

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

PHILHEALTH YAKAP CARAVAN FOR THE STUDENTS, FACULTY, AND STAFF OF DR. JOSE P. RIZAL ELEMENTARY SCHOOL IN DASMARIÑAS CITY, CAVITE



P.5

Vol. X No.12 FEBRUARY 16-22 2026 10.00 ISSN No.: 2672-3034

SM FOUNDATION, MAGDODONATE NG APAT NA PALAPAG NA SCHOOL BUILDING SA GENERAL TRIAS



Magbibigay ng apat na palapag na school building na may walong silid-aralan ang SM Foundation, Inc. para sa DepEd SDO General Trias upang suportahan ang edukasyon sa lungsod. Ayon kay Jon-jon Ferrer, pinal na ang kasunduan sa classroom donation na inaasahang mai-turnover kasabay ng pagbubukas ng SM City General Trias. Layunin ng proyekto na makatulong sa kakulangan ng silid-aralan at mapabuti ang pasilidad para sa mga mag-aaral sa General Trias.

Congresswoman Lani Mercado Nakiisa sa Technical Working Group ng Panukalang Batas para sa Safe and Humane Processes.

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Dinaluhan ni Mayor Alex Advincula ang Special National Board Meeting ng League of Cities of the Philippines, sa pangunguna ni DILG Secretary Jonvic Remulla.

Tinalakay sa pagpupulong ang alokasyon ng Local Government Support Fund (LGSF) para sa mga LGU, gayundin ang pagpapaigting ng Anti-Epal Policy upang matiyak ang tapat na paggamit ng pondo ng pamahalaan. Patuloy po ang ating pakikibahagi sa mga inisyatibang nagpapalakas ng mabuting pamamahala at serbisyong may integridad para sa Imuseño.

LUNGSOD NG BACOR, TINIAK ANG SUPORTA SA MGA MANGINGISDA SA GITNA NG ORDINANSANG NG CAVITE CITY



Sinbanali Covered Court | Pebrero 13, 2026 - Sa pangunguna ni Mayor Strike Revilla, at sa pakikipagtulungan

(cont. P.4)

1ST Place sa 2024 CALABARZON Most Outstanding City Civil Registry Office nakamit ng lungsod ng Trece Martires City, Cavite

Trece Martires City Cavite- Nakamit ng lungsod ng Trece Martires sa pamumuno ni Mayor Gemma Buendia Lubigan ang City Government of Trece Martires - Office of the City Civil Registrar ng 1st Place sa 2024 CALABARZON Most Outstanding City Civil

(cont. P.7)



MGA SNAP HYDROPONICS at AQUAPONICS IGINAWAD sa mga KABABAIHAN ng LUNGSOD ng DASMARINAS



Dasmariñas City Cavite --- Isang proyekto para sa Urban Agriculture at namigay ng mga Snap Hydroponics at Aquaponics para sa mga Kababaihan ng

Dasmariñas ngayong araw na ginanap sa Barangay San Juan Covered Court, Dasmariñas City.

Ang paggagawad ng SNAP Hydroponics

at Aquaponics ay sa ilalim ng Proyekto sa Urban Agriculture ng Tanggapan ng City Agriculturist na pinamumunuan ni Gng. Jennifer S. Ibayan.

Layunin nito na tulungan ang mga kababaihang residente ng Lungsod ng Dasmariñas, partikular ang mga

napiling miyembro ng Kababaihan ng Dasmariñas sa Bagong Milenyo (KDBM) at Dasmariñas Green Ladies (GL).

Nakiisa sa program sina sina Congressman Kiko Barzaga, Vice Mayor Third Barzaga at mga miyembro ng Sangguniang Panlungsod.

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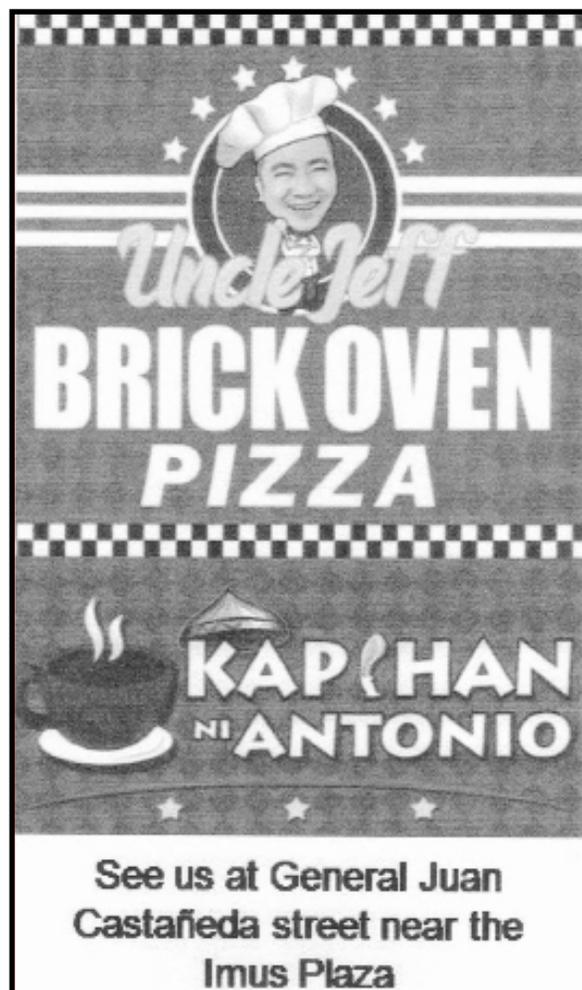


