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HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

Annex Office: 24 Sayas St. Sabutan, Silang, Cavite

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ISANG GYM SA BACOOR, NAGPA-50% OFF PARA MAS MAPALAPIT ANG MGA CAVITEÑO SA HEALTHY LIFESTYLE

Good news sa mga gustong magpapayat, magpalakas, o mag-start ng fitness journey ngayong taon! Ang Power Flex Fitness Gym Molino Bacoor Cavite Branch ay may malaking promo para makatulong sa kalusugan ng mga taga-Cavite.

Located at Block 1 Lot 2, 3rd Floor D&A Building, Bahayang Pag-asa Subd., Avenida Rizal, Bacoor, Cavite.

PROMO PRICE: 4,999 ONLY para sa buong 1 YEAR MEMBERSHIP!

Unli Gym Access

1 Year Membership Fee Included

Free 2 Coaching Sessions

Option kumuha ng personal trainer

Hanggang katapusan ng Abril na lang ang promo! Sa Mayo, magiging 5,499 na ito — pero sulit pa rin sa sobrang daming inclusions.

Fully Airconditioned ang gym, perfect ngayong mainit na panahon!

Unli use of treadmills

Complete equipments for beginners to bodybuilders

Zumba Sessions

Yoga Sessions

At marami pang iba!

Kung seryoso ka na sa fitness goals mo, ito na ang sign mo para magsimula ngayon!

HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
Vol. X No.23 -May 4-10, 2026 10.00

LAND A JOB FAST!
Trabaho para sa Gentriseño
LABOR DAY MEGA JOB FAIR

Punta na para sa pagkakataong makakuha ng local o overseas job opportunities. May chance ka pang ma-hire on the spot!

Robinsons General Trias, Main Atrium

Dalhin po ang inyong updated resume, valid ID, at ballpen. Tara at huwag nang magpahuli!

Your long weekend deserves more than just plans—it deserves an experience.

Grab the limited-edition snack set and enjoy the movie everyone's lining up to see.

Don't miss out while supplies last. Watch The Devil Wears Prada 2 at SM Cinema, where big moments live.

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- ***www.smcinema.com***
- ***SM Cinema ticket booths***

HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
Vol. X No.23 -May 4-10, 2026 10.00 ISSN No.: 2672-3034

PHILHEALTH YAKAP CLINIC SA MGA MALL, ILULUNSAD PARA SA ABOT-KAMAY NA KALUSUGAN NG MGA MANGGAGAWA

Bilang pagpupugay sa mga manggagawa ngayong Mayo 1, 2026, isinagawa ng PhilHealth ang nationwide simultaneous launching ng mall-based Yaman ng Kalusugan Program (YAKAP) Clinic sa iba't ibang bahagi ng bansa.

Ang inisyatibong ito ay isang malakas na mensahe ng pagpapahalaga sa kapakanan ng mga manggagawa sa pamamagitan ng paglalapit ng de-kalidad na primary care sa kanilang pinagta-trabahuhan.

Sa ilalim ng PhilHealth Regional Office (PRO) IVA, sentro ng aktibidad ang WalterMart Santa Rosa sa Laguna at Main Square Mall sa Bacoor, Cavite. Binigyang-diin sa aktibidad na ang kalusugan ng mga emp-

con.on p.2

DIGIPLUS FOUNDATION, PHILIPPINE RED CROSS NAGPIRMAHAN UPANG PALAKASIN ANG EMERGENCY RESPONSE SA CAVITE

Pormal nang nagkasundo ang DigiPlus Foundation at Philippine Red Cross para sa isang 6 milyong proyekto na layong i-upgrade ang mga pasilidad sa Cavite.

Sa ilalim ng Kalusugan-

con.on p.7

"Maraming Salamat po Congresswoman Lani Revilla sa Paggunita sa araw ng mga Manggagawa"

P4

Unveiling Ceremony: Welcome Arch, Mural and Marker of Barangay Conchu

Dumalo si Mayor Gemma Lubigan sa Unveiling Ceremony ng Welcome Arch, Mural at Marker ng Barangay Conchu na naglalayong mas palakasin pa ang kanilang natatanging pagkakakilanlan at pagmamalaki bilang isang aktibo at patuloy na umuunlad na barangay.

Maraming salamat sa Kiwanis Club International Philippine Luzon District, sa Barangay Conchu, at sa lahat ng naging katuwang sa proyektong ito.

