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TACLOBAN
RIZAL AVENUE

VOL. XXX NO. 102

TUESDAY, DECEMBER 11, 2018

P15.00 IN TACLOBAN

After 117 years of waiting

Balangigiga bells to arrive Saturday

JOEY A. GABIETA

BALANGIGA, Eastern Samar- This town is in a frenzy as finally the bells taken away from their Church's fry will be repatriated back to them.

Workers are sprucing the town's plaza where a program for the turnover of the iconic Balangiga Bells is scheduled on Saturday (December 15).

The construction of the concrete stands where these three weighty bells are to be temporarily placed inside a small garden of the St. Lawrence The Martyr Parish are now finished.

To say that the town people are excited for the return of the bells-117 after

these were forcibly removed by the American soldiers- is an understatement.

For Constanca Calesterio,62, the coming of the bells is like a realization on the stories surrounding on the removal of the artifacts as told by her late father when she was a child.

"He narrated the story why the bells were taken from our church belfry before we go to sleep at night. Now that these bells are to be returned to us, we are really, really excited. No words

actually could describe how we feel right now," Calesterio, who help write the script during the reenactment of the incident every September 28, said.

Calesterio's father, Felipe (who died in 2013) was the son of Tomasa Abanador Campanero, niece of Captain Valeriano Abanador who led the attack to an American detachment on September 28,1901.

She also said that based *see Balangiga /page 9 ...*

With all 25 takers passing the examination

RTRMF produces three of this year's top 10 nursing board passers

TACLOBAN CITY- The Remedios T. Romualdez Medical Foundation (RTRMF), based this city, has produced three of this year's top 10 of the Nursing Licensure Examination conducted November of last year.

They were Kathryn Angelie Bugho who ranked number 2 with a passing rate of 86.80; Angelae Priscilla Cahilig who placed number 7(85.40); and Arianne Grapilon who landed at number 9 with a passing rate of 85.0.

The school's 25 takers all

passed the examinations. Bugho,21, said that she was in utter shock when she



The Remedios T. Romualdez Medical Foundation(RTRMF) produced three of the top 10 board passers of the Nursing licensure examination. They are Kathryn Angelie Bugho who ranked number 2 with a passing rate of 86.80; Angelae Priscilla Cahilig who placed number 7(85.40); and Arianne Grapilon who landed at number 9 with a passing rate of 85.0. (Photo Courtesy)

learned on the results showing her landing at number two in last year's Nursing examination.

"I am in total shock as I did not expect it," she said.

She said that all she wanted is to see all of them passing the examinations.

About 4,811 out of the 12,033 examinees passed the state-sponsored examination held in Tacloban City and other cities in the country on Nov.17 and 18.

The topnotcher, who was crowned last year as Miss RTRMF, said that she learned that she was ranked number *see RTRMF / page 6 ...*



The concrete stands where the three Balangiga Bells are to be temporarily displayed for the people to see are now being readied at the grounds of the St. Lawrence The Martyr Church.

DOH bestows LGUs, gov't offices for implementing anti-smoking policy

LIZBETH ANN A. ABELLA

PALO, Leyte - The Department of Health (DOH) here in the region extended recognition to government offices, provinces and local governments during the recently concluded regional awarding of health achievers.

The program, held on December 7, was highlighted with the awarding of Red and Pink Orchid Awards.

Red Orchid is the highest award conferred to those who responded positively,

installed necessary policies, and implemented direct action of achieving 100 percent smoke-free community.

It is followed by the second highest award, The Pink Orchid, and the third tier, the White Orchid.

Nineteen government offices including the health insurance offices of the Philippine Health Insurance Corp.in the cities of Ormoc, Naval, Maasin, Borongan, Catbalogan, and

Calbayog and Catarman were given the Red Orchid *see DOH/page 8 ...*



Tacloban young cancer warriors receive early Christmas gifts from various groups

TACLOBAN CITY-At least 39 children with cancer together with their siblings and families received their early Christmas gifts from various groups on Sunday (December 9).

The event was led by the Tingog Sinirangan party-list and joined by Philippine Toy Library, thanked Sirakwaraynon Eagles Club, Tacloban City Eagles Club, Lions International, Share Your Spare Singapore, Tacloban City Sangguniang Kabataan Federation president Thomas Diaz, and other individuals who collaborated with them for the event.

"This is our fourth party with them since April 2017. We give them two parties every year--the Summer Fun and Christmas Party," said Bunny Culibar-Celebrado, the youth chairperson of Tin-

gog Sinirangan party-list.

"We also give gifts to the siblings because we don't want them to feel like they're left behind. We understand that parents usually poured most of their time to their child who is a patient," Celebrado added.

During the party, dubbed as "Winter Wonderland Christmas," the children were entertained by magicians and showered with toys, gifts, balloon twist, and a bubble show.

Some children also performed special numbers for their parents and visitors. Also present were cancer-free children and the families and siblings of patients who already passed away.

"This is our thanksgiving program. We want our children to be always happy and remain positive," said Irene Sudario, a parent.

The 39 young cancer

warriors are under Dr. Joy Tobio of the Pediatric Oncology Ward at the Eastern Visayas Regional Medical Center.

She also thanked the Kids of the Kingdom Region 8, a pedia cancer and chronic illness support group in the city.

"We provide support group where children and their families are drawn close to God and get to know the promise of His words. Cancer steals, kills and destroys. But Jesus has come to give life and have it to the full," it said.

According to the group, they provide a "safe haven for children fighting for chronic illness such as cancer."

For support and donation to Kids of the Kingdom Region 8, text/call Dr. Joy Tobio, 0927 691 3706 or Charo Bajado, 0933 854 2878. **(RONALD O. REYES)**



TACLOBAN. A magician performs his tricks for children with cancer in Tacloban City on December 9. The event is part of the "Winter Wonderland Christmas Party" from Tingog Sinirangan party -list, Sirakwaraynon Eagles Club, Tacloban City Eagles Club, Philippine Toy Library, Lions International, Share Your Spare Singapore, Tacloban City Sangguniang Kabataan Federation, and other individuals.

(Photo by Ronald O. Reyes)

High-value target arrested in a sting operation in N. Samar town

CAMP CARLOS DELGADO, CATARMAN, Northern Samar- Another successful operation on Oplan Double Barrel Reloaded was launched by Philippine National Police authorities which resulted in the arrest of a high-value target drug personality in the municipality of Lapinig, this province.

Report disclosed that on December 8, 2018 at around 3 pm in Barangay Potong Del Sur of said town, joint elements of Northern Samar Provincial Anti-Drug Enforcement Unit led by Senior Inspector Wilfredo B. Jimenez, Jr., together with Lapinig Municipal Police Station(MPS) led by Inspector Nicanor A. Paracale in coordination with the Philippine Drug Enforcement Agency(PDEA)8 conducted a buy-bust operation

that resulted in the arrest of Leo Moscosa Silangan, 37, married, jobless and a resident of the said village.

The arrest of the suspect was a result of the intensified intelligence monitoring and surveillance of the suspect's illicit activities that prompted the operating teams to conduct buy-bust operation.

During the operation, in the presence of village chairman Rodrigo Quilicol and his councilor, Honorio Pagaspas and media representative, Arnold Capoquian, the suspect was subjected to bodily search, seizure and inventory of confiscated items.

Recovered from the suspect's possession were the following: three sachet of white crystalline substance believed to be shabu, marked money (P500 bill)

and another P500 bill.

Silangan was brought to Lapinig MPS for documentation and appropriate charges will be filled against him.

In this connection, the NSPPO under the leadership of Senior Supt. Reynaldo B. de la Cruz is soliciting the support of the public in our continuous campaign against illegal drugs.

Feel free to contact us at the following contact number and social media accounts: Provincial Police Community Relation Branch hotline number: 09065993368 or email us at our gmail account- nsp-popcrb@gmail.com; Facebook Page-Northern Samar Pulis; Webpage at nsp-pocrb.pnp.gov.ph for more details. **(PO1 JOHN RICKY BALANDAY/PR)**

DPWH opens road leading to a farm tourism site, waterfalls in Leyte

CARIGARA, Leyte- The Department of Public Works and Highways-Leyte Second District Engineering Office allocated a total of P85 million for the construction of a concrete road leading to Villaconzoilo Agri and Ecotourism Farm and Silawa Falls, both

District Engineer Carlos Veloso said that the project will provide convenient access for visitors who want to experience the natural forest atmosphere and the relaxing effect of the cool and clean waterfalls.

He added that this

At present, the road to Villaconzoilo Agri and Eco-Tourism Farm, located in Barangay Villaconzoilo, is now accessible.

However, the road leading to Silawa Falls, also located in the same village about seven kms away from the town center, is still under-way.

Meanwhile, the



in Burauen town.

The project involves 3.5 kilometers with the width of 6.1 meters and thickness of .028 meters, including culverts, excavation and embankment.

development will also open new opportunities to the community through the new income generating programs that will contribute to the growth of its economy.