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MAKATANG KABITENYO
DLSU-DASMARIÑAS AWARDEE
MAKATANG KABITENYO 1999
F&A.M LINCOLN LODGE # 34
DOCTOR OF HUMANITIES (HONORIS CAUSA)
DR. AURELIO PAREDES BAUTISTA

TAGUMPAY NG BANSA

1. Maraming dahilan tagumpay ng bansa,
Una ay mataas na antas sa gawa,
Ikalawa naman ang produktong likha,
Marami ang benta sa malayong lupa.
2. Ikatlo'y mataas na impok sa bangko,
Ang impok ng tao, gamit sa negosyo,
Ikaapat naman ayos na gobyerno,
Ikalima'y laki nitong bansang ito.
3. Ikaanim nito ay ang edukasyon,
Nitong mamamayang masakap sa gayon,
Ikapito nito'y likas-yamang ampon,
Ikawalo naman ay ang populasyon.
4. Unang pinapansin ay kayang ibigay
Nitong isang lupang bansa ang palagay,
Kung ilan ang taong mabibigyang suhay,
Dapat sa una pa malinaw nang tunay.
5. Sabi ni Han Fei Tzu kung ang populasyon
Ay hindi mapigil sa paglago niyon,
Darating ang antas tayo'y magtutuon,
Ng higit na lakas na ani'y paurong.
6. Kaya kahit anong sikap at pag-impok,
Kung sobra ang tao sa kayang makupkop,
Ang ugat ng Puno bagaman masinop,
Ang epekto'y kulang sa tao niyang sakop.
7. Itong bansa natin kayang magpakain
Ang lahat ng tao sa ating lupain,
Kung ang digma natin ay ating alisin,
Magkasundo tayo sa tamang layunin,
8. Lupang Pilipinas may sapat pang lupa,
Magsikap lang tayo sa pag-aalaga,
Magsinop lang tayo, magtipid, gumawa
May tagumpay tayong tulad sa pasasa.



Entrepreneurship Skills Boost: DTI-Laguna and CARD-MRI Train Future Business Owners



The Department of Trade and Industry (DTI)-Laguna, in partnership with the Center for Agriculture and Rural Development-Mutually Reinforcing Institutions (CARD-MRI), successfully conducted a Livelihood Training Program Seminar for CARD-MRI members aspiring to establish and expand their own businesses.

The seminar aimed to enhance participants' entrepreneurial skills by providing practical, up-to-date knowledge essential for starting, managing, and sustaining a business. It addressed common challenges faced by start-up and aspiring entrepreneurs, focusing on building a strong foundation for enterprise development. Key topics included business registration and licensing, effective branding, compliance with packaging and labeling standards, and accurate product costing to ensure competitiveness, profitability, and long-term success.

Business Counselors from the Negosyo Centers of Los Baños and Alaminos shared their expertise in enterprise development and micro, small, and medium

enterprise (MSME) support. Through detailed presentations, they covered the essential steps for establishing and managing micro and small enterprises, offering practical insights on regulatory compliance and operational best practices. Their discussions emphasized the importance of business formalization, strategic planning, and adherence to standards as key drivers of sustainable growth. An interactive question-and-answer session followed the lectures, giving participants the opportunity to raise specific concerns and seek clarification on business matters. The discussion provided direct guidance on registration processes, regulatory compliance, and other operational challenges commonly faced at different stages of business development.

DTI-Laguna and CARD-MRI reaffirmed their commitment to continuously support entrepreneurs through capacity-building initiatives and collaborative programs that promote inclusive economic growth and MSME development across the province (RYPGatdula, DTI-Laguna).

PGC Kicks Off 2026 Inter-Department Sportsfest



The Provincial Government of Cavite (PGC) through the Office of the Provincial Youth Development

Officer officially opened the much-anticipated 2026 Cavite Provincial Inter-Department Sportsfest

during a vibrant opening ceremony held at the New Provincial Government Center in (cont. P.7)

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-847-25

SPS. LEONARDO VISTA ROXAS AND JESSMEN OJEDA ROXAS,
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. LEONARDO VISTA ROXAS and JESSMEN OJEDA ROXAS**, with residence and postal addresses at (1) No. 2151 San Andres Ext., Sta. Ana, Manila (occupied by Third Party) and (2) Block 15, Lot 102, Phase 6, Kensington, Brgy. Navarro, General Trias, Cavite (abandoned property), to satisfy the mortgage indebtedness which as of November 14, 2025 amounts to **ONE MILLION NINE HUNDRED EIGHTY TWO THOUSAND EIGHT HUNDRED SIXTY SIX PESOS and 48/100 (Php1,982,866.48)**, 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 04, 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. 057-2016015437

