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**TACLOBAN
RIZAL AVENUE**



CALAMITY. As Southern Leyte is still reeling from the impacts of the onslaught of typhoon 'Odette,' heavy rains spawned by shear line and 'amihan' or northeast monsoon has hit the province over the weekend. Photo shows personnel from the Bureau of Fire Protection from the towns of Libagon and Saint Bernard conducting their rescue efforts to residents hit by the flooding.

Province still reeling from 'Odette's devastation

Nonstop rains trigger flooding, landslide incident in So. Leyte

JOEY A. GABIETA

TACLOBAN CITY- Incessant rains spawned by the shear line and the northeast monsoon or 'amihan' have triggered flooding and landslide incidents in Southern Leyte province, still reeling from the massive devastations caused by Typhoon 'Odette.'

In Saint Bernard town, at least six individuals were rescued and evacuated to a safer place as their house was inundated as a result of the swelling of the nearby Kapanangan River.

A minor landslide was also reported in the village of Lipanto, also in the same town.


In Libagon town, a 53-year old man, who was not identified, was also rescued due to the flooding that hit their village in Talisay.

Flooding was also experienced in Barangay Pancil, Malitbog town where a resident, in a video, called on provincial officials and other government agencies for assistance as their bridge was flooded.

The Department of Public Works and Highways (DPWH) announced that the Agas-Agas Bridge in Sogod town was rendered not passable due to the nonstop rains.

The bridge is the main route of going to Southern

Leyte from Leyte province. Despite of the bad see *Nonstop* /page 6 ...



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Tacloban City Government runs business renewal one-stop-shop at Robinsons Place -Marasbaras, Robinsons Place North-Abucay, and SM Savemore, after Mayor Alfred Romualdez' order for an easier and more accessible processing before the deadline.

Business renewal services at said malls, including license applications, cash payments, fire permit applications, obtaining cedula (Community Tax Certificate), and releasing, will operate starting today until January 31.

Meanwhile, said one-stop-shops, which BPLD Chief Gemafiel Gaspay assures to process 1,500 transactions per day, will entertain clients from Mondays to Fridays, 9 am to 4 pm.
(TACLOBAN CITY INFORMATION OFFICE)

Amid spike of COVID-19 cases due to Omicron variant DOH in EV renews call for people to strictly observe all health protocols

TACLOBAN CITY- Amid the presence of the highly-transmissible Omicron variant of the coronavirus disease (COVID-19), the Department of Health (DOH) in Eastern Visayas has called on the public to continue to practice and observe all the health minimum protocols.

The DOH said that while the region is experiencing a decline of COVID-19 cases for more than two months now, there is still a need to observe all the protocols like the wearing of face masks, physical distancing, and washing of hands and avoid going to crowded places, especially now with the presence of Omicron.

In Tacloban City, Dr. Gloria Fabrigas, city health officer, said that despite of the presence of the Omicron variant in the country, the city government has yet to put into place new policies.

She, however, said that they are asking all city residents, including those coming from outside Tacloban, to strictly follow all the health protocols to ensure that the virus would not further spread.

Tacloban, at present, has four active cases.

The entire region has 29 active cases with seven new COVID-19 cases reported by the DOH on Monday: two were from Tacloban City and Tanauan, Leyte while the towns of Palo, Leyte town, all in Leyte; and Santa Rita in Samar have one each.

The presence of the

Omicron variant has been seen by the DOH as the probable factor for the country's spike of COVID-19 cases in just two weeks.

The spike of COVID-19 cases has resulted in the placing of Metro Manila, in particular, under level 3 which restricted some movements of the people and temporary prohibition of some activities like face-to-face classes; contact sports; concerts; and social gatherings where individuals do not belong to the same households.

Some establishments were also restricted like only having 30 percent of their capacities like cinemas, meetings, tourists, and amusement parks, among others. **(JOEY A. GABIETA)**



Martin Romualdez (3rd left) assisted by Surigao del Norte Rep. Ace Barbers turn over P1 million financial assistance and 1000 sacks of rice to Bayawan City Mayor Henry Tevez (2nd left) during the BBM-SARA UniTeam Relief Mission at the covered court of Municipality of Bacong. Also in photo town mayors of the 3rd District of Negros Oriental. (photo Ver S. Noveno)

Peaceful New Year celebration in the region, says Cabagnot

TACLOBAN CITY- The Police Regional Office (PRO) has declared that the New Year celebration in the region was 'generally peaceful'.

Based on the monitoring assessment conducted by the PRO, there were no reported stray bullet incidents, illegal discharge of firearms, fire, or burning

due to firecrackers.

A 17-year old boy from Guiuan town was reported to have sustained an injury after the firecracker (kwitis) exploded on his right hand.

The minor was brought to a hospital for immediate treatment.

The PRO reported that a total of 3, 466 pieces of see Peaceful /page 7 ...

PSA-CRS Tacloban City and Catbalogan City outlets pilot online appointment system for issuance of Civil Registry documents

The Philippine Statistics Authority - Civil Registration Services VIII (PSA-CRS) is now accommodating clients who use the online Appointment System through appointment.psa.gov.ph in requesting for copy issuance of civil registry documents and certifications. The CRS Tacloban City and Catbalogan City Outlets are implementing PSA CRS Appointment System per Office Memorandum No. 2021-256 issued on 16 De-

ember 2021 to manage the daily crowd volume and implement the health and safety protocols prescribed by the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-MEID).

To use the online Appointment System, follow the following steps: copy the link: appointment.psa.gov.ph on your browser.; click the Civil Registration Service (CRS) Appointment System; agree with the Privacy Notice and Terms and Conditions; choose the preferred CRS Outlet, then click NEXT; provide the required information, click on "I AGREE" and click NEXT; select your preferred date and time of appointment and click NEXT; wait for the confirmation of your appointment sent to the email address you provided in Step 5. Check the date and time of your appointment; print the email received or the confirmation/appointment slip which must be present-

ed, upon entering the CRS outlet on the date and time of your appointment. Digital copy of the CRS Appointment Slip is likewise acceptable.

Moreover, per PSA Public Advisory dated 15 May 2021, walk-in clients with urgent concerns or emergency cases shall be allowed to enter and transact at the CRS outlet provided that they present valid proof of emergency on the following cases:

- 1) processing of death claims;
- 2) customers with proof of visa appointment;
- 3) customers with proof of Department of Foreign

Affairs (DFA) passport appointment; 4) for hospitalization purposes; 5) for employment purposes; and 6) other emergency cases, with proof of urgency.

