

**OPINION**

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Governor Matthew Marcos Manotoc (center) and President Kay Lacap (3rd from left) of BeachBosses jointly cut the ceremonial ribbon formally opening the first floating playground located at the legendary Paoyay Lake, Suba, Paoyay, Ilocos Norte on January 30, 2021. A project of the Provincial Government of Ilocos Norte, this newest attraction is expected to boost outdoor activities and maximize the potential of tourist sites. Also in the photo are (L-R) SPMs Saul Lazo and Medel Gaoat, Paoyay Mayor Romulo Acdal, and PENRO Victor Dabalos. Inset shows an aerial view of the said floating playground. (Photo courtesy of PGIN-CMO)

# First floating playground now open at Paoyay Lake

● *Only fully vaccinated guests are allowed entry into the park*

The Provincial Government of Ilocos Norte has formally opened on January 30, 2022, the first floating playground in Northern Luzon located at the famous legendary Paoyay Lake, near the Malacañang ti Amianan, in Barangay Suba, Paoyay, Ilocos Norte.

This newest tourist spot is dubbed “Paoyay Lake Water Park,” a sprawling 4200-square meter inflatable that offers gigantic slides, swings, launchers, and an inflatable pool, among others.

This Bali-inspired “I’m IN Lounge” by the lakeshore is dotted with 120 pairs of vibrant umbrellas and bean bags.

The operation of the floating playground will be among others.

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## Valentine’s goes on amid Alert Level 3

by MA. JOREINA TSE A. BLANCO

LAOAG CITY, Jan. 30 (PIA) – Ilocos Norte will remain under COVID-19 Alert Level 3 until 15, but for the love-struck Ilocano folks, the Feb. 14 Valentine’s is unstoppable.

The Inter-Agency Task Force announced on Sunday, January 30 that aside from Ilocos Norte in Region I, also under the same AL-3, are Ilocos Sur, La Union, and

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## THIS WEEK'S NEWS IN A FLASH

by Multimedia Report

Gov. MMM, GF end 7-day isolation after their RT-PCR swab test now negative. Days ago, his anti- gen test resulted positive, he said on his Facebook

LCGHospital has P27M collectibles from Philhealth, accountant tells VM Lazo at SP budget deliberation

Fugitive falls in Nueva Era, I.N. His arrest warrant for theft was long issued by RTC judge now retired

Fire hits house at Balacad, Laoag leaving P300K damages. BFP tags mouse as culprit behind the gnawing of a live wire that triggered the 45-minute fire

Pickup owner, driver emerge unhurt as their vehicle catches fire in Batac City. Poor battery connection was blamed for the blaze

Man, 72 and grandson, 22, electrocuted in Candon City. Victims were trying to rescue a family member who touched a live wire while drying laundry in a clothesline.

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*Guest Editorial:*

**COVID-19 testing:  
Price caps you need to know**

The pandemic introduced to us the test we never wished to have a positive result – the COVID-19 test.

In the so-called “new normal”, the COVID-19 test plays a great part in our lives.

The negative COVID-19 test result became our passport to many things, especially to access various hospital services and to cross foreign or even domestic borders.

A positive confirmatory test result, on the other hand, may be a challenge and a clear test of faith but it paved the way for patients to be given proper medical attention and interventions.

Yes, it became that essential if you haven’t realized it yet.

With the demand it had drawn from the public during the earlier months since the start of the spread of infection, the price had then reached the high ceiling that it would cost up to P8,000 to P10,000 for the reverse transcription - polymerase chain reaction (RT-PCR) testing while the rapid antigen test would be around P2,000 to P4,000.

These high-ceiling prices became a burden to the Filipino people.

As a response, the government set a price cap in the mid of 2021 to make it cheaper yet with the same standard quality for our kababayans.

This article would answer the most common question of today, “How much would it cost me to take the swab or antigen test?”

Price caps for the plate-based and the cartridge-based RT-PCR tests of public and private hospitals, laboratories, or facilities were established through the Department Circular No. 0407 of the Department of Health (DOH) issued on August 26, 2021 which took effect on September 6, 2021.

For plate-based, it must be around P2,800 for public and P3,360 for private.

As for cartridge-based, it must be within P2,450 for public and P2,940 for private.

Additional P1,000 fee may be charged for home service.

For antigen test, based on the Department Circular No. 0323 dated August 6, 2021 which took effect 10 days after, the final cost is around P960.00 with the inclusion of testing kit worth P500.00; operational cost of P300.00; and 20 percent allowable markup for home service or other premium services.

According to DOH, no manufacturer, distributor, or testing facility should exceed these price caps.

However, laboratories, health facilities, and other testing centers may incur prices lower than the prescribed price caps and home service fee but provided that quality of service will be maintained.

Also, you have to know that discounts for senior citizens and persons with disabilities are applicable to the total amount of services rendered.

Well, it is vital for everyone to know about these price caps and never let unscrupulous individuals or groups lure you into a scam.

As the famous Pinoy TV host says, “Iba ang may alam.” (CAREN GRACE R. CABANAYAN)



**WORD ALIVE**

by Fr. Bel R. San Luis, SVD

**Don’t just read the Bible.  
Live it**

Today (Jan. 30), National Bible Sunday, culminates National Bible Week. The week reminds us of the all-important Word of God as our guide and instruction.

As somebody puts it, **BIBLE is the acronym for: “Basic Instructions Before Leaving Earth.”**

A man once bragged that he read the Bible from cover to cover several times. But someone remarked, “People who read the Bible from cover to cover, know only the cover.” Just reading the Bible is not enough. What’s most important is to ponder God’s teachings and apply it in everyday life.

It’s inspiring to know that more and more Catholics are doing the Biblarasal. They meet regularly, read passages in the Scriptures from which they seek the will of God, then

apply its message in everyday life. The message could be the gospel values of honesty, forgiveness, justice, caring for the needy, like what the Good Samaritan did.

People around them notice a remarkable transformation for the better. Whereas before those lukewarm Christians led selfish and vice-ridden lives; now they have become active and exemplary church members.

Let us remember that the teachings of God as contained in the Bible are there not as a burden or restriction of our freedom but rather serve to guide us and work for our own personal good and, collectively, for the country.

Take, for instance, God’s command of fidelity to one’s spouse. Some men may feel restricted of their freedom to enjoy the company of other

(Note: Fr. San Luis hails from Laoag City. He served as President of Divine Word College of Laoag in the 1980s. His new turf is the Christ The King Seminary in Quezon City. Thank you, Father Bel for sharing your weekly column for the Ilocos Sentinel.—Editor)

women or worse, grossly disregarding the vows they professed in marriage. Infidelity, however, inflicts deep emotional wounds, bitter quarrels, which leads to a broken family.

Moreover, God’s command, “You shall not steal,” is imposed not only to curb greed or shun graft and corruption but also the unabated violation of the command leads to the country’s economic poverty and eventual perdition.

When you think about it, there’s no other choice but to follow God’s will since it shows us the path to eternal salvation and true happiness. Not following His will is like an atheist or non-believer who, when he dies, is all dressed up in the coffin but nowhere to go!

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**THE ILOCANO EDUCATOR**

by Eduardo Teodoro “Jet” B. Ramos, Jr.