Lot No. 102 Block: 15 Plan No. Pcs-04-027966
Portion of: Lot 1666 San Francisco de Malabon Estate (RS-04-002133) & Lot 1667-A, Psd-04-224902;
Location: Barangay of Navarro, Municipality of General Trias, Province of Cavite, Island of Luzon

Boundaries:

| LINE | DIRECTION | ADJOINING LOT(S) |
|------|-----------|----------------------------------|
| 1-2 | SE | Road Lot 19, Pcs-04-027966 |
| 2-3 | SW | Lot 103, Block 15, Pcs-04-027966 |
| 3-4 | NW | Lot 139, Block 15, Pcs-04-027966 |
| 4-1 | NE | Lot 101, Block 15, Pcs-04-027966 |

Area: SIXTY FIVE SQUARE METERS (65), 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 MAR 18 2029 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 04 2026

RICARDO A. TOLEDO
Sheriff IV

Copy Furnished:

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

SPS. LEONARDO V. ROXAS & JESSMEN O. ROXAS

(1) No. 2151 San Andres Ext., Sta. Ana, Manila (2) Block 15, Lot 102, Phase 6, Kensington, Brgy. Navarro, 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.

HUMANITY NEWS
FEBRUARY 9,16, & 23, 2026

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT AND
EX-OFFICIO SHERIFF
Dasmariñas City, Cavite

BANGKO SENTRAL NG PILIPINAS,
Petitioner / Mortgagee,

-versus-

File No. FC-DC-2026-26
For: Extra-Judicial Foreclosure of
Real Estate Mortgage under Act No.
3135 as amended by Act No. 4118

MARITES H. REGIDOR,
Respondent / Mortgagor.

x-----x
NOTICE OF SHERIFF'S SALE

Upon extra-judicial petition for sale under Act No.3135, as amended by Act No. 4118 filed by the petitioner/mortgagee, **BANGKO SENTRAL NG PILIPINAS**, a government financial institution duly organized and existing under and by virtue of Republic Act. No. 9679, with postal address at BSP Building, A. Mabini corner P. Ocampo Streets, Malate, Manila, in favor of the Prime Savings Bank, Inc. (PSBI), a corporation duly organized and existing under and by virtue of the laws of the Republic of the Philippines with principal place of business at No. 17 Annapolis Street, Greenhills, San Juan City, Metro Manila against the respondent / mortgagor, **MARITES H. REGIDOR**, with postal address at Blk. 22 Lot 78, Phase II, Area I, Dagat-Dagatan, Navotas, Metro Manila; Lot 7, Blk. 20, Dexterville Classic, Brgy. Sabang, Dasmariñas City, Cavite and for the satisfaction of the mortgaged debt which as of 15 January 2026 amounts to **NINE HUNDRED TWENTY FIVE THOUSAND SEVEN HUNDRED FIFTEEN PESOS & 09/100 (Php 925,715.09)**, exclusive of legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **March 20, 2026 at 10:00 o'clock in the morning** or soon thereafter in the Ground Floor Lobby, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Buro 1, Dasmariñas City, Province of Cavite to the highest bidder and for **CASH or CERTIFIED CHECK**, in Philippine Currency, the following described real property together with all the buildings and other improvements existing thereon, to wit:

TRANSFER CERTIFICATE OF TITLE
No. T-831473

IT IS HEREBY CERTIFIED that certain land situated in Municipality of Dasmariñas, Province of Cavite, bounded and described as follows:

A parcel of land (Lot 7 Block 20 of the cons./ subd. plan PCS-04-011646, being a portion of the cons. of Lot 3187, Imus Estate & Lot 3185-E & 3185-D, PSD-66049, LRC Rec. No.), situated in the Brgy. Sabang, Municipality of Dasmariñas, Province of Cavite. Bounded on the W., along line 1-2 by Lot 5, Blk. 20; on the N., along line 2-3 by Alley 3; on the E., along line 3-4 by Lot 9, Blk. 20; on the S., along line 4-1 by Lot 8, Blk. 20, all of the cons./ subd. plan. Beginning at a point marked "1" on plan being S. 72 Deg. 17'E., 314.38 m. from Mon. 139, Imus Estate, Thence N. 1 Deg. 16'W., 7.50 m. to point 2; thence N. 88 Deg. 44'E., 4.26 m. to point 3; thence S. 1 Deg. 16'E., 7.50 m. to point 4; thence S. 88 Deg. 44'W., 4.26 m. to the point of beginning, containing an area of THIRTY TWO (32) SQUARE METERS. All points referred to are indicated on the plan and are marked on the ground by P.S Cyl. Conc. Mons. 15x40 cms; bearings true; date of original survey, July 27, 1905 - June 11, 1908 and that of the cons.-subd. survey, April 27-May 10, 1996 and was approved on July 30, 1996.

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

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

In the event the publication auction should not take place on the said date and time, it shall be held on April 10, 2026 at the same time and place without further notice.

