

Kiko Barzaga's last lines before 265 House members voted to expel him

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MAYOR ADVINCULA NAKIISA SA BRIGADA ESKWELA 2026

Buong sigla na sumama at nakiisa si Mayor Alex 'AA' Advincula sa pagbubukas kamakailan ng Brigada Eskwela sa Imus City.

Layunin ng aktibidad ay maihandang mabuti ang pagbubukas ng klase sa SY 2026-2027, at kasama rito ng alkalde ang mga opisyal ng DepEd ng lungsod, sina Dr. Lito Palomar, acting Schools Division Superintendent (SDS); Dr. Glenda Catadman, Assistant School Division Superintendent (ASDS); Dr. Divina Narvaez - Principal IV, Imus Pilot School, mga konsehal na nakiisa rin sa paghahanda sa panibagong taon ng pag-aaral.

sundan sa ikalawang pahina



Alagang Totoo, Alagang Tolentino



A remarkable gathering of public servants from Cavite's 8th District showcased unity, dedication, and shared commitment to genuine service.

The photo, sourced from Konsehal John Carlo Maldonado, captured an inspiring lineup of leaders who continue to embody Alagang Totoo and Alagang Tolentino.

From left to right, the notable figures present were: Ternate Former Vice Mayor (FVM) Jun Gubio, Municipal Councilor Ryojie

Cachuela, Bailen Mayor Dennis Mojica Glean, Mrs. Arnelyn Glean; Magallanes Municipal Councilor John Carlo Maldonado, Tagaytay City Vice Mayor Agnes D. Tolentino, DMD;

Congresswoman Aniela Tolentino, Board Member Aimee Nazareno, Naic Mayor Rommel Magbitang, Magallanes FVM Jess Antazo, Alfonso Mayor Randy Salamat, Maragondon Vice Mayor Doc Aldous Angeles, and Mendez Mayor Cocoy Mendoza.

This assembly of leaders reflects the strength of collaboration across municipalities, highlighting their shared vision for progress and development in Cavite's 8th District.

The event further reinforces the values of the Tolentino leadership, with the hashtags #Team8thDistrict #AlagangTolentino #AlagangTotoo #DTolentinos resonating as a call to action for unity and service.

Alfonso LGU, sikat na Wedding Destination ng mga pinakasikat na personalidad

sundan sa ikatlong pahina



Bakasyonista Travel Hotel ipinasara

Ipinasara ng pamahalaang lungsod ng Bacoor ang Bakasyonista Travel Hotel sanhi sa isang insidente na doon dinatala ang isang dalagita saka ginahasa.

Ayon kay Mayor Strike Revilla, inutos niya ang closure order batay sa regulasyon ng Revised Revenue Code of Bacoor.

Kung hindi ipasasara ang nabanggit na hotel, ito, ayon sa alkalde, ay maaaring maging dahilan ng pagsasampa ng kasong "obstruction of justice."

Ani Mayor Revilla, hindi niya papayagan na may mangyaring ganitong kalupitan sa mgabata.

"Patuloy po ang Lungsod ng Bacoor na naglalayong ibigay ang pinakamataas na antas ng kaligtasan at protektahan ang kapakanan ng lahat ng mamamayan ng Bacoor - lalo na ang ating mga kabatsang babae," sabi ni Mayor Revilla.

Dagdag niya, gagawin ng pamahalaang lungsod ang lahat upang hindi na maulit ang katulad na insidente.

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EDUCATOR'S BOOTH

By: Antonio G. Papa, PhD



BUSISIIN NATIN

By: Tom Halim

MAYOR ADVINCULA nakiisa sa brigada eskwela 2026



Namahagi sa okasyon ang 100 units ng 75-inch E-Learning Interactive Displays para sa mga silid-aralan sa buong lungsod.

Binigyang pagkilala ang mga nagwagi sa 2025 Regional Schools Press Conference, at nagkaroon ng ribbon cutting at pagbasbas sa bagong conference hall.

Nagkaloob din ng mga pintura, brushes at iba pang gamit sa

pagsasaayos sa mga silid-aralan sa tulong ang ang City Engineering Office.

Sa mensahe niya, sinabi ni Mayor Advincula ang patuloy na suporta ng pamahalaang lungsod sa mga programa at proyekto ng DepEd Imus upang mapahusay pa ang edukasyon ng mga Kabataang Imuseno.

Wika pa ng alcalde, target ng kanyang administrasyon na

mabawasan ang siksikan sa classrooms at maabot ang ideal na dami ng bawat section sa 35 estudyante.

Tema ng Brigada ngeyong taon 2026 ay "Bayanihan sa Paaralan: Nagkakaiba para sa Kaayusan at Kaalaman."

Pormal nang nagbukas ang pasukan nitong Lunes, Hunyo 8, 2026.

Kiko Barzaga's last lines before 265 House members voted to expel him



"Since it's my last day in Congress, I'm saying my goodbyes to my fellow colleagues."

His last lines: "And I'm telling them not to steal so much."

Ex-congressman Kiko, who is also called "Cong Meow," used these lines to criticize corruption within Congress.

Only 14 lawmakers voted "No" to his expulsion, who all shared a view that expulsion was too harsh a punishment.

SAGIP Partylist Rep. Paolo Marcoleta showed discomfort with imposing the chamber's harshest penalty.

Leyte 4th District Rep. Richard Gomez also voted "No" saying the punishment was disproportionate to the offense.

All dissenting lawmakers shared these implied concerns:

That the punishment too severe and expulsion is the House's most extreme sanction, rarely used.

Maybe Kiko's behavior was improper but not expulsion-worthy.

Some believed Barzaga's antics, while disruptive, could have been addressed with lesser penalties.

Kamanggagawa

Party-list Rep. Eli San Fernando publicly questioned why other lawmakers with similar behavior were not punished as harshly. To San Fernando, this reflects a broader sentiment of uneven enforcement.

