

PGC'S MEDICAL MISSION IN PALIPARAN III, DASMARINAS CITY

Through the collaborative initiative of the Office of the Provincial Governor and the Office of the Provincial Health Officer, a medical mission was successfully conducted in Barangay Paliparan III, City of Dasmariñas, serving a total of 452 patients.

The provincial government's health outreach program provided free medical consultations, X-ray services, fasting blood sugar tests, and electrocardiogram (ECG) examinations, allowing constituents to directly consult medical practitioners regarding their health concerns.

Prescribed medicines and vitamin supplements were also distributed to help ease the financial burden of residents, particularly those at the grassroots level.



particularly those at the grassroots level.

The Provincial Government of Cavite, under the leadership of Gov.

Abeng Remulla, remains steadfast in its commitment to safeguarding the health and overall well-being of every cavitenos.

HANDOG EXTRANG LINGAP PROGRAM: BIRTHDAY CASH GIFT PARA SA 670 PWD'S SA CARMONA

Pinangunahan ng Persons with Disability Affairs Office ang pamamahagi ng Birthday Cash Gift sa ilalim ng Handog Extrang Lingap Program (HELP) para sa 670 Persons with Disabilities (PWDs) ng Lungsod ng Carmona na nagdiwang ng kanilang kaarawan noong buwan ng Nobyembre at Disyembre. Isang taos-pusong pagbati ng belated happy birthday sa inyong lahat! Nawa'y makatulong ang munting handog na ito bilang simbolo ng malasakit at suporta ng Pamahalaang Lungsod ng Carmona. Ang HELP ay patunay ng patuloy na hangarin ng Pamahalaang Lungsod na makabuo ng isang inklusibo at mapagkalingang komunidad para sa ating mga PWDs—kung saan walang maiiwan at Dapat Angat Lahat.



Palace Dismisses Marcos Impeachment Talks as 'Political Maneuverings'

Malacañang on Monday brushed aside discussions about the possible impeachment of President Ferdinand "Bongbong" Marcos Jr., calling them mere political maneuverings that do not reflect the priorities of the administration or the concerns of the public.

In a statement, Palace officials said the impeachment talk is being driven by partisan interests and distractions rather than grounded on facts or constitutional basis. They stressed that Pres-

ident Marcos remains focused on governance, economic recovery, and delivering services to the Filipino people.

"The President is working and govern-

ing. These impeachment rumors are clearly political in nature and do not deserve serious attention," the Palace said.

SEE PAGE 7..

Serbisyo Publiko Makisap... Makisap sa

Kasalang Bayan 2026

"TAYONG DALAWA HABAMBUHAY"

February 14, 2026 • 10:00 AM
Bagong Trece People's Park, Barangay Lapidario, Trece Martires City

Requirements:

1. Certificate of Live Birth (PSA Copy) or Baptismal Certificate
2. Certificate of No Marriage (CENOMAR)
3. Barangay Clearance and Tree Planting Certification
4. Barangay ID and Residence Certificate (Cedula)
5. Death Certificate (PSA Copy) if widow/widower
6. Age Requirement: both must be 25 years old and above
 - 18-20 years old: Parental consent required (either mother or father)
 - 21-24 years old: Parental advice required (both parents)

Start of Application: January 6, 2026 Last day of Application: February 2, 2026

FIRST 250 couples only

Maaaring magpatay sa mga requirements, makipag-ugnayan lamang sa: Office of the City Civil Registrar, 2/F City Hall Bldg., Trece Martires City, Cavite
Facebook Page: City Civil Registry Office of Trece Martires Telephone No.: (046) 419-1313 loc. 125

Mayor: Gemma Bundia Lubigan
Vice Mayor: Ruby Macabulos and 12 Sangguniang Panglungsod

Be Blessed, Be a Blessing

PAHAYAGAN NG Kabitenyo

In God We Trust ISSN-1656-0558

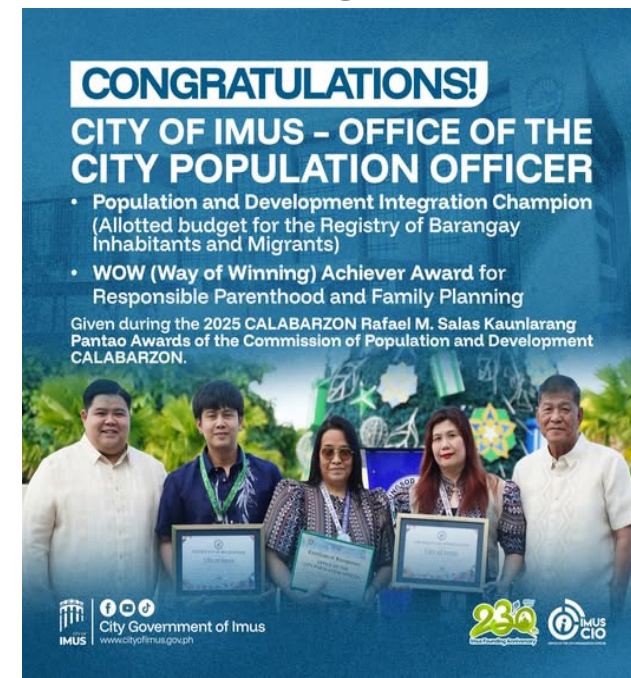
VOL. 24 NO. 47 JANUARY 12 - 18, 2026 P15.00



Lungsod ng Imus, Tumanggap ng Dalawang Prestihiyosong Parangal sa Population and Development Programs

Nakamit ng City of Imus sa pamamagitan ng Office of the City Population Officer (OCPO) ang dalawang mahalagang pagkilala mula sa Commission on Population and Development (CPD) CALABARZON, bilang patunay sa husay at epektibong pagpapatupad ng mga programang pang-populasyon at kaunlarang pantao.