LUNGSOD NG BACOR... from p. 1

ng Office of Agricultural Services sa ilalim ni Mr. Allan Chua, nagsagawa ng pagpupulong ang Pamahalaang Lungsod ng Bacoor kasama ang mga mangingisda mula sa mga barangay ng Poblacion, Maliksi 1 & 2, Sinbanali, Talaba 2, Zapote 3, at Kaingin.

Layunin ng pagpupulong na tugunan ang mga alalahanin kaugnay ng bagong ordinansa mula sa Lungsod ng Cavite na nagbabawal sa pagtatayo ng "tulos" sa kanilang teritoryo. Dahil dito, 65 mangingisda mula sa Bacoor ang nahuli at kinakailangang magbayad ng multang ₱5,000 at gibain ang kanilang mga tulos bago ang Pebrero 16.

Sa tulong nina Mayor Strike Revilla, BM Alde Pagulayan, Kongresista Lani Mercado Revilla, at Kongresista Jolo Revilla, nakipag-ugnayan sila kay Mayor Denver Chua ng Cavite City. Bunga nito, nabigyan ng ekstensyon hanggang Mayo 30, 2026 ang

mga apektadong mangingisda at pinawalang-bisa ang multa laban sa kanila. Dumalo rin sa pagpupulong sina Kapitan Caridad Sanchez at mga kagawad ng Barangay Council, pati na si Mr. Vicente Madrid ng CFARMC.

Napagkasunduan din na makikipagpulong si Mr. Allan Chua, bilang kinatawan ng Bacoor City Agriculture Office, sa Cavite City FARMC upang mas mapag-usapan ang sitwasyon at makahanap ng solusyong kapaki-pakinabang sa lahat. Ang magiging resulta ng pag-uusap ay agad na ipararating sa mga mangingisda.

Ipinapakita ng hakbang na ito ang patuloy na dedikasyon ng Pamahalaang Lungsod ng Bacoor na pangalagaan ang kabuhayan ng mga mangingisda, habang pinananatili ang maayos na ugnayan sa mga karatig-lungsod.

(city government of bacoor)

Dasmariñas City, Province of Cavite, February 6, 2026.

GERALD A. FARGAS
Sheriff IV

ATTY. MARCELA BAYBAY
Clerk of Court & Ex-Officio Sheriff

Copy furnished:

BANGKO SENTRAL NG PILIPINAS
BSP Building, A. Mabini corner P. Ocampo Streets, Malate, Manila
Atty. Carlo A. Tagayuna / Atty. Antonio E. Escobar

TAGAYUNA PANOPIO ESCOBER LAW FIRM
2nd Flr., AZPHI Bldg., 2840 Ma. Aurora cor E. Zobel Sts., Poblacion, Makati City

MARITES H. REGIDOR
Blk. 22 Lot 78, Phase II, Area I, Dagat-Dagatan, Navotas, Metro Manila
Lot 7, Blk. 20, Dexterville Classic, Brgy. Sabang, Dasmariñas City, Cavite

Notice Posted at:

1. The Bulletin Board of Regional Trial Court Dasmariñas City, Cavite
2. The Bulletin Board of Dasmariñas City Hall
3. The Bulletin Board of Dasmariñas City Post Office
4. The Bulletin Board of Dasmariñas City Public Market

HUMANITY NEWS
FEBRUARY 16, 23, & MARCH 2, 2026

PHILHEALTH YAKAP CARAVAN FOR THE STUDENTS, FACULTY, AND STAFF OF DR. JOSE P. RIZAL ELEMENTARY SCHOOL IN DASMARIÑAS CITY, CAVITE



The Local Health Insurance Office (LHIO) Dasmariñas extended its mission of health protection to the youth by conducting the Yaman ng Kalusugan Program (YAKAP) Caravan at Dr. Jose P. Rizal Elementary School in Dasmariñas City, Cavite on February 3, 2026.

Recognizing that a child's education is best supported by a foundation of good

health, this initiative focused on disease prevention through the lens of social insurance and health security. By bringing essential services directly to the campus, LHIO Dasmariñas ensured that students, faculty, and staff have seamless access to their health benefits.

The caravan streamlined the online registration process, emphasizing the

importance of being prepared long before a medical emergency arises. In the bustling environment of an elementary school, the event served as a proactive shield, ensuring that families can focus on their children's learning without the constant shadow of potential healthcare costs.

This successful collaboration between

the health and education sectors highlights LHIO Dasmariñas' dedication to community-wide wellness. By securing the health of our students today, we are investing in a more resilient and protected generation for tomorrow.

The YAKAP Caravan continues to prove that when we embrace the community with support, we build a safer future for everyone.

Congresswoman Lani Mercado Nakiisa sa Technical Working Group ng Panukalang Batas para sa Safe and Humane Processes. from p. 1



Nakiisa at nakibahagi si Congresswoman Lani Mercado Nakiisa sa Technical Working Group para sa mga panukalang batas na tumalakay sa safe and humane processes kung saan kabilang dito ang House Bill No. 2332 o An Act Prescribing a Code of Conduct for the Proper and Safe Eviction

of Underprivileged and Homeless Citizens or the Demolition of Their Dwellings.