The 14 lawmakers "No" votes reflect, discomfort with the harshness of expulsion, concerns about fairness and consistency and a belief that lesser penalties could have sufficed.

Their dissent stands as the clearest indicator of sympathy or solidarity with Barzaga inside the chamber.



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**BUSISIIN NATIN**

By: Tom Hallim

Ilang LGU officials, contractor na rin?

May ilang contractor sa local government unit (LGU) ang dumaraing: sila raw ay hirap na hirap na makakuha kahit isa man lang proyekto sa isang taon.

Ang dahilang sinasabi nila, may ilang tauhan at may mga elected officials pa ng LGU ay mga contractor na rin, hehehe, at ito ay maliwanag na "conflict of interest" at posibleng kaso ng graft and corruption.

Paano nga naman makakuha ng contract sa LGU kung ang mismong kawani o opisyal ng LGU ang kakumpetensiya ng

independent contractor, ... very unfair, tama po ba?

Ang ganitong isyu ngayon ang napakainit na isyu sa Kongreso patungkol sa isyu ng maanomaliyang Flood Control Projects na noong 2025 SONA ay binanggit ni Presidente Bongbong Marcos sa mga kahalap na lawmakers na, "Mahiya naman kayo!"

Alam ba n'yo na mayroong Barangay Captain ang umangal gawa ng pag-turn-over sa kanila ng proyekto na kulang-kulang at hindi umaayon sa plano at specification sa badyet na

inilaan?

Hehehe, abangan po nyo sa susunod na isyu, @@@

Kay laki po ng ipinagbago ng Barangay Paliparan 3, kumpara noon, kaya pala malakas ang suporta ng mga residente kay Kapitan Cris Maya.

Sa una niyang termino, marami na siya nalpagawa at natapos na proyekto na pinakikinabangan ng mga residente ng Brgy. Paliparan 3.

Yung mga lugar na problema ang pagbaha dahil sa marumi, barado at

puno ng basura ang mga drainage at waterways, sa ilan pang lugar, sa lugar at paligid ng palengke, ngayon ay maayos na.

Maliwanag na ang vicinity ng Barangay Hall, ito ay dahil sa mga itinayong Solar Light pati ang main circle, at ang iba pang project tulad ng Big Mortuary, Renovation of Covered Courts.

At may bagong dump truck, New Electrical Lifting truck, New Portable water truck iba pa ng magagandang proyekto.

Wow! What an accomplishments!

@@@

Hindi na po tayo nagtataka, kasi expected naman ang umaaning suporta ng mga mamamayan ng Brgy. Salawag kay Benjie Toledo, kasi, kita ang konkretong programa niya, sabi nga, plantsadon na.

Isa pang nagugustuhan kay Benjie, siya ay mabilis umaksiyon sa pangangailangan ng mga kabarangay -- tulad ng pambili ng gamot at iba pang pangangailangan, at marami ang nabibigyan ng tulong.

Ayon kay Toledo, isa sa pangunahin programa niya ay magkaroon ng

kumpletong gamot sa Barangay, at mga proyekto ng pangkabuhayan sa mga single parents, senior citizens, persons with disabilities (PWDs) at mga tambay.

Tunay na gumagawasi Benjie Toledo ng mga kaparaanan paano matutulungan ang mga kapos sa pangangailangan sa edukasyon.

Gagawin niya ang makakaya, upang mailapit ang kanyang serbisyo sa mamamayan ng Brgy. Salawag.

Alfonso LGU, sikat na Wedding Destination ng mga pinakasikat na personalidad



Bakit paborito si Alfonso Mayor Randy Salamat na magkasal sa mga pinakasikat na personalidad?

Ang dahilan, magaling na "magsermon" ang alkalde sa mga tungkulin at pananagutan ng magsing-irog na gustong magtaling puso.

Charming at mabait si Mayor Randy, at dahil sa



magandang pamamahala sa lokalidad, ngayon ang Alfonso ay tinatawag nang "Wedding Destination" ng mga "the rich and famous."

Nitong Miyerkolés, Mayo 28, sa Alfonso, si Mayor Salamat ang nagbasbas sa kasal ng sikat na basketbolistang si Kai Sotto at kasintahang aktres na si Rere Madrid.

Pinasalamatan ni

Mayor Salamat ang bagong kasal sa pagtitiwala na siya ang magkasal sa kanila, at sa kanyang Facebook post, masayang binati ang bagong kasal.

Idineos ang kasalan sa lugar na pag-aari nina dating aktres Neri Naig at Chito Miranda, frontman ng banda musical na Parokya ni Edgar.

Tanza Municipal Police Station, Pinuri, Pinasalamatan ni Mayor SM Matro



Nagpahayag na papuri at pasasalamat si Tanza Mayor SM Matro sa mga opisyal at tauhan ng Tanza Municipal Police Station (MPS) matapos itong kilalanin bilang Pinakamahasay na Estasyon ng Pulisya ngayong taon.

Sinabi ni Matro na ang pagkilala sa MPS ay nagpatibay sa reputasyon ng Tanza, bilang isa sa mga nangunguna sa seguridad at kaayusan sa Cavite.

Ang parangal na ito

sa Tanza Municipal Police Station ay isang patunay ng kanilang matapat, maagap at makatsong paglilingkod sa bawat Tanzano. Ang tagumpay na ito ng ating pulisya ay tagumpay ng buong bayan ng Tanza, sabing alkalde.

Dagdag pa ni Matro, ang pagkapanalo ng Tanza MPS ay bunga ng mahigpit na koordinasyon sa pagitan ng lokal na pamahalaan, barangay officials, civil society groups, at mismong mga

mamamayan.

Binigyang diin niya matatamo ang kapayapaan at kaayusan sa pamamagitan ng a sama-samang pagtutulungan ng pamahalaan at komunidad.

