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PBBM's Christmas wishes: Love, peace, happiness for Filipinos

MANILA – President Ferdinand R. Marcos Jr. on Wednesday expressed optimism that love and peace will prevail, as Filipinos reflect on the true meaning of Christmas.

In his message, Marcos said Christmas is a crucial part of the core beliefs of the Filipino faithful, as the occasion allows them to experience God's presence "in its nearest and most intimate form, evoking gratitude, kindness, and

happiness to one and all."

He said the celebration and significance of the birth of Jesus Christ transcend the constraints of religion, extending its invitation of joy and thanksgiving to everyone "no matter their background".

"As Filipinos, take this highly anticipated chance to come home, reconnect with loved ones, and relish the blessings of the past year, I call on every-

one to reflect on what is truly important: Living a life of meaning and purpose," Marcos said.

"By doing so, may the bustle and spirit of Christmas make love and peace abound in every household and instill in us a deeper appreciation of the strength that comes from our relationship with Christ and each other," he added.

Marcos enjoined everyone to help him realize his vision for

Senior citizens in Biñan receive additional aid through local social pension program

BIÑAN CITY, Laguna (PIA) – In an effort to ensure the welfare of senior citizens, the city government of Biñan instituted a local social pension program that guaranteed a payout for over 18,000 elderly in the city.

During a payout
(Turn to p. 2)



Mayor Arman Dimaguila, together with other local officials, led the distribution of the Local Social Pension to 18,666 senior citizens in Biñan City, Laguna, from December 21 to December 22. (CO/PIA-4A)



The First Family (File photo)

a "Bagong Pilipinas" (New Philippines) by "emulate[ing] the light that led the wise men to meet the infant in

the manger so others may see and experience the hope that the Lord Almighty freely offers to us all."

Find time to travel

In another video message, Marcos, First Lady Liza
(Turn to p. 2)

DENR seeks inclusion of environmental compliance in 'Seal of Good Local Governance' criteria



CALAMBA CITY, Laguna (PIA) — The Department of Environment and Natural Resources (DENR) in Calabarzon is pushing

to incorporate environmental compliance as a critical criterion for local government units that undergo assessment for the pres-

tigious Seal of Good Local Governance (SGLG) overseen by the Department of the Interior and Local Government (DILG).

During the Kapihan sa DENR CALABARZON, Regional Executive Director Nilo Tamera emphasized the significance of the initiative in driving LGUs toward better ecological manage-

ment and accountability.

"The integration of environmental compliance into the SGLG reflects our collective commitment to sustainable governance. We are working closely with the DILG to ensure that LGUs adopt practices that protect and nurture the environment while fostering communi-

ty development," said Tamera.

SGLG is a prestigious award and recognition program established to acknowledge the exemplary performance of LGUs in the country.

Serving as a benchmark for good governance, the SGLG is a progressive assessment system that encourages LGUs to excel in their responsibilities in providing

exemplary service delivery, transparent governance, and sustainable development, while promoting local autonomy and sustainable development.

DENR believes that the inclusion of environmental compliance and stricter implementation of laws in the SGLG framework is a groundbreaking move that not only acknowledges LGUs' efforts in
(Turn to p. 2)

PBBM's... FR. P. 1

Araneta-Marcos and their sons, Senior House Deputy Majority Leader and Ilocos Norte 1st District Rep. Sandro, Joseph Simon and William Vincent, encouraged the public to visit tourist destinations in the country during the holiday season.

Rep. Marcos called on Filipinos to spend the holidays in places with festive Christmas decorations, while Simon urged them to visit the beautiful churches in the country.

Vincent, on the other hand, stressed the importance of spending Christmas with family and friends.

"Ang Paskong Pilipino ang pinakamasayang Pasko sa buong mundo. Kaya naman, sa kabila ng anumang pagsubok o pinagdadaanan, hindi ma-i-

aalis sa atin ang magdiwang, simple man ang pamamaraan (Filipino Christmas is the happiest Christmas in the world. That's why, despite any trials or experiences, we can't stop celebrating, even if our way of celebrating is simple)," Marcos said.