Patuloy po nating susuportahan ang mga ganitong inisyatibo na nakakatulong sa pag-unlad ng ating mga barangay.

DIGIPLUS FOUNDATION, PHILIPPINE RED CROSS... from page 1

PLUS program, inaasahang mapapalakas ang emergency response, blood services, at community programs sa lalawigan sa pamamagitan ng modernisasyon ng mga pasilidad. Ayon sa mga opisyal, makatutulong ang proyekto upang mapabilis ang pagtugon sa sakuna at mapalawak ang serbisyong pangkalusugan para sa mas maraming komunidad.

UGNAYAN SA BARANGAY IN ALFONSO, CAVITE

The Provincial Government of Cavite held another leg of Ugnayan sa Barangay program on April 14, 2026, in Barangay Matagbak I, Alfonso. Governor Francisco Gabriel “Abeng” Remulla led the visit, joined by Vice Governor Ram Revilla Bautista, 8th District Board Member Jasmin Angelli Maligaya-Bautista and Alfonso local officials.

The activity aimed to enhance community engagement by bringing essential government services closer to the people. Governor Remulla also provided updates on ongoing initiatives in infrastructure, healthcare, and livelihood programs.---

OPIO

Fire Victim Assistance | Brgy. Molino 4 , Bacoor City, Cavite

Ang inyong lingkod Vice Mayor Rowena Bautista-Mendiola, katuwang si Mayor Strike Revilla, ay naghatid ng tulong at food packs para sa 31 pamilyang nasunugan sa Tabing Ilog, Brgy. Molino 4.

Sa pakikipagtulungan ng CSWD, ng Bacooreño United Volunteers, Inc., at sa tulong ni Kap. Jeff Campaña at ng mga konsehal ng barangay Molino 4, agad tayong nakaalalay sa ating mga kababayang naapektuhan.

PHILHEALTH YAKAP CLINIC SA MGA MALL... from page 1

leyado ay pundasyon ng isang matatag na ekonomiya, kaya naman mahalaga ang naging pakikipagtulungan ng mga pribadong kumpanya at partner clinics upang matiyak na walang manggagawang mapag-iiwanan sa serbisyong medikal.

Sa pamamagitan ng estratehikong partnership na ito, ang mga sumusunod na benepisyo ay abot-kamay na ng mga manggagawa:

Libreng Konsultasyon sa mga accredited na doktor. Laboratory at Diagnostic Tests (hanggang 13 uri ng outpatient tests). Libreng Gamot (54 uri ng pangunahing gamotsa ilalim ng GAMOT program, , 21 uri naman sa mga YAKAP Clinics) Cancer Screening para sa maagang deteksyon ng sakit.

Sa Main Square Bacoor, makakatuwang ng PhilHealth ang mwellPH YAKAP Clinic kung saan pangunahing benepisyaryo ang mga empleyado ng Cosco Integrated Office Systems Inc. at ART88 FOOD.

Samantala, sa WalterMart Santa Rosa, ang Wellcare Clinics and Lab ang magsisilbing katuwang para sa mga manggagawa mula sa Monde Nissin at mga kawani ng LGU Santa Rosa City. Tinatayang nasa 200 pre-determined employees ang inaasahang lalahok sa bawat venue, ngunit lubos ding hinihikayat ang mga “walk-in na manggagawa at iba pang miyembro ng PhilHealth na bumisita sa mga naturang malls upang makapili ng kanilang YAKAP provider at makagamit ng serbisyong medical sa ilalim ng PhilHealth YAKAP.

Ayon sa PhilHealth, ang pagbubukas ng mga klinika sa loob ng mga mall ay isang estratehikong hakbang upang ilapit ang serbisyong medikal sa mga manggagawang limitado ang oras dahil sa trabaho.

Ang PhilHealth YAKAP ang pangunahing mekanismo sa ilalim ng Universal Health Care (UHC) Law upang itaguyod ang preventive care—o ang pag-iwas sa sakit bago pa ito lumala. Sa pamamagitan ng PhilHealth YAKAP, mababantayan ng mga YAKAP Clinics ang kalusugan ng mga miyembro para ang bawat Pilipino ay mapanatili ang mabuting kalusugan, maagang matukoy ang anumang karamdaman, at mabigyan ng kaukulang gamot para hindi na lumala ang sakit at maiwasan ang pagpapa-ospital.

