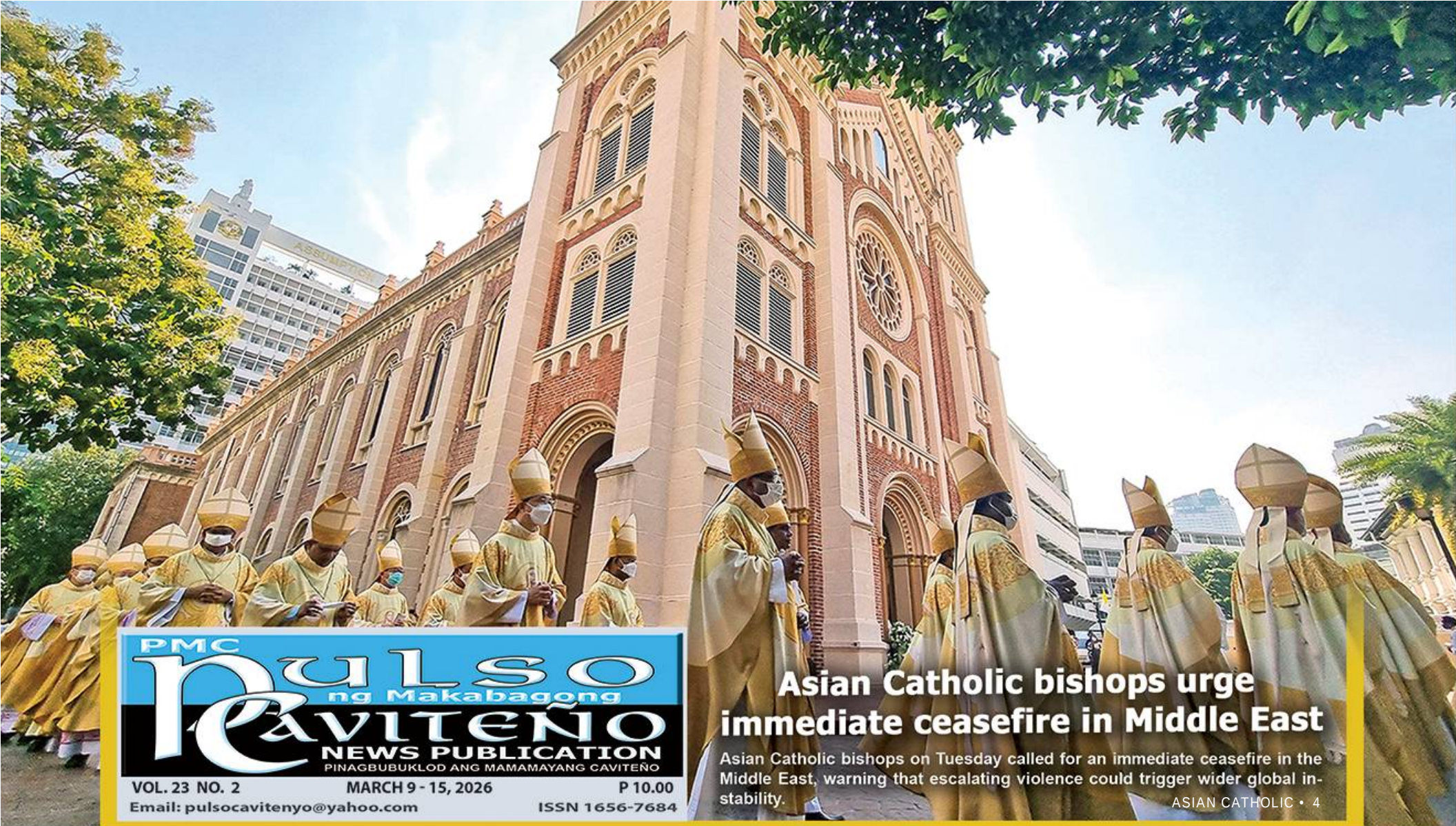




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Asian Catholic bishops urge immediate ceasefire in Middle East

Asian Catholic bishops on Tuesday called for an immediate ceasefire in the Middle East, warning that escalating violence could trigger wider global instability.

ASIAN CATHOLIC • 4

Cavite's 'Alagang Ina' ordinance pushes aid for kids with chronic diseases

TRECE MARTIRES CITY, Cavite (PIA) — Local legislators in Cavite province are prioritizing ordinances advocating for the welfare of children undergoing long-term treatment – an effort that did not go unnoticed by the Philippine Councilors' League (PCL).

Proposed by Councilor AJ Humarang of Trece Martires City, the Alagang Ina ordinance aims to provide P 30,000 annual financial assistance to children aged 0 to 17, undergoing long-term treatment for non-communicable diseases.

This includes diseases such as childhood cancer, autism, epilepsy, hydrocephalus, heart diseases, chronic kidney diseases, among others. **CAVITE • 4**

Cavite fisher shows diesel he bought amid oil price hike



A fisherfolk leader in Cavite displayed a four-liter container of diesel he bought for his fishing trip, noting the impact of the staggered oil price hikes.

The photo posted on Facebook by fisher group Pambansang Lakas ng Kilusang Mamamalakaya ng Pilipinas (Pamalakaya) was captioned: **CAVITE FISHER • 4**

DOST Ilocos Region Booth Wins Grand Prize at Agri-Tourism and Community Fair

The Department of Science and Technology Ilocos Region (DOST Ilocos Region) was recognized as **GRAND WINNER - Best Agri-Tourism Booth Competition** during the Agri-Tourism and Community Fair held from March 6–10, 2026, in celebration of the 28th Cityhood Founding Anniversary of the City of San Fernando, La Union.



The DOST Ilocos Region booth showcased various science and technology programs, services, and innovations aimed at supporting agriculture, local industries, and community development. Through engaging exhibits and discussions, visitors were able to learn how science and technology initiatives help empower communities and promote sustainable growth in the region.

The successful participation of DOST Ilocos Region was made possible through the leadership and coordination of DOST La Union Provincial Director Jonathan M. Viernes and the dedicated efforts of the DOSTOneSCIGLAT Team. **(Sheshenie Janae M. Perez)**

NEWS

APCU Opens Nominations for the 6th Award for Promoting Philippines – China Understanding (APPCU) 2026

MANILA, Philippines — The Association for Philippines–China Understanding (APCU) has officially opened nominations for the 6th Award for Promoting Philippines–China Understanding (APPCU) 2026 during a launch held Friday at the Federation of Filipino Chinese Chambers of Commerce and Industry, Inc. (FFCCCII) in Binondo, Manila.

During a press conference, APCU Chairman and President Raul Lambino announced that the 2026 edition marks the sixth staging of the APPCU Awards, organized in coordination with the Embassy of the People's Republic of China in the Philippines.

