



## DTI QUEZON KICKS OFF 2ND YEAR OF THE "BETWEEN" PROGRAM IN CELEBRATION OF THE 2026 NATIONAL WOMEN'S MONTH



The Department of Trade and Industry (DTI)-Quezon has officially kicked off the celebration of National Women's Month through the launch of the 2nd Year of the Breaking Barriers for Women's Empowerment and Networks through Digitalization and Resilience (BETWEEN) on March 4, 2026, at St. Jude Cooperative Hotel and Event Center, Brgy. Isabang, Tayabas City, Quezon. The activity was attended by more than thirty (30) women entrepreneurs from throughout Quezon Province.

Building on its successful 2025 debut, the BETWEEN program continues to champion women-led micro, small, and medium enterprises (MSMEs) across Quezon Province.

This year, the sessions center on cybersecurity, deeper insights into e-commerce fundamentals, digital distribution strategies, AI-driven productivity tools, and emerging digital trends.

The program kicked off with an opening remark from Business Development Division Chief Anna Marie V. Quincina, representing Provincial Director Julieta L. Tadiosa, CESO IV. It was followed by the morning



and Web Developer. She shared practical strategies for harnessing the power of digital platforms to drive business growth. She also highlighted the distinct advantages of Facebook and Google, showing how each platform plays a unique role in expanding business reach—Facebook for engagement and brand awareness, and Google for reaching people who are actively searching for specific products or services, making it essential for capturing high-intent customers.

Ms. Herber conducted a live demonstration on creating a Google Business Profile.

She guided participants through entering complete business details, selecting the appropriate category, and completing the verification process, and highlighted the importance of keeping the profile active by regularly posting updates, uploading photos, and responding to customer reviews, noting that these practices boost visibility and build trust and credibility on Google.

Through this initiative, DTI Quezon reaffirms its commitment to bridging the digital divide, ensuring that Quezon's women entrepreneurs are not only participants but also leaders in the fast-evolving digital economy.

The afternoon session tackled "Maximizing Business Potential Using Digital Concepts and Tools," discussed by Ms. Hazel Christine Herber, Certified SEO Professional Strategist

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## Doc Willie Ong

### Bawas timbang para bawas arthritis

Bawasan ang timbang, para mabawasan din ang arthritis. Ang sobrang timbang ay nagpapatigang ng joints.

1. Alisin sa iyong pagkain ang mantika, taba ng karne, full-fat dairy products at trans fat. Ang arachidonic acid, na nagpapalala ng pamamaga, ay matatagpuan sa karneng baboy, baka, at mga laman loob.

2. Ang mabisang paraan para mabawasan ang timbang ay ang alisin ang mga processed foods, chichirya, matatamis na inumin at mamantikang pagkain.

3. Palitan ng mas maliit ang plato, at kumuha ng kaya lang ngayun. Bagalan ang pagkain para mas makaramdan ng pagkabusog.

4. Bago mag-umpisa kumain, puwede ka munang uminom ng 1 bason tubig para mabusog ka ng kaunti. Puwede ring uminom ng clear soup. Kapag uminom tayo ng mga likido, medyo nakukumbinsi natin ang ating utak na nabubusog na tayo.

5. Magbawas sa pagkain ng kanin. Kung dati at 2 cups ng kanin ang kinakain, gawin na lang 1 cup rice.

6. Huling payo. Dahan-dahanin lang ang pagpapapayat. Huwag gumtumin ang sarili. Kumain ng pakonti-konti sa buong araw, tulad ng mansanas, saging o pandesal, para laging may laman ang inyong tiyan.

Good luck.

Fatty Liver: Ano Dapat Kainin

Maraming may fatty liver na resulta base sa ultrasound. Ang fatty liver ay taba na naimbak sa selula ng atay at kadalasan ay nakikita sa mga edad 40's at 50's.

Kadalasan ay walang sintomas ito pero sa ibang pasyente ay lumalaki ang atay, makirok sa kanang bahagi ng tiyan at madaling mapagod.

Ayon sa mga eksperto, maaaring may kaugnayan ang fatty liver sa pagiging mataba, mataas na asukal sa dugo o diabetes, mataas ang triglyceride at kolesterol. Ang iba pang risk factor ay PCOS o Polycystic ovary syndrome, hypothyroid at iba pang sakit.

Tamang pagkain sa fatty liver:

1. Kumain ng mga 2 tasang gulay at 2 tasang prutas kada araw.

2. Puwede kumain ng mais, patatas, kamote, ube at kamoteng kahoy.

Magbawas sa kaning puti.

3. Mabuti ang protina galing sa isda, mongo beans, karne, manok na walang taba, low fat milk, yogurt at soya milk.



## 21K working-class...

as a strong vote of confidence in the Expanded 4PH and the reforms being implemented by the DHSUD.

He noted that Megawide, a Quadruple A-rated construction firm, is among reputable private developers supporting the program aimed at addressing the country's housing backlog.

Once completed, the Cavite projects are expected to provide decent, safe and affordable homes to thousands of work-

ing-class families.

The Pag-IBIG Fund is supporting both developments, which will feature amenities such as open parks, playgrounds, entrance and exit gates, parking areas and a clubhouse.

Also present during the ceremony were DHSUD Senior Undersecretary Eduardo Robles Jr. and other key officials from DHSUD and Pag-IBIG Fund. (PNA)

## CAYETANO, ISINUSULONG...

babalewala sa mga umiiral na prosesong legal sa pagpapatupad ng mga international arrest warrants.