Sa kasalukuyan, may humigit kumulang na 289 YAKAP Clinics ang handang magbigay ng serbisyo sa mga miyembro sa mga Lalawigan ng Cavite, Laguna at Quezon:

Cavite - 102
Laguna - 112
Quezon - 75

Pinapaalalahanan ang mga manggagawa na maaari nang magpa-rehistro nang mabilis at maginhawa gamit ang eGovPH app upang masiguradong direkta silang konektado sa kanilang napiling YAKAP provider. ###

(SMOC)

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Labor Day Mega Job Fair at OFW One-Stop Shop Service ng Imus PESO

Kasalukuyang ginaganap ang Labor Day Mega Job Fair at OFW One-Stop Shop Service ng Imus Public Employment Service Office (PESO) sa City of Imus Sports Complex, mula ngayon hanggang 3:00 P.M.

Inaanyayahan ang mga Imuseño jobseekers na samantalahin ang pagkakataong ito upang makahanap ng angkop na trabaho at magsimula ng bagong yugto sa kanilang karera.

Hinihikayat din ang mga OFWs na lumahok sa one-stop service hub na nakalaan para sa kanila.

Kita-kits, Imuseño Jobseekers at OFWs!

Para sa kabuuang detalye hinggil sa mga requirements, mga tanggapan at kumpanyang kasama, at mga serbisyong handog, i-click ang link na ito:

https://www.facebook.com/share/p/1GZ9CXujdD/

Health Benefits...

Kaalaman tungkol sa Bani bilang halamang gamot

Scientific name: Pongamia pinnata Linn.; Pongamia glabra Linn.; Pongamia mitis Merr.

Common name: Bani, Balot-balot; Kadol (Tagalog); Pongam, Pongam oil tree (Ingles)

Ang bani ay isang mataas na puno, may malalapad at makinis na dahon, at may mababango at kulay lila o puti na bulaklak. Ang mga buto ay nasa loob ng matigas na balat. Karaniwang nakikitang nakatanim malapit sa mga dalampasigan, at sa probinsya ng Laguna na malapit sa lawa.

Ano ang mga sustansya at kemikal na maaaring makuha sa Bani?

Ang iba't ibang bahagi ng halamang bani ay maaaring makuhanan ng maraming uri ng kemikal at sustansya na maaaring may benepisyo sa kalusugan:

Ang halaman ng bani ay may taglay na ilang mga kemikal gaya ng emethoxykanugin, gamatay, glabrin, glabrosaponin, kaempferol, kanjone, kanugin, karangin, neoglabrin, pinnatin, pongamol, pongapin, quercitin, saponin, b-sitosterol at tannin

Ang buto ay nakukuhanan ng langis na kung tawagin ay pongam oil

Ang langis ng bani ay mayroong myristic, palmitic, stearic, arachidic, lignoceric, dihydroxystearic, linolenic, linolic, at oleic acids

Anong bahagi ng halaman ang ginagamit bilang gamot, at paano ginagamit ang mga ito?

Maaaring gamitin bilang gamot ang ilang bahagi ng halaman tulad ng:

Buto. Ang buto ng bani na karaniwang kinukuhanan ng langis ay maaaring gamitin sa panggagamot. Ginagamit na pampahid sa balat ang langis na nakukuha dito.

Ugat. Ang ugat ay maaring ilaga upang makuhanan ng katas. Ito ay pinapmpapahid sa apektadong bahagi ng katawan. Ito rin ay dinidikdik at pinangtatapal sa ilang karamdaman.

Balat ng kahoy. Ang pinaglagaan ng balat ng kahoy ay maaring ipangpahid sa katawan o kaya ay inumin.

Dahon. Maaari ding inumin ang pinaglagaan ng dahon para sa ilang karamdaman, o kaya naman ay dikdikin at ipantapal sa katawan.

Ano ang mga sakit at kondisyon na maaaring matulungan ng Bani?

Rayuma. Ang pinaglagaan ng ugat, dahon at balat ng kahoy ay mabisang lunas sa nananakit na mga kasukasuan. Ito ay maaring inumin. Maaari din namang ipambabad sa bahaging nananakit ang pinaglagaan ng dahon.

Dyspepsia. Maaring inumin din ang pinaglagaan ng dahon para malunasan ang pananakit ng tiyan dahil sa dyspepsia.

