

Arangkada Program Brings Assistance to TODA Drivers in Trece Martires City

TRECE MARTIRES CITY, Cavite — The Provincial Government of Cavite, under the leadership of Governor Abeng Remulla, brought its Arangkada Program to Trece Martires City, reaffirming its commitment to supporting the transport sector by providing assistance to members of various Tricycle Operators and Drivers Associations (TODA). The activity gathered local officials and

City of Dasmariñas Chamber of Commerce to Hold First-Ever Business Expo

DASMARIÑAS CITY, Cavite — The City of Dasmariñas Chamber of Commerce and Industry, Inc. (CDCCI) is set to stage its first-ever Business Expo on September 11–12, 2026, at the City of Dasmariñas Arena, marking a significant milestone in its efforts to promote entrepreneurship, strengthen business partnerships, and boost economic development in the city and the province of Cavite. The two-day event will bring together investors, entrepreneurs,

Mga Wheelchair, Tungkod, at Solar Lights, Ipinamahagi sa mga Residente ng Barangay Paradahan 1 at Halayhay

TANZA, Cavite — Nakatanggap ng mga wheelchair, tungkod, at solar lights ang mga residente ng Barangay Paradahan 1 at Barangay Halayhay sa isang distribution activity na pinangunahan ni Konsehal Derek Matro bilang bahagi ng patuloy na paghahatid ng tulong at serbisyong pangkomunidad sa mga nangangailangan. Layunin ng programa na magbigay ng agarang suporta sa mga senior citizen, persons with disabilities (PWDs), at iba pang residente na nangangailangan ng mobility aids upang maging mas madali at ligtas ang kanilang pang-araw-araw na pamumuhay. Ang ipinamahaging mga wheelchair at tungkod ay inaasahang makatutulong



A recipe for a lasting legacy

Every specialty dish has its own recipe. Kakanin (traditional Filipino delicacies), in particular, took hours of patient stirring and careful preparation. It cannot be rushed. Only when it is cooked at its own pace and prepared the right way do its perfect texture and flavor come out exactly as the cook intends. Armando Japones, known in their town as Tatay Manding, knew this all along. For years, he has carefully mixed his bibing-kang kanin, kalamay, puto, and kutsinta, and patiently regulates their cooking duration to achieve perfection. Growing up in Saguday, Quirino Province, he did not learn the art of cooking



kakanin from a commercial textbook or a culinary school. Instead, it was a rich culinary legacy he inherited from his parents, whom he assisted since childhood. In 1990, Tatay Manding married. One afternoon, while enjoying a snack of their homemade bibing-kang kanin, they decided to sell the extra pieces to their neighbors. Encouraged by the positive response, they began selling throughout the neighborhood the very next day.

PHILHEALTH YAKAP AT GAMOT, Pinalalawak para Maabot ang Mas Maraming Pilipino

Inihayag ng pamahalaan na patuloy nitong pinalalawak ang PhilHealth Yaman sa Kalusugan Program (YAKAP) at GAMOT bilang bahagi ng layunin ng administrasyon ni Pangulong Ferdinand R. Marcos Jr. na mapalapit ang mga serbisyong pangkalusugan sa bawat Pilipino at matugunan ang mga karam-daman bago pa lumala. Ayon sa pamahalaan, nagbibigay ang YAKAP at GAMOT ng libreng serbisyong medikal at mga kinakailangang gamot upang makatulong sa pag-iwas at maagap na paggamot sa iba’t ibang sakit. Sa taong 2026, umabot na sa 4.5 milyong pasyente ang nai-



talang nakapagpare-histro sa programa, batay sa impormasyong ibinahagi ng pamahalaan. Bilang bahagi ng pagpapalawak ng programa, sinusuportahan ni Pangulong Marcos ang pagdaragdag ng mga accredited clinics ng Phil-

Health sa iba’t ibang panig ng bansa. Layunin nitong mapalawak ang access sa mga serbisyong pangkalusugan at matiyak na mas marami pang Pilipino ang makikinabang sa mga libreng konsultasyon, gamutan, at gamot na iniaalok sa ilalim ng programa.