Kasama sa nasabing pagpupulong ang iba't ibang ahensya at stakeholders sa Technical Working Group kung saan naging masusi at maingat ang nasabing talakayan.

Bawat probisyon

ay sinuri at pinagtibay upang matiyak na ang mabubuon ng batas ay tunay na makatao at epektibo sa pagpapatupad.

"Malinaw ang ating paninindigan: bigyang proteksyon ang underprivileged at homeless citizens, tiyakin ang pagsunod sa Konstitusyon, at isulong

ang mga polisiya na may malasakit, pananagutan, at hustisiya.", pahayag ng Kongresista.

Patuloy nating isusuloj ang karapatan ng mga maralita at walang tiraham, lalo na ang kanilang karapatan sa ligtas, makatao at makatarungang proseso sa harap ng eviction o demolisyon.



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

Medical and Dental Mission brings free health services to residents of Villa Apolonia



The Provincial Government of Cavite successfully conducted a medical and dental mission at Villa Apolonia, Brgy. Ibayo Silangan, Naic on February 6, providing free health services to a total of 627 beneficiaries.

Residents availed various essential health services including medical consultations, dental check-ups and tooth extractions, diagnostic procedures such as blood sugar testing, ECG, and X-ray, as well as free prescribed medicines. These services aimed to promote early detection, prevention, and proper management of common health concerns within

the community.

The activity was made possible through the collaborative efforts of medical and dental professionals from the Office of the Provincial Health Officer, with the help of barangay personnel, who ensured the smooth and orderly delivery of services throughout the mission.

The medical and dental mission reflects the provincial government's continued commitment to bringing accessible and quality healthcare closer to communities, especially in barangays, reinforcing its dedication to the welfare and well-being of Caviteños.---

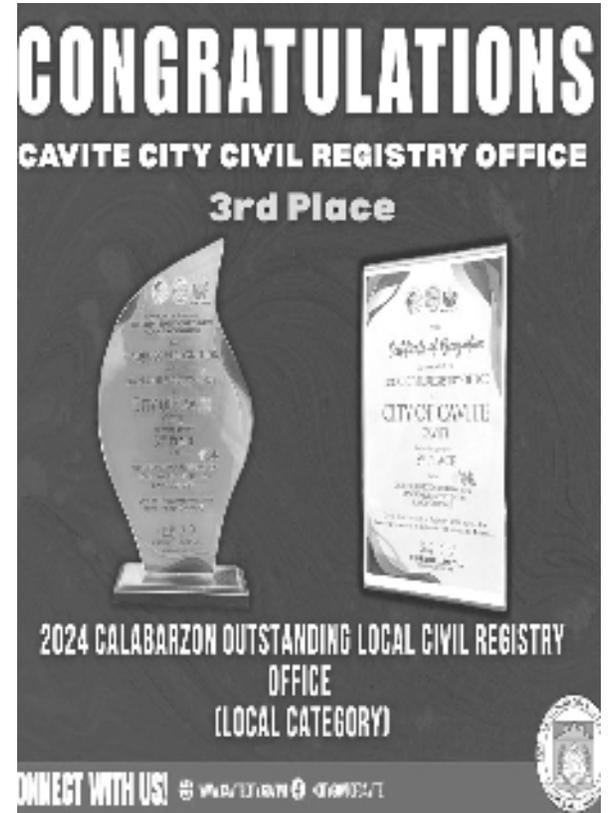
OPIO

FREE CONCERT SA FEBRUARY 21 NA!



Libre ang saya dahil FREE ADMISSION ito para sa lahat! Kaya isama na ang barkada, pamilya, at special someone para sa isang gabing puno ng musika at pagmamahalan sa malamig na simoy ng Tagaytay! ☑
 ☑ Pebrero 21, 2026 ☑ 5:00 PM ☑ Tagaytay City Concert Grounds
 ☑ Gates open at 3:00 PM
 Huwag magpahuli — markahan na ang inyong mga kalendaryo! Kita-kits sa pinakamakulay at pinaka-romantikong music fest ng taon!

Cavite City Civil Registry Office—3rd Place (2024 Calabarzon Local Civil Registry Office, Local Category)



The City Government of Cavite is proud to announce the City Civil Registry Office's success at the 2024 CALABARZON Outstanding Local Civil Registry Office, Local Category, where they had the honor to receive an award for being ranked as the 3rd Place.

With the ongoing Civil Registration Month this February, the City Government of Cavite hopes that the Civil Registry Office will continue to serve the interests of the people by keeping the vital records of Caviteños safe and secured.

