushion the impact of rising oil prices.

In a statement, Manila Rep. Joel Chua recommended that the Department of Energy (DOE) and Depart-

ment of Transportation (DOTr) enter into agreements with select and strategically located gasoline stations on the sale of discounted fuel to motorcycle riders, motorcycle taxis, tricycles, and public utility jeepneys (PUJs).

Chua said the Kadiwa market style, which enables the public to buy goods at cheaper rates, could be applied to the government's fuel subsidy program.

"It would be up to the DOE and DOTR to choose which fuel companies and fuel stations shall sell the discounted fuel at the designated pumps. In consultation with the Department of Finance and Department of Budget and Management, it would also be up to the DOE and DOTR to determine

P10-B.... FR P.1

The post-harvest modernization fund, which the NFA Council approved last April 11, shall be utilized for the construction of warehouses, dryers, milling facilities and silos, among others, in Dingras, Ilocos Norte; Concepcion, Tarlac; Dumangas, Iloilo; and Musuan, Maramag, Bukidnon.

Once accomplished, the NFA projects to secure an additional 150,000 metric tons of drying capacity, and another 120,000 for rice milling capacity.

Better rice quality

Lacson vowed to improve the quality of rice being procured for the country's national buffer stock.

"Ibinabangon natin ang imahe ng NFA rice - gusto po natin kapag sinabing NFA rice, maganda (We're raising the image of the NFA rice, we want that when we say NFA rice, it's good)," he said.

Lacson added the purchased rice should match the commercial quality.

"Kumbaga nasalanta na mga tao, tapos papakainin pa natin

LAWMAKERS.... FR P.1

selling of the discounted fuel could also be done on a schedule or a weekly basis because daily sales would be too costly.

"I am suggesting the expansion because the current coverage is too limited and does not include other Filipinos who are in the poor and low-income segments of our population," he said.

He said the proposal to expand fuel subsidies could be pi-

ng pangit na bigas eh parang double whammy na tayo. So, ang gusto natin ay napakagandang bigas (The people were calamity-stricken, and yet you'll give them bad quality rice, it's like a double-whammy. So, what we want is rice with very good quality)," he said.

The NFA Council earlier approved an increase in the buying price of palay, which is equivalent to PHP23 to PHP30/kg. for dry and clean palay, as well as with fresh palay which is set at PHP19 to PHP23/kg.

The price range is higher than the current price range of PHP19 to PHP23/kg. and PHP16 to PHP19/ kg. for dry and fresh palay, respectively.

Lacson, meanwhile, said the NFA targets to release its new rice buying price bulletin this week considering different prices of traders nationwide.

Overall, the NFA needs to secure 300,000 metric tons of rice for the country's buffer stock. (PNA)

lot-tested in Manila and a few other cities and towns before its rollout in other areas.

The government's fuel subsidy program, also known as the DO-Tr's Pantawid Pasada Program, aims to reduce the impact of rising fuel costs on drivers and operators of various modes of public transportation and delivery services.

The Department of Agriculture (DA) also has fuel subsidies to

Parents urged to have kids vaxxed amid pertussis outbreak

MANILA - House Majority Deputy Leader Janette Garin on Wednesday urged parents to have their children properly inoculated as the cases of pertussis in the country continue to increase.

Garin, a former Health Secretary, made the call after the Department of Health logged 1,477 cases of pertussis with 63 deaths nationwide from Jan. 1 to April 6 this year.

She said "vaccine hesitancy" was the root cause of the rising number of cases of pertussis and measles due to the vaccine

'Bakit sa buong mundo ang Pilipinas lang ang nagkaroon ng pertussis outbreak? At bakit 'yung polio bumalik? Bakit noong mga nakaraang taon grabe ang mga namamatay sa measles (Why only



File photo

the Philippines has the pertussis outbreak? And why this polio is back? Why in the past years many died from measles?). This is all because of vaccine hesitancy," Garin said.

Garin also noted measles outbreak in some areas of the country that killed many people.

She said the DOH

MMDA.... FR P.1

ay para sa kaligtasan ng publiko, maiwasan ang mga aksidente, at maiwasan ang bigat sa daloy ng trapiko (The primary objective of this regulations is the safety of the public, to avoid accidents, and worsen vehicular traffic)," Artes said.