Cayetano: Suriin ang SONA batay sa nilalaman, hindi sa pulitika



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DILG Conducts National Validation for Lupong Tagapamayapa Awards in Cavite

CAVITE – The Department of the Interior and Local Government (DILG) conducted the National Validation for the Lupong Tagapamayapa Incentives Awards (LTIA) on July 21–22, 2026, evaluating the entries of Barangay Mahabang Kahoy Lejos in Indang and Barangay Pangil in Amadeo. The two-day validation assessed the perfor-



PhilHealth LHIO Gumaca Intensifies UHC Programs, Expands Community Health Services in Quezon

GUMACA, Quezon — The PhilHealth Local Health Insurance Office (LHIO) Gumaca conducted a series of field activities across the municipalities of Padre Burgos, Unisan, Macalelon, General Luna, Catanauan, and Mulanay, as part of its continuing efforts to strengthen the implementation of Universal Health Care (UHC) and improve the delivery of PhilHealth programs and services at the grassroots level. One of the highlights of the two-day activity was the conduct of a Patient Satisfaction Survey among beneficiaries of the Yaman ng Kalusugan Program (YA-



KAP). The survey sought to evaluate the quality of healthcare services received by members and gather valuable feedback that will help

enhance the program’s implementation. At the same time, PhilHealth personnel conducted one-on-one In-

Nanawagan si Senate Minority Leader Alan Peter Cayetano sa mga Pilipino na isantabi ang kani-kanilang kulay ng pulitika at pakinggan ang State of the Nation Address (SONA) ni Pangulong Ferdinand Marcos Jr. batay sa nilalaman nito, hindi sa kung sino ang nagsasalita. Sa kanyang Facebook See page 7...



2,505 Grade School Students in Rosario Receive DSWD Educational Assistance



ROSARIO, Cavite — A total of 2,505 additional grade school students in the Municipality of Rosario benefited from the continuing distribution of educational assistance under the Department of Social Welfare and Development (DSWD), providing financial support to parents and guardians as they prepare for the school year. See page 7...

Dasmariñas City Distributes Rice Assistance to TODA Drivers

DASMARIÑAS CITY, Cavite — The City Government of Dasmariñas has begun the distribution of rice assistance to members of various Tricycle Operators and Drivers Associations (TODA) at the City of Dasmariñas Arena as part of its continuing support for the city’s transport sector. The assistance aims to provide relief to TODA drivers by helping ease the burden of daily expenses while recognizing their vital role in providing safe and reliable transportation



services to residents. According to the city government, the distribution is being conducted in scheduled batches to ensure an orderly and efficient process. The phased distribution also guarantees that more TODA drivers from different barangays across Dasmariñas will have the opportunity to receive the rice assistance.

Mga Wheelchair, Tungkod, at Solar Lights,

mula sa pamahalaan. Ipinahayag din ng mga benepisyaryo ang kanilang pasasalamat sa natanggap na tulong, na anila ay malaking ginhawa sa kanilang pang-araw-araw na pamumuhay. Patuloy namang tiniyak ng mga lokal na opisyal ang kanilang suporta sa pagpapatupad ng mga programang naglalayong mapabuti ang kalidad ng buhay ng bawat mama-mayan sa Tanza.

Imus LGU Continues Distribution of “Bigay Bigas sa Masa” to Priority Sectors

er qualified sectors and organizations to await further announcements regarding the schedule of succeeding batches of rice distribution. The local government reaffirmed its commitment to ensuring that the remaining beneficiaries will receive their allocations in an orderly, efficient, and transparent manner as the “Bigay Bigas sa Masa” program continues to serve more Imuseños in need.

“PY” Caunan, has partnered with businesses and private companies in the country and even abroad, including the Middle East and Hong Kong, so that active OFW members may avail

City of Dasmariñas Chamber of Commerce.....

partnerships. As part of the preparations for the event, representatives of the CD-CCI paid a courtesy visit on July 21 to Provincial Tourism Officer Rozelle Sangalang and Board Member Nickol Austria. The meeting focused on strengthening collaboration to support the province’s micro, small, and medium enterprises (MSMEs) as well as tourism-related establishments, highlighting the importance of partnerships in promoting local industries. According to the organizers, the inaugural Business Expo aims to provide MSMEs with greater exposure to potential investors, customers, and business partners while creating opportunities for knowledge-sharing and industry development. The event is expected to contribute to the continued growth of Dasmariñas as one of Cavite’s major business and investment hubs.

of discounts from partner merchants. Currently, he said OWWA has at least 200 partner companies that grant special discounts for eCard holders.