PSA would like to remind the public that pursuant to Memorandum Circular

No. 2019-16A and in compliance with RA 10173 (Data Privacy Act of 2012), presentation of valid identification (ID) cards/identity documents of the document owners is strictly implemented. Likewise, authorized representatives are required to present the

original and photocopy of the ID of the document owner aside from the presentation of authorization letter/Special Power of Attorney. For a strictly no-contact transaction on issuance of civil registry documents, clients are encouraged to file their application online through www.psaserbilis.com.ph or <https://psahelpline.ph/>.

For urgent concerns and queries, the public can contact 09178626695, (053) 530-0939/321-8389 or email address psa_reg8@yahoo.com. **(PR)**

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More Northehanons move out of poverty in 2021

More Northehanons lived above the poverty line in the first semester of 2021 than the same period in 2018, based on the official poverty statistics released by the Philippine Statistics

Authority (PSA) last December 17, 2021

The report suggests that 69% of Northehanons had incomes sufficient to meet their basic food and non-food needs a signifi-

cant increase from 63.4% in the First Semester of 2018.

In addition, 76.9% of Northehanon families were see More Northehanons/ page 8 ...



HOUSING AID. The National Housing Authority(NHA) has turned over more than P57 million to the provinces of Southern Leyte and Leyte which were hit by typhoon 'Odette' to help typhoon victims rebuild their houses. The financial assistance were received by Southern Leyte Governor Damian Mercado and Leyte Gov.Leopoldo Dominico Petilla. (NHA/Photo Courtesy)

The housing agency also donated P12.5M to Leyte **NHA releases P45 million to Southern Leyte for housing assistance to typhoon victims**

TACLOBAN CITY- The National Housing Authority(NHA) has turned over P45 million to the provincial government of Southern Leyte as part of its effort to help the province recover from the devastation due to the onslaught of Super Typhoon "Odette."

The NHA also turned over P12.5 million to the province of Leyte, as accepted by Governor Leopoldo Dominico Petilla, which was also hit by the

typhoon. The fund is intended to give P5,000 each family whose houses were destroyed during the typhoon, the NHA said.

The fund was turned over by NHA officer-in-charge Engr.Ericson Delloro to Governor Damian Mercado on Dec.30.

Based on the record of the Department of Social Welfare and Development (DSWD),121,147 houses across the province were damaged of which 44,912

were totally destroyed. The NHA said that the financial assistance, under its special emergency housing assistance funds, aims to augment the families as they try to rebuild their houses "regardless of the extent of damage" they have sustained.

Meantime the Department of Public Works and Highways (DSWD) has sent around 300 men and several heavy equipment to help clear the roads in the province.

The teams were from its regional office and 13 district engineering offices. Road clearing remains to be among the priorities to help hasten the delivery of food aid and other services to the typhoon victims.

For her part, Grace Subong, the regional director of the Department of Social Welfare and Development (DSWD) welcomes all private groups and individuals who are sending assistance to the typhoon victims.

She, however, said that

they should approach their office and inform them of their aid assistance program for accounting purposes.

"We welcome all assistance and support from private groups and even individuals as we acknowledge that we cannot really provide all the assistance needed by our typhoon victims,"

Subong said. Among those who visited Southern Leyte were several candidates including those running for president, have visited Southern Leyte bringing with them food and non-food items.
(JOEY A. GABIETA/ROEL T. AMAZONA)

DPWH Eastern Samar 'Operation Malasakit' aids the victims of Typhoon Odette in Southern Leyte

The Department of Public Works and Highways - Eastern Samar District Engineering Office provided assistance to the victims of Typhoon Odette in St. Bernard, Southern Leyte on December 30, 2021 through the DPWH Operation Malasakit.

Almost 500 households from barangays Himbangan, Hindag-an and Lipanto are the beneficiaries of the relief operation spearheaded by District Engineer Ma. Margarita C. Junia.

According to District Engineer Junia, these chosen barangays are severely hit by Typhoon Odette last December 16, 2021 and mostly of their houses

were totally destroyed by the typhoon. The head of the district office initiated the relief operation in Southern Leyte after she witnessed the aftermath of Typhoon Odette during the clearing operation they conducted with the DPWH Eastern Samar maintenance crew last December 19-22, 2021.

Also, the Rank and File Employees Association (RAFEA), heads of section and employees of DPWH Eastern Samar donated cash, used clothes and sacks of rice for the relief operation. Others joined the packing of the relief packages and the distribution of the relief goods.
see Recovery /page 7...

Recovery and rehab plan for Southern Leyte to take place soon after relief operation is over, official said

TACLOBAN CITY - Planning for the recovery and rehabilitation will soon follow after the relief phase is over in Typhoon

'Odette' affected areas in Eastern Visayas according to the Office of Civil Defense (OCD). Currently, government

agencies and private organizations are still in the relief operation stage delivering and providing the basic needs of typhoon victims because there are still more areas that still need to be reached and assess, Lord Byron Torrecarion, OCD regional director, said.

He said that their office is already finished conducting the Rapid Damage Assessment and Needs Analysis (RDNA) and will be followed by the Post-Disaster Needs Assessment (PDNA) which will take a month.

This will be followed by the formulation of the Rehabilitation and Recovery Plan (RRP).

"It will be a composite team composed of different government agencies (that will) come up with a recommendation," Torrecarion said.

One of the factors or suggestions that might be included in the PDNA is in the enforcement of the "no-build zone" for residential structures along coastal areas in Southern Leyte.
see Recovery /page 7 ...

