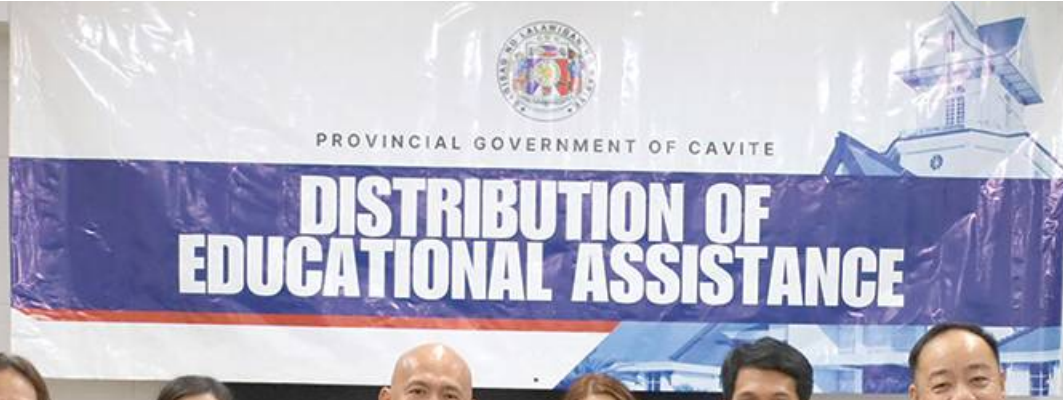




DISTRIBUTION OF EDUCATIONAL ASSISTANCE

25 MARCH 2026 | DE LA SALLE UNIVERSITY, DASMARIÑAS CAMPUS

Cavite empowers working students with Educational Assistance Program

The Provincial Government of Cavite successfully conducted the distribution of Educational Assistance on March 25, at De La Salle University–Dasmariñas.

The initiative, led under the leadership of Governor Francisco Gabriel "Abeng" Remulla, reaffirmed the province's strong commitment to supporting students in their academic journey. A total of 147 beneficiaries received cash assistance, providing much-needed financial support for their educational needs.

The recipients are part of the DLSU–Dasmariñas Night College, a free scholarship program established in 1988 that is dedicated to empowering working students across Cavite. Through this program, students are given the opportunity to pursue higher education while balancing their professional responsibilities.

The Provincial Government extends its heartfelt support to all beneficiaries and continues to champion programs that promote accessible and inclusive education for every Caviteño. — **OPIO**

Another leg of Livelihood On the GO: Meat Processing training empowers mothers in Brgy. Kaingen



On March 18, a successful livelihood training on meat processing was conducted by the Office of the Provincial Cooperatives Development Officer (OPCDO) – Livelihood Division in Brgy. Kaingen, Kawit, benefiting a total of 30 participants composed of mothers from the community. The activity aimed to equip participants with practical skills that can serve as an additional source of income and help improve their families' economic stability.

The program formally opened with welcome remarks delivered by Punong Barangay Ernesto Solis Jr., who expressed his full support and gratitude for the initiatives rendered to empower women and strengthen household livelihoods in their community.

ANOTHER LEG • 4

Creating Music, Changing Lives: Amateur Songwriting Competition Showcases Emerging Talent

A meaningful Amateur Songwriting Competition for a cause was successfully held recently under the theme "Creating Music, Changing Lives," bringing together aspiring songwriters in a celebration of creativity, talent, and purpose.



The event was a collaborative effort of CISAT Education, CISAT Foundation, and LMDA Records and Studio, aimed at providing a platform for emerging songwriters to showcase their original compositions while supporting a worthy cause. Participants from various places took part in the competition, presenting

songs that reflected themes of hope, inspiration, and positive change.

Each performance highlighted not only the musical talent of the contestants but also their creativity and passion for storytelling through music. The event effectively brought to life its core mission—demonstrating how music can be a powerful tool for personal

expression and social impact.

The success of the event was made possible through the leadership and support of key organizers, including Mr. Michael A. De Lara, CEO of LMDA Records and Studio, and Mr. Jose Fuster Jr., President/CEO of CISAT Foundation.