**Biased media practitioners as pariahs of society and social media**

Eduardo Teodoro “Jet” B. Ramos, Jr., MAELED, LPT is the corporate communications associate of MFI Polytechnic Institute, Inc. and the training manager and partner of JFE Teacher Training Services and JFER Training and Development Services. He is also a founding member, the publicity and communications head, and a member of the board of trustees of Philippine Advocates for Consultants and Trainers, Inc. (PACT, Inc.), a non-profit association of consultants and trainers in the Philippines. Apart from being a teacher for 13 years now, he is a character actor, inspirational speaker, corporate trainer, researcher in linguistics, and a media practitioner, being the host of VOICE OF THE TEACHERS RADIO (airing on Sundays from 1:00 to 2:00 PM over DWDD 1134 AM). For comments, suggestions, and inquiries, please contact Jet at (0917)648-43-28 and (0928)439-76-90. You may send him an email to [edteo.ramos@yahoo.com](mailto:edteo.ramos@yahoo.com) or message him on Facebook (Jet Ramos).

Mass media has been extant since the beginning of civilization. However primitive and technologically challenged it may have been centuries ago, the power of the written word and the stupendousness of the spoken word have not ceased to spread information and to build relationships. Apart from bringing wonders to the world, media has also caused not a few ruthless, revolting souls to wreak havoc on our society in multifarious ways possible.

Nowadays, mass media is not supplanted but rather supplemented by social media, which increases the likelihood of the success and prominence of media personalities and the media conglomerates they are affiliated with. Rarely do we see a media outfit have no social media accounts (active ones, mind you) unless one happens to be either under the radar or a fly-by-night operation.

Among the pervasive problems in media that we have today are yellow journalism, envelope journalism, exploitation of minorities, hubristic self-interests, suppression of truth, and (you’ve guessed it!) biases among media practitioners.

Fundamentally, there is nothing wrong with having biases because we humans are wired to favor individuals, organizations, ideas, or moves that would work for us and in our favor. Moreover, we also tend to focus on our self-interests at times in the name of survival and, ultimately, achievement

and fulfillment (a rare gem nowadays, considering the fast-paced nature of our current lifestyles).

Having biased media practitioners is a wholly different story altogether.

With news spreading like wildfire, biased journalists- whether they are implicit or especially explicit- tend to be pilloried by disgruntled netizens who are now perceptively keener and mentally sharper through the passage of time, being direct experiencers of crises (not limited to the COVID-19 pandemic, though) as well as everyday consumers of news being fed by media outfits, through the pens or the mouths of practitioners. Thus, biased media practitioners are considered pariahs of social media and, ultimately, of society even for years to come.

What has come to mind recently was the way a well-regarded veteran broadcast journalist hosted the recent televised presidential interview. Though many lauded the media personality for her competence and panache in conversing with the guests, still there were also many who wanted her to burn at the stake for being impertinent during the early-evening broadcast last weekend.

Another major transgressor is a state university-educated broadcast journalist from a rival television station. Frankly, the way she interviews personalities is quite polarizing as well as ornery, to say the least. Take a look at how she would interview opposition

(Pls. turn to page 3)

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# Let's not be anti-events, says Ilocos Norte gov

by Ma. Joreina Therese A. Blanco

LAOAG CITY, Jan. 20 (PIA) – While the province’s Alert Level 3 status remains until January 31, Governor Matthew Marcos Manotoc has announced that all events in the province will continue subject to approval by local authorities.

“I don’t think that we have to stop all events. Pag outdoors, we can continue with the national guidelines. I hope most of our kakailian would

agree, ‘wag naman tayong maging ‘anti-events,’” said Manotoc in a press conference on January 17.

His Executive Order No. 173-22 states that only fully vaccinated individuals, including (event) staff, are allowed entry into attending gatherings.

Vaccination cards will be checked upon entering the venue of the gathering.

Moreover, indoor events are limited to 30%

venue capacity and a maximum of 50 individuals are allowed to be on-site.

Meanwhile, outdoor events are limited to 50% venue capacity.

The EO further states that there must be prior approval by Governor Manotoc or the concerned mayor to permit the holding of events in the province.

He also emphasized the need for proper ventilation to reduce the potential airborne transmission of

the virus.

He warned that those attending indoor events are at high risk if the place lacks proper ventilation.

As of January 19, Ilocos Norte recorded 1,513 active cases, 237 were new. (JCR/AMB/MJTAB PIA-IN)

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## First.....(page 1)

strictly regulated and subject to government-mandated health and safety protocols.

As the park’s maiden promo, Ilocos Norte residents will be offered special discounts on the play pass fee. However, only fully vaccinated guests will be allowed entry to ensure the safety of all guests and management staff.

The lake park aims to exponentially boost domestic tourism and ensure stable employment and livelihood opportunities for many industry workers and local business owners.

Gov. Matthew Marcos Manotoc said the pandemic “made us further appreciate our wealth of natural sites and allowed

us to highlight our natural, outdoor tourist attractions. We are more than ready for the full revival of our tourism industry and we look forward to welcoming our kababayans.”

Sports activities in the park include beach volleyball, kayaking, and paddleboarding.

It may be noted that Ilocos Norte was the first province in the Philippines to be awarded the World Travel and Tourism Council Safe Travels Stamp for adopting the globally recognized health and safety protocols.

Moreover, its active tourism workers deployed provincewide were already 100% fully vaccinated. (Edison Justin B. Deus, PGIN-CMO)

Good men do not always have grace and favor, lest they should puffed up, and grow insolent and proud.--Chrysostom

## The Ilocano Educator.....(page 2)

members and administration allies (there are stark differences). She also tends to ask leading questions, which is a no-no in journalism. One other journalist who is as impetuous and curt as the unstoppably petulant Marlon Brando is a male morning newscaster who was once upon a time a print journalist. I could not forget the episode in which he clapped back at his guest (a lawyer) by saying, “I know that”. This dyed-in-the-wool opposition-affiliated multimedia personality is one for the books when it comes to vituperative speech laced with sarcasm and sanctimoniousness.

Other major transgressors in terms of biases include a reporter from an online news outfit notorious for her blunt questioning techniques; a male news anchor from a radio-TV station whose major peccadillo as an undersecretary was enmeshing himself in a series of scandals in his governmental agency; a news and lifestyle host of a major network who tends to ask leading questions and who was once antipathetic towards a viewer of her social media channel who respectfully pointed out her mistake (she was discussing a topic on Filipino words) by blocking the hapless viewer; and, a lot more.

Why do we consider biased journalists ultimate pariahs of social media and of society? Let me give you ten reasons:

1)They pursue their profession in the interest of commercialism and profitability. Many media practitioners nowadays are backhanded traitors against their own calling and own colleagues. It is quite disheartening to know that many media outfits are mere money-making machines, manufacturing biased, unfounded stories just to attract media mileage and public interest.

2)Biased journalists see only one side of the story. Such is obvious, period.

3)They ask hard questions that are actually booby traps. Many biased journalists resort to muckraking, manipulation, and fakery.

4)Catering to their implicit and explicit biases is the name of the game. Biased media practitioners hate to hear the hard truth that would boomerang on them.

5)They often stir the hornet’s nest whenever they attempt to deride their guests for whom they have no love lost. Biased media professionals tend to be thrown brickbats by enraged readers and viewers who are keen enough to perceive that journalists lie through their teeth and eventually spew venom at their interviewees whom they do not find favorable.

6)Their censorious and pompous egos overcome their rationality and objectivity. Rationality and politeness are out of the question, in the case of these biased media practitioners.

7)They are out to get others’ heads and are more bloodthirsty than rambunctious hyenas. To be able to rake in more cash and fund their own ego-tripping excesses, many of these biased media practitioners resort to underhanded schemes just to gain the upper hand against their professional opponents and others who make their blood boil.

8)They tend to interrupt their interviewees with glee. Some perfect examples are elitist journalists who think they are intellectually, financially, and morally superior

to their interviewees whom they secretly deplore.