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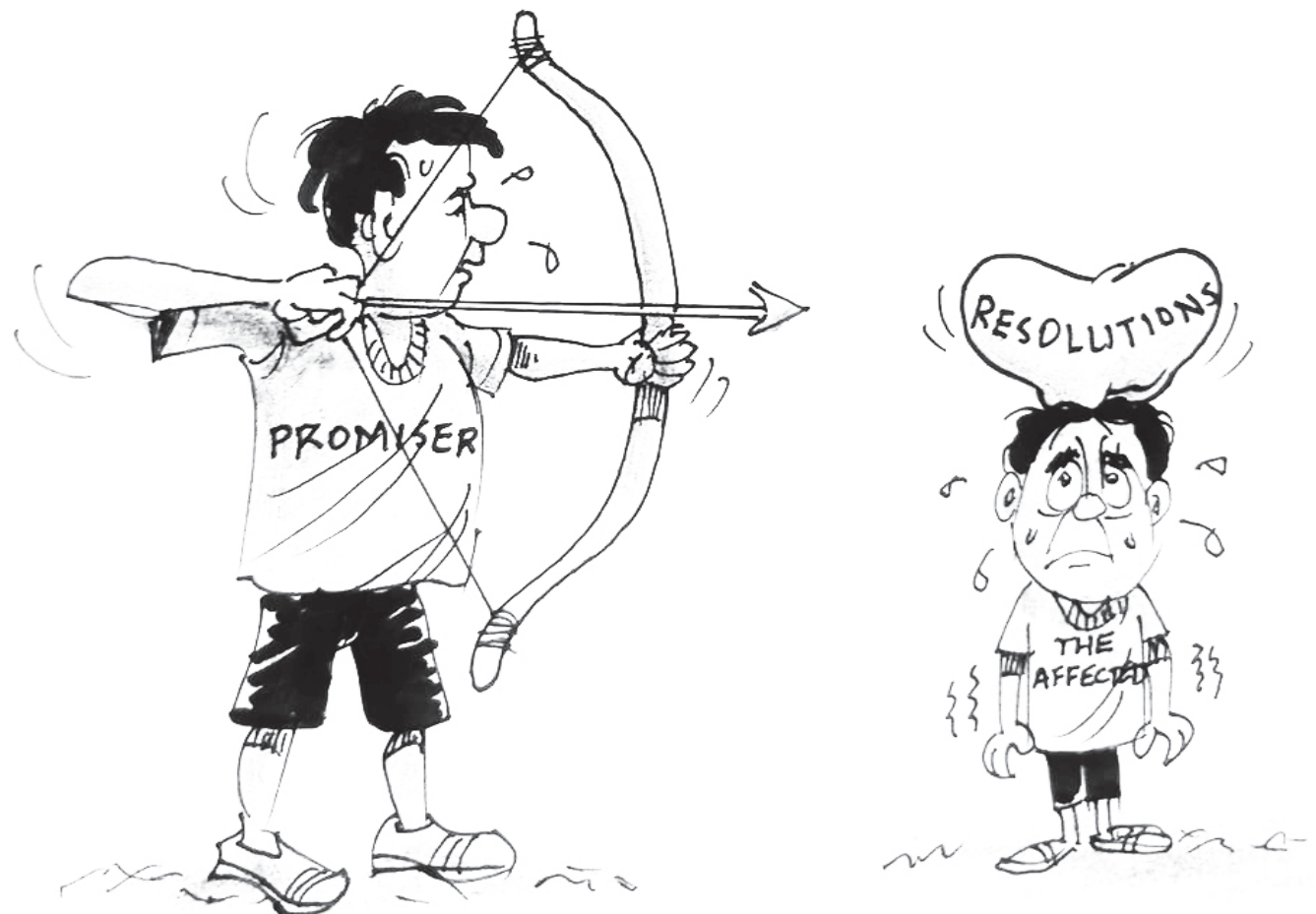
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Resolutions

New Year's resolutions are commitments individuals make to a project or habit, often a lifestyle, that are generally interpreted as advantageous, taking effect starting New Year's Day till the set goal is achieved at the end of the year.

Most often, New Year's resolutions refer to things that matter to somebody's life. Somehow, these resolutions provide hope, and encourage people to have dreams of a more optimistic future. They make people happy — imagine how gloomy life is if it's void of dreams. But what happens is that people push themselves too hard in their quest to reach their dreams. Their goals are too high, so their resolutions go unachieved, or are broken fairly quickly.

Aside from individuals, groups or companies also have their own version of new year's resolutions often called strategic plans, which are based on their mission and vision. Each member of their teams comes up with individual plans that eventually comprise their agency's corporate plans, com-

plete with time frames and achievement indicators. The government, in general, likewise equips itself with similar goals that it aims to attain by year-end.

All these plans and resolutions, however you call them, are very essential in making sense of one's existence. They make a company's presence worthwhile, indeed; that it's not just there to exist, but to function as well. This is in line with the adage: "Stop existing; start living." Which is very true, knowing that everything exists for a purpose. And if that purpose is not attained, something is wrong, making one's existence futile.

One need not be burdened with New Year's resolution wish lists that lead to stress and frustration. He can enjoy life better, bringing positive effects to people close to him as well, be they families, relatives, husband, or wife. But there is nothing wrong with setting goals, plans, and commitments. For the government most of all, these plans and resolutions are a must, and so are their fulfillments.



**Didactic
Tales**

DOMS PAGLIAWAN

Braving this coming year

The year 2022 is characterized by so many things to look forward to, some of which are exciting, the rest are rather gloomy. But they can't be helped as they are supposedly destined to happen, whether we welcome them or not.

In the education sector, plans have been earlier considered that classes would be back to normal, face-to-face, that is. That's both in public and private institutions, with gradual come-

back, though. It's supposed to begin with a soft start, beginning with selected levels and courses. But with the speedy rise of Omicron variant cases in the country now, we are not sure if this return to face-to-face classes will push through.

Politics is getting noisier, complicated, and perhaps exciting. At times, it turns controversial, adversarial, divisive. Supporters of various political parties and candidates are getting more involved in political discussions and debates, sometimes ending up in heated arguments and quarrels. All this is expected to intensify as the elections get nearer. We are hoping that elec-

tion-related violence will not occur, and peace and order will prevail.

As regards the on-going pandemic, things are rather unpredictable. Soon, the most number of people who have been vaccinated in 2021 will soon need booster shots as the six-month expiration of their vaccines is coming. In fact, this booster is just to combat the old and original virus, not the later variants particularly Omicron against which no vaccine is accordingly effective, which means that it affects even the vaccinated people.

If only these vaccines see *Braving /page 7*



What's New Mr. Q?

TENTE U. QUINTERO

Typhoon Odette -Did'ja Know-

THAT due to the recent Typhoon Odette that devastated several cities & provinces, it is expected that difficult economic times will be upon our country in the next several years, especially in the above-mentioned cities & provinces?

THAT while announcements were made so many times on television, radio & even in social media, nothing really prepared us for the strong typhoon that devastated so many areas in the Visayas & Mindanao?

THAT as of this writing (December 29th) power has not yet been restored in so many of the above-mentioned affected areas?

THAT communications are down, fresh water and fuel are scarce and even fallen power lines & trees block so many roads?

THAT so many landslides & rampaging rivers and over-flowing flood waters damaged so many bridges that many barangays and areas had been cut-off from their towns and/or cities?

THAT the hardest-hit provinces were mainly dependent on farming & fishing; with the fields flooded and the soon-to-be-harvested crops totally spoiled & destroyed; and so many fishing boats damaged?

THAT hunger is expected in these areas in the next several months resulting in so many

people getting sick and many others losing their lives?

THAT several departments are rushing the estimates to crops lost and infrastructure damaged by the typhoon?

THAT in the first so many days after the calamity, when food and water were so scarce, trucks carrying relief goods were a welcome sight for the typhoon victims?

THAT according to the National Disaster Risk Reduction Management Council (NDRRMC) "the Philippines is the fourth most vulnerable country to the effects of global warming?"

THAT the Philippines sits on the western Pacific Ring of Fire, and we straddle the typhoon belt?

But according to the NDRRMC, we should note -

THAT for years, we have been pursuing a comprehensive program to build up the resiliency of our communities?