“Ang mga companies na partner po natin, some of them are hospitals, remittance centers, mga logistic centers, even yung mga kababayan natin na nagbukas ng negosyo sa ibang bansa, we partner with them para matulungan din natin yung negosyo nila (Our partner companies include hospitals, remittance centers, logistics centers, and even our fellow Filipinos who have opened businesses abroad; we partner with them to help their businesses as well),” Uy said. To speed up issuance, OWWA has begun decentralizing card printing. He said e-Card printing machines are now available in overseas posts, the OWWA central office in Pasay, at the Ninoy Aquino International Airport (NAIA) Terminals 1 and 3, and selected regional offices. More facilities, including the seafarers’ welfare centers, are expected to come online within the year. To further accelerate distribution, Uy said the OWWA has downloaded funds to its regional offices across the country for the procurement of printers so they can directly print the IDs for members in the regions.



A recipe for a lasting legacy

While Tatay Manding stayed behind to cook, his wife went door to door with a single bilao to sell bibingka. Its distinct flavor quickly won over the community, and word spread rapidly from one household to another. What started as a simple afternoon snack soon became a local favorite, which gave them the opportunity to include other delicacies like kalamay, puto, and kutsinta. But to fund their five children’s education, Tatay Manding’s wife worked abroad. Without her help, he had to temporarily pause their growing delicacy business. When she returned in 2010, their overseas savings had been entirely spent on schooling, leaving them with zero capital to restart. Fortunately, that same year, they became clients of CARD MRI Rizal Bank, Inc. (CARD RBI), a microfinance-oriented rural bank, which helped them to save again. In 2011, they took out their first loan from CARD RBI and used it as fresh capital to relaunch the kakanin business they loved. With the business properly back on its feet, they officially registered it with the Department of Trade and Industry (DTI) that same year. The loans from CARD RBI served as a financial lifeline for the couple. During tight periods, Tatay Manding sometimes used short-term loans to finance his children’s ongoing education, quickly paying them off using their daily sales. Because they were recognized as good payers, their account officer continuously offered them higher loans, which they used to sustain their delicacy business and eventually expand their distribution to other municipalities across Quirino province. As their own delicacy established its identity of distinct flavor, it became a culinary cultural pride of their town of Saguday. In 2024, Tatay Manding’s special

bibingka and their story were published in Spectrum, the official newsletter of the Saguday Local Government Unit (LGU), featuring it as the town’s authentic flavor, a taste of their home and heritage, and a symbol of their unity and success. His very own kakanin have also won numerous provincial delicacy contests, always bagging the first place, and have become an integral part of their community’s identity. However, as his delicacy brand became well known, others tried to steal his identity. Some customers bought his products, removed the labels, and rebranded them as their own. Others made their own delicacies and falsely sold them under Tatay Manding’s name. But the true taste of Tatay Manding’s kakanin never failed the town. Loyal customers could immediately tell the difference and helped expose the imitations. “Haan met kun Tatay Manding di-toy (This isn’t Tatay Manding’s),” they would say. One time, a businessman offered him PHP 50,000 to teach him the secret recipe so they could mass-produce it. But he firmly refused. To him, it was his parents’ legacy that he wanted to preserve and eventually pass on to his children. Instead, he offered to become the businessman’s wholesale supplier to ensure his delicacies would be resold while still carrying his own brand. Tatay Manding admittedly faced a challenge in producing their kakanin. Because they cook in classic, traditional methods, it demands labor-intensive processes. When a bulk order is scheduled for pickup tomorrow, Tatay Manding and his family begin preparing and slow-cooking the day before to ensure the kakanin’s maximum freshness and perfect texture. But they continue with their process knowing that it’s what made their

