

'Minor fire' causes mild panic at Marquee Mall

BY ASHELY MANABAT

ANGELES CITY – Billowing smoke coming from Marquee Mall in Barangay Pulung Maragul here adjacent to the North Luzon Expressway toll gate caused a mild panic inside the mall shortly after it opened Tuesday.

Netizens also began reporting on social media that the mall was on fire.

However, it was learned from reliable sources that the pipe where smoke comes out

of one of the mall restaurants clogged up causing the smoke to escape to the mall.

The incident also caused a small fire which aggravated the situation and contributed to the mushrooming smoke.

But mall authorities were quick to respond to the incident as well the fire department as they closed the mall until everything was placed under control.

No injuries were reported. **PAGE 6 PLEASE**



Billows of smoke rise out of Marquee Mall.

FACEBOOK PHOTOGRAB

SEA Games facilities 80% complete at New Clark City

BY DING CERVANTES

CLARKFREEPORT – The Bases Conversion Development Authority (BCDA) has reported to visiting senators over 80 percent completion of the 20,000-seater Athletics Stadium, the 2,000-seater Aquatics Center and the 1.4-kilometer Riverpark at the venue of the Southeast Asian Games later this year at the New Clark City.

PAGE 6 PLEASE



BCDA officials tour Senators Ping Lacson and Gregorio Honasan at the SEA Games venue in New Clark City. **CONTRIBUTED PHOTO**

Pampanga mass transit proposal now with NEDA

CITY OF SAN FERNANDO -- The proposed Pampanga Mass Transit System is already up for the approval of the National Economic and Development Authority (NEDA) in a bid to provide integrated road network linking urban centers and industrial areas in this province.

Study team leader Dr. Hussein Lidasan who led the presentation of the project to the NEDA last Tuesday, said the project "would provide a viable, environment-friendly

support the government in its fight against illegal drugs and terrorism. The student leaders committed themselves to this during the provincial peacebuilding seminar of the Kabataan Kontra Droga at Terorismo (KKDAT) initiated recently by various government agencies at the Bren Z. Guiao Convention Center here. **PAGE 6 PLEASE**

PAGE 6 PLEASE

Student leaders vow to join anti-drugs, terrorism campaign

CITY OF SAN FERNANDO-- Hundreds of student leaders from all towns and cities in Pampanga have pledged to

support the government in its fight against illegal drugs and terrorism.

The student leaders committed themselves

to this during the provincial peacebuilding seminar of the Kabataan Kontra Droga at Terorismo (KKDAT) initiated recently

ly by various government agencies at the Bren Z. Guiao Convention Center here.

PAGE 6 PLEASE

the ONLY BRIDAL FAIR in PAMPANGA worth going to

WEDDING DESTINATION: PAMPANGA YEAR ELEVEN

GRAND Bridal Fair

July 12-14, 2019

Event Centre 1, 2, and 3 SM City Clark

events & concepts by VOLTAIRE ZALAMEA presents

SM CITY CLARK

WEDDING ESSENTIALS

PUBLIC FIGURE

PEP

NLEX SCTEX

WXX

SM CITY CLARK

14 Lubao barangays declared drug-cleared

LUBAO, Pampanga—Fourteen more barangays in this town were declared drug-cleared Monday and several others expected to follow suit.

Mayor Mylyn Pineda-Cayabyab, who attended her last Monday flag-raising rites with

municipal employees, witnessed the awarding of certificates to the drug-cleared barangays and their respective barangay secretaries.

Included in the newest list of barangays where the drug menace has been stamped out

are San Pablo 1, San Matias, Sto. Cristo, San Juan, Sta. Lucia, San Nicolas 2, Sta. Barbara, San Agustin, Del Carmen, Sta. Maria, Santiago, San Sidro, Sto. Niño and Dela Paz.

Certificates were also given out to partner agencies who

have contributed in the various aspects of the drug-clearing process, including the Municipal Health Office which conducted the initial assessment and laboratory testing of drug dependents; Social Welfare and Development Office for

the social protection and Public Employment Services Office for the livelihood programs for qualified drug surrenderers.

Col. Jerry Corpuz, Lubao municipal police chief, and Glen Guillermo, information officer of the Philippine Drug Enforcement Agency, assisted in the awarding of certificates.

Irinea Bacani, local government operations officer, said the number of cleared barangays is expected to rise to 24 with other villages already in the final phase of the clearing evaluation.

The certification, however, should not be a reason for the barangay officials to scale down their efforts against the drug problem, the police chief said.

A drug-cleared barangay may repeat the whole clearing assessment process even with just a single confirmed case of drug pushing incident in the village.

Mayor Cayabyab said the awarding was sort of a send-off gift for her as she bade farewell to the municipal employees. She will relinquish the mayorship to Mayor-Elect Esmie Pineda on June 30 and, in turn, assume a post in the provincial board.

—Albert Lacanlale



Lubao Mayor Mylyn Pineda-Cayabyab and DILG officer Irinea Bacani join the chairmen of 14 drug-cleared barangays during simple awarding ceremony at the municipal hall on Monday. **PHOTO COURTESY OF ALBERT B. LACANLALE**

Town employee nabbed for drugs

By JOHNNY REBLANDO

SAN NARCISO, Zambales — A data encoder of the local government here was arrested by operatives of San Narciso Police Station during a drug-bust in Barangay Alusis here.

Police Capt. Noel Sitjar, head of San Narciso PNP, identified the suspect as Danilo De Guzman, 20, of Barangay Patrociño, San Narciso.

Report said the suspect was arrested while selling a transparent plastic sachet of shabu to a police poseur-buyer and recovered from him were two heat-sealed transparent plastic sachets containing illegal drugs.

The report added that De Guzman, a job-order employee at the San Narciso Municipal Hall, said that he needed the extra income by selling shabu.

The suspect now faces charges for violation of Sections 5 and 11, Article II of the Republic Act 9165 at the Provincial Prosecutor's Office in Iba, Zambales.

CSF council recognized for outstanding legislative performance

AFTER BEING recently hailed as the Most Outstanding Sangguniang Panlungsod in the regional level, the City Council of San Fernando landed as National Finalist in the Local Legislative Excellence Award held June 19 during the 2019 End Term National Assembly of the Philippine Councilor's League (PCL) in Cebu City.

Vice Mayor Jimmy Lazatin, together with Councilors BJ Lagman, Harvey Quiwa, Ayzel Macalino, Reden Halili, Tino Dizon and SK Federation President Gustav John Henson received the award. They were also joined by Secretary to the Sangguniang Panlungsod Avelina Lagman and former Department of the Interior of Local Government (DILG) City Director Irene Bacani.

Spearheaded by DILG and PCL, the awarding seeks to recognize City and Mu-

nicipal Councils in the Philippines whose accomplishments in local legislation contributed to the attainment of desirable socio-economic and environmental management outcomes benefitting the community and enhancing the development of the respective Local Government Units they serve.

Vice Mayor Lazatin, in an interview, said that various national agencies comprised the evaluation body which identified the Sanggunians who showed exemplary performance for legislating that help build the foundation of meaningful local administration and development.

"This recognition speaks that we in the Council—yours truly as the Presiding Officer together with our City Councilors—have achieved our desire for a dynamic, participative and development-oriented legislature,"

Lazatin added.

Among the accomplishments of the local Sanggunian were the high enactment and approval rate of the Executive-Legislative Agenda, approval of the Comprehensive Development Plan through resolution No. 2017-053 and approval of the partial reorganization that resulted to the rationalization of staff and personnel in the LGU.

For his part, Mayor Edwin Santiago lauded the Sanggunian's efforts in ensuring that all policies and issuances are formulated for the promotion of the general welfare. All these have contributed to the enhancement of public service delivery.

"The effective partnership of the executive and legislative is testament to the good governance and transparency drive of the City," the mayor furthered.

—CSFP-CIO



OUTSTANDING SANGGUNIAN. City of San Fernando Sangguniang Panlungsod led by Vice Mayor Jimmy Lazatin pose with their plaque as National Finalist in the Local Legislative Excellence Award given during the 2019 End Term National Assembly of the Philippine Councilor's League (PCL) in Cebu City. With the vice mayor are (L-R) SK Federation president Gustav John Henson, former DILG city director Irene Bacani, SP secretary Avelina Lagman, councilors Harvey Quiwa, Reden Halili, BJ Lagman and Tino Dizon. **CONTRIBUTED PHOTO**

SWIMMING LESSONS SAVE LIVES

PHOTOS COURTESY OF RIC GONZALES

More than a world record, Aqua Planet champions kids' advocacy

BY JOANNA "NING" CORDERO

CLARK FREEPORT – Only the announcement from Guinness Book of World Records is keeping Aqua Planet (AP) from

claiming the World's Largest Swimming Lessons (WLSL) in a single venue.