Payapa at Masaganang Pamana (Pamana) has funded about P 9.85 million in addition to the road concreting works at Villaconzoilo leading to Silawa Falls. **(LIZBETH ANN A. ABELLA)**

Health office of Catbalogan City receives recognition from the DOH

CATBALOGAN CITY- The health official of this city is elated with the recognition given by the Department of Health(DOH) during a health achievers awards held on December 7, 2018.

City health officer Dr. Gerarda Tizon personally received the awards from DOH Regional Director Minerva Molon .

Catbalogan's City Health Office(CHO) received the recognition for attaining more than

the target of 85 percent on deworming, mass drug administration of 75-percent and above on schistosomiasis.

The office also received special award on Philippine Package of Essential Non-Communicable Diseases (PhilPen).

Tizon attributed the achievement of her office to the staunch leadership and support that the administration of Mayor Stephany Uy-Tan provided to them for the past years.

"Without the support from the city mayor, health programs that the City Health Office is implementing will not succeed," Dr. Tizon said.

Tizon also offered the awards to the hardworking public health professionals and barangay health workers (BHW) and volunteers for the unwavering passion and commitment in achieving these accomplishments.

"With all the chal-

see Health/page 6 ...

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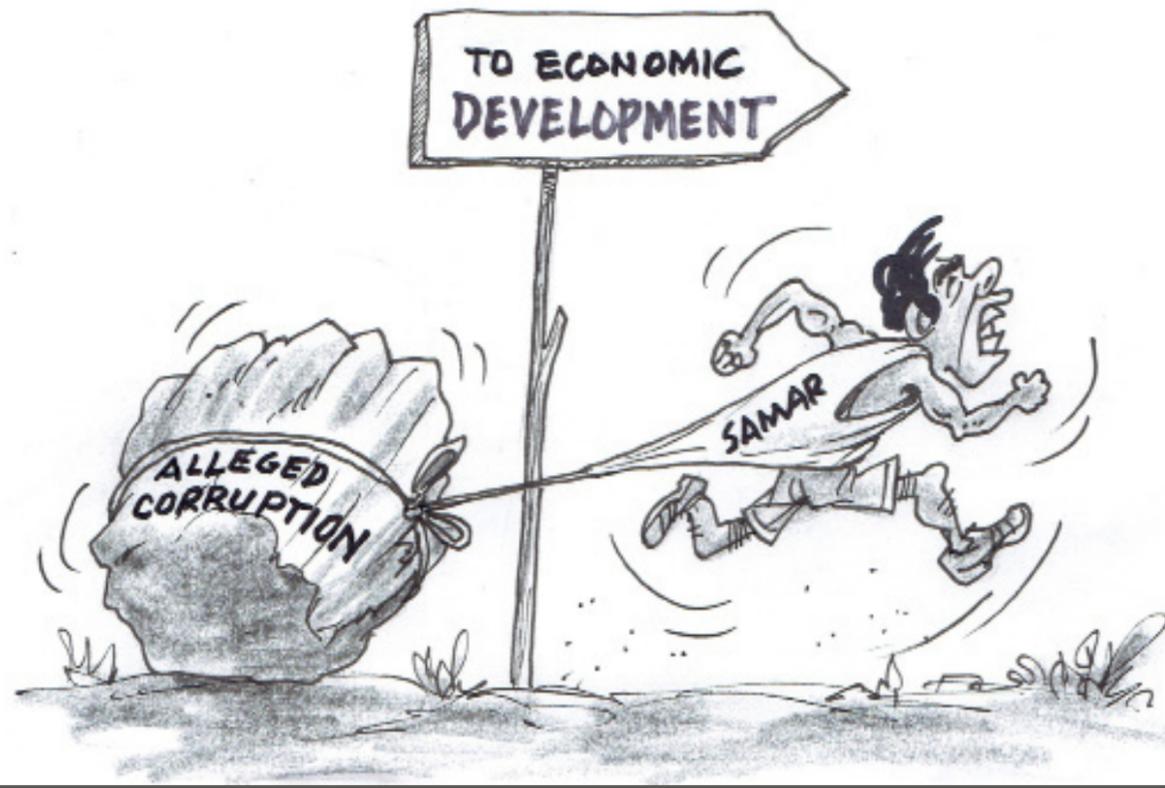
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A welcome move

To most people in the yet economically backward province of Samar, Ombudsman's recent issuance of suspension orders to selected local executives is a welcome move, in fact long overdue, as the province had for years been infested by allegedly corrupt political leaderships that had deprived it of economic development.

As a result of this alleged massive and prolonged irregularities in the past, the province remains to be one of the country's poorest, the majority of people hardly making it, if not at all, as they try to function normally in society. They suffer the worst ill-effects of extant graft practices. They have the worst, if not non-functional basic services, the reason being that the supposed budgets for those operations are accordingly siphoned into the pockets of certain individuals.

The province cannot afford to be forever at the mercy, and within the manipulative control, of corrupt politicians who, in a cyclical process, are eternally lodged in power by vote-buying schemes involving huge amounts of cash. Most

voters, being poor, are eager to sell their votes during elections, thus falling into the traps of vote-buying politicians in the area. But as soon as the latter assume office, networks of corruption eventually follow, leaving behind an impoverished province.

Now that the Ombudsman is at work, the people could only hope that more anomalies would be uncovered for the improvement of government services; and so that the people would get to know the culprits behind; and to at least warn the abusers of the people's taxes that corruption does not pay; that cheaters and dishonest leaders are a disgrace to the country; that irregularities in the face of hi-tech living are easily spotted nowadays; that there are more honest leaders who deserve to be in those positions.

Enough of endless corruption that had been hampering Samar's supposed development. This, in a way, is one implication that can be inferred from the said suspension orders from the Ombudsman. It's not just a welcome move, it's also mandatory in places where corruption is said to be deeply rooted.



Eating season

Coming our way soon are Christmas and New Year—the twin celebrations held in a row during both of which people prepare abundant and sumptuous foods on their tables just to greet these

two events. It is then during this time that people could eat to their heart's content, end up in the hospital, or even die of gluttony if moderation is not observed.

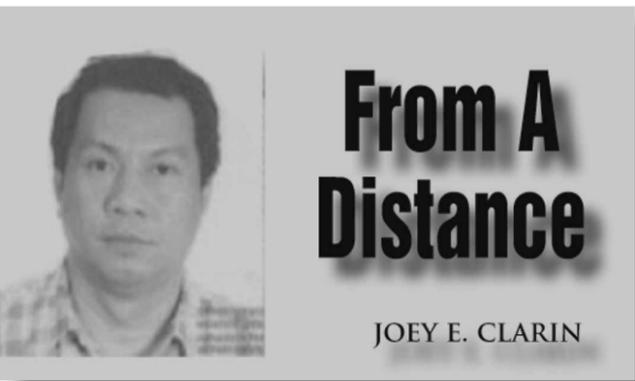
Since not all foods are

good for one's health as some could even ruin it, people with particular diseases and are disallowed to eat certain foods should guard themselves against those. They should not give in to the lure of delicious foods whose intake would just bring them harm than good. They should avoid them as much as possible or else they might impair their health and drain their pockets with hospital bills.

For sure, the holiday season should be for one's enjoyment and relaxation together with friends and loved ones.

But if one is not careful enough, the food-laden festivities could trigger some illness attacks. Foods with high cholesterol content, or uric acid, or sugar, etc., can aggravate existing ailments that, if not cured right away, can threaten one's life. What's the use of celebrating the occasions when one would just end up sick in bed as a result?

How unwise it is, and what a waste, when money is unnecessarily spent on something that results from carelessness. When you know see *Eating* /page 8 ...



From A Distance

JOEY E. CLARIN

Chel Diokno

People who belong to my generation, the dual citizens of this country can never forget Jose W. Diokno, the respected Senator and freedom fighter who was incarnated during the Martial Law period together with Ninoy Aquino, Nene Pimentel, Soc Rodrigo, Lorenzo Tañada and other leading opposition figures. But the millennials do not remember him anymore. That is the problem of his son, Jose Manuel “Chel” Diokno who is running for Senator this coming May 2019 elections.

Chel Diokno is running

as a nominee of the Liberal Party under the opposition coalition. He is a human rights lawyer who believes that the Senate remains an institution that can serve as a bastion for democracy and he will push for judicial reforms should he become part of the Senate. Diokno, who came from a family that fought for the country’s freedom from tyranny, said he did not aspire to be a politician but silence is no longer an option for those who do not want dictatorship to return. Diokno is De La Salle University College of Law founding Dean.



Commentary

By Fr. Roy Cimagala

What really matters

WE cannot deny that all throughout our life, we will always have to contend with differences and conflicts among ourselves. Our unity is not meant to be a uniformity. And if we know how to play our game well, so to speak, we would also know how to make use of our differences and conflicts to strengthen, not weaken, our unity. Our differences and conflicts can actually work for our unity, not division.

The secret is always to live the virtue of charity. That is what really matters in life. As St. Paul said, charity “bears all things, believes all things, hopes all things, endures all things. Love never fails.” (1 Cor 13,7-8) This is what brings us to heaven, in spite of our differences and conflicts.