kakanin uniquely flavorful. Today, they are receiving bulk orders from cooperatives, major companies, and even international buyers who resell their products in Macau and Hong Kong. From just selling in their neighborhood, their kakanin now also reach other neighboring provinces of Quirino, earning them approximately PHP 30,000 a month. Their business growth has also improved their family’s life. Today, all of their children are married except their youngest, and the couple now owns an e-bike that helps them deliver their products more efficiently. Tatay Manding believes that maintaining the quality of their traditional delicacies while navigating the demands of business growth requires deep financial discipline. He views microfinance services not as a burden, but as a tool to expand their craft. “Nu ag-loan ka, siguraduen nga pampalawaem ta negosyom (If you’re going to take a loan, make sure to be able to expand your business),” he said. He also emphasizes the importance of being a good payer and always including loan repayment directly in the budget. Looking ahead, Tatay Manding plans to improve their product packaging to strengthen their brand identity. They also aim to open a localized food cart as their storefront and eventually make their business available for franchising. Much like their signature, slow-cooked bibingkang kanin, their success was never rushed. It took them deep patience, dedicated hard work, and staying true to what defines them. Tatay Manding and his wife built more than just a business. They nurtured and protected their legacy. And now, they keep making the same delicious kakanin, the same flavor so authentic that it became one town’s lasting legacy

HEALTH TIP OF THE WEEK

Benepisyo ng Malunggay

Kinilala ang malunggay bilang isa sa mga pinakamasustansyang halaman dahil sa taglay nitong iba’t ibang bitamina, mineral, at antioxidants na mahalaga sa pagpapanatili ng mabuting kalusugan. Mayaman ito sa bitamina A, B, at C, gayundin sa calcium, iron, at phosphorus na tumutulong sa pagpapalakas ng katawan at pagpapanatili ng tamang nutrisyon.

Isa sa mga pangunahing benepisyo ng malunggay ay ang kakayahan nitong makatulong sa pag-iwas sa anemia dahil sa mataas nitong iron content na mahalaga sa paggawa ng pulang selula ng dugo. Nakakatulong din ang bitamina C na taglay nito sa pagpapalakas ng immune system upang mas maprotektahan ang katawan laban sa ubo, sipon, at iba pang karaniwang impeksyon.

Taglay rin ng malunggay ang mga makapangyarihang antioxidants tulad ng quercetin at chlorogenic acid na tumutulong sa pagprotekta ng mga selula laban sa pinsalang dulot ng free radicals. Bukod dito, mayroon itong anti-inflammatory properties na maaaring makatulong sa pagbawas ng pamamaga at pananakit ng mga kasukasuan.

Dahil mayaman ito sa calcium, nakatutulong ang malunggay sa pagpapatibay ng mga buto at ngipin. Ipinakikita rin ng ilang pag-aaral na maaari itong makatulong sa pagpapababa ng blood sugar levels ng mga taong may diabetes kapag isinama sa tamang pagkain at payo ng doktor.

Mabisa rin ang malunggay sa pangangalaga sa kalusugan ng puso dahil maaari itong makatulong sa pagpapababa ng cholesterol at pagsuporta sa maayos na sirkulasyon ng dugo. Para naman sa mga nagpapasusong ina, kilala ang malunggay bilang isang natural na pagkain na maaaring makatulong sa pagpaparami ng gatas. Bagama’t maraming benepisyo ang malunggay, ipinapayo pa rin ng mga eksperto na kumonsulta sa doktor o nutritionist bago ito gamitin bilang suplemento, lalo na kung may iniinom na gamot o may umiiral na kondisyon sa kalusugan.

Zubiri Eyes Stronger Self-defense Rights, Tougher Gun Owner Liability

Senate Majority Floor Leader Juan Miguel Zubiri is pushing for a twin-track firearms agenda that would expand legal protections for law-abiding gun owners while imposing tougher penalties on firearm owners whose negligence leads to deadly crimes.