9)They do not know the fine art of polite and mutually beneficial conversation. Some of these biased media personalities only want to boost their professional standing and their financial status. Period.

10)They gravitate towards opposition candidates who are as elitist and prudish as Queen Victoria or Queen Elizabeth I. Many of them actually do, and no doubt about it.

My friends, now we know why biased media personalities are far worse than maggots. Frankly, they must be decimated, career-wise, so that their tribe would decrease and they would permanently write 30!

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GUESS WHAT, GUESS WHO!

GUESS WHAT: Lack of command responsibility and lack of accountability are the problems of this popular delivery company that has been making waves for almost five years now. My source, a low-profile media personality who is known to his/her peers as a defensive driver, got the shock of his/her life one December weekend when a motorcycle driver affiliated with the delivery company, who was looking at his cell phone, hit the right fender of my source’s car. To add insult to injury, my source suffered a panic attack due to the vehicular fracas. What my source did was to call the company and ask for the fleet manager, but the latter would be inaccessible even just by phone. My source is actually still fuming mad though it was just his/her fender that was hit, simply because s/he is a very meticulous driver.

What are the morals of the story? Be careful when driving, whether you own the car or not, because lives tend to be lost and limbs tend to be broken. Learn how to accept responsibility. Make amends through proper reparations. See to it that you do not ruin a person’s day due to your irresponsibility.

GUESS WHO: This young broadcast journalist has a very cocky attitude when it comes to reporting. The young Turk, who is affiliated with a radio-television station based in Metro Manila, is not only cringe-worthy but also antipathetic for s/he tends to brush off what his/her interviewees have to say. Apart from that, the bombastic broadcaster tends to be as biased as his/her seniors, particularly one female broadcast journalist who is always on the side of the opposition and is also as verbally abrasive as a fishwife. Our subject also needs to take elocution lessons because s/he tends to slur his/her words like an inebriated sailor.

What are the morals of the story? Biases can kill you, professionally or even personally. Learn how to respect and give way to your interviewees. Do not ever brandish your profession like you would do so with a weapon. Remember that once you become warped by your success, you would eventually become swell-headed to the point of suffering from a stroke once problems creep in.

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If you have suggestions in terms of the education-related topics that you want me to feature, please feel free to send me an email to edteo.ramos@yahoo.com or to coachjet.inspirations@gmail.com and I will reply to you as soon as I receive your email.

## Word Alive.....(page 2)

When Jesus’ countrymen turned their backs on a hard teaching about giving his Body and Blood as spiritual food and drink, the Lord said to his apostles, “Do you also want to go?” Peter answered, “Lord, to whom do we go, you have the words of eternal life and we have come to believe in you.”

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**If you live a selfish, corrupt and vice-ridden life, you will end up in eternal perdition. Providentially, there’s hope of salvation. That is, if we REPENT of our wrongdoings, make reparation, and live a new life in Christ.**

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THE LIGHTER SIDE. A small boy asked a friend why his 80-year old grandma was always reading the Bible.

He replied: “Because she’s cramming for her final exam!” Note: The Bible should not be read only when one is in the “pre-departure area” but be constantly guided by it.

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Somebody said: **“When you carry the Bible, Satan has a headache. When you open it, he collapses. When he sees you reading it, he faints. Let’s read the Bible every day so he keeps on fainting.**

**Maybe one day he’ll have a stroke and never wake up.”**

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A man and his wife were arguing about who should brew the coffee each morning. The husband said, “You are in charge of the cooking, so you should do it. The wife said, “You should do it, because you get up first.” “Besides,” the wife added, “even the Bible says the man should do the coffee.” Husband replies, “I can’t believe that, show me.” She fetches the Bible, opens it and shows at the top of several pages... ”HEBREWS”!

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**SUPPORT SEMINARIANS. Please help our seminarians enrolling for the second semester. Some parents are financially hard-up due to the COVID-19 pandemic worsened by the Omicron variant.**

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**For inquiry, e-mail me at: belsvd@gmail.com.**

ILOCOS SUR

DPWH completes more infra development projects in Ilocos Sur

VIGAN CITY, Jan. 26 (PIA) – The Department of Public Works and Highways (DPWH), through its Ilocos Sur Second District Engineering Office, continues to construct and enhance various infrastructure projects in the province amid the pandemic.

The widening of a permanent bridge in barangay Tablac, Candon City along the Manila North Road was recently completed.

It has a net length of 20.00 meters.

Started on July 30, 2021 with a total project cost of more than P12 million, the DPWH said two lanes on both sides of the existing bridge were added to reduce traffic congestion.

It will also increase safety for the motorists as the bridge is located near the Candon Farmer's

Trade Center, one of the busiest parts of the city especially during rush hours.

“With its recent development, the bridge can also accommodate more vehicles at a time,” the DPWH added.

Meanwhile, the DPWH also completed the 2.26-kilometer baywalk and 0.70-kilometer access road which was added to the existing coastline baywalk along the shorelines of Candon City-Santiago-San Esteban-Santa Maria coastal road.

“The redeveloped park, which is the southern part of the baywalk, is now eyed as a center for recreation activities and relaxation area,” the DPWH said.

A brick road and bicycle lane with drainage were constructed to connect to the existing

(Pls. turn to page 5)

ILOCOS SUR

DOST advocates programs and projects in San Emilio, I.S.

SAN EMILIO, Ilocos Sur - The Department of Science and Technology (DOST) Provincial Science and Technology Center Ilocos Sur advocated its programs and projects that could assist and further boost livelihood activities in this town during the Department of Labor and Employment's (DOLE) Capacity building training for the beneficiaries of the DOLE sustainable livelihood framework recently.

Engr. Jordan L. Abad, officer-in-charge of the center, discussed the different Technology Transfer initiatives such as the Small Enterprise Technology Upgrading Program, the Community-based Project, the Community Empowerment thru Science and Technology, and trainings that could be availed of by the participants and the LGU (Local Government Unit). Furthermore, S&T services such as consultancy and

laboratory services as well Scholarship Program were also introduced.

Around 30 participants of the training mostly from Barangay Cabaroan Tapey Association and staff of the LGU were equipped with information they could use to avail appropriate project or programs available for them.

“We look forward to partnering with you [LGU-San Emilio] in providing interventions that would address your S&T needs,” Abad ended. (DOST Provincial Science & Technology Center - Ilocos Sur)

DPWH completes ....(page 4)

baywalk which is utilized for physical activities such as walking, jogging, and biking.

These projects are part of the larger series of road projects under the government's Build, Build, Build program. (JOYAH MAE C. QUIMOYOG/PIA Ilocos Sur)

LA UNION

PRO1 commemorates the National Day of Remembrance for SAF 44

CAMP BGEN. OSCAR M FLORENDO, San Fernando City, La Union - The men and women of Police Regional Office 1 headed by the Regional Director, PBGEN EMMANUEL B PERALTA, joined the whole Filipino community in the commemoration of the gallant SAF 44 who were killed in the line of duty during a high-risk operation in a terrorist lair in Mamasapano, Maguindanao.

President Rodrigo R Duterte issued Presidential Proclamation No. 164 on February 21, 2017, declaring January 25 as National Day of Remembrance in honor of the heroic death of the 44 police commandos of the PNP Special Action Force (SAF).

PMGEN OMEGA JIREH D FIDEL, the Director for Investigation and Detective Management, led the

wreath-laying ceremony which was followed by a 21-gun salute together with the orphaned kin of the fallen heroes, at the Florendo Bust today at Police Regional Office 1.