Lambino expressed gratitude to the Federation of Filipino Chinese Chambers of Commerce and Industry, Inc. (FFCCCII) for allowing the use of its venue for the event.

The APPCU Awards were first organized in 2020 through the initiative of former Education Secretary Alejandro Roces and former President Gloria Macapagal-Arroyo, who now serves as Representative of Pampanga.

According to Lambino,

the awards aim to recognize Filipinos who have made significant contributions in promoting friendship, cooperation, and mutual understanding between the Philippines and China.

He emphasized the importance of strengthening people-to-people relations between the two countries through education, cultural exchanges, business cooperation, and other collaborative initiatives.

Lambino also expressed confidence in the Department of Foreign Affairs (DFA), led by Secretary Teresa Lazaro, in maintaining diplomatic relations between the Philippines and China despite ongoing issues in the West Philippine Sea.

The APPCU Awards recognize individuals in five categories who have



helped foster better understanding and cooperation between the two countries.

The awards ceremony is tentatively scheduled for mid-June 2026, depending on the availability of the venue.

Meanwhile, APCU Director Mafee Cai said nominations may be submitted through the organization's official website, apcu.org.ph, or via email. She added that all Filipinos are encouraged to nominate individuals who have contributed to strengthening Philippines–China relations.

Director Brian James Lu urged nominators to clearly explain how their

nominees have helped promote better understanding between the two countries.

Also present during the launch were APCU Vice Chairman Sixto

Benedicto and Directors Joaquin Sy and Dr. Lily Tan Lim, who encouraged the public to participate in the nomination process for the 6th APPCU Awards. —

G.I.E.C.E.L., AN-PAPI VP Visayas Courtesy of Perfecto Raymundo, Mabuhay News Online, and Raffy Rico of Noon Break Balita.

S&T Exchange: DOST Rizal welcomes DOST Bulacan for benchmarking visit

Rizal Province — Strengthening inter-provincial ties through knowledge sharing, DOST PSTO-Rizal recently hosted a benchmarking visit for the DOST PSTO-Bulacan team, led by Dir. Angelita Q. Parungao, Chief Science Research Specialist. The visit served as a platform to showcase best practices in S&T implementation and local innovation.



First Stop: PSTO-Rizal Office

The day began with a warm welcome from Ms. Una Grace M. Dollete, OIC-Provincial S&T Director of DOST Rizal. During a productive session, OIC Dollete detailed the office's organizational structure and the strategic roles of its staff across key programs, including SETUP, GIA, S&T Rollout, Consultancy and Trainings, Scholarships, Smart and Sustainable Communities, and the iHUB. To support Bulacan's local planning initiatives, OIC Dollete also shared valuable insights into Rizal's STI Plan in relation to the ISTART program.

Site Visit: Sealtite Co., Inc. (Taytay)

The delegation then proceeded to Taytay to visit Sealtite Co., Inc., one of Rizal's successful SETUP cooperators. Mr.

Alvin Gigante, Sales Manager and Product Development Lead, toured the team through their production facility, highlighting the impact of DOST's interventions. Specifically, the PVC Soft Extruder Line (Phase I) and the PVC Soft Gasket Extrusion Line (Phase II) have significantly bolstered the company's manufacturing capabilities and operational efficiency.

Innovation in Education: ACNSTHS 21st CLEM

For the final leg, the group arrived at the Antipolo City National Science and Technology High School (ACNSTHS), where they were graciously received by School Principal Dr. Janice Maravilla.

Ms. Leah B. Juntado, the primary focal person for the 21st Century Learning Environment

Model (CLEM), hosted a mini-program demonstrating the key features and technologies of the modern classroom. Mr. Raphael San Antonio, Science Research Specialist II, highlighted the importance of collaborative efforts, noting how the successful implementation and classroom renovations were made possible through the robust support of the Local Government Unit (LGU) of Antipolo.

The school expressed its enthusiasm for the partnership and its readiness to welcome future benchmarking groups to inspire more educators and innovators.

This exchange of ideas ensures that Science, Technology, and Innovation continue to thrive across CALABARZON and Central Luzon! **(By Raphael Dorutheo Martin A. San Antonio)**

DTI QUEZON LEADS CACAO INDUSTRY CLUSTER STRATEGIC PLANNING MEETING 2026

The Department of Trade and Industry (DTI) – Quezon Provincial Office convened key stakeholders from the cacao sector for the Quezon Cacao Industry Cluster Strategic Planning Meeting, focusing on the Provincial Work Plan formulation aligned with the CALABARZON Cacao Industry Roadmap 2026–2030.

The activity was held on March 11, 2026, at the DTI–Quezon Conference Room, LGCTI Bldg. Ilayang Dupay, Lucena City, bringing together representatives from government agencies, the Provincial Government of Quezon, cacao farmers, processors, industry players, and support institutions.

The activity opened with a welcome message from DTI Quezon Provincial Director Julieta L. Tadosa, followed by the presentation of the Quezon Cacao Industry Situationer for CY 2025 by the Office of the Provincial Agriculturist (OPA). Lead agencies also presented their 2025 accomplishments based on the strategies outlined

in the industry roadmap.

Participating agencies and stakeholders further presented their sectoral commitments to the Philippine Cacao Industry Roadmap 2026–2030, followed by a target-setting activity facilitated by DTI. Highlights of the Regional Cacao Roadmap 2026–2030 were also presented to provide direction for the province's cacao industry development initiatives.

In the afternoon session, participants engaged in workshops focusing on identifying issues and concerns, as well as action planning, both anchored in the priorities identified in the CALABARZON roadmap. The workshops enabled stakeholders to

collaboratively identify challenges, propose solutions, and formulate concrete action plans to strengthen the cacao value chain in the province. The activity concluded with the presentation of consolidated action plans by the participants, outlining strategic programs and initiatives aimed at improving productivity, enhancing product quality, expanding market opportunities, and empowering local cacao enterprises.

The initiative highlighted the shared commitment of stakeholders to build a more competitive, sustainable, and globally recognized cacao industry in Quezon Province and the CALABARZON region.

Editorial

Lip service to transparency

A FEW months ago, the Senate bragged that it had moved beyond just talking about transparency. As discussions of the 2026 national budget got underway, senators framed the livestreaming of committee hearings, plenary debates, and bicameral conference committee deliberations as the “new normal” that set a new standard for transparency in government.

Sadly, these same senators seem to be merely paying lip service to openness when it involves allegations of wrongdoing by some of their own.

Last week, a group of petitioners asked the Supreme Court to compel the Senate Blue Ribbon Committee to release its partial draft report on its investigation into anomalous flood control projects.