Narito ang mga pangunahing punto ng kanyang pahayag:

Karapatan sa Lokal na Hukuman: Binigyang-din ni Sen. Cayetano na ang mga korte ng Pilipinas ay dapat manatiling bukas at maaasahan para sa lahat ng Pilipino upang matiyak ang due process.

Isyu sa Republic Act No. 9851: Nagpahayag siya ng pagkabahala sa nagiging interpretasyon ng Ehekutibo sa Section 17 ng RA 9851. Ayon sa Senador, ang

maling pagpapatupad nito ay maaaring magresulta sa agarang pagsuko ng isang Pilipino nang walang sapat na panahon upang makahingi ng tulong o lunas mula sa lokal na hudikatura.

Panganib sa Mama-mayan: Binalaan niya ang pamahalaan na ang pagpapahintulot sa ganitong hakbang ay magtatakda ng isang mapanganib na basehan (dangerous precedent). Maaari itong makaapekto hindi lamang sa mga opisyal ng gobyerno, kundi maging sa mga miyembro ng sektor ng seguridad at mga pribadong mamamayan.

## GROUND BREAKING CEREMONY...

facilities found at the university's flagship locations. It is expected to house advanced simulation laboratories for its renowned healthcare programs, including Nursing and Medical Technology, while also providing specialized spaces for Business, Computer Studies, and Criminology. The infrastructure will incorporate modern, eco-friendly designs that align with the university's recent initiatives toward sustainability and climate consciousness.

### Toward the 60th Anniversary

This groundbreaking

comes at a momentous time as the university prepares for its 60th Founding Anniversary in 2027. By establishing a firm presence in Cavite, OLFU continues to build on its reputation for producing top-notchers in national licensure examinations and providing a holistic learning environment. The new campus is expected to welcome its first batch of students in the coming academic year, further strengthening the university's role as a vital partner in national development through education.



## Gov't eyes lower...

sole or the only government corporation operating a tollway in the Philippines.

So 'yung tanong po natin kanina, PEATC, through the national government, can subsidize the toll revenues because as of now, hindi muna naming pwedeng ipababa ang toll revenue because it is not yet a hundred percent owned by the government, meron pang joint venture partner (So to answer the question earlier, PEATC, through the national government, can subsidize toll revenues, but for now we cannot lower toll rates because the tollway is not yet 100 percent owned by the government as there is still a joint venture partner)," Torrecampo said.

"But once 100 percent owned na ito ng gobyerno, ng PEATC, for sure one of the target po ng aming chairman of the Philippine Reclamation Authority (PRA) is to lower the rate of the CAVITEX compared to other tollways para 'yung 100 pesos and toll rate per TRB, it can be lowered to let's say 80 pesos kung tayo na, ang gobyerno na ang may-ari nitong tollway (But once the government fully owns the tollway through PEATC, one of the targets of our chairman is to lower CAVITEX toll rates compared with other tollways—for example, a PHP100 toll rate approved by the Toll Regulatory Board could be reduced to around PHP80 if the government fully owns the tollway)," he added.

Torrecampo said PEATC is earning around PHP3.6 billion annually from its existing tollway operations, equivalent to roughly PHP10 million in daily revenue from about 200,000 vehicles using the tollway daily.

He added that the opening of the CAVITEX C5 Link Expressway Segment 3B is projected to generate about PHP300 million in additional annual revenue from an estimated 11,500 vehicles daily,

raising the tollway's total projected yearly revenue to around PHP4 billion.

Of the projected revenue, about PHP1 billion is expected to be remitted to the national government through value-added tax and corporate income tax.

CAVITEX is operated under a public-private partnership arrangement involving the PRA, through its subsidiary PEATC, representing the government's interest in the tollway, while Metro Pacific Tollways Corporation (MPTC), through Cavite Infrastructure Corp. (CIC), serves as the private concessionaire responsible for financing, construction, and development of the expressway.

Under this joint venture framework, the government and its private partner coordinate on tollway operations, expansion projects, and toll rate policies subject to the approval of the Toll Regulatory Board (TRB).

Meanwhile, officials said discussions are also ongoing with tollway partners and regulators on possible interventions and considerations that could benefit motorists, especially with fuel prices being expected to rise amid Middle East tensions.

Anthony Peter Crisologo, chairperson of PEATC and director of the PRA, said the possibility of a toll holiday similar to the one implemented when Segment 2 opened in July 2024 is under study.

"Because this is a joint venture, we have to discuss with our joint venture partners..."

So we're not sure yet but I think it's being discussed by TRB, PEA Tollway, and MPTC as well," Crisologo said.

PRA Assistant General Manager Joselito Gonzales said the government continues to work with regulators and private partners to ensure toll policies remain responsive to

## GUHIT NG KAPALARAN

**PISCES: (Feb. 19-Mar. 20)** – Mapangiti ka sa iyong pag-gising dahil sa magandang panaginip. Pera mas magiging masaya ka kapag nangyari ito. Kaya simulan na ang dapat simulan dahil magtatagumpay ka. Magpakatag. Lucky numbers at color for the day ang 23, 32, 53, 45, 11 at cinnamon brown.

**ARIES: (Mar. 21-Apr. 19)** – Patuloy ang iyong achievement sa negosyo. Tatanggap ng iba kadagdagang offer. Lucky numbers at color for the day ang 55, 23, 32, 41, 12 at satin white.