Bed sores. Ang pagsusugat dahil sa patagal na pagkakahiga ay maaring malunasan sa pamamagitan ng paghuhugas gamit pinaglagaan ng ugat ng halaman.

Almoranas. Makatutulong ang pagsisiksik sa butas ng puwit ng dinikdik na dahon na nirolyo sa isa pang dahon. Ito'y hahayaan ng isang buong gabi.

Eczema. Ginagamit para sa kondisyon ng pamamaga sa balat ang langis ng buto ng bani.

An-an. Mabisa din para sa an-an ang pagpapahid ng langis ng bani sa apektadong balat.

Galis sa balat. Ginagamit pa rin ang langis ng bani para sa pagkakaroon ng galis sa balat.

Ubo. Iniinom naman ang pinaglagaan ng dahon ng bani para malunasan ang pag-uubo.

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

BDO UNIBANK, INC.,
Mortgagee,

-versus- **FORECLOSURE CASE NO. F-165-26**

SPS. RIC JOHN K. DE VERA and LORILEI M. DE VERA,
Debtors/Mortgagors.
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, 33rd Floor, BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City against the Debtors/Mortgagors, **SPS. RIC JOHN K. DE VERA and LORILEI M. DE VERA,** with residence and postal addresses at (1) Blk. 6, Lot 49 PS Lancaster Residences, Dandelion Street, Alapan, Imus, Cavite (currently occupied by mortgagors) and (2) Block 01, Lot 74, Kensington Phase 9, Brgy. Navarro, General Trias, Cavite (occupied by mortgagors), to satisfy the mortgage indebtedness which as of February 27, 2026 amounts to **SEVEN HUNDRED FIFTY NINE THOUSAND EIGT HUNDFED SIXTY EIGHT PESOS and 79/100 (PhP759,868.79),** 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 **MAY 29 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. 057-2018043263**

Lot No. 74 Block: 1 Plan No. Pcs-04-027752
Portion of: Lot 1640, San Francisco de Malabon Estate (RS-04-002490) and Block 13 & 14, Pcs-04-027575
Decree No. 4270, LRC Rec. No. 5964
Location: Barangay of Navarro, Municipality of Gen. Trias, Province of Cavite, Island of Luzon

Boundaries:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	NE	Lot 75, Block 1, Pcs-04-027752
2-3-4	SE	Lot 83, Lot 5, PCS-027575
4-5	SW	Lot 73, Block 1
5-1	NW	Road Lot 18

Area: FIFTY SQUARE METERS (50), 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 **JUNE 05 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, **APRIL 21 2026**

ANDRES B. ESPINA
Sheriff IV

Copy Furnished:
BDO UNIBANK, INC.

CONSUMER REMEDIAL MANAGEMENT
33rd Floor, BDO Corporate Center Ortigas
No. 12, ADB Avenue, Mandaluyong City

SPS. RIC JOHN K. DE VERA & LORILEI M. DE VERA
(1) Blk. 6, Lot 49 PS Lancaster Residences, Dandelion Street, Alapan, Imus, Cavite
(2) Block 01, Lot 74, Kensington Phase 9, Brgy. Navarro, 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.

**HUMANITY NEWS
APRIL 27, MAY 4 & 11, 2026**

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

BANK OF THE PHILIPPINE ISLANDS (SUCCESSOR-IN-INTEREST OF ROBINSONS BANK CORPORATION)
Petitioner-Mortgagee-Creditor,

-versus- FORECLOSURE CASE NO. F-102-26

EILEEN LACAP USI,
Responden/s-Mortgagor/s-Borrower/s-Debtor/s.
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-Creditor, **BANK OF THE PHILIPPINE ISLANDS (SUCCESSOR-IN-INTEREST OF ROBINSONS BANK CORPORATION)**, with business address at Bank of the Philippine Islands, 28/F, Ayala Triangle Gardens Tower 2, Paseo de Roxas cor Makati Avenue, Bel-Air, Makati City, against the Respondent- Mortgagor-Borrower-Debtor, **EILEEN LACAP USI**, **represented by her Attorney-in-Fact ELSA USI JANEO,** with residence and postal addresses at (1) Blk. 44, Lot 8, GPL 1, Malagasang 1G, Imus City, Cavite and (2) Lot 114, Blk. 4, Glenbrook Phase 3, Brgy. Pasong Camachile II, Gen. Trias City, Cavite, to satisfy the mortgage indebtedness which as of February 9, 2026 amounts to **NINE MILLION TWO HUNDRED NINETY THOUSAND SIX HUNDRED TWENTY THREE PESOS and 77/100 (PhP9,290,623.77),** Philippine Currency, inclusive of interest, penalties and other charges as of said date but exclusive of other charges incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **MAY 29,2026** at 10:00 o'clock in the morning until 12:00 o'clock noon, at the main 2026 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
057-2023051858**