It’s a pity that in our differences and conflicts we end up eaten up by anger, if not by hatred and all other forms of negativism—irony, sarcasm, bitterness, resentment, etc.

There are issues in life that can trigger not only different views, but also conflicting positions. And it would just be okay if we end up disagreeing with each other, regarding our differences as irreconcilable. We are not expected anyway to agree with each other on everything in life. But what is not okay is when we fall out of love for each other.

This does not mean that there are no right and wrong in our different and conflicting views, or that all positions hold the same value. Besides, most times we really would not know who or

He said the justice system should be reformed to ensure that the rights of every individual are protected and to promote social justice. If there is a crime, there has to be punishment, rich or poor.

While the Supreme Court issued a circular to speed up the justice system, Diokno said such measure could not be implemented due to lack of prosecutors and judges to handle the cases. How can justice work if there are no people?

The weakness of the judicial system, is the root of many evils in this country. Just look at the recent developments today in our judicial system, the lady justice is not anymore blind.

Let us support Jose Manuel “Chel” Diokno. His advocacy is to make justice work. He is pitching himself as the “voice of justice.” Rich or poor, there must be accountability and the certainty of punishment for anyone who breaks the law.

Chel Diokno earned his Philosophy degree from the University of the Philippines (UP) and a Juris Doctor of Laws from Ilineous University College of Law when he graduated Magna Cum Laude.

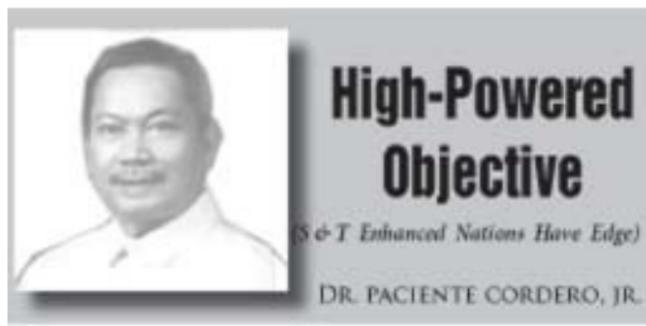
what is right and wrong, what is better or worse, in a particular issue. Whatever the case, we should try our best that we do not fail to live charity among ourselves.

Nowadays, there are issues that are considered hot, controversial, divisive. They usually are political in nature, or they can be social, as in the case of gender, or cultural, as in the case of the difference between nationalism and patriotism.

They can be matters of science, as in the question of global warming and climate change. They can even be issues about faith and religion.

Of course, each one of us has the right to express his view as forcefully as possible. It is just hoped that the forcefulness does not undermine the virtue of charity. We should try to learn how to be forceful and charitable at the same time in our discussions of issues. This is possible and it is imperative that we manage to learn to blend them.

We need to continually ask and check our-



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DR. PACIENTE CORDERO, JR.

Payao - A key to bountiful fish catch

Historically, **Payao**, an inexpensive deep sea-fish aggregating/attracting device, have been mentioned in older literature about Philippine Fisheries, having been introduced a long time ago.

What then is Payao and how does a fisherman construct one? Modern day payao is a far cry from what it was before, material-wise, from predominantly light native materials such as bamboo poles and to it were tied coconut fronds (**palwa**) and made steady by tying the structure to a long bamboo pole driven to the bottom of a shallower fishing area. The purpose of the structure was plainly to serve as artificial fish shed. The present version, is a product of research like the ones popularized in Pangasinan coastal towns. Recently, re-introduced to the pan-

gasinense fisherfolks, it is made of big plastic drums that serve as floaters where big ropes are tied to them and a cemented anchor is dropped to the coastal water to make them steady in a specific municipal water area. It has several coconut fronds tied on big ropes acting as host for **microalgae** where these organisms grow naturally, serving as initial natural feed (in the food chain) for small fish, which in return attract and are eaten by bigger fish species swimming around the payaos. Microalgae are microscopic single/once-celled protein-rich plant that proliferate in tropical waters of the Indo-Pacific, explaining for the presence of biodiverse species of both commercial and non-commercial algae-feeding fish species. These aggregating devices are normally positioned in municipal

selves if indeed charity is always lived when we happen to go through our differences and conflicts. In fact, the ideal is that the more different and conflictive we are among ourselves in our views and positions, the more charitable we ought to be with each other. Yes, our differences and conflicts can occasion greater charity, as they should. They are not meant to be destroyers of charity.

We have to learn how to hold our horses when we feel provoked. Of course, we should try our best that in defending our respective positions, we avoid provoking others. This means that we have to try our best to know the other parties as personally as possible, so we would have an idea of how they would react to our interventions.

We have to be quick to understand others, to offer forgiveness when they commit a mistake or may

happen to offend us. We should also be quick to ask for forgiveness when we are the ones who commit a mistake. And even in our most bitter conflicts, we should try to avoid inappropriate words.

waters away from protected areas and fish sanctuaries. And, they do not have to go far into deeper fishing grounds to catch fish for their livelihood.

Pangasinan fisherfolks have found their fish catch increase and livelihood improved at low capitalization owing to the introduction of payao and their adoption of this inexpensive fishing device.

Payao, being a simple and non-capital intensive, needing no oil to operate fish aggregating device, this could be introduced in Eastern Visayas - therefore, strongly suggested in the shallow waters of Leyte Gulf. DA-BFAR 8 should re-introduce and spearhead in the popularization of payao among our lowly shallow water eastern Bisayan fishermen, instead of ‘giving away’ fishing/pump boats that would need oil to operate. With the reported low fish catch in the visayan waters that triggers high prices, payao fishery is the answer to this woe!

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NEXT TOPIC : “Is Earth’s Ozone Layer slowly Healing”

SHARE S & T THOUGHTS through Email: drpacjr@yahoo.com.

In the end, we have to realize that to be able to be charitable all the time, we need to be vitally united with God who is love himself, the source, pattern and power of charity.



Pray the Holy Rosary daily for world peace and conversion of sinners (The family that prays together stays together)

Prayer for the Nation and for Those who Serve in Public Office

God, our Father, you guide everything in wisdom and love. Accept the prayers we offer for our nation, by the wisdom of our leaders and integrity of our citizens, may harmony and justice be secured and may there be lasting prosperity and peace.

Almighty and eternal God, You know the longings of our hearts and You protect our rights in your goodness, watch over those in authority, so that people everywhere may enjoy freedom, security and peace.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever, Amen. (Courtesy of Daughters of St. Paul)

Gov. Petilla says he is committed to uplift living conditions of Leyte's farmers

TACLOBAN CITY- Leyte Governor Leopoldo Dominico Petilla said that he is bent in pushing his agriculture-related programs as a way to combat poverty incidence in the remote villages.

Petilla said that he is so serious on this mission that he already made 'experiments' in 2011 when he was not yet a governor.

Petilla was first elected as governor of the province in 2013 and is now seeking for another term in next year's elections.

His agriculture-related programs are anchored on his program known as 'More Income in the Countryside' wherein, among other things, high-value production on vegetables are being promoted.

The governor said that he is committed to improving the economic conditions of the farmers in the province reason he's been encouraging them to form into groups for them

to easily access funds and assistance his administration could provide to them.

"Farming is not glamorous and profitable (job). If you are a son of a farmer, will you follow their footsteps? Certainly not but we are doing our best to make it profitable for them so that their children will also become farmers," Petilla said.

Petilla led in the giving recognition to more than 40 farmers' organizations in the province on Dec. 4 for their achievements that resulted to better economic condition of their respective members and villages.

According to the governor, since he assumed office, about 210 farmers' associations have been organized all over the province which resulted to improved economic living conditions of these farmers.

These farmers' organizations represent conservatively about 15,000 families.

"By just looking to the condition of these people

now, I think there is now an improvement on their respective lives. Hope we can sustain it," Petilla said.

He added that because of the organization of farmers' groups, malnutrition problem in the remote barangays in the province have been addressed and in fact, shown a decline.

He added that there were even barangays that have registered zero malnutrition incidence.

Petilla added that if all the 250 targeted barangays under the MIC program will be realized, he expect the poverty incidence of Leyte to decline.

Based on the report of the Philippine Statistics Authority (NSA), the poverty incidence of Leyte in 2015 stood at 46.7 percent.

The high poverty incidence was blamed to the negative impacts brought by the onslaught of super typhoon 'Yolanda' that pummeled Leyte in 2013. (JOEY A. GABIETA)

PNP-8 receives equipment worth P57 million to help boost its internal operations

CAMP RUPERTO KANGLEON, PALO, Leyte - Equipment and facilities needed to help boost the police force in the region on their campaign on internal security operations and crime investigations were formally turned over on Monday (December 10).

The P57 million worth of equipment and kits are to be used to the various police provincial mobile force battalions and provincial police offices of the Philippine National Police (PNP) here in the region.

Chief Supt. Angelito Casimiro, PNP director for logistics, said that the equipment is part of the 2017 capability enhancement program of the police organization.

"Our capability enhancement program started in 2008 wherein P2 billion was allotted for each year but when President Rodrigo Duterte assumed his position, it was the first time that P9 billion was given to the PNP," he shared.