PMGEN FIDEL offered his prayers to the police heroes and to the other police officers who lost their lives in the COVID-19 pandemic. He encouraged the PRO1 personnel to be inspired with the sacrifices of these valiant men and women of the PNP to be their guiding force to better serve our country and people.

Meanwhile, PCpl Ezar Nacionales, brother of the late PO2 Omar Nacionales and NUP Miya Mejia, wife of the late PO1 Ephraim Mejia, extended their sincerest gratitude to the Philippine National Police for the remembrance of the sacrifices of their departed loved ones. (PRO1-PIO)

PANGASINAN

Dagupan City hits 101 percent immunity vs COVID-19

DAGUPAN CITY, Jan. 31 (PIA) -- The City Government of Dagupan has achieved its herd immunity against the coronavirus disease 2019 (COVID-19) after fully vaccinating 101.75 percent of its target eligible population.

The Public Information Office (PIO) in Dagupan City said as of January 25, 2022, the City Health Office here recorded 129,586 individuals who received their full dose while 147,406 individuals received their first dose of COVID-19 vaccine.

PIO said of this number, Dagupan City immunized 101.75 percent of the 127,351 target eligible population for the second dose while 115.75 percent for individuals who received their first dose of the vaccine.

The vaccination center in Dagupan City, located at the People's Astrodome, caters not only to Dagupan

City residents but is also open to those working within the city.

Meanwhile, PIO said for this week of February, the vaccination center will be closed on February 1 in line with the celebration of Chinese New Year but will be open from February 2 to 4 from 1 p.m. to 4 p.m. with 200 slots each day.

The vaccination activity is open for 12 years old and above who want to have their first dose of the vaccine and 18 years old and above for those who wish to have their booster shots.

“Ang mga magpapabakuna ay dapat residente ng Dagupan, nagtatrabaho sa Dagupan, at dapat may dalang Valid ID bilang patunay na residente o empleyado sa Dagupan o photocopy ng birth certificate o anumang dokument na may birthdate (para sa 12-17 years old),” PIO said. (Elisha Marie S. Arguel/PIA Pangasinan)

PANGASINAN

Pangasinan town offers free flu vaccine shots

ASINGAN, Pangasinan, Jan. 31 (PIA) -- At least 1,716 residents in Asingan town aged three and up were given free Influenza vaccine jabs during the vaccination activity conducted by the Local Government Unit here at Hon. Sapigao Sports Complex on Friday.

Romel Aguilar, municipal information officer of Asingan, said the inoculation of influenza vaccine to the residents is part of the coronavirus disease 2019 (COVID-19) response and management of the municipal government that aims to provide protection to children three-years old and above as well as the senior citizens who have not yet received their COVID-19 vaccines.

“Layunin ng pagbibigay ng bakuna kontra flu na mabigyang proteksyon ang mga bata na hindi pa eligible para

sa COVID-19 vaccine at dagdag proteksyon na rin sa mga seniors at mga residente natin dahil nga flu season rin ngayon,” Aguilar said.

He said the initial target to be administered is only 1,000 doses but due to the overwhelming number of recipients of the vaccine, the Municipal Health Office (MHO) requested for an additional supply of vaccines from the Department of Health.

He said the MHO is set to administer another set of 350 flu shots on Jan. 31 but it will be on a first come, first served basis.

He added that for children aged three to 11, only birth or baptismal certificate is required during the vaccination while vaccination card or copy vaccination certificate for 12 years old and above to verify the two-week interval from their last vaccination. (Elisha Marie S. Arguel/PIA Pangasinan)



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COMELEC....(page 1)

Pangasinan.

The DOH reported a total of 2,909 active cases in Ilocos Norte,

237 were new as of January 29.

Of this number, 122 were hospitalized.

At press time, Batac City's 842 active cases dwarfed Laoay City's 755.

Meanwhile, the MMMH&MC's bed

occupancy rate in Batac is only 68% compared to Laoag-based

GRBASMH's 88%.

MMMHC chief Dr. Maria Lourdes Otayza

said they activated a nearby public school

building as an annex field hospital to accommodate

COVID-19 patients. (JCR/AMB/MJTAB, PIA Ilocos Norte)

RA Form No. 10.1 (LCRO)  
Republic of the Philippines  
Local Civil Registry Office  
Province of Ilocos Norte  
Municipality of Piddig

**NOTICE FOR PUBLICATION**

In compliance with Section 5 of R.A. No. 9048, a notice is hereby served to the public that **AMANTE RAFAEL** has filed with this Office a petition for change of first name from **FRANCISCO, ATAMANTE** to **AMANTE** in the certificate of live birth of **FRANCISCO, ATAMANTE RAFAEL** who was born on **October 11, 1955** at **Piddig, Ilocos Norte** and whose parents are **xxxx** and **Juliana Rafael**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 30, 2022**.

(Sgd.) ROSALINDA E. JOSE  
Municipal Civil Registrar

January 17-23, 2022  
& January 24-30, 2022\**Ilocos Sentinel*

Republic of the Philippines  
**Office of the City Civil Registrar**  
Ilocos Norte  
Laoag City

**NOTICE FOR PUBLICATION**

In Compliance with Section 5 of Republic Act No. 9048, notice is hereby served to the public that **ANGELINE CASTRO** has filed with this Office a petition for change of first name from "**ARLENE, EUSTOLIA**" to "**ARLENE**" in the Certificate of Live Birth of **ARLENE EUSTOLIA R. SALES** who was born on November 09, 1956 at Laoag City, Ilocos Norte and whose parents are Benjamin Sales and Concepcion Raña.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 31, 2022**.

(Sgd.) JEAN PASCUA MANUEL  
City Civil Registrar

January 17-23 2022  
& January 24-30\* *Ilocos Sentinel*

Republic of the Philippines  
OFFICE OF THE PROVINCIAL AND CITY SHERIFF  
Marcos Hall of Justice  
Laoag City

SAN JOAQUIN MULTI-PURPOSE  
COOPERATIVE,  
Mortgagee,

-versus-

ELMER R. ESPIRITU,  
Mortgagor.

Foreclosure of Real Estate Mortgage

**EJF No. 27-2021**

X-----X

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for sale under Act 3135, as amended filed by the **San Joaquin Multi-Purpose Cooperative** with principal office and place of business at **Brgy. 1, San Joaquin, Sarrat, Ilocos Norte**, against **Elmer R. Espiritu**, with postal address at **Brgy. 3, San Nicolas, Ilocos Norte**, to satisfy the mortgage indebtedness which as of **November 15, 2021**, the outstanding obligation exclusive of accrued interests and penalty, amounts to **Three Hundred Sixty-two Thousand One Hundred Eighty-four Pesos and (8/100) (P362,184.08)**, Philippine Currency plus the stipulated interest, penalty, attorney's fees and other charges and the expenses of this foreclosure, the undersigned or his duly authorized deputy will sell at public auction on **February 22, 2022** at 9:00 to 11:00 o'clock in the morning or soon thereafter at the entrance of the **Municipal Hall of Vintar, Ilocos Norte**, to the highest bidder, for cash and in Philippine Currency, the real property together with all improvements found thereon, to wit:

"Tax Declaration No. 14-0009-02866  
Certificate of Title No. OCT No. P-84566  
Cadastral Lot Number 35063

A parcel of land situated at Brgy. 28, Bago, Vintar, Ilocos Norte. Bounded on the East, along line 1-2 by Lot 35062, Cad-577-D; on the South along line 2-3 by Creek; and on the West and North, along lines 3-4-1 by Lot 35064, Cad-577-D. Containing an area of TWO THOUSAND FIVE HUNDRED AND SIX (2,506) SQUARE METERS more or less, with a total market value of 65,310 and total assessed value of 14,920 for the current year.