The petitioners — lawyers Eldridge Acheron, Sikini Labastilla and Purificacion Bartolome-Bernabe — filed before the high court a petition for mandamus and certiorari challenging the Senate panel’s denial of their request to release that draft report.

In its Feb. 23 decision to turn down the request, the committee invoked “deliberative process privilege,” arguing that releasing an unfinished draft would hinder “frank deliberations” and create a chilling effect on internal government discussions.

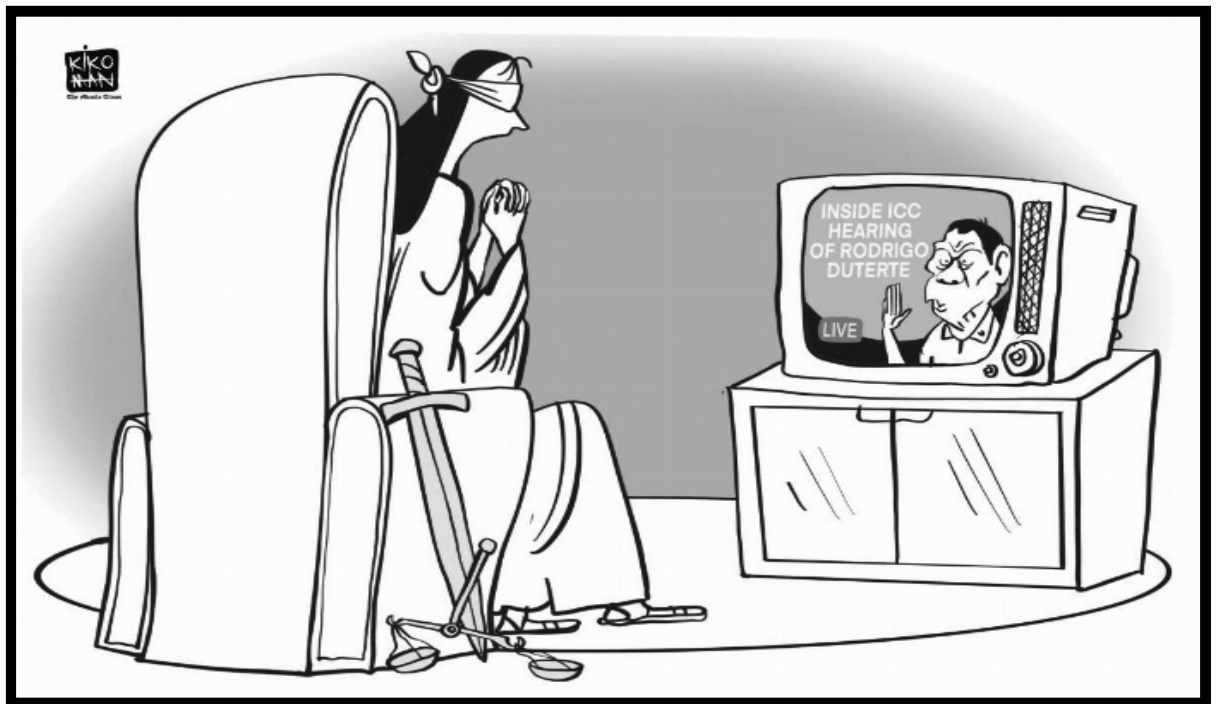
The petitioners, however, said this privilege was waived when Sen. Panfilo Lacson, the panel’s chairman, disclosed the report’s contents over three weeks, and confirmed that the draft report recommended plunder, bribery and malversation charges against Senators Joel Villanueva, Jinggoy Estrada and Chiz Escudero; detained former senator Bong Revilla; resigned lawmaker Zaldy Co; and former Caloocan representative Mitch Cajayon-Uy.

“Chairman Lacson is the institutional holder of the deliberative process privilege he now invokes against petitioners. He is not a rogue subordinate acting without authority. He is the chairman — the very person empowered to decide what the committee discloses and what it withholds. When the privilege-holder chooses to publicly disclose the substance of the privileged material, the privilege is surrendered, not stolen,” the petition said.

The petitioners also said the 1987 Constitution guaranteed the people’s right to information on matters of public concern.

“The right to information is not a gift from the state to the citizen. It is a guarantee the citizen holds against the state. It is time this Honorable Court enforced it,” they added.

They also asked the Supreme Court to issue a



writ of mandamus compelling the committee to release the full, complete and unredacted draft partial committee report as it existed on or about Feb. 3 and 4, 2026.

The arguments are convincing, and the Senate’s suggestion that releasing the draft report would somehow have a “chilling effect” on the robustness of their deliberations seems ludicrous, at best.

In early February, a draft of the committee report had already been leaked to the media. Senate President Vicente Sotto III and other leaders immediately played this down, saying it was “unofficial” and “premature.”

Under Senate rules, a committee report requires the signatures of a majority of the committee members (at least 11) to be officially tabled for plenary discussion. While some senators signed the draft, three of them — Juan Miguel Zubiri, JV Ejercito and Sherwin Gatchalian — withdrew their signatures from the draft, saying they needed more time to review the 500-page document, particularly the specific evidence backing the criminal recommendations against their colleagues. Following these withdrawals, Lacson admitted that the number of active signatures dropped significantly, from six to three, effectively stalling the report.

The Senate opened its investigation into the flood control scandal on Aug. 19, 2025, prompted by a series of disclosures regarding the disproportionate

concentration of multibillion-peso contracts among a small group of favored contractors, as well as the discovery of “ghost projects” following severe flooding across the country.

The motu proprio inquiry, titled “Philippines Under Water,” had these objectives: identify irregularities; uncover corruption networks; address budget misallocation; evaluate the government’s flood control master plan; and lead to legislative reform.

To achieve these objectives, the investigation — and the resulting report — must be credible. But how credible can it be, when it remains shrouded in secrecy?

The Senate maintains that the refusal to release the report is purely procedural, ensuring the document is “clean” and vetted — and signed — before it becomes an official state record. To critics and the general public, however, the delay might well be seen as attempt to “sanitize” the report or protect colleagues.

Such suspicions were bolstered on Feb. 10, when Lacson confirmed that the committee was “polishing” the report to change recommendations from “filing of plunder charges” to “preliminary investigation.”

With all due respect to the Senate Blue Ribbon Committee chairman, such a drastic change can hardly be called “polishing.” “Whitewashing” might be the more accurate term.

Solusyon sa Varicose Veins

Napakarami ang may problema sa malalaking ugat sa paa at kamay. Hindi ito maganda tignan at minsan ay sumasakit pa. Mabigat at pagod ang pakiramdam ng may varicose veins. Ano ba ang solusyon dito?