CREATING MUSIC • 4

NEWS

DOST-CALABARZON conducts crop baseline profiling activities for 22 farmers in Laguna, Cavite, and Quezon under Project SARAI

The Department of Science and Technology (DOST) CALABARZON, through Project SARAI (Smarter Approaches to Reinvigorate Agriculture as an Industry in the Philippines), successfully conducted a series of Crop Profiling Activities across selected municipalities in the region. These were held on March 18, 2026, in Siniloan, Laguna; March 23, 2026, in Magallanes, Cavite; and March 24, 2026, in Lucena City, Quezon, engaging a total of 22 farmer group representatives from their respective organizations.

The activity aimed to enhance the accuracy and local relevance of DOST-SARAI's decision support tools by actively engaging Local Government Units (LGUs), particularly through their respective Municipal and City Agriculture Offices. Through this initiative, dominant crop varieties and locally produced

commodities in each municipality were identified and validated. The data gathered will serve as critical inputs for refining the SARAI Team's site-specific recommendations and targeted interventions.

The program commenced with an overview of Project SARAI delivered by Mr. Aaron Paul

R. Dizon, Crop Expert of the SARAI Team, highlighting the project's objectives, technologies, and support mechanisms for farmers and LGUs. This was followed by a focus group discussion (FGD), where participating farmers shared their crop profiles, farming practices, and on-the-ground experiences.



These discussions generated valuable insights into prevailing agricultural conditions, including key challenges such as pest incidence and management, the need for timely and accessible agricultural and climate-related information, and the need for improved irrigation systems and adequate farm input support.

The activity concluded with a synthesis of key findings, emphasizing the importance of integrating farmers' knowledge and local context into the development of science-based and responsive agricultural solutions. It also highlights the value of participatory ap-

proaches in ensuring that technologies and recommendations are practical, relevant, and aligned with end-users' needs.

Through this initiative, the DOST-CALABARZON SARAI Team continues to strengthen its collaboration with LGUs in co-developing data-driven and climate-resilient agricultural decision-support systems. The information gathered will be used to guide future capacity-building activities, including targeted training sessions to address identified gaps and challenges. These efforts support the effective rollout of SARAI technologies, enabling farmers to access timely advisories, improve crop

monitoring, and make more informed decisions to enhance productivity and mitigate climate-related risks.

The SARAI Centralized National Hub for Regional Operations (SARAI CeNTRO) is one of DOST's innovative agricultural initiatives, funded by the agency and monitored by DOST-PCAARRD. SARAI CeNTRO is currently being deployed nationwide through the University of the Philippines Los Baños (UPLB) in partnership with the DOST Regional Offices. We are rolling into your region—ready to serve, support, and sow solutions. **(By Sophia B. Gesmundo)**

MPTC expressways on full alert this Semana Santa

Metro Pacific Tollways Corporation (MPTC) and its network of expressways—NLEX, SCTEX, NLEX Connector, CAVITEX, CALAX, and CCLEX in Cebu—are rolling out the “Biyaheng Arangkada” motorist assistance program from March 27 to April 6, 2026.



The initiative is also implemented in SCTEX and CAVITEX in partnership with the Bases Conversion Development Authority (BCDA) and the Philippine Reclamation Authority (PRA) through PEA Tollway Corporation, respectively.

As part of the program, MPTC has augmented personnel deployment across its network to ensure efficient traffic management, quick incident response, and smooth toll transactions during the Holy Week travel period. The “Biyaheng Arangkada” initiative reflects MPTC's commitment to ensuring a safe Holy Week journey for motorists and the commuting public, enabling travelers to reconnect safely with their families during this season of reflection. Motorist assistance in-

cludes:

- * Strategically located roadside assistance stations
- * Medical teams on standby at select stops
- * Availability of EV charging stations and free wifi at select NLEX and SCTEX Rest and Refuel Stations
- * Free 24/7 basic mechanical services at all NLEX and SCTEX Rest and Refuel Stations
- * Free towing to the nearest exit for Class 1 (and Class 1M for CCLEX) from March 27, 6:00 AM to April 6, 6:00 AM
- * 24/7 customer service support via hotline (1-35000) and the MPT DriveHub app

During this period, roadworks, lane closures, and maintenance activities will be suspended to help ensure smooth traffic flow across the expressways.