**TAURUS: (Abr. 20-May. 20)** – Marami na ang nawala sa iyo, pero hindi dapat mangamba dahil magkakaroon ka pa ng higit dito. Lucky numbers at color for the day ang 13, 33, 52, 42, 21 at butter yellow.

**GEMINI: (May. 21-Hun. 21)** – Magiging stable na ang iyong positive feeling kaya magmamangnanifest ang iyong true desire. Lucky numbers at color for the day ang 22, 35, 53, 42, 12 at cherry red.

**CANCER: (Hun. 22-Hul. 22)** – Paghandaan ang total life change. Dahil ang ibubunga nito ay nakadepende sa pagsisikap mo. Lucky numbers at color for the day ang 35, 42, 51, 25, 11, 35 at mocha brown.

**LEO: (Hul. 23-Ago. 22)** – Happiness is a choice. Kaya galingan ang pagpipili. Ito ang magiging karanasan sa araw na ito. Lucky numbers at color for the day ang 21, 35, 53, 12, 43 at dollar green.

**VIRGO: (Ago. 23-Set.23)** – Magbabakasyon ka kasama ang mahal. Kung magkakasundo, mauwi ito sa kasalanan sa lalong madaling panahon. Lucky numbers at color for the day ang 55, 41, 25, 33, 12 at carrot orange.

**LIBRA: (Set. 24-Okt. 23)** – Meron kang bagong love life. Excited ka sa relationship at gusto mong manatili ang excitement na ito. Lucky numbers at color for the day ang 25, 52, 12, 31, 42 at hot pink.

**SCORPIO: (Okt. 24-Nov. 22)** – Hasain ang kakayahang. Dahil ito ang matibay na tungtungan para sa nakatakdang tagumpay. Lucky numbers at color for the day ang 46, 25, 15, 55, 35 at pine green.

**SAGITTARIUS: (Nov. 23-Dis. 21)** – Makikilala ang taong makakaimpluwensiya sa iyong desisyon. Tiyakin lang na mabuting tao siya. Lucky numbers at color for the day ang 41, 11, 52, 35, 25 at ice blue.

**CAPRICORN: (Dis. 22-Ene. 19)** – Simulan ang pagkilos para sa mga hangarin sa buhay. Walang mapapala kung puro reklamo ka. Lucky numbers at color for the day ang 23, 32, 11, 52, 42, at cherry red.

**AQUARIUS: (Ene. 20-Peb. 18)** – Lasasapin ang bawat bahagi ng iyong tagum-pay sa buhay. Huwag makalimot sa mga taong tumulong sa'yo. Lucky numbers at color for the day ang 33, 22, 11, 53, 42 at mint green.

economic conditions.

"Kami po sa gobyerno ay kaisa ng Pangulo sa paghanap ng mga magiging solusyon para ma-address po itong mga pupuwedeng mangyari as a result nitong nangyayaring kaguluhan sa ibang bansa (The government is working with the President in finding solutions to address possible impacts arising from conflicts abroad)," Gonzales said.

He said the PRA, PEATC and private conces-

sionaire Metro Pacific Tollways Corp. regularly hold project committee meetings with the TRB to discuss toll rate petitions and ensure decisions remain sensitive to prevailing economic conditions.

Gonzales added that the presence of a government entity in tollway operations helps temper possible toll rate increases and ensure that the interests of motorists are considered. (PNA)

PEATC and private conces-

## ANTIPOLO CITY, RIZAL | 10 aspiring entrepreneurs from across Rizal took a bold step toward strengthening their businesses as they officially signed their Commitment Contracts under the Kapatid Mentor ME – Money Market Encounter (KMME-MME) Program on March 3, 2026, at Krazy Cafe, Antipolo City.

The commitment signing marked the beginning of their structured mentoring journey.

More than a formal requirement, it symbolized their readiness to dedicate time and effort to complete the series of learning sessions designed to elevate their business operations, marketing strategies, financial management, and overall competitiveness.

The 2026 Rizal KMME-MME mentees include:

- Ms. Elaine Cruz Andal, Owner of Eleah LPG Store (Binangonan)
- Ms. Bernadette Alvarez Caraig, Owner of Fascinofab Garments Trading (Taytay)
- Ms. Arlene Alcantara Del Rosario, Owner of Komfortz-ewn Wearing Apparel Manufacturing (Taytay)
- Ms. Hazel Sagisi Alendres, Owner of Qualitex Garment Trading (Binangonan)
- Ms. Valerieza Nono Orio, Owner of Nana's Handicrafts (Angono)
- Ms. Charmaine Day Sandalo Daradal, Owner of Plantsncrafts Specialty Shop (Antipolo City)
- Ms. Maria Michelle Catarman Boyle, Owner of Love Laura Clothing Boutique (Taytay)
- Ms. Desserie Vallesteros Valdizno, Owner of Rikishee's RTW Store (Taytay)
- Ms. Cynthia Padilla De Guzman, Co-owner of Tabemasu Sushi House (Antipolo City)
- Mr. Yhen Kai Bernardo Javier, Owner of YKJ Clothing Store (Taytay)

## 21 Benepisyaryo Tumanggap ng Dishwashing Liquid Business Starter Kits sa Trece Martires

Matagumpay na nais-agawa ang Dishwashing Liquid Training para sa dalawampu't isang (21) benepisyaryo mula sa LGU Las Piñas bilang bahagi ng programang pangkabuhayan na naglalayong palakasin ang kakayahan ng mga residente na makapagsimula ng sariling maliit na negosyo.