1. Huwag ma-guilty — Mga 17% ng pasyente ay may varicose veins. Ito ay dahil namana natin ito sa ating mga magulang.

2. Itaas ang kamay o paa — Ang sanhi ng varicose veins ay ang pagluwag ng ating mga ugat. Kapag laging nakababa ang ating paa, mag-iipon dito ang dugo at mamamaga ang ating ugat. Kaya umupo at ipatong ang paa sa isang silya o kutson. Ipatong din ang kamay sa isang unan at itaas ng ilang ulit sa isang araw.

3. Magsuot ng support stockings o masikip na medyas — Mabibili ito sa mga SM department store o sa medikal na tindahan. Ayon kay Dr. Katty Go, ang support stockings o compression stockings ang pinakamabisang lunas sa varicose veins. Gamitin ito palagi.

4. Huwag tumayo ng ilang oras — Kung ang trabaho mo ay security guard, pulis o saleslady, puwede kang magka-varicose veins. Galaw-galawin ang iyong paa habang nakatayo. Parang nag-e-exercise ka para umakyat ang dugo mula sa paa pabalik sa puso. Kung puwedeng umupo ay mas mainam sana. Sundin ang payo ko na magsuot ng compression stockings.

5. Itaas ang paa habang natutulog — Ipatong ang

DOKTOR NG MASA

ni Dr. Willie Ong



ating paa sa isang unan para mabawasan ang pag-iipon ng dugo dito.

6. Huwag magsuot ng masikip na pantalon — Kapag masikip ang ating pantalon, puwedeng maipit ang mga ugat sa paa. Siguraduhing katamtaman lang ang sikip para makadaloy ang dugo sa ating mga ugat.

7. Kumain ng mga gulay na mataas sa fiber tulad ng patola, pechay, okra, at kangkong. Ang prutas tulad ng papaya at pinya ay may fiber din. Sa tulong nito, magiging regular ang iyong pagdumi. Kapag malambot ang inyong dumi, makaiwas kayo sa varicose veins at sa almoranas din.

Kung malaki at masakit na ang inyong varicose veins, mainam na magpakonsulta sa isang doktor. Sa may malalaking ugat, mayroon ding operasyon na ginagawa ang mga surgeons.

Huwag basta maniwala sa mga mamahaling gamot o pamahid para sa varicose veins. Mag-ingat at baka mapeke lang kayo. Sundin muna natin ang 7 payo na inilista ko.

SUBSCRIPTION RATE

1 Month	P 20.00	3 Months	P 60.00
6 Months	P 120.00	One Year	P 240.00

ADVERTISING RATE

Commercial.....P200.00/col. cm. Legal.....P160.00/col. cm.

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LEGAL NOTICES

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
City of Bacoor
Email: rtc1bcrocc@judiciary.gov.ph
Telephone No. 09273707489

AFC SME FINANCE, INC.,
(Represented By: **Judy P. Ignacio**)
Mortgagee,

-versus- **Foreclosure No. 2026-25**
For: Extra-Judicial Foreclosure of
Real Estate Mortgage

SPS. HERMINIGILDO B. BALETE
AND GILDA A. BALETE,
Mortgagors.

X----- X

NOTICE OF EXTRA JUDICIAL FORECLOSURE

Upon Extra-judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, **AFC SME FINANCE, INC., (Represented By: Judy P. Ignacio)**, at Unit 310 AIC Gold Tower, Emerald Ave., Corner Garnet St., Ortigas Center, Pasig City, and against the mortgagors, **SPS. HERMINIGILDO B. BALETE AND GILDA A. BALETE** at L12 B4 Mondale St., Parkdale 1, Perpetual Village 7, Mambog V. Bacoor City, Cavite, Philippines, to satisfy the mortgagee indebtedness which as of October 28, 2025, amounts to **NINE HUNDRED NINETY ONE THOUSAND FOUR HUNDRED SEVENTY TWO PESOS (P991,472.00)**, Philippine Currency, inclusive of interest, and penalty charges but exclusive of other fees incident to this foreclosure, the undersigned or her duly authorized representative will sell at the public auction on **April 14, 2026 at 10:00 o'clock in the morning** or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, 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. (T-288423)
057-2025013480

"A PARCEL OF LAND (LOT 12, BLK. 4 OF THE SUBD. PLAN PSD-04-022102, BEING A PORTION OF LOT 4740-A, FLS-1689-D, LRC REC. NO.), SITUATED IN THE BO. OF MALUMOT, MUN. OF BACOR, PROVINCE OF CAVITE. XX X, CONTAINING AN AREA OF **ONE HUNDRED TWENTY (120) SQUARE METERS.**"

"All sealed bid 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, it shall be held on **April 21, 2026**, without further notice."

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

City of Bacoor, March 2, 2026.

(Sgd.) **MELY C. HERMOSURA-VISTA**
Clerk of Court VI

By:
(Sgd.) **TRISTAN C. MIRANO**
Sheriff IV

Copy Furnished:

AFC SME FINANCE, INC.
Unit 309, AIC Gold Tower, F. Ortigas Jr. Road (Ex-Emerald Ave.) Ortigas Center, Pasig City

SPS. HERMINIGILDO B. BALETE AND GILDA A. BALETE
L12 B4 Mondale St., Parkdale 1, Perpetual Village 7, Mambog V. Bacoor City, Cavite, Philippines

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

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: March 9, 16 & 23, 2025

DOST Soccsksargen

from
page 8

Sammy P. Malawan and Provincial Director Dr. Michael T. Mayo attended the summit and joined discussions on advancing bamboo technologies, sustainable plantation development, and value chain expansion.

From Carmen, North Cotabato, Mr. Jerry John Taray, Chief Executive Officer of Kilambay Plantation Corporation, served as a guest plenary speaker. He presented the topic

"Growing the Future: Sustainable Plantation Models for a Resilient Bamboo Industry."

During his presentation, Mr. Taray highlighted the Free, Prior, and Informed Consent or FPIC model adopted by Kilambay Plantation Corporation. This model ensures Indigenous Peoples and local communities hold the right to provide consent before projects utilize land and natural resources

within their ancestral domains. The approach strengthens community participation, protects indigenous rights, and promotes responsible plantation development.

Mr. Taray also shared the milestone achieved by Kilambay Plantation Corporation in partnership with DOST. The collaboration significantly contributed to a Guinness World Record recognition through a large-scale bamboo initiative, which demonstrated the country's strong potential to develop bamboo as a

major driver for sustainable industry and climate responsive development.

Through science-based innovations, technology transfer, and partnerships with communities, industry, and local governments, DOST promotes bamboo as a key resource in the circular economy. These efforts support sustainable production, efficient resource use, green livelihood opportunities, and climate responsive development for communities.