"Patuloy nating susuportahan ang ating mga pulis upang mas mapalakas pa ang kanilang kakayahan at serbisyo para sa ating mamamayan," ani Mayor Matro.

CPPO anti-criminality operations, tinalakay sa Gen. Assembly Meeting



Modernisasyon at pagpapalakas ng operasyon laban sa kriminalidad.

Isa ito sa mahalagang tinalakay sa General Assembly of Cavite Advisory Groups for Police Transformation and Development sa na ginanap kamakailan sa Trece Martires City.

Ang pulong ang pinangunahan ni Gen. Assembly Provincial Chairman Philip Costura Jr. na dinaluhan nina Gov.

Abeng Remulla, at police Colonel Ariel Red at iba pang opisyal ng Cavite Police Provincial Office (CPPO) at mga opisyal ng mga lokal na pamahalaang bayan.

Tinalakay sa Assembly ang pagpapalakas ng anti-criminality operations sa buong Cavite, at doon, ipinakita at ipinaabot ng gobernador ang suporta sa PNP sa pamamagitan ng pagbibigay ng bagong kagamitan at sasakyan.

Tumanggap ang CPPO

ng 29 patrol cars at 30 motorcycles upang mapabilis ang response time at mapalakas ang presensya ng pulisya sa mga lungsod at bayan.

Pinasalamatan ni Col Red ang ipinakitang suporta ng pamahalaang lalawigan at binanggit na ang mga bagong kagamitan ay malingat at mahusay na gagamitin o nang tama para sa kapayapaan at kaayusan sa mga komunidad. / Domz B. Caoile

Travel Tips to Filipino Dual Citizenship



This is an announcement, to all Filipino Dualcitizenship going back to the Philippines.

If you guys don't want to pay travel tax with your Philippines passport holder, just use your own foreign passport every time you go to the

Philippines.

But don't forget, always bring your all identity like a birth certificate and your Philippines passport, no matter how old your Philippines or new, and no matter where you live outside in the Philippines.

Do this to show them

on customs immigration, every time you coming back to Philippines that way they believe you are a Filipino citizen and they give you guys a free visa for one year no matter if you are married or not and have a children.

DOST-PAGASA Explains Connection Between Habagat, El Niño, and Heat Index Amid Changing Weather

As many areas continue to experience intense morning heat and sudden afternoon rains, the Department of Science and Technology Ilocos Region (DOST Ilocos Region) continues to step up its efforts to provide timely updates about the country's weather and climate. In response to many questions from the public after Episode 8 of Tekno PreSyensya, the agency hosted a follow-up discussion through Episode 10, titled "Bantay Ulat Panahon: Habagat-El Niño Outlook and Heat Index Monitoring." The program featured Engr. Mark Louie A. Vergara, Weather Specialist II from DOST-PAGASA Northern Luzon, who cleared up confusion about current weather conditions and what to expect in the coming months.

Engr. Vergara

explained that while the country's weather is currently normal, there is a 79% chance that a strong El Niño will develop between June and August, which could last until the early part of 2027. He corrected a common misunderstanding that the extreme heat we are feeling right now is already caused by El Niño. In fact, the start of El Niño is expected to bring more rain and stronger storms to the western part of the country first. This is because it pulls and strengthens the southwest monsoon (habagat), long before the actual dry weather and water shortage happen toward the end of the year.

The discussion also focused on Tropical Cyclone Jiangmi (locally named Domeng). While the storm is not expected to hit land, it is helping trigger the official start of the rainy season by pulling

the habagat winds toward the country. This transition is the reason behind the sudden, heavy afternoon rains currently experienced in parts of the region, which are caused by localized thunderstorms that form after hours of intense morning and midday heat.

The episode also broke down the concept of the heat index, or the "apparent temperature"—which is how hot the weather actually feels to the human body based on the air temperature and relative humidity (the amount of moisture in the air). When humidity is high, the body struggles to sweat and cool itself down, making the air feel heavy and sticky. The agency warned that these conditions can cause severe stress to crop and farm animals and pose serious health risks like heat exhaustion and heat stroke, especially for



outdoor workers like farmers, street sweepers, traffic enforcers, and construction workers.

To stay safe at home, Engr. Vergara shared practical tips, advising residents to open windows on opposite sides of the house to create a natural breeze. He warned that running an electric fan inside a closed, unventilated room is unsafe because it only circulates the trapped hot air. The public was strongly urged to check DOST-

PAGASA's official heat index forecasts regularly, and to immediately treat any signs of heat stress with proper rest, continuous hydration, and staying out of direct sunlight.

"Mainit man o maulan saglit na ng pagbago-bagong panahon, ang pinakamahalaga ay ang pagkakaroon ng tamang impormasyon mula sa mga opisyal na mapagkukunan. Iwasan natin ang fake news at ugaliing maging handa sa

lahat ng hamon ng panahon—iyan ang isa sa pinakamabisang proteksyon para sa ating mga kababayan," paggiti ng ahensya. Through Tekno PreSyensya, DOST Ilocos Region remains committed to delivering accurate, easy-to-understand weather updates to fight misinformation on digital platforms and keep communities safe through verified reports straight from DOST-PAGASA. (Aryan Joy M. Soliman)

CAVITE SERVICE CARAVAN BRINGS ESSENTIAL SERVICES TO INDANG

Suporta sa Imus Iskolar, mas pinalakas pa



Cavite Governor Francisco Gabriel "Abeng" Remulla, successfully held last week, the third leg of the Cavite Service Caravan in the Municipality of Indang, strengthening its mission to deliver accessible and responsive public service directly to Caviteños.

The governor was joined by Vice Governor Ram Revilla Bautista, Congressman Ping Remulla, 7th District Board Member Aldrin Anacan, Indang Municipal Mayor Virgilio "Vergel" Fidel, Vice Mayor Ferdie Papa, and the Municipal Councilors, who collectively underscored the provincial government's dedication to inclusive and people-centered governance.