Tinanggap ng Lungsod ng Imus ang Population and Development Integration Champion Award sa ginanap na awarding ceremony sa Tagaytay City, Cavite. Ang naturang parangal ay iginawad bilang pagkilala sa matagumpay na pagpapatupad ng programang may nakalaang badyet para sa Registry of Barangay Inhabitants and Migrants (RBIM)—isang mahalagang inisyatiba na naglalayong palakasin ang datos at mapabuti ang pag-



ghahatid ng mga serbisyo sa mga residente ng lungsod. Samantala, noong Nobyembre 20, 2025, pinarangalan din ang OCPO ng WOW (Way of Winning) Achiever Award for Responsible Parenthood and Family Planning sa Biñan City, Laguna. Ang pagkilalang ito ay bahagi ng 2025 CALABARZON Rafael M. Salas Kaunlarang Pantao Awards at sumasalamin sa masigasig na pagpapatupad ng mga programang nagtataguyod ng responsableng

SEE PAGE 7..

CARD Bank Client Imelda Valdisimo Recognized for Dedication to Community in 2025 Gawad Masikhay Awards

Imelda M. Valdisimo, a longtime client of CARD Bank, has been honored for her dedication to community service and social responsibility, receiving the Major Award in the 2025 Pagkilala sa Mga Likha ni Inay - Gawad Masikhay.

Valdisimo, whose work empowers individuals while helping others, emphasized the broader purpose of her efforts. "Ang taguypp ay hindi lang para urn sarili, kundi para maktuluun rin sa obeng tao," she said, highlighting her belief that personal progress should also uplift the community.

The recognition celebrates women leaders and



change-makers who have made significant contributions to their communities, serving as role models in promoting en-

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PAHAYAGAN NG Kabitenyo

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VOL. 24 NO. 47 JANUARY 12 - 18, 2026 P15.00

RA 11641, Itinulak ni Sen. Alan Peter Cayetano: Isang Ahensya para sa Mas Matibay na Proteksyon ng mga OFW

Sa isang makabuluhang pagtitipon na ginanap sa Casa de Libro, ang mga piling mag-aaral ng Cavite High School ay nakatanggap ng pinansyal na tulong mula sa butihing Punong Bayan, Mayor Hon. Denver Chua. Ang nasabing programa ay bahagi ng tuloy-tuloy na adbokasiya ng lokal na pamahalaan upang suportahan at pahalagahan ang edukasyon ng kabataan, na itinuturing na isa sa pinakamahalagang pundasyon para sa kaunlaran ng buong komunidad.

Lubos na ikinatuwa ng mga mag-aaral ang natamong tulong, na magsisilbing gabay at suporta sa kanilang pag-aaral, lalo na sa pagtugon sa mga pangangailangang pang-akademiko tulad ng mga kagamitan sa pag-aaral, libro, at iba pang mahalagang pangangail-

Road Linking Congressional Road and Governor's Drive Blessed in Barangay Paliparan 1

A newly constructed road connecting Congressional Road and Governor's Drive in Barangay Paliparan 1 was formally blessed on [date], marking a significant step toward improved mobility and accessibility in the area.

Local officials, barangay leaders, and residents attended the blessing ceremony, highlighting the importance of the project in easing traffic congestion and providing safer, faster routes for motorists and pedestrians. The new road is expected to shorten travel time and improve access to nearby communities, businesses, and public services.

According to officials, the road connection is part of ongoing infrastructure initiatives aimed at enhancing road networks and supporting local development. Residents welcomed the project, saying it would



CALAX Completion Moved to First Half of 2026

The full completion of the Cavite-Laguna Expressway (CALAX) has been rescheduled to the first half of 2026 following adjustments in construction time-



lines, project officials said. MPCALA Holdings Inc., Metro Pacific Tollways Corp. (MPTC), announced that new contracts for the remaining through its subsidiary SEE PAGE 7..

PGC continues to health initiatives with medical and dental mission in Trece Martires City



On January 8, the Provincial Government of Cavite successfully conducted a Medical and Dental Mission in Barangay Cabezas, Trece Martires City, marking the continuation of the PGC's health initiatives for the new year.

The activity served a total of 582 patients, with 379 receiving medical consultations and 49 availing of dental services. Diagnostic services were also provided, including 100 fasting blood sugar (FBS) tests, 32 electrocardiogram (ECG) procedures, and 22 X-ray examinations. Free prescribed medicines were likewise distributed to patients.

Medical and dental services were delivered by health professionals from the

General Emilio Aguinaldo Memorial Hospital (GEAMH), with the assistance of the Office of the Provincial Governor (OPG) medical mission team.