"Hindi naman kailangang magarbo, dahil nasaan mang sulok ng bansa, anuman ang ating kalagayan, ang Pasko sa Pilipino ay pagmamahalan at pagbibigayan. Ang Pasko sa Pilipino ay pamilya (It doesn't have to be fancy, because no matter where in the country we are, regardless of our circumstances, Christmas in the Philippines is about love and giving. Christmas in the Philippines is about family)," he added. (PNA)

SENIOR CITIZENS... FR. P. 1

ceremony held at Alonte Sports Arena from December 21 to December 22, some 18,666 senior citizens received an additional P3,000 financial support from the city government, covering the period July to December 2024.

According to Mayor Arman Dimaguila, the Local Social Pension program will help senior citizens in their vital needs during the Holiday season.

"This is something that other LGUs can't do; not everyone is able to provide local social pension. For us, senior citizens, as well as PWDs and solo parents are special," Dimaguila said.

The pension program, authored by

Vice Mayor Gel Alonte, was enacted during the Covid-19 pandemic to ensure that every senior citizen in Biñan would benefit from the city's thriving economy.

This year, the program has a total allocation of almost P120 million and included programs for social pension and health-care for the elderly.

Dimaguila then stressed the city government's efficient fiscal responsibility in allocating more funds for the most vital services of the city such as the education and health system.

"If we distributed this in one week [Pamaskong Bayong], it will be consumed immediately, so I think

DSWD's Walang Gutom Kitchen feeds over 4K individuals

MANILA – More than 4,000 individuals experiencing involuntary hunger have been fed by the Walang Gutom Kitchen of the Department of Social Welfare and Development (DSWD) in Pasay City since its launch on Dec. 16.

"We were able to feed a total of 4,452 individuals experiencing involuntary hunger from its launching date up to December 24," DSWD spokesperson Assistant Secretary Irene Dumlao said as quoted in a news release on Thursday.

Dumlao said the agency was able to assist families in street situations (FISS) and those experiencing involun-

tary hunger through donations from hotels, restaurants, and other establishments.

"We are very grateful for the food donations from the different establishments. We would like to reiterate that the food we are offering is not discarded food or 'pagpag' (left-over) as some people call it," she said.

Dumlao asserted that the food served in the Walang Gutom Kitchen is always fresh, delicious, and healthy, as she thanked individuals who volunteered to serve in the Pasay City soup kitchen.

"We are equally thankful to the volunteers who, even on holidays, spent their



FIGHTING HUNGER. The Department of Social Welfare and Development (DSWD) serves families in street situations and those experiencing involuntary hunger through its Walang Gutom Kitchen in this undated photo. DSWD Assistant Secretary Irene Dumlao on Thursday (Dec. 26, 2024) said over 4,000 individuals have been fed since the food bank was launched in Pasay City on Dec. 16. (DSWD photo)

time serving food to the beneficiaries of the kitchen," Dumlao said.

The Walang Gutom Kitchen is open from Dec. 26 to 31 and will be temporarily closed on Jan. 1, 2025, New Year's Day.

The Walang Gutom Kitchen is the

latest innovation of DSWD Secretary Rex Gatchalian aimed at addressing involuntary hunger and reducing food wastage by turning donated surplus food from hotels, restaurants, and organizations into hot, nutritious meals for hungry individuals. (PR)

DENR... FR. P. 1

governance but also reiterate their role in fostering sustainable development.

"We strongly believe that good local governance is not only about adhering to the Local Government Code. Good governance includes taking care of the environment. When an LGU is not capable of fulfilling its environmental responsibilities, it cannot truly claim to be practicing good governance," Tamera stressed.

He added: "Good governance is holistic—it is about ad-

ressing the needs of the present while securing the future. Without environmental responsibility, true progress is impossible."

As the DENR and DILG finalize the inclusion of this new criterion, local leaders are urged to align their programs with national environmental goals, reinforcing their role in building disaster-resilient communities with efficient handling of sustainable resources. (AM/PIA-4A)

the dole-out program needs to be balanced with other programs. This distribution for senior citizens, this is a form of recognition for them." Dimaguila added.