Residents benefited from free medical consultations, dental care,

laboratory services such as ECG and blood sugar tests, pharmacy assistance, and fluoride varnish application for children.

Emergency medical support was also available to address urgent health concerns.

Beyond healthcare, the caravan highlighted employment and livelihood opportunities through job matching, career coaching, and assistance from agencies including PhilHealth, TESDA, BIR, PSA, DTI, and Landbank of the Philippines. Local entrepreneurs and cooperatives were supported, while a trade fair showcased Cavite's homegrown products.

Farmers and fisherfolk received vegetable seeds, seedlings, educational materials, and technical assistance, reinforcing the

government's commitment to agricultural development.

Meanwhile, social welfare programs, family planning counseling, legal aid, and specialized support for persons with disabilities were made accessible to residents. Veterinary services such as anti-rabies vaccination, deworming, and free consultations for pets were also provided. To promote digital inclusion, the caravan offered digital literacy programs, internet connectivity services, and information booths that raised awareness of government programs and services.

The warm welcome extended by Mayor Fidel, Vice Mayor Ferdie Papa, and the Indang Municipal Council highlighted the strong collaboration between provincial and local leaders.

Mendez-Nunez inaugurates newly built Fire Station

The Local Government Unit (LGU) of Mendez-Nunez proudly inaugurated the newly built Fire Station located at the LGU Command Center.

The inauguration and blessing ceremony was led by Mayor Cocoy Mendoza and attended by local officials, community leaders, and residents, marking a collective step toward a safer and more resilient town.

A highlight of the event was the recognition of Lolo Julio R. Dimapilis, whose generosity made the project possible.

He donated the land where the Command Center and several government offices now stand. His contribution was lauded as a lasting legacy that will benefit generations of Mendezños.



The new Fire Station is envisioned to:

- Enhance disaster preparedness and emergency response capabilities
- Provide faster and more efficient services to residents
- Serve as a cornerstone of community

safety and resilience.

Mayor Mendoza Jr. expressed gratitude to all who supported the project, noting that the facility represents the LGU's "Panata sa paglilingkod" — a solemn vow to serve the people with integrity and compassion.



Kabuuang 845 iskolar ng pamahalaang lungsod ng Imus ang personal na tinanggap mula kay Mayor Alex "AA" Advincula ang kanilang tulong pinansiyal sa kanilang pag-aaral.

Nitong Miyerkolés, Mayo 27, nagtipon ang mga iskolar, kasama ang kanilang mga magulang at mga kaibigan sa

pamahalaan ng ayuda sa Function Hall ng New Imus City Government Center.

Kinilala ng alkalde ang kahalagahan ng edukasyon sa maikling mensahe sa mga benepisyaryo, na sinabi: "Ang edukasyon ang isa sa pinakamahalagang puhunan para sa pangarap at kinabukasan ng ating lungsod."

Buo ang tiwala ni Mayor Advincula na sa patuloy na pagtangkilik ng pamahalaang lungsod sa mga iskolar, makalikha ng isang henerasyon ng mga propesyonal na sa kinabukasan ay malaki ang maisaamag sa patuloy na pag-unlad ng kabuhayan at buhay ng pamilyang Imuseno.

Mayor Arca Leads DOLE Government Internship Program in Maragondon to Empower Local Youth



The Department of Labor and Employment (DOLE), in partnership with the Local Government of Maragondon, continues to advance youth empowerment through the Government Internship Program (GIP).

In his message, Mayor Laurence "Umbe" Arca underscored the importance of investing in the youth, noting that the

GIP serves as a vital platform for nurturing future leaders.

"Our young people are the backbone of tomorrow's progress. By equipping them with experience and values rooted in service, we are laying the foundation for a stronger Maragondon," the mayor said.

Supporting this effort, Ms. Ria Kris Tibayan, OIC-PESO Manager,

emphasized the collaborative role of DOLE and the Public Employment Service Office (PESO) in ensuring that the program reaches more beneficiaries.

With the steadfast support of DOLE, Mayor Arca, and PESO, Maragondon remains committed to investing in its youth today for a brighter and more empowered tomorrow.

Miss Earth Philippines candidates join Brigada Eskwela activities in Cavite City



Sta Cruz Integrated School -- Mayor Denver Chua personally welcomed and worked alongside the Miss Earth Philippines candidates on Thursday, June 4 during the city's Brigada Eskwela preparations.

The candidates along with Mayor Chua, DepEd officials and city

government officials joined the following activities: tree planting, painting of classrooms, repainting of armchairs and general school clean-up and beautification.

Mayor Chua praised the candidates for showing that "true beauty is seen in service, compassion, and

dedication to the community."

After the Brigada Eskwela activity, the group also visited the Cavite City Aviary, one of the city's key eco-tourism attractions.

Highlights included the guided tour of the aviary's bird species, promotion of Cavite City's environmental attractions

and heritage sites.

The awesome ladies received warm welcome from the local government and residents.

The local government emphasized that the visit strengthens Cavite City's growing reputation as a destination where "history, nature, and beauty come together."

PHILHEALTH'S EXPANDED BENEFITS DELIVER REAL IMPACT AS PRIVATE HOSPITALS STEP UP FOR FILIPINO PATIENTS

PASIG CITY — PhilHealth's expanded benefit packages are now delivering tangible results for millions of Filipinos, significantly reducing out-of-pocket health expenses while inspiring stronger participation from the private healthcare sector. Over the past two weeks, President Ferdinand R. Marcos Jr. and PhilHealth President and CEO Dr. Edwin M. Mercado personally witnessed how these reforms are transforming healthcare access in two leading private hospitals.