Cavite

from
page 1

Known as the Alagang Ina Program, the measure was chosen as a finalist to the very first

Gawad Galing Lokal na Bataas of the Philippine Councilors' League.

In a social media post,

Humarang dedicated the recognition to the parents and youth undergoing long-term treatment.

"For every Treceño family, this is not only a dream for our youth. Most importantly, a

source of strength and support for every parent. We will always be here," Humarang added in Filipino. (**PB-PIA CALABARZON, AJ Humarang / Facebook**)

Cavite fisher

from
page 1

"This four-liter container of diesel had a 60% price increase, from P250 to P400, after the staggered

price increases."

In the same Facebook post on Wednesday, Pamalakaya urged the

government to remove the value-added tax (VAT) and excise tax on fuel, which it said currently add P15 to P17 per liter.

It reiterated that without the VAT and excise tax, a fisherfolk who typi-

cally consumes around 10 liters of fuel per fishing trip would be able to save P150 per operation.

Pamalakaya also joined demonstrations as fuel price spikes began Tuesday. /das

Asian Catholic

from
page 1

The Central Committee of the Federation of Asian Bishops' Conferences, meeting in Bangkok, expressed "deep anguish and grave concern" over renewed cycles of bombardment and retaliation.

In a statement dated March 3, the bishops said the involvement of major global and regional powers risks plunging the region into conflict with incalculable human and economic consequences.

They urged all parties to exercise moral responsibility and resist what they described as a 'spiral

of escalation' leading only to deeper suffering and irreversible loss.

"We call for an immediate cessation of hostilities and for all parties to exercise moral responsibility, resisting the spiral of escalation that leads only to deeper suffering and irreversible loss," the statement said.

Echoing the appeal of Pope Leo XIV, the bishops said that peace cannot be built on threats or weapons that sow destruction, pain and death.

"Stability cannot arise from fear, nor can justice be secured through vio-

lence," they said, insisting that sincere and sustained dialogue remains the only viable path.

Drawing from Asia's religious diversity and cultural traditions, the bishops said peace is more than the absence of war, calling it the fruit of justice and trust.

They warned that war disproportionately harms the poor, displaced people, children and future generations, whose suffering is often overshadowed by geopolitical calculations.

The statement also encouraged interreligious solidarity among leaders of major faith traditions in the Middle East to bear common witness to the sacred-

ness of life.

"We renew our commitment to stand with the poor and the victims of war, whose cries often go unheard amid geopolitical calculations. Their suffering must remain at the center of all efforts toward peace," the bishops said.

They also invited local churches across Asia during the Lenten season to intensify prayer, fasting and concrete acts of solidarity for peace.

The appeal was signed by FABC president Cardinal Filipe Neri Ferrao, Cardinal Pablo David and Cardinal Isao Kikuchi, the federation's vice president and secretary-general, respectively.

We Stannin

from
page 8

of SM City Marilao is your best pick! The first-in-Bulacan, Manam elevates Filipino comfort food with creative twists. Ever heard of their iconic Watermelon Beef Sinigang? Yep, that's Manam for you!

All For Our Lifestyle & Fashion Stans

If she's having it, we're ALL having it. Trends let us feel part of a community where we truly belong. From accessories you can carry all day to

Batangas AquaFlask Designs makes hydration look good with functional, sleek tumblers that you can customize—from colors and sizes to all the accessories you can pair them with. Opening soon at the Ground Level of SM City Batangas, AquaFlask Designs lets your personality shine through whether you're heading to the gym, to class, or just malling around SM.

* **Sunnies Studios** -

rectly to your everyday wardrobe and gets you looking like your idol. Known for trendy and timeless styles, Sunnies Studios offers a range of eyewear for all our accessories stans out there.

* **The Loop** - All for our tech-savvy stans, The Loop at Level 3 of SM Center Tuguegarao Downtown is your newest go-to spot for anything gadget and gadget accessories, bringing in products that are sure to empower you whether you're a student, a professional, or just vibin'



SM SUPERMALLS

Sunnies Studios, SM City San Pablo

lifestyle must-haves, we're all about riding the hype.

* **Aquaflask Designs** - If you're a fan of carrying your personality with you, the first-in-

Sunnies Studios continues to be a staple for eyewear and lifestyle essentials. Its newest store at the Ground Level of SM City San Pablo brings that signature cool di-

through life.

* **Decathlon** - For sport and adventure stans who love gearing up for every experience, the newest Decathlon at Level 3 of SM City Grand Central brings over 70 sports' worth of equipment, apparel, and accessories into one space. From running shoes to



SM SUPERMALLS

Anytime Fitness, SM City Trece Martires

yoga mats, hiking gear to swim essentials, Decathlon location makes it simple to shop everything you need to stay active and stylish.

All For Our Wellness Stans

Wellness first? Healthy fitness habits? We can't help but stan those who take good care of themselves—and lowkey, we all aspire to be like them!

* **Iremia Headspa** - If wellness is your goal this year, Iremia Headspa at the 2nd Level of SM City Clark is where self-care becomes part of your everyday life. A first in SM, it offers structured head and scalp treatments focused on relaxation and reset. Wanna be your own #1 fan? This is the spot for anyone who's ready to take their well-being seriously.

* **Anytime Fitness** -

For fitness stans focused on building a healthier body, the new Anytime Fitness at the Lower Ground Floor of SM City Trece Martires brings the globally recognized 24/7 gym experience right into your routine. Equipped with machines and tools for every fitness goal, AF is where your fitness journey becomes more accessible and more fun to return to.

I C O N I C — SM Supermalls stan here! From the best in fitness and wellness to dining concepts you're sure to love, whatever you're stanning in life, your most-loved SM Supermalls has got it all for you.

F o l l o w @smsupermalls on social media or visit www.smsupermalls.com for the latest updates and events.

About SM Supermalls

SM Supermalls is evolving for a new era shaped by how people live, connect, and experience life today. More than a place to shop, it is the country's most loved mall and an everyday destination designed around the lifestyles, passions, and needs of Filipino communities, delivering new finds, fresh concepts, and meaningful experiences, All For You.

As one of Southeast Asia's largest mall developers and operators, with 89 malls in the Philippines and 9 in China, SM Supermalls continues to evolve its spaces, experiences, and partnerships, building destinations that grow with communities and remain trusted, relevant, and loved for generations. Your Most Loved Supermall, SM — All For You.