On June 20, a total of 1,819 participants officially joined the WLSL exceeding the current



Guinness World Record set in Florida, U.S.A. with 1,309 swimming participants.

AP is now awaiting the official confirmation from the World Waterpark Association and Guinness Book of World Records for the record-breaking feat.

Themed: "Swimming Lessons Save Lives," AP, in partnership with Bert Lozada Swim School, provided simultaneous free-swimming lessons highlighting different basic swimming techniques which includes breathing, floating, paddling and proper swimming strokes to children from public schools in Angeles City, Mabalacat City, and San Simon town.

Children from the indigenous Aeta communities and even the physically challenged kids were also given the opportunity to join the record-breaking event.

"We have a bigger number of participants this year and we are trying to beat the Guinness World Record of world's largest swimming lesson. We have enough lifeguards and coaches to make sure this event is safe and fun. We are doing this because we believe that swimming is very important and it can save lives," AP general manager Simon Jiang said.

Through the years, Aqua Planet has evolved and broadened its scope to include helping children through education, disaster response and other related programs.

Dr. Irineo "Bong" Alvaro Jr., president of BB International Leisure and Resort Development said the event is more than the price of Guinness World Record because the mission to teach the children how to swim is equally important.

"We want the children to

be at peace with water. Learning how to swim can save not only your life, but you can save lives of others too. This is a yearly event and every year we want to do better, greater and bigger. With what's happening now, we want to do more and we want to continuously improve," he added.

Aside from learning the survival skills on swimming, the children were also given safety reminders on what to do during earthquakes especially if they happened to be inside the water park.

"We are proud of this project. We want to show the world that in the Philippines we have one of the best water theme parks. Aqua Planet is an international site with international standard. This event is part of giving back to the community. We don't mind spending millions as long as we do our mission," Alvaro stressed.

RETRO NIGHT

Time travel to the 80s at Charley's! Bop to your favorite hits and get your neon on with signature 80s cocktails starting at PHP 260 each.

Available every Friday and Saturday of July to August 2019.

Charley's

For reservations, please call (045) 599 8000 or book a table via our website www.questhotelsandresorts.com/clark



Quest Plus
CONFERENCE CENTER - CLARK

Editorial

For all their worth

TREES REDUCE sun exposure, air pollution, and flows of soil nutrients in stormwater.

Trees provide shade and cooling, habitat and greater biodiversity.

Trees assist in carbon trading.

Trees avoid costs of infrastructure damage.

Trees enable health and energy savings.

Trees increase property values.

Trees improve mental well-being.

Trees reduce heat-related stresses.

Trees encourage outdoor activity.

Trees reconnect children to nature.

Trees improve community cohesion.

Trees reinforce sense of pride of place.

So, their worth to human life has long been established.

So, their wholesale, indiscriminate cutting is long practiced.



(A memorial to Arbor Day, June 25, 2019)

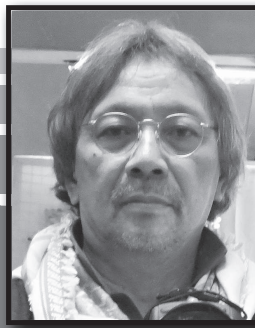


LLL Trimedia Coordinators, Inc.
Publisher

General Manager **Atty. Gener C. Endona**
Editor **Caesar "Bong" Lacson**
Marketing Manager **Joanna Niña V. Cordero**
Layout **Dondie B. Ventura**
Circulation **Lacson Macapagal**

Business & Editorial office at Unit B Essel Commercial Center,
McArthur Highway, Telabastagan, City of San Fernando
Tel. No. (45) 625-0244 Cel. No. 0917-481-1416
puntoitnangluzon@yahoo.com or marketing@punto.com.ph
http://www.punto.com.ph

Opinion



acaesar.blogspot.com

Zona Libre

Bong Z. Lacson

CRK sucks

CHILLAX, I'M flying out of Clark.

Yeah, sans the horrendous Manila traffic to NAIA, absent the congestion at its terminals, Clark's a breeze. No rush, no rush. Still able to put this paper to bed Thursday, with a lot of time to spare for my 5:30 p.m. Philippines AirAsia flight to Incheon. So, with the old dependable Yaris drove leisurely to CRK.

Well, what do you know! Clark airport ain't the same anymore.

The Park-and-Fly area is now right by the very gate, over 400 meters – I reckon – from the terminal. A long, tedious walk even with but a hand-carried roller luggage in tow. And in this hot weather, a capital punishment for park-and-flyers.

Transferring the P-A-F from where it used to be – a two-minute gait to the terminal – is simply genius – evil, sadistic genius.

For ease of park-and-flyers, sheer logic and practicality too, their designated area should be nearest the terminal. They leave their cars and walk. Giving those lots to vehicles of fetchers, greeters and welcomers defeats P-A-F's very reason for being.

Fetchers generally come with their own drivers. They can be dropped off at the greeters' area and their vehicles parked farther, say near the gate where the P-A-F is now, and texted or called when the passenger being fetched has come out of the terminal. Basic practical sense.

Good there was this Grab driver who took pity on this senior profusely sweating as he walked to the terminal and gave him a lift.

Good too that those CIAC security people checking tickets and passports prior to entry are most courteous and helpful, especially to this senior who was waved to the front of a short queue and assisted with his luggage to the X-ray machine. Those security officers turned out to be the saving grace in this last Clark airport experience.

At the sound of the full body metal detector, I was asked to remove my belt and watch, and repeat the process. Okay.

Still good at the PAA check-in counter: one luggage tagged in, a back pack for carry-on. Boarding pass though had to be held pending presentation of travel tax receipt.

That evil, sadistic ingenuity came to the fore anew. A long line snaked down to the half of the terminal to the TIEZA counter manned by two personnel: one "evaluator" and one cashier, each seemingly taking his own sweet time at his oh-so-important function of getting P1,600

from each air passenger.

I pitied one passenger who had to beg to get ahead of the line as his flight was announced to be already boarding.

Yeah, whatever time saved in going CRK – compared to taking NAIA – is wasted at that travel tax traffic.

It won't tax TIEZA's brain to expand its little corner and add to its personnel at the CRK to make life a lot easier for the passengers. Of course, assuming TIEZA has brains.

The long queue would have been more tolerable if air-conditioning was working on that side of the terminal. As it obviously was not, we all had that feverish feel – me soaked in sweat to my skin.

And with the mass of passengers checking in that side where post-quake repairs were still being undertaken, the heat really turned oppressive.

Come to think of it, we all hailed the Clark International Airport Corp. for managing to resume airport operations "within the fastest possible time" after the damage to the terminal wrought by the April 22 temblor.

Two months after, CIAC still had to finish its "minor repairs" of part of the terminal wall and ceiling. To the sufferance of the passengers.

True, we await with joy and gladness the completion of the new world-class CRK terminal with its promised ease, convenience, and comfort to the passengers. In the meantime, can't we at least be spared of these Third World aggravations?

CIAC owes this to the public. After all, it is stated as one of its core values:

"We strive to always meet and exceed customer expectations by providing exceptional services and state of the art facilities."

State of the art facilities, my ass. On my return, 2:30 a.m. Sunday, had to walk again all the way to the P-A-F by the gate. But for the fence, it was in total darkness. Looking for the Yaris – amid all those vehicles parked every which way but proper – was like navigating a maze blindfolded.

Yeah, Clark airport sucks.

TODAY IN PHILIPPINE HISTORY

Manila proclaimed as the capital of the Spanish colonial administration in the Philippines

ON JUNE 24, 1571, Manila was proclaimed as the capital of the Spanish colonial administration in the Philippines

Earlier in Cebu, Spanish colonizer Miguel Lopez de Legazpi, having heard of the rich resources of Manila, dispatched two of his lieutenant-commanders, Martín de Goiti and Juan de Salcedo, to explore the northern region.

On May 8, 1570, they arrived in Manila and were welcomed by natives and formed an alliance with Rajah Sulayman, a Muslim king who ruled the place at that time. However, the local sensed the true ob-

jectives of the Spaniards and a battle between the troops of Sulayman and the Spaniards erupted. As the Spaniards were heavily armed, they were able to conquer Manila.

After hearing that the city had been conquered, Legazpi came to join Goiti in Manila. He formed a peace pact with the native councils, Rajah Sulayman and Rajah Lakandula.

On June 24, 1571, Legazpi finally established a permanent settlement, and he also ordered the construction of the walled city of Intramuros. He proclaimed Manila as the island's capital and permanent

seat of the Spanish colonial government in the western Pacific Ocean.