On May 1, President Marcos and Dr. Mercado visited St. Elizabeth Hospital, Inc., where PhilHealth members were actively benefiting from the agency's expanded healthcare packages, including YAKAP primary care consultations, cancer treatment services, and life-sustaining dialysis care. The visit showcased how PhilHealth's strengthened benefits are helping patients access essential treatment earlier while shielding families from the financial burden of illness.

Last May 11, the President visited The Medical City in Ortigas, where he inspected the newly opened Alfredo R.A. Benzon Patient Access Ward, a 51-bed facility designed to provide worldclass healthcare services to PhilHealth members with little to no out-of-pocket expenses.

The facility, which includes nine mother-and-baby-friendly rooms, stands as a powerful example of what can be achieved when private hospitals fully embrace their partnership with PhilHealth in advancing accessible, high-quality healthcare. Patients and their families shared firsthand how expanded PhilHealth coverage protected them from catastrophic medical expenses and allowed them to focus on recovery instead of financial hardship.

"The question is not capability, but will—the will to look at every PhilHealth member and say, 'You belong here, too,'" said Dr. Mercado. "Decades from now, no one will ask how many private suites a hospital



had. They will ask how many lives were saved and changed."

Building on these successes, PhilHealth is calling on more private hospitals, specialty centers, and clinics nationwide to join this shared mission of making quality healthcare truly accessible to every Filipino. The agency remains ready to support healthcare facilities seeking accreditation across its growing range of b e n e f i t

packages—including primary care, outpatient emergency services, inpatient care, maternity services, dialysis, cancer care, and treatment of catastrophic illnesses under the Z Benefits Program.

Healthcare institutions interested in partnering with PhilHealth may visit PhilHealth Official

Website or coordinate with the nearest PhilHealth Local Health Insurance Office.###

EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH DEED OF ABSOLUTE SALE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE JAIME RAMOS TE WHO DIED ON AUGUST 12, 1990 AND ZENAIDA QUE TE WHO DIED ON AUGUST 1, 2017 AT CAVITE CITY, LEFT A PARCEL OF LAND LOCATED AT TANZA, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. 223604 CONTAINING AN AREA OF TEN THOUSAND SEVEN HUNDRED SEVENTY-FOUR (10,774) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 87 PAGE NO. 18 BOOK NO. V SERIES OF 2026, NOTARIZED DATE MAY 26, 2026

BANTAYBALITA News Publishing Services
June 1, 8 & 15, 2026

EXTRA JUDICIAL SETTLEMENT OF THE DECEASED PERSON ESTANISLAO JARAPLASAN OCAY AND GUILLERMA MANANSALA OCAY WITH WAIVER OF RIGHTS

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE ESTANISLAO JARAPLASAN OCAY WHO DIED ON AUGUST 12, 2022 AT ASIA MEDIC FAMILY HOSPITAL AND MEDICAL CENTER BRGY. SAMPALOC 1, CITY OF DASMARIÑAS, CAVITE AND GUILLERMA MANANSALA OCAY WHO DIED ON MARCH 7, 2020 AT PAGAMUTAN NG DASMARIÑAS, BRGY. BUROL II CITY OF DASMARIÑAS, CAVITE, LEFT A PARCEL OF LAND SITUATED IN THE BARRIO OF BAGONG BAYAN, MUNICIPALITY OF DASMARIÑAS, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-1123153 CONTAINING AN AREA OF ONE HUNDRED (100) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 114 PAGE NO. 83 BOOK NO. 190 SERIES OF 2026, NOTARIZED DATE MAY 19, 2026

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June 1, 8 & 15, 2026

AFFIDAVIT OF SELF-ADJUDICATION

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE PAOLO F. SAJOTA WHO DIED ON JANUARY 21, 2022 AT TRECE MARTIRES CITY, CAVITE, LEFT A PARCEL OF LAND WITH IMPROVEMENTS, SITUATED AT BRGY. BUENAVISTA, MUNICIPALITY OF GENERAL TRIAS, PROVINCE OF CAVITE, UNDER TRANSFER CERTIFICATE OF TITLE NO. 077-2015001543 WITH AN AREA OF EIGHTY-FOUR AND FIFTY SQUARE DECIMETER (84.50) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 131 PAGE NO. 27 BOOK NO. 191 SERIES OF 2026

BANTAYBALITA News Publishing Services
June 1, 8 & 15, 2026

ERRATUM

THIS IS TO CORRECT THE ENTRY OF THE EXTRA JUDICIAL SETTLEMENT OF ESTATE OF INOCENCIA PADUA MINE PUBLISHED IN BANTAYBALITA NEWS PUBLISHING SERVICES ON NOVEMBER 10, 17 & 24, 2025, THAT THE PAGE NO. 401 IS WRONG, INSTEAD IT IS PAGE NO. 441 AND NOT AS PUBLISHED

BANTAYBALITA News Publishing Services
Date of Publication: June 1 - 7, 2026

AFFIDAVIT OF SELF-ADJUDICATION

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **WILLY EMILE JOSEPH DE RYCK** WHO DIED ON JUNE 2, 2025 AT DELA SALLE UNIVERSITY MEDICAL CENTER, DASMARIÑAS CITY, CAVITE, LEFT A PARCEL OF LAND DESCRIBED AS FOLLOWS: A.) TRANSFER CERTIFICATE OF TITLE NO. 057-20230371 23, SITUATED AT BLK. 2A LOT 9 AUGUSTINE GROVE, DASMARIÑAS CITY, CAVITE, CONTAINING AN AREA OF SEVENTY-FIVE (75) SQUARE METERS, B.) TRANSFER CERTIFICATE OF TITLE NO. T-1222102, SITUATED AT BLK. 3 LOT 23 CARMEL HEIGHTS ROYALE EXECUTIVE VILLAGE, DASMARIÑAS CITY, CAVITE, CONTAINING AN AREA OF THREE HUNDRED (300) SQUARE METERS, C.) TRANSFER CERTIFICATE OF TITLE NO. 057-2023036259, SITUATED AT BLK. 11 LOT 11 NOSTALJI ENCLAVE, DASMARIÑAS, CAVITE, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 50 PAGE NO. 112 BOOK NO. 5 SERIES OF 2026, NOTARIZED DATE MAY 21, 2026