BUT THAT there is only so much that could be done against the fury of nature, because nothing prepares us for more severe weather as we battle with the consequences of climate change?

AND THAT we will continue to build up the

see Typhoon /page 7 ...

munities as an additional steady source of available fresh and nutritious food, particularly vegetables.

It might be worth recalling that, this column tackled about the edible landscaping approach to urban farming of UPLB sans D A -BAR'S funding assistance - with emphasis on planting select species of vegetables with consideration on color and height of plants.

Also, in the same column, I featured Senator Cynthia Villar's idea of Urban Farming, pilot-tested in Las Pinas, for the purpose of providing steady source of cheap, but nutritious vegetables direct from the urban area.

Still, way back during the administration of the Marcoses, Mrs. Imelda



Commentary

FR. ROY CIMAGALA

Mary and the shepherds

JANUARY 1 is, of course, Happy New Year's Day! A new beginning is offered to us. Let's be happy and hopeful. Yes, we will always have challenges and trials, etc., but let's never forget that we have God as our Father who takes care of everything. We just have to do our part in the best way that we can.

Liturgically, January 1 celebrates the divine motherhood of Mary. It's a tremendous truth of our Christian faith if we consider the question of how a creature can become the mother of the Creator. It surely defies all human logic and understanding.

To me, what comes to mind is the reinforcement of the truth of our faith that man has truly been created in God's image and likeness. That Mary, a human being, a creature of God, becomes the mother of God, proves that point of our connatu-

rality with God.

In spite of our natural and infranatural limitations due to our sin, there is a certain connaturality we enjoy with God. Such connaturality can be to such an extent that we can conclude that how God is also how we ought to be. Incredible? Of course, it is, but that's how our faith tells us.

Obviously, it can only be achieved through God's grace. We can try to go along with God's will and ways, but we all know very well that we can only go so far. It will be God, through his grace and mercy, that would enable us to acquire our connaturality with God. Tremendous faith is required of us to believe and say, "Amen," to this truth of our faith.

In the gospel of this feast's celebration, (Lk 2,16-21) we are told about the shepherds who hurried to look for the newborn Christ after they were informed by a host of angels. Let's hope that we can also have such eagerness to look for Christ not only as a newborn but also as our Savior who redeems us with his passion, death and resurrection. Like them, let's spread far and

wide without let-up the Good News about Christ.

Such attitude would surely put us in the right condition to be consistent with our Christian belief even as we immerse ourselves in our earthly and temporal affairs that often lead us to get entangled, confused and lost. Let's see to it that we can always be driven by an urge to look for Christ the way the shepherds were.

In the same gospel, we are also told about how Mary kept and reflected in her heart the good things she heard from the shepherds. It's a stable trait of Mary to always ponder things that she heard from Christ and about Christ.

May that trait also be ours! We cannot deny that we often find ourselves carried away and swallowed by earthly forces. We forget that we are supposed to live a shared life with God. God should be the beginning, the end and a constant presence in all our thoughts, intentions, words and deeds.

Let us develop the habit of meditating and contemplating the presence of God at every moment of the day. It's truly a discipline worth learning. It should not be considered as meant only for some 'special' people like the religious nuns and hermits. It's for all of us.

As we begin another year, let's clarify our priorities and establish the proper plans, structures and programs so that we can really say we are truly engaged in pursuing the real purpose of our life here on earth.

Again, a Happy New Year to all!



High-Powered Objective

(S & T Enhanced Nations Have Edge)

DR. PACIENTE CORDERO, JR.

D A supports Urban 'El' Farming

In a strategy to establish a food resilient community amid the pandemic, and the Department of Agricultural has promoted "urban farming by incorporating various available technologies such as organic farming, vertical farming, hydroponics and horticulture." The D A has showcased their version of urban farming so-called E L (edible landscaping), in its central office in Quezon City.

The E L garden was

turned over to the D A by the University of the Philippines Los Banos (UPLB) - Institute of Crop Science, College of Agriculture and Food Science.

The project, part of the PLANT PLANT PLANT program of the D A - BAR (Bureau of Agricultural Research), earlier received an P8 million funding through UPLB in support of the D A's national urban agriculture program. The same program aims to promote E l in urban com-

R Marcos launched her Green Revolution by encouraging the planting of vegetables in "unused" land in Metro Manila.

These strategies, aimed to benefit the less fortunate sector to avail of steady cheap and nutritious source of vegetables, are worth emulating and support by the government to combat the perennial food security problem of the country. By having ready supply of veggies, could be key to check on the smuggling of the items into the Philippine markets.

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NEXT TOPIC : "S & T - related Issues"

SHARE S & T THOUGHTS through E-mail: drpacjr@yahoo.com.



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)

**NOTICE OF
EXTRA-JUDICIAL
SALE
(EJF NO. 4273)**

Upon extra-judicial petition for sale under act 3135, filed on November 16, 2021, by **BPI FAMILY SAVINGS BANK, INC.,** petitioner/mortgagee, with principal and office address at Makati City and Branch Office at the 8th Flr BPI CEBU CORPORATE Center, Cebu Business Park, Cebu City 6000, against **SPS. EULALIO GERALDO ACEBO JR. & LUTGARDA LUCANAS ACEBO,** respondent/mortgagor; with residence address at Lot 11, and 12, PCS-83747-000428-D RAINBOW VILLAGES, MANLURIP SAN JOSE, BRGY. 84, TACLOBAN CITY, PHILIPPINES, to satisfy the mortgage indebtedness which as of October 4, 2021, amounts to **SIX MILLION SEVEN THOUSAND FORTY AND FIFTY SEVEN CENTAVOS (PHP 7,007,040.57)** Philippine Currency, involving Two (2) Land Titles: T-62915 & T-45984 plus interest and other charges, the Ex-Officio Sheriff of Leyte, Regional Trial Court, Tacloban City, by and thru the undersigned will sell at public auction on **January 24, 2022 at 10:00 a.m. to 2:00 p.m. at the LOBBY/PORCH of Regional Trial Court, Hall of Justice, Tacloban City,** to the Highest Bidder, for CASH, MANAGER'S CHECK and in Philippine Currency, the following property, to wit:

**DESCRIPTION OF
PROPERTIES**

Republic of the Philippines
Philippines
**SUPREME COURT
REGIONAL TRIAL
COURT**
Eighth Judicial Region
Branch 11
Calubian, Leyte
IN THE MATTER OF
THE CORRECTION
OF THE ENTRY AS TO
SEX OF THE
CERTIFICATE OF LIVE
BIRTH OF JERAMIE H.
DACAL FROM MALE
TO FEMALE
JERAMIE H. DACAL,
Petitioner,
versus
THE LOCAL CIVIL
REGISTRAR OF SAN
ISIDRO, LEYTE AND
THE CIVIL
REGISTRAR
GENERAL
PHILIPPINE
STATISTICS
AUTHORITY
Respondents
SP. PROC.
NO. SP-CN-171
For:
X-----X
ORDER
A verified petition for Correction of Entry has been filed by petitioner through counsel before this Court, praying that after due notice, publication and hearing, judgment be rendered ordering the respondent, the Local Civil Registrar of San Isidro, Leyte, to correct the entry as to SEX in the Certificate of Live Birth