The city mayor assured the public that the local social pen-

sion is separate from the national government's pension program under Republic Act 11982 or the Expanded Centenarians Act, and will continue even when the city administration changes. (CO/PIA-4A)

CAVITE NEWS PUBLISHING

WEEKLY NEWSPAPER

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PGC Empowers Farmers and Fisherfolks through Hito Fingerlings Distribution

In a continued effort to uplift the livelihoods of farmers and fisherfolks, the Provincial Government of Cavite, through the Office of the Provincial Agriculturist Fisheries Extension Services Section, distributed 20,000 Hito (catfish) fingerlings to 18 Cavite farmers and fisherfolks recently. The event, held at the OPA Administrative Lobby aimed to reinforce the government's commitment to agricultural and fisheries development.

The program opened with a brief yet insightful lecture on Hito culture led by Aquaculturist II Sheryl P. Luna, joined by Ms. Leni Pinsan, owner of the MLEP Catfish Hatchery. The discussion provided practical guidance on raising Hito, ensuring beneficiaries are equipped with the knowledge to maximize their yields.

Aquaculturist II Edrich H. Caparas, together with OPA Administrative Officer V, Lourdes N. Janohan, facilitated the fingerling distribution. Beneficiaries expressed their gratitude, recognizing the initiative as a step toward improving their income and livelihood opportunities.

The distribution program, born from the growing demand for Hito fingerlings, underscores the Provincial Government's dedication to providing sustainable solutions and resources for local farmers and fisherfolks. --- OPIO



On December 18, 2024, Governor Athena Tolentino led the Women's Welfare Program aimed at advancing women's welfare in the City of Bacoor and the municipality of Kawit. The program reflecting the governor's steadfast dedication to women's empowerment, provided Php 2,000 in cash assistance to 2,000 women in each municipality.

WWP not only served as a financial lifeline but also symbolized the province's broader mission to uplift and empower women. The event in Bacoor saw the presence of Vice Mayor Rowena Bautista Mendiola and members of the Sangguniang Panlungsod, reflecting strong local government support. In Kawit, Senator Francis "Tol" Tolentino lent his backing to the initiative, further emphasizing the collaborative effort of provincial and national leaders in promoting women's rights and welfare.

Governor Tolentino's leadership exemplifies the power of collective action and the importance of investing in women as catalysts for societal progress. By prioritizing women's economic empowerment, this initiative seeks to create opportunities for growth, self-reliance, and community engagement.--- OPIO



PGC's Medical Mission Delivers Free Healthcare to 452 Residents

On Dec. 18, 2024, Brgy. Ramon Cruz's covered court became the center of a vital healthcare mission, where 452 residents received free medical check-ups, medicines, and vitamins. This event was a collective effort aimed at improving public health and wellness, warmly supported by local leaders and the community.

5th District Board Member Aidel Belamide graced the program, expressing unwavering support for the initiative and highlighting the importance of accessible healthcare.

The medical mission was made possible through the collaboration of the medical team from General Emilio Aguinaldo Memorial Hospital (GEAMH) and Carsigma District Hospital, and the team from the Office of the Provincial Governor. Together with the assistance of Barangay Health Workers (BHW), they worked tirelessly to meet the healthcare needs of the community. Patients were provided with medical check-ups conducted by a dedicated team of doctors, nurses, and healthcare volunteers. The distribution of free medicines and vitamins aimed to address immediate health needs and promote preventive care within the barangay.



This medical mission exemplifies the strong collaboration between local officials, healthcare teams, and the provincial government under the leadership of Governor Athena Bryana D. Tolentino.--- OPIO

The provincial government of Cavite under the leadership of Governor Athena Bryana D. Tolentino spearheaded the Women's Welfare Program in the municipalities of Ternate and Tagaytay City recently, as part of her administration's continued efforts to uplift and empower women in the province of Cavite.

Held at Poblacion I, Ternate and Tagaytay International Convention Center, the program distributed ₱2,000 cash assistance to 2,000 women in each location, showcasing a strong commitment to fostering economic resilience and promoting women's welfare.

The event was graced by Governor Athena Bryana D. Tolentino in Ternate, while Tagaytay Mayor Bambol Tolentino and Vice Mayor Agnes Tolentino led the event in Tagaytay City. They emphasized the importance of empowering women as a way to build stronger, more inclusive communities and invest in the future of society. Governor Tolentino highlighted that the initiative is part of her administration's broader mission to ensure that Caviteñas have access to resources and opportunities to improve their quality of life.