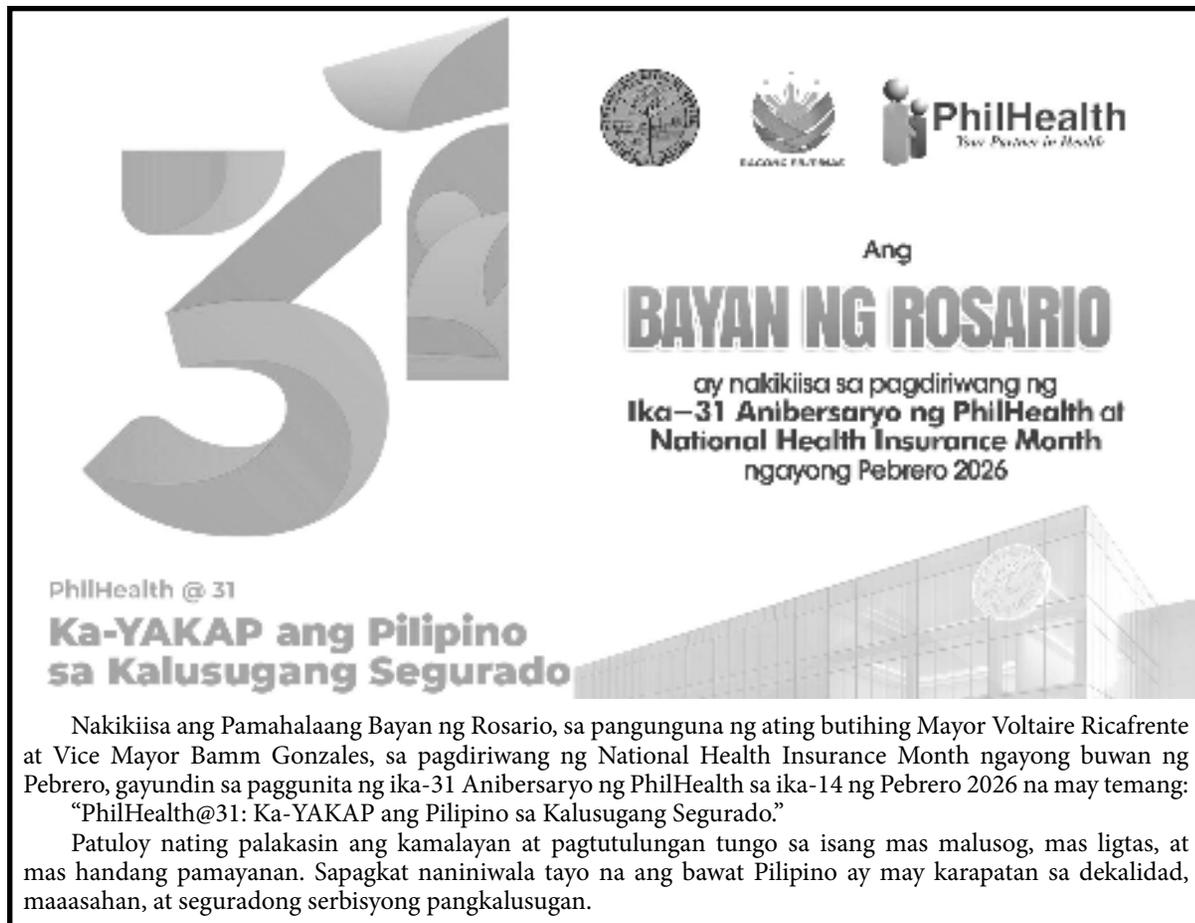
PHILIPPINE HEART MONTH: HEALTHY HEART CLUB ASSEMBLY



Pinangunahan ng Office of the City Health Officer ang Healthy Heart Club Assembly bilang bahagi ng selebrasyon ng Philippine Heart Month na may "Maging malasog, maging maingat ngayong Philippine Heart Month". Sa naturang assembly ay tinalakay ang mga Guidelines

at Protocols ng naturang samahan sa pangangasiwa ni Dr. Cristy May Española. Tinalakay naman ni Dr. Regina Mangubat Reyes-Erispe ng Perpetual Help Medical Center-Biñan ang mga dapat malaman tungkol sa Venous Thromboembolism. *City Government of Carmona*





PhilHealth @ 31
Ka-YAKAP ang Pilipino sa Kalusugang Segurado

Ang **BAYAN NG ROSARIO** ay nakikiisa sa pagdiriwang ng **Ika-31 Anibersaryo ng PhilHealth at National Health Insurance Month** ngayong Pebrero 2026

Nakikiisa ang Pamahalaang Bayan ng Rosario, sa pangunguna ng ating butihing Mayor Voltaire Ricafrente at Vice Mayor Bamm Gonzales, sa pagdiriwang ng National Health Insurance Month ngayong buwan ng Pebrero, gayundin sa paggunita ng ika-31 Anibersaryo ng PhilHealth sa ika-14 ng Pebrero 2026 na may temang: "PhilHealth@31: Ka-YAKAP ang Pilipino sa Kalusugang Segurado."

Patuloy nating palakasin ang kamalayan at pagtutulungan tungo sa isang mas malusog, mas ligtas, at mas handang pamayanan. Sapagkat naniniwala tayo na ang bawat Pilipino ay may karapatan sa dekalidad, maaasahan, at seguradong serbisyong pangkalusugan.