Manila became a replica of a European medieval city. There were churches, palaces and city hall built in the Spanish baroque style. In 1574, Manila was bestowed the title "Insigne y Siempre leal Ciudad de España" (Distinguished and ever loyal city of Spain) by King Philip II.

By the end of the 16th century, Manila had become a leading commercial center of East Asia, carrying on a flourishing trade with China, India, and the East Indies.

Only the curious will learn and only the resolute overcome the obstacles to learning. The quest quotient has always excited me more than the intelligence quotient. –Eugene S. Wilson



Halo-halo
Ding Cervantes

Opinion

Number of gods mushrooming

IN A supposedly Catholic country such as the Philippines, the variety of gods has continued to mushroom even among consistent Sunday Mass goers.

There's a god who does not really mind live-in arrangements outside of marriage, there's a god who backs "inclusivity" in every sex lifestyle, etc., there's yet another god who is contended with occasional prayers and excuses frequent sexual dalliances, etc.

These gods are in our neighborhoods and obeyed faithfully in daily lives. They thrive well because they are creations of assorted personal conveniences and excuses, certainly not the God who is strict about the Ten Commandments, Who tells us about the narrow gate and the way of the cross.

And there are people who, living with health and abundance, think of a god whose mercy will guarantee them true remorse and thus salvation in their last moments anyway.

I am reminded of writer John Young in catholicculture.org who wrote: "What of a deathbed conversion? Surely God may move people in a state of mortal sin to repentance when they are dying. True, he may, but there is no sound reason for assuming that a person who has deliberately rejected God by remaining in a state of mortal sin will be converted just before dying. Indeed, such persons sometimes resist all pleas to have a priest before they die; they seem to have lost all desire to repent."

It's not infrequent to hear people say they would not go to hell because they haven't committed serious sins as, say, Judas Iscariot or Adolf Hitler did.

Again, I see the works of John Young as being appropriate: "An associated hindrance to seeing how hell could ever be just is the failure to realize that a lost soul puts himself there, in the sense that what he becomes by his own free will leaves no option for him except hell. It is the natural consequence of his choice, the only state he is fit for. And even in hell, theologians teach, God's mercy may ensure that the damned suffer less than they deserve."

The last sentence is striking, saying that one doesn't have to kill millions of Jews

to qualify for hell. A lesser sinner may not be plunged into the deepest recesses of hell like Hitler, but could still deserve the eternity of hell above Hitler's abode, but also eternally. (BTW, many exorcists believe Hitler is in hell as could be gathered from diabolically possessed people.)

Of course, there are people whose gods never even created hell, so they pursue lives of unbridled fun, run by the philosophy that it's all okay for as long as you do not hurt any other human being. This is a philosophy totally disregarding spirituality, for harm to one's soul (by sinning against God's Decalogue) leads to disequilibrium to humanity that calls for retributive balancing. Something like the case of Adam and Eve's original sin that has affected us all.

In the case of Catholics, junking belief in hell is to waste all what could be learned from the apparitions of the Blessed Virgin Mary in Fatima, Portugal in 1917.

There, the Blessed Mother allowed three children to see hell. One visionary, Lucia dos Santos, described hell thus: "Plunged in this fire were demons and souls in human form, like transparent burning embers, all blackened or burnished bronze, floating about in the conflagration, now raised up in the air by the flames that issued from within themselves together with great clouds of smoke, now falling back on every side like sparks in a huge fire, without weight or equilibrium, and amid shrieks and groans of pain and despair, which horrified us and made us tremble with fear."

Again, here's writer Young on the eternity of hell: "There is something infinite about mortal sin; not in the sense that it would be an infinite act (our acts are only finite), but in the sense that it insults an infinite being. The greatness of the offense must be seen in relation to the greatness of the one offended. Once we grasp this, it becomes less difficult to see that even one mortal sin deserves hell."

SSS OFFICIAL STATEMENT

Mandatory coverage for OFWs

THE STATE-run Social Security System (SSS) on Wednesday stressed that the pension fund is duty-bound to implement the provisions stipulated under Republic Act 11199 or the Social Security Act of 2018 saying that it stands by the decision of the lawmakers to provide meaningful social protection to all Filipinos based here and abroad. The law was a product of in-depth and long discussions between the SSS, its stakeholders and the lawmakers from the upper and lower chambers.

The SSS management said that public consultation hearings were conducted during and after the passage of the Social Security Act of 2018 contrary to recent claims that some sectors, particularly the Overseas Filipino Workers (OFWs) community, were not consulted in crafting the law. Public consultation hearings on the SS Act of 2018 were held on March 1 and 4 in Cebu and Manila while a separate public forum on the provision of mandatory coverage of OFWs under said law was also conducted on April 29.

These hearings were attended by representatives from the Filipino Association of Mariners' Employment Inc., Philippine Association of Service Exporters Inc., Joint Manning Group, Associated Marine Officer's and Seamen's Union of the Philippines, Coalition of Licensed Agencies for Domestic and Service Workers Inc.

The pension fund said that SSS contributions should be seen as savings and not additional expense. SSS offers seven kinds of benefits - sickness, maternity, disability, retirement, funeral, death, and unemployment - which could all be availed of by OFWs.

SSS data showed that as of end-March 2019, OFW paying members or those who have paid at least one month of premium contribution, stood at 325,061 only as compared to the 2.3 million OFWs recorded in the latest Philippine Statistics Office data from April to September 2018.

The state-run agency also refuted claims that it is not doing its job of collecting premium contributions from mem-

bers especially through their employers. SSS records show that its contributions collections from members significantly increased since the current administration assumed office - from P132 billion in 2015 and P144 billion in 2016 to P159 billion in 2017 and to P181 billion in 2018.

The increase in contribution collections is the product of aggressive collection efforts being pushed by the current SSS administration which include the pilot implementation of the Run After Contributions Evaders, the SSS version of Operation Tokhang, and the issuance of Warrants of Distrains, Levy, and Garnishment to delinquent employers. Under the SS Act of 2018, a contribution penalty condonation program for employers is now in effect until September 1, 2019.

SSS also explained that not all of the 36 million registered members of SSS are regularly paying their monthly contributions. Some of these members registered only for the purpose of having an SS number while others paid contributions only once. -PR



Napag-uusapan Lang
Felix M. Garcia

'Only death penalty can minimize crimes'

PANAHON na para muling maibalik ng ating Batasan itong parusang 'death' o ang ating dating 'capital punishment,' na ilang taon nang ito ay 'abolished'

Ngayong ang krimen na iba't-ibang klase ay di lang marahil higit pa sa doble kaysa dati, bago naging presidente si Gloria Arroyo, na may-akda bale

Nang pagka-pawalang bisa ng parusang nasabi at siyang sa maraming halang ang bituka itong kumbaga'y nabigyan ng tsansang pamuling magpakasasa r'yan.

Na hayan, ang 'rapist, snatcher, hired killer,' drug addict, kidnapper, swindler' at holdaper, lalong dumami at pati na 'rape- murder' ay absuwelto rin sa naturang 'punishment'.

Pagkat kung may ninong na sinasandalan sa Congress, sa Senate o sa Malakanyang - gaano man kabigat ang kasalanan, ay ligtas sa ano mang kaparusahan!

Gawa ba ng tao ang patayin nito ang biktima niyonh sa droga ay lango gaya nang madalas batang paslit mismo itong na-'gang rape' sa mga tarantado?

Na tunay naman ding lumobo ang bilang ng mga biktima r'yan ng panghahalay, pati ang iba pang grabeng karahasan sapol nang alisin ang parusang bitay.

Sana naman itong kahit na katiting ay may malasakit sa gobyerno natin, partikular na r'yan itong magagaling na mga Solons ay ang bitay 'buhayin'.

Di kaya nang dahil sa itong pumayag ibaba sa 'life' ang parusang marapat ipairal ay nang dahil sila'y ilag sa 'lethal injection' kapagka minalas?

Sanhi na rin nitong ang nakararami sa'ting nabansagan manding honorable, iyan sa likod ng pagpakitang buti ay baka tago lang ang pagkasalbahe?

At kung kaya lamang na malamig sila sa isyung ang bitay ay ibalik nila, taongbayan na ang marapat humusga, kung dapat ibalik o kaya hindi na.

Kapag nagkaisa na atasan itong mga magagaling at mapuring Solon upang susugan ang ating 'constitution' habang ang nasa Palasyo ay si Digong.

Pagkat siya lamang ang nakadarama sa pintig ng puso't damdamin ng masa, na maibalik ang ganitong parusa para na rin sa'ting di ikabalisa.

At palaging saklot ng alalahanin na baka habang ang tulog ay mahimbing ng buong pamilya, mga taong itim ang kaluluwa ang manloob sa atin.