The Women's Welfare Program reflects the provincial government's dedication to inclusive and sustainable development, ensuring that women's voices are heard and their contributions recognized. Governor Tolentino's initiative has inspired many to take active steps toward personal and collective empowerment, fostering a brighter future for all Caviteños.--- OPIO

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
BRANCH 90
DASMARIÑAS CITY, CAVITE

File No. FC-DC-1534-24
EXTRA JUDICIAL FORECLOSURE
OF REAL ESTATE MORTGAGE
UNDER ACT 3135, AS AMENDED
BY ACT 4118

NATIONAL HOME MORTGAGE FINANCE
CORPORATION (NHMFC),
Mortgagee,

-versus-

JULITA S. BUENAVENTURA MARRIED TO
MOISES M. BUENAVENTURA,
Mortgagor,

x-----x

NOTICE OF SHERIFF'S SALE

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118 by the petitioner/mortgagee, **NATIONAL HOME MORTGAGE FINANCE CORPORATION (NHMFC)**, a government owned and controlled corporation created under PD. No. 1267, with postal address at 104 Amorsolo St., Legaspi Village, Makati City against mortgagors, **JULITA S. BUENAVENTURA MARRIED TO MOISES M. BUENAVENTURA** with postal address at (1) Lot 25 Blk. 76 Citihomes-Dasmariñas PH-IV, BO., Burol, Dasmariñas, Cavite and (2) Villa Catalina, Gate II and for the satisfaction of the mortgaged debt which as of **SEPTEMBER 30, 2024** amounts to **SIX HUNDRED FORTY THREE THOUSAND THREE HUNDRED SEVENTY PESOS AND 22/100 (Php 643,370.22)**, exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **JANUARY 14, 2025** at 10:00 o'clock in the morning or soon thereafter in the Court Room of Branch 90, Regional Trial Court, Ground Floor, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Burol II, Dasmariñas City, Province of Cavite to the highest bidder and for **CASH or CERTIFIED CHECK**, in Philippine Currency, the following described real property together with all the Buildings and other improvements existing thereon, to wit:

Transfer Certificate of Title No. 447014

IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Dasmariñas Prov. of Cavite bounded and described as follows:

A parcel of land (Lot 25, Blk. 76 of the subd. plan Psd-04-053094, being a portion of lot 6191, Imus xxxxx (Rs-04-000059), L.R.C. Rec No.), situated in the Bo. of Burol, Mun. of Dasmariñas, Prov. of Cavite, Is. of Luzon. Bounded on the SW., A along line 1-2 by lot 24; on the NW., along line 2-3 by lot 23, both of Blk. 76; on the NE., along line 3-4 by Rd. lot 35 and on the SE., along line 4-1 by lot 27, Blk. 76, all of the subd. plan. Beginning at a pt marked "1" on plan, being N. 34 deg. 37'E., 2453.56 m. from Mon. No. 153, Imus Estate; thence N. 74 deg. 43'W., 4.00 m. to pt. 2; thence N. 15 deg 17'E., 9.5W m. to pt. 3; thence S. 74 deg. 43'E., 4.00 m to pt. 4; thence S. 15 deg. 17'E., 9.50 m. to the pt. of beginning, containing an area of THIRTY EIGHT (38) SQUARE METERS. All pts. referred to are indicated on the plan and are marked on the ground by P.S. cyl. conc. mons. 15x60 cm.; bearings true; date of original survey; July 27, 1905-June 11 1908 and that of the subd. survey; Sept. 10, 1991-Jan. 10, 1992 and was approved on Feb. 10, 1992. is registered in accordance with the provision of the Property Registration Decree in the name of **JULITA S. BUENAVENTURA, married to MOISES M. BUENAVENTURA**, both of legal ages, Pilipino.

Prospective buyers and/or bidders are hereby enjoined to investigate for themselves the title of the said real property and the encumbrance thereon, if there be any.

All sealed bids must be submitted to the undersigned on th above-stated time and date.

In the event that the public auction should not take place on the said date and time, it shall be held on **JANUARY 28, 2025**, at the same time and place without further notice.

Dasmariñas City, Cavite, December 3, 2024.