Layunin ng isinagawang pagsasanay na mabigyan ang mga kalahok ng sapat na kaalaman at kasanayan sa pag-gawa ng dishwashing liquid, kabilang ang tamang paghahalo ng sangkap, pag-iimpake, at batayang kaalaman sa pagnegosyo. Sa pamamagitan nito, inaasahang magkakaroon sila ng dagdag na mapagkakakitaan at mas matatag na kabuhayan.

Kamakailan ay isinagawa rin ang awarding ng mga business starter kits bilang konkretong suportang sa kanil-

ang bagong hakbang tungo sa pagnegosyo. Ang mga starter kit ay naglalaman ng mga pangunahing kagamitan at materyales na kinakailangan upang agad makapagsimula ang mga benepisyaryo sa kanilang napiling kabuhayan.

Ayon sa mga tagapapatupad, ang programa ay bahagi ng patuloy na pagsisikap ng pamahalaan na bigyang-lakas ang mga mamamayan sa pamamagitan ng pagbibigay ng tunay na oportunidad para sa pag-unlad, lalo na sa mga pamilyang nagsisimula ng bagong buhay sa Trece Martires City.

Nagpahayag din ng pasasalamat ang mga benepisyaryo sa Housing Division at sa Barangay Cabuco sa pangunguna at maayos na pagsasakatuparan ng nasabing programa. Ang inisyatibang ito ay inaasahang magsisilbing inspirasyon sa iba pang komunidad na patuloy na magsikap tungo sa mas maunlad na kinabukasan.

## Joint Health Project...

gon ng Jaen town Mayor Atty. Sivester C. Austria sa ipinagkaloob sa kanilang kababayan ng mga libreng serbisyong.

Nagkaloob ng dalawang (2) silyangde gulong, dalawang kits ng blood sugar testing at dalawang blood pressure kits ang grupo ng PAPER INC sa pangunguna ng kanilang Pangulo at dinagdagan pa ng 120 packs para sa mga Lolo at Lola sa lokalidad dito.

Serbisyong Dental naman ang naging parte ng grupong NGO, Bay Area Global Outreach Lion's at bitbit nilang mga duktor sa pangunguna ni Ma'am Uni Buckley mulabsa Califor-

nia, USA. Naging katuwang din ang Nueva Ecija Provincial Government, DrPJGRMC, sundalo ng Aviation Regiment, NuevaEcija Optalmologist, sundalo ng Artillery Regiment, Municipal Govtment of Jaen, PhilHealth at iba pa.

Ginanap ang naturang aktibidad sa mismong Blessed Hope Christian School dito sa bayang ito katuwang nito ang ilang mga guro ng paaralan.

Naging parte din ng Outreach Project sina dating Barangay Langla Kapitan Fernando Carlos at Barangay Don Mariano Marcos Poblacion Kapitan Wheenard D. Dela Cruz.

## BLOOD DONATION..

The activity was led by Major General Ronald Jess Alcudia, together with Lt. Col. Richard Villafior, G7 officer, and Deputy G7 Major Ambrocio, highlighting the spirit of unity and volunteerism among military personnel and civilians.

Participants from the Reserve Force, ROTC units, and local communities joined hands in the life-saving initiative, demonstrating their shared commitment to public service and humanitarian efforts. The blood donation drive formed part of the nationwide activities commemorating the historic anniversary of the Philippine Army.

This year's event marks the 9th nationwide simultaneous blood donation activity, a meaningful tra-

dition spearheaded by the Army Reserve Command (RESCOM). Over the years, the initiative has benefited thousands of patients across the country by helping maintain an adequate blood supply for hospitals and emergency situations.

Organizers emphasized that the program reflects the Philippine Army's dedication to serving the Filipino people not only in times of conflict and disaster but also through humanitarian programs that directly save lives.

Through the simple yet powerful act of donating blood, volunteers offered a priceless gift to those in need. The activity served as a reminder that every drop of blood carries hope—and that every donor, whether soldier or civilian, becomes a hero in the mission to save lives.

## PBBM: Kamuning footbridge, EDSA Busway upgrade to ease daily commute

MANILA – President Ferdinand R. Marcos Jr. on Thursday lauded the early completion of a new footbridge and concourse at the Kamuning Station of the EDSA Busway, noting that the upgrades would improve the daily commuting experience of over 750,000 passengers.

Marcos, accompanied by First Lady Liza Araneta-Marcos and Department of Public Works and Highways (DPWH) Secretary Vince Dizon, inspected the new covered footbridge connected to the EDSA Kamuning Busway Station.

The footbridge, which replaces the steep "Mount Kamuning" footbridge, features elevators, wheelchair lifts and a pedestrian-friendly walkway similar to the SM North Concourse.

Marcos said the



old footbridge will no longer be accessible to the public.

"The old one is not very good at all," he told reporters after the inspection.

"So far, I'm happy to see that this is the sort of thing na ito naman ay kaya pa lang gawin. Hindi namang gano'n kahirap at basta desidido tayo na ayusin natin ang commuting experience (that can actually be done. It's not that difficult, as long as we are determined to improve the commuting experience),"

## Maynilad eyes...

detection, like the listening stick, leak correlator, and mobile leak detector equipment. Maynilad said the event aims to educate the public about the activity to ensure that non-revenue water is reduced.

Currently, Maynilad has an NRW of 30.9 percent, but it hopes to reduce this to 25 percent by the end of 2027 and 20 percent by 2030.

