Batchmates sa Kongreso,nagkita-kita P5

REVANZE
Domz B. Caoile

Easy target nga raw si Sen.Bong Revilla

» Basahin sa , PG. 3

BANTAY BALITA
NEWS PUBLISHING SERVICES
YOUR COMMUNITY NEWSPAPER, KAKAMPI NG BAYAN
VOL. 4 NO. 12 P10.00 DECEMBER 15-21 , 2025

Smiling serves as personal therapy

» See Story , PG. 8

EDUCATOR'S BOOTH
Antonio G. Papa, Phd. D.

Pantay na sahod para sa lahat, aprubado na: Rep. Jolo Revilla

ANG di-pantay na pasahod sa arawang manggagawa ay mawawakasan na.

Ito ang masayang ibinalita ni Cavite First District Congressman Jolo Revilla matapos na aprubahan ng House Committee on Labor and Employment, ang pinag-isang National Minimun Wage Bill.

Si Revilla – tagapangulo ng House Committee on Labor and Employment -- ang nanguna sa panukalang wakasan na ang di-parehas na pasahod sa mga obrero sa buong bansa.

Sa umiiral na provin

» Sundan sa , PG. 2

A single handshake, a clear promise

PUBLISHERS Association of the Philippines, Inc. (PAPI) steps in as BAUERTEK's media partner, turning this moment of connection into amplified, community-focused visibility for BAUERTEK's work, rooted in PAPI's legacy of ethical Philippine journalism.

This handshake is the start of wider, more meaningful reach for every BAUERTEK initiative.

The partnership was formalized with Memorandum of Agreement signed st the Msx Restaurant, Robinsons Galleria, Thursday, Dec. 18.

TMC welcomes new Navy officers

TRECE Martires City (TMC) proudly welcomed four newly commissioned Navy officers during a courtesy call that highlighted both their achievements and their deep roots in the community.

Mayor Gemma Lubigan warmly welcome the officers and praised their dedication and commitment to national service.

The city extends its heartfelt congratulations to: ENS Kim Lloyd S. Andaya PN ; ENS Ian Jasper Mendoza Pareja PN ; ENS Jesus C. Cristobal PN and ENS Louis Patrick L. Martinez PNENS means Ensign, equivalent to Second Lieutenant in the Philippine Army.

All four officers, born and raised in Trece Martires City, represent the strength, discipline, and excellence of the Filipino youth.

» See Story on , PG. 2

Masayang pagbabalik-tanaw sa PoocElementary Grand Alumni Homecoming

NAGING masaya at makulay ang muling pagkikita ng mga magkaklase sa ginanap na Grand Alumni Homecoming sa Pooc Elementary School sa Silang, Cavite noong Sabado, Dis. 13.

Sa pagsasama, sinariwa ng mga dating mag-aaral ang masasaya at madamdaming mga araw noong sila ay nagaaral pa sa elementarya.

Nagkikita ang mga estudyante at mga guro ng elementarya na dinaluhan ni Silang Mayor GenTed Carranza na ipinangako ang malakas na suporta sa mga programa sa edukasyon at kagalingan ng mga mamamayan ng munisipalidad.

Sa kanyang mensahe,inihayag ni Carranza ang pasa-

» Sundan sa , PG. 7

Kalinga Foundation renews lives and hope through Christmas outreach PAGE 2

Dasmariñas City opens DCAAM 2025 with a powerful message of unity and inclusivity

THE City of Dasmariñas proudly kicked off the opening ceremony of the Dasmariñas City Athletic Association Meet 2025 (DCAAM) at the City of Dasmariñas Arena, gathering student-athletes, coaches, educators, and community leaders for a celebration of sportsmanship and youth empowerment.

This year's theme, "Stronger Together: Empowering Student Athletes Through Inclusivity," set the tone for an inspiring and forward-looking event. Mayor Jenny Barzaga led the ceremony with a message emphasizing the city's unwavering commitment to nurturing young athletes and ensuring that every student—regardless of background, ability, or circumstance—has the opportunity to shine.

She highlighted how sports continue to serve as a unifying force in Dasmariñas, strengthening discipline, resilience, and camaraderie among the youth.

Vice Mayor Third Barzaga also delivered an uplifting message, commending the dedication of the athletes and the support of their families and schools.

He underscored the importance of inclusivity in shaping not only competitive athletes but also compassionate and community-minded citizens.

The arena came alive with vibrant performances, the parade of athletes, and the ceremonial lighting of the torch symbolizing hope, unity, and the collective spirit of the city.

Kalinga Foundation renews lives and hope through Christmas outreach

THE Arnold Janssen Kalinga (Kain-Aral-Ligo-NG-Ayos) Foundation continues to live out its mission of restoring dignity and hope among homeless persons, the poor, and other marginalized sectors through a special Christmas outreach activity organized this year by Ms. Anna Donita S. Tapay, a long-time advocate and active partner of the foundation.

A non-profit, faith-based organization in the Philippines, the Arnold Janssen Kalinga Foundation provides holistic and dignified care aimed not only at survival but at rebuilding lives.

Its integrated programs focus on three core phases: food and hygiene, education through the Alternative Learning System (ALS), and livelihood and employment.

Anchored on the belief that poverty is a matter of justice and human dignity, the foundation empowers individuals through nourishment, education, hygiene, and livelihood, helping restore their self-image, self-respect, and self-worth.

In line with this mission, Ms. Tapay spearheaded a Christmas event specially designed for the poor, reaching 450 beneficiaries as the holiday season approached.

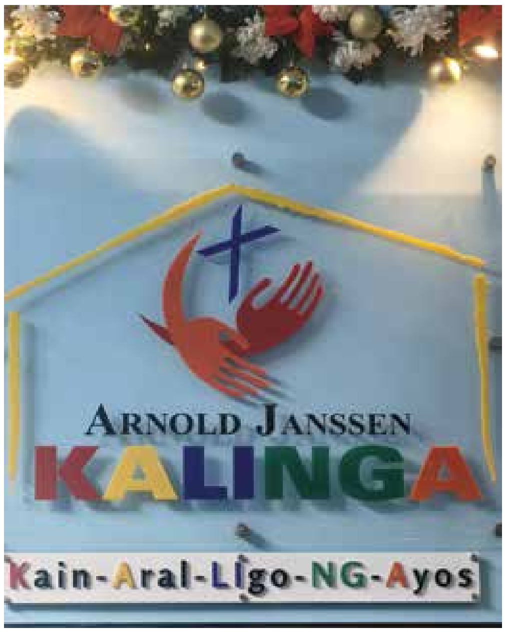
She shared that for her, the true meaning of Christmas is the "unconditional love of Christ," a love that must be shown through action rather than words alone.