EXTRA JUDICIAL SETTLEMENT OF THE ESTATE

NOTICE is hereby given that the estate of the late **MILAGROS M. PARAS**, who died intestate on May 13, 2021 at the **Imus, Cavite**, that the said deceased at the time of her death left the following properties to wit Bank Account maintained with **SECURITY BANK**, Aguinaldo Highway, Imus, Cavite **Branch Account Number 0000019633157 (0814-C45682-002)** in the amount of **SEVEN HUNDRED FIFTY SEVEN THOUSAND THREE HUNDRED TWENTY FIVE & 54/100 (P757,325.54) PESOS** as of September 4, 2025, and was Extra-Judicially Settled among the legal heirs, executed on 24th day of October 2025 and ratified before Notary Public **Atty. Hobert N. Lluz**, under Doc. No. 179, Page No. 37, Book No. 13, Series of 2025.

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: March 9, 16 & 23, 2026

FFCCCII

from
page 8

FFCCCII President Victor Lim announced the launch of the competition, which is open to the general public. The contest invites participants to create engaging and original short-form videos (1 to 2 minutes) centered on the theme of the FFCCCII's flagship civic project, which has successfully donated and constructed over 6,500 rural public-

school buildings across the Philippines since its inception in 1961.

"Operation Barrio Schools is a testament to the enduring philanthropy tradition of the Filipino Chinese community in promoting better public education and inclusive national economic development," said President Victor Lim. "Through this TikTok competition, we

hope to engage the younger generation, raise awareness about this decades-long project, and showcase how this school buildings have become symbols of hope and progress in rural communities."

The FFCCCII, a leading business federation comprising over 170 Filipino Chinese chambers of commerce nationwide, remains dedicated to advocating for sustainable and inclusive economic growth. This video

competition serves as a modern platform to bridge the organization's history of philanthropy with the dynamic creativity of today's digital storytellers.

How to Join:

Interested participants are encouraged to create TikTok videos that capture the spirit and impact of the "Operation Barrio Schools" project. Details regarding specific mechanics, prizes, and deadlines are explained in next pages.

NEWS

DOST-CALABARZON, through DOST-Quezon, officially seals support for Polillo Island Cable Inc.

DOST-CALABARZON, through DOST-Quezon, conducted the ceremonial signing of the Memorandum of Agreement (MOA) with Polillo Island Cable Inc. to support the enhancement of the company's ICT infrastructure through equipment acquisition and technological upgrading. The activity was held today, March 9, 2026, at the DOST-Quezon Office, Purok Baybayin, Lucena City, Quezon.

The project of Polillo Island Cable Inc., located in Polillo, Quezon, has been approved for funding under the Department of Science and Technology's Small Enterprise Technology Upgrading Program (DOST-SETUP). The initiative aims to enhance service quality by minimizing signal loss, improving connection speed, increasing the number of available channels, and automating processes, thereby enabling improvements in the company's overall performance.

Present during the activity were Mr. Neil Hamilton C. Escara, Chairman, and Mrs.



Lorlie P. Escara, Board Treasurer of Polillo Island Cable Inc. Also present were Ms. Pre-

cious R. Monedera, Supervising Science Research Specialist, and Ms. Raiza Lyn N. Antenor,

Project Technical Assistant II, from DOST-Quezon. (By Raiza Lyn N. Antenor)

DTI Highlights MSME Digital Transformation Initiatives at Entrelympics 2026 in UPLB

Los Baños, Laguna — March 7, 2026 — More than 250 students and aspiring entrepreneurs from different universities gathered at the N.P. Lansigan Auditorium, College of Forestry and Natural Resources, University of the Philippines Los Baños (UPLB), for a dynamic session on how government programs are supporting micro, small, and medium enterprises (MSMEs) to thrive in today's digital economy.



Held as part of Entrelympics 2026, the session titled "DTI Policies and Initiatives that Support MSMEs on Their Digital Transformation Journey" featured Mr. Joel Nico Toriano, Senior Business Counselor from DTI Negosyo Center Lumban, who shared practical insights on how Filipino entrepreneurs can leverage government programs to strengthen their businesses in today's rapidly evolving digital landscape.

He strongly emphasized that digital transformation is no longer just an option for businesses but an essential step toward remaining competitive and resilient in today's business environment.

"Digital transformation allows MSMEs to expand their reach, improve

their efficiency, and connect with more customers through online platforms," Mr. Toriano explained. "Through various DTI programs and policies, we aim to help and empower our country's entrepreneurs to adopt digital tools and participate more actively in the growing digital economy."

The presentation highlighted several initiatives designed to empower MSMEs, including the MSME Development Plan, the Philippine E-Commerce Roadmap, and the DTI Philippine Trustmark for E-Commerce, which promotes consumer confidence in online transactions. Participants were also introduced to support programs such as Negosyo Centers, the Kapatid Mentor ME (KMME) Pro-

gram, Go Lokal!, and OTOP Next Gen, all of which aim to strengthen entrepreneurial capacity, expand market access, and improve product competitiveness.

The session offered students a first-hand look at the vital role government agencies play in nurturing entrepreneurship, inspiring a new generation to embrace innovation, digital tools, and inclusive business practices.

By highlighting these initiatives, DTI Laguna reinforced its commitment to creating a more innovative, inclusive, and digitally empowered MSME sector—one that continues to drive economic growth and create opportunities for Filipino entrepreneurs in the years to come (JNToriano, DTI Laguna).

Century Properties' PHirst to build P6.6B project in Cavite

Century Properties Group Inc. said it is spending P6.6 billion to develop a 23.8 hectare residential development in Brgy. Biclatan, General Trias, offering over 1,500 homes.

In a statement Monday, the Antonio Family-controlled property developer said the project, PHirst Impressions Gen Tri, strengthens the company's offering under its first-home brand — PHirst.

"Spanning 23.8 hectares in Brgy. Biclatan, General Trias, the development carries a total project value of approximately P6.6 billion and will feature over 1,500 homes," Century Properties said. "Each unit is thoughtfully designed for homeowners who prioritize functionality, self-expression, and flexibility — offering residents not just a house but a home that is built to grow with them."

"PHirst Impressions Gen Tri builds on the strong market reception of PHirst's earlier project in General Trias, PHirst Park Homes Gen Tri, which was launched in June 2021," the company noted. "Since its launch, the project has demonstrated steady construction progress and sustained buyer interest, reflecting the area's growing appeal as a residential destination."

PHirst Park Homes Gen Tri is now 57 percent, Century Properties



PHirst Impressions Gen Tri introduces an upgraded version of the "Calista" house model, featuring larger lot allocations and improved finishes. The shift toward higher-spec starter homes reflects a change in buyer preferences for greater flexibility and "future-proof" layouts that allow for home offices, or family expansion.

said, highlighting that it is "home to 707 happy homeowners."

"This is a testament to the brand's ability to deliver quality communities that resonate with the market," it added.