ARLYN P. BARCELON
Sheriff IV

ATTY. MARCELA L. BAYBAY
Clerk of Court VI & Ex-Officio Sheriff

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Raffle Date of Judicial Notices: Nov. 15, 2024

Escudero calls for unity, reflects on Pinoy resilience this Christmas

MANILA – Senate President Francis “Chiz” Escudero extended on Wednesday his Christmas and New Year greetings to Filipinos, calling to celebrate the birth of Jesus Christ with gratitude, compassion, and hope.

“On this special day, I join our fellow countrymen and the entire Christendom in celebrating the birth of our Lord Jesus Christ. This joyous occasion reminds us of the boundless love and hope that the birth of our Lord brings to humanity,” Escudero said in his message.

Reflecting on the challenges of 2024, including a series of natural calamities that struck the Philippines, Escudero commended the resilience and faith of the Filipino people.

“We give thanks to God, for it is only through His grace and mercy that we were able to overcome these challenges. Throughout it all, the resilience and deep faith of the Filipino people shone brightly,” he said.

Escudero also urged the public to extend kindness to those in need during the festive season.

“As we gather with our loved ones, let us not forget our less fortunate countrymen and extend our hands to help them. This is my prayer: food on every table, a roof over our heads, and clothes on our backs,” he added.

Looking ahead to 2025, Escudero called for unity and faith in pursuing national progress.

“Together, we can overcome any obstacle and achieve greater heights as a nation, with the Lord as our guide and protector,” he said.

‘Agents of hope’

Manila Archbishop Jose Cardinal Advincula called on the Catholic faithful to become “agents of hope” and “heralds of joy” in their communities.

“According to the ancient fathers of the Church, He is God who ‘abbreviated’ Himself, who made Himself so small that we may no longer be afraid of Him. This gives us hope. This gives us strength. We are not alone in our journey,” he said in his Christmas message.

“May the Holy Year of 2025 make us agents of hope and heralds of joy in our



Senate President Francis “Chiz” Escudero (PNA photo by Avito C. Dalan)

communities. I pray for all of you and your families that you may not allow despair and resignation to take away your hope. Jesus, born among us, is the reason for our hope. Without Jesus, there is no hope,” he added.

Advincula encouraged the people not to let despair take away their hope.

“The circumstances of the first Christmas were very much like

ours today. Our world today is no different. It was filled with lamentations and longings for freedom and redemption,” he said.

“It was dark. It was night. In this darkness, the light has shone, and hope was born. The angel said to the shepherds, “Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people,” he added. (Ferdinand Patinio/PNA)

Over 200 road traffic injuries recorded Dec. 22-27

MANILA – The Department of Health (DOH) has recorded 284 cases of road traffic injuries from Dec. 22 to 6 a.m. of Dec 27.

This is nine percent higher compared to the road traffic injuries logged last year.

Most (249) of the road traffic incidents during the holiday season involved motorists not wearing safety accessories such as helmets and seatbelts — 196 were motorcycle accidents and 53 consumed alcohol before hitting the road.

The DOH advised motorists not to travel when tired or drunk as this state can affect a person’s coordination, concentration and quick response to

emergency situations.

“Ensure that you have 7 to 8 hours of sleep before traveling. Ugaliing magsuot ng helmet para sa mga nagmo-motorsiklo at seatbelt para sa mga nagmamaneho at mga pasahero ng sasakyan (Make it a habit to wear a helmet when riding a motorcycle and a seatbelt when driving or riding a car),” the DOH said.

“Sundin ang itinakdang speed limit at mga road signs upang matiyak ang ligtas at maayos na biyahe at upang maiwasan ang aksidente (Observe the set speed limit and road signs to ensure safe travel and avoid accidents),” it added. (PNA)

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FINANCE CORPORATION (NHMFC)**
104 Amorsolo St., Legaspi Village, Makati City

**JULITA S. BUENAVENTURA MARRIED TO
MOISES M. BUENAVENTURA**

(1) LOT 25 BLK. 76 Citihomes-Dasmariñas PH-IV, BO., Burol, Dasmariñas, Cavite
(2) Villa Catalina, Gate II

Notice posted at:

1. The Bulletin Board of Regional Trial Court, Dasmariñas City, Cavite
2. The Bulletin Board of Dasmariñas City Hall
3. The Bulletin Board of Dasmariñas City Post Office
4. The Bulletin Board of Dasmariñas City Public Market

Remulla: Enforce law on use of firecrackers

MANILA – Department of the Interior and Local Government (DILG) Secretary Jonvic Remulla on Friday urged local government units (LGUs) to enforce rules and regulations on firecrackers and other pyrotechnics in their respective jurisdiction to prevent firecracker-related injuries.