The mission was attended by local officials, including 7th District Board Member Aldrin Anacan, Councilor Joyce Anne Mojica, Councilor Anne Jomille Humarang, and barangay officials.

The activity underscored the provincial government's sustained commitment to bringing accessible and responsive healthcare services closer to communities, as it continues to roll out health programs aimed at addressing the medical needs of Caviteños throughout the year. — R. Tanael

Gawing Tunay na Para sa Mama- mayan ang Pambansang Badyet

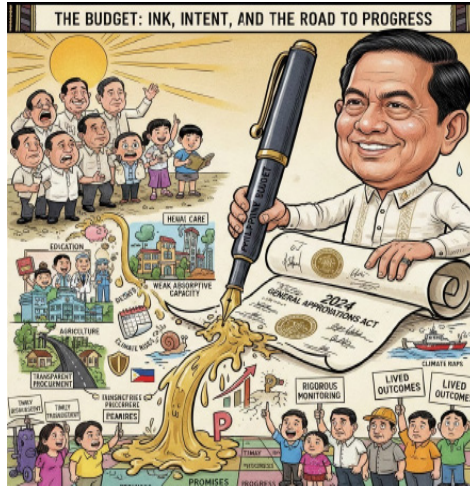
EDITORIAL

Taun-taon, ipinapasa ang pambansang badyet na may pangakong ito ang maging sagot sa kahirapan, kakulangan sa serbisyo, at mabagal na pag-unlad. Ngunit para sa maraming Pilipino, nananatiling tanong kung tunay nga bang gumagana ang badyet para sa mamamayan o para lamang sa iilang nasa kapangyarihan.

Ang badyet ay hindi simpleng listahan ng gastusin ng gobyerno. Ito ay salamin ng mga prayoridad ng estado. Kung saan napupunta ang pondo, doon makikita kung sino ang tunay na pinahalagahan. Sa isang bansang may milyong-milyong Pilipinong hirap sa pagkain, edukasyon, at serbisyong pangkalusugan, hindi makatwiran na mas malaki ang inilalaan sa mga gastusing administratibo, hindi malinaw na pondo, at proyektong kulang sa direktang pakinabang sa publiko.

Upang gawing makabuluhan ang pambansang badyet, kailangang ilagay sa sentro ang ordinaryong mamamayan—ang magsasaka, manggagawa, guro, health worker, at maliliit na negosyante. Dapat unahin ang pagkain sa mesa, disenteng trabaho, sapat na sahod, at serbisyong panlipunang ramdam sa araw-araw. Hindi sapat ang malalaking numero sa papel kung hindi ito nararamdaman sa komunidad.

Mahalaga rin ang tunay na transparency. May karapatan ang publiko na malaman kung saan napupunta ang bawat piso ng bayan. Ang mga pondong walang malinaw na paliwanag at sapat na do-



kumentasyon ay nagbukas ng pinto sa pang-aabuso. Ang bukas at detalyadong pag-uulat ng gastusin ay hindi hadlang sa pamamahala—ito ay pundasyon ng tiwala.

Higit sa lahat, ang badyet ay dapat maging instrumento ng katarungan. Hindi dapat ito magpalalim ng agwat ng mayaman at mahirap. Sa halip, dapat nitong itulak ang balanseng pag-unlad ng mga lalawigan, palakasin ang serbisyong panlipunan, at bigyan ng tunay na pagkakataon ang mga sektor na matagal nang napag-iwanan.

Kung nais nating gumana ang pambansang badyet para sa taumbayan, kailangan ng tapang na baguhin ang lumang gawi, ng malasakit na pakinggan ang boses ng mamamayan, at ng pananagutan sa bawat pisong ginagastos. Sapagkat sa huli, ang badyet ay pera ng bayan—at ang bayan ang dapat na unang makinabang.

“Sa Likod ng Badyet: Paano Naaapektuhan ng Unprogrammed Appropriations ang Buhay ng Karaniwang Pilipino”

Sa isang karaniwang umaga, maagang nagising si Mang Ernesto, isang drayber ng dyip sa lalawigan. Habang nagtitimpla ng kape, narinig niya sa radyo ang balita tungkol sa kontrobersyal na “unprogrammed appropriations” sa pambansang badyet—pondo raw na hindi malinaw kung kailan at paano gagamitin, at ngayon ay iniuugnay pa sa posibleng korapsyon at pagkaantala ng mga proyekto.

Hindi man niya lubos maintindihan ang teknikal na termino, ramdam ni Mang Ernesto ang epekto nito sa kanyang araw-araw na buhay. Ang kalsadang matagal nang ipinangakong aayusin ay nananatiling lubak-lubak. Sa bawat lubak, dagdag-gastos sa piyesa ng dyip at bawas-kita sa maghapon. “Kung natuloy lang sana ang proyekto,” bulong niya sa sarili, “baka mas maayos ang pasada at mas ligtas ang biyahe.”

Sa kabilang barangay, si Aling Rosa ay nakapila sa health center kasama ang kanyang apo. Kulang ang gamot at sira ang ilang pasilidad. Ayon sa nars, may nakalaan sanang pondo para sa pagpapalawak ng serbisyong pangkalusugan, ngunit naantala ang paglabas nito. Ang pondo raw ay kabilang sa unprogrammed appropriations na hindi pa malinaw ang direksyon. Para kay Aling Rosa, ang usaping badyet ay hindi lang numero—ito ay usapin ng kalusugan at buhay.