Traffic teams are also on standby to activate counterflow schemes when conditions permit.

MPTC urges motorists to plan trips ahead of peak hours. In NLEX, anticipate heavy northbound traffic from Wednesday afternoon to Thursday afternoon and increased southbound volume during the afternoon and evening hours on Saturday and Sunday. Expect heavy southbound traffic on early Monday morning.

Motorists are also advised to check their RFID account to ensure sufficient balance, inspect their vehicles before traveling, stay well-rested, and follow speed limits and traffic regulations. Updates are available via the official social media pages as well as the MPT DriveHub app, to keep motorists informed on the latest situation on the MPTC expressways.



PAHAYAG NG PHILHEALTH Hinggil sa Panawagan para sa Pansamantalang Tigil-Singil ng Premium Contributions

Marso 31, 2026

Kinikilala ng PhilHealth ang idineklarang State of National Energy Emergency (Executive Order No. 110) at ang mabigat na epekto nito sa kabuhayan ng ating mga kababayan.

Nauunawaan ng Ahensya ang panawagan para sa pansamantalang tigil-singil bilang relief sa publiko. Sa kabila nito, tinitiyak ng PhilHealth na mananatiling walang antala ang pagbibigay ng benepisyo at serbisyong pangkalusugan sa lahat ng miyembro.

Alinsunod sa Republic Act No. 11223, mahalaga ang tuloy-tuloy na premium contributions upang masuportahan ang mga benepisyong ito. Bilang agarang tulong, kasalukuyan nang ipinatutupad ang one-time waiver ng premium penalties para sa mga past-due premiums ng mga employer at self-paying members.

Hinihikayat namin ang mga direct contributors na samantalain ang penalty condonation scheme na ito upang mapagaan ang kanilang mga gastusin.

Sa kasalukuyan, nakikipag-ugnayan ang PhilHealth sa mga economic managers at naghihintay ng kaukulang gabay mula sa Malacañang hinggil sa iba pang posibleng hakbang.

Tinitiyak namin na ang anumang desisyon ay mananatiling alinsunod sa batas upang mapanatili ang matatag na serbisyo para sa bawat miyembro.



Para sa detalye, tumawag sa
(02) 8662-2588
0998-857-2957 | 0968-865-4670
0917-127-5987 | 0917-110-9812

www.philhealth.gov.ph | actioncenter@philhealth.gov.ph | PhilHealthOfficial | teamphilhealth | @team_philhealth

Editorial

Alleviating the reading crisis

LAST week, we analyzed the reading crisis that afflicts our students. But the thought that this only happens in the rural areas has been debunked by the Comprehensive Rapid Literacy Assessment, or CRLA, for the school year 2025-2026.

CRLA data from the Second Congressional Commission on Education (EdCom 2) showed Pasay City as having the highest number of struggling readers among early grade students, at 47.50 percent. Following within the 40-percent range, from highest to lowest, were Muntinlupa, Manila, Las Piñas, Parañaque, Navotas, Malabon, Mandaluyong and Pateros.