BANTAYBALITA News Publishing Services
May 25, June 1 & 8, 2026

EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS OF THE LATE ROMEO CORONEL ABUYUAN

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **ROMEO CORONEL ABUYUAN** WHO DIED ON JANUARY 26, 2025 AT JOSE R. REYES MEMORIAL MEDICAL CENTER, MANILA, ARE THE REGISTERED OWNER OF A PARCEL OF LAND LOCATED AT BLK. 13 LOT 1, BRGY. ANABU, BACOR, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-401769, CONTAINING AN AREA OF ONE HUNDRED FORTY-FOUR (144) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 151 PAGE NO. 31 BOOK NO. V SERIES OF 2026, NOTARIZED DATE MAY 14, 2026

BANTAYBALITA News Publishing Services
May 25, June 1 & 8, 2026

AFFIDAVIT OF SELF-ADJUDICATION OF THE ESTATE OF ADELAIDA SARROCA ANTONIO WITH DEED OF SALE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **ADELAIDA SARROCA ANTONIO** WHO DIED ON SEPTEMBER 1, 2018 AT SALITRAN I, DASMARIÑAS CITY, CAVITE, LEFT A PARCEL OF LAND SITUATED AT JOSE ABAD SANTOS AVE. SALITRAN I, DASMARIÑAS CITY, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE (TCT) NO. T-95369, CONTAINING AN AREA OF TWO HUNDRED SIXTY-ONE (261) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. CHERELIE D. BUGARIN, UNDER DOC. NO. 290 PAGE NO. 59 BOOK NO. VIII, SERIES OF 2026, NOTARIZED DATE MAY 7, 2026

BANTAYBALITA News Publishing Services
May 11, 18 & 25, 2026

DEED OF EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH ABSOLUTE SALE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **ISMARL M. SANTONIL** WHO DIED ON JULY 22, 2020 AT BRGY. STA. ISABEL, KAWIT, CAVITE, LEFT A TWO (2) PARCEL OF LAND LOCATED AT SANTONIL ST. BRGY. STA. ISABEL, KAWIT, CAVITE, COVERED BY ORIGINAL CERTIFICATE OF TITLE NO. 8634, CONTAINING AN AREA OF FOUR HUNDRED SIXTY-EIGHT (468) SQUARE METERS AND ORIGINAL CERTIFICATE OF TITLE NO. P-8635, CONTAINING AN AREA OF FOUR HUNDRED SIXTY-EIGHT (468) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. ANGELICA R. PULIDO, UNDER DOC. NO. 478 PAGE NO. 97 BOOK NO. III SERIES OF 2026, NOTARIZED DATE MAY 17, 2026

BANTAYBALITA News Publishing Services
May 25, June 1 & 8, 2026

EXTRA JUDICIAL SETTLEMENT OF ESTATE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **VIRGINCITA VILLEGAS OLAGUER** WHO DIED ON SEPTEMBER 13, 2025 AT TRECE MARTIRES CITY, CAVITE, LEFT A PARCEL OF LAND LOCATED AT BRGY. MANGGAHAN, GENERAL TRIAS, CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-1232137, CONTAINING AN AREA OF ONE HUNDRED FIFTEEN (115) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. VEDASTO D. SUMBILLA JR., UNDER DOC. NO. 181 PAGE NO. 38 BOOK NO. 01 SERIES OF 2026

BANTAYBALITA News Publishing Services
May 18, 25 & June 1, 2026

EXTRA JUDICIAL SETTLEMENT OF REAL ESTATE OF THE LATE MARIANO DIMAANO CABASI WITH PORTION SALE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **MARIANO DIMAANO CABASI** WHO DIED ON MAY 18, 2022 AT SILANG SPECIALISTS MEDICAL CENTER, SILANG, CAVITE, LEFT A PARCEL OF LAND LOCATED AT BRGY. BUHO, SILANG, CAVITE, COVERED BY TAX DECLARATION NO. AA-18-0019-00402 WITH AN AREA OF TWO THOUSAND SEVEN HUNDRED EIGHTY-ONE (2,781) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. IRINEO A. ANARNA, UNDER DOC. NO. 99 PAGE NO. 21 BOOK NO. 333 SERIES OF 2023, NOTARIZED DATE JANUARY 14, 2023

BANTAYBALITA News Publishing Services
May 18, 25 & June 1, 2026

EXTRA JUDICIAL SETTLEMENT OF REAL ESTATE OF THE LATE ANTONIO CABATO SESMA

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **ANTONIO CABATO SESMA** WHO DIED ON APRIL 26, 2026 AT BRGY. SUNGAY EAST, TAGAYTAY CITY, CAVITE, THE REGISTERED OWNER OF A BPI SAVINGS ACCOUNT NO.: 0973175858, AMOUNTING TO FOUR HUNDRED FOURTEEN THOUSAND AND FIFTY-FIVE PESOS AND SEVENTEEN CENTAVOS (P414,055.17) ONLY, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 161 PAGE NO. 33 BOOK NO. V SERIES OF 2026, NOTARIZED DATE MAY 14, 2026