"In 2025 alone, the company recovered about 256 million liters per day (MLD) of water through intensified leak detection, pipe replacement, pressure management, and network mon-

itoring interventions—an amount equivalent to the output of a major water treatment plant, or nearly the combined production of two of Maynilad's southern water treatment facilities," Maynilad said in a statement.

According to the company, reducing the NRW means more supply that could reach areas with low water pressure ensuring that they have an ample water supply. Under Maynilad's business plan, P7.7 billion has been allocated for NRW management initiatives programmed for this year's implementation.

**ARMY**  
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## DTI allocates...

on March 12.

"Access to capital is often the biggest barrier during these uncertain transitions. Through DTI-SB-Corp, we've tailored this fund to equip them with the resources to build, hire, and secure their families' futures — no matter the circumstances," DTI Sec-

retary Cristina Roque said.

Interested OFWs may apply through 1,431 DTI Negosyo Centers nationwide; the DTI-SB-Corp Money App (Google Play, Huawei AppGallery, or web app at app.sbcorp.ph); or the website sbcorp.gov.ph. (Joann Villanueva/PNA)

## 2,150 housing...

The DHSUD, in a news release on Wednesday, noted that the project is being implemented through a joint venture agreement (JVA) between the Pag-IBIG Fund and the Social Housing Finance Corporation (SHFC), marking a new modality under the recalibrated Expanded 4PH Program.

DHSUD Secretary Jose Ramon Aliling said the collaboration among key shelter agencies (KSAs) aims to accelerate housing delivery and expand access to affordable homes.

"Ang pagsasanib-pwersa ng ating mga KSAs sa pamamagitan ng JVA ay para pabilisin at paghusayin pa ang Expanded 4PH Program alinsunod sa direktiba ni Pangulong Marcos Jr. (The collaboration of our KSAs through JVA is meant to accelerate and further enhance the Expanded 4PH Program in line with the directive of President Marcos, Jr.)," Aliling said.

The 2,150 units will primarily benefit informal settler families assisted by SHFC within the city, providing them safer and more affordable housing options without relocating them far from their livelihoods.

During an inspection on Tuesday, Aliling, along with Senior Undersecretary Eduardo Robles Jr., Pag-IBIG Fund CEO Marilene Acosta and SHFC President Federico Laxa, assessed the structural progress and compliance with construction standards.

is already difficult, considering the long lines and the heat. I said we should really address what our fellow citizens go through every day just to get to work and get back home," Marcos said.

The Kamuning footbridge and Busway station project forms part of the EDSA Busway System modernization, one of the DOTr's flagship public transportation programs.

The project was implemented in coordination with the Metropolitan Manila Development Authority and the DPWH.

It covers the integrated rehabilitation of the Kamuning Busway station and the construction of a new pedestrian footbridge, designed to function as a seamless, intermodal access facility improving commuter safety, accessibility, and transfer efficiency along EDSA. (PNA)

## BLESSING AND INAUGURATION...

es, and technicians, all working within a facility that features advanced water treatment systems to maintain the highest standards of safety and hygiene.

A Broad Vision for Public Health

This inauguration is part of a larger, ongoing strategy to elevate the Pagamutan ng Dasmariñas into a premier tertiary-level public hospital. The center complements recent city-wide health initiatives, including the rollout of various Super Health Centers designed to provide comprehensive care. City leadership reiterated during the ceremony that this facility is more than just infrastructure; it represents a commitment to protecting the health and dignity of every Dasmariño. The center is now fully operational and ready to serve the community.

"Layunin ng inspeksiyon ito na tiyakin ang completion timelines at mataas na kalidad nang pag-construct. Mahigpit naming sinuri ang bawat gusali at agad tinukoy ang mga isyung maaring magdulot ng delay (The purpose of this inspection is to ensure completion timelines and high-quality construction. We strictly evaluated every building and immediately identified issues that could cause potential delays)," he said.

Under the new modality, Pag-IBIG Fund is authorized to enter into joint ventures with other government institutions to fast-track housing projects. Similar partnerships involving Pag-IBIG Fund, SHFC and the National Housing Authority are also being lined up.

"Para mas mapabilis at mapaghusay pa ang implementasyon ng Expanded 4PH, patuloy po ang DHSUD kasama ang aming mga attached agencies sa pag-aaral sa iba pang pwedeng modality para mas maraming pamilyang Pilipino ang ating matulungan makamit ang pinapanagarap na sariling tahanan (To further accelerate and enhance the implementation of the Expanded 4PH, DHSUD and our attached agencies continue to study other possible modalities so we can help more Filipino families achieve their dream of owning a home)," Aliling said.

He added that while the government is accelerating housing construction, quality remains non-negotiable. (PNA)

# PUSTISO PARA SA MASA: 60 BENEPISYARYO, NAKATANGGAP NG LIBRENG DENTURES MULA SA CITY HEALTH OFFICE

Pinangunahan ng Office of the City Health Officer ang matagumpay na distribusyon ng libreng pustiso sa 60 benepisyaryo sa ilalim ng programang “Pustiso Para sa Masa”, isang Dental Health Program na naglalayong palakasin ang pangangalaga sa kalusugan ng ngipin ng mga mamamayan.

Isinagawa ang aktibidad bilang bahagi ng patuloy na adbokasiya ng lokal na pamahalaan na maghatid ng serbisyong medikal na abot-kaya at naabot ng mas maraming residente, lalo na ang mga kabilang sa sektor na may limang itaong kakayahang pinansyal.