Sa paaralan naman, pilot tinuturuan ni Ma’am Liza ang kanyang mga estudyante kahit kulang ang silid-aralan at kagamitan. May proyekto sanang bagong gusali, ngunit



Doc Willie Ong

MGA PAGKAING PAMPATULOG



Para maging malusog ang ating katawan, kailangan natin ng sapat na tulong. Heto ang mga pagkaing makatutulong sa ating pagtulog:

- 1. Saging. Ang saging ay may tryptophan at carbohydrates na makatutulong sa pag-gawa ng serotonin. Ang serotonin ay nagpapa-relaks sa atin. Nababawasan din ang stress.
2. Kaunti lang ang kainin. Kumain lang ng kaunting kain, gulay at isda. May kasabihan na, “No food intake after 6 PM or 7 PM”. Tama po ito. Gusto nating matunaw maigi ang pagkain bago kayo matulog. Mababawasan din ang sintomas ng hyperacidity at GERD (Gastro-esophageal Reflux Disease).
3. Kamote o Sweet potato. Ang kamote ay may masustansyang “complex carbohydrates.” Hindi ito gaano nagpapataas ng asukal sa dugo. Mayaman din ang kamote sa fiber, vitamins B6, C and E, folate at potassium.
4. Oatmeal at cereals. Sa gabi, puwede naman hindi mag-kanin paminsan-minsan. Subukan ang 1 bowl ng oatmeal o cereals sa hapunan. Ang oatmeal ay may vitamin B6 at melatonin na makatutulong sa pagtulog mo. Puwede mo lagyan ng saging at gatas na masustansya din.
5. Gatas. Tama ba ang pag-inom ng gatas para makatulog? Tama po. May basehan ito dahil ang gatas ay may tryptophan. Ang tryptophan ay nagiging serotonin sa katawan at ito ang nagpapasaya at nagpapa-relaks sa atin. Mas mabilis ka pang aantukin.
6. Chamomile Tea. Ang mainit na chamomile tea ay mabisang pampatulog. Mabuti ito sa tiyan, pinapa-relaks ang stomach muscles, at may amoy na nagpapakalma din.
Huling Tip: Pagkatapos kumain sa gabi, maglakad-lakad muna ng 10-15 minuto. Ito’y para matulungan ang katawan sa pagtunaw ng ating kinain. Makaiwas ka pa sa sakit (tulad ng bangungot syndrome) at mas hihimbing ang iyong pagtulog.

EDITOR'S NOTE: All comments and opinions submitted by our contributing writers and herein published shall remain as personal opinion of our column writers. Viewliner shall not be held liable to any legal issues related to any commentaries that may appear herein.

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PhilHealth reminds members of P20-K GAMOT benefit, no carryover

The Philippine Health Insurance Corp. (PhilHealth) has restored the annual PHP20,000 Guaranteed Medicines Access Program (GAMOT) benefit for every member and dependent effective Jan. 1. Applications must be complete, with no gap in the providers’ Department of Health (DOH) license to operate or certification, and submitted on or before the extended deadline to ensure continuous accreditation.

The state insurer, in a public advisory on Wednesday, said the benefit cap applies per calendar year and covers eligible outpatient medicines provided under the GAMOT program. The state insurer warned that applications filed beyond Jan. 14 will be treated as re-accreditation and may result in delays or gaps in PhilHealth accreditation, which could affect the delivery of services to members.

Providers are advised to submit their applications to their respective Local Health Insurance Offices or PhilHealth Regional Offices (PROs). For inquiries, PhilHealth said providers may coordinate with their PROs or contact the official PhilHealth hotlines.

The extension aims to give partner providers additional time to comply with accreditation requirements and help ensure uninterrupted access to health services for PhilHealth members nationwide. (PNA)

Members and dependents are encouraged to maximize the benefit within the year to help reduce out-of-pocket expenses for essential medicines. The extension also reminded its partner health care providers for calendar year 2026 that the deadline for the submission of applications for the accreditation renewal has been extended until Jan. 14.

Lungsod ng Imus,.....

pagiging magulang at wastong pagpapalano ng pamilya. Ayon sa mga opisyal, ang dalawang parangal ay bunga ng sama-samang pagsisikap ng lokal na pamahalaan, mga kawani ng OCOPO, at mga katuwang na ahen-sya sa patuloy na pagsusulong ng makatao, inklusibo, at batay-sa-datos na mga programa para sa mamamayan.

Ang mga pagkilalang ito ay patunay ng dedikasyon, kahusayan, at liderato ng Lungsod ng Imus sa larangan ng population and development—isang huwaran na nagsisilbing inspirasyon sa iba pang lokal na pamahalaan sa buong rehiyon ng CALABARZON.

CARD Bank Client Imelda Valdisimo.....

trepreneurship, financial literacy, and social development. CARD Bank, known for supporting grassroots initiatives and microfinance clients, lauded Valdisimo’s achievement as a testament to the impact that dedicated individuals can have when empowered with resources, knowledge, and community support.