Residential House erected on Lot No. 35063 covered by Tax Declaration No. 14-0009-00172, containing an area of 130 square meters more or less, with a market value of 481,000.00 and assessed value of 96,200.00.

This document shall be registered under Act 496 as amended."

Prospective buyers may investigate for themselves the property hereunder above-described and encumbrances thereon, if any there be.

In the event the public auction shall not take place on this said date, it shall be held on **March 1, 2022** without further notice.

Laoag City, December 20, 2021.

ZALDY P. DE LA CRUZ  
Provincial and City Sheriff Ex-Officio

By:

(Sgd.) JUSTINIANO D. RILLERA, JR.  
Sheriff-in-charge  
RTC, Branch 11, Laoag City

Copy furnished:

1. The Manager  
San Joaquin Multi-Purpose Cooperative  
Brgy. 1, San Joaquin, Sarrat, Ilocos Norte

2. Elmer R. Espiritu  
Brgy. 3, San Nicolas, Ilocos Norte

January 17, 24 & 31, 2022\**Ilocos Sentinel*

Republic of the Philippines  
**Office of the City Civil Registrar**  
Ilocos Norte  
Laoag City

**NOTICE FOR PUBLICATION**

In Compliance with Section 5 of Republic Act No. 9048, notice is hereby served to the public that **FEMIA CALACSAN DAGUNA** has filed with this Office a petition for change of first name from "**FE**" to "**FEMIA**" in the Certificate of Live Birth of **FE JUAN CALACSAN** who was born on January 28, 1960 at Camalaniugan, Cagayan and whose parents are Alipio Calacsan and Adriana Juan.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 31, 2022**.

(Sgd.) JEAN PASCUA MANUEL  
City Civil Registrar

January 17-23 2022  
& January 24-30\* *Ilocos Sentinel*

Republic of the Philippines  
**Office of the City Civil Registrar**  
Ilocos Norte  
Laoag City

**NOTICE FOR PUBLICATION**

In Compliance with Section 5 of Republic Act No. 9048, notice is hereby served to the public that **DONATO UBAY QUINTOS** has filed with this Office a petition for change of first name from "**DONATO MARCELO MARCIELLI**" to "**DONATO**" in the Certificate of Live Birth of **DONATO MARCELO MARCIELLI QUINTOS** who was born on April 2, 1963 at Laoag City, Ilocos Norte and whose parents are Marcelo Quintos and Josefina Ubay.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 31, 2022**.

(Sgd.) JEAN PASCUA MANUEL  
City Civil Registrar

January 17-23 2022  
& January 24-30\* *Ilocos Sentinel*

Republic of the Philippines  
**Office of the City Civil Registrar**  
Ilocos Norte  
Laoag City

**NOTICE FOR PUBLICATION**

In Compliance with Section 5 of Republic Act No. 9048, notice is hereby served to the public that **JUDY MATIAS ADRIANO** has filed with this Office a petition for change of first name from "**JUDY CRISPINA**" to "**JUDY**" in the Certificate of Live Birth of **JUDY CRISPINA M. ADRIANO** who was born on December 05, 1968 at Laoag City, Ilocos Norte and whose parents are Eusebio Adriano and Encarnacion Matias.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 31, 2022**.

(Sgd.) JEAN PASCUA MANUEL  
City Civil Registrar

January 17-23 2022  
& January 24-30\* *Ilocos Sentinel*

Republic of the Philippines  
**Office of the City Civil Registrar**  
Ilocos Norte  
Laoag City

**NOTICE FOR PUBLICATION**

In Compliance with Section 5 of Republic Act No. 9048, notice is hereby served to the public that **FLORAMANTE BAGAOISAN BLAS** has filed with this Office a petition for change of first name from "**FLORAMANTE EUSEBIO**" to "**FLORAMANTE**" in the Certificate of Live Birth of **FLORAMANTE EUSEBIO B. BLAS** who was born on August 21, 1962 at Laoag City, Ilocos Norte and whose parents are Joserizal Blas and Flora Bagaoisan.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 31, 2022**.

(Sgd.) JEAN PASCUA MANUEL  
City Civil Registrar

January 17-23 2022  
& January 24-30\* *Ilocos Sentinel*

Republic of the Philippines  
**Office of the City Civil Registrar**  
Ilocos Norte  
Laoag City

**NOTICE FOR PUBLICATION**

In Compliance with Section 5 of Republic Act No. 9048, notice is hereby served to the public that **ANTONIO VALMONTE FREZ** has filed with this Office a petition for change of first name from "**NANCY**" to "**LUCY AGNES**" in the Certificate of Live Birth of **NANCY AGNES FREZ** who was born on January 27, 1966 at Laoag City, Ilocos Norte and whose parents are Teodoro Frez and Maria Valmonte.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 31, 2022**.

(Sgd.) JEAN PASCUA MANUEL  
City Civil Registrar

January 17-23 2022  
& January 24-30\* *Ilocos Sentinel*

**DEED OF EXTRA-JUDICIAL SETTLEMENT  
AND ABSOLUTE SALE**

Notice is hereby given that the intestate estate of deceased SPOUSES ISABELO BALAIS and MAGDALENA BALAIS pertaining to a parcel of land designated as Lot No. 37565-G, Psd-01-065731 being a portion of Lot 37565, Cad. 195, situated in the Brgy. Calayab (Balacad before), City of Laoag, covered by T.C.T. No. 38414 has been adjudicated by their legal heirs Melanie B. Pedro, Connie B. Pineda and Editha B. Valinton and simultaneously sold unto Erwin B. Pineda as per instrument executed before Notary Public Atty. Juan Conrado A. Respicio II; Doc. No. 465; Page No. 93; Book No. DCXXX; Series of 2022.

Jan. 17, 24 & 31, 2022\**Ilocos Sentinel*

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*@ Ilocos Sentinel Newspaper*

**READ AND  
ADVERTISE**  
*@ Ilocos Sentinel Newspaper*



**DEED OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS**

Notice is hereby given that the intestate estate of deceased spouses EUGENIA RIGONAN-URANI and CORNELIO URANI pertaining to a parcel of land designated as Lot No. 941-B, situated at Brgy. 8 Iloilo (now Acosta), Batac City, Ilocos Norte, covered by Transfer Certificate of Title No. 023-T-1711 has been extrajudicially settled among their heirs CRISPIN NALUNDASAN, MAGDALENA URANI REBOLLEDON and FLORENTE U. NALUNDASAN and simultaneously waived in favor of LUZVIMINDA RIGONAN ORANI as per instrument executed before Notary Public Atty. Yvette N. Convento-Leynes; Doc. No. 500; Page No. 50; Book No. 117; Series of 2019; that the aforesaid Deed of Extrajudicial Settlement of Estate with Waiver of Rights was the subject of Acknowledgement in separate instruments executed by co-heir ARLINE DAIGDIGAN SANTOS before Notary Public Atty. Yvette N. Convento-Leynes as per Doc. No. 71; Page No. 8; Book No. 118; Series of 2019; and by donee LUZVIMINDA RIGONAN ORANI, who accepted the said donation, before Notary Public Atty. Yvette N. Convento-Leynes; Doc. No. 1; Page No. 1; Book No. 118; Series of 2019.