One of the most meaningful highlights of the activity was the presence of former Kalinga beneficiaries who have since graduated from the program and returned to serve the foundation.

The Christmas outreach also reflected how Ms. Tapay extends kalinga,care and compassion not only to the foundation's beneficiaries but also to her own employees.

According to Tapay, service becomes contagious when it is rooted in sincerity: "If you truly have the heart to serve, the people around you will do the same."

Beyond the Christmas event, Ms. Tapay actively organizes



year-round initiatives that cater to various sectors.

Among these is the recently conducted Hospital on Wheels, a mobile medical mission that brought much-needed healthcare services to individuals requiring medical attention.

These sustained efforts reinforce her commitment to the Arnold Janssen Kalinga Foundation's vision of holistic care and long-term transformation.

«TMC... »FROM PAGE 1

Mayor Gemma Lubigan commended them for bringing pride to their hometown and emphasized the importance of their roles in safeguarding the nation's peace and security.

She also encouraged them to carry with them the values of integrity and service that Treceños are known for.

«PANTAY NA ... »MULA SA PAHINA 1

cial rate, mas mataas ang arawang pasahod sa Metro Manila kaysa ibang probinsiya at lokalidad.

Sa panukalang inakda at masigasig na ipinaglalaban ni Revilla, papalitan ang kasalukuyang regional wage system ng iisang National Minimum Wage.

Sa ganitong sistema, magbibigay ng 'equal pay for equal work', saan man nakatira o nagtatrabaho ang manggagawa.

"Ito'y isang makasaysayang hakbang para sa makatarungan at makataong wage system na sumasalamin sa tunay na halaga ng manggagawa," sabi ni Rep. Revilla.

Ayon pa sa mambabatas, tinalakay rin ng Komite ang iba pang panukalang nagtataguyod sa karapatan at kapakanan ng mga manggagawa—mula sa NLRC survivorship benefits, Magna Carta for Construction Workers, hanggang sa mas mahigpit na Occupational Safety and Health (OSH) measures lalo na sa panahon ng mga kalamidad.

Tinalakay rin ang ilang resolusyon na tutugon sa mga naiulat na pang-aabuso sa mga BPO workers na pinipilit na pinagtatrabaho sa panahon ng sakuna at kalamidad.

Idiniin ni Revilla na kailangan bigyan ng proteksiyon ang karapatan ng mga worker, ito, ay ang kanilang 'right to refuse unsafe work.'

"Sama-sama nating titindigan ang karapatan at kapakanan ng mga manggagawa, ating gagawin ito hanggang dulo para sa bawat manggagawang Pilipino," wika ng kongresista.

Para kay Revilla, ang pagpapatibay ng iisang National Minimum Wage Bill ay " isang makasaysayang hakbang para sa makatarungan at makataong wage system na sumasalamin sa tunay na halaga ng manggagawa."

Pinasalamatan niya ang kapwa mambabatas na aktibong tumulong sa kanyang Komite upang ganap na maisulong ang dignidad, karapatan at proteksyon ng sektor ng paggawa. DOMZ B. CAOILE

Easy target nga raw si Sen. Bong Revilla

AYON sa aming insider sa kampo ng Revilla clan, hindi totoo ang ikinakalat ng mga tsismoso na nagbabalak na tumakbong gobernador si dating Sen. Bong Revilla versus kay incumbent Gov. Abeng Remulla – na anak ni Ombudsman Jesus Crispin 'Boying' Remulla.

Walang balak na tumakbong governor si Bong, posible pa na sa 2028 elections, tumakbo uli siya na senador.

Pero ito ang sinasabing dahilan kaya tinatarget ang dating senador, at nito ngang nakaraang ilang linggo, sa mga interview, sinabi ni OMB Boying na may ebidensiya raw siya laban kay Bong at inihahanda na niya ang mga kasong malversation at plunder.

Sangkot daw si Bong sa anomalous flood control projects, pero iba ang sinasabi ng

kampo ng Revilla: tinatarget siya ng administrasyon dahil sa politika.

Wag kalimutan, malakas sa tao – sa Cavite – ang mga Revilla – na sila ay pawang prominenteng politiko na may malawak na suporta sa buong lalawigan.

Sabi ng kampo nila, si Bong ay "easy target" at kailangan ng administrasyon ng isang malaking pangalan upang maipakita na seryoso ito sa kampanya kontra korapsiyon, ganun?

Paniwala nila, kaya inuusig si Bong, kasi ang kanyang misis, si Rep. Lani Mercado, at mga anak, sina Rep. Jolo at Bryan Revilla ay hindi pumirma sa impeachment complaint vst Vice President Sara Duterte.

Matatandaan, tinarget din si Sen. Bong noong panahon ni Pres. Noynoy Aquino na kinasuhan ng plunder pero napawalang-sala naman.

Noon kasi, sobrang malakas na contender sa pagka-VP si Bong

Ex-Sen. Revilla

Ombds. Remulla

Rep. Barzaga

kaya kinailangang "patahimikin" ang karera niya sa politika.

Marami sa mga supporter ni Bong, yung pagtanggi ng kanyang pamilya na suportahan ang impeachment ni VP Sara Duterte ay isang uri ng ganting politika sa kanya, na itinatanggi naman ni Pres. Bongbong Marcos.

Noon, tumanggi rin si Noynoy Aquino na gumaganti siya kay Bong.

Paniwala ni Bong, ang corruption charges at posibleng arrest warrant laban sa kanya ay politically motivated.

Sadyang tinatarget siya kasi raw, malapit ang pamilya Revilla sa pamilya Duterte.

Marami ang naniniwala, kaya tinatarget si Revilla, kasi raw sympathetic ang pamilya niya kay VP Inday at kay dating Pres. Rodrigo Duterte.

Tingin ng marami, political persecution ito kay Bong.