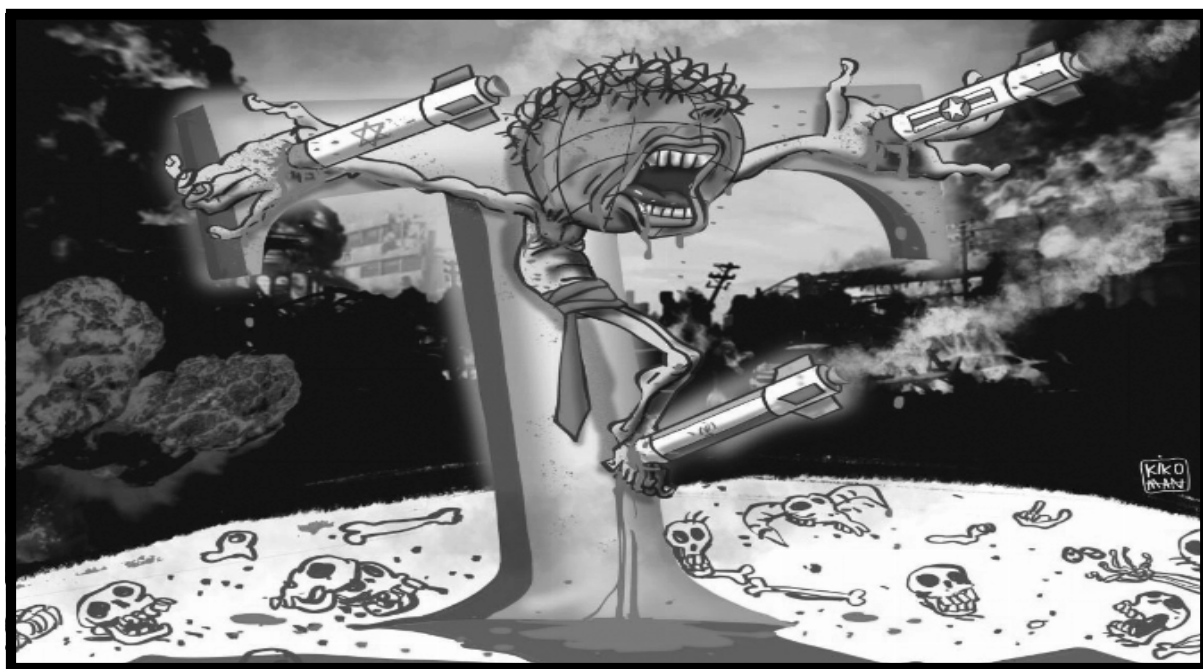
Parenthetically, Pasay City, which has been ruled by the same family for decades, shares the notoriety of having low reading scores with the other provinces of Mindanao, also ruled for decades by dynasties. The equation is simple: Keep the poor illiterate, so they can be bribed with money and fooled with promises with every election cycle.

The CRLA study also said that cities within the 30-percent range, in descending order, include Quezon City, Pasig, Marikina, Taguig, San Juan, Caloocan and Makati. Only Valenzuela had struggling readers numbering below 30 percent, at 27.44 percent. This can be traced to the fruitful efforts of former mayor Rexlon Gatchalian, who with brother Sherwin, have poured resources into Valenzuela's public schools. The current mayor, though a sibling of the Gatchalians, seems to prove that many dynasties go downhill after the good work of the pioneering leader.

The situation was dire in cities outside Metro Manila. Zamboanga City posted the highest share of struggling readers at 60.74 percent. Iloilo City followed with 51.93 percent; Cagayan de Oro, 50.50 percent; and Tacloban with 49.95 percent.

These results follow the analysis of EdCom 2 that we are now in the midst of a "learning crisis." An astounding 85 percent of students nationwide from Grades 1 to 3 have been classified as struggling readers. When they reach age 15, they have a weak grasp of mathematics, science and reading comprehension. This was shown three times, when the country participated in the Program for International Student Assessment, and received dismal scores.

An official of EdCom 2 said several factors are behind this. One is overcrowded classrooms, worsened by continuing urban migration with no increase



in school capacity. Due to the classroom shortage, schools hold double or even triple shifts. This means shorter hours for formal education and big class sizes. Because of this, Juan and Juana cannot read, since they do not get individualized attention.

Among students who move to the cities from rural schools, the literacy gap is usually wider. This makes the burden heavier for teachers handling the transfer students. Teachers who handle two or three class shifts per day also suffer from "rapid burnout," the EdCom 2 official noted.

What can we do to alleviate this dismal situation? In this space, we have already called for the building of more classrooms, hiring of more teachers and better Wi-Fi to widen the use of digital learning platforms.

Fortunately, the private sector is also pitching in. Lampara Books, together with several educators, authors and illustrators, have taken on active roles in addressing the challenge. It has just released its first set of titles for the year, featuring a collection of children's storybooks and reading supplements aligned with Philippine culture and the arts.