Nine battalions received a total of 36 ther-

mal imagers and 105 GPS (global positioning system) gadgets.

Also, 155 field investigators crime scene kits were given to 8 police provincial offices in Region 8.

Casimiro said that they aim to equip each personnel to have at least one pistol and a rifle by 2020.

"We must provide our police with decent patrol car because that would radiate to the community. If we want our police to be respected, we must provide them with the decent

Health...

...from Page 2

allenges in implementing public health programs, the City Health Office will continue to work harder and is always committed to step forward stronger, together with the various sectors of our society in order to achieve better health services in Catbalogan," she said.

Mayor Uy-Tan said that her administration is giving full support to the CHO because of their activities in cascading the health programs down to

patrol car, with a decent investigation kit, with the decent equipment, and with a decent training.

Casimiro is also hopeful that in line with new equipment, the reorganization, modernization and internal cleansing of the PNP organization will be realized before Pres. Duterte's term ends in 2022.

He said that it is during the administration of Pres. Duterte that the PNP received so much support. (LIZBETH ANN A. ABELLA)

the villages of the city.

"Any support that the CHO asked from me, I always gave it to them. Among the department at the city hall, the CHO always receive the biggest budget allocation," Mayor Uy-Tan said.

Lauding the effort of all employees of the CHO, the city mayor promised to always give her full support to the department for their untiring works to provide solution to the health problems of the city. (ROEL T. AMAZONA)



Leyte Governor Leopoldo Dominico 'Mic' Petilla distributed 500 food packs to residents of Barangay Patoc and another 540 food packs to residents of Brgy. District 9, both in Dagami town, during the conduct of a barangay consultative assembly on November 19. (GINA P.GEREZ)

Distressing depression

(ALJUN A. DESOYO)

Suicide attempts... sudden deaths...

Depression is the most widespread mental illness in today's society. Studies have found that, 1 out of 8 teens are affected with this disease. It also predominantly affects young ladies than it does males.

Peer pressure, significant transition in life where they try to identify themselves and figure out where they puzzle piece fits in society where behavioral and emotional changes take place is not just a façade created by emotional individuals.

It is an agonizing pain that is sometimes hard to explain, which lasts for months and sometimes years. Although it may stand as an emotional state, it progresses to a more complex dilemma and begins to affect a person, than the family and everyone around him.

In today's teenagers with the ever changing world

around them, a lot may cause chronic depression- a mere post in a Facebook or Instagram may trigger it.

This may often goes by unnoticed and untreated. This ranges from mild feelings of uneasiness, sadness, and apathy to intense suicidal despair.

For some, their depression could be bad enough where it is hard for them to get out of bed to go to school or work. Some may get themselves into trouble more often.

Depression can also make them isolate themselves from other students, teachers, or colleagues. Two of the more common symptoms of depression are lack of focus, an inability to concentrate for extended periods of time.

Other causes of depression could be problems in their personal life such as breakup or fights with friends.

The maximum amount

of mental, physical, and emotional distress one can experience can vary from person to person.

This impacts connections not only in the political or business world, but their personal lives and growth as well.

Be warned. People constantly overlooked the severity of depression more importantly, major teen depression which results a legitimate obstacles in the society.

This intensifies results from society's general lack of acknowledgment of the rising affair.

We may need to control the rise of population but this is not an intelligent way to choose from suicide attempts... sudden deaths... be warned!

Note: The author is a senior high school teacher at the Tanauan School of Craftsmanship and Home Industries in Tanauan, Leyte

RTRMF...

...from Page 1

two through Facebook as she received several private messages coming from her friends and classmates.

Bugho, who is the eldest with two younger brothers and whose family hails from Burauen, Leyte, said that it's been her ambition to become a nurse.

Asked what's her immediate plan now after passing the licensure with flying colors, Bugho just giggled saying her high ranking has yet to sink in.

She, however, insisted that she want to work as a professional nurse as it has been her ambition to become a nurse.

Dean Socorro Salvacion

Gasco said that she was extremely overwhelmed with the performance of her students.

She said that she was really rooting for Bugho to really take the number one slot.

"I really believed in her. I prayed for her that she would land as number one," she said.

Bugho finished at the top of her class as she received an excellence academic award.

Gasco said that the school management has yet to decide how much Bugho will be receiving as an incentive for landing number two in the examination.

Those who passed the nursing examination from the school and land at num-

ber receive P100,000.

In 2015, the school produced that year's number one for Nursing licensure exam in Alssya Claire Almo.

Gasco and the eight teachers of the RTRMF are sure to travel as part of the school's incentive.

(RONALD O. REYES, JOEY A. GABIETA)



EXTRAJUDICIAL SETTLEMENT WITH SALE

NOTICE is hereby given that sole heir of late Paterno Delgado extrajudicially settled, partitioned and adjudicated over a parcel of land, covered by Tax Dec. No. 08-31046-00773-R13, located in Tabunok, Palompon, Leyte, designated as Lot No. 7538, containing an area of 4054 hectares, more or less. A Deed of Sale was executed a portion of 300 square meters from the above-described property in favor of Sps. Pablito Dumagsa and Paulita Andales as vendee; per Doc. No. 390, Page No. 78, Book No. 20, Series of 2016 of Notary Public Atty. Dante Luz N. Viacrusis. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

DEED OF EXTRAJUDICIAL SETTLEMENT WITH ABSOLUTE SALE

NOTICE is hereby given that heirs of the late Sps. Paulina Quintanilla Navarro & Leon Selmar Navarro extrajudicially settled, partitioned and adjudicated over a parcel of agricultural land, located at Brgy. Bantigue, Isabel, Leyte, designated as Lot No. 8046, covered by Tax Dec. No. 4692, with total area of 18,510 square meters, more or less. A Deed of Sale was executed in favor of Sps. Chuana Lao Pagador & Romeo Urban Pagador as vendees for the above-described property; per Doc. No. 36, Page No. 8, Book No. XLVII, Series of 2014 of Notary Public Atty. Melinda C. Domael. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

DEED OF EXTRAJUDICIAL SETTLEMENT WITH ABSOLUTE SALE

NOTICE is hereby given that heirs of the late Eleuterio Labanan extrajudicially settled, partitioned and adjudicated over a parcel of land, designated as Lot No. 715-F, Csd-08-009195-D, situated in the Brgy. District I Poblacion, Municipality of MacArthur, containing an area of 1,536 square meters, more or less. A Deed of Sale was executed in favor of Nida P. Senado as vendee for a one-third (1/3) portion or 242 square meters from the above-described property; per Doc. No. 90, Page No. 19, Book No. XIX, Series of 2018 of Notary Public Atty. Aldwin Jude M. Quebec. *LSDE: December 4, 11 & 18, 2018*

EXTRAJUDICIAL SETTLEMENT WITH SPECIAL POWER OF ATTORNEY

NOTICE is hereby given that heirs of the late Antonio G. Abris extrajudicially settled, partitioned and adjudicated over a proceeds of Life Insurance Policy with Philam Life with Policy Number 155515/100256 and heirs hereby named, constituted and appointed and by these presents do name, constitute and appoint, NIDA O. ABRIS, their mother, to be their true and lawful attorney-in-fact and in their name, place and stead, for their own use and benefit, to do and perform; to claim the insurance and other monetary receivables under the said policy; to receive the money from the Landbank of the Philippines, Guiuan Branch; to make, execute and sign any and all documents relative thereto; per Doc. No. 206, Page No. 42, Book No. XVII, Series of 2018 of Atty. Vincent A. Cablao, CPA. *LSDE: December 4, 11 & 18, 2018*

EXTRAJUDICIAL SETTLEMENT WITH SALE

NOTICE is hereby given that heirs of the late Vito B. Clemencio extrajudicially settled, partitioned and adjudicated over a House and Lot situated in Brgy. Tuyo, MacArthur, Leyte, described as: 1) A parcel of land, designated as Lot No. 1, Block 7, Pcd-08-020691-D, covered by T.C.T. No. TP-26799, containing an area of 75 square meters and Residential House erected on Lot 1, Block 7, Pcd-08-020691-D, covered by Tax Dec. No. 08-24030-00614, containing an area of 29.25 square meters and with market value of P179,124.95 pesos. A Deed of Sale was executed in favor of NIDA Q. FEDERICO married to Idefonso Federico as vendee for the above-described property, together with all the improvements thereon; per Doc. No. 338, Page No. 68, Book No. XXX, Series of 2018 of Notary Public Atty. Joy Estolano-Cerro, CPA. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

DEED OF ABSOLUTE SALE

NOTICE is hereby given that Romeo C. Cabillan and Celedonia G. Cabillan executed a Deed of Absolute Sale over a parcel of agricultural land, designated as Cad. Lot 3870, covered by Katibayan ng Original na Titulo Blg. P-50101 with Tax Dec. No. 2008-04026-00024 with an area of 35,237 square meters, located at Brgy. Villa, Magsaysay, Babatngon, Leyte in favor of Sps. Edward A. Salvatierra and Angeli Fe Mary A. Salvatierra represented by Susana A. Salvatierra as vendee; per Doc. No. 165, Page No. 26, Book No. 9, Series of 2018 of Notary Public Atty. Lito Ercilla Odon. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