Pero sabi ni OMB Boying, trabaho lamang ang ginagawa niya, at walang personalan.

May ebidensiya laban kay Bong at walang politika at legal ang lahat!

Pero teka, wag kalimutan si Rep. Kiko Barzaga na relax na relax lang ngayon sa kabilang ng tatlong buwan na suspensiyon niya sa Kongreso.

At balita natin, lumalakas ang sigaw na totohanin ni Cong. Kiko ang banta niya na tumakbong gobernador – kahit si DILG Sec. Jonvic Remulla pa ang kanyang makakalaban.

Pero pumupustura si Sec. Jonvic na tumakbong president.

Kung gayon, makakalaban ni Kiko si Gov. Abeng Remulla, ito ay kung totohanin ni Barzaga ang banta niyang agawin ang Kapitolyo sa kamay ng mga Remulla. Basta, sa labanan sa Kapitolyo, out na, hindi raw kasali si Sir Bong Revilla, period.

Para sa inyong komento: bantaybalitanews59@gmail.com

May isusunod daw ba kay Cabral?

ANO kaya ang nangyari, tahimik ngayon ang expose ni 'fugitive' Zaldy Co, wala naging kasunod ang kanyang expose tungkol sa sinasabing utak ng 100-bilyong insertion sa 2025 national budget.

Wala na ring kasunod ang male-maletang kickback na dinambong mula sa pondo ng flood control projects.

Dalawang dating opisyal ng DPWH ang pinagdududahang "iniligpit" para hindi na maituro ang mastermind ng pandarambong sa pera ng bayan.

Nagpakamatay ba sa pagtalon sa bangin o may nagtulak kay Ex-DPWH USec Cathy Cabral … nag-iimbestiga pa ang pulisya, pero ang umiikot na usap-usapan, "pinatahimik" na raw ng mga mastermind.

May 'foul play' raw sa pagkamatay ni Cathy.

Ngayon na deadball na si Cabral, mabubura na kaya ang ebidensiya na hinahanap ng Independent Commission on Inquiry (ICI) na binuo ni Pres. Bongbong Marcos para makilala, mausig at maparusahan ang mga "walanghiya" nagbulsa ng bilyon-bilyong pisong pondo ng flood control project?

May kasunod daw ba si Cabral, tanong ng kapitbahay ko at ang sagot ko, bahala na ang mga mandarambong.

@@@

Sabi ni AFP chief of staff Gen. Romeo Brawner, handa ang mga sundalo natin sa loob ng 30 araw na giyera kung mangyari na atakihin ang Pilipinas ng China.

What … 30 days pa, bago sumaklolo ang US military sa AFP, e sabi nila, iron-clad daw ang Mutual Defense Treaty ng PH at US?

Teka, ang tanong: may posibilidad ba na giyerahin nga tayo ng China?

Pag-aaksayahan pa ng Beijing ng super expensive na hypersonic missiles para wasakin at pasabugin tayo, ito ay ayon sa kuwento ng mga anti-China at ni Defense Sec. Gibo

Teodoro.

Paniwala ko, hindi pag-aaksayahan ng China ang Philippines, at sa loob ng ilang daan taon, wala pa itong sinakop na bansa.

Ang totoo, ilang ulit na sinakop ng US, Japan, France, England ang China at sa kabila ng pagdurog sa kanya, ni hindi gumanti ang China sa mga sumakop sa kanya.

Kung may malaking atraso sa China e hindi ito gumaganti, e ano ang dahilan para sakupin ng China ang ating bansa.

Kung mangyari man ang giyera, ito ay dahil sa pang-uudyok ng US at alam sa buong mundo, promotor ng giyera si Uncle Sam: tandaan ang pagwasak sa Iran, Iraq at iba pang bansa ng military might ng US, sa ngalan kuno ng democracy.

Mas inuuna ng China ang pagpapalakas ng kanyang ekonomya at abala ito sa pagtulong sa mga kalapit na bansa sa ating rehiyon.

Marami nang bansa ang industrialisado, mauunlad kasi, nakikipagtulungan sa China: kahit kaalitan sa South China Sea, tumutulong ang China sa pagpapaunlad ng ekonomya ng Vietnam, at gayon din ang Indonesia, at mga bansa sa kontinente ng Africa.

Mas abala si Pres. Xi Ji Ping na i-promote ang global development, at ang sekuridad ng buong Asia.

Sa paniwala ko, hindi pag-aaksayahan ng China na sakupin ang bansa natin – na mismong mga opisyal natin ang nagwawasak na sa ginagawang walang tigil na korapsiyon at pagnanakaw sa yaman ng ating bansa.

BANTAY BALITA
NEWS PUBLISHING SERVICES
YOUR COMMUNITY NEWSPAPER, KAKAMPI NG BAYAN

HENRY E. CAOILE
Founder
DOMZ B. CAOILE
Publisher
ELI RAMOS TAPARAN
Editorial Consultant
JANETH W. BILBAO
Circulation Manager
GENE T. TAN
Chief of Reporters
ADELA R. ZAMORA
Special Projects Director
JIMMY C. SABERON
Layout & Design

member papi PUBLISHERS ASSOCIATION OF THE PHILIPPINES INC.

Your Community Newspaper, Kakampi ng Bayan!
E-mail: bantaybalitanews59@gmail.com / taparaneliseo@gmail.com
Block 2. Lot 27, Camella Barcelona Phase 1,
Barangay Buhay naTubig, Imus City, Cavite
E-mail: bantayblitanews59@gmail.com / taparaneliseo@gmail.com
lukasdasilva990@gmail.com
Phone: 09274890759 / 09289406369
ISSN No. 2984-8563

Tumatanggap ang pahayagang ito ng kontribusyong balita, artkulo, photo, komento, promotional releases, anunsiyong komersiyal at legal: gayundin mga abiso mula sa pamahalaang nasyonal at lokal at sas iba pang ahensiyang publiko at pribado at samahng sibiko at kilusan sa kawanggawa.

Isasalang sa maingat na pagkilatis ang bawat matatanggap na kontribusyon at kung kailangan ay idadaan sa editing kung may malalaswa, mapanglait at mapanirang salita o larawan na humahamak at maglalagay sa kahihiyan ng sino mang tao.