The collection brings together educators, authors and illustrators who want to strengthen Filipino children's foundational literacy. Moreover, they are also focused on teaching essential lessons about iden-

tity, community and culture among children.

At the core of this new set of books is a clear objective: to build reading foundations first, before introducing more complex ideas. This vision is shown in the flagship titles, the "Magbasa Tayo!" and "Let's Read!" series.

Developed by reading specialists Victor Villanueva and Daisy Callado, these materials are among the first locally produced decodable texts designed to bring structure and organization on how reading is taught in the classroom. Traditional classroom instruction relies on memorization rather than familiarity with sound patterns, which can lead to confusion when students encounter the words in sentences.

Meanwhile, the Filipino counterpart, "Magbasa Tayo!," integrates a localized version of this approach known as the Marungko method, developed by educators in Bulacan. Ultimately, the method builds literacy through small, cumulative learning steps. This allows children to develop at their own pace while boosting confidence and a good relationship with reading.

Only through collaboration on all fronts can we get to the roots of the education crisis and ensure that every child is given the opportunity to read — and to grow.

Tamang Ehersisyo Para Sa Lahat

Ayon sa ginawang Philippine National Guidelines on Physical Activity ng DoH, WHO at UP, kapag lagi tayong nag-e-ehersisyo, mas gaganda ang lagay ng ating puso, baga, utak, bituka, buto, masel at buong katawan. Hetong ang tamang pag-e-ehersisyo:

Para sa bata (5-12 years old):

- Maging aktibo ng 1 oras bawat araw. Maglakad, umakyat ng hagdan, maglinis sa bahay at magwalis ng bakuran.

- Puwede ang lahat ng ehersisyo tulad ng pagtakbo, pagtalon, patintero, tumbang preso, agawan, at iba pa.

Para sa teenagers (13-20 years old):

- Maging aktibo ng 1 oras bawat araw. Puwede gawin ang lahat ng ehersisyo kasama na ang mga sports tulad ng basketball, volleyball, swimming, gymnastics at iba pa.

- Sa ganitong edad, puwede na umpisahan ang muscle strengthening at flexibility exercises. Puwede mag-gym, gumamit ng weights at mag-stretching exercises.

Para sa adults (21-45 years old):

- Maging aktibo ng 30 minutos hanggang 1 oras bawat araw. Isama sa iyong aktibidad ang pag-galaw habang nasa opisina o trabaho. Umakyat ng 1 o 2 hagdan.

- Ituloy ang pagpapalakas ng iyong masel. Mag-sports at magtrabaho sa bahay. Puwede rin ang pagsasayaw at jogging.

Para sa older adults (46-59 years old):

- Maging aktibo ng 30 minutos bawat araw. Pero

DOKTOR NG MASA

ni Dr. Willie Ong



mag-hinay-hinay na sa pag-e-ehersisyo. Bawasan o iwasan ang mga matitinding sports tulad ng basketball, football at pagtakbo. Ituloy pa rin ang pagpapalakas ng iyong masel.

- Kasabay nito, umpisahan na ang pag-alaga sa iyong balanse at coordination. Subukan ang yoga, tai-chi, pag-sayaw at swimming.

Para sa young seniors (60-79 years old):

- Maging aktibo ng 30 minutos bawat araw. Ingatan ang iyong balance. Tumayo at maglakad sa bawat 1 oras na nakaupo. Puwede pa rin ang mga ibang ehersisyo pero bawasan na ang tagal at tindi nito. Maglakad imbes na mag-jogging.

- Maging maingat at ligtas sa iyong pag-e-ehersisyo. Para sa may edad (80 years old pataas):

- Sa mga senior citizens at sa mga may sakit, itanong muna sa iyong doktor kung anong klaseng ehersisyo ang puwede sa iyo. Habang nag-e-ehersisyo, kapag ika'y nahilo, nasuka, nahapo o sumakit ang dibdib, itigil na ang ehersisyo at magpahinga.

Tandaan: uminom ng sapat na tubig bago at habang nag-e-ehersisyo. Good luck.