The development marks the company's strategic expansion in General Trias, a city once considered a quiet residential area that has evolved into a dynamic industrial and commercial center south of Manila.

The project targets a new generation of homeowners seeking "value-driven" housing amid accelerating infrastructure development and appreciating land values in the province, Century Properties revealed.

"General Trias continues to evolve into a dy-

amic growth hub marked by accelerated infrastructure," the company said.

The new development introduces an upgraded version of the "Calista" house model, featuring larger lot allocations and improved finishes.

The shift toward higher-spec starter homes reflects a change in buyer preferences for greater flexibility and "future-proof" layouts that allow for home offices or family expansion.

The project value underscores Century Properties' aggressive play in the affordable-to-mid-income segment, which has remained a resilient pillar of the Philippine real estate market as urban dwellers migrate toward master-planned communities in the fringes of the capital.

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Matindi ang hangarin mong umasenso. Magkagayunman, dapat mo pa ring ingatan ang sabay-sabay na pagpasok ng oportunidad sa iyong harapan. Masuwerteng kulay-burgundy. Tips sa lotto-8-10-22-32-39-43.

TAURUS (Apr. 20-May 20) - Magparaya ka at huwag mo nang ipilit ang gusto mo. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-green. Tips sa lotto-4-11-21-25-33-40.

GEMINI (May 21-June 20) - Huwag mong ipagpalagay na alam na alam mo na ang papasukin mong negosyo. Ang payo ay magtanung-tanong ka muna sa mga nauna nang sumubok nito para hindi ka malugi. Masuwerteng kulay-yellow. Tips sa lotto-5-17-23-29-38-43.

CANCER (June 21-July 22) - Nahirirapan ang damdamin dahil ang isip ay pilit na nangangatuwiran na labag sa sinasabi ng puso. Tandaan mo, ang kaligayahan ay nagmumula sa malayang damdamin, hindi sa dikta ng isipan. Masuwerteng kulay-purple. Tips sa lotto-2-13-25-31-36-41.

LEO (July 23-Aug. 22) - Bubungguin ka ngayon ng taong akala mo mas malakas sa iyo. Subalit, huli na bago niya mamalayang kahit anong gawin niya ay wala pa lang magandang resulta ang pagbunggo sa iyo. Masuwerteng kulay-pink. Tips sa lotto-1-19-27-33-38-40.

VIRGO (Aug. 23-Sept. 22) - Iiral sa iyo ngayon ang kadalisan ng iyong pagkatao, kaya mas piliin mo kung ano ang pinakatama kahit pa may masaktan. Masuwerteng kulay-beige. Tips sa lotto-7-18-20-25-37-44.

LIBRA (Sept. 23-Oct. 22) - Biglaan ang pagbabago ng mga pangyayari. Ang hindi mo inaasahan ay magaganap. Magkagayunpaman, ang mga ito ay ang mas makakabuti para sa kinabukasan mo. Masuwerteng kulay-blue. Tips sa lotto-8-12-23-30-35-42.

SCORPIO (Oct. 23-Nov. 21) - Makikialam ngayon ang langit, dahil pinagtitigas mo ang isip mo sa akala mo ay tama, na sa katunayan ay mali naman. Kung hindi ka magbabago ng aksyon, may babala na muli kang mapapaaway at mapapahamak. Masuwerteng kulay-black. Tips sa lotto-6-11-16-26-34-41.

SAGITTARIUS (Nov. 22-Dec. 21) - Gumaganda ang pakiramdam mo, na paunang senyales na papaganda na rin ang kapalaran mo. Ang mga nagpahirap sa iyo na mga problema ay maresolba na, at ang magiging kapalit nito ay puro suwerte at magagandang kapalaran. Masuwerteng kulay-violet. Tips sa lotto-3-18-24-27-38-45.

CAPRICORN (Dec. 22-Jan. 19) - Hindi agad naghihilom ang mga sugat, lalo na ang sugat sa puso. Pero sa paglakad ng mga araw, maaayos na rin ang lahat ng sakit na iyong nararanasan. Masuwerteng kulay-peach. Tips sa lotto-4-14-25-26-37-44.

AQUARIUS (Jan. 20-Feb. 18) - Mabibilis ang mga pangyayari. Ikaw mismo ay magugulat at hindi makakapaniwala dahil hindi mo makontrol ang mga pangyayari, pero para sa kabutihan mo pala lahat ng ito. Masuwerteng kulay-red. Tips sa lotto-1-10-16-29-36-40.

PISCES (Feb. 19-Mar. 20) - Tanggapin mo nang maluwag ang mga nagaganap sa buhay mo. Ang lahat ng ito ay kailangang mangyari upang mabigyang-daan ang mga bago at magagandang kapalaran. Masuwerteng kulay-aquamarine. Tips sa lotto-7-13-20-22-38-42.

SUDOKU

		3		2				
5					7	8		
7			5		6			
		9		5				
								9
	8	2	4			1		
					5	7		6
		8				4		1
				7	9			

SAGOT: SUDOKU VOL. 23 #1

4	1	9	8	5	7	2	6	3
2	5	3	6	9	4	8	7	1
8	6	7	1	2	3	4	5	9
7	2	4	5	1	6	9	3	8
9	8	5	7	3	2	1	4	6
1	3	6	9	4	8	5	2	7
5	7	1	2	6	9	3	8	4
3	9	8	4	7	5	6	1	2
6	4	2	3	8	1	7	9	5

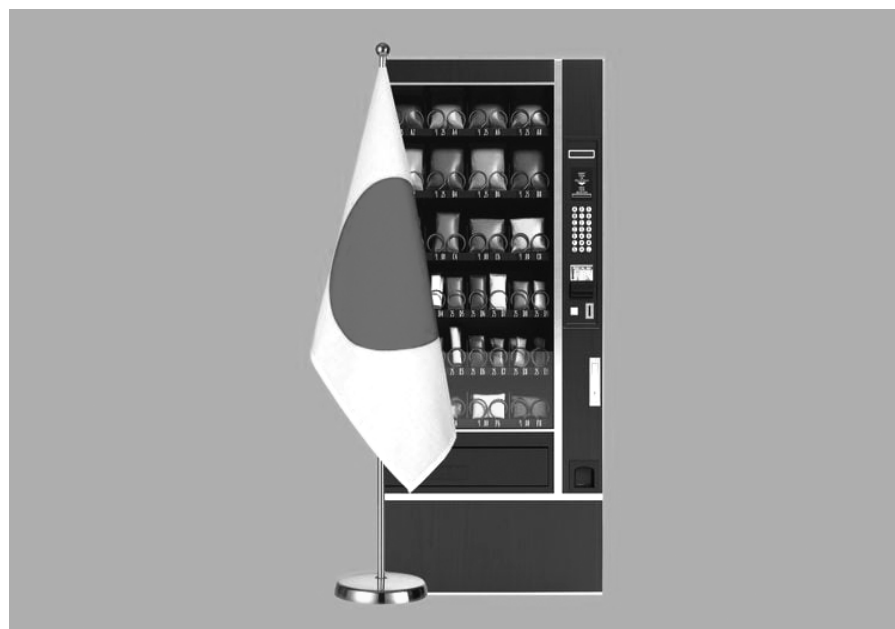
HOW TO PLAY: Sudoku puzzle is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called boxes. There are 9 rows, 9 columns and 9 boxes in every puzzle. The object of the game is to fill all squares in the grid with the correct number.