TCT NO. : T-62915
LOT NO. : LOT 11, PCS-083747-000428-D, BEING A PORTION OF LOT 3593 & 3595, CAD 220 (LRC REC. NO. 1040)
LOCATION: BRGY. SAN JOSE, TACLOBAN CITY
AREA : 218 SQ.MTS., MORE OR LESS
REGISTERED OWNER:
SPS. EULALIO GERALDO ACEBO JR. & LUTGARDA LUCANAS ACEBO
TCT NO.: T-45984
LOT NO.: LOT 12, PCS-083747-000428-D, BEING A PORTION OF LOT 3593 & 3595, CAD 220 (LRC REC. NO. 1040)
LOCATION: BRGY. SAN JOSE, TACLOBAN CITY
AREA: 212 SQ.MTS., MORE OR LESS
REGISTERED OWNER:
LUTGARDA LUCANAS ACEBO, MARRIED TO EULALIO GERALDO ACEBO JR.
All sealed bids must be submitted to the undersigned on the above-stated time and place. In the event the public auction should not take place on said dates, it shall be held on **JANUARY 28, 2022 on the same time and place without further notice.**
Tacloban City, Philippines, December 13, 2021.
FOR THE EX-OFFICIO SHERIFF:
(Sgd.) RUBEN N. VILLACARILLO
Sheriff IV
LSDE: Dec. 28, 2021 & Jan. 4 & 11, 2022

EXTRAJUDICIAL SETTLEMENT OF REAL PROPERTY WITH ABSOLUTE SALE
NOTICE is hereby given that heirs of the late CORNELIO MAGAYES extrajudicially settled, partitioned and adjudicated over a parcel of agricultural, coconut and rice land covered by OCT No. T-20675, Free Patent No. 257411, Lot No. 45, Pls - 766-D, TD ARF No. 12-16006-00867 containing an area of 27,388sq.m., with assessed value of Php33,360.00. A Deed of Absolute Sale was executed in favor of the MUNICIPALITY OF PALAPAG, NORTHERN SAMAR represented by its Acting Mayor RICARDO A. BATULA per Resolution No. 2021-352 dated October 25, 2021 as vendee of a portion containing an area of 8,790.50sq.m., from the above-described property. Per Doc No. 385, Page No. 78, Book No. I, Series of 2021. Notary Public Atty. Jose Paredes Morallos.
LSDE: Dec. 28, 2021 & Jan. 4 & 11, 2022

DEED OF EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that heirs of the late SPS. ANDRONICO TUBERA SR. AND AURORA PRESTO TUBERA extrajudicially settled, partitioned and adjudicated over 2 parcels of land described as: 1) A parcel of residential lot situated at Brgy. Kinabranan Zone, Allen, Northern Samar designated as Lot No. 262, Cad 1083-D covered by TD/ARP No. 2012-02002-00136 containing an area of 93sq.m.; 2) A parcel of agricultural lot situated at Brgy. Lipata, Allen, Northern Samar designated as Lot No. 582, Pls 54 covered by TCT No. 3293 containing an area of 7,100sq.m., Per Doc No. 316, Page No. 64, Book No. XV Series of 2021. Notary Public Atty. Lyndon D. Escala.
LSDE: Dec. 28, 2021 & Jan. 4 & 11, 2022

Republic of the Philippines
Local Civil Registry Office
Province of Northern Samar
Municipality of Catarman

NOTICE FOR PUBLICATION

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the implementation of the Administrative Order No. 1 Series of 2012 (IRR on R.A. 10172). Notice is hereby served to the public that **LORAINÉ DIMAKILING LIM** has filed with this office a petition for correction of entry in Child's date of Birth from **"07 JULY 1998"** to **"07 JUNE 1998"** in her certificate of live birth and whose parents are **TITO S. LIM** and **EDNA D. DIMAKILING**.

Any person adversely affected by said petition may file his written opposition with this Office not later than (10) days after this publication.

(Sgd.) DARWIN B. BEROS
Municipal Civil Registrar

LSDE: Dec. 28, 2021 & Jan. 4, 2022

Republic of the Philippines
Local Civil Registry Office
Province of Northern Samar
Municipality of Catarman

NOTICE FOR PUBLICATION

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the implementation of the Administrative Order No. 1 Series of 2012 (IRR on R.A. 10172). Notice is hereby served to the public that **MARJORIE N. PINCA** has filed with this office a petition for correction of entry in Child's Sex from **"FEMALE"** to **"MALE"** in the certificate of live birth of **ZYRELL JADE N. PINCA** and whose parents are **JESSIE C. PINCA** and **MARJORIE G. NAZA**.

Any person adversely affected by said petition may file his written opposition with this Office not later than (10) days after this publication.

(Sgd.) DARWIN B. BEROS
Municipal Civil Registrar

LSDE: Dec. 28, 2021 & Jan. 4, 2022

of Jeramie H. Dacal from male to female.

WHEREFORE, finding the said petition to be sufficient in form and substance, notice is hereby given to all parties concerned that the initial hearing of this petition is set on **March 3, 2022 at 8:00 o'clock in the morning** before this Court at the Hall of Justice, Calubian, Leyte at the aforesaid date, any interested person may appear and show cause, if there be any, why said petition should not be granted.

Let copy of this Order be published in a newspaper of general circulation in the region at least once a week for three (3) consecutive weeks at the expense of the petitioner, and let copies of the petition and Order be furnished the Honorable Solicitor General at 134 Amorsolo St., Legaspi Village, Makati City, the Philippine Statistics Office (PSA), Manila, the Assistant Provincial Prosecutor of Calubian, Leyte and the Local Civil Registrar of San Isidro, Leyte for them to appear for the government.