PGC Kicks Off 2026... from p. 3

Trece Martires City. Employees from various departments gathered in high spirits, proudly representing their respective offices in a colorful parade of teams that highlighted unity, camaraderie, and sportsmanship. The event marks the beginning of months of friendly competition, with sports activities scheduled to run until July 2026.

Adding excitement to the opening program was the awarding of special recognitions to outstanding delegations. The Office of the Provincial Health Officer (OPHO) proudly took home the Best Delegation Award for their energetic participation and strong team presence. The Office of the Provincial Environment and Natural Resources Officer (OPENRO) was recognized as the Best in Uniform. Meanwhile, Ms. Hershey Lyn Sarte of the Office of the Sangguniang Panlalawigan (OSP) captivated the audience and judges as she was hailed Best Muse for her grace and confidence.

This year's Sportsfest will feature a variety of sporting events catering to diverse interests and talents, including badminton, chess, darts, e-sports (Mobile Legends), volleyball, and basketball. These activities aim to promote physical fitness, teamwork, and a healthy work-life balance among PGC employees.

The annual Inter-Department Sportsfest is one of PGC's initiatives to strengthen solidarity and boost morale within the organization. Through sports and friendly competition, employees are given the opportunity to build stronger relationships beyond the workplace while fostering discipline, cooperation, and mutual respect.

As the games officially commence, departments are gearing up for intense yet friendly matches in the coming months, all in the spirit of unity and excellence that define the Provincial Government of Cavite. — OPIO

1ST Place sa 2024 CALABARZON Most Outstanding City Civil Registry Office... from p. 1

Registry Office (Super Extra Large Category). Ito ay bilang parte ng 36th Civil Registration Month na ginanap sa Solano Hotel, Lipa City, Batangas kahapon, Pebrero 11 2026.

Ang pagkilalang ito ay patunay ng pagiging masinop, tapat, at mahusay na serbisyo publiko sa bawat Treceño. Ito ay bunga ng kolektibong pagsisikap, disiplina, at dedikasyon ng mga kawani na patuloy na nagsisilbi nang may

propesjonalismo at malasakit.

"Malugod ko pong ipinagmamalaki ang pagkakamit ng City Government of Trece Martires - Office of the City Civil Registrar ng 1st Place sa 2024 CALABARZON Most Outstanding City Civil Registry Office (Super Extra Large Category, tuloy tuloy po natin ang maayos at magandang serbisyo para sa mga Treceño", pahayag ng nasabing akklade.



CAVITE HIGHLIGHTS
By: **Yna Palparan Bautista**

Mariano Alvarez- Siya ang pangulo ng Magdiwang Council ng Katipunan at kamag-anak ni Gregoria De Jesus na asawa ni Andress Bonifacio. Hindi na siya lumahok sa rebolusyon matapos patayin si Bonifacio.

Health Benefits...

Kaalaman tungkol sa Balbas-bakiro bilang halamang gamot

Ang balbas bakiro ay isang gumagapang na halaman (vine) na karaniwang matatagpuan sa mga lugar na nasa Timog-Silangang Asya kung saan kabilang ang Pilipinas. Ang mga dahon ay palapad at

Scientific name: Momordica cochinchinensis (Lour.) Spreng; Momordica meloniflora Hand-Mazz.; Momordica



macrophylla Gage
Common name: Balbas-bakiro, Patolang-uwak (Tagalog); Baby jackfruit, Cochinchin gourd, Spiny bitter cucumber (Ingles)

nababalutan ng maliliit na mga buhok. Ang bunga ay mabilog, may tusok-tusok na balat at maaaring kulay dilaw o berde. Ang laman ay mamulamula at may mga malalaking buto.

Ano ang mga sustansya at kemikal na maaaring makuha sa Balbas-bakiro?

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

Ang laman ng bunga ay mayaman sa β-carotene at lycopene. Makukuhanan din ito ng vitamin E

May taglay ding heptacosane, ursolic acid, oleanolic acid, 18-pentatriacontanone, stigmast-4-ene-3β,6α-diol at stearic acid

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:

Ugat. Karaniwang kinakatasan ang ugat upang magamit na panggamot sa ilang kondisyon.

Buto. Ang mga buto ay karaniwang pinatutuyo at nilalaga upang mapainom sa may sakit. Maaari ding kuhanan ng langis ang mga buto upang magamit sa pangagamot.

Ano ang mga sakit at kondisyon na maaaring matulungan ng Balbas-bakiro?

Kuto at lisa. Ang mga peste sa ulo ay maaaring maalis sa tulong ng paglalagay ng katas ng ugat ng balbas bakiro. Ginagamit ito na parang sabon o shampoo.

Ubo. Mabisang panglunas sa kondisyon ng pag-uubo ang pag-inom sa pinaglagaan ng pinatuyong buto ng balbas bakiro.

Paglalagas ng buhok. Maaari ding ipahid sa ulo ang katas ng ugat ng balbas bakiro upang maiwasan ang patuloy na paglalagas ng buhok.

Pagsusugat. Ang mas mabilis na paghilom ng sugat ay matutulungan din ng pagpapahid ng langis mula sa buto ng balbas bakiro.