Through awards like Gawad Masikhay, CARD Bank continues to shine a spotlight on women who not only strive for personal success but also ensure that their growth benefits those around them.



Palace Dismisses Marcos Impeachment.....

Malacañang also noted that no formal impeachment complaint has been filed, adding that such discussions often surface amid political rivalries and shifting alliances. The administration urged lawmakers and political actors to prioritize legislation that addresses inflation, job generation, food security, and public welfare.

Political analysts said impeachment talk, while constitutionally allowed, is often used as leverage in power struggles and rarely gains traction without broad support in Congress.

President Marcos, for his part, has remained silent on the issue, with Palace officials emphasizing that he prefers to let his work and policies speak for themselves.

The Palace reiterated its call for unity, saying the government’s focus should remain on stability and reforms rather than divisive political speculation.

RA 11641, Itinulak ni Sen. Alan Peter Cayetano.....

Mayor Hon. Denver Chua ang kanyang taos-pusong hangarin na patuloy na umalalay sa mga kabataang nagsusumikap sa kabila ng iba’t ibang hamon sa buhay. Binanggit niya na ang lokal na pamahalaan ay naniniwala na ang bawat kabataan ay may karapatang makamit ang kalidad na edukasyon, at ang pagtulong sa kanila ay isang konkretong hakbang upang maitaguyod ang kanilang magandang kinabukasan. Dagdag pa niya, ang mga ganitong programa ay simbolo ng malasakit at dedikasyon ng pamahalaan sa mga kabataang Caviteño, na nagsisilbing inspirasyon sa iba pang sektor ng komunidad na maging katuwang sa paghubog ng kabataan.

Ang mga mag-aaral na tumanggap ng tulong ay hindi lamang nagpasalamat sa natanggap na pinansyal na suporta, kundi pati na rin sa malasakit at dedikasyon ng kanilang butiing alkalde, na palaging handang umunawa, gumabay, at umagapay sa kanila.

Sa pamamagitan ng ganitong mga programa, pinatutunayan ng lokal na pamahalaan ng Cavite ang walang sawang pagtutok sa edukasyon at sa kinabukasan ng kabataang Caviteño, na naniniwala na ang pamumuhunan sa kabataan ay pamumuhunan sa mas maliwanag at maunlad na bukas ng buong komunidad.

CALAX Completion.....

segments of the expressway have already been awarded. Construction activities are now progressing under the revised schedule to ensure the project’s eventual completion. Once finished, CALAX is expected to significantly ease traffic congestion and improve connectivity between Cavite and Laguna, boosting economic activity and providing faster travel for motorists across the CALABARZON region.



GUHIT NG KAPALARAN

CAPRICORN: (Dis. 22-Ene. 19) – Kung ikaw ay nanaginip, kabaligtaran ang mangyayari. Walang magiging problema sa maghapon, maliban ang makadanas ng pagod o pananakit ng katawan. Iwasan na sumama sa paanyaya ng kaibigan o barkada nang hindi magsisi. Huwag magsugal, tiyak matatalo ka. Lucky numbers at color for the day ang 8, 14, 28, 38 at beige.

AQUARIUS: (Ene. 20-Peb. 18) – Magandang gantimpala ang matatanggap sa mga nakagawa ng kabutihin. Kabaliktaran sa nakagawa ng kasamaan. Lucky numbers at color for the day ang 5, 12, 23, 31 at white.

PISCES: (Peb. 19-Mar. 20) – Kung may lalakaran, gawin sa umaga upang magtagumpay. Huwag magpahiram ng gamit dahil hindi na isasauli. Lucky numbers at color for the day ang 2, 22, 24, 34 at violet.

ARIES: (Mar. 21-Abr. 19) – Kung inaasahan na suportado ka ng iyong boss o ng nakakataas, nagkakamali ka dahil walang makukuhang suporta. Lucky numbers at color for the day ang 14, 22, 29, 34 at pink.

TAURUS: (Abr. 20-May. 20) – Kung positibo ang isip o iisipin, hindi magkakamali sa mga gawain lalo na kung may pagdedesisyunan. Lucky numbers at color for the day ang 11, 21, 34, 46 at green.

GEMINI : (May.21-Hun. 21) – Alam ng sarili ang masamang ugaling umiiral. Kung babaguhin, tiyak magbabago ang takbo ng buhay mo. Lucky numbers at color for the day ang 1, 25, 27, 34 at golden yellow.

CANCER: (Hun. 22-Hul. 22) – Kung ano ang pinapangarap, sarilihin. Huwag ipagsasabi o ikuwento para hindi masabing nagyayabang. Lucky numbers at color for the day ang 1, 12, 28, 38 at yellow.

LEO : (Hul. 23-Ago. 22) – Hingin ang opinyon ng higit na nakakaalam dahil nasa pagitan ka nang pagkakamali at tama. Lucky numbers at color for the day ang 2, 6, 19, 33 at tangerine.

VIRGO: (Ago. 23-Set.23) – May pagkakataon na makasagupa ng taong arogante o mainitin ang ulo. Kung mangyayari, pairalin ang pasensiya. Lucky numbers at color for the day ang 9, 13, 37, 41 at apple green.