Ya'y mababawasan kundi man tuluyang mawala, kapagka ang sentensyang bitay ay binuhay muli ng pamahalaan laban sa salot ng ating Inangbayan!



RECOGNITION. On behalf of Gov. Lilia 'Nanay' Pineda, Vice Gov. Dennis 'Delta' Pineda, with (L-R) PDRRMO chief Angie Blanco, former ABC president Gerome Tubig, VG Office chief of staff Atty. Charlie Chua, Third District board member Rosve Henson and DILG provincial director Myrvi Fabia, receive a plaque of appreciation from LTC Felix Emeterio M. Valdez for the invaluable support of the Provincial Government of Pampanga to the 48th Infantry (GUARDIANS) Battalion in maintaining Internal Peace and Development.

PHOTO COURTESY OF JUN JASO/PAMPANGA PIO

SEA Games facilities 80% complete at New Clark City

FROM PAGE 1

BCDA president-CEO Vince Dizon toured recently Sen. Gregorio Honasan II and Sen. Panfilo Lacson to the site covering Phase 1A of the P120-billion New Clark City in Capas, Tarlac.

The sports complex would be fully finished before Oct. 15 in time for the 30th SEA Games in November.

Also expected to be finished this year under Phase 1A is the National Government Admin-

istrative Center (NGAC) where national government offices are slated to be transferred, much like the government center in Putrajaya in Malaysia.

Five buildings of The Residences and two buildings of the Athlete's Village will be completed before the games, BCDA said.

The Residences is a 500-unit housing project to benefit thousands of government workers to be moved to NGAC while the Athlete's Vil-

lage is part of the world-class sports facilities to be used for the Philippines' hosting of the 30th SEA Games.

"Full government support is key in any world-class development and we're fortunate that a respected institution such as the Senate got to see the huge progress we made here in New Clark City," Dizon noted.

He lauded Congress for "playing a big role in inspiring the creation of more ambitious projects

that provide comfort and growth to our people."

Lacson lauded the progress of work at the New Clark City, saying "this is an example of hard work and efficiency paying off," describing the project as "a dream becoming a reality because the people assigned here are performance-oriented."

For his part, Honasan said "this is a classic example of what happens if there is a political will."

The 200-hectare mixed-used government

center, meant to decentralize state offices from the capital, will primarily host offices of various government agencies.

Nearly 10,000 athletes from Brunei Darussalam, Cambodia, Indo-

nesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor-Leste, and Vietnam are expected to gather at Clark from November 30 to December 10 for the SEA Games.

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **JUSTINO SUNGLAO** who died intestate on October 12, 2001 in the City of San Fernando, Pampanga, **CARMELITA SUNGLAO** who died intestate on February 2, 1995 in Makati City, **MARIA SUNGLAO** who died intestate on September 10, 2009 in Guagua, Pampanga, **RODOLFO SUNGLAO SR.** who died intestate on September 25, 2009 in Guagua, Pampanga, **EVARISTO SUNGLAO** who died intestate on January 24, 2003 in the City of San Fernando, Pampanga and **HERMINIA SUNGLAO** who died intestate on August 12, 2015 in Guagua, Pampanga executed an Affidavit of Extrajudicial Settlement on their estate, more particularly described as Three (3) parcels of land covered by Original Certificate of Title No. 7093, Transfer Certificate of Title No. 119294-R and Transfer Certificate of Title No. 119295-R, before Notary Public Carlo Eduardo O. Evangelista as per Doc No. 359, Page No. 42, Book No. II, Series of 2016.

Punto! Central Luzon: June 24, July 1 & 8, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **MARIA SUNGLAO** who died intestate on September 10, 2009 in Guagua, Pampanga executed an Affidavit of Supplemental Extrajudicial Settlement on her estate, more particularly described as a parcel of land covered by Transfer Certificate of Title No. 042-2017007382 containing an area of Fifty Thousand (50,000) Square Meters, before Notary Public Cecil L. Andin as per Doc No. 351, Page No. 72, Book No. XXI, Series of 2018.

Punto! Central Luzon: June 24, July 1 & 8, 2019

Bagong Diwa Home Owners Association Pulung Bulu, City of San Fernando, Pampanga

Nais pong ipagbigay alam ng pamunuan at Board of Directors ng Bagong Diwa Home Owners Association. Kayu po ay idedefault o pagkakatanggal bilang miyembro ng asosasyon at pag alis ng inyong karapatan sa lupang inyong inookupahan sa kadahilang hindi ninyo pagtira at di pag babayad sa inyong obligasyon sa Social Housing Finance Corporation sa ilalim ng Community Mortgage Program at sa asosasyon.

PANGALAN NG MIYEMBRO	TAON NG DI PAGTIRA	OBLIGASYON O UTANG
Erlinda Vidas	10/27/1998	128,824.36
Crisostomo Baluyut	05/12/1993	125,677.19
Rosario Sahagun	05/12/1993	138,608.83
Regidor Del Mundo	05/12/1993	145,670.04
Aurora Liwag	05/12/1993	145,670.04
Alexander Cunanan	05/12/1993	146,608.83
Leonardo Cunanan	05/12/1993	158,364.81

Maraming Salamat Po,

Sumasainyo,

Annabelle D. Joven
HOA TREASURER

Ronaldo C. Salas
HOA PRESIDENT

Punto! Central Luzon: June 24, July 1 & 8, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **HONORIO L. BUAN** and **LOURDES DL. TOLENTINO** who died intestate on December 13, 2017 and June 6, 2005, respectively, executed an Affidavit of Extrajudicial Settlement with Sale on their estate, more particularly described as a parcel of land (Lot 12, Blk. 30 of the cons. subd. plan Pcs-035416-005641, being a portion of the cons. Lots 3840-B-3-A & B-3-C Psd-035416-059306, 3840-B-4-A & B-4-C psd-035416-059307, 3840-B-5-B, Psd-035416-058186 and Lot 1 Pcs-036416-005132 LRC Rec. No.) situated in the Bo. of Bulaon, Mun. of San Fdo., Prov. of Pamp. and covered by Transfer Certificate of Title No. 557290-R in the Registry of Deeds for the Province of Pampanga, before Notary Public Rodolfo S. Uyengco as per Doc No. 927, Page No. 71, Book No. LX, Series of 2019.

Punto! Central Luzon: June 10, 17 & 24, 2019

'Minor fire' causes mild panic...

FROM PAGE 1

ported due to the incident.

The following is the official statement of Marquee Mall on the incident.

"On June 25 at

around 10:15 a.m., a minor fire incident occurred at one of the food stalls inside Metro Supermarket. The mall immediately assisted customers and mall employees to evacuate the immediate area.

"At 10:30 a.m., the Bureau of Fire Protection declared fire under control and official fire out at 10:35am, and the mall has begun to allow customers and mall employees to enter the mall. Fortunately, no injury

was reported during the incident.

"Rest assured that Marquee Mall is not affected and the safety of our shoppers is our utmost concern as we resume normal mall operations. Thank you."

Pampanga mass transit proposal...

FROM PAGE 1

transportation mode for the province."

The road system proposal was pushed by outgoing House Speaker and Pampanga 2nd District Rep. Gloria Macapagal-Arroyo who has vowed to continue backing the Pampanga Megalopolis Plan that covers the new road project.

She described the megalopolis plan as "the vision of the Pampanga government to attract

more establishments, investments, and tourists by creating infrastructure projects such as roads and train systems giving people direct and fast access to airports."

The mass transit proposal said the project would "establish a transit system that will guarantee inclusive mobility and accessibility in the province, provide connectivity to an urban center, production areas, residential areas, commercial and industrial cen-

ters, and institutional and services areas."

The cost of the project has yet to be announced.

The proposal said the project would "be anchored on clean technology for an environmentally sustainable province and be supported by smart technology system for efficient and reliable operation and efficient fare collection system."

Meanwhile, Mrs. Arroyo reiterated that she

will quit politics after her term, but that she would continue to be a consultant of the Pampanga provincial government and focus on the Pampanga Megalopolis Plan.

"They asked me to help them from time to time, to be a consultant. So, I'd be happy to do that. Tapos sinabi ko where I think I can help is to follow through on the implementation of Pampanga Megalopolis Plan," she said.

-Ding Cervantes

Student leaders vow to join anti-drugs...

FROM PAGE 1

Over a thousand student leaders vowed to cooperate and help in the campaign, organizers said.

The seminar was initiated by the Pampanga Peace and Order Council, in partnership with the Department of

the Interior and Local Government, Department of Education, Philippine National Police, and the Armed Forces of the Philippines "to raise the awareness and promote advocacy against the use of illegal drugs, and prevent the possible recruitment of the youth in terrorist-affiliated groups."