AFFIDAVIT OF LOSS

NOTICE is hereby given that Ma. Visitation L. Laohoo executed an affidavit of Loss of Stock Certificates of China Bank as follows: Certificate No. 38981V issued on June 17, 1997 with 128 shares & Certificate No. 39045V issued on July 22, 1997 with 313 shares; per Doc. No. 317, Page No. 065, Book No. 004, Series of 2018 of Notary Public Atty. Demetrio Medino J. Acuba. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

EXTRAJUDICIAL PARTITION

NOTICE is hereby given that heirs of the late Doroteo B. Tapia extrajudicially settled, partitioned and adjudicated over a parcel of land, Lot No. 2280, with improvements thereon, situated in Brgy. Jiabong, Municipality of Catbalogan City, containing an area of 84,825 square meters, more or less, covered by TCT No. 131 under Tax Dec. ARP No. 08008-00094, PIN 036-08-008-02003; per Doc. No. 1546, Page No. 101, Book No. XIII, Series of 2018 of Notary Public Atty. Pedro M. Labid. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

EXTRAJUDICIAL SETTLEMENT WITH SALE

NOTICE is hereby given that heirs of the late Angeles Dagatan Rellama extrajudicially settled, partitioned and adjudicated over a conjugal property a parcel of land Lot No. 1478 with the improvements thereon, situated in the Bo. of Buri, Burauen, Leyte, covered under T.C.T. No. T-25866, containing an area of 3,923 square meters, more or less. A Deed of Sale was executed in favor of Sps. Dominador E. Aquino Jr. & Violeta E. Aquino as vendee for the above-described property including all the improvements found thereon; per Doc. No. 265, Page No. 53, Book No. III, Series of 2018 of Notary Public Atty. Christopher Ryan P. Rosal. *LSDE: Dec. 4, 11 & 18, 2018*

DEED OF EXTRAJUDICIAL SETTLEMENT WITH ABSOLUTE SALE

NOTICE is hereby given that heirs of the late Jesus C. Almaden extrajudicially settled, partitioned and adjudicated over a parcel of land, Cad. Lot No. 1669, located at Naga-Naga, Palo, Leyte, containing an area of 3191 hectare, covered by Tax Dec. No. 08-30-0025-00041. A Deed of Sale was executed in favor of Kevin B. Culango married to Chloe Army Del Pilar Culango as vendee for a portion of 500 square meters known as Lot No. 1669-B from the above-described property; per Doc. No. 76, Page No. 18, Book No. I, Series of 2018 of Notary Public Atty. Eric T. de Veyra. *LSDE: Dec. 4, 11 & 18, 2018*

AFFIDAVIT OF SELF-ADJUDICATION

NOTICE is hereby given that Neil Lipayan Benzon heir of late Bren Benzon and Cherwin Benzon Lacandazo executed an affidavit of Self-Adjudication over a parcel of land, designated as Cad. Lot No. 6357-part, containing an area of 400 square meters, more or less, under Tax Dec. No. 08-30-0027-00587 R13; per Doc. No. 127, Page No. 26, Book No. LI, Series of 2016 of Notary Public Atty. Romnan Christian M. Reposar. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

Republic of the Philippines
OFFICE OF THE CITY CIVIL REGISTRAR
Tacloban City

NOTICE FOR PUBLICATION

In compliance to Section 5 of R.A. 9048, a notice is hereby served to the public that **KINIER ABIT NAWANG** has filed with this *(Complete name of petitioner)*

Office, a petition for change of first name from **KINIER ABIT** to **KINIER** *(First name to be changed) (New first name to be adopted)*

in the Birth Certificate of **KINIER ABIT ABIT NAWANG** who was born on **December 28, 1990** at **Tacloban City** and whose parents are **CECILIA R. ABIT** and **ABDUL K. NAWANG**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **December 14, 2018**.

(Sgd.) **IMELDA A. ROA**
City Civil Registrar

LSDE: December 4 & 11, 2018

EXTRAJUDICIAL PARTITION WITH SALE

NOTICE is hereby given that heirs of the late Felomina Omposy extrajudicially settled, partitioned and adjudicated over a parcel of land designated as Lot No. 12028-P, situated in Brgy. Bitanahuan, Baybay City, Leyte, containing an area of 10,260 square meters, more or less. A Deed of Sale was executed of Sps. Norberto C. Tuasoc and Virginia Amarille-Tuasoc as vendees for the above-described property; per Doc. No. 317, Page No. 64, Book No. LXXV, Series of 2017 of Notary Public Atty. Joseph Carmel M. Bandalan. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL SETTLEMENT WITH WAIVER

NOTICE is hereby given that heirs of the late Felicisimo Bohol extrajudicially settled, partitioned and adjudicated over a parcel of land, located at Brgy. Bito, Abuyog, Leyte, Lot No. 170 Pls 08-000038, Residential Free Patent No. 08-701-04438, covered by O.C.T. No. P-94610, containing an area of 292 square meters. That heir Felma P. Bohol, do hereby WAIVE all rights, interest and participation in the above-described parcel of land, in favor of Aileen B. Galler; per Doc. No. 237, Page No. 48, Book No. III, Series of 2018 of Notary Public Atty. Christopher Ryan P. Rosal. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL SETTLEMENT

NOTICE is hereby given that heirs of the late Salud Edon Avellana extrajudicially settled, partitioned and adjudicated over a parcel of land, Lot No. 1255-A, Pcd-08-12259, situated at Brgy. Gaas, Baybay, Leyte, containing an area of 6,788 square meters, more or less, covered by T.C.T. No. T-10216; per Doc. No. 258, Page No. 52, Book No. XLIII, Series of 2018 of Notary Public Atty. Eden B. Chavez-Butawan. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL PARTITION WITH SALE

NOTICE is hereby given that heirs of the late Estanislao Tabiolo extrajudicially settled, partitioned and adjudicated over a parcel of land, Known as Lot No. 12159-C, with the improvements thereon, situated at Brgy. Bitanahuan, Municipality of Baybay, Province of Leyte, containing an area of 318 square meters, more or less, under Tax Dec. No. 2015-07-0032-01100. A Deed of Sale was executed in favor of Erlinda D. Tabiolo as vendee for the above-described property; per Doc. NO. 22, Page No. 5, Book No. XLIII, Series of 2018 of Notary Public Atty. Eden B. Chavez-Butawan. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL SETTLEMENT

NOTICE is hereby given that heirs of the late Prudencio Blorencia extrajudicially settled, partitioned and adjudicated over a parcel of land, Lot No. 800-A, Pcd-373453, situated in the Bo. of Poblacion, Mun. of Baybay, Province of Leyte, containing an area of 3,036 square meters, more or less; per Doc. No. 223, Page No. 45, Book No. XXXVIII, Series of 2010 of Notary Public Atty. Joseph Carmel M. Bandalan. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL PARTITION WITH DEED OF ABSOLUTE SALE

NOTICE is hereby given that heirs of the late Pascual L. Bongalon extrajudicially settled, partitioned and adjudicated over a parcel of land, Lot No. 1092, situated in Brgy. Uguis, Mahaplag, Leyte, covered by O.C.T. No. P-11371, with total area of 14,701 square meters, more or less. A Deed of Sale was executed in favor of Imelda O. Malotes and Maria Imee M. Tobin as vendee for the above-described property; per Doc. No. 821, Page No. 50, Book No. 97, Series of 2012 of Notary Public Jesus V. Palermo. *LSDE: Dec. 11, 18 & 25, 2018*

DEED OF ABSOLUTE SALE

NOTICE is hereby given that Sps. Ramil U. Sumapig and Maria Fe M. Sumapig executed a Deed of Absolute Sale over a parcel of residential land, designated as Cad. Lot No. 1, Block 2, Pcd-08-002840, situated at Anibong and Nula-Tula, Tacloban City, containing an area of 179 square meters, more or less, covered by Tax Dec. No. 2012-02-0025-05432 in favor of DINO LEONARD C. ROMERO as vendee; per Doc. No. 143, Page No. 30, Book No. XIV, Series of 2018 of Notary Public Atty. Renigildo R. Cañas. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL SETTLEMENT WITH ABSOLUTE SALE

NOTICE is hereby given that heirs of the late Rodolfo S. Perez Jr. extrajudicially settled, partitioned and adjudicated over a parcel of residential land, situated in Brgy. 003, Poblacion, Catbalogan City, Samar containing an area of 104 square meters, Lot No. 89-A-3, under T.C.T. No. 118-2017001415. A Deed of Sale was executed in favor of Heidi Magallon-Mendoza as vendee for the above-described property; per Doc. No. 253, Page No. 51, Book No. VI, Series of 2018 of Notary Public Atty. Alexander P. Bolok. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