The rules are: • Every row, column and box must contain all the digits 1 to 9.

• Each number can only appear once in every row, column or box.

• Every puzzle has only one correct solution!

Did You Know?



JAPAN HAS ONE VENDING MACHINE FOR EVERY 23 PEOPLE

Japan is thought to have one of the highest densities of vending machines in the world, with an estimated one for every 23 people in the country. While most sell various types of beverages, others feature ice cream, noodles and disposable cameras.

WORD HUNT

Titles for Jesus

R	A	T	B	S	O	L	N	E	G	M	I	I	D
E	L	R	K	A	E	C	T	C	E	Y	K	C	A
T	K	U	I	V	L	M	I	N	R	D	E	O	L
T	I	T	A	I	I	E	M	I	H	R	T	U	P
O	N	H	Y	O	F	D	E	R	A	E	B	N	H
P	G	T	B	R	E	I	M	P	I	H	M	S	A
R	I	H	E	H	T	A	M	G	S	P	A	E	M
O	O	A	N	T	E	T	A	L	S	E	L	L	C
C	M	A	M	R	A	O	N	R	E	H	H	O	H
K	E	E	N	O	C	R	U	A	M	S	L	R	R
Y	W	V	G	H	H	F	E	M	O	D	W	R	I
E	A	A	R	A	E	W	L	A	S	O	A	O	S
T	Y	S	Y	C	R	A	G	I	A	O	O	G	T
A	T	Y	T	I	N	I	R	T	E	G	F	S	K

GOOD SHEPHERD
EMMANUEL
PRINCE
OMEGA
ROCK
WAY
LIFE
SAVIOR
ALPHA
MESSIAH
TEACHER
LAMB
TRUTH
MEDIATOR
CHRIST
COUNSELOR
POTTER
KING
TRINITY
I AM

FFCCCII Launches TikTok Video Competition to Showcase Legacy of 6,500 Rural Public-School Donations



菲華商聯總會
FEDERATION OF FILIPINO-CHINESE CHAMBERS OF COMMERCE AND INDUSTRY, INC.
Youth and Integration Committee & Public Information and Media Committee

Operation: Barrio Schools
Since 1961

A CLASSROOM FOR EVERY DREAM

How FFCCCII Barrio Schools Have Improved Lives



SINCE 1961
Over **6,500**
Public School Buildings
Built Nationwide

The largest and longest-running private sector school-building initiative in the Philippines.

Now, we invite you to share how these schools shaped lives.

TIKTOK VIDEO COMPETITION - PART II

₱850,000
TOTAL CASH PRIZES
(Prizes distributed across categories. See full mechanics for breakdown.)

₱120,000
GRAND PRIZE

TWO (2) CATEGORIES
Category A: #MyFFCCCIIBarrioSchoolJourney
Category B: #TheFFCCCIIBarrioSchoolsStory

HOW TO JOIN

- Open to Filipinos nationwide; 13 years old and above
- Create a 1-2 minute vertical TikTok video with English Subtitles
- Must feature FFCCCII Barrio School experience, impact or topic
- Upload your video privately and register via QR code
- Tag @ffcccii.official; Use official hashtags - #FFCCCIIBarrioSchools
- Set your video to PUBLIC during the official posting period — May 5 to May 15

SUBMISSION DEADLINES:
MAY 15, 2026

FULL MECHANICS | SCAN TO REGISTER



shortn.lnk/x92QAGh1g | shortn.lnk/FL2onJkPc

MANILA, PHILIPPINES — The Federation of Filipino Chinese Chambers of Commerce and Industry, Inc. (FFCCCII) is calling on all creative Filipinos to join its newest digital initiative: a TikTok video competition aimed at highlighting the organization's long-standing commitment to education through its "Operation Barrio Schools" project.

DOST SOCCSKSARGEN, Kilambay Plantation Champion Sustainable Bamboo Industry at the Bamboo Technology and Innovation Summit 2026



The Department of Science and Technology hosted the Bamboo Technology and Innovation Summit 2026 on March 4 to 5, 2026 in Cebu City. The summit gathered key stakeholders to strengthen bamboo as a strategic resource for sustainable development and green industrial growth in the Philippines.

DOST SOCCSKSARGEN Regional Director Engr. **DOST SOCCSKSARGEN • 4**

PMC

pulsocaviteño

ng Makabagong
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We Stannin' HARD: Best New Finds in Luzon with SM Supermalls

We are all about that stan life. A new album from a rising artist? Fanboy/fangirl mode activated. A freshly opened concept store? Consider us a fan. Entering your fitness era? Support. Whether it's a personality we love or a lifestyle we aspire to, as long as it resonates with the life we want, we are stanning hard.



Here at SM Supermalls, you don't need to look any further. Everything—and we mean everything—that will get you hyped up for months is right here. From the hottest new finds across Luzon to everyday essentials that hit different, these stores have us hooked, and we just cannot get enough. As your most-loved mall, SM continues to be an icon worthy of all our attention.

All For Our Foodie Stans

Ah yes, food. Who isn't a fan, right? From familiar dining destinations to new food hubs to explore, we are stanning hard!

* **Pho Hoa** - A fan of Vietnamese classics? The soon-to-open, first-in-Cavite



Pho Hoa at the Upper Ground Level of SM City Bacoor serves soulful bowls of pho, alongside staple sides like spring rolls, vermicelli bowls, and flavorful rice plates. With meals that'll remind you of your last trip to Vietnam, Pho Hoa is the perfect spot to savor the familiar flavors of the country.

* **Frankie's New York Buffalo Wings** - For all our buffalo wings stans, the first-in-Bulacan Frankie's New York Buffalo Wings at the West Wing of SM City Marilao brings its iconic variations to the table, with flavors ranging from classic buffalo to garlic parmesan and honey sriracha. Craving wings? This is your chance to dig in until you drop.

* **Manam** - And if you're simply a fan of home, Manam in the Ground Level



Manam, SM City Marilao | AquaFlask Designs, SM City Batangas