DILG provincial officer Myrvi Fabia said the seminar "aimed to educate and engage the youth in discussions about the ill-effects of illegal drugs and terrorism in the society."

She said it "also served as an avenue for students to voice out and

clarify their concerns relative to the government's programs in combating illegal drugs and terrorism."

The student leaders signed a document committing themselves to the campaign against illegal drugs and terrorism under the KKKDAT.

-Ding Cervantes

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **OSCAR PARUNGAO** who died intestate on March 1, 2019 executed an Affidavit of Extrajudicial Settlement with Sale on his estate, more particularly described as a parcel of land (Lot 4308-A-1C of the subd. plan (LRC) Psd-341073, approved as a non-subd. project, being a portion of Lot 4308-A-1 (LRC) Psd-15, LRC Cad. Rec. No. 146) situated in the Bo. of Balite, Mun. of San Fdo., Prov. of Pamp. and covered by Transfer Certificate of Title No. 470064-R in the Registry of Deeds for the Province of Pampanga, before Notary Public Rodolfo S. Uyengco as per Doc No. 1046, Page No. 94, Book No. LX, Series of 2019.

Punto! Central Luzon: June 10, 17 & 24, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **ISMAEL PARAS DIMATULAC** who died intestate on March 28, 2019 in the City of San Fernando, Pampanga executed an Affidavit of Extrajudicial Settlement with Waiver of Rights on his estate, more particularly described as a parcel of land (Lot 1 of the consolidation-subd. plan (LRC) Pcs-22929, being a portion of the cons of Lots 4377-A-2-B and 4377-A-2-C (LRC) Psd-15661, LRC Cad. Rec. No. 146) situated in the Bo. of Telabastagan, City of San Fernando, Province of Pampanga and covered by Transfer Certificate of Title No. 194969-R, before Notary Public Leila Mae M. Estabillo as per Doc No. 409, Page No. 83, Book No. 3, Series of 2019.

Punto! Central Luzon: June 10, 17 & 24, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **CONSTANCIO MAGAL DEL ROSARIO** who died intestate on January 12, 2019 in Salapungan, Candaba, Pampanga executed an Affidavit of Extrajudicial Settlement on his estate, more particularly described as money deposited with the Veterans Bank, baliwag, Bulacan Branch under Savings Account No. 0053-332203-101 in the amount of Twenty One Thousand Seven Hundred Seventy and 30/100 Pesos (P21,770.30) before Notary Public Rolando M. Castro as per Doc No. 90, Page No. 18, Book No. III, Series of 2019.

Punto! Central Luzon: June 17, 24 & July 1, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **PEDRO I. MANGUNE** who died intestate on November 25, 2018 in Mabalacat City, Pampanga executed an Affidavit of Extrajudicial Settlement on his estate, more particularly described as parcels of land, to wit:

Transfer Certificate of Title No. 577670-R

Lot 5, Block 17 of the subd. plan Psd-03-110588 being a portion of Lot 194-C, Psd-055272, LRC Rec. No.) situated in the Bo. of Sta. Maria, Mun. of Mabalacat, Prov. of Pampanga;

Transfer Certificate of Title No. 045-2013007707

Lot 4, Block 17 of the subd. plan Psd-03-110588 being a portion of Lot 194-C, Psd-055272, LRC Rec. No.) situated in the Bo. of Sta. Maria, Mun. of Mabalacat, Prov. of Pampanga;

Transfer Certificate of Title No. (418664)043-2018008776

Lot 4, Block 4 of the subd. plan (LRC) PSD-123520, being a portion of Lot 2670-B (LRC) PSD-118951, LRC Rec. No. 1879) situated in the Bo. of San Isidro, Mun. of Tarlac, Prov. of Tarlac;

Transfer Certificate of Title No. (T-225012) 043-2018008712

Lot 3, Block 4 of the subd. plan (LRC) PSD-123520, being a portion of Lot 2670-B (LRC) PSD-118951, LRC Rec. No. 1879) situated in the Bo. of San Isidro, Mun. of Tarlac, Prov. of Tarlac;

before Notary Public Venancio Q. Rivera III as per Doc No. 410, Page No. 15, Book No. XLII, Series of 2019.

Punto! Central Luzon: June 17, 24 & July 1, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **HELEN S. GARCIA** who died intestate on November 24, 2018 in Sacramento, California, U.S.A. executed an Affidavit of Extrajudicial Settlement with Waiver of Rights on her estate in the form of three (3) bank accounts, more particularly described as follows:

1. Approximately Fifty Two Thousand Eight Hundred Thirty Seven and 52/100 Pesos (P52,837.52) deposited in Savings Account No. 297-3-297-25759-6 at Metrobank - Angeles City, Sto. Rosario Branch;
2. Approximately Six Hundred Seventy Four and 11/100 U.S. Dollars (\$674.11) deposited in Savings Account No. 000514-0125-39 at Bank of the Philippine Island - City of San Fernando, Consunji Branch;
3. Approximately Seventy Five Thousand Nine Hundred Eleven and 2/100 Pesos (P75,911.02) deposited in Savings Account No. 40051400633 GSIS eCard Plus at Union Bank-GSIS Branch;

before Notary Public Jerome Carlo C. Castro as per Doc No. 403, Page No. 82, Book No. III, Series of 2019.

Punto! Central Luzon: June 17, 24 & July 1, 2019

NOTICE OF EXTRAJUDICIAL SETTLEMENT

Notice is hereby given that the heirs of **RODOLFO SALENGA SUAREZ** who died intestate on May 19, 2018 in Houston, Texas, U.S.A. executed an Affidavit of Extrajudicial Settlement with Waiver of Rights on his estate, more particularly described as parcels of land, to wit:

Transfer Certificate of Title No. 23044

Lote No. 28, Block No. 3 del plano de subdivision Psd-546, porcion de los tres lotes consilodados Nos. 531, 532 y 832 de la medicion catastral de Angeles, situado en el lado No. del Callejon No. 58, Municipio de Angeles;

Transfer Certificate of Title No. 23045

Lote No. 30, Block No. 3 del plano de subdivision Psd-546, porcion de los tres lotes consilodados Nos. 531, 532 y 832 de la medicion catastral de Angeles, situado en el lado SE. del Callejon No. 58, Municipio de Angeles;

Transfer Certificate of Title No. 23046

Lote No. 31, Block No. 3 del plano de subdivision Psd-546, porcion de los tres lotes consilodados Nos. 531, 532 y 832 de la medicion catastral de Angeles, situado en el lado No. del Callejon No. 58, Municipio de Angeles;

Transfer Certificate of Title No. 73861

Lote No. 14, Block No. 3 del plano de subdivision Psd-546, porcion de los tres lotes consilodados Nos. 531, 532 y 832 de la medicion catastral de Angeles, situado en el lado No. del Callejon No. 58, Municipio de Angeles;

Transfer Certificate of Title No. 73862

Lote No. 15, Block No. 3 del plano de subdivision Psd-546, porcion de los tres lotes consilodados Nos. 531, 532 y 832 de la medicion catastral de Angeles, situado en el lado NE. del lacalle No. 2, Municipio de Angeles;

Transfer Certificate of Title No. 73863

Lote No. 13, Block No. 3 del plano de subdivision Psd-546, porcion de los tres lotes consilodados Nos. 531, 532 y 832 de la medicion catastral de Angeles, situado en el lado No. del Callejon No. 58, Municipio de Angeles;

before Notary Public Joan Marie Uy-Quiambao as per Doc No. 358, Page No. 25, Book No. XI, Series of 2019.

Punto! Central Luzon: June 17, 24 & July 1, 2019



Spotlight Arci Pineda

Shaina Magdayao shapes up!

A YEAR after revealing her hypothyroidism, Shaina Magdayao is now feeling a lot lighter and better. But she reminds her followers: "Be healthy not skinny."

Shaina Magdayao is feeling healthy "for the first time in years."

"Something great is happening to my body!!!" the ABS-CBN actress wrote in her latest Instagram post.

In 2017, Shaina spoke for the first time about her hypothyroidism or underactive thyroidism. The body does not produce enough thyroid hormones when a person has this condition. The National Institute of Diabetes and Digestive and Kidney Diseases in the U.S. says that thyroid hormones "control the way the body uses energy, so they affect nearly every organ in the body, even the way your heart beats."

Thus, not having enough thyroid hormones in the body can "slow down" many of the body's functions. Hypothyroidism is "much more likely to develop" in women than men. This diagnosis became a wake-up call for Shaina.

"I just realized that I should take better care of my health since I've been working since at really young age. And maybe I just don't realize it, but the physical neglect is probably catching up on me now."

Since then, Shaina changed her lifestyle. The 29-year-old star began to work out more, eat healthier, prioritize sleep, and stress less by taking on less work on television. On top of that, the younger sister of Vina Morales needed to take hormone pills. Now, the Past, Present, Perfect actress sees the results of her lifestyle change.