Jan. 10, 17 & 24, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION with ABSOLUTE SALE**

Notice is hereby given that the intestate estate of deceased MARIA MANGLAL-LAN GUDOY pertaining to a parcel of land designated as Lot No. 15690-C, situated at Brgy. 35 Billoca, Batac City, Ilocos Norte, covered by Transfer Certificate of Title No. T-2786 has been adjudicated by their legal heir Domingo M. Gudoy and simultaneously sold that aforesaid lot unto Edwin B. Rabanal as per instrument executed before Notary Public Atty. Maria Louise M. Que; Doc. No. 512; Page No. 104; Book No. 2; Series of 2022.

Jan. 10, 17 & 24, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION WITH ABSOLUTE SALE**

Notice is hereby given that the intestate estate of deceased SPOUSES FERNANDO LABUCAY ABRAN and DALMACIA SINFUEGO pertaining to a parcel of land designated as Lot No. 2927, situated at Brgy. Bacsil, Paoay, Ilocos Norte, covered by OCT No. P-29118 has been adjudicated by his legal heirs unto themselves and simultaneously sold unto Remie Digap as per instrument executed before Notary Public Atty. Pia Maria Barbara Mirca C. Cua; Doc. No. 213; Page No. 44; Book No. VII; Series of 2021.

Jan. 24, Jan. 31 & Feb. 7, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION WITH SALE**

Notice is hereby given that the intestate estate of deceased CARMELITA BACUD and ROGELIO BACUD pertaining to their share over a parcel of land designated as Lot No. 7248, Cad-445-D, situated at Brgy. Waig-Upay, Paoay, Ilocos Norte, covered by OCT. No. P-27893 has been adjudicated by their legal heir Maria Tereza B. Cabacungan and simultaneously sold unto Leysam Garcia Luis as per instrument executed before Notary Public Atty. Da Vinci M. Crisostomo; Doc. No. 100; Page No. 21; Book No. CDXXVI; Series of 2022.

Jan. 24, Jan. 31 & Feb. 7, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION WITH SALE**

Notice is hereby given that the intestate estate of deceased SPOUSES RUPERTO LUCAS and TEOFILA A. LUCAS pertaining to a parcel of land, including the improvements thereon, designated as Lot No. 21524, situated in the Barrio Poblacion (Barrio of Sta. Cayetana), Municipality of Laoag (now Laoag City) covered by Transfer Certificate of Title No. (T-407)-148 has been adjudicated by their legal heir Pedrito Simeon A. Lucas, represented by Veronica D. Nevalga, and simultaneously sold unto Fermina D. Manuel as per instrument executed before Notary Public Atty. Mona Liza D. Antonio; Doc. No. 108; Page No. 22; Book No. XLIV; Series of 2022.

Jan. 24-30, Jan. 31-Feb. 6 & Feb. 7-13, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION AND SALE**

Notice is hereby given that the intestate estate of deceased ISAIAS, CECILIA and ELENA, all surnamed CURAMMENG and SEFERINA CURAMMENG-JULIAN, pertaining to a parcel of land designated as Lot No. 10039, situated at Brgy. 15, Barrio of San Catalino, Municipality of Laoag (now Laoag City), has been adjudicated by their legal heirs and simultaneously sold that aforesaid lot unto Spouses FERDINAND AGENAS and NERLITA QUINOSA AGENAS as per instrument executed before Notary Public Atty. Antonio R. Cajigal; Doc. No. 452; Page No. 92; Book No. XVII; Series of 2002.

Jan. 10, 17 & 24, 2022\*Ilocos Sentinel

**DEED OF EXTRA-JUDICIAL SETTLEMENT OF THE ESTATE OF THE DECEASED SPOUSES GENEROPO DULDULAO AND FILOMENA SANTIAGO**

Notice is hereby given that the intestate estate of deceased Spouses Generopo Duldulao and Filomena Santiago, pertaining to six (6) parcels of land designated as Lot Nos. 8011-A, 8011-B, 8011-C, 8011-D, 8011-E and 8011-F, all situated in the Barrio of But-tong, Laoag City, covered by TCT No. T-27958, TCT No. T-27959, TCT No. T-27960, TCT No. T-27961 TCT No. T-27962 and TCT No. T-27963 is the subject of DEED OF EXTRA-JUDICIAL SETTLEMENT OF THE ESTATE OF THE DECEASED SPOUSES GENEROPO DULDULAO AND FILOMENA SANTIAGO as per instrument executed before Notary Public Atty. Romeo R. Ramolete; Doc. No. 23; Page No. 6; Book No. 12; Series of 2022.

Jan. 10, 17 & 24, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION WITH ABSOLUTE SALE**

Notice is hereby given that the intestate estate of deceased CONRADO CAMANGEG pertaining to a parcel of land designated as Lot No. 39921, situated at Brgy. 29 San Pedro, Batac City, Ilocos Norte, covered by O.C.T. No. P-4-251 has been adjudicated by his legal heirs unto themselves and simultaneously sold unto Leticia Estavillo and Jaelyne Kate Estavillo-Llanes as per instrument executed before Notary Public Atty. Francis Raul L. Dayo; Doc. No. 58; Page No. 13; Book No. VIII; Series of 2020.

Jan. 24, Jan. 31 & Feb. 7, 2022\*Ilocos Sentinel

**DEED OF EXTRAJUDICIAL SETTLEMENT OF ESTATE; SELF-ADJUDICATION AND ABSOLUTE SALE**

Notice is hereby given that the intestate estate of deceased MODESTO M. ECLARIN pertaining to a parcel of land designated as Lot No. 2455, GSS-1-000001, situated at Brgy. Nagbacalan, Paoay, Ilocos Norte, covered by Original Certificate of Title No. P-62183 has been adjudicated by his legal heir Rodolfo R. Eclarin unto himself and simultaneously sold unto Joenberg T. Chua as per instrument executed before Notary Public Atty. Cherrie Grace P. Bareng; Doc. No. 46; Page No. 10; Book No. LXII; Series of 2021.

Jan. 24, Jan. 31 & Feb. 7, 2022\*Ilocos Sentinel

**DEED OF ADJUDICATION AND ABSOLUTE SALE**

Notice is hereby given that the intestate estate of deceased Spouses IGNACIO NICOLAS and BENILDA NICOLAS pertaining to a parcel of land designated as Lot No. 13515, situated at Barrio San Mauricio, Laoag City, covered by Transfer Certificate of Title No. (T-1669)-715 has been adjudicated by their legal heirs and simultaneously sold that aforesaid lot unto Spouses Cornelio R. Corpuz and Marilyn Melba M. Corpuz as per instrument executed before Notary Public Atty. Althea Samantha A. Calvan; Doc. No. 440; Page No. 88; Book No. I; Series of 2021.

Jan. 10, 17 & 24, 2022\*Ilocos Sentinel

**EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH SIMULTANEOUS WAIVER**

Notice is hereby given that the intestate estate of deceased ETHIEL A. DUQUEZ consisting of several real and personal properties namely: two (2) parcels of land designated as Lot No. 2 GSS-281, situated at Barrio Bayug-Bobon, Burgos, Ilocos Norte, covered by Transfer Certificate of Title No. 022-2020000249 and Lot No. 14333, CAD 738-D, situated at Barangay Saud (Caparispisan). Pagudpud, Ilocos Norte, covered by Original Certificate of Title No. P-81422; and five (5) bank deposits with several banks in Laoag City namely: Landbank with account no. 0261356899, Bank of Philippine Islands - Fonacier branch with USD Savings account no. 000594-0170-56 and Current Account no. 0590-0058-35; Banco De Oro (BDO) - Rizal St. branch with savings no. 000960048979 and Metrobank - bacarra road branch with savings account no. 528-7-52801390-9 is the subject of Extrajudicial Settlement of Estate with Simultaneous Waiver executed by her heirs before Notary Public Atty. Francisco A. Musni; Doc. No. 178; Page No. 37; Book No. CXXX; Series of 2021.