SO ORDERED.
IN CHAMBERS this 2nd day of December 2021 at the Halls of Justice, Calubian, Leyte, Philippines.
(Sgd.) MANASSEH S. BASTES
Presiding Judge
LSDE: Jan. 4, 11 & 18, 2022

**EXTRAJUDICIAL
SETTLEMENT OF ESTATE**

NOTICE is hereby given that heirs of the late LUCIANO EGONIO AND CLARA B. EGONIO extrajudicially settled, partitioned and adjudicated over a parcel of residential lot bearing TCT No. T-20405 located at Veteranos St., Tacloban City and heirs hereby agree to divide among themselves the estate as follows; HERMINIA E. DILOY - 2/5 share; NENITA E. DILOY - 2/5 share and TERESA E. CEBU - 1/5 share. Per Doc No. 304, Page No. 62, Book No. I, Series of 2021. Notary Public Atty. Prospero T. Rapada.
LSDE: December 28, 2021 & January 4 & 11, 2022

EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that heirs of the late MYLA P. CASTRO executed an Extrajudicial Settlement of Estate over a bank account with PNB Tandang Sora Branch under Account No. 108510109058 with Php133,090.74 amount saved thereon. Per Doc No. 20242, Page No. 83, Book No. XXXI, Series of 2021. Notary Public Atty. Pedro M. Labid.
LSDE: Dec. 28, 2021 & Jan. 4 & 11, 2022

**PRO-8 extend assistance to
Southern Leyte residents
now confined at EVMC**

CAMP RUPERTO KANGLEON, PALO, Leyte- Extend compassion means a lot especially now that our country was recently devastated by Super Typhoon 'Odette'.

As part of this Police Regional Office(PRO8)'s relief efforts to typhoon-stricken areas, the Police Regional Office 8 under the leadership of PGen. Rommel Bernardo A. Cabagnet, Regional Director thru the Office of the Regional Community Affairs Division (RCADD) led by Plt.Col. Jose Manuel C.

Pay os,Chief, RCADD represented by Plt.Col. Ma. Bella D. Rentuaya, assistant chief, RCADD, and Plt. Marissa Copino, admin chief RCADD initiated a relief-giving activity dubbed as "Christmas Drop at EVMC" on December 30, 2021, to three ST Odette survivor families from Southern Leyte: one residing in Silago who has been admitted since December 13, 2021 for kidney problem, lost their house and livelihood and is having financial problem to support their food and daily expenses; one from Bontoc where-
see PRO-8 /page 8 ...

Nonstop...

...from Page 1

weather condition prevailing in the province, relief operations will not be affected, Rey Gozon, assistant regional director of the Office of Civil Defense (OCD), said.

"Our relief operations are not hampered despite of the bad weather," he said.

All assets and equipment of the government like military trucks and sea crafts from the Coast Guard and Navy are being utilized to ensure that assistance will reach to all affected towns and villages in the province, Gozon added.

Meantime, the Department of Interior and Local Govern-

ment (DILG) has lauded all elected officials of Southern Leyte for their presence during and after Odette hit the province on December 16.

"All chief executives of the province were around during and after Odette hit Southern Leyte," Ian Adrian Colasito, senior local government operations officer of the DILG-8 said.

For her part, Lt. Maria Bella Rentuaya, spokesperson of the Philippine National Police (PNP-8), said that they did not monitor any looting incident in the province in the aftermath of the onslaught of Odette.

"From day one, there was no looting incident in the province and we are thankful to all the support of different government agencies, local government units, and the local themselves," she said.

EXTRAJUDICIAL SETTLEMENT AMONG HEIRS OF ESTATE

NOTICE is hereby given that heirs of the late SATURNINO BERNADAS extrajudicially settled, partitioned and adjudicated over 3 parcels of land particularly described as: 1) A parcel of coconut land located at Brgy. Balite, Kawayan, Biliran containing an area of 13,827.06sq.m bearing Katibayan ng Orihinal na Titulo Blg. P-489 under TD No. 00020; 2) A parcel of coconut land located at Brgy. Balite, Kawayan, Biliran containing an area of 9,974sq.m bearing Katibayan ng Orihinal na Titulo Blg. P-4889 under TD No. 00018; 3) A parcel of coconut land located at Brgy. Poblacion, Kawayan, Biliran containing an area of 3,363sq.m bearing Katibayan ng Orihinal na Titulo Blg. 2021000054. Per Doc No. 421, Page No. 85, Book No. I, Series of 2021. Notary Public Atty. Lolita G. Casas-Nueve.
LSDE: January 4, 11 & 18, 2022

**EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH PARTITION
AND ABSOLUTE SALE OF REAL PROPERTIES**

NOTICE is hereby given that heirs of the late LYDIA C. PORES extrajudicially settled, partitioned and adjudicated over a parcel of land designated as Lot 28, Block 2, Phase 5, Pcs-08-000010 situated at Brgys. of Sagcahan and Caibaan, Tacloban City containing an area of 240sq.m., under TD No. 2012-01-0006-00318 while the house erected thereon is under TD No. 2012-01-0006-00319. A Deed of Absolute Sale was executed in favor of AL C. PORES as vendee of the above-described property, free from all liens and encumbrances. Per Doc No. 267, Page No. 55, Book No. XI, Series of 2021. Notary Public Atty. Ronelito O. Ticoy.
LSDE: January 4, 11 & 18, 2022

**EXTRAJUDICIAL SETTLEMENT AND ADJUDICATION WITH
ABSOLUTE SALE OF A PORTION OF REGISTERED LAND**

NOTICE is hereby given that heirs of the late SPS. JUAN UYCOQUE AND ERLINDA ESPERAS executed an Extrajudicial Settlement and Adjudication over a 1/2 shares of a parcel of land located at Brgy. Lokilokon, Paranas, Samar consisting of 15,732sq.m., out of the total land area of 31,464sq.m., covered by TCT No. T-2760 designated as Lot No. 1884, Pls-658-D. A Deed of Sale was executed in favor of SEVERINO G. NUNEZ as vendee of a portion from the above-described land consisting 15,732sq.m., free from liens and encumbrances. Per Doc No. 380, Page No. 077, Book No. 372, Series of 2019. Notary Public Atty. Medino L. Acuba.
LSDE: January 4, 11 & 18, 2022

EXTRAJUDICIAL SETTLEMENT WITH SALE

NOTICE is hereby given that heirs of the late DOMINADOR D. ARIZO extrajudicially settled, partitioned and adjudicated over a parcel of land located at Lemon, Capoccan, Leyte covered by TCT No. TC-1225 known as Lot 1149, Pls 719-D containing an area of 18,609sq.m., A Deed of Sale was executed in favor of ELEUTERIO AYENTO OCAMPO as vendee of the portion equivalent to 4/5 shares from the above-described property, free from liens and encumbrances. Per Doc No. 293, Page No. 60, Book No. I, Series of 2021. Notary Public Atty. Judee Anne De La Cruz.
LSDE: Dec. 28, 2021 & Jan. 4 & 11, 2022

EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH ABSOLUTE SALE

NOTICE is hereby given that heirs of the late DIONISIO B. COLOMA, JR extrajudicially settled, partitioned and adjudicated over 2 parcels of land both situated at Sulangan, Guiuan, Eastern Samar described as: 1) Katibayan ng Orihinalna Titulo Blg. P-7010, Lot No. 6281, Cad 430, Case 33 with an area of 2,317sq.m., 2) Katibayan ng Orihinalna Titulo Blg. P-7011, Lot No. 6282, Cad 430, Case 33 with an area of 4,854sq.m., A Deed of Absolute Sale was executed in favor of LEA TIFFANY O. LAOHOO as vendee of the above-described property. Per Doc No. 431, Page No. 87, Book No. XVI, Series of 2021. Notary Public Atty. Neil Jerome A. Rapatan.
LSDE: Dec. 28, 2021 & Jan. 4 & 11, 2022

Malipayon nga Pasko



From: The Municipality of Paranas, Samar

RPAB approves two subprojects before the end of 2021

It is indeed going to be a happy new year for the SAMICO and people of Sogod, So. Leyte after the Regional Project Advisory Board (RPAB) endorsed two subprojects for funding under the Philippine Rural Development Project in the recently concluded RPAB review.