LIBRA: (Set. 24-Okt. 23) – Kung matamlay o hindi maganda ang pakiramdam, paniningil lang ito sa pag-abuso o pagbalewalang ginawa sa kalusugan. Lucky numbers at color for the day ang 5, 8, 25, 36 at sky blue.

SCORPIO: (Okt. 24-Nob. 22) – Huwag hayaang makaalpas ang magandang pagkakataon na darrating dahil hindi na babalik. Lucky numbers at color for the day ang 18, 28, 30, 38 at lavender.

SAGITTARIUS: (Nob. 23-Dis. 21) – Alam ng sarili kung ano ang hindi magandang ginagawa at kung babaguhin ngayon, may suwerteng darating. Lucky numbers at color for the day ang 5, 9, 28, 39 at jade green.

KOLUM: BASURANG ISYU, MABIGAT NA SINGIL

Umami ng matinding batikos online ang ipinatutupad na P1,500 singil sa basura sa Lungsod ng Baco...

Sa panahon ng patuloy na pagtaas ng presyo ng bilihin, pamasah, at kuryente, ang dagdag-singil sa basura ay tila patak na nagpaapaw sa baso.

Sa social media, sari-saring hinaing ang lumitaw. May nagsabing hindi naman regular ang koleksyon ng basura sa kanilang lugar...

Hindi maikakaila na may gastos ang maayos na pamamahala ng basura. Kailangan ng pondo para sa koleksyon, pasilidad, at tamang pagtatapon.

Mas mainam sana kung sinabayan ito ng masinsinang paliwanag, konsultasyon, at mga opsyon para sa mga mahihirap na sektor.

Sa huli, ang isyung ito sa Baco ay paalala na ang bawat patakaran—lalo na yaong may kaugnayan sa paninigi—ay dapat nakaugat sa malasakit.

DOST-FPRDI pushes for science-based research on fire-safe construction

The recent fire incident in Hong Kong has sparked conversations over the use of bamboo poles in construction.

In a news release, the Department of Science and Technology-Forest Products Research and Development Institute (DOST-FPRDI) said it has been advancing research initiatives to ensure that bamboo remains not only a sustainable and affordable material, but also a fire-safe construction and building component.

DOST-FPRDI Director and bamboo expert, Dr. Rico Cabangon, said that similar to any organic material, bamboo is naturally combustible when exposed to fire.

“With proper testing, drying, treatment, and the use of fire-safety technologies, the risk of ignition and flame spread can be significantly reduced,” he said.

Bamboo has been used as a versatile construction material due to its properties. As some species can be harvested in just a few years, it is a more sustainable option than timber.

This non-timber forest product naturally absorbs carbon dioxide throughout its growth, helping reduce the environmental footprint, and compared to metals and other conventional materials, it is much more cost-effective in terms of processing and labor costs.

The institute has been exploring ways to develop fire-retardant technologies that will slow down or stop the spread of fire and reduce its intensity by interfering with combustion.

One of DOST-FPRDI’s previous studies focused on developing a fire-retardant using nano-sized montmorillonite clay – an affordable, less toxic alternative to imported chemicals.

It is a protective layer designed to slow ignition and minimize flame spread.

According to the study, the application of nanoclays in wood products can enhance their fire resistance.

While this patented study was initially focused on wood, the same technology is now being considered for bamboo applications.

Building on these efforts, the institute is also developing bamboo-based cellulose nanofiber aerogel from kauayan-tinik (Bambusa spinosa Roxb.) as a sustainable and less hazardous fire-retardant additive for construction insulation, including bamboo materials.

Designed to be safe for humans and the environment, this technology can potentially help builders, homeowners, and communities make safer homes.

Ensuring that every material meets safety standards, the institute also operates the Fire Testing Laboratory.

The laboratory evaluates the fire resistance of wood and non-wood materials, including bamboo, by applying a small match-sized flame to vertically oriented specimens for 15 or 30 seconds.

It examines ignitability, which determines how easily a material catches fire, and combustibility, which assesses how easily a material ignites and burns by exposing it to heat.

In the next years and with more advanced machines, the laboratory will expand its capabilities to test larger materials for local building contractors and construction materials developers.

“We understand the concerns people have about bamboo and fire safety, which is why we have been taking proactive steps to address them,” Cabangon said.

“Through expanding our testing services and research, we aim to ensure that bamboo remains a credible material for building and construction.”

Meanwhile, DOST Secretary Renato Solidum Jr. said DOST has long-running programs supporting bamboo, including efforts to ensure its safety not only in construction, but in other applications.

“While hazards cannot always be predicted, they can be mitigated through research and appropriate technology,” he said.

Looking ahead, the institute aims to intensify its research in this area to support stakeholders in the construction industry, as well as the general public, to ensure a safer and more reliable use of bamboo and other forest products. (PR)



EXTRA-JUDICIAL SETTLEMENT OF THE DECEASED OF BRANDO AQUINO MAMITAG VEHICLE (TOYOTA INNOVA) WITH WAIVER OF RIGHTS, SHARE AND INTEREST

Notice is hereby given that the estate of the deceased BRANDO AQUINO MAMITAG, who died on April 01, 2021 in Baco Cavite, that the above-named deceased died intestate, without a Will or Testament and without any outstanding debts in favor of any person or entities, that the deceased left a vehicle which is more Particularly described as follows: Plate No. NEN2841, CHASIS NO. PA2JA8EM9K0067761, MAKE: TOYOTA, YEAR MODEL: 2019, ENGINE NO. 1GD0702075, BODY TYPE WAGON, SERIES: INNOVA 28 E DI, was the subject of this Extra-Judicial Settlement among the legal heirs of the said deceased in the said instrument, executed before a Notary Public Atty. Jerome G. Salazar under Doc. No. 168, Page No. 35, Book No. XXIV, Series of 2025.