"Not my healthiest just yet, I still wake up sluggish some mornings—but a whole lot lighter and better [100 emoji]," her current Instagram post read.

At first, Shaina felt "hesitant" to post on Instagram the behind-the-scenes photos from a recent photo shoot. She was concerned that it might send the wrong message to her followers.

Her post read: "I knowww I lost weight *and I DONT WANT 'Ay ang payat mo na' or 'buti pumayat ka na' to flood this entry [flushed face]"

"I refuse to send the wrong message to my IG friends especially young women out there [heavy heart emoji] [praying emoji]"

"Ladies, I want you to FEEL BEAUTIFUL in your OWN SKIN [heart emoji] [rainbow emoji] [heart emoji]..."

With this in mind, Shaina encouraged her followers to refocus their fitness goals and strive to become healthy and not skinny. Though the Kapamilya homegrown talent "was never the 'healthy/conscious' type," her ongoing journey has reminded her of its benefits.

Among the things she improved was her sleeping habit, the kind of food she eats, and how she manages stress.

Shaina continued, "SWEAT the stress away, eat eat eat healthy because FOOD is MEDICINE [rainbow emoji] [100 emoji] I swear!"

"... It's been more than a year since I stopped eating meat (pork/chicken/beef), prioritising sleep and rest, letting go of s t r e s s and what matters most is that I feel great and lightFROM INSIDE OUT ! [100 emoji]"

Shaina reminded her followers that it will take commitment to live healthy.

"Wherever you are on your journey, please dont be too hard on yourselves and know that investing in your bodies, mind and health THE NATURAL WAY will be slowwww (months to yearsssss) not to mention challenging [woman facepalming] but IT. WILL. BE. WORTH. IT.

"Again, ladies, not skinny."

"Let's be #healthy [heart emoji] [heavy heart emoji] [heart emoji]"

"Next goal is to bring those lines back [tongue out emoji] and get rid of my Hypo maintenance meds!!! [old woman emoji]"

Read her full post as published below:

"Been hesitant to post these raw #bts pics because I knowww I lost weight *and I DONT WANT 'Ay ang payat mo na' or 'buti pumayat ka na' to flood this entry [flushed face]"

"I refuse to send the wrong message to my IG friends especially young women out there [heavy heart emoji] [praying emoji]"

"Ladies, I want you to FEEL BEAUTIFUL in your OWN SKIN [heart emoji] [rainbow emoji] [heart emoji]. And so Im posting this because

1. THE STAR MAGIC CATALOGUE is out and you can buy your copies now! [winking emoji]"

"2. And MOST IMPORTANTLY, instead of discouraging you, I hope this will encourage you somehow? [rainbow emoji] Something great is happening to my body!!! [rainbow emoji]"

"For the first time in years - I FEEL HEALTHY."

"Not my healthiest just yet, I still wake up sluggish some mornings - but a whole lot lighter and better [100 emoji]"

"Allow me to thank Dra. Aivee, Dr. Z and their newest baby #EmSculptmachine (30 mins a sesh = 20k sit ups) [rainbow emoji] This was taken after 5 sessions."

"Shoutout to my trainers Coach Nelson and Coach John for the patience with me, my stubborn hormones and my Hypothyroidism / low Immune system and out of this world allergic reactions [loudly crying emoji]"

"And let me end this with —> #realtalk"

"Those lines are almost non existent as of the moment after my EU trip [winking] [grinning squinting emoji] BUT to everyone who has been messaging about my Hypo battle -

"SWEAT the stress away, eat eat eat healthy because FOOD is MEDICINE [rainbow emoji] [100 emoji] I swear! I was never the 'healthy/conscious' type until I have been diagnosed and at my heaviest at 142 [see-no-evil monkey] Its been more than a year since I stopped eating meat (pork/chicken/beef), prioritising sleep and rest, letting go of s t r e s s and what matters most is that I feel great and lightFROM INSIDE OUT ! [100 emoji]"

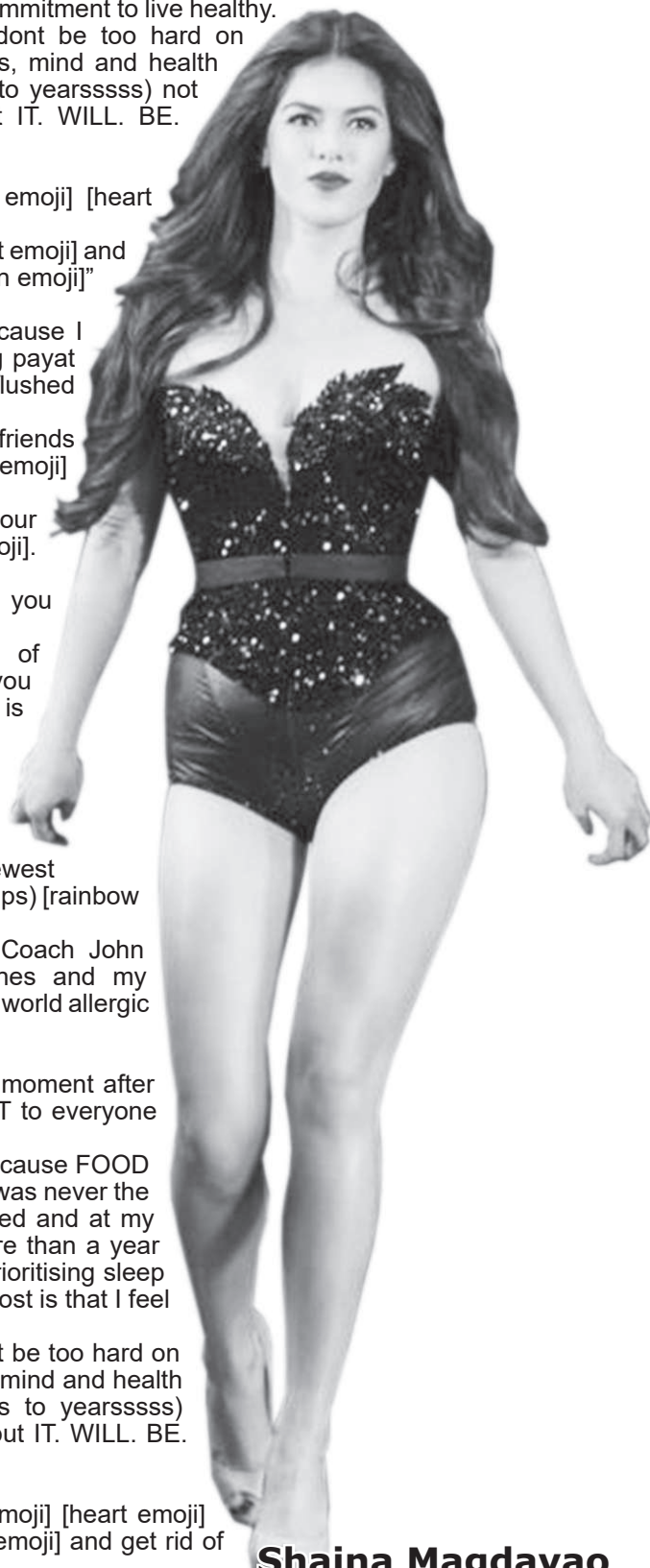
"Wherever you are on your journey, please dont be too hard on yourselves and know that investing in your bodies, mind and health THE NATURAL WAY will be slowwww (months to yearsssss) not to mention challenging [woman facepalming] but IT. WILL. BE. WORTH. IT."

"Again, ladies, not skinny."

"Let's be #healthy [heart emoji] [heavy heart emoji] [heart emoji]"

Next goal is to bring those lines back [tongue out emoji] and get rid of my Hypo maintenance meds!!! [old woman emoji]"

"#onedayatatime #DiaryofaHypothyroid #StarMagicCatalogue2019"



Shaina Magdayao



Aldo Ning Yoga: Uplifting the Pampanga community through Yoga

ANGELES CITY -- Yoga has been proven to be beneficial to the mind, body and soul. It is a Hindu practice of collecting oneself through meditation by learning not only its breathing techniques and proper posture but also establishing a spiritual connection with the surroundings and the verity within to nourish ones physical and emotional well-being.

On Saturday, June 22, yoga newbies and yogis aligned their chakras together and joined with the rest of the world in celebrating the International Day of Yoga through "Aldo Ning Yoga" held at the Isla Le Jardin Resort here.

With over 100 attendees, the event became a match-

made-in-dharma organized by Kapampangan Yogis in order to uplift and show awareness of the benefits of yoga and sound healing.