Pagbabalik ng Ngiti at Kumpiyansa

Sa mensahe ng tanggapan, binigyang-diin na ang programa ay hindi lamang

simpleng pamamahagi ng libreng pustiso, kundi isang hakbang upang maibalik ang kumpiyansa at dignidad ng bawat benepisyaryo.

Marami sa mga tumanggap ng pustiso ang nagpahayag ng pasasalamat, dahil ayon sa kanila, malaking tulong ito sa kanilang pang-araw-araw na pamumuhay—mula sa maayos na pagkain, malinaw na pagsasalita, hanggang sa pagkakaroon muli ng kumpiyansang ngumiti sa harap ng ibang tao.

Ayon sa mga dental health personnel, ang pagkawala ng ngipin ay maaaring magdulot hindi lamang ng pisikal na discomfort kundi pati na rin ng emosyonal at sosyal na epekto. Sa pamamagitan ng programang ito, nabibigyan ng pagkakataon ang mga residen-

te na mapabuti ang kanilang oral health at kabuuang kalusugan.

Bahagi ng Mas Malawak na Adbokasiya sa Kalusugan

Ang “Pustiso Para sa Masa” ay isa lamang sa mga inisyatiba ng Office of the City Health Officer na nakatuon sa pagpapalawak ng serbisyong pangkalusugan sa komunidad. Patuloy na nagsasagawa ang tanggapan ng iba’t ibang medical at dental outreach programs upang masiguro na ang serbisyong medikal ay umaabot hanggang sa mga barangay.

Binanggit din ng mga opisyal na ang pagpapanatili ng maayos na dental health ay mahalaga sa pangkalahatang kalusugan ng isang tao. Ang regular na dental check-up, wastong pagsisipilyo, at

tamang nutrisyon ay ilan lamang sa mga hakbang upang maivasan ang sakit sa ngipin at gilagid.

Ngiting May Dalang Pag-asa Sa pagtatapos ng aktibidad, nagpaabot ng mensahe ang lokal na pamahalaan ng pag-asa at inspirasyon para sa mga benepisyaryo. Hangad ng programa na ang bawat bagong ngiti ay magsilbing simbolo ng panibagong simula—may dalang tulong, saya, at lakas ng loob.

Sa pamamagitan ng mga ganitong hakbangin, muling pinatutunayan ng pamahalaang lokal ang kanilang pangako na unahin ang kapakanan ng mamamayan at tiyaking ang serbisyong pangkalahatang kalusugan ay hindi pribilehiyo ng iilan, kundi karapatan ng lahat.

# GRAB CAVITE RIDERS ALLIANCE PARTNERS WITH BACOR CITY FOR MEDICAL MISSION

In a strong display of community partnership, the Grab Cavite Riders Alliance joined forces with the City Government of Bacor to conduct a successful Medical Mission in Duplex, Barangay Molino 4 Extension.

The initiative was supported by Councilor Horacio Brilliantes, Dr. Ivy Marie Yrastorza (Head of the Office of the City Health Services), Kap. Jeffrey Campana, Kagawad Ludy Cas, and GRAB leaders including Mr. Ken Jerome Pili, Mr. Charl Arreglo, and Mr. Danver Mallari. Representatives from the alliance such as Mr. Jonas Malcolm, Mr. Ruffy Nazar, and Mr. Ricardo Omana also played key roles in the event’s success.

Under the leadership of Mayor Strike B. Revil-

la, Dra. Ivy Marie Yrastorza and her medical team provided free check-ups, laboratory tests, and ECG procedures. The Medical Mission catered to GRAB and MOVE IT drivers, ensuring accessible healthcare services for hardworking transport partners.

Beyond medical services, GRAB extended its support by providing food, medicines, medical kits, and free haircuts for attendees—reinforcing their commitment to community welfare.

This collaborative effort highlights the importance of health awareness, accessible healthcare, and strong partnerships in building a resilient and caring Bacor.

Sama-sama para sa mas malusog at mas matatag na komunidad.

# PhilHealth, Itinutulak...

tists upang matiyak ang epektibong implementasyon ng mga programa sa mga lokal na pamahalaan at komunidad.

Ayon sa PhilHealth, ang pagtutok sa primary care at preventive services ay bahagi ng mas malawak na layunin ng ahensya na

itaguyod ang “kalusugan para sa lahat.” Sa pamamagitan ng pakikipagtulungan sa DHNAD at iba pang sektor sa kalusugan, inasahang mas mapapalawak ang access sa serbisyong dental at mas mapapangalagaan ang kalusugan at ngiti ng bawat Pilipino.



# REPUBLIC OF THE PHILIPPINES FOURTH JUDICIAL REGION REGIONAL TRIAL COURT OFFICE OF THE CLERK OF COURT TRECE MARTIRES CITY

**BDO UNIBANK, INC.,**  
Mortgagee,  
-versus-

**MARK ANTHONY L. CASAS,**  
Debtor/Mortgagor.

## FORECLOSURE CASE NO. F-020-26

X-----X

### NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **BDO UNIBANK, INC.**, with business address at BDO Corporate Center, 33<sup>rd</sup> Floor, BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City against the Debtor/Mortgagor, **MARK ANTHONY L. CASAS**, with residence and postal addresses at (1) No. 56, Block 37, Welfare Ville Compound, Brgy. Addition Hills, Mandaluyong City (occupied by third party) and (2) Lot 26, Block 1, Westwood Phase 5, Brgy. Pasong Camachile, General Trias, Cavite (currently unoccupied), to satisfy the mortgage indebtedness which as of January 12, 2026 amounts to **ONE MILLION SEVEN HUNDRED FIFTY FOUR THOUSAND EIGHTY PESOS**

and **84/100 (PhP1,754,080.84)** Philippine Currency, including interest, penalties and other charges as of said date but exclusive of all other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **MARCH 25, 2026 at 10:00 o'clock in the morning until 12:00 o'clock noon** at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