PAHAYAGAN NG KABITENYO JANUARY 5, 12 & 19, 2026

AFFIDAVIT OF SELF ADJUDICATION OF THE DECEASED ALEJANDRO L. ACIERTO WITH DEED OF ABSOLUTE SALE

Notice is hereby given that the estate of the deceased ALEJANDRO L. ACIERTO, who died on June 20, 2023 in Manila, that the said deceased died intestate, without a Will or Testament and without any outstanding debts in favor of any person or entities, that the said deceased left a parcel of land covered by TCT No. (T-1294909) 057-2024000583, identified Lot 37 Block 2 with an area of Thirty Six (36) with improvement was the subject of this Affidavit of Self Adjudication among the legal heirs of the said deceased in the said instrument, executed before a Notary Public Atty. Jerome G. Salazar under Doc. No. 178, Page No. 37, Book No. XXIV, Series of 2025.

PAHAYAGAN NG KABITENYO JANUARY 5, 12 & 19, 2026

AFFIDAVIT OF SELF ADJUDICATION OF THE DECEASED ALBERTO ERUM REGUDOS also known as ALBERTO DELOS SANTOS

Notice is hereby given that the estate of the deceased ALBERTO ERUM REGUDOS also known as ALBERTO DELOS SANTOS, who died on September 23, 2020 in Pangasinan, that the said deceased died intestate, without a Will or Testament and without any outstanding debts in favor of any person or entities, that the deceased left a property under the BLOCK III BAGONG SILANG HOA INC., Phase 1, identified as Block 36, Lot 2, located at Block 3, Bagong Silang, Molino III, Baco, Cavite, with a total area of Thirty-Eight (38) sqm., with improvements thereon. This property is still under Social Housing Finance Corporation (SHFC) under Account No. 31271420260 was the subject of this Affidavit of Self Adjudication among the legal heirs of the said deceased in the said instrument, executed before a Notary Public Atty. Jerome G. Salazar under Doc. No. 022, Page No. 06, Book No. XXIV, Series of 2025.

PAHAYAGAN NG KABITENYO JANUARY 5, 12 & 19, 2026

OPINYON: Saan Nga Ba Napupunta ang 18.58B MOOE ng Kongreso?

Sa panahong ang bawat piso ng bayan ay dapat binibilang at pinahalal-agahan, nakakabahala ang laki at labo ng Maintenance and Other Operating Expenses (MOOE) budget ng Kongreso para sa 2026. Umabot ito sa P18.58 bilyon—katumbas ng humigit-kumulang P58.42 milyon kada Kongresista—ngunit hanggang ngayon ay nananatiling palaisipan kung saan nga ba talaga napupunta ang malaking bahagi ng pondong ito.

Batay sa opisyal na summary ng House of Representatives, ang kabuuang P27.70B na budget ng Kongreso ay hinati sa P8.12B para sa Personnel Services, P18.58B para sa MOOE, at P1B para sa Capital Outlays. Kung hahatiin, umaabot ito sa P87.11M kada Kongresista—malayo sa ipinapakita sa publiko na P22M lamang na kombinasyon ng sweldo at MOOE kada taon. Ang tanong ngayon: saan napupunta ang natitirang P65M?

May mga gastusin sa MOOE na madaling maunawaan at katanggap-tanggap—tulad ng supplies, utilities, repairs, at general services—na umaabot sa P3.42B o P10.76M kada Kongresista. Ngunit ang mas malaking bahagi, mahigit P15B o halos P48M kada Kongresista, ay inilaan sa mga gastusing mahirap busisiin kung walang malinaw at detalyadong liquidation.

Kabilang dito ang bilyon-bilyong piso para sa travelling expenses, communication expenses, confidential at intelligence funds, representation expenses, at professional services. Sa professional services pa lamang, umaabot na sa P4.18B. Lehitimo man o hindi, may karapatan ang publiko na

malaman kung sinu-sino ang mga consultants na binabayaran mula sa kaban ng bayan, lalo na kung may mga ulat na ang bayaran ay ginagawa umano nang cash at walang sapat na dokumentasyon.

Mas lalong nakakabahala ang kategoryang “Other Maintenance and Operating Expenses” na nagkakahalaga ng P4.81B. Ano-ano ba talaga ang sakaop nito? Totoo bang kabilang dito ang sinasabing “break bonus” na milyon-milyon kada taon? Kung walang malinaw na paliwanag, nagiging bukas ito sa pang-aabuso at maling interpretasyon.