On April 15, Artes reminded the public of the ban on e-bikes and other unregistered vehicles and ordered enforcers to educate violators of the policy during the first two days before beginning apprehensions on Wednesday.

On March 11, the MMDA announced the implementation of

farmers and fishers affected by soaring oil prices with PHP3,000 worth of aid per beneficiary.

Regulation No. 24-022 or the prohibition of e-bikes, e-trikes, tricycles, pedicabs, pushcarts, and "kuliglig" from traversing national roads, circumferential roads, and radial roads in Metro Manila beginning April 15.

The regulation is based on DILG Memorandum Circular No. 202-036 and 2023-195 as well as the Land Transportation Office Administrative Order No. 2021-039 or the Consolidated Guidelines in the Classification, Registration and Operation of All Types of Electric Vehicle. (PNA)

Among the eligible beneficiaries of DA's fuel assistance are farmers with machinleadership in the past administration failed to address the vaccine hesitancy.

The country is expecting 3 million pentavalent or 5-in-1 vaccine doses by June, and is now securing diphtheria, pertussis, and tetanus (DPT) doses. (PNA)

CAVITE NEWS PUBLISHING WEEKLY NEWSPAPER

raquel.cavitenews@gmail.com 0997409432/09329770888

> RAQUEL M. MAGTIBAY Publisher

JESSIEL M. RAVANA Editor-In-Chief

JOHN JEPREE MAGTIBAY Lav-out-Artist

LAURO M. MAGTIBAY Circulation Manager

ATTY. RACQUEL C. LARA Legal Counsel



MEMBER of PRIME ALLIANCE of **PUBLISHERS, EDITORS, & REPORTERS of the Philippines Inc.**

THIS NEWSPAPER IS EDITED, PUBLISHED AND CIRCULATED IN THE PROVINCE OF CAVITE AT BLK. 8 LOT 19 SAINT FRANCIS ST. CARDINAL VILLAGE SALITRAN 3 DASMARIÑAS CITY OF CAVITE

Commercial Advertising Rate: P200.00/col.cm Legal Rate P160.00/col.cm.

ery registered under the Registry System for Basic Sectors in Agriculture, as well

as fishers whose boat tonnage does not exceed 3 metric tons. (PNA)



DOLE Cavite launches Government Internship Program

The Department of Labor and Employment (DOLE) Cavite Provincial Office has announced the launch of the Government Internship Program (GIP) in partnership with the Provincial Government of Cavite through the Office of the Provincial Public Employment Service Manager recently at SM City Trece Martires, providing an invaluable chance for young hopefuls to acquire hands-on experience in public service roles.

The event participated by college interns from various universities in Cavite kicked off with opening statements by OIC Provincial Administrator Rodel Vincent T. Bae, who highlighted the program's potential to shape the future of public service.

Attendees were additionally motivated by a stirring address from DOLE Cavite Provincial Director Marvic B. Martinez, highlighting the significance of commitment and service in attaining professional success.

Ms. Diane Digma, the facilitator of the orientation, underscored the significance of the program, affirming that the initiative offers valuable prospects for the interns' chosen career. She reiterated that GIP's primary role is to assist interns and establish an environment that provides support as they trail their way to professional life.

The orientation offered comprehensive information on different facets of DOLE GIP, covering its goals, eligibility criteria, prerequisites, duration of employment, roles, responsibilities, available benefits, and contractual terms.



Health outreach event in Brgy. Ramirez, Magallanes Cavite. In a display of community support and collaboration, Barangay Ramirez in Magallanes recently hosted a medical and dental mission that benefited hundreds of residents. The event, organized by the provincial government, saw the active participation of Mayor Jasmin Maligaya-Bautista, who expressed her profound gratitude for the initiative aimed at enhancing the well-being of her constituents.

The medical and dental mission, held in partnership with the Office of Public Health Operations (OPHO) and Rural Health Unit (RHU), exemplified a dedicated effort to provide essential healthcare services to the



Training on Emerging Trends in International Migration Equips LGU Focal Persons and OFW Leaders in Cavite

In a proactive move to address the evolving landscape of international migration, nearly 50 participants, including Overseas Filipino Workers (OFW) Association Presidents from various Local Government Units (LGUs) in Cavite, LGU Migration focal persons, and Public Employment Service Office (PESO) staff, Overseas Workers Welfare Administration (OWWA) representatives, DepEd officials, and members of the Cavite Overseas Filipino Welfare Council convened recently at the Session Hall of the Sangguniang Panlalawigan in Trece Martires City.