In a memorandum, Remulla called on LGUs to issue ordinances and other regulations banning or discouraging individuals or households from using firecrackers as prescribed by Executive Order No. 28 series of 2017.

He also said LGUs must restrict the use of firecrackers only to community fireworks displays that have secured necessary permits and conduct information campaigns on the dangers of prohibited fireworks.

Remulla instructed the Bureau of Fire Protection (BFP) to ensure that fire exhibition safe



HIGH DEMAND. Customers choose from a wide array of fireworks in Bocaue, Bulacan on Friday (Dec. 27, 2024). Authorities remind the public to patronize legitimate sellers only and make sure the items adhere to safety standards. (PNA photo by Joan Bondoc)

zones are guided by the provisions of Republic Act (RA) 9514 or the Fire Code of the Philippines.

At the same time, the DILG chief directed the Philippine National Police to conduct inspection, confiscation, and destruction of illegal fireworks and pyrotechnic devices.

The public is also discouraged from patronizing illegal or otherwise hazardous fireworks and using alternative noise-inducing items such as horns, recycled con-

tainers, pans, and other common household items.

The Department of Health on Friday reported 32 more fireworks-related injuries in various regions, bringing the overall tally to 101 from Dec. 22 to 6 a.m. of Dec. 27

Meanwhile, the DILG likewise encouraged LGUs to enforce RA 9003 or the Ecological Solid Waste Management Act of 2000 to maintain cleanliness and orderliness in public places during the holiday season. (PR)

DA: Kadiwa ng Pangulo Rice-for-All program pulls down prices

MANILA – Market rice retailers have started lowering prices following the successful implementation of the Kadiwa ng Pangulo Rice-for-All program across Metro Manila, the Department of Agriculture (DA) said Friday.

The Rice-for-All program is an initiative launched by the DA, local dealers, importers and wholesalers.

The program ensures the smooth distribution of affordable rice at PHP40 per kilo with a 25-kilogram limit per person.

The DA and other stakeholders said the program reduced the staple's price, the Presidential News Desk news release stated.

Rice being sold by the Kadiwa and its retailers is cheaper by PHP3 to PHP5 compared with those by market retailers.

The DA reported that market retailers are currently reducing their prices to keep up with the lower prices offered by rolling stores.

So far, EDSA Balintawak Market (South-



KADIWA NG PANGULO. A retail market vendor weighs a bulk purchase of PHP40 per kg well-milled rice at a Kadiwa ng Pangulo kiosk at Kamuning public market on Dec. 5, 2024. The Department of Agriculture said on Friday (Dec. 28) that market rice retailers have started lowering prices following the successful implementation of the Kadiwa ng Pangulo Rice-for-All program across Metro Manila. (PNA photo by Stephanie Sevillano)

bound, Barangay Balingasa, Quezon City) distributed 110 sacks of rice; New Marulas Public Market (Market Road, Barangay Marulas, Valenzuela City), five sacks; and Malabon Central Market (F. Sevilla Blvd., Barangay Tañong, Malabon City), 32 sacks, based on government report.

The Rice-for-All program resumed Friday, its seventh day, targeting more public markets in time for the celebration of the New Year.

'Seamless operation' Meanwhile, the Phil-

ippine National Police (PNP) committed to ensure the seamless operation of the Kadiwa ng Pangulo "Rice-for-All" program across Metro Manila, PNP Chief Gen. Rommel Francisco Marbil said.

"By maintaining peace and order during the distribution process, we help ensure that this vital service reaches Filipino families fairly and efficiently," Marbil said in a statement. (With a report from Christopher Llloyd Caliwan/PNA)

DOH monitors acute complications of non-communicable diseases

MANILA – The Department of Health (DOH) on Thursday said it is monitoring acute complications of non-communicable diseases (NCDs) this holiday season.

This clarification came after releasing a statement on Monday warning Filipinos against diseases related to holiday heart syndrome such as stroke.