Kung sa tantiya ay humigit-kumulang P17M lamang ang direktang natatanggap ng maraming Kongresista bilang basic MOOE, saan napupunta ang natitirang mahigit P30M kada isa? Ang P10B na hindi malinaw ang destinasyon ay hindi maliit na halaga—ito ay pondong maaring nagamit sa serbisyong panlipunan, edukasyon, o kalusugan.

Sa huli, hindi ito usapin ng paninira kundi ng pananagutan. Kung malinis at wasto ang paggamit ng pondo, walang dapat ikatakot sa mas detalyadong breakdown at itemized disclosure. Panahon na para ang Committee on Accounts ay magsalita nang malinaw at buo. Ang pera ng bayan ay hindi dapat natatabunan ng katahimikan, at lalong hindi dapat ipinagtatanggol ng mga boses—sa social media man o saan pa—na pinaghinalaang pinopondohan din ng parehong MOOE na kailangang ipaliwanag.

Sa isang demokrasya, ang transparency ay hindi pabor—ito ay obli-

The Highland Frontier:



Perched along a cool ridge in Cavite, Tagaytay stands as a city shaped by fire, fog, and foresight. In 2026, it is no longer just a weekend escape from Metro Manila, but a living landscape where nature, history, and modern planning quietly intersect.

At the heart of its allure is the ever-present view of Taal Volcano—a rare geological wonder nestled within a lake and framed by misty highlands. After the 2020 eruption reshaped both the land and local life, Tagaytay adapted. The volcano is now admired from a safe distance, turning the ridge itself into a natural balcony where visitors gather to witness beauty born of danger.

Public spaces like Tagaytay Picnic Grove keep tourism democratic, offering families pine-shaded tables, zip lines, eco-trails,

SHATTERED DREAMS: THE TRUE COST OF NPA RECRUITMENT

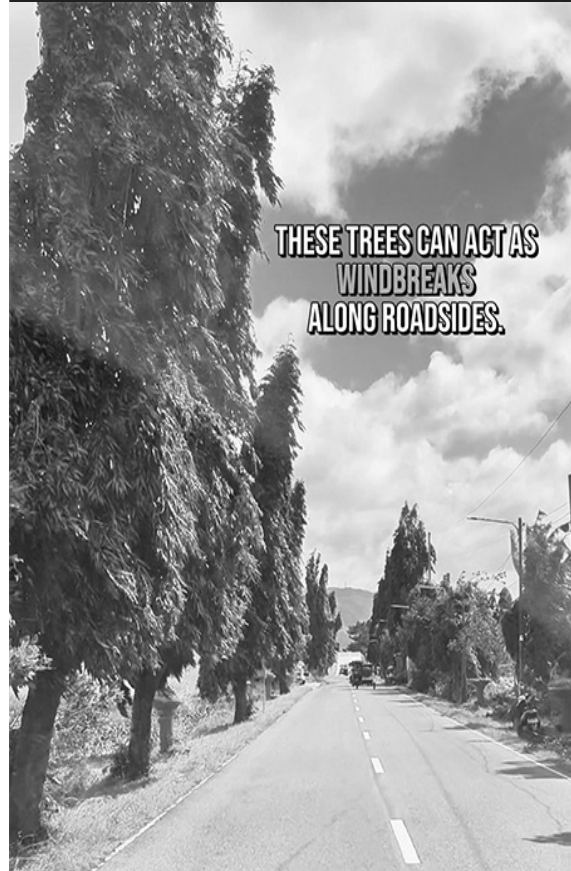
#ProtectOurYouth #SecureOurFuture



The tragedy of young lives caught in armed conflict is most poignantly told through the voices of the families left behind. We hear the heartbreaking testimonies of mothers who have lost their children to deceptive recruitment, including the mother of Jerlyn Rose Doydora. We also join in the urgent plea of the mother of Stephanie Borinaga, who has been missing since the armed encounter in Abra de Ilog that disrupted an immersion into an NPA formation organized by supposed youth advocates. Their pain is a sobering reminder that while the idealism of the youth is a virtue, it is a national tragedy when that passion is diverted toward the path of violent armed struggle.

We believe that the noble desire to be the “conscience of the nation” and to “Serve the People” should never require a young Filipino to abandon their family or break a mother’s heart.

Let us listen to these mothers and choose a brand of patriotism that honors their sacrifices and protects our dreams. True service to the Filipino people is found in pursuing social change through peaceful, lawful, and honorable means that preserve life and keep families whole. We remain committed to ensuring that our youth can fulfill their potential without being lured into a violent struggle that has historically destroyed the hopes of many Filipino homes. Serve the people without endangering the future of our youth, protect Filipino families.



Trees, depending on species, planted along roadsides may act as natural barriers that reduce wind speed. Strong winds can create unsafe driving conditions, especially for two-wheelers and light vehicles, and can carry dust, sand, or any small particles onto the road. Roadside windbreaks also help protect nearby land and infrastructure, reduce soil erosion, lower noise and air pollution, and improve the microclimate and visual quality of the road corridor.

Pero hindi pwede na kung ano-anong species ng puno ang gagamitin bilang windbreaks. Tree species used for windbreaks should have specific traits that allow them to slow wind effectively while remaining safe and durable, especially along roadsides. Example traits include evergreen, wind resistant branches, strong root system, appropriate height and form (e.g., upright or pyramidal), and moderate canopy density.