Organized by the Provincial Government of Cavite through the Office of the Provincial Social Welfare and Development Officer (OPSWDO), and the Cavite Migration Office, the training aimed to provide valuable insights into emerging trends in international migration and equip local leaders with the knowledge needed to address related challenges effectively.

The event commenced with a warm welcome from Ms. Ekeiko Paola Haidah Sadang, the Promotive Division Head of OPSWDO, followed by opening remarks delivered by Ms. Beverly Alvaran, on behalf of BM Romel Enriquez, Chairperson of the SP Committee on Women, Family, Children, Elderly, and Social Services, expressing the government's commitment to supporting the welfare of OFWs and their families.

Distinguished speakers shed light on various facets of international migration during the training session. Ms. Riza B. Sevilla, Program Coordinator of ATIKHA, Inc., provided an overview of Philippine overseas migration, highlighting key trends and patterns. Ms. Aileen Constatino-Peñas, Executive Director of ATIKHA, Inc., delved into emerging trends in irregular migration, underscoring the need for vigilance and preventive measures.

Furthermore, Atty. Rina Rojas, OIC-Chief of the Legal Assistance Division of the DMW Migrant Workers Protection Bureau, discussed the recruitment process during the pre-departure phase, shedding light on legal frameworks and safeguards to protect migrant workers' rights.

During the interactive open forum, participants engaged in fruitful discussions, tackling pressing issues such as illegal recruitment, fraud, exploitation, or abuse of Filipino migrant workers, aiming to foster a deeper understanding and collaborative efforts to combat such practices.

In her closing remarks, Ms. Precyl T. Ramos, OIC of OPSWDO, expressed gratitude to all participants for their active involvement and reaffirmed the commitment of the provincial government to continue initiatives that promote the welfare and protection of OFWs and their families, emphasizing the importance of collaborative efforts in addressing migration-related challenges.

community. Residents of Brgy. Ramirez and surrounding areas were able to avail themselves of a range of medical services, including medical and dental consultations and basic treatments, as well as prescription medicine, all provided free of charge.

As the day concluded, Mayor Maligaya-Bautista expressed her heartfelt appreciation to all the volunteers, healthcare providers, and organizers who made the event a resounding success. She reiterated her commitment to continue supporting initiatives that promote the welfare of her constituents, ensuring that no one is left behind in the journey towards a healthier and more vibrant community.---OPIO

Batangas fisherfolk adopts technology on maliputo cage culture

CALAMBA CITY (PIA) – A group of fish farmers in Batangas has adopted the maliputo cage culture technology developed by the DA-National Fisheries Research and Development Institute (DA-NFRDI), with the aim of improving their livelihood through fisheries.

The DA-NFRDI, through the Freshwater Fisheries Research and Development Center (FFRDC), serves as a central breeding facility for freshwater ornamental fish and a prime research center for maliputo, a delectable and most popular indigenous migratory fish in Taal Lake, Batangas, and other non-traditional cies.

From about 7,500 maliputo fingerlings distributed a year ago to 15 fisherfolks from the Samahan ng Magmamaliputo ng Lemery, they have partially harvested more than 900 kilos of cage-cultured indigenous fish.

The maliputo fingerlings recorded an 83 percent survival rate and have an average body weight of 357 grams, according to the data gathered by the Office of the Provincial Agriculturist (OPAg) of Batangas during a harvest conducted in March 2024 with the Bureau of Fisheries and Aquatic Resources (BFAR) IV-A, and the municipal government of Lemery.

Dr. Rodrigo M. Bautista Jr., Batangas provincial agriculturist, assured that the government will keep on strengthening the fisheries sector in the province as part of the Health, Education, Livelihood, and Protection of Life, Environment, and Properties (HELP) Program of the provincial government.

"We, in our office, are pleased with the initial success of this project. You can expect that we will further strengthen the agriculture sector in the province of Batangas, especially the fisheries sector. Assistance for our fisherfolk will not stop here, and will further continue for the progress of each individual through collaborative efforts with other agencies," he said.