AFFIDAVIT OF SELF-ADJUDICATION

NOTICE is hereby given that Norma M. Garrido heir of the late Felix C. Garrido executed an affidavit of Self-Adjudication over a one-half (1/2) share of a parcel of land, Cad. Lot No. 1068-B, Pcd-08-015592-D, situated in Brgy. Benolho, Municipality of Albuerca, Province of Leyte, containing an area of 851 square meters, more or less, covered by TCT No. TP-14631 with one (1) unit Residential house erected on Cad. Lot 1068-B, covered by Tax Dec. No. 08-03-0004-0733; per Doc. No. 323, Page No. 63, Book No. XXXV, Series of 2018 of Atty. Aleah Rafel G. Bataan-Tolibao. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

DEED OF EXTRAJUDICIAL SETTLEMENT

NOTICE is hereby given that heirs of the late Raul Verdeflor extrajudicially settled, partitioned and adjudicated over a parcel of land, Lot 24, Block 14, Pcd-5296, Record No. 1378, covered by T.C.T. No. 6885, containing an area of 125 square meters; per Doc. No. 1056, Page No. 206, Book No. 1, Series of 2010 of Notary Public Atty. Alma Uy Lampasa. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

EXTRAJUDICIAL SETTLEMENT

NOTICE is hereby given that heirs of the late Gregorio Callera extrajudicially settled, partitioned and adjudicated over a parcel of agricultural land, situated at Brgy. Taotaon, Inopacan, Leyte, under Tax Dec. No. 08-16019-00105, designated as Cad. Lot No. 61 GSS, with an area of 2,1180 has., assessed value of P16,716 market value of P41,790 and subdivided into 9 equal parts; per Doc. No. 73, Page No. 15, Book No. II, Series of 2009 of Notary Public Atty. Isabela B. De los Santos. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

EXTRAJUDICIAL SETTLEMENT

NOTICE is hereby given that heirs of the late Godofredo Potot extrajudicially settled, partitioned and adjudicated over a parcel of residential land located at Brgy. Inalad Calubian, Leyte under ARP No. 08-09-00027-00276, with a total area of 228 square meters; per Doc. No. 3068, Page No. 248, Book No. 1, Series of 2018. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

DEED OF EXTRAJUDICIAL PARTITION

NOTICE is hereby given that heirs of the late Sps. Demetrio Sanaco Sr. and Fausta Cejas extrajudicially settled, partitioned and adjudicated over two (2) parcels of agricultural land both situated at Canquiazon, Villaba, Leyte, described as: 1) A parcel of agricultural land, containing an area of 1.9962.55 has. more or less, Tax Dec. No. 08-41013-00131; 2) Parcel of land, containing an area of .10830.60 ha., more or less, covered by Tax Dec. No. 08-41013-00152; per Doc. No. 110, Page No. 24, Book No. V, Series of 2010 of Notary Public Alejandro R. Diongzon. *LSDE: Nov. 27, Dec. 4 & 11, 2018*

Republic of the Philippines
OFFICE OF THE CITY CIVIL REGISTRAR
Tacloban City

NOTICE FOR PUBLICATION

In compliance to Section 5 of R.A. 9048, a notice is hereby served to the public that **LORIDA CADAYONG FUSIO** has filed with this *(Complete name of petitioner)*

Office, a petition for change of first name from **LOIDA** to **LORIDA** *(First name to be changed) (New first name to be adopted)*

in the Birth Certificate of **LOIDA CADAYONG** who was born on **June 30, 1973** at **Tacloban City** and whose parents are **LETICIA BILLOTA** and **JOVITO CADAYONG**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **December 14, 2018**.

(Sgd.) **IMELDA A. ROA**
City Civil Registrar

LSDE: December 4 & 11, 2018

EXTRAJUDICIAL ADJUDICATION WITH SALE

NOTICE is hereby given that Letecia Caraballa-Andrade executed an extrajudicial Adjudication over one-half (1/2) portion of a parcel of land designated as Lot No. 913, covered by T.C.T. No. T-23695, situated in Barrio Buri, Burauen, Leyte under Tax Dec. No. 08-0018-00010, containing an area of 40,889 square meters, more or less and heirs executed a Deed of Absolute Sale in favor of Sps. Gil Concorado Costa and Rosa Maria Tolentino-Costa as vendees for the entire above-described property; per Doc. No. 307, Page No. 42, Book No. XXXVIII, Series of 2009 of Notary Public Atty. Edgardo M. Enerlan. *LSDE: Dec. 11, 18 & 25, 2018*

DEED OF EXTRAJUDICIAL SETTLEMENT

NOTICE is hereby given that heirs of the late GAVINO BROZAS extrajudicially settled, partitioned and adjudicated over a parcel of land located in San Jose de Pana-ugan, Gandara, Samar, containing an area of 90 square meters, more or less, covered by Tax Dec. No. 8407 for tax year 1974, assessed at P320.00; per Doc. No. 1572, Page No. 314, Book No. XI, Series of 2018 of Notary Public Atty. Eduardo P. Tibo. *LSDE: Dec. 11, 18 & 25, 2018*

EXTRAJUDICIAL SETTLEMENT WITH CONFIRMATION OF SALE

NOTICE is hereby given that heirs of the late Antonio B. Espares extrajudicially settled, partitioned and adjudicated over a parcel of land Lot No. 4489, Case 2, Cad. 497-D located in District III, Babatngon, Leyte, covered by Katibayan ng Original na Titulo Bg. P-58304, containing an area of 13,528 square meters and heir Teresa A. Espares with full knowledge and consent of her co-heirs two sons have executed a Deed of Absolute Sale, the following portions to wit: Lot No. 4489-B an area of 150 square meters in favor of Carlos M. Acuin and Erlinda Acuin; Lot No. 4489-F and area of 150 square meters in favor of Robin C. Deden; and Lot 4489-G are area of 150 square meters in favor of Analyn P. Flores and parties hereby affirm, confirm and ratify the above-mentioned sale; per Doc. No. 205, Page No. 42, Book No. 8, Series of 2018 of Notary Public Atty. Lito Ercilla Odon. *LSDE: Dec. 11, 18 & 25, 2018*



Republic of the Philippines
Department of Environment and
Natural Resources
**PROVINCIAL ENVIRONMENT AND
NATURAL RESOURCES OFFICE**
Borongan City, Eastern Samar

In the matter of
MSA No. 082604-24 Lot No. 484-A, Case 1, Csd-08-
In the name of 13864-D
Sps. Christopher B. Ang Brgy. D-2, Borongan City,
and Marie Fe Frances S. Ang Eastern Samar
Applicant Area: 80 sq. meter

X-----X

ORDER OF APPROVAL OF APPRAISAL AND GRANT OF AUTHORITY TO SELL

By virtue of the authority vested on me by DENR Administrative Order NO. 2016-07 and as recommended by the Appraisal Committee of CENRO Borongan, Eastern Samar, the appraisal and grant of authority to sell the above subject and under the provisions of RA 730, as amended, is hereby approved at SIX HUNDRED FORTY PESOS (P640.00) per square meter or FIFTY ONE THOUSAND TWO HUNDRED PESOS (P51,200.00) for the whole tract of land.

SO ORDERED.

Borongan City, Eastern Samar, _____

(Sgd.) **MOISES B. dela CRUZ**
PENR Officer

LSDE: Dec. 11, 2018

EXTRAJUDICIAL SETTLEMENT WITH SALE

NOTICE is hereby given that heirs of the late Toribio Cagol, Sr. extrajudicially settled, partitioned and adjudicated over a parcel of land, Known as Lot No. 11496, Cad Lot Survey of Baybay, with the improvements thereon, situated in Brgy. San Juan, Baybay City, Leyte, containing an area of 20,942 square meters, more or less, embraced by O.C.T. No. 21657. A Deed of Sale was executed in favor of Claudia D. Manla as vendee for a portion of the above-described parcel of land; per Doc. No. 148, Page No. 30, Book No. LXXIX, Series of 2018 of Notary Public Atty. Joseph Carmel M. Bandalan. *LSDE: December 11, 18 & 25, 2018*

Republic of the Philippines
Local Civil Registry Office
Province of NORTHERN SAMAR
Municipality of Lavezares

-oOo-

NOTICE FOR PUBLICATION

In compliance with Section 5 of R.A. No. 9048, a notice is hereby to the public that **Ruby Jane Adriatico Arcenas** has filed with this Office a petition for change of first name from

“CORAZON ADRIATICO” to **“RUBY JANE”** in the Certificate of Live Birth of Corazon Adriatico who was born on February 5, 1965 at Lavezares, Northern Samar and whose parents are Francisco Adriatico and Nazaria Gamao.

Any person adversely affected with said petition may file his/her written opposition with this Office.

Engr. MARCO MOISES C. ADRIATICO
Municipal Civil Registrar

LSDE: December 4 & 11, 2018

Pagcor donates computers, TV sets to Leyte school

PALO, Leyte- The Palo National High School, this town, is the latest recipient of the "Handog Computer" program of President Rodrigo Duterte through the Philippine Amusement and Gaming Corporation (Pagcor).

On Friday (December 7), Pagcor, along with Palo Mayor Remedios Petilla, distributed 25 desktop computers and 10 32-inch LED televisions to the school.