### TRANSFER CERTIFICATE OF TITLE No. 057-2020/48346

**Lot No. 26 Block: 1 Plan No. Pcs-04-032025**  
**Portion of:** Blk. 28, Pcs-04-029303; Blk. 14, Pcs-04-031691; Lot 1939-A & Lot 1939-D (LRA) Psd-29632. LRC Record No. 5964, Decree No. 4270

**Location:** Barangay of Pasong Camachile, City of General Trias, Province of Cavite, Island of Luzon

BOUNDARIES:	LINE	DIRECTION	ADJOINING LOT(S)
	1-2	SW	Lot 27, Block 1, Pcs-04-032025
	2-3	NW	Lot 17, Pcs-04-032025
	3-4	NE	Lot 25, Block 1, Pcs-04-032025
	4-1	SE	Road Lot 2, Pcs-04-032025

**Area: FIFTY (50) SQUARE METERS, more or less**

All sealed bids must be submitted to the undersigned on the above-stated time and date.

In the event the public auction should not take place on the said date and time, it shall be held on **APRIL 8, 2026** without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances thereon, if any there be.

Trece Martires City, **FEBRUARY 27, 2026.**

**JOSELITO L. ARANDA**  
Sheriff IV

Copy Furnished:

**BDO UNIBANK, INC**  
CONSUMER REMEDIAL MANAGEMENT  
33d Floor, BDO Corporate Center Ortigas  
No. 12, ADB Avenue, Mandaluyong City

**MARK ANTHONY L. CASAS**  
(1) No. 56, Block 37, Welfare Ville Compound, Brgy. Addition Hills, Mandaluyong City  
(2) Lot 26, Block 1, Westwood Phase 5, Brgy. Pasong Camachile, General Trias, Cavite

**WARNING:** It is absolutely prohibited to remove, deface or destroy this Notice of Extra Judicial Sale on or before the date of sale

**PAHAYAGAN NG KABITENYO**  
**MARCH 2, 9 & 16, 2026**



# REPUBLIC OF THE PHILIPPINES FOURTH JUDICIAL REGION REGIONAL TRIAL COURT OFFICE OF THE CLERK OF COURT TRECE MARTIRES CITY

**BANGKO MABUHAY (A RURAL BANK), INC.**  
Mortgagee,  
-versus-

**ALVIN D. MAURICIO married to WILFLOR D. MAURICIO**  
Mortgagors.

## FORECLOSURE CASE NO. F-004-26

X-----X

### NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Petitioner/Mortgagee, **BANGKO MABUHAY (A RURAL BANK) INC.**, with business address at A. Soriano Highway, Daang Amaya III, Tanza, Cavite, against the Mortgagors, **ALVIN D. MAURICIO married to WILFLOR D. MAURICIO**, with residence and postal addresses at Blk. 2, Lot 49, KSA, Lancaster New City, Gen. Trias City, Cavite, to satisfy the mortgage indebtedness which as of January 9, 2026 amounts to **THREE HUNDRED FORTY SEVEN THOUSAND FIVE HUNDRED THIRTY FIVE PESOS and 75/100 (PhP347,535.75)**, Philippine Currency, inclusive of interest, penalties and other charges as of said date but exclusive of all other charges incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **MARCH 25, 2026 at 10:00 o'clock in the morning until 12:00 o'clock noon**, at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

### TRANSFER CERTIFICATE OF TITLE 057-2016004545 (Tax Declaration No. 242-0020-17601)

**Lot No. 49 Block No. 2 Plan No. Pcs-04-027725**  
**Portion of:** Lot's 1652, (RS-04-002133); Lot 1669, (RS-04-003043) & Lot 3129, all SFDM Estate, Decreed No. 4270, LRC Record No. 5964

**Location:** Barangay of Navarro, Municipality of Gen. Trias, Province of Cavite, Island of Luzon

### Boundaries:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	SE	Lot 33, Block 2, Pcs-04-027725
2-3	NW	
3-4-5	NW, SW	Lot 102, Block 2, Pcs-04-027725
5-6	NW	Lot 50, Block 2, Pcs-04-027725
6-7	NE	Road Lot 8, Pcs-04-027725
7-8	NE	Lot 48, Block 2, Pcs-04-027725
8-1	SE	Lot 34, Block 2, Pcs-04-027725

**Area: ONE HUNDRED SQUARE METERS (100), more or less**

A Two-Storey Residential Building (Townhouse II-A Model Diana), situated in Kensington Ph-4, Navarro, City of Gen. Trias, Cavite. With Floor area of 72 Sq.M., with Market Value of PhP334,110.81, under Tax Declaration of Real Property No. 242-0020-17602.

All sealed bids must be submitted to the undersigned on the above-stated time and date.

In the event the public auction should not take place on the said time and date, it shall be held on **APRIL 8, 2026** without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances thereon, if any there be.