Lot No. 114 Block No. 4 Plan No. Pcs-04-030836
Portion of: Lot 2088, 2092, 2093, 2094 & 2095 (Covered by FRS-04-005881, FRS-04-005882, FRS-04-005879, FRS-04-005883 & FRS-04-005880, respectively) of San Francisco de Malabon Estate, Decree No. 4270, LRC Rec. No. 5964
Location: Barangay of Pasong Camachile II, City of Gen. Trias,, Province of Cavite, Island of Luzon

Boundaries:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	NW	Lot 115, Block 4, Pcs-04-030836
2-3	NE	Road Lot 9, Pcs-04-030836
3-4	SE	Lot 113, Block 4, Pcs-04-030836
4-1	SW	Lot 129, Block 4, Pcs-04-030836

Area: ONE HUNDRED (100) 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 **JUNE 05 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, **APRIL 21 2026**

REYNALDO L. SALOMA
Sheriff IV

Copy furnished:
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Counsel for the Petitioner- Mortgagee
BPI BUENDIA CENTER
27th Floor, BPI Buendia Center Bldg.
372 Sen. Gil Puyat Ave., Brgy. Bel-Air, Makati City

Ms. EILEEN LACAP USI
Ms. ELSA USI JANEO
(1) Blk. 44, Lot 8, GPL 1, Malagasang 1G, Imus City, Cavite
(2) Lot 114, Blk. 4, Glenbrook Phase 3, Brgy. Pasong Camachile II, Gen. Trias City, Cavite

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

**HUMANITY NEWS
APRIL 27, MAY 4 & 11, 2026**

SEE YOU AT GEN. E. TOPACIO ST. NEAR THE TOPACIO COMPOUND IMUS, CITY

Parañaque Eyes Economic Boost with Full Connectivity of CAVITEX C5 Link

Parañaque City is poised for accelerated economic growth as Mayor Edwin Olivarez expressed strong optimism following the full connectivity of the 7.7-kilometer CAVITEX C5 Link, which now provides a high-speed gateway to key business hubs in Cavite and Taguig.

For Mayor Olivarez, the milestone marks the realization of a long-envisioned transformation for the city's competitiveness. "Pangarap lang ito dati, ngayon totoo na," the Mayor said. "The opening of the CAVITEX C5 Link Segment 3B will make travel from Parañaque to Cavite and Taguig, and back, in just a matter of minutes. More importantly, its impact on businesses, investors, and opportunities for our city will be immeasurable."

Segment 3B completes the alignment of the CAVITEX C5 Link. It connects Manila-Cavite Expressway (CAVITEX) to C5 Road in Taguig City, reducing travel time from the usual 1.5 hours to just 15 minutes.

The improved mobility is expected to serve as a vital economic enabler, particularly as rising fuel costs continue to affect logistics and daily travel.

CAVITEX C5 Link provides efficient access to NAIA and C5, via key interchanges at the R1 Expressway (Coastal Road), Sucat Road (Dr. A Santos Avenue), and C.P. Garcia Avenue (C5 Road), benefitting over 30,000 motorists daily.

The operational benefits of the project are echoed by the city's traffic management team. Reynaldo Murillo, Head of the Parañaque Traffic and Parking Management Office (TPMO), emphasized the project's role in improving urban traffic systems.

"Dahil kumpleto na ang koneksyon mula Cavite papuntang Metro Manila, inaasahang mababawasan ang traffic at mapapadali ang access sa mga pangunahing lugar tulad ng Taguig at airport. Ginhawa sa biyahe at mas maayos na daloy ng trapiko ang pangunahing benepisyo nito," Murillo noted.

Barangay Moonwalk Chairwoman Jemelene Qui also shared the Mayor's optimism, noting the immediate relief for local residents. "This development is expected to make daily commutes more convenient and contribute to a more productive environment for everyone," Qui said.