Shiela Ocampo, Kapampangan Yogi and yoga teacher at The Yoga Playroom said, "We really would like to bring awareness about yoga here in Pampanga. We know some people would like to try it but just don't know how and where."

She explained that "by creating this community, we are able to connect people to studios and teachers near them."

"We would like to break the perception of yoga that is only for flexible people. Yoga is for everybody," she declared.

During the event, Yoga

newbies and Yogis alike performed the 108 Surya Namaskar or Sun Salutation in a beautiful and powerful synchronized motion.

The 108 Sun Salutation is a series of poses that is performed repetitively in a single graceful flow.

According to Dr. Joy Chua of The Yoga Playroom, The Sun Salutation symbolizes universal love, eternity and awakening.

These salutes to the sun create positive impact on the mind, body and spirit. It is a practice in Hindu tradition believed to be connected by two equinoxes and two solstices to celebrate the season's change aligning with oneself as an op-

portunity to release the negativities and bring in the positivities for inner peace and zen together with the new season.

Sound healing and meditation was then followed and performed by Teacher Kara Basmayor as certified in Tibetan Singing Bowl Therapy and Sound Healing in Kathmandu Nepal of AbeAbe Yoga.

Sound healing is said to help improve sleep, lowers blood pressure, cholesterol and stress. It also lowers the risk of coronary artery disease and stroke.

An experience of deep state of relaxation and mental peace literally gives you the universal sound - "Omm..."

Ocampo said most yoga

classes being offered by different teachers are for all levels.

Teachers would adjust or modify according to the student's yoga journey phase, she added.

For Yoga classes, you can check these yoga studios located around the city — The Yoga Playroom, Yoga Angeles, Village Yoga and, and the AbeAbe Yoga in Bacolor.

You can also visit their corresponding Facebook Page for inquiries on their yoga schedules and other details.

A portion of the proceeds from the event will be donated to the women confined at the Bureau of Jail Management and Penology (BJMP) here.

—Joann Manabat-Valenciano

BUFFET Station Hub!

LUNCH BUFFET

PHP789 NET/PERSON

OPEN BAR +300 NET/PERSON

(12:00nn – 3:00pm)

DINNER BUFFET

PHP888 NET/PERSON

OPEN BAR +300 NET/PERSON

(6:00pm – 10:00pm)

TWO (2) FOOD STATIONS

PHP550 NET/PERSON

WIDUS HOTEL & CASINO CLARK

+6345.499.1000 • www.widus.com

f/widusclark @widusclark @widusclark



Cattle farm goes extra mile to protect environment

SAN SIMON, Pampanga – A cattle farm in Barangay San Pablo this town has exerted extra effort in environmental protection.

D' Meters Field Corporation, according to co-owner Mario Ong, is in the process of installing a seven-stage wastewater facility that surpasses the required three-stage water filtering system.

D' Meters Field Corporation is one of the top suppliers of various beef products to well-known meat-processing firms in the country.

Though still in the construction stage, the water filtering system is showing potential in environmental protection.

In a recent visit to the farm, Pampanga media observed that D' Meters Field Corp. wastewater does not emit foul odor as other feedlots would.

"The wastewater treatment facility usually used by farms only consists of three-stages, the digesting, settling and the final stage before it will be disposed. But on our case, we made it seven to ensure that our waste is clean and safe," Ong said.

With more than 3,200 heads of cattle held in the farm as of June, D' Meters is even looking for other means to make their farm more environmentally-friendly.

Ong said the 28-hectare farm has satisfactorily passed recent ammonia emission test conducted by the Department of Environment and Natural Resources (DENR).

While the allowable threshold unit of ammonia emission should not be more than five, D' Meters Field Corporation's emitted ammonia is only measured at two.

Ong said that even the smell from raw organic food and cow manure is controlled so as not to pollute the air of nearby communities.

The Environmental Compliance Certificate (ECC) issued to them by the DENR is also a manifestation of their commitment to ensure and sustain the orderliness and being environmental-friendly of their business.

D' Meters Field Corporation, Ong added, is keeping a good relation with the people of the village where it is conducting business.

Out of at least 381 people they employ, including those working in the slaughterhouse, 80 percent come from San Simon.

D' Meters Field Corporation is just one of the two cattle farms in the country which imports cows directly from Australia.

Aside from its contribution to the national economy, D' Meters Field Corporation gives out a total P5-million each month in the local economy in the form of salaries.

The amount is on top of the P5 million worth of taxes paid to the local government unit even as they comply with all the requirements set by the municipal government.

Ong said they hold



SM Cares conducts 5th Emergency Preparedness Forum for seniors, PWD

BY ASHLEY MANABAT

CLARK FREEPORT – Considering that senior citizens as well as persons with disabilities (PWDs) are the most vulnerable during emergency situations like disasters and calamities, SM Cares conducted an Emergency Preparedness Forum (EPF) for their safety and awareness.

Venus Manalang, SM City Clark public relations officer, said the EPF was conducted on June 21 at the mall with Dr. Arturo Daag, Chief Science Research Specialist of the Philippine Institute of Volcanology and Seismology (Phivolcs) and Dr. Ted Esquerro of the International Disaster Response Network.

With the theme: "Robust Preparedness Programs for SM-wide Resiliency Campaign," SM Cares, the corporate social responsibility (CSR) arm of SM Prime Holdings, Inc., said the EPF is its continuing thrust to make PWDs and aenior citizens more resilient and better prepared in times of disasters.

SM Cares now brings the forum across five SM malls nationwide from June 21 to July 12 in observance of the National Disaster Resilience Month.

This is the 5th EPF from what started in a single

venue and with now five SM malls nationwide.

It was gathered that the project is in line with the United Nations Sustainable Development Goal No. 11: To make cities and human settlements inclusive, safe, resilient and sustainable.

It is projected that by 2050, 70 percent of the world's population will be living in cities, making sustainability a critical priority.

SM, together with government agencies and community members, are collectively engaged in pursuing objectives to make cities safer, more resource-efficient, resilient and inclusive.

Participating malls include SM City Clark (June 21), SM City Marikina (July 2), SM City Dasmariñas (July 5), SM City Batangas (July 9), and SM Center Muntinlupa (July 12), all happening at the mall's event centers from 10:00 AM to 12:00 Noon.

"For our elderlies, we have our undeniable limitations such as mobility and sensory capacities. They may know that there is an emergency, but are unable to act upon it. We want to enlighten them that there are responses that they can do that best fits their situation. This is one way we want to strengthen the communities of our senior citizens," said Danilo Chavez, SM Cares Program Director for Senior Citizens.

corporate social responsibility programs regularly at the host barangay such as medical missions, feeding programs and other forms of assistance to the community.

–Albert B. Lcanlale



Republic of the Philippines
DEPARTMENT OF AGRARIAN REFORM
Municipality of Floridablanca
Province of Pampanga
Region III

MASTER LIST OF QUALIFIED AGRARIAN REFORM BENEFICIARIES (ARBs)

Landowner/s: (Write full names of all co-owners- Family Name/First Name/Middle Name)
ESTATE OF MARIA NIEVES SONGCO DE SANTOS

Location (Municipality/Barangay): Floridablanca/Calantas OCT/TCTNo. 27241-R TD No. Total Area: 16,8676 (has.)
Lot No. 289 Approved Survey No. Pgd-03-075147 (A/R) Crops Planted:

No.	Name of ARBs	Address	Name of Spouse	Present Status ¹	Position/ Designation ²	Length of Tenure/ Service (No. of Days)	Remarks
1.	Reynold M. Torno	Calantas, Floridablanca	single	Actual occupant		2,920 days	
2.	Elisa M. Reyes	Benedicto, Floridablanca	Ireneo M. Reyes	Actual occupant		5,475 days	
			xxxNothing Followsxxx				

Note: Put a big "X" in the row immediately after writing/typing/encoding the name of the last ARB in the list. Then put the words "NOTHING FOLLOWS". Use additional sheet, if necessary (Use additional sheet, if necessary)

Prepared by: Ma. Elice T. Morales, Agrarian Reform Program Technologist (Signature Over Printed Name)
Reviewed by: Blenardo H. Mandap, Senior Agrarian Reform Program Officer (Signature Over Printed Name)
Beneficiary Screening Committee - Chair (Signature Over Printed Name)

¹ Present Status (i.e., tenant, lessee, regular farmworker, seasonal farmworker, other farmworker, actual tillers or occupants of public lands, etc.)
² Position/Designation/Nature of Work (i.e., Laborer, Foreman, Supervisor, Kopatas, others, please specify, if applicable)
³ For Masterlist of Individual ARBs, place N/A (not applicable) on space for BSC.