Jan. 10, 17 & 24, 2022\*Ilocos Sentinel

RA Form No. 10.1 (LCRO)  
Republic of the Philippines  
Local Civil Registry Office  
Province of Ilocos Norte  
Municipality of Dingras

**NOTICE FOR PUBLICATION**

In compliance with Section 5 of R. A. No. 9048, a notice is hereby served to the public that **GENE B. SORIANO** has filed with this Office a petition for Change of First Name in his Birth Certificate from "**SIMPLICIO**" to "**GENE**", born on **March 2, 1949** at **Dingras, Ilocos Norte** unto parents **Roman Soriano** and **Ponciana Batinga**. Any person adversely affected by said petition may file his written opposition with this Office not later than **January 30, 2022**.

(Sgd.) **ELIZA B. ATIENZA**  
Municipal Civil Registrar

January 17-23, 2022  
& January 24-30, 2022\* Ilocos Sentinel

RA Form No. 10.1 (LCRO)  
Republic of the Philippines  
Local Civil Registry Office  
Province of Ilocos Norte  
Municipality of Dingras

**NOTICE FOR PUBLICATION**

In compliance with Section 5 of R. A. No. 9048, a notice is hereby served to the public that **NENITA PORTELA-TAPOAN** has filed with this Office a petition for Change of First Name in her Birth Certificate from "**ERLITA**" to "**NENITA**", born on **August 20, 1952** at **Dingras, Ilocos Norte** unto parents **Ponciano Portela** and **Paula Mangibunong**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **January 30, 2022**.

(Sgd.) **ELIZA B. ATIENZA**  
Municipal Civil Registrar

January 17-23, 2022  
& January 24-30, 2022\* Ilocos Sentinel

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*"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth."*

**--William W. Purkey**

## DSWD namahagi ng P10-M livelihood assistance grant sa Ilocos Norte

LUNGSOD NG LAOAG, Enero 26 (PIA) – Isa si Estrelita “Nanay Tiling” Pasion, nagmamay-ari ng pottery business na isang tanyag na industriya sa bayan ng San Nicolas sa Ilocos Norte, ang naapektuhan ang negosyo dahil sa pandemya.

“Sinikap kong ipagpatuloy ang negosyo namin kahit kaunti lamang ang bumibili noong kalagitnaan ng pandemya. Mahirap talaga kapag walang pumupuntang tao,” ayon kay Nanay Tiling.

Upang maitulungan

makabangong muli, nakatanggap siya ng P10,000 na Livelihood Assistance Grant (LAG) mula sa Department of Social Welfare and Development (DSWD) sa ilalim ng kanilang ;

Sustainable Livelihood Program.

“Malaking tulong ito sa akin dahil ito ang aking puhunan dahil wala kaming pera at mahirap ang buhay ngayon dahil pandemya. Kailangang magkaroon ka ng sariling negosyo,” dagdag ni Pasion.

Ang pondo ng programa ay mula sa DSWD at mula sa opisina ni Pangulong Rodrigo Duterte, at sa pakikipagtulungan ng opisina ni Senator Bong

Go upang mas maraming mga naapektuhang negosyante ang matutulungan na makabangon muli.

Nakatanggap ang pangalawang distrito ng Ilocos Norte ng P10 milyong pondo para sa mahigit 1,000 kwalipikadong benepisyaryo gaya na lamang ng mga ambulansiyang vendors, nagbebenta sa palengke, at mga tricycle drivers.

Laking pasasalamat ng mga benepisyaryo, lalong-lalo na si Nanay Tiling, dahil sa natanggap na tulong.

Aniya, “Maraming-maraming salamat sa Presidente natin, si Senator Bong Go, at sa DSWD dahil lagi silang

tumutulong. Lahat ng mga assistance ay nakakarating at hindi sila nagsasawang tumutulong sa amin na mahihirap.”

Ayon sa kagawaran, mahigit sa P52 milyon na ang naibigay sa mahigit 10,000 benepisyaryo sa Ilocos Norte mula taong 2020.

Hinihikayat naman ng DSWD na pagyamanin at gastusin nang wasto ang natanggap na puhunan upang makabangon at makapagsimula muli ang mga benepisyaryo sa gitna ng pandemya. (Ma. Joreina Therese A. Blanco/PIA Ilocos Norte)

## EcoWaste Coalition Warns against Cancer-Causing Cadmium in Lucky Charms

A non-profit organization tracking harmful chemicals in products and wastes has cautioned consumers against buying lucky bracelets that are believed to attract good luck during the Year of the Water Tiger.

The EcoWaste Coalition issued the precautionary warning after analyzing red string and beaded bracelets adorned with a tiger figure that the group purchased from vendors in Binondo and Quiapo, Manila for P50 to P250 each.

Cadmium, a toxic metal with symbol Cd and atomic number 48, is detrimental to human health because it builds up in the body, harms organs and causes cancer. Cadmium is on the World Health Organization’s list of “ten chemicals of public health concern,” along with other heavy metals like arsenic, lead and mercury.

“Be extra careful when buying lucky bracelets as some of them may contain metal tiger components that are often made of cadmium alloy,” said Thony Dizon, Chemical Safety Campaigner, EcoWaste Coalition.

“Consumers need not wear lucky charms containing poison chemicals like cadmium to enhance their health, love life, study, career and fortune,” he said. “Consumers risked being exposed to cadmium through dermal contact or licking.”

Dizon further warned that it is also possible for these lucky charms to get into children’s hands or mouths. “Children can be exposed to cadmium, especially if the cadmium-laden tiger is sucked by a child or if it is detached from the bracelet and is

swallowed by a child,” he said.

Instead of toxic lucky charms, the EcoWaste Coalition advised luck seekers to go for time-honored recipes for good health, fortune and happiness such as healthy lifestyle, hard work, earnest prayers, and kind deeds.

Out of nine samples of lucky bracelets, the group detected excessive levels of cadmium in eight items. Of these eight samples, one had 5,800 parts per million (ppm) of cadmium and the seven other samples had cadmium in the range of 139,900 to 389,900 ppm. For reference, the European Union restricts cadmium in the metal parts of jewelry and imitation jewelry at 0.01 percent by weight or 100 ppm. An advanced Olympus Vanta M Series X-Ray Fluorescence (XRF) analyzer was used to screen the samples for cadmium.

“These lucky bracelets would be illegal to sell in Europe due to their excessive cadmium content,” Dizon pointed out.

Cadmium is included in the government’s Priority Chemicals List (PCL) consisting of chemicals that the Department of Environment and Natural Resources (DENR) has determined to pose unreasonable risk to public health, workplace and the environment.

On May 6, 2021, the DENR issued a chemical control order (CCO) for cadmium and its compounds. While cadmium in products such as jewelry is not within its scope, “in view of the health and environmental effects of cadmium, the use of products not containing cadmium is encouraged,” the CCO said.

## Comelec reshuffles election supervisors, officers in Ilocos region

The Commission on Elections (Comelec) has reshuffled its officials assigned in the Ilocos region for the May 9 national and local polls.

Lawyer Ericson Oganiza, the provincial election supervisor of Ilocos Sur, assumed his post as the new provincial election supervisor of Comelec-Pangasinan effective January 15, replacing lawyer Marino Salas who was designated to the chief Comelec post in La Union.