Lahat ng nilalaman ng pahayagang ito ay maaring muling ilathala, kopyahin sa paraang digital, imprenta at karikatura at maaaring ipamahagi sa publiko kung magbibigay-pasabi sa patnugutan ng BANTAY BALITA sa pamamagitan ng sulat, email, message o tawag sa telepono o sa anumang uri ng komunikasyon. All Rights Reserved. Imus City, Cavite, Philippines.

NOTE: All news articles and opinion expressed by the writers are entirely their own and do not reflect the opinion of the Publisher, Management of this Publication.

TMC Mayor Lubigan celebrates 50th year with gratitude

VERY fabulous and awesome at 50, Trece Martires City Mayor Gemma Lubigan said she is celebrating her 50th birthday with grace, growth and gratitude.

On Facebook, Lubigan shared photos from her shoot for her birthday.

Lubigan is on her third and last term as city mayor since 2019.

The mayor said she is glad to have reached "Level 50" in life.

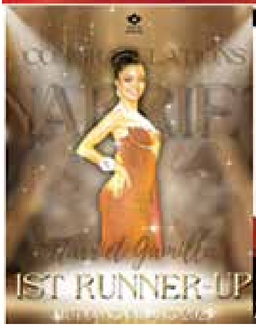
"Thank You Lord," she posted on FB.

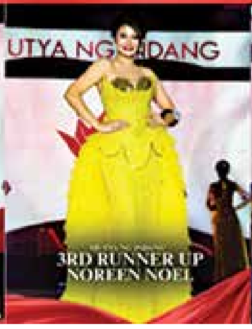
MS. ALEXANDRE NUEVA CROWNED AS MUTYA NG INDANG 2025

By Antonio G. Papa, Ph.D.

MISS Alexandre Nueva of Barangay Tambo Ilaya, Indang, Cavite has been crowned as Mutya ng Indang 2025 during the Coronation Night held at the Municipal Covered Court on December 14, 2025. Nueva topped 12 other contestants as follows: 1. Monica Ashley Vidallo of Barangay Calumpang Lejos, 2. Narriet Nicole Gamilla of Pulo, 3. Elizabeth Egido of Kaytapos, 4. Allyana Marie Imperial of Mahabang Kahoy Cerca, 5. Reenah Del Rosario of Daine 2, 6. Fiona Belle Perello of Harasan, 7. Alliah Francine Obillos of Banaba Cerca, 8. Ahyessa De Guzman of Buna Lejos, 9. Jimimah Marges of Agus-os, 10. Shelo Mendoza of Buna Cerca, 11. Rhaine Cotoner of Carasuchi, and 12. Hanna Klarisse Noreen Noel of Calumpang Cerca.

Runners-up are Narriet Nicole Gamilla, 1st Runner-Up; Allyana Marie Imperial, 2nd Runner-Up; Hanna Klarisse Noreen Noel, 3rd Runner-Up; and Monica Ashley Vidallo, 4th Runner-Up. The other winners include: Miss Photogenic, Reenah Del Rosario; Best in Talent, Ahyessa De Guzman; Miss Friendship, Shelo Mendoza; Best in Irok Festival Costume and Best in Long Gown, Hannah Klarisse Noreen Noel; and Best in Swimsuit, Narriet Nicole Gamilla.





5 ARESTADO SA BUY-BUST; P455.600 HALAGA NG SHABU NASAMSAM

CAMP Gen. Pantaleon Garcia, Imus City — Limang (5) indibidwal ang naaresto sa matagumpay na buy-bust operation ng Provincial Drug Enforcement Unit (PDEU) ng Cavite Police Provincial Office (PPO), alas-6:30 gabi ng Miyerkoles, Disyembre 17.

Kinilala ni PLt. Col. Chester Noel R. Borlongan, C. Piu ang mga suspek na sina alyas John (High Value Individual, HVI), Sherry (HVI), Joel, (Street Level Individual,SLI),Nervin (SLI), at at Carla (SLI).

Nakumpiska sa kanila ang anim (6) na heat-sealed transparent plastic sachet na naglalaman ng pinaghihinalaang shabu.

Umabot sa 67 gramo ang nasamsam na tinatantiya na may halagang P455,600.

Nakumpiska rin ang isang (1) piraso ng P500.00 bill na ginami sa buy-bust.

Kinasuhan ang mga suspek sa a kasong paglabag sa Seksyon 5 (Sale) at Seksyon 11 (Possession) ng Article II ng Republic Act 9165 o Comprehensive Dangerous Drugs Act of 2002.

Ayon kay Police Colonel Ariel R. Red, acting Cavite Police Provincial Office (CPPO) director, ang pagkadakip sa limang suspek ay patunay sa masigasig na kampanya ng pulisya ng Cavite laban sa ilegal na droga.

Pinuri niya ang mga pulis sa matagumpay na operasyon at ang matapat na pakikipagtulungan sa Philippine Drug Enforcement Agency (PDEA) na pangunahing ahensiya laban sa ilegal na droga.

"Patunay po ang tagumpay ng operasyon ito sa pagpupursige ng ating pulisya laban sa paglaganap ng ilegal na droga. Kami po ay patuloy na makikipagtulungan sa PDEA at iba pang ahensya upang panatilihin ang kaligtasan at kaayusan sa ating komunidad," sabi ni Col Red.

House, Senate extend session to Dec 29 to ratify 2026 budget

By Billy Begas

The House of Representatives and the Senate will extend their session until December 29 to give way for the ratification of the proposed 2026 General Appropriations Bill (GAB).

House Committee on Appropriations chairperson and Nueva Ecija Rep. Mika Suansing said that on Monday, December 22, the House and the Senate will amend the Legislative Calendar.

December 22 was supposedly the last day that the Senate and the House would hold sessions for this year.

While the House and the Senate were able to finish the deliberation last Wednesday night, Suansing said it would take five days for the secretariat to finish the report.

December 24 is a non-working holiday, while December 25 is a regular holiday.

Suansing said the Department of Budget and Management (DBM) will review the changes made by the bicameral conference committee while the enrolled General Appropriations Bill (GAB) is being finalized.

"Simultaneous na po yung finalization ng enrolled bill ng GAB at yung review ng DBM. Rest assured po, that the Executive is given enough time to review the GAB before the President signs it," she said.