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.

MEMBER
Papi

Publishers Association
of the Philippines, Inc.

NOTE: All news articles and opinions expressed by the writers are entirely their own and do not reflect the opinion of the Publisher, Management of this Publication.

NEWS

PAPI Courtesy

from
page 8

dissemination, and community development.

The delegation was warmly received by prominent Aklan leaders including Kalibo Municipal Mayor Hon. Juris Bautista Sucro and Vice Mayor Hon. Phillip Yerro Kimpo

Jr., who both expressed their support for responsible journalism and strengthened media relations in the municipality.

Also present were 1st District Representative Hon. Jesus "Papa Jess"

Fernando backs

from
page 8

The People's Governor underscored the importance of strengthening industry knowledge and skills, encouraging stakeholders to continuously improve their practices and strive for state-of-the-art standards in fireworks manufacturing, handling, and distribution. He emphasized that these educational efforts are essential for long-term viability and community protection.

"Ginagawa po natin ito upang maiwasan ang nadidisgrasya taun-taon, kaya huwag po tayong manawa na humanap pa ng mga kaalaman ng mga dapat pa nating gawin sa ating pagnenegosyo ng paputok. Let us also share this knowledge to others para mas mapalawak pa ang kaalaman ng bawat isa, maiwasan ang mga aksidente, at masiguro ang kaligtasan ng ating komunidad," Fernando said.

The seminar gathered fireworks manufacturers and retailers from across Region 3 to strengthen compliance with safety standards while promoting responsible practices that secure the industry's growth as a legitimate source of livelihood.

Critical fire safety inputs focusing on preventive measures and emergency preparedness in handling volatile materi-

als were provided during the sessions. Furthermore, the Department of Trade and Industry presented updates on consumer protection and regulatory compliance, ensuring that products reaching the market meet national requirements, and a significant portion of the program was dedicated to a comprehensive discussion on the 2021 Revised Implementing Rules and Regulations of Republic Act 7183, which governs the manufacture, distribution, and use of pyrotechnic devices.

To ensure the technical proficiency of all participants, experts presented detailed procedures for the safe handling of fireworks tailored specifically for manufacturers and display operators. These modules covered advanced techniques, risk management, and operational safety standards. Separate guidance was also provided for dealers and retailers, focusing on the correct storage, transport, and sale of fireworks to ensure public safety.

The Fireworks Safety Seminar and Fireworks Display Operators' Seminar is part of the continuing efforts supported by Fernando to promote a safer and more responsible pyrotechnics industry in Bulacan and across Region 3.



R. Marquez and former Congressman Carlito S. Marquez, whose presence underscored the importance of unified leadership in advancing Aklan's development agenda. Representing the Provincial Government, Honorable Governor Jose Enrique "Joen" Miraflores extended his support through Provincial Administrator Atty. Selwyn Ibarreta, highlighting the province's

commitment to transparency and cooperation with media organizations. Malay Municipal Mayor Frolibar "Fromy" Bautista was also in attendance, further demonstrating a collective commitment among Aklan officials to foster open communication with the media.

The courtesy call also served as part of the preparations for the upcoming 2026 PAPI Mid-

year Conference, which will be held in Kalibo and Boracay from June 24 to 27, 2026. The event is expected to gather media practitioners from across the country, providing a platform for knowledge-sharing, collaboration, and strengthening the role of community journalism in national development.

Overall, the courtesy call served as a platform to discuss future collabo-

rations, strengthen institutional relationships, and reaffirm the shared goal of promoting truth, accountability, and development through responsible journalism. This initiative reflects PAPI's continuing mission to build strong partnerships with local government units across the country, ensuring that accurate information reaches communities and empowers citizens. **(PAPI Team)**

DOST XII

from
page 8



From laboratories to leadership, from homes to hubs of enterprise, women stand at the forefront of

progress – quietly transforming lives, boldly breaking barriers, and selflessly serving with malasakit.

May this celebration not end with the month of March, but live on in our daily commitment to uplift, empower, and stand alongside every woman. Together, let us continue building a future where every Filipina is seen, heard, and given the space to thrive. Padayon sa pagbangon, paglikha, at pamumuno – para sa bayan, para sa kababaihan.