While the alignment is now fully connected, a portion of Segment 3B is currently operating under a modified scheme, with two lanes in each direction, as the remaining Right-of-Way (ROW) concerns are being addressed to achieve its full six-lane capacity with a 2x2 service road. Despite this, the local government remains confident that the new connectivity will immediately drive investments, stimulate business activity, and generate more employment opportunities for Parañaqueños.

The CAVITEX C5 Link expressway is a joint venture between Metro Pacific Tollways Corporation's (MPTC) subsidiary, the Cavitex Infrastructure Corporation (CIC), and the Philippine Reclamation Authority (PRA) and operated by the PEA Tollway Corporation (PEATC).

###

TRB greenlights toll collection for Segment 3B of the CAVITEX C5 Link

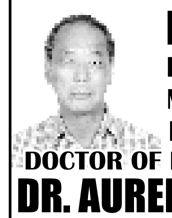
The Toll Regulatory Board (TRB) has authorized the toll collection for the final segment of the CAVITEX C5 Link, starting May 5, 2026. Since opening on March 30, 2026, Segment 3B has provided free passage to almost 9,000 motorists daily.

CAVITEX C5 Link Segment 3B connects Manila-Cavite Expressway (CAVITEX) to C5 Road in Taguig City, reducing travel time from the usual 1.5 hours to just 15 minutes.

Starting May 5, motorists using the CAVITEX C5 Link from Taguig to Sucat Road (Dr. A. Santos Avenue) or vice versa, will pay the following rates: P59 for Class 1, P117 for Class 2, and P176 for Class 3 (inclusive of Segment 3B rates).

For those coming from Taguig and going straight to Roxas Boulevard or Zapote, the following toll rates will apply: P97 for Class 1, P194 for Class 2, and P291 for Class 3 vehicles.

With the CAVITEX C5 Link now fully connected, it offers efficient access to NAIA and C5 via key interchanges at the R1 Expressway (Coastal Road), Sucat Road (Dr. A. Santos Avenue), and C.P. Garcia Avenue. The expressway also strengthens the logistics link between the Cavite industrial hubs and the commercial centers in the National Capital Region, supporting regional economic growth. It further serves as an alternative route, especially for heavy vehicles, helping ease congestion on major arterial roads across Cavite and the southern portion of Metro Manila. ###



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MAKATANG KABITENYO 1999
F&A.M LINCOLN LODGE # 34
DOCTOR OF HUMANITIES (HONORIS CAUSA)
DR. AURELIO PAREDES BAUTISTA

UGIT SA GOBYERNO

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Ang nais ng tao iyon ang gawin mo,
Alamin ang bilang sa mga porsiyento,
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Sila ang kokonti nating mayayaman,
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Sila ang middle-class nitong ating bayan.

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Kalahati nito sa hirap ay sagad,
Ganyan ang lipunan nitong Piliinas,
Marami ang dukha na hanap ay lingap.

4. May labis na yaman hangad ay payapa,
Merong kaayusan sa balat ng lupa,
Pagka't pag magulo sila'y may hinala,
Sila'y papaslangin nitong mga dukha.

5.Nais ng middle-class na ang ekonomiya,
Palaging malakas at merong ganansya,
Di sila panatag kung ang bayan nila,
Masama ang ugit, mahina ang benta.

6. Nais ng mahirap laging may pagkain,
Pati anak nila palaging kupkupin
Ng ating gobyerno saka pag-aralin
Sa mababang antas ng mga gugulin.

7. Ang mga mayamang nais ay payapa
Dapat na tumulong sa maraming dukha,
Tao ng middle-class dapat mag-adhika
Ng gayon ding tulong kahit na mababa.

8. Sapagka't ang ugit magiging madali
Kapag sama-sama sa ganyang punyagi,
Dapat alagaan ang tao palagi,
Dapat sa ugit mo kasama ang ngiti.