End 'Bidding-biddingan': Adopt Singson Formula

TO ensure P60-billion savings in 2026 budget, Batangas 1st District Rep. Leandro Legarda Leviste on Tuesday, Dec. 16 proposed to adopting the so-called "Singson formula."

Leviste made the proposal amid the Bicameral Conference Committee's disagreement over the 1proposed P624-billion DPWH budget for 2026, saying savings are still achievable even if high project allocations are retained.

He explained that under the Singson formula—used during the term of former DPWH Secretary Rogelio "Babes" Singson—bids are automatically rejected if they are not, on average, at least 10 percent below the Approved Budget for the Contract (ABC), alongside an across-the-board price cut in the budget.

Leviste said Congress could include a special provision in the 2026 budget requiring DPWH contract prices to be at least 10 percent below approved budgets, noting that most DPWH bids currently fall only 0–5 percent below the ABC—an indication, he said, of possible collusion and bid-rigging.

He contrasted this with private-sector practice, where bids are typically 10–30 percent below approved budgets due to genuine competition.

In a privilege speech delivered Monday night, Dece. 15, Leviste said the persistent overpricing of DPWH projects is driven by bid-rigging, citing reports that bids in some areas, including Batangas, are merely "bidding-bidingan," or staged bidding.

He also pointed to testimony from former DPWH Undersecretary Roberto Bernardo claiming that nearly all DPWH bids are rigged, as well as ongoing investigations into allegations that losing bidders receive up to 3 percent of contract values.

Leviste concluded that by adopting the Singson formula and rejecting bids that are not sufficiently below approved budgets, the DPWH can ensure at least P60 billion in savings in 2026 through genuinely competitive procurement.

P1,000 buwanang pension sa lahat ng senior citizen, pasado na

SA ilalim ng Universal Social Pension Act (House Bill 4271), bibigyan ng P1,000 buwanang pension ang lahat ng senior citizen.

Ang panukalang ito ay inaprubahan na Kamara at kapag pinagtibay rin ng Senado, ipapasa ito sa Malakanyang upang pirmahan ng Pangulo.

Sa panukala, layon na mabigyan ng tulong-pinansyal ang bawat nakatatanda

bilang pagkilala sa kanilang kontribusyon sa bansa noong kanilang Kabataan, at bilang suporta sa pang-araw-araw na gastusin tulad ng pagkain at gamot.

Kahit ang mga senior na may tinatanggap na pension mula sa SSS at GSIS at iba pang ahensiya ay kasama sa tatanggap ng buwanang pension, ayon sa panukala.

DEED OF DONATION (WAIVER OFRIGHTS)
WITH PARTITION AGREEMENT

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **JUANA MIRANDA** IS THE REGISTERED OWNER F A PARCEL OF LAND COVERED BY TAX DECLARATION NO. 18-0037-00961 WITH AREA OF TWENTY-TWO THOUSAND FOUR HUNDRED THIRTY-EIGHT (22,438) SQUARE METERS LOCATED IN BRGY. MALABAG, SILANG, CAVITE, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS (DEED OF PARTITION) ATTACHED, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 393 PAGE NO. 79 BOOK NO. 186, SERIES OF 2025, NOTARIZED DATE DECEMBER 1, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 1, 8 & 15, 2025

EXTRA JUDICIAL SETTLEMENT OF ESTATE OF THE LATE SPOUSES ARSENIO G. MAÑGOSING AND RADZHATA D. MAÑGOSING

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE SPOUSES **ARSENIO G. MAÑGOSING** WHO DIED ON SEPTEMBER 11, 2019 AT MANILA, WHILE RADZHATA D. MAÑGOSING DIED ON APRIL 17, 2017 AT MANILA, THAT SAID DECEASED SPOUSES LEFT A PARCEL OF LAND COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-558976, SITUATED IN BARRIO OF LANCAAN, MUNICIPALITY OF DASMARIÑAS, PROVINCE OF CAVITE, CONTAINING AN AREA OF SEVENTY SIX (76) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. MIRIAM S. CLORINA, UNDER DOC. NO. 319 PAGE NO. 64 BOOK NO. 296, SERIES OF 2020, NOTARIZED DATE JULY 10, 2020

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 1, 8 & 15, 2025

EXTRA JUDICIAL SETTLEMENT F THE ESTATE OF LETICIA E. PESCASIO WITH WAIVER OF RIGHTS

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **LETICIA E. PESCASIO** WHO DIED ON FEBRAURY 22, 2022 AT MAGALLANES, CAVITE, LEFT A PARCEL OF LAND DESCRIBED AS FOLLOWS: A.) TAX DECLARATION NO. AA-12 0007 00789, LOCATED AT BENDITA I, MAGALLANES, CAVITE WITH AN AREA OF TWO HUNDRED TWELVE (212) SQUARE METERS, B.) TAX DECLARATION NO. AA-12-0007 00791, LOCATED AT BRGY. BENDITA I, MAGALLANES, CAVITE WITH AN AREA OF FORTY-EIGHT (48) SQUARE METERS, C.) TAX DECLARATION NO. AA-12-0007 00790, LOCATED BENDITA I, MAGALLANES, CAVITE WITH AN AREA OF ONE HUNDRED EIGHTEEN (118) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. MARIAN O. DUPAL WOOLDRIDGE, UNDER DOC. NO. 191 PAGE NO. 39 BOOK NO. 33, SERIES OF 2024, NOTARIZED DATE NOVEMBER 16, 2024

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 1, 8 & 15, 2025

EXTRA JUDICIAL SETTLEMENT OF INTESTATE WITH WAIVER OF RIGHTS

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **SEGUNDINA ESGUERRA RAMOS** WHO DIED ON OCTOBER 9, 1992 AND HER SPOUSE CESAR CRUZ RAMOS WHO DIED ON MARCH 7, 1966, LEFT A PARCEL OF LAND, SITUATED AT POBLACION, IMUS CITY, CAVITE, UNDER TRANSFER CERTIFICATE OF TITLE NO. T-13840, DECLARE UNDER TAX DECLARATION NO. 09-001-00240, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GABRIEL B. OCTAVA, UNDER DOC. NO. 446 PAGE NO. 90 BOOK NO. III, SERIES OF 2025, NOTARIZED DATE JUNE 11, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 15, 22 & 29 2025