Bautista added that they will continue to integrate their plans and programs for strong and sustainable partnerships among LGUs, national government agencies, the private sector, and fisherfolks to ensure food security and provide additional livelihood to Batangueños.

Brynne Mamauag, a fisherfolk and one of the program beneficia-

ries, was grateful for the opportunity.

"We, in our organization, are grateful for the projects you have provided us, which have been helpful for us. Rest assured, we will continue to sustain and expand this project," he said.

DA-NFRDI said they will continue supporting the maliputo cage culture and further expanding the projects to more cages and ponds.

"We at the NFRDI are delighted because the technology on the 'grow-out culture' of maliputo has advanced further. We initiated the study on maliputo breeding, and our goal is to further increase its population to supply cages and ponds. Since this can provide a good livelihood for our fisherfolk, NFR-DI is here to serve as a venue for training and other livelihood projects," Dr. Maria Theresa Mutia of the DA-NFRDI said.

Training activities and technical assistance from the DA-NFRDI are also set to be organized for fisherfolk, agri-technicians, LGUs, and other stakeholders on aquaculture technology and management of fishery resources. (CH/PIA-4A; with reports from DA-NFR-DI)

Sinabi ng Dios: "Dahil mahal niya ako, ililigtas ko sya. Poprotektahan ko sya dahil alam niya ang pangalan ko. Tatawag siya sa akin, at sasagutin ko siya. Tutulungan ko siya sa panahon ng paghihirap. Ililigtas ko siya at luluwalhatiin.

Awit 91: 14-15

DTI: Electronics, semiconductor exports recovering in 2024

MANILA – Department of Trade and Industry (DTI) Secretary Alfredo Pascual said the country's electronics and semiconductor export is recovering this year after the double-digit growth in export revenues in February.

Citing preliminary data from the Philippine Statistics Authority (PSA), the outbound shipment of electronic products surged 26.8 percent to USD3.4 billion in February 2024 from USD2.7 billion in the same month last year.

This was driven by semiconductor exports, which expanded by 31.9 percent to USD2.65 billion, "marking the highest value of semiconductor exports recorded in February over the past decade," the DTI said.

"The electronics sector is evidently recovering, even catching up with the export figures from two years ago," Pascual said in a statement Wednesday.

"We are hopeful that this growth momentum will be sustained in the coming months."

He said the agency is closely working with stakeholders, such as the private sector, development partners, and other government agencies, to make Philippine export products more competitive in the global market.

One of these initiatives is the recent visit of a DTI delegation to South Korea to learn



Department of Trade and Industry Secretary Alfredo Pascual. (File photo)

from the East Asian country's support programs, such as the Origin Management System for the Promotion of FTAs (free trade agreements) in the Philippines Project, funded by the Korean government.

The Origin Management System is a platform where exporters can identify if their products could qualify under the respective origin requirements of FTAs and the generalized system of preferences (GSPs).

The platform is also enabled by an artificial intelligence-Harmonized System (HS) classification tool that enables exporters to determine the appropriate HS codes for their products.

"We see the immense potential in this project to boost the development and growth of Philippine exports by simplifying the exporting process and leveraging FTAs/GSP," DTI Undersecretary Ceferino Rodolfo said. The Export Marketing Bureau has also partnered with the Intellectual Property Office of the Philippines and the Philippine Export Confederation to offer the Juan for the World Program.

The global trademark incentive initiative aims to help Filipino micro, small, and medium enterprise (MSME) exporters build a strong brand identity and protect their trademarks.

The DTI added that it would also conduct 24 "Usapang Exports" sessions nationwide to tackle market opportunities, trends, regulations, and other export-related topics.

The DTI said these initiatives are part of its strategies to meet the targets under the Philippine Export Development Plan 2023-2028. (PNA)

The one walking with the wise will become wise, But the one who has dealings with the stupid will fare badly.

Proverbs 13:20

Meralco exceeds 2023 peak demand on April 15

MANILA – Peak demand for electricity is usually expected in the second week of May, but the maximum electricity demand in 2023 was already surpassed last Monday, an executive from Manila Electric Company (Meralco) said.

In a briefing in its headquarters in Pasig City on Wednesday, Meralco head of utility economics Larry Fernandez said the electricity consumption in Meralco franchise areas on April 15 exceeded the maximum demand last year of 8,400 MW.