"Maraming Salamat po Congresswoman Lani Revilla sa Paggunita sa araw ng mga Manggagawa"

Bilang paggunita sa Araw ng mga Manggagawa, naghandog si Congresswoman Lani Mercado Revilla ng libreng Gas sa mga Riders ng Bacoor City, sa lalawigan ng Cavite. Binibigyang pugay ng Kongresista ang sipag, tiyaga, at dedikasyon ng mga riders sa bawat biyahe ng mga ito. Sila ang tahimik na bayani sa lansangan na patuloy na nagseserbisyo sa ating pamayanan. Ito ay munting pasasalamat sa kanilang walang kapagurang serbisyo. (CAVITE NEWS TODAY)

59 Young Boys Benefit from Free Operation Tuli in Trece Martires City

A total of 59 young males received free circumcision services during the conduct of Provincial Government of Cavite's Operation Tuli Program on April 14, 2026, held at Barangay San Agustin, Trece Martires City. The initiative aimed to promote proper hygiene and preventive healthcare among the youth while easing the financial burden on families by providing safe and accessible medical services at no cost.

Present during the activity were 7th District Board Member Camille Del Rosario and Trece Martires City Mayor Gemma Lubigan, who both expressed their support and gratitude for the health programs that directly benefit the community, especially the younger population.

Prior to the procedure, parents and guardians were given an orientation on proper aftercare to ensure the safe and fast recovery of the beneficiaries. Medical personnel emphasized the importance of hygiene, wound care, and monitoring to prevent possible complications following the procedure.--- OPIO

RIPPLING EFFECT OF TURNING DREAMS INTO PROGRESS

Glaiza Velasco, together with her husband, has attended several international food exhibits featuring their products, with participation endorsed by DTI and supported by LGUs.

What started with just two small containers has now grown into about 500 drums, which Glaiza Velasco from Pangasinan now uses to store fermented sugarcane juices.

Glaiza began selling vinegar produced by the farmers when she was still a working student in 2008. As a working student, she balanced her studies with a job at a fast-food chain and selling vinegar at school and in public markets.

Later that year, she took the risk of creating her own vinegar, given the abundance of sugarcane in their area. Because of her hard work, she completed her education and graduated with a Bachelor of Science in Commerce, Major in Management.

After graduation, she entered the corporate world but soon realized that running her own business suited her better. In 2016, she was determined to take her vinegar business seriously, so she resigned from her job and focused on marketing her product. Glaiza went to public markets to offer samples to help customers distinguish her all-natural vinegar from other commercial brands. From then on, more people became her customers. Through consistency, she built a strong presence in the market.

In 2020, while the pandemic brought hardships to many, it became a blessing in disguise for their business. With the proper permits and operating requirements in place, most orders came to them, allowing their business to grow.

However, problems were inevitable. As sugarcane prices remained unstable, she rented land in 2021 to grow their own. Even so, they still buy sugarcane from farmers from time to time to meet all the growing demands of their products.

With their marketing strategy, they have been able to supply supermarkets, convenience stores, local government units, bus stops, and public markets. E-commerce platforms also help them reach customers nationwide.

To ensure consistent quality, their employees continue to undergo training, seminars, and workshops on food safety and manufacturing practices. As the number of customers increased, they were able to build their production facility and invest in assets.

Around 2018, she learned about CARD SME Bank, a thrift bank under CARD Mutually Reinforcing Institutions (CARD MRI). Her first loan of PHP 3,000.00 was used to buy sugarcane. She currently has an active loan with the bank, which she uses as additional capital for the business.

Because of her entrepreneurial skill, Glaiza was recognized as the Pagkilala sa Mga Likha ni Inay (PsMLNI) Gawad Maunlad 2025 winner. This award recognized people like her who, through hard work and responsible financing, grew their businesses from simple livelihoods into stable ventures. PsMLNI is conducted annually by CARD MRI to honor clients who, through hard work and institutional support, have achieved growth and success.

"Pangarap kong maging global company at brands ang aming negosyo, maging maganda ang kinabukasan ng mga empleyado at mga pamilya nila (It is my dream for my business to be recognized globally, and for my employees and their families to have a brighter future)," she stated.

It was a ripple effect; she was able to provide for her family, create employment for others, and help farmers earn income. Her journey may have been tough, but the fact that she can meet not only her family's needs but also help others is what drives her to do even more.

For orders and inquiries, those within the area may visit her at Zone 5, Imbalbalatong, Pozzorubio, Pangasinan, or contact her at 0917-188-2541.

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CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

Placido N. Campos - Siya ang Capitan Municipal ng Dasmariñas noong sumiklab ang himagsikan.Lumahok siya sa rebolusyon sa ilalim ng Magdalo Council. Sumama siya sa Nacionalista Party noong kumandidato si Quezon bilang Pangulo ng Commomwealth. Namatay siya noong1937.