Just in time after the havoc of the Typhoon Odette in Sogod, So. Leyte, the Rehabilitation/Concreting of Brgy. Libas-Brgy. Kauswagan Farm-to-Market Road was approved for funding under the I-BUILD component.

RED Angel C. Enriquez, PRDP RPCO8 Project Director extended her appreciation to Vice-Mayor Jose Ramil Golo and the LGU staff of Sogod for personally attending the said meeting. "Your presence here

despite the current situation is an indication how serious you are for this project to be implemented," she expressed.

Meanwhile, the proposed Jackfruit Production and Trading Enterprise of Samar of the Samar Multi-Purpose Cooperative (SAMICO) also received thumbs up from the RPAB to be funded under the I-REAP component after a thorough discussion with Mr. Allan Llanita, SAMICO Chairman.

Ms Melecia Ong, RPAB member from the

Department of Agrarian Reform moved the motion for the approval for funding of both subprojects. These were duly seconded by Ms Ruthelma Samonte of the Department of Trade and Industry.

"This is just an initial step for the projects to be implemented. It will be a tedious process but we are looking forward that these will soon benefit our farmers in Sogod and Samar," Dr. Jenny Lyn R. Almeria, Deputy Project Director shared. (PR)

DAILY PROGRAM:

"IGSUMAT KAN KA OYO"

MON. - SAT 8:00 PM

DYVL AM



HIMANGRAWON - 104.7

4:00 PM - 6:00 PM

DYAB-FM

Typhoon...

...from Page 5

resilience of our communities against severe weather events?

BUT THAT will be a comprehensive & costly process, and we'd have to relocate entire villages from hazard zones as well as harden infrastructure so that they

Braving...

...from Page 4

are effective enough for life, and against any variants, then there would be no more problems. But they are not, and so another round of vaccination would be needed, which would again result in chaos and too much expenses on the part of the government. This suggests a rather gloomy scenario, and the likelihood of the pandemic extending its foray in our country.

Whatever it is that the year brings with it, we just have to be vigilant enough, ready to address untoward situations. We must exercise caution and prudence at all times, and above all, we must be

can withstand the winds and hold up against flash flooding?

AND THAT our capacity for disaster risk management has greatly improved over the past so many years; and we now have well trained teams of first responders, capable of quickly undertaking rescue and relief operations!

prayerful for God's help and interventions in things that are beyond our control and capacity for with God, nothing is impossible. But while we seek God's help, we must also do our share by fulfilling our duties and responsibilities in society.

Of course, we should not also lose hope that somehow, we will be able to manage things. Yes, we recognize hardships, trials, and afflictions, but we should not allow these to paralyze our ability to rise from their devastation. We must stand our ground and emerge from the ruins because that's what life is all about, and should be—overcoming obstacles at all costs till we return this life to the very one who lent it.

Recovery...

...from Page 3

In Barangay Santo Rosario, Padre Burgos town, its village chairman, Erl Wilson Guilao, said that he will be disallowing the construction of residential structures along the coastal area in their place.

About 20 families in the village are still living in the evacuation center because their houses were totally damaged by big waves brought by a storm surge that hit their area in the aftermath of Odette's onslaught.

Of the 217 households in the village, more than 90 percent of houses, especially those that are located along the coastline of Sogod Bay, were either totally or partially destroyed by big waves about six-meter high and strong wind brought by Odette.

"Actually what we need to do between now and onwards are the same things that what we are supposed to do after Yolanda," according to Adrian Thomas Colasito, senior local government

operations officer of the Department of Interior and Local Government (DILG-8).

Local government units had formulated their land use plans which is connected to hazard and risk assessment, he added.

Also included in the land use plan is the creation of a zoning ordinance that regulates the land use in specified areas.

He, however, said that these land use plans will not be effective if the local government units will not really strictly enforce this policy.

"If under the zoning ordinance it is prohibited to build a residential structure on that area that should be imposed by the local government unit" Colasito added.

(ROEL T. AMAZONA)



Peaceful...

...from Page 2

firecrackers/pyrotechnic devices were confiscated with an estimated value of P42,380.

Police Regional Director, B/Gen. Rommel Bernardo Cabagnet said that he was 'extremely delighted' on the performance of his policemen in ensuring that Eastern Visayas will

DPWH....

...from Page 3

"This is our opportunity to help our neighboring province. I understand that the Estehanons experienced the same during the wrath of typhoons Yolanda and Ruby in the previous years, which is why Eastern Samar DEO is very passionate in organizing this relief operation to extend help to the victims of Typhoon Odette," DE Junia added.

DE Junia further said that the items to be given-away may not be much in number, however, it will surely help a number of families to get by for a couple of days until they fully recover from the aftermath of the typhoon. (PR)

have a peaceful New Year celebration.

"You are all making a big difference. 2021 had been a tough year, yet, we remain focused and steadfast doubling our efforts to serve the people," he said.

(LIZBETH ANN A. ABELLA)



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Red tide alert up in 7 Eastern Visayas bays

TACLOBAN CITY – Eastern Visayas (Region 8) ended the year with seven bays still affected by red tide toxins, the Bureau of Fisheries and Aquatic Resources (BFAR) regional office here reported.

BFAR Region 8 Director Juan Albaladejo said the heavy rains this month triggered the runoff of pollutants from the uplands to the sea.

“The series of massive rains caused runoff of soil sediments rich in organic load that fertilized the cyst of red tide and triggered the sudden appearance of red tide events,” Albaladejo said in a message sent to the Philippine News Agency (PNA).

Based on laboratory examination results of shellfish meat samples, the toxic organism was found this week in San Pedro Bay in Basesy, Samar; Cancabato Bay in Tacloban City; and coastal waters of Biliran Island.