BANTAYBALITA News Publishing Services
May 18, 25 & June 1, 2026

EXTRA JUDICIAL SETTLEMENT OF ESTATE OF THE DECEASED VALERIANO D. CUSTODIO

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **VALERIANO D. CUSTODIO** WHO DIED ON JUNE 29, 2005 LEFT A PARCEL OF LAND DESCRIBED AS FOLLOWS: A.) TAX DECLARATION OF REAL PROPERTY NO. 12 0009 00134, SITUATED AT BRGY. CALUANGAN, MAGALLANES, CAVITE, CONTAINING AN AREA OF SEVENTEEN THOUSAND SIX HUNDRED NINETY-SEVEN (17, 697) SQUARE METERS, B.) TAX DECLARATION OF REAL PROPERTY NO. 12 0003 00067, SITUATED IN BRGY. BENDITA II, MAGALLANES, CAVITE, CONTAINING AN AREA OF FOURTEEN THOUSAND SIX HUNDRED EIGHTY-SEVEN AND FORTY-FOUR (14, 687.44) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE EDITHA HERNANDEZ-ORONICO, UNDER DOC. NO. 189 PAGE NO. 39 BOOK NO. LXVI SERIES OF 2021, NOTARIZED DATE FEBRUARY 23, 2021

BANTAYBALITA News Publishing Services
May 25, June 1 & 8, 2026

EXTRA JUDICIAL SETTLEMENT OF ESTATE OF THE DECEASED PERSON SPOUSES ELMER E. RUBIA AND ZENALDA AVILA RUBIA WITH DEED OF ABSOLUTE SALE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE SPOUSES **ELMER E. RUBIA AND ZENALDA AVILA RUBIA** WHO BOTH DIED ON APRIL 11, 2002 AT LUCENA CITY, LEFT A PARCEL OF LAND, SITUATED IN BRGY. LANCAAN, MUNICIPALITY OF BACOR, PROVINCE OF CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-210563, CONTAINING AN AREA OF TWO HUNDRED FIFTY-FOUR (254) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. FE B. AÑONUEVO, UNDER DOC. NO. 208 PAGE NO. 42 BOOK NO. 178 SERIES OF 2025 FEBRUARY 1, 2025

BANTAYBALITA News Publishing Services
May 18, 25 & June 1, 2026

EXTRA JUDICIAL SETTLEMENT OF REAL ESTATE OF THE LATE EDUARDO UMALI CRUZ WITH ABSOLUTE SALE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **EDUARDO UMALI CRUZ** WHO DIED ON OCTOBER 5, 2009 AT SAN JUAN DE DIOS EDUCATIONAL FOUNDATION, INC., PASAY CITY, LEFT A PARCEL OF LAND SITUATED IN BRGY. BUROL MAIN, MUNICIPALITY OF DASMARIÑAS, PROVINCE OF CAVITE, COVERED BY TRANSFER CERTIFICATE OF TITLE NO. T-1283034 CONTAINING AN AREA OF TWO HUNDRED (200) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 102 PAGE NO. 21 BOOK NO. V SERIES OF 2026, NOTARIZED DATE MAY 12, 2026

BANTAYBALITA News Publishing Services
May 18, 25 & June 1, 2026

EXTRA JUDICIAL SETTLEMENT OF ESTATE OF MAGDALENA CARAMILLO AND FELIX CARAMILLO WITH DEED OF ABSOLUTE SALE (PORTION ONLY)

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **MAGDALENA CARAMILLO** WHO DIED ON DECEMBER 11, 2017 AT BRGY. GUINHAWA SOUTH, TAGAYTAY CITY AND **FELIX CARAMILLO** WHO DIED ON JULY 30, 2008 AT BRGY. GUINHAWA SOUTH, TAGAYTAY CITY, THAT SAID DECEASED IS THE REGISTERED OWNER OF OCT/TCT/ CLDA NO. PIN-129-00-008-009-009, LOCATED AT BRGY. GUINHAWA SOUTH, TAGAYTAY CITY, CONTAINING AN AREA OF ONE THOUSAND TWO HUNDRED THREE (1,203) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. CHERELIE D. BUGARIN, UNDER DOC. NO. 457 PAGE NO. 93 BOOK NO. VIII SERIES OF 2026, NOTARIZED DATE MAY 13, 2026

BANTAYBALITA News Publishing Services
May 18, 25 & June 1, 2026

DEED OF EXTRA JUDICIAL SETTLEMENT OF ESTATE

NOTICE IS HEREBY GIVEN THAT THE ESTATE OF THE LATE **LILIAN DE LEON CHING** WHO DIED ON DECEMBER 31, 2025 AT DASMARIÑAS, CAVITE, LEFT A PARCEL OF LAND DESCRIBED AS FOLLOWS: A.) TRANSFER CERTIFICATE OF TITLE NO. T-744670, SITUATED AT BLK. 14 LOT 1, REGATA WEST, BRGY. BUCANDALA III, IMUS CITY, CAVITE, WITH AN AREA OF SIXTY-EIGHT (68) SQUARE METERS, B.) TRANSFER CERTIFICATE OF TITLE NO. 057-2013017660, LOCATED AT BLK. 1 LOT 1, PACIFIC TERRACES COMMUNITY, BRGY. CARSDANG BAGO I, IMUS, CAVITE, WITH AN AREA OF ONE HUNDRED FIVE (105) SQUARE METERS, C.) TRANSFER CERTIFICATE OF TITLE NO. 057-2013017661, LOCATED AT BLK. 1 LOT 2, PACIFIC TERRACES COMMUNITY, BRGY. CARSDANG BAGO I, IMUS, CAVITE, WITH AN AREA OF ONE HUNDRED TWENTY-ONE (121) SQUARE METERS, EXTRA JUDICIALLY SETTLED AMONG LEGAL HEIRS, EXECUTED BEFORE NOTARY PUBLIC ATTY. GLEN ARCHIBALD A. VARGAS, UNDER DOC. NO. 500 PAGE NO. 100 BOOK NO. 5 SERIES OF 2026, NOTARIZED DATE MAY 25, 2026

BANTAYBALITA News Publishing Services
May 25, June 1 & 8, 2026

Three Hs of man's life, human and career development

To live successfully in this competitive world nowadays, individuals whether involved in the world of education as students or in the world of work as labor force, must learn how to cultivate the three Hs of their lives.