"This is a big help for you to get an excellent education. Make the most out of these computers and be inspired in your studies," Petilla told the students.

"It's a blessing. After the 2013 super typhoon Yolanda

we received six classrooms from Pagcor, and now they're back for more assistance to us," added Estrellita Morano, the school principal.

Morano reiterated her gratitude to Petilla, who was also the former Pagcor vice-president during the administration of then President Gloria Macapagal-Arroyo.

"It was Mayor Petilla who endorsed the request of our school through the initiative of our two teachers Belen Manasis and Cynthia Agner in 2017," Morano added.

Rico Acuña, Pagcor's senior community development and welfare officer, urged the school to use the

computers and ensure its care for the next batches of students.

"We're thankful to Pagcor. This is a big help to our studies," said 15-year old student Jasper Buntog.

Douglas Macalalag, the president of the General Parents-Teachers Association, called the arrival of the computers as "a blessing."

"We promise to take good care of these computers," Macalalag told the Pagcor official.

Considered a "mega-school" in Leyte Division, Palo National High School has 4,274 students and 144 teachers as of its current school year.

(RONALD O. REYES)



Students and teachers of the Palo National High School in Palo, Leyte thanked President Rodrigo Duterte through the Philippine Amusement and Gaming Corporation (Pagcor) after the school received 25 desktop computers and 10 32-inch LED televisions on Friday(Dec. 7). Present during the turn-over ceremony were Palo Mayor Remedios Petilla, Rico Acuña, Pagcor's senior community development and welfare officer, school's GPTA president Douglas Macalalag, and school principal Estrellita Morano. (Photo by Ronald O. Reyes)

47 Tacloban city gov't workers undergo random drug testing

TACLOBAN CITY- Some 47 city government workers have undergone an unannounced random drug testing on Monday, December 10.

This is the second time that the city government has initiated a drug test this year. Last October, 49 employees were randomly subjected to drug testing but none tested positive.

The random drug testing is part of the hardline stance of the city government under the leadership of Mayor Cristina G. Romualdez



Mayor Cristina G. Romualdez

Romualdez on illegal drugs.

The New Beginnings Drug Rehabilitation Pro-

gram of the local government unit spearheaded the drug testing activity in partnership with the Philippine Drug Enforcement Agency and the Department of Interior and Local Government.

Workers who will be tested positive in the random drug test and during the confirmatory test will likely be terminated from work but the city government has assured that due process will be followed. (CIO with report from K. NAPALA)

DOH...

...from Page 1

chid Award while three government hospitals namely: Allen District Hospital, Northern Samar Provincial Hospital and Tacloban City Hospital also received the same award.

The local government units who received the Red Orchid Award were the towns of Limasawa, Padre Burgos, San Antonio, San Francisco and Silago, all in Southern Leyte; Arteche, Eastern Samar and Ormoc City.

The regional offices of the PhilHealth and Civil Service Commission 8 were recognized as hall of famers for government offices. The Northern Samar Provincial Capitol was conferred with a Pink Orchid Award. Arteche Mayor Ro-

land Evardone was grateful that they were the first and only municipality in Eastern Samar that was recognized by the DOH as a 100-percent implementer of the anti-smoking ordinance.

"It's a collaborative effort that will not happen if not for the support of our community. It took us over a year to educate the people by making them feel the urgency and letting your vision be the vision of the whole community," Evardone shared.

He added that selling of tobacco products in their town is also prohibited. They also do not have smoking areas and smoking is totally prohibited except inside their houses.

"This is for the future of our children and the generations to come. It's been my vision that the culture of cigarette smoking in our

town will end in five to ten years," he noted.

DOH 8 Regional Director Minerva Molon urged other local governments to support them in making Eastern Visayas the home of the healthiest people.

"Let this serve as an inspiration and reminder to all who are here to continue working for the betterment of the community and its members. Our health indicators in Region 8 are still way below the national target. There are still unmet targets which affect the scenario of every community," she said.



Engineering district office in East Samar clears road networks destroyed due to 'Samuel'

BORONGAN CITY- Department of Public Works and Highways Eastern Samar District Engineering Office (DPWH-ESDEO) has cleared the road network of this province with landslides and debris brought about by storm "Samuel" last November 21, 2018.

Manolo Rojas, DPWH-ESDEO district engineer, said in a press statement that the maintenance personnel of his district have completely cleared the road networks along the 23 towns this province with major roadblocks, obstacles and debris in both sides of the

national highways.

"DPWH guarantees the public that we are always ready to make a prompt response to any calamity. We have deployed maintenance personnel to several areas of Eastern Samar to ensure that all roads will be passable immediately when a calamity like this arises," Rojas said.

Engineer Rojas, however, clarified that there are repair and restoration of the damages brought about by Samuel which are still on-going.

Rojas identified the areas located in Barangay Bigo in Arteche town

wherein the cost of restoration of the road section that was hit by the landslide is estimated to be P3 million and to last for 25 days to restore the damaged road section.

On the other hand, the road slip in Brgy. San Pablo, also in Taft, the cost of restoration is estimated at P3 million and to last for 90 days.

Other areas include the landslides in Brgy. Binaloan, in the town of Taft and in Brgy. Aguineldo, also in Arteche, with an estimated P1 million restoration cost of both road section. (RESTITUTO A. CAYUBIT)

Eating...

...from Page 4

that you ought not to touch a certain food or drink per doctor's advice yet you still touch it, it is sheer stubbornness; and if you have to spend money for medication because of that, then that's your fault because, in the first place, it could have been avoided. At least, warning has been given; you just ignored it.

When these twin celebration then come our way, better heed the advice of medical experts regarding what not to eat. Fail-

ure to take this into account could mean suffering instead of enjoyment. It pays to guard your health, and your wealth.

As early as now, in fact, when Christmas parties are happening left and right, people are already lured to delicious foods served sumptuously on tables. Plenty of uric acid, sugar, fats, cholesterol, and many more are on display. Unless one has self-discipline enough, these cuisines are potentially enticing, drawing people's tongues to tasting sprees. But instead of nourishing our health,

some foods that we like the most had become rather injurious. The least that we could have as a result of devouring all these is a bloated belly, an added weight, and things like these.

Welcome to this holiday season, again the time when foods are just a party away. It's the season of the year when people eat a lot, drink a lot, and make merry. Just be careful with what you taste, because once it tastes good, you will end up eating even if it is disallowed to you for health reasons. Happy holidays.

NMP holds earthquake and tsunami drill

In a bid to elevate public awareness on how to respond in the wake of any emergency situations caused by natural calamities, such as earthquake and tsunami, the National Maritime Polytechnic (NMP) in partnership with the City Disaster Risk Reduction and Management Office (CDRRMO) of Tacloban City conducted an earthquake and tsunami drill participated by NMP trainees and employees on November 5, 2018 at the NMP Complex, Tacloban City.

The activity was held pursuant to the directive from the National Disaster Risk Reduction and Management Council (NDRRMC) relative to the conduct of CY 2018 4th Quarter Nationwide Simultaneous Earthquake Drill (NSED) and Observance of World Tsunami Awareness Day on 05 No-

vember 2018.

The drill started at around 10 AM with a one-minute siren which was meant to inform everyone inside the NMP premises that an earthquake has just occurred. All NMP trainees, employees, and guests do the “duck, cover and hold on.”

In an interval of 10 seconds, another one-minute siren was heard, a signal for everyone within the vicinity to evacuate the building and proceed to the designated mustering stations wherein a marshal will do the head count.

One “scenario casualty” was reported needing immediate medical attention. Using the NMP emergency vehicle, the search and rescue team was dispatched and was able to bring the casualty to a safe area where a cardio pulmonary resuscitation (CPR) was executed by the assigned

First Aide, an NMP trainee.

After the casualty was revived, the third siren was alarmed for one minute in anticipation for an aftershock, tsunami.

Everyone was advised to proceed to the second floor of the NMP Administration Building having a higher elevation compared to other buildings in the area.

The exercise was terminated after the communication was established to the different responders identified by the team.

“This will help us prepare ourselves when a tsunami or an earthquake hits Tacloban City,” Mr. Eduardo V. Polo, Training Officer of Tacloban City CDRMO said.

“It is our responsibility to ensure that everyone are aware and knowledgeable of the things that should be done in cases of emergencies,” he added. **(PR)**



NMP trainees and employees participate in the Earthquake and Tsunami Drill conducted on 05 November 2018.

On screen reading: An evolution

(CLAIRE C. MALALUAN)

Newspapers... novels... magazines... books...

Reading on paper is outdated. The 21st century is a time of change nowadays where people read and go. Reading has changed yet it is important in society though have shown a decline due to the digital era, where the capability to read digitally there have been benefits, but also some obstacles.

I learned to read at an early age. I read widely whilst at school, both school reading schemes and then from the school's library books, as well as books at home and borrowed from friends.

This love of books continues today. I studied English and teach and still read for pleasure whenever possible.

I even have a small project done by the Grade 9 students under my close supervision called, “The Won-

derful Journey of the Big Book Project”, (you can visit our Facebook page under Arts and Humanities website) where we try to ignite the old flame innate to us the enthusiasm to read... the best substitute for travel.