For the past few weeks, the toxic organism has been present in Carigara Bay in Capoocan, Carigara, Barugo, San Miguel, and Babatngon in Leyte; coastal waters of Guiuan, Eastern Samar; Matarinao Bay in General MacArthur, Hernani, Quinapondan, and Salcedo in Eastern Samar; and coastal waters of Leyte town.

The fisheries bureau has stepped up its monitoring of these coastal waters and reactivates its information drive system to alert the public and inform affected local government units.

Albaladejo requested local government units in these bays to also heighten their watch against the gathering, trading, and consumption of shellfish to prevent paralytic shellfish poisoning (PSP).

PSP occurs after ingesting bivalve shellfish, such as mussels, oysters, and clams, which contain toxins.

Symptoms include tin-

gling of the lips and tongue, which may begin within minutes of eating toxic shellfish or may take an hour or two to develop.

This may progress to tingling of fingers and toes and then loss of control of arms and legs, followed by difficulty in breathing.

Fish, squid, shrimp, and crabs harvested in these areas are safe to eat “provided that they are fresh and washed thoroughly and internal organs, such as gills and intestines, are removed before cooking.”(SARWELL Q. MENIANO/PNA)

More Nortehanons... ...from Page 2

able to meet their basic food and non-food needs compared to 70% in the same period three years ago. This, even as the per capita poverty threshold increased from P12,662 in the first semester of 2018 to P13,173 in the first semester of 2021.

Among the six provinces in the region, Northern Samar was the second least poor, climbing two notches higher from its position in the First Semester of 2018 and four steps up in the same period in 2015.

The report also indicates that 89.40% of Nortehanons were able to meet their basic food needs in the First Semester of 2021, a significant improvement compared to 83.90% in the same period in 2018.

Moreover, the proportion of Nortehanon families



Leyte Governor Leopoldo Dominico ‘Mic’ L. Petilla received 500 units of solar lights and other relief goods from Sen. Manny Pacquiao intended for families hit by typhoon ‘Odette’ in the fifth district of the province. The simple turnover of assistance was held last December 21 at the Office of the Governor at Candahug, Palo, Leyte. (GINA P. GERERZ)

who had income to cover their basic food needs increased to 92.90% in 2021 from 87.8% in 2018, despite the increase in the per capita food threshold from P8,840 to P9,192.

Compared to the other provinces in the region, Northern Samar ranked first in terms of the proportion of population and of families whose incomes were enough for their basic food needs, leaping from the third position in the First Semester of 2018 and from the sixth in the same period in 2015.

According to Provincial Planning and Development Coordinator, Engr. Romeo Cardenas, there are three major factors, among others, which can be credited for this decrease in poverty incidence in our province: less natural disasters, infrastructure investments, and

good governance.

“First, we’re fortunate to have not been severely affected by natural disaster around this period when the Family Income and Expenditure Survey (FIES) was conducted. Second, we have sustained our investment in infrastructure development. And, third, the governor was able to rally all the local government units behind him and get the private sector on board his programs, in addition to the support given by the national government,” PPDC Cardenas explained.

Also notable is the fact that the FIES was conducted in the middle of the COVID-19 pandemic, thus also reflecting the outstanding response and recovery initiatives of the provincial and municipal LGUs in Northern Samar.

This consistently upward trend in Northern Samar’s poverty statistics shows the effectiveness of the poverty alleviation programs of the provincial government under the leadership of Governor Edwin Marino

Ongchuan thru his development agenda Padayon nga KAUSWAGAN or Sustained PROGRESS.

“In 2019, I accepted the challenge of getting Northern Samar out of the Top 20 poorest provinces in the country. With the support and cooperation of all Nortehanons in the last three years, before and amid this pandemic, we pursued ambitious and innovative development strategies at the provincial government. And now, we deliver on our promise,” Governor Edwin Ongchuan said about the new PSA poverty statistics.

According to the governor, this good news further motivates the provincial government and the 24 municipal LGUs to proceed with programs and projects that would get more people above the poverty line and to stay on track towards making every Nortehanon Marig-on, Mainuswagon, and Malipayon.(NORTHERN SAMAR PROVINCIAL INFORMATION OFFICE)

PRO-8...

...from Page 6

in the breadwinner of the family has been admitted due to gall stone, lost their livelihood during the onslaught of Odette; and one from St. Bernard whose wife has been hospitalized because of bleeding of the gall bladder.

All recipients, namely: Rosalie Lagumbay from Silago; Cristina Caputi from Bontok and Prima Lorsano from St. Bernard received relief packs, cash assistance and hygiene kits.

They are all from Southern Leyte where Odette

had their third landfall, toppled their houses, livelihood, and properties. Unfortunately, they need some medical attention and are currently admitted at Eastern Visayas Medical Center.

With this, PRO 8 is also asking any help the public can offer to them, in kind or in cash, to at least ease the pain and sorrow they are experiencing at this point in time.

Even the simplest and smallest way to extend help means so much and will be highly appreciated. Let us show empathy to them and prove once again that sharing is indeed caring.(PR)

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- ✓ Mabilang sa Multiple Sclerosis at Diabetes

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- ✓ Kalumbas ng 2 1/2 baso ng gatas
- ✓ Calcium na idineerayo para sa buto
- ✓ Magsasagip para sa mga lactose intolerance
- ✓ Pinatibay ang buong katawan at pagpapalit ng buto
- ✓ Binabawasan ang toman sa mga-osteoporosis
- ✓ Pinapapalitan ang dairy ng blood pressure
- ✓ Pinapapalitan ang dairy ng blood pressure
- ✓ Pinapapalitan ang dairy ng blood pressure

PREVENTS AND TREAT

- ✓ Cancer Cells
- ✓ Heart Diseases
- ✓ Hypertension
- ✓ Stroke
- ✓ Autoimmune Disease
- ✓ High and Hypotension
- ✓ Inflammatory Arthritis
- ✓ Kidney Problem
- ✓ Weak Arthritis
- ✓ Asthma
- ✓ Pneumonia
- ✓ Migraine Headache
- ✓ Depression & Anxiety
- ✓ Alzheimer's Disease
- ✓ Parkinson's Disease
- ✓ Multiple Sclerosis
- ✓ Infertility and PMS
- ✓ Psoriasis
- ✓ Acne
- ✓ Eczema
- ✓ Obesity
- ✓ The Echinacea (for nursing & pregnant moms)

PREVENTS AND TREAT

- ✓ Osteoporosis
- ✓ Ear, Nose and Throat
- ✓ Tooth Discoloration
- ✓ Muscle cramps
- ✓ Poor Appetite
- ✓ Insomnia
- ✓ Skin Dryness
- ✓ Bone Fractures
- ✓ Osteoarthritis
- ✓ Delay in Children's growth and development
- ✓ Regular Blood Pressure

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