Trece Martires City, **FEBRUARY 27, 2026.**

**JOANNAH AVIGAIC. TIMKANG**  
Sheriff IV

Copy furnished:

**BANGKO MABUHAY (A RURAL BANK) INC.**  
A. Soriano Highway, Daang Amaya III, Tanza, Cavite

SPS. ALVIN D. MAURICIO & WILFLOR D. MAURICIO  
Blk. 2, Lot 49, KSA, Lancaster New City, Gen Trias City, Cavite  
51-C Apollo 2 San Gregorio Village, Pasay City NCR

**PAHAYAGAN NG KABITENYO**  
**MARCH 2, 9 & 16, 2026**

# REPUBLIC OF THE PHILIPPINES FOURTH JUDICIAL REGION REGIONAL TRIAL COURT OFFICE OF THE CLERK OF COURT TRECE MARTIRES CITY

**CHINA BANK SAVINGS, INC.**  
Mortgagee,  
-versus-

**SPS. CARA CHRISTINE D. CABRERA AND FRANZ ERICK F. CABRERA**  
Mortgagors/Borrowers.

## FORECLOSURE CASE NO. F-052-26

X-----X

### NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Petitioner/Mortgagee, **CHINA BANK SAVINGS, INC.**, with business address at CBS Building, No. 314 Sen. Gil Puyat Avenue, Makati City against the Mortgagors/Borrowers, **SPS. CARA CHRISTINE D. CABRERA AND FRANZ ERICK F. CABRERA**, with residence and postal addresses at (1) 1145 Andres Abellana St., Villa Inez Pension Guadalupe, Cebu City and (2) Block 06, Lot 30, Westwood Phase 6, Lancaster New City, Brgy. Pasong Camachile 1, Gen. Trias, Cavite to satisfy the mortgage indebtedness which as of January 15, 2026 amounts to **TWO MILLION TWO HUNDRED THOUSAND SIX HUNDRED THIRTY NINE PESOS AND 87/100 (PhP2,200,639.87)**, Philippine Currency, inclusive of interest, penalties and other charges as of said date but exclusive of all other charges incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **MARCH 25, 2026 at 10:00 o'clock in the morning until 12:00 o'clock noon**, at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

### TRANSFER CERTIFICATE OF TITLE NO. 057-2023052911

**Lot No. 30 Block No. 6 Plan No. PCS-04-032354**  
**Portion of:** LOT 1837-B, (LRC) PSD-105017, BLK. 15, PCS-04-030060, BLK. 17; 19; 20, PCS-04-032025, LOT 2, BLK. 17,

PCS-04-030836; LOT 2090 & 2091 ALL OF SFDM ESTATE, LRC RECORD NO. 5964, DECREE NO. 4270

**Location:** BARANGAY OF PASONG CAMACHILE, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON

BOUNDARIES:	LINE	DIRECTION	ADJOINING LOT(S)
	1-2	SE	LOT 29, BLOCK 6, PCS-04-032534
	2-3	SW	LOT 28, BLOCK 6, PCS-04-032534
	3-4	NW	ROAD LOT 9, PCS-04-032534
	4-1	NE	LOT 32, BLOCK 6, PCS-04-032534

**Area: FIFTY (50) SQUARE METERS, MORE OR LESS**

All sealed bids must be submitted to the undersigned on the above-stated time and date.

In the event the public auction should not take place on the said time and date, it shall be held on **APRIL 8, 2026** without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances thereon, if any there be.

Trece Martires City, **FEBRUARY 27, 2026.**

**JOANNAH AVIGAIL C. TIMKANG**  
Sheriff IV

Copy furnished:

**BUENAVENTURA PAGTAKHAN CONSTANTINO MANGROBANG ROSELL AND ASSOCIATES**  
Counsel for the Mortgagee  
12<sup>th</sup> Floor, China Bank Savings Building  
314 Sen Gil Puyat Avenue, Makti City

SPS. CARA CHRISTINE D. CABRERA AND FRANZ ERICK F. CABRERA  
(1) 1145 Andres Abellana St., Villa Inez Pension Guadalupe, Cebu City  
(2) Block 06, Lot 30, Westwood Phase 6, Lancaster New City, Brgy. Pasong Carnachile 1, Gen. Trias, Cavite

**WARNING:** It is absolutely prohibited to remove, deface or destroy this Notice of Extra Judicial Sale on or before the date of sale

**PAHAYAGAN NG KABITENYO**  
**MARCH 2, 9 & 16, 2026**

# EXTRAJUDICIAL SETTLEMENT OF ESTATE OF THE LATE CLEAR JOSEPH DUMARAN CASTILLO

Notice is hereby given that the estate of the deceased **CLEAR JOSEPH DUMARAN CASTILLO**, who died intestate on August 5, 2022 at Blk. 23 Lot 38 Package 2, Sunshine Ville, Brgy.' Cabuco Trece Martires City, Cavite, that the said deceased died intestate, without a Will or Testament and without any outstanding debts in favor of any person or entity, that the deceased is one of the owner of parcel of land located at Blk. 23 Lot 38 Package 2, Sunshine Ville, Brgy.' Cabuco Trece Martires City, Cavite with Entry Pass No. 446 012 Dated on March 19, 2015 was the subject of this ExtraJudicial Settlement of Estate among the legal heirs of the said deceased in the said instrument, executed before a Notary Public Atty. Gabriel B. Octava, under Doc. No. 305, Page No. 61, Book No. V-, Seriesss of 2026.

**PAHAYAGAN NG KABITENYO**  
**FEBRUARY 23, MARCH 2 & 9, 2026**