It is not possible to travel as much as one would like to and reading can fill in the gap created by the lack of it. Reading is a unique dimension of human inquiry. It allows ways of thinking that no other type of media can- whether read in a Kindle or other eReader device or in print format.

Reading encourages the development of the imagination in both children and adults. It grows upon one. It gives before demanding and it soothes and relieves tension and loneliness.

A person who is widely read is able to mix with others; she is a better conversationalist than those who do not read. She can stand her

ground and broadens her vision.

The only kind of reading which neither stimulates thought nor provides knowledge is one which is approached negatively with the simple motive of escape and of “killing time”.

If a reader only reads “Facebook status in the net of someone who poses and posts three to five times a day with a negative shout out for the public consumption, she is NO better conversationalist and WON'T be able to see the other point of view from afar.

If ever you decide to read- on print or on screen?

Note: The author is a secondary public school teacher of the Tanauan School of Craftsmanship and Home Industries in Tanauan, Leyte

Balangiga...

...from Page 1

on the accounts of her father, the sound of the bells was so strong that these could be heard all over Balangiga and neighboring towns.

The bells were used to signal their attack which resulted to the death of 54 American soldiers and 18 others were wounded.

An outraged American Gen. Jacob Smith deployed 180 soldiers on Sept. 29, 1901 and ordered them to turn the town into a “howling wilderness” where every Filipino male, at least 11 years old and capable of carrying firearms, was killed while communities were burned down.

The three bells are scheduled to be repatriated to the Philippines Tuesday (December 11) after 117 years displayed at FE Warren Air Base in Wyoming, USA.

Then, the artifacts are to be returned to this town on Saturday (Dec. 15), the start of the ‘Misa de Gallo’ ushering the nine-day countdown before Christmas Day on Dec.25.

Fittingly, the people of Balangiga calls the return of the three bells-one is in South Korea- as their ‘greatest Christmas gift’ ever.

Fe ‘Joy’ Campanero,

town’s information and tourism officer, said that they have already laid a program which will start in the morning on Dec. 15.

She said that there will be some merry-making activities like street parade and showcase of local talents.

These activities will be done to ‘set the festive mood’ on the return of the bells, Campanero said.

And in the afternoon, President Rodrigo Duterte, to be joined by Defense Sec. Delfin Lorenzana and Foreign Affairs Sec. Teodoro Locsin Jr., will turn over the bells to the St. Lawrence The Martyr Parish to be accepted by its parish priest, Serafin Tybaco, Jr. in a simple ceremony.

Flowers will be drop from helicopters and the bells, after over a century, will be ringed simultaneously together with the current bells at the Church’s belfry.

The singing of the National Anthem will be done by a chorale group to be brought by the Department of National Defense.

Fr. Tybaco said that turnover will be followed by a Mass to be presided by Bishop Crispin Varquez of the Borongan Diocese.

Bishop Varquez will be joined by his immediate predecessor, Bishop Leonardo Medroso, who in his time joined in the call for

the return of the bells, and Bishop Rex Ramirez, a native of the town but is now the bishop of Naval Diocese.

Campanero said that it is not yet certain where the bells-each approximately weighing 300 kilograms-will be arriving.

She said that the bells, loaded in a government-owned plane, may be downloaded at the Daniel Z. Romualdez Airport in Tacloban City or in an airport made by the Americans during the World War II in Guiuan town, also in Eastern Samar.

Tacloban City is about two hours of land travel to this town while it will take only an hour from Guiuan to reach this town.

The three historic bells are to be temporarily placed in a concrete stands at the Church’s grounds for the people to touch and in this age of ‘selfies’ to take photos.

These will eventually be placed at the belfry of St. Lawrence The Martyr Church.

For Calesterio, Campanero and the rest of the people of Balangiga, the return of the bells closes a chapter of the town whose ancestors stood up to defend and fight for their rights and the same time, will help further the ties that bind between the Philippines and the United States.

ADE Bollido of DPWH-Biliran 1st in the province to be accredited with an ASEAN engineer status

NAVAL, Biliran- Alfredo L. Bollido, assistant district engineer of the Department of Public Works and Highways (DPWH)-Biliran District Engineering Office (DEO) is the first in the district office and the first in the province of Biliran to be an accredited as member of the Association of South East Asian Nations (ASEAN) Engineers.

The accreditation was conferred to Bollido on November 13, 2018 during the 36th Conference of the ASEAN Federation of Engineering Organizations (AFEO) from Novem-

ber 12-14, 2018 held at the Resort World Convention Center, Sentosa, Singapore. The theme holds: “Engineering Rail Connectivity” and “Excellence in Engineering Education”.

According to Bollido, there were a total of 150 Filipino engineers from different professional engineering organizations who were recognized as ASEAN Engineers in the recently held conference with the majority from the Philippine Institute of Civil Engineers (PICE).

In the latest batch of conferment, Bollido add-

ed that he is the only one from Region VIII who received the ASEAN Engineer Award and become part of the AFEO.

According to Bollido, the prestigious organization requires high set of standards and guidelines for the applicants.

Bollido shared that it took him three years of waiting before his application was approved during the AFEO Mid-Term Meeting held in Jakarta, Indonesia last August 5-7, 2018.

“You really have to see ADE /page 10 ...

International Human Rights Day

Groups call MO 32 part of the continued militarization in the country by the Duterte gov't



Progressive group in Eastern Visayas joins in celebrating the 70th International Human Rights Day. The rallyists tore a copy of Memorandum Order 32 directing deployment of military and police in Samar. (ROEL T. AMAZONA)

TACLOBAN CITY- About 200 people representing from different progressive groups from this city joined on Monday (December 10) in the observance of the International Human Rights Day as they decried what they call the militarization under the administration of President Rodrigo Duterte. The protesters burned a copy of Memorandum Order (MO) 32 issued by Malacañang on November 22 which was used as the legal basis for the deployment of additional soldiers and policemen to Samar and three other areas in the country.

The order states that these areas are affected with 'lawless violence' committed by members of armed groups.

Joshua Sagdullas, spokesperson of Bayan Muna-Sinirangan Bisayas, said that while they do not contest on the existence of lawless violence in Samar,

in particular, these were committed by state enforcers.

"We agree that there is a state of lawlessness (violence) in Eastern Visayas, especially in Samar. But on our end, we know that the military and the police are the main perpetrators of this," he said.

Based on their monitoring, about 62 human rights abuses have been committed in the region involving state enforcers committed under the Duterte administration.

The Armed Forces in the region has consistently denies that they have committed any human rights abuses maintaining that they respect the rights of the civilians.

Meantime, Captain Francis Agno, spokesperson of the 8th Infantry Division based in Catbalogan City, Samar, dismissed claims that the controversial order issued by Malacañang is already a de facto declaration

of martial law.

"The writ of privilege was not suspended under the MO 32? So why they claim that it's a declaration of martial law?" he said.

Agno said that under section 4 of said order, it was stated that the constitutional rights of every individual shall be respected and given due regards both by the Armed Forces and the Philippine National Police.

The National Democratic Front of the Philippines in the region has compared the issuance of MO 32 to a declaration of martial law as troops would be deployed in areas identified under the order which could result to rights abuses and crackdown of those who opposes the Duterte administration.

"Duterte's MO 32 shows his intention to impose nationwide martial law other than Mindanao alone. It's a declaration of de facto martial law in Eastern Visayas and an intensified crackdown against all opposition - armed or not," the group said.

(ROEL T. AMAZONA, JOEY A. GABIETA)



Tacloban City Mayor Cristina G. Romualdez met with city police director, Senior Supt. Michael A. David, on December 5 to discuss several TCPO updates. The city director was accompanied by City Director Atty. Darwin Bibar of the Department of Interior and Local Government and Philippine Drug Enforcement Agency Tacloban Office Chief Ma. Rhea Oledan. City Administrator Annaliza A. Quiliope and Executive Assistant Lila Belardo were also present during the meeting.

(A. ALAMOS/CIO)

ADE...

...from Page 9..

show your competence, focus on quality and excellence on your accomplishments," Bollido said.

To become part of AER, one must have a degree recognized by the Home Institution, must be full time member of the engineering or technological association and licensed to practice in the home country and must have a minimal of 7 years post-graduate working experience in an engineering environment.

"Becoming a member of the ASEAN engineer means that you are not just an ordinary engineer, but an internationally competitive engineer," said Bollido.

Opportunities of becoming an AER includes bigger market for expertise, better employment prospects, and wider networking and strategic alliances among others.

AER members shall also be entitled to the exclusive use of the title ASEAN Engineer (ASEAN Eng.) after their names.

The ASEAN Federation of Engineering Or-

ganizations (AFEO) is a non-governmental body. Its members are the engineering institutions and organizations of ASEAN countries with the following main objectives: To promote goodwill and mu-

tual understanding and to establish and develop an ASEAN baseline standard for the engineering profession with the objective of facilitating the mobility of the engineers within the ASEAN countries. (PR)

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