In a news release on Friday, Zubiri highlighted Senate Bill (SB) Nos. 1555 and 1897 as key measures aimed at promoting responsible gun ownership and strengthening public safety. SB 1555 seeks to reinforce the right to self-defense by creating a legal presumption of unlawful aggression in cases of forced or illegal entry into a person’s home, vehicle or place of business.

“Sa oras ng pan-ganib, ilang segundo lamang ang mayroon ang isang tao para kumilos (In moments of danger, a person only has seconds to act),” Zubiri said, adding that the measure is intended to protect victims of

unlawful attacks and not to encourage violence. He also renewed his push for SB 1897, which proposes amendments to the Comprehensive Firearms and Ammunition Regulation Act.

The measure would expand exemptions from threat assessment certificates; increase allowable ammunition limits; shorten the election gun ban to 45 days before and five days after elections; simplify firearm ownership transfers due to death or incapacity; provide a one-year amnesty for license registration or renewal; and ease regulatory requirements for lo-

cal defense manufacturers under the Self-Reliant Defense Posture program. At the same time, Zubiri called for stiffer criminal liability against owners who fail to properly secure their firearms, saying recent shooting incidents stemmed from negligence rather than responsible gun ownership.

“They didn’t pull the trigger, but their negligence paved the way for the tragedy to happen,” he said, arguing that existing penalties under Republic Act No. 10591 (Comprehensive Firearms and Ammunition Regulation Act) are insufficient, given the loss of innocent lives.



Editorial

Progress Should Benefit the Nation, Not Burden Its People

Economic development is essential for the country’s future, and the Philippines’ participation in the Pax Silica initiative could bring investments, jobs, and opportunities in the growing artificial intelligence and semiconductor industries. As technology continues to shape the global economy, the country should welcome projects that can strengthen its competitiveness and improve the lives of its people.

However, development should never come at the expense of ordinary Filipinos. Concerns over the possible displacement of farming communities, the loss of agricultural land, environmental risks, and pressure on water resources must be addressed before any major project moves forward. Progress should benefit local communities, not leave them carrying its costs.

The government must ensure that every decision is transparent, lawful, and guided by the national interest. Communities affected by the project deserve to be consulted, protected, and fairly compensated, while Philippine sovereignty and environmental safeguards must remain non-negotiable.

Development is meaningful only when it puts Filipinos first. Investments and technological advancement are important, but they should go hand in hand with protecting people’s livelihoods, preserving the environment, and securing a better future for every Filipino.

AICS Beneficiaries Receive Financial Assistance in Imus

IMUS CITY, Cavite — Hundreds of beneficiaries received much-needed financial assistance through the ongoing payout of the Assistance to Individuals in Crisis Situation (AICS) program at the Imus Sports Complex, spearheaded by the Office of the Congressman – Aksyon Center under the leadership of Congressman AJ Advincula.

The activity aims to provide immediate financial aid to individuals and families facing various crises, helping them address urgent needs such as food, medical expenses, transportation, education, and other essential daily necessities.

Beneficiaries gathered at the venue to receive their assistance through an organized payout process, ensuring the orderly and efficient distribution of financial aid. The initiative reflects the government’s continuing efforts to extend

Dasmariñas City Distributes....

City officials emphasized that the initiative reflects the local government’s commitment to supporting the welfare of transport workers, who continue to play an essential role in keeping the city’s transportation system operational.

The City Government



timely support to vulnerable sectors and individuals experiencing financial hardship.

According to the Office of the Congressman – Aksyon Center, the AICS program serves as an important social assistance initiative that provides immediate relief to those in need, enabling beneficiaries to cope with unexpected challenges and gradually recover from difficult circumstances.

Officials emphasized

of Dasmariñas reaffirmed its commitment to implementing programs that provide timely assistance to various sectors of the community, particularly those whose livelihoods are directly affected by rising daily expenses and economic challenges. Offi-

that the program underscores the commitment of Congressman AJ Advincula and the national government to delivering responsive public service by ensuring that financial assistance reaches qualified beneficiaries. Through initiatives such as the AICS payout, the government continues to provide support that helps improve the lives of residents and strengthens social protection efforts in the community.

cials said similar initiatives will continue as part of the city’s efforts to promote the well-be