Certified by: GEORGE SACUNING, Barangay Agrarian Reform Council Chairperson or Authorized Representative (Signature over Printed Name)
WITNESS: Signature over Printed Name

Approved by: EDEN B. PONIO, Provincial Agrarian Reform Program Officer II

SUBSCRIBED and SWORN to before me, this JUN 11 2019, 20__ in _____, the certifying BARC Chairman/Member having competent proof of identification

Doc. No. 0005
Page No. 0056
Book No. 0001
Series of 2019.

ATTY. M. TEA REPUJAN
PROVINCIAL AGRARIAN REFORM ADJUDICATOR
DARAB PAMPANGA
DAR Administering Officer
Passment to Section 50 of R.A. No. 6487 & DAR Administrative Order 01, Series of 2011

DTI to hold 2nd National Halal Congress in Clark

BY ASHLEY MANABAT
CITY OF SAN FERNANDO -- The Department of Trade and Industry (DTI) is set to hold the 2nd Philippine National Halal Conference on July 2 to

3 at the Quest Plus Conference Center at the Clark Freeport. This is in line with DTI's chairmanship of the Philippine Halal Export Development and Promotion Board and in

cooperation with other line agencies of the government. The two-day activity is themed: "Leveraging on Unified Opportunities for All-inclusive Growth in the Philippine Halal

Export Development and Promotion." Expected to attend the conference are 400 global and local stakeholders in the halal industry to share best practices and strategies

and to promote and develop the halal market worldwide. The event will also include discussions on innovations in the halal industry, research and development programs on halal services, including tourism and Islamic finance.

Business to Business (B2B) meetings will also be held and halal certified products will be exhibited. The event is expected to be attended by DTI Secretary Ramon M. Lopez and Undersecretary Abdulgani Macatoman, who will discuss the positioning of the Philippines as a respectable player in the global halal market.

Officials from the Department of Agriculture will discuss halal production and complementation while Department of Science and Technology (DOST) officials will discuss science and technology programs intended to support the halal industry.

Officials from the Department of Tourism will also discuss Muslim friendly services as an approach to halal tourism. A resource speaker from the University of the Philippines was also invited to brief participants on the basic principles of halal.

An official of the Islamic and Food Nutrition Council of America will also give an overview of the global halal industry, including trends and opportunities for local stakeholders while the harmonization of International halal standards will be discussed by an officer of the Standard and Metrology Institute for Islamic Countries. Breakout sessions will also be held to further discuss the growing demand for halal related services.

Officials from the Department of Agriculture will discuss halal production and complementation while Department of Science and Technology (DOST) officials will discuss science and technology programs intended to support the halal industry.

MAKE MOMENTS HAPPEN

More Adventures? CLARK CAN!



Sale Period: June 24 – 26, 2019
Travel Period: August 9 – December 31, 2019
Base fares are exclusive of Taxes and Fees, Web Admin Fee, and Fuel Surcharge. Terms and Conditions apply.

Book now at cebupacificair.com

PHP **399**
ONE WAY BASE FARE
Clark to Bacolod or Iloilo

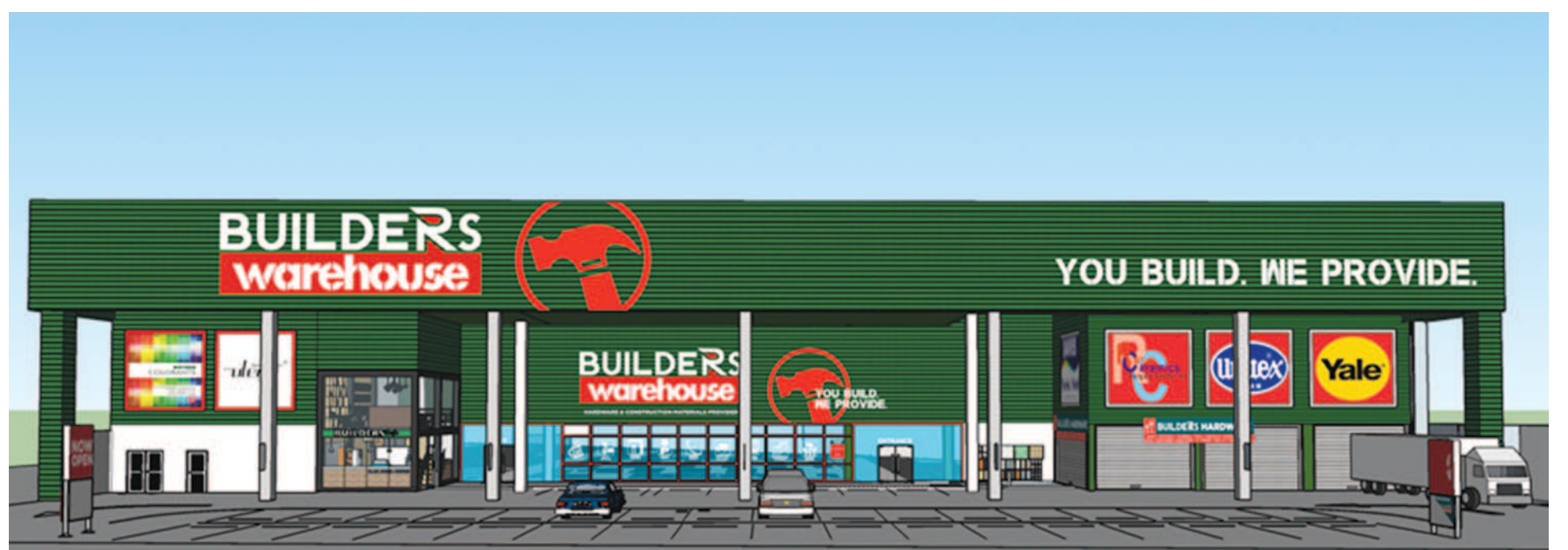
PHP **1,999**
ONE WAY BASE FARE
NEW Clark to Tokyo (Narita)

Just go!



getgo Book. Earn points. Fly for free. • [Facebook](#) [Twitter](#) [Cebu Pacific](#)

5J Domestic CAB Approval No. 2222-06-18-S.2019. 5J International CAB Approval No. 2223-06-18-S.2019. Quoted domestic and international one way base fares are exclusive of Taxes and Fees, Web Admin Fee, and Fuel Surcharge. Promo fares offered are limited and non-refundable but rebookable subject to fees and charges. At time of booking, pre-purchase your baggage allowance to save time and money at check-in. For your convenience, flight changes, availing of prepaid baggage allowance for check-in baggage and web check-in service can be done up to 4 hours before scheduled flight. International fare is on a book and buy basis. AVAILABLE NUMBER OF SEATS ON SALE PER ROUTE and v.v 5J DOMESTIC: CLARK TO: Bacolod: 940; Iloilo: 1,370. 5J INTERNATIONAL: CLARK TO: Tokyo (Narita): 2,850. Send your inquiries via direct message to the Cebu Pacific Facebook or Twitter. ASC Reference No. C1031061919C



Builders Warehouse to open second store in Malolos, Bulacan

WITH THE fast growth in the country's construction sector, Racal Holdings is opening in 3rd quarter this year its second Builders Warehouse store on a sprawling 1.6 hectare land along McArthur Highway in the City of Malolos in Bulacan. The first Builders Warehouse store was opened on December 8, 2018 in Dau in the City of Mabalacat in Pampanga on a 5,400 square meter land in front of the Dau Central Terminal. The Builders Warehouse in Malolos will have a selling area of 9,200 square meters, warehouse

area of 2,184 square meters, and parking area of 3,361 square meters. Its target market are the low to high income residents of Malolos City and nearby towns of Calumpit Guiguinto, Hagonoy and Bulakan in the Province of Bulacan. Builders Warehouse differentiates itself from its competitors as it serves its customers from start to finish of their construction projects. The store has a Builders Hardware located inside any Builders Warehouse that provides traditional building materials that traditional hardware has. Builders Hardware stores also have

coffee shop and covered parking area that offer convenience to its clientele. Central Luzon, in which the Provinces of Pampanga and Bulacan are part of, is one of the regions that have the highest concentration of construction activities in the whole country in the first quarter of 2019, along with CALABARZON, Central Visayas, Davao and Ilocos Regions. Sales of Builders Warehouse in Dau is steadily rising since its opening. The company decided to open in Malolos since it is the capital and most populous city of Bulacan. It has a lot of

subdivisions and a lot of infrastructure projects such as the railway project of the current administration is being constructed in this city. Builders Warehouse sources its products locally and from different countries such as Thailand, Malaysia, Indonesia, China, and others. The company aims to grow to 50 stores by 2025 across prominent cities and urban areas in the whole Philippines. Aside from the Malolos store, Tagaytay and Dasmariñas in Cavite, and Novaliches stores are expected to open before the end of this year or early next year.