"We can expect the power demand to continue to increase. So we're hoping that the power plants can continue to operate reliably to avoid what happened yesterday. Between now and May, we still expect demand to go up," Fernandez said.

On Tuesday, the National Grid Corporation of the Philippines (NGCP) issued red and yellow alert status in the Luzon grid, and a yellow alert in the Visayas grid following the forced outages of some power plants that aggravated the power supply.

A yellow alert status was also declared on Wednesday in the Luzon grid from 1 p.m. to 11 p.m. and in the Visayas grid from 1 p.m. to 10 p.m.

The NGCP said 18 power plants are on forced outage, while three are running on derated capacities in the Luzon grid.

The Visayas grid, on the other hand, has 13 power plants on unforeseen shutdown and five others on derated capacities.

Department of Energy (DOE) Assistant Secretary Mario Marasigan said in an interview with Bagong Pilipinas Ngayon on Wednesday that at least two plants target to bring back their full operation within this month.

In a message to the Philippine News Agency, Marasigan said the Pagbilao Coal-Fired Power Plant Units 1 and 2 target to return to the grid on Saturday (April 20), while the Masinloc Coal-Fired Power Plant Unit 1 eyes full restoration by April 30.

"What we really need is additional capacity in the system. So when you mention of additional capacity, it simply means more power plants coming on stream, especially new ones," Meralco spokesperson and head of corporate communications Joe Zaldarriaga said.

"Because at the end of the day, the question is, can the supply meet the growing demand? And yesterday is an indication that—we are, of course, to implement a rotating interruptions schedule or manual load dropping —that demand has outstripped supply," he added.

Zaldarriaga enjoined consumers to practice energy efficiency to manage the electricity demand. (PNA)

What I have seen is that those who plow what is harmful And those who sow trouble will reap the same.

Job 4:8

DMW says no Filipino casualty in Dubai massive floods

MANILA – The Department of Migrant Workers (DMW) said no Filipino casualty has been reported after severe floods hit Dubai in the United Arab Emirates.

"No dead or injured Filipinos. Hoping this remains so," the Department of Migrant Workers (DMW) said in an advisory on Wednesday.

The DMW said work was suspended at the Philippine Consulate General (PCG) and Migrant Workers Office (MWO) in Dubai.

Meanwhile, the MWOs in Dubai and Abu Dhabi have also initiated the preparation of food items and other basic needs for overseas Filipino workers (OFWs) who might need assistance.

In a Facebook post on Tuesday, PCG Dubai closed office on Wednesday, following the advice of the Dubai government to implement the remote work system and take necessary measures to ensure safety for all.

The Consulate added that scheduled appointments affected by the bad weather will be accommodated on any other working day until April 30, 2024, as long as they present their old appointment confirmation email.

Filipinos requiring emergency assistance may contact +971 4 220 7100 for Consular Matters (Pass-



(Photo from DMW Facebook page)

port, Notarial, Civil Registry, etc.); +971 56 501 5756 for Assistance-to-Nationals Matters (non-OFWs); and the Migrant Workers Office (MWO) - Dubai at +971 56 353 5558 / +971 50 558 5536; or send an email to mwo.dxb.atn@gmail.com.

Record floods hit Dubai following unprecedented rains and thunderstorms.

Local media reports that the UAE has witnessed its heaviest rainfall in 75 years.

Dubai International Airport has also advised passengers not to come to the airport unless absolutely necessary and to contact their respective airlines for the latest information on flight status. (PNA)

PAGASA: Over 52°C heat index possible in some areas

MANILA—The weather bureau on Thursday said some areas in the country could experience extreme danger heat index, or what the temperature feels like to the human body when relative humidity is combined with the air temperature.

Although no specific areas were cited, the Philippine Atmospheric, Geophysical and Astronomical Services Administration's (PAGASA) Climate Monitoring and Prediction Section chief Ana Liza said 52°Celsius (°C) and above or extreme danger heat index are likely in some areas because of El Niño.

"Based on PAGA-SA's monitoring on high discomfort index or heat index, there's (the) possibility that some areas could experience extreme danger (level) or 52°C and above," Solis said in the Bagong Pilipinas Ngayon interview over PTV4.

In such a case, she said direct sun exposure could cause heat stroke.