These three Hs stand for the head, heart and hand which respectively correspond to the three educational domains, namely: cognitive, affective and psychomotor.

The head, the first H, is basically concerned with the cognitive domain—the intellectual aspects of man's life. According to B.S. Bloom, cognitive domain involved knowledge and the development of intellectual skills. This includes the recall or recognition of specific facts, procedural patterns, and concepts that serve in the development of intellectual abilities and skills.

Daily, our knowledge system must be updated to become well-informed and fully aware of the phenomena and events surrounding us. For busy individuals, provide ample and quality time in reading newspapers, magazines, journals, books and the like; in viewing and listening television and radio programs; and in surfing the internet for the current events and other needed information as required in school and workplace. These must be practiced regularly.

The heart, the second H, on the other hand, involves in the affective domain—the behavioral aspects of man's life. The affective domain as espoused by Bloom, et al, includes the manner in which we deal with things emotionally such as feelings, values, appreciation, enthusiasm, motivation and attitude.

Development of individuals' positive or favorable attitude towards any venture in life is required. Emotional quotient or EQ of individuals shall be enhanced to achieve excellence.

Accordingly, emotional intelligence (EQ) refers to the capacity to recognize our own feelings and those of others, to motivate ourselves, and to manage well our emotions and our

relationships with others. In 1999, D. Goleman reported that emotional competence is a learned capability based on emotional intelligence that results in outstanding performance at work.

The hand, the third H, is involved in the psychomotor domain—the manual and technical aspects learned by men. To E.J. Simpson, the psychomotor domain includes physical movement, coordination, and use of the motor-skill areas. Development of these skills requires practice and is measured in terms of speed, precision, distance, procedures, or techniques in execution.

Thus, having gained updated knowledge is not enough for it must be put into actual practice. Hence, hands-on activities must be conducted to upgrade the skills of individuals.

The application of updated knowledge and upgraded skills must be coupled with positive or favorable behavior in dealing with any venture in man's life.

However, there is still a need for the fourth H which stands for health.

Having developed all the three aspects of man's life, these would be put in vain if the health of individuals is not in order. The physical aspects of our lives must be maintained through regular daily exercise, enough night sleep and proper diet. Annual physical and dental check-up is advised.

This reminds us of the quotation which states that "Health is Wealth."

So, why some people, whether students or workers, are more successful in life than their counterparts? The secrets had been revealed—they are well-informed and skillful individuals with favorable attitude in life coupled with physically healthy bodies. In short, they have a well-cultivated Hs of their lives.

Understanding the Hs of man's life is related to understanding the concepts of human development and the concept of career development. Thus, the concepts are herein digressed.

Human Development

Human beings are different from all other creations of Almighty God since they are more rational, wiser, and their development as human is much longer than any other living things.

Why is this so? Because every human being goes through, for several years, the following stages in life, namely: childhood, adolescence, young adulthood, adulthood, and old age.

What is the relationship of these life stages of humans and the stages of their career development? Accordingly, the stages of human development are in congruence with the stages of career development.

Let us understand these two phenomena—the life stages and its corresponding career stages, for everyone's guideposts, with the end in view of achieving success in life.

Stages of Human Development

Childhood starts from birth to age 15. This stage is comprised of infancy,



early childhood, middle childhood and late childhood.

Adolescence stage starts at age 16 to 20 with the following phases of life: pre-adolescence, adolescence and post-adolescence.

Young adulthood follows at age 21 to 29 years.

Meanwhile, adulthood starts at age 30 to 59 with the following phases, namely: early adulthood, middle age and late adulthood.

And finally, the old age



EDUCATOR'S BOOTH

By: Antonio G. Papa, PhD

starts at age 60 and over, the final chapter of one's life.

Career Development

Career development is an important aspect of human development and considered as both process and outcome.

Career development as a process. It is a life-long attempt to find a fit or match between the requirements of a job and requirements of the person.

Career development as an outcome. The outcome of career development is the achievement of such fit. Another outcome is the career maturity. Career maturity is the ability to make a right choice of the right career by the person himself, not by other people putting pressure on him to make a choice.

On the one hand, career fit is being in, finding the right work/career that uses our skills/competencies,

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According to Donald Super, career stages comprise the following stages: growth that starts at age 1 to 14; exploration from age 15 to 24; establishment, 25 to 44; maintenance, 45 to 64; and decline from age 65 and over.

The following are manifested characteristics under each stage:

Growth. In this stage of career development, emphasis on development of self-concept through family, school and friendship experiences. Assuming greater importance towards the end of the stage is definition of interests and personal capability through social participation and reality checking.

Exploration. Multiple work-related events feature self-assessment and occupational and role expectations. The explorations are given form by the school, leisure and part-time work activities. Early in this stage (15-17 years), childhood and adolescence are characterized by a period of exploration through interests, capabilities and stage-appropriate social roles. By the end of this stage, the exploration phase is characterized by a period of exploration through interests, capabilities and stage-appropriate social roles. By the end of this stage, the exploration phase is characterized by a period of exploration through interests, capabilities and stage-appropriate social roles.

According to Donald Super, career stages comprise the following stages: growth that starts at age 1 to 14; exploration from age 15 to 24; establishment, 25 to 44; maintenance, 45 to 64; and decline from age 65 and over.

Maintenance. In this stage of career development, emphasis on development of self-concept through family, school and friendship experiences. Assuming greater importance towards the end of the stage is definition of interests and personal capability through social participation and reality checking. Multiple work-related events feature self-assessment and occupational and role expectations. The explorations are given form by the school, leisure and part-time work activities. Early in this stage (15-17 years), childhood and adolescence are characterized by a period of exploration through interests, capabilities and stage-appropriate social roles. By the end of this stage, the exploration phase is characterized by a period of exploration through interests, capabilities and stage-appropriate social roles.