Hirap sa pagdumi. Ang pag-inom sa pinaglagaan ng dahon ay makatutulong na maibsan ang pagtitibi o hirap sa pagdumi.

ECUMENICAL PRAYER RALLY para sa KATOTOHANAN at HUSTISYA kay dating SEN. BONG REVILLA



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Dinagsa at nakiisa ang mahigit sa 15,000 Caviteño mula sa iba't ibang panig ng lalawigan ang nagtipon sa Aguinaldo Shrine sa bayan ng Kawit noong nakaraang Linggo (Pebrero 8) upang makiisa sa Ecumenical Prayer Rally para kay dating Senador Ramon Bong Revilla, Jr.

Ang pagtitipon ay isinagawa sa gitna ng patuloy na pag-aakusa kay Senador Bong Revilla, na kasalukuyang nasa kustodiya ng Quezon City Jail Male Dormitory.

Napuno ang lugar ng mga tagasuportang lubos na iginiit ang kawalan ng katarungan sa pagkakapiit

ng senador, kasabay ng panawagan para sa isang makatarungan at patas na proseso ng hustisya. Anya ng mga matatagal na raw na tagasuporta ni Revilla na nagtungo sa Aguinaldo Shrine, bunga lamang daw ito ng pulitika at ang nakapiit na mambabatas ang biktima lamang panggigipit.

Bandang alas singko ng hapon, ng nagsimula ang ecumenical gathering na pinangunahan ng mga kinatawan mula sa simbahang katolika, mga kristyano at protestanteng denominasyon, mga kapatid na muslim, at iba pang religious groups. Ang naganap na

pagtitipon ay pinta ng isang makapangyarihang larawan ng pagkakaisa ng iba't ibang pananampalataya sa isang layunin – ang ipanalangin ang kapayapaan ng bansa at ang pananaig ng katotohanan.

Dinaluhan ang rally ng mga samu't saring supporters, civic groups, at people's organizations mula sa iba't ibang bayan at lungsod ng Cavite na nagpahayag ng paniniwalang ang batas ay dapat manaig nang walang kinikilingan.

"Nandito kami para manalangin. Ang hinihingi lang namin ay due process – ang

pagkakataong marinig ang buong katotohanan," pahayag ng isang supporter mula sa Bacoor sa isang ambush interview.

"Bilang mga Caviteño, kilala namin ang pagkatao at serbisyo ni Senador Bong Revilla. Noon pa mang nagsisimula siya na paglingkuran ang bayan, naging gobernador, naging bise-gobernador, alam naming hindi niya magagawa ang inaakusa sa kanya. Naniniwala kami na sa tamang panahon, lalabas ang katotohanan," ayon naman sa isang miyembro ng people's organization mula sa

nagpapakita ng suporta sa kanyang pamilya.

"Maraming salamat po sa inyong lahat na patuloy na naniniwala, nagdarasal, at naninindigan para sa katotohanan. Ang inyong presensya at panalangin ang nagbibigay ng lakas sa aming pamilya sa panahong ito ng pagsubok," pahayag ni Congresswoman Mercado-Revilla.

"Buong tiwala kami na makakamtan muli ang hustisya para kay Bong. Sa tulong ng Diyos at sa tamang proseso ng batas, ang katotohanan ay lalabas at mananaig," dagdag niya.

Nagtapos ang Ecumenical Prayer Rally sa isang samasamang panalangin para sa kapayapaan ng bansa, katatagan ng mga institusyon, at pananaig ng katarungan isang tahimik ngunit matibay na mensahe ng pagkakaisa ng mga Caviteño sa harap ng pagsubok at hamon ng panahon.

MARGIE BAUTISTA

PGC extends health outreach program to Silangeños



The Provincial Government of Cavite successfully conducted a medical mission on February 10, at Brgy. Lalaan 2, Silang, bringing accessible and much-needed healthcare services closer to the community.

The Office of the Provincial Governor, in collaboration with the

Office of the Provincial Health Officer through the GEAMH team, and with the support of local health workers and barangay officials, provided residents with a wide range of free medical services. A total of 561 residents received medical consultations, with diagnostic services including FBS tests, X-ray

procedures, and ECG screenings – ensuring timely health assessments and preventive care for community members.

The activity was graced by 5th District Board Member Aidel Paul G. Belamide and Punong Barangay Eric Sulit, together with dedicated Barangay Health Workers, whose collective efforts ensured the smooth and organized delivery of services throughout the mission.

The provincial government remains steadfast in its commitment to implementing programs that promote healthier, stronger, and more resilient communities across Cavite.--- OPIO

Localized Social Pension Program sa Barangay Halang



Nakiisa si Mayor Rommel Magbitang sa Localized Social Pension Program para sa mga Senior Citizens ng Bayan ng Naic, na ginanap sa Villa de Adelaida Homes, Brgy. Halang ngayong Huwebes, February 12, 2026.

Layunin ng programa na suportahan at bigyang seguridad ang mga nakatatanda sa

komunidad, kasabay ng pagtitiyak na bawat benepisyaryo ay natatanggap ang kanilang tulong nang maayos at tama.

(Municipality of Naic)