Two other provincial election supervisors in the Ilocos region were also designated to other provinces for this year’s electoral exercise.

Lawyer Joel Gines of

La Union-Comelec was assigned to Ilocos Norte province, while lawyer Alipio Castillo of Ilocos Norte was designated in Ilocos Sur.

In an interview, Oganiza reminded candidates that all election related activities this time should abide by the protocols set by the Inter-Agency Task Force.

Meanwhile, some 44 out of 48 election officers in Pangasinan have also been transferred to other areas ahead of the country’s national and local elections.

During the “Tongtongan ed PIA” media forum of PIA Pangasinan, Comelec Urdaneta City election

officer lawyer Nathaniel Siaden said the election officers of Dagupan City, Villasis, Rosales, and Manaoag towns were not reshuffled as they only assumed their position just recently.

The Comelec reshuffles its field officers to maintain competency, integrity and absolute impartiality.

They will return to their original stations after the election period in June 2022.

Further, Pangasinan Police Provincial Office acting director Col. Richmond Tadina said four towns in the province are considered areas of immediate concern due to the incidents that occurred

in these localities during the past elections, but these are not yet considered as election hotspot areas.

“These are Sual, Sto. Tomas, Urbiztondo towns, based on the previous elections, and Anda town due to the recent incident involving a former mayor. These localities will be monitored,” he said during the “Pantongtongan Tayo” radio program of PIA Pangasinan on Tuesday.

The province of Pangasinan has a total of 2,096,936 registered voters based on the updated list of voters who are eligible to cast their votes during the elections. (APRIL M. MONTES-BRAVO/PIA Pangasinan)

### Over 90%.....(back page)

to complete the doses of our vaccine so that we can protect ourselves and our families against the disease.”

According to him, data and initial research show that an unvaccinated individual does not have antibodies, or they do not have immunity against the COVID-19, which makes them susceptible to contract critical and severe cases of the disease.

“Particularly, those who are immunocompromised, or the elderlies are more prone to the disease, and will most likely be critical that it can cause death, so it is very important that our kababayans in Ilocos region are protected through

vaccination before the further spread of the new Omicron variant,” Dr. Bobis said during the Ammuentayo teleradio program of PIA Ilocos Sur.

As of January 28, the fully vaccinated coverage in the region is 57.8 percent or 3,095,133; in which 487,444 are in Ilocos Sur or 67.29 percent of the province’s population.

Meanwhile, Dr. Bobis mentioned that they are targeting to start giving COVID-19 vaccines to kids 5-11 years old next month.

He said that the DOH is just waiting for the National Vaccination Operations Center (NVOC) to provide the final guidelines on the implementation of the

vaccination of children aged 5-11 before they can begin.

Dr. Bobis stated that the region is close to achieving herd immunity or 70 percent of the target population.

He added that most of the provinces are on 50-60

percent of fully vaccinated status, but the DOH-CHD1 still needs to strengthen the vaccination drive in order to attain herd immunity during the first three months of 2022. (JCR/AMB/ATV/PIA Ilocos Sur)

### PSHS.....(back page)

Orteza added.

Starting with the orientation of selected employees -- the “PQA Champions” in December 2020, the PSHS-IRC prepared its application report from April to June 2021.

The campus underwent the PQA online site visit last September 2021.

Institutionalized

through Republic Act 9013 signed by former President Gloria Macapagal Arroyo in 2001, the PQA is the highest level of national recognition for exemplary organizational performance.

The formal conferment of the award will be held on March 23 by President Rodrigo Duterte. (JOYAH MAE C. QUIMOYOG/PIA Ilocos Sur)

### DOH.....(back page)

the symptoms are mild, but we should still take this variant seriously because we see severe and critical presentation of the variant on elderlies and unvaccinated individuals,” he added.

Dr. Bobis also reminded that following the minimum public

health standards is still the strongest protection against COVID-19, and added that the people should grab the opportunity to be protected from severe and critical COVID-19 by getting the vaccine. (AILA T. VILLANUEVA PIA Ilocos Sur)

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PMGen Omega Jireh Fidel and PBGen Emmanuel B Peralta, Regional Director of PRO1, lead the wreath-laying ceremony for the Day of National Remembrance in honor of the fallen SAF 44 and other police heroes held at Camp BGen Oscar M Florendo, Parian, San Fernando City, La Union on January 25, 2022. (Photo courtesy of PRO1)

## PSHS Ilocos Region dedicates PQA to students, stakeholders

January 24-30, 2022  
VIGAN CITY, Jan. 30 (PIA) – The Philippine Science High School-Ilocos Region Campus (PSHS-IRC), located in San Ildefonso town in Ilocos Sur, was recognized as the first-ever secondary school in the country to receive the “Proficiency in Quality Management” award during the 24th Philippine Quality Award (PQA) Assessment Cycle.

PSHS-Ilocos Region Campus Director Dr. Ronnalee N. Orteza said they dedicate the prestigious award to its stakeholders, especially to its students.

“I am very grateful to all our employees as this award shows our culture of organizational excellence. We dedicate this award to

our stakeholders especially to our students. This award reminds us to always improve on our processes to better serve our clients,” Orteza told the Philippine Information Agency.

As the campus’s partners for development, she said, its stakeholders’ prompt feedback helped to improve their processes to remain upright to the PSHS’s mission, vision and objectives.

“We aim to be a guiding light to our scholars in their pursuit of truth and for their quest for academic excellence, be a beacon of hope for our communities, and inspire and become the benchmark of science education and public service in Region 1 and beyond,”

(Pls. turn to page 7)

# DOH: Average COVID-19 cases per day now more than 500

VIGAN CITY, Jan. 26 (PIA) – The trend of coronavirus disease 2019 (COVID-19) cases in the region is increasing, the COVID-19 focal of the Department of Health Ilocos Center for Health Development (DOH-CHD1) said on Friday.

Dr. Rheuel Bobis, Medical Officer IV, said the average cases in the Ilocos region has increased from eight per

day in December of 2021 to 111 at the beginning of January 2022, and as per the latest monitoring it has climbed to more than 500 per day.

“We expected the COVID-19 cases to increase. We expected this to happen because a lot of our kababayans were exposed during the Christmas and New Year festivities,” said Dr. Bobis during the Ammuentayo

teleradio program of PIA Ilocos Sur.

He clarified that the DOH-CHD1 is not discrediting the fact that the new surge is due to the new variant, Omicron.

He said, “Based on the latest result from the Philippine Genome Center, we have recorded eight new cases of the Omicron variant here in Region 1, in which Ilocos Norte have confirmed

one case of the variant in their province, and both Pangasinan and Dagupan City have also confirmed the Omicron variant cases in their respective areas.”

He explained that the Omicron variant shows increased transmissibility or that it can infect faster than the other variants.

“The studies also suggest that the Omicron variant is less severe, or

(Pls. turn to page 7)

## Over 90% COVID-19 cases in Ilocos asymptomatic

More than 90 percent of new coronavirus disease 2019 (COVID-19) cases in the Ilocos region are asymptomatic or on the mild spectrum.

“Even if they contract the COVID-19, their symptoms are not severe, and some of them does not feel anything at all,” said Dr. Rheuel Bobis, Medical Officer IV and COVID-19 focal person of the Department of Health Ilocos Center

for Health Development (DOH-CHD1).

On the status of vaccination, the DOH-CHD1 sees a higher trend of cases on unvaccinated or partially vaccinated individuals or those who have only received one dose of the COVID-19 vaccine.

Dr. Bobis said, “This is again the reminder of DOH, we need to get vaccinated and we have

(Pls. turn to page 7)

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