Republic of the Philippines
Fourth Judicial Region
Regional Trial Court Of Cavite
Office of the Clerk of Court & Ex-Officio Sheriff
New Justice Hall, J.P. Rizal Avenue, Kaybagal South, Tagaytay City

UNION BANK OF THE PHILIPPINES
Mortgagee,
-versus-

SPS. GENNYLIND O. ESTABILLO and GUILLERMO M. ESTABILLO
Mortgagors,
x --x

EJF NO. TG-25-101
FOR: *Extra Judicial Foreclosure of Real Estate Mortgage under Act No. 3135, as amended by Act No. 4118*

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial foreclosure sale under Act 3135, as amended by Act No. 4118, filed by Mortgagee, **UNION BANK OF THE PHILIPPINES** a banking institution duly organized and existing under and by virtue of the laws of the Philippines with principal office address at the Union Bank Plaza Building, Meralco Avenue Corner Onyx/Sapphire Roads, Ortigas Center, Pasig City, Metro Manila, pursuant to the terms and conditions of the Real Estate Mortgage executed and notarized on October 25, 2023 by Mortgagor/s, **SPS. GENNYLIND O. ESTABILLO AND GUILLERMO M. ESTABILLO,** both of legal age, Australians, with addresses at (1) Block 922, Lot 6, Phase 8, St. Paul Street, Heritage Homes, Marilao, Bulacan Province, (2) Unit 703, 7th Floor, Serin West Tagaytay, Barangay Silang, Crossing East, Tagaytay City and (3) #12 Bolton View Brimbank Gardens Derrimut Victoria, Australia, Australia 3030, represented by **LELENE O. MOH'D MOH'D** as per Special Power of Attorney executed and notarized on March 14, 2017, in favor of the Mortgagee, over a real estate property including improvements thereon, described in and covered by Condominium Certificate of Title **076-2022001793** of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors in the amount of **SEVEN MILLION TWO HUNDRED EIGHT THOUSAND TWO HUNDRED THIRTY ONE PESOS AND 98/100 (Php 7,208,231.98)** inclusive of accrued interest, as of July 14, 2025 the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Rhiz Sañel C. Toledo, will sell at public auction on **February 11, 2026** at **10:00 o'clock in the morning** or soon thereafter, at the New Hall of Justice of Tagaytay City, to the highest bidder, for Cash or Manager's Check and in Philippine Currency, the following properties with all its improvements thereon, to wit:

CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2022001793
Registry of Deeds for Tagaytay City

IT IS HEREBY CERTIFIED that the unit identified and described as:

FLOOR:	7
UNIT CALL OUT:	703
UNIT TYPE:	1 BEDROOM
UNIT AREA:	40.20 SQUARE METERS
BALCONY AREA:	
TOTAL AREA:	40.20 SQUARE METERS

in the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on TRANSFER CERTIFICATE OF TITLE 2012005377 which embraces and describes the land located at BRGY. SILANG, CROSSING EAST TAGAYTAY CITY with an area of TEN THOUSAND (10,000) Square Meter, is registered in the name of:

Owner: SPOUSES GENNYLIND ORTEGA ESTABILLO AND GUILLERMO MANZANO ESTABILLO, BOTH OF LEGAL AGE, AUSTRALIANS

Address: #12 BOLTON VIEW BRIMBANK GARDENS DERRIMUT VICTORIA, AUSTRALIA, AUSTRALIA 3030

In the event the public auction should not take place on the said date, it shall be held on **February 18, 2026** without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **Condominium Certificate of Title 076-2022001793** the encumbrances thereon, if any there be.

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

Tagaytay City, Philippines, November 7, 2025.

ATTY. VARBRA ANN A. VARIAS-DIMAYUGA
Clerk of Court VI & Ex-Officio Sheriff

RHIZ SAÑEL C. TOLEDO
Sheriff-In-Charge

WARNING:

IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF SHERIFF'S SALE ON OR BEFORE THE DATE OF THE AUCTION SALE UNDER THE PENALTY OF LAW

Note:
Publication was awarded to: ______________________
Date of Publication: ______________________

Copy Furnished:

UNION BANK OF THE PHILIPPINES
Mortgagee
Union Bank Plaza Building, Meralco Avenue Corner Onyx/Sapphire Roads, Ortigas Center, Pasig City, Metro Manila

SPS. GENNYLIND O. ESTABILLO AND GUILLERMO M. ESTABILLO
Morgagor/s
(1) Blk. 922, Lot 6, Phase 8, St. Paul Street, Heritage Homes, Marilao, Bulacan Province
(2) Unit 703, 7th Floor, Serin West Tagaytay, Barangay Silang, Crossing East, Tagaytay City
(3) #12 Bolton View Brimbank Gardens Derrimut Victoria, Australia, Australia 3030

LELENE O. MOH'D MOH'D
Attorney-in-Fact
(1) Blk. 922, Lot 6, Phase 8, St. Paul Street, Heritage Homes, Marilao, Bulacan Province
(2) Unit 703, 7th Floor, Serin West Tagaytay, Barangay Silang, Crossing East, Tagaytay City

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 1, 8 & 15, 2025

EXTRA JUDICIAL SETTLEMENT F THE ESTATE OF DOMINADOR LARA WITH WAIVER OF RIGHTS

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **DOMINADOR LARA** WHO DIED ON MAY 1, 2002, AT IMUS, CAVITE, LEFT A PARCEL OF LAND AT PASONG BUAYA 2, IMUS CITY, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-945609 CONTAINING AN AREA OF ONE HUNDRED SIXTY-SIX (166) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 326 PAGE NO. 66 BOOK NO. 182, SERIES OF 2025, NOTARIZED DATE JUNE 16, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 1, 8 & 15, 2025

EXTRA JUDICIAL SETTLEMENT OF JOSEFINA ARNES: WITH DEED OF ABSOLUTE SALE (PORTION ONLY)

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **JOSEFINA ARNES** WHO DIED ON NOVEMBER 14, 2015 AT JOSE R. REYES MEMORIAL MEDICAL CENTER, MANILA, LEFT A PARCEL OF LAND, SITUATED AT BRGY. MANGGAHAN, GEN. TRIAS, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. 057-2015034475, CONTAINING AN AREA OF THREE HUNDRED NIENTY (390) SQUARE METERS, EXTRA JUDICIASLLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 50 PAGE NO. 90 BOOK NO. 187, SERIES OF 2025, NOTARIZED DATE DECEMBER 12, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 15, 22 & 29, 2025

EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE CLARITO M. BUSTAMANTE WHO DIED ON AUGUST 12, 1999 IN IBAYO ESTACION, NAIC, CAVITE, LEFT A PARCEL OF LAND, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. 057-2015010026, SITUATED IN THE BRGY. HALANG, MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, CONTAINING AN AREA OF FIVE THOUSAND EIGHT HUNDRED FORTY (5,840) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 54 PAGE NO. 11 BOOK NO. 187, SERIES OF 2025, NOTARIZED DATE DECEMBER 12, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 15, 22 & 29, 2025

EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE CLARITO M. BUSTAMANTE WHO DIED ON AUGUST 12, 1999 IN IBAYO ESTACION, NAIC, CAVITE, LEFT A PARCEL OF LAND, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-578840, SITUATED IN THE BRGY. IBAYO, SILANGAN, NAIC, CAVITE, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 55 PAGE NO. 11 BOOK NO. 187, SERIES OF 2025, NOTARIZED DATE DECEMBER 12, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 15, 22 & 29, 2025

EXTRA JUDICIAL SETTLEMENT OF ESTATE OF THE LATE ADAM ARIES CUADRA RORALDO

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE ADAM ARIES CUADRA RORALDO WHO DIED ON AUGUST 2, 2020 AT BGRY. STA. MERCEDES, MARAGONDON, CAVITE, LEFT A MOTOR VEHICLE DESCRIBED AS FOLLOWS:

MAKE: MITSUBISHI
YEAR MODEL: 2019
C.R NO.: 35572 691-0
PLATE NO.: DAM6092
TYPE OF BODY: HATCHBACK
MV FILE NO.: 0401-00000981122
CHASIS NO.: PAEA 03TJKKA 003378
ENGINE NO.: 3A92 UHP 7711

EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. CHERELIE D. BUGARIN, UNDER DOC. NO. 299 PAGE NO. 61 BOOK NO. III, SERIES OF 2025, NOTARIZED DATE DECEMBER 16, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 15, 22 & 29, 2025

ADDENDUM TO THE EXTRA JUDICIAL SETTLEMENT OF DECEASED PERSON SPOUSES FELIPE T. REYES AND LYDIA CAMERINO

MAY IT BE KNOWN THAT THE UNDERSIGNED PARTIES AGREE TO MAKE ADDENDUM/ADDITION DESCRIBED AS FOLLOWS: EDISON CAMERINO REYES MARRIED TO **SHIRLEY MAGDALUYO** REYES, BOTH OF LEGAL, PRINCIPE CAMERINO REYES OF LEGAL AGE AND MARILEN REYES CAJUDO, THAT THE SAID PERSON AGREED AND COVENATED HEREBY RENOUNCE WAIVER OF RIGHTS OVER THE MENTION PARCEL OF LAND IMPROVEMENTS ERECTED IF ANY UNTO ANABELLA REYES JARIN, KERBEE REYES JARIN AND KOBEE REYES JARIN, THESE ADDITION BE VALID ANY PROVISIONS IN THE DEED INCONSISTENT THEREWITH, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 195 PAGE NO. 39 BOOK NO. 180, SERIES OF 2025, NOTARIZED DATE APRIL 11, 2025

BANTAYBALITA News Publishing Services
December 15, 22 & 29 2025

ADDENDUM TO EXTRA JUDICIAL SETTLEMENT OF DECEASED PERSON SERGE AURE ROCILLO AND JONATHAN AURE ROCILLO WITH GENERAL RENUNCIATION OF RIGHTS

MAY IT BE KNOWN THAT THE PARTIES AGREE TO MAKE THE ADDITION/ADDENDUM INSTRUMENT AS FOLLOWS: HEIRS OF SERGE AURE ROCILLO, VIRGINIA A. AMISTOSO (FORMER SPOUSE) A RESIDENT OF MABINI ST. MENDEZ, CAVITE, KENT TRISTAN AMISTOSO ROCILLO (SON) OF MABINI ST. MENDEZ, CAVITE, KREN DIANNE ROCILLO ASIO (DUAGHTER) OF MABINI ST. MENDEZ, CAVITE, HEIRS OF JONATHAN AURE ROCILLO, SUSAN SALANGO (DAUGHTER) OF MABINIT ST. MENDEZ, CAVITE, MICHAEL SALANGO ROCILLO (SPOUSE) OF MABINI ST. MENDEZ, CAVITE, THESE ADDITION/S IN ACCORDANCE OF REAL PROPERTY ARE THE COMPULSORY HEIRS OF THE LATE SERGE AURE ROCILLO AND JONATHAN AURE ROCILLO, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 267 PAGE NO. 54 BOOK NO. VI, SERIES OF 2025, NOTARIZED DATE DECEMBER 9, 2025

BANTAYBALITA News Publishing Services
December 15, 22 & 29 2025

AFFIDAVIT OF SELF ADJUDICATION OF ESTATE OF THE SPOUSES BONIFACIO MOJICA MABILIN AND EUGENIA GARCIA MABILIN

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE SPOUSES **BONIFACIO MOJICA MABILIN** WHO DIED ON OCTOBER 1, 2025 AT TRECE MARTIRES CITY, CAVITE AND EUGENIA GARCIA MABILIN WHO DIED ON APRIL 25, 2018 AT TRECE MARTIRES CITY, CAVITE, LEFT A PARCEL OF LAND SITUATED IN BRGY. DE OCAMPO, TRECE MARTIRES CITY, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. (T-141154) T-81657, CONTAINING AN AREA OF NINETY-FIVE (95) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 185 PAGE NO. 37, BOOK NO. 182, SERIES OF 2025, NOTARIZED DATE JUNE 9, 2025

BANTAYBALITA NEWS PUBLISHING SERVICES
DECEMBER 15, 22 & 29 2025

«MASAYANG... »MULA SA PAGE 1`

salamat sa patuloy na pagtitiwala ng mga mamamayan sa sa mga prohrama at proyektong ipinapatupad ng kanyang administrasyon.