Solid added that relatively high humidity is expected in the 52 degrees Celsius heat index.

It could also cause rain showers due to thunderstorms, she added.

Historically, PAGA-SA has been recording high heat indices in April and May, according to Solis.

Next month, high heat indices are forecast in Cagayan Valley, especially in Isabela, Cagayan, as well as Ilocos Region and Central Luzon.

Metro Manila, Cavite, and Batangas could also experience scorching heat.



SCORCHING HEAT. Commuters endure scorching noontime heat while waiting for public transportation along the Elliptical road in Quezon City on Thursday (April 18, 2024). In a Bagong Pilipinas Ngayon interview over PTV4, the weather bureau's Climate Monitoring and Prediction Section chief Ana Liza said 52°Celsius and above or extreme danger heat index are likely in some areas because of El Niño. (PNA photo by Jelly F. Musico)

Solis said they noticed areas that have logged high heat indices this April are places that are near coastal areas.

Meanwhile, Solis said PAGASA urges the public to drink plenty of water and to limit the time spent outdoors.

"Let's try to avoid outdoor activities, especially between 10 a.m. to 4 p.m.," she said.

Avoid tea, soda, and alcohol as these increase the risk of dehydration, Solis added. (PNA)

CAVITE NEWS **PUBLISHING**

A COMMUNITY NEWSPAPER THAT'S NATIONAL IN SCOPE

VOL. XXV NO. 1

APRIL 18-24, 2024

P10.00



Per DTI-Feir Trade Permit No. 844-CAV 087, Series of 2004 Wanna make your bills payment and shopping more exciting?

Join SM City Rosario's pay & win promo and get a P300 SM Cinema pass! All you have to do is Pay your utility bills at SM City Rosario and shop at any SM Affiliates (The SM Store, Ace Hardware, Surplus, SM Supermarket, Watsons, SM Appliance, and Miniso) worth P 1,500 at SM City Rosario from March 11 to May 31, 2024 from Monday to Friday Only. Please see SM City Rosario Facebook page for more details.

Fil-Am runner 2nd best American finisher in Paris Marathon

MANILA - Tommy Ros Cuenca, a Filipino-American fashion model and athlete, improved his personal record after emerging second-best American finisher in the men's division of the Paris Marathon 2024 on April 7, 2024.

former US National Collegiate Athletic Association (NCAA) Division 1 basketball player outlived high humidity and the uphill terrain in the last eight kilometers of the race to set a personal record (PR) of two

The 26-year-old hours and 50 minutes.

"Not the expected time but sometimes you have to take a step back and realize how far you've come," Cuenca, whose Filipina is mother from Quezon City, said in a Facebook post.

"1:22:01 through the



NACHO KING IS NOW OPEN AT SM CITY TANZA

The King of snacks is now at SM City Tanza! Nacho King is now serving Tanzeños the best nachos in town! Grab your meaty, cheesy and tasty nacho king at the 2nd level of SM City Tanza, near SM Cinema.



More fun in the World of Fun SM City Trece Martires

The fun never stops at SM City Trece Martires with the opening of the World of Fun. Create beautiful memories with your family and spend time with them at World of Fun!

World of Fun is now open at Level 2, SM City Trece Martires!

half, under control, ready for a strong negative split, but... High 60°F weather (18°C), 90 percent humidity, and that last 8KM all uphill got the best of a lot of athletes (myself included). Proud of the way I hung on for dear life and snug a PR along the way," he added.

Cuenca, whose mother is from Quezon City, started running career only two and a half years ago and he intends to join more international mara-

thons with the hope of qualifying in the Olympic Games.

"With that said, watch out, I'm only getting started. A lot more to come. We keep dreaming, we keep working, we keep going," Cuenca, sponsored by On Running, said.

The New York-based model said among his upcoming prestigious competitions are NYCRUNS Brooklyn Half Marathon on April 23, Chicago Marathon on Oct. 23, and New York City

Marathon on Nov. 3 this year.

Ethiopian runners swept the Paris Marathon with Mulugeta Uma winning the men's category with a time of 2:05.33 and Mestawut Fikir taking home the women's division title (2:20:45), over three months before the much-awaited Paris Olympic Games. During the Olympics, the men's marathon will be held on Aug. 10 followed by the women's race a day later. (PNA)