"Ang holiday heart syndrome ay kombinasyon ng atrial fibrillation, abnormal na



HEALTHY OPTION. A fruit stall. Health Secretary Teodoro Herbosa has advised Filipinos to eat a lot of vegetables and fruits and make time for exercise to avoid holiday heart syndrome which may be caused by too much alcohol, stress, lack of rest and salty foods. (File photo)

pagtibok ng atrium o bahagi ng puso, kasunod ng binge drinking

o sobrang pag-inom ng alak (The holiday heart syndrome is a

combination of atrial fibrillation, abnormal heartbeat of atrium or part of the heart following binge drinking or excessive drinking of alcohol)," the DOH said.

"Ang binabantayan ng DOH ay ang acute complications of non-communicable diseases. Ito ang stroke, acute coronary syndrome at bronchial asthma (The DOH monitors the acute complications of non-communicable

diseases. These are stroke, acute coronary syndrome and bronchial asthma)," it added.

Earlier, the DOH defined holiday heart syndrome as a condition caused by excessive alcohol consumption, stress, lack of rest, and consumption of too much salty or fatty foods causing increased blood pressure.

It could lead to arrhythmia or abnormal

heart rhythm – one of the causes of stroke.

It also reported an increase in stroke cases at the Philippine Heart Center, East Avenue Medical Center and St. Luke's Medical Center, all in Quezon City, from December to January each year. (PNA)

**HONESTY IS
THE BEST
POLICY**

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Perpetual eyes title defense in NCAA Season 100 Beach Volley

MANILA – University of Perpetual Help head coach Sammy Acaylar remains optimistic about a back-to-back win in the NCAA Season 100 men's beach volleyball tournament, set to begin in February 2025.

The Altas secured their second straight crown in Season 99 after Louie Ramirez and Jefferson Marapoc defeated College of Saint Benilde's Saint Marlowe Jamisola and Ar-Jay Ramos, 21-19, 21-13.

Ramirez, however, will be no longer around when the competition begins in February, having graduated by then.

Stepping up to fill his shoes is Klint Mateo, joining veterans Marapoc and reliever Kobe

Tabuga.

Marapoc, a three-year team member, and Mateo, with two seasons of experience, will lead Perpetual's campaign.

"We will do everything to retain the title," Acaylar said Thursday, noting the team's rigorous preparations are set to start at La Aplaya Beach Resort in Naic, Cavite.

"Louie is a big loss, but we believe in working hard and preparing thoroughly for our opponents. I have full confidence in my players," added Acaylar, who has guided the Altas to championships in Seasons 88, 92, and 98.

Letran's Lady Knights to defend title

In women's beach volleyball, Letran's Lady

Knights are also gearing up to defend their title.

Gia Marcel Maquilang and Lara Mae Silva swept last season with an undefeated record, culminating in a 21-16, 21-16 finals win over San Beda University.

San Sebastian College holds the record for most women's titles at seven, including a remarkable four-peat from 2013 to 2016.

Meanwhile, Emilio Aguinaldo College's men's team will aim for a fifth straight title.

Last season, Alijhan Apdian and Dwayne Iverson Alin-Alin rallied past Lyceum of the Philippines' duo, 21-17, 16-21, 15-10, to secure victory. (PNA)

The Grand Magical Christmas Parade Continues to Spread Magic at SM City Tanza for All!

The Christmas Parade at SM City Tanza is spreading holiday cheer and creating unforgettable memories for all shoppers this season! With colorful performers filling the air with joy, the parade has been a highlight for families, senior citizens, unique friends, and people of all ages. Everyone is invited to experience the magic as the parade brings a heartwarming atmosphere to the mall, making it the perfect way to celebrate the holidays. Don't miss out on this grand and joyful experience at SM City Tanza!

SM City Trece Martires' Grand Magical Christmas Parade: A Celebration of Beautiful Moments

SM Trece Martires' Grand Magical Christmas Parade brings the magic of the season to life, delighting everyone who experiences it. The festive performances, sparkling lights, and joyful atmosphere create a heartwarming celebration. But it is the genuine reactions of children and shoppers—filled with wonder, excitement, and pure holiday cheer—that make the event truly unforgettable. Each smile, each laugh, and each shared moment serves as a beautiful reminder of the holiday spirit, leaving everyone with memories that will last a lifetime.