Batchmates sa Kongreso, nagkita-kita

NAGING masaya ang muling pagkikita ng mga dating magkakasama sa Kongreso sa ginanap na Year-End Get Together kamakailan.

Sa pagtitipong ito, masayang ginunita nina Imus City Mayor Alex 'AA' Advincula, Laguna Governor Sol Aragones at General Trias City Mayor Jon-Jon Ferrer.

Si Advincula, bago naging alkalde ng Imus, ay dating kongresista ng 3rd Cavite District sa loob ng tatlong termino.

Dati ring kongresista ng Laguna si Aragones na ngayon ay nasa unang termino bilang gobernadora ng lalawigan.

Dati ring kinatawan ng 6th Cavite District si Ferrer bago naging alkalde ng Gentri.

Sa okasyon, nagbigay ng mensahe si Pangulong Ferdinand Marcos Jr. na kanyang binigyang-diin ang kahalagahan ng pagkakaisa at koordinasyon ng pambansa at lokal na pamahalaan upang mas epektibong maihatid ang serbisyo publiko.

Ang pagtitipon ay hindi lamang selebrasyon ng pagtatapos ng taon, kundi pagpapatibay rin ng samahan at dedikasyon ng mga lingkod-bayan.

Ex DPWH Undersecretary Cabral died after an alleged fall along Kennon Road in Benguet

FORMER Department of Public Works and Highways (DPWH) Undersecretary Maria Catalina Cabral found unconscious near the Bued River, about 20-230 meters below Kennon Road in Tuba, Benguet,Friday midnight, December 19.

Cabral was linked to the controversial flood control project scandal.

Reports said that she asked her driver to stop at Camp 5, Kennon Road, and requested to be left alone.

Driver reported her missing; police later found her unconscious near the river.

Cabral was declared dead, 12.03 am by attending physician Dr. Gian Frances Salinas.

She had recently been subpoenaed by the Independent Commission of Inquiry (ICI) regarding alleged anomalies in flood control projects.

Cabral was among officials accused of irregularities in multi-billion peso flood control projects.

The scandal involved alleged overpricing, ghost projects, and misallocation of funds, which drew scrutiny from the Ombudsman and ICI.

Her death comes just days after she was formally summoned to testify about these anomalies.

Her passing may complicate ongoing investigations into DPWH's flood control program.

Smiling serves as personal therapy

SMILE is a facial expression in which the eyes brighten up and which expresses specially amusement, pleasure and approval. It is a pleasant encouraging appearance.

BANTAY BALITA
NEWS PUBLISHING SERVICES
YOUR COMMUNITY NEWSPAPER, KAKAMPI NG BAYAN
VOL. 4 NO. 12 P10.00 DECEMBER 15-21 , 2025

EDUCATOR'S BOOTH
Antonio G. Papa, Phd. D.

The author and his wife wearing a smile

Smile, is a five letter word, a very simple word but is said to be the best medicine. Do you know, why?

Author Dr. Mark Stibich, published his work in the verywellmind.com (2021) titled: Top 10 Reasons to Smile Every Day. These are —

1. Smiling helps live longer. It lengthens overall lifespan.
2. Smiling relieves stress. It decreases stress occurrence.
3. Smiling elevates mood. It activates pathways in the brain that influence emotional state.
4. Smiling is contagious. Smile has the power to light up the room.
5. Smiling boosts the immune system. It helps immune system to function more effectively.
6. Smiling may lower blood pressure. Laughter lowers blood pressure, causing an initial increase of heart rate and breathing.
7. Smiling reduces pain. Smiling releases endorphins, a natural painkiller, and serotine. Together, these brain's chemicals make us feel good from head to toe. These elevate the mode, relax the body, and reduce physical pain. Smiling is a natural drug—the best medicine.
8. Smiling makes you attractive. Smiling shows positive personality traits. It makes you look younger more than ever.
9. Smiling suggests sccess. You appear more confident, more likely to be promoted, more likely to be approached.
10. Smiling helps you stay positive. Smiling influences the feelings of positivity. It seeks message that "life is good," to your brain and the rest of the body.

Accordingly, we only need 12 muscles to be used to smile while 63 muscles to frown. The idea is, we do not strain too much our face while we are smiling.

Head Deacons of the Local Congregation of Indang, Ecclesiastical District of Trece Martires City, Cavite, hold the Certificate of Recognition, given by INC Executive Minister Eduardo V. Manalo. Indang Resident Minister Brother Romeo A. Portezo, Jr. (center) presented the award to the smiling officers.

Musical rendition

Portion of a popular song, titled—Smile, runs like this: Smile, though your heart is aching. Smile, even though it's breaking. When there are clouds in the sky, you will get by, if you smile."

In addition, it says: "When you are smiling, the whole world will smile with you. And when you are laughing, the sun will shine at you."

Hence, the importance for someone to smile.

Smile is a concept that shows individual contentment, enjoyment, and success. It is a feeling of joy, of hope, and most importantly, of the faith on God's manifestation of all the daily graces and blessings bestowed upon everyone especially His chosen ones—the members of the Church Of Christ or Iglesia Ni Cristo (INC).

Biblical precepts

Th Bible exhorts that: "May God be merciful and bless favor to us and May His face smile with favor on us." Likewise, "May the LORD, smile on you and be gracious to you." It was also written: "Many people say, who will show us better times? Let Your face smile on us, Lord."

Precautions in wearing a smile

An individual must see to it that he wears a smile with a proper timing and in the proper situation.

While wearing a smile is a good practice and a strategy for creating camaraderie and a good tool to use for a smooth interpersonal relations (SIR) in a group or in an organization, it is detrimental to an individual if smiling is not treated wisely.

Smiling family of INC Executive Minister Brother Eduardo V. Manalo

In going to various activities––whether at work, in school, at play or in the church and in attending worship services, there is no mistake to wear a smile while meeting the brethren in attendance.

However, while the activities are going–on, the lips must be zipped for the formality of the occasion. After the formal session, wearing a smile is a must again.

Smiling individual means he is a jolly person. His personality would transcend to his fellow individuals succumbed in the same situation or occasion at hand.

Hence, wearing a smile could relieve loneliness and could help others ease out their feelings of wilderness as a person.

So, always wear a smile, in all the appropriate situations. And you will surely feel that smiling have a therapeutic effects reserved for you—dose of beneficial medicine—Always.