Another leg

from
page 1

He emphasized the importance of continuous learning and community participation in building a more resilient barangay.

Following the opening message, Ms. Sheryl H. Loyola, OPCDO Livelihood Division head, provided an overview of the OPCDO

programs and services. She highlighted the various opportunities available for community members, to access skills training, livelihood assistance, and other support services designed to promote sustainable development.

The meat processing

training served as a hands-on learning session where participants were introduced to proper food handling, preparation techniques, and basic business concepts related to processed meat products. The activity not only enhanced their technical knowledge but also inspired them to explore small-scale entrepre-

neurial ventures.

Participants expressed their appreciation for the initiative, noting that such programs provide them with valuable skills and renewed confidence to contribute to their household income. The training marks another significant step in promoting inclusive livelihood opportunities within the community. —**OPIO**

ERRATUM

This is to correct the error made in the publication of Extra-Judicial Foreclosure of Real Estate Mortgage filed by **UNIONBANK OF THE PHILIPPINES** against **SPS. EDUARDO B. MENDOZA and MADELINE L. MENDOZA** filed at RTC Imus City, Cavite, with **FC Case No. 19657-26** has an error on the **LOT 10** and **1034**. The right and correct entry should be **LOT 18** and **1834** which was not included on the original notice, first issue dated on **February 9, 16 & 23, 2026**. Our apology.

The Publisher

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: March 30, 2026

Creating Music

from
page 1

Distinguished personalities from the music and media industry also graced the event. Among them were Jun Carlos, Director; Juvy De Guzman, also known as Yes Yes Yo Topacio, who served as host; Tonz Lander (T-Bon), Director;

and Belle Surara, Radyo Agila host.

The panel of judges included Rachell Baldomaro, fashion model; Doc Mon Del Rosario, composer and COB; and Gloy Garrido, composer and music producer.

Also present were Victor B. Salonga, Yes Yes Yo Topacio correspondent; Jane Famouz, indie film artist; Direk Otep; and Britney Cane of the Wowowie Twins, who showcased her talent as a singer.

Beyond the competition itself, the program also sought to generate support for community-based initiatives, reinforcing

the idea that music can serve as a catalyst for meaningful change in society.

According to the organizers, they look forward to holding more projects like this in the future, with the goal of continuously supporting local talent and inspiring a wider audience through the transformative power of music.

DTI Laguna, CLDD Empower Calamba MSMEs with Smarter Pricing and Costing Strategies

Calamba City, Laguna — March 23, 2026 — To strengthen the competitiveness of local enterprises, the Department of Trade and Industry (DTI) Laguna, in partnership with the Calamba City Cooperatives and Livelihood Development Department (CLDD), conducted a seminar on Basic Pricing and Costing for micro, small, and medium enterprises (MSMEs) at the CLDD Training Center, Mercado de Calamba.



The half-day activity brought together aspiring and existing entrepreneurs, equipping them with practical tools to set competitive prices, manage costs effectively, and improve overall business sustainability.

Opening the program, Ms. Phoebe Cervantes, Supervising Head and Cooperatives Development Specialist, emphasized the importance of continuous learning and capacity-building to help MSMEs adapt to market demands and enhance their operations.

The main session was led by Ms. Rica Mae E. Garcia, Senior Business Counselor at Negosyo Center Majayjay, who delivered a comprehensive yet practical discussion on pricing and costing fundamentals. Topics included the difference between cost and price, key components of costing, factors influencing pricing decisions, and applicable pricing strategies for MSMEs. Participants also learned how to compute manufacturing and operational costs through a step-by-step

guide, culminating in a hands-on exercise that allowed them to apply the concepts to real business scenarios.

To further strengthen entrepreneurial awareness, the seminar also featured a session on consumer education by Ms. Ma. Angelika M. Clavio, Business Counselor at Negosyo Center Pangil. She discussed consumer rights and responsibilities, as well as the role of government agencies in consumer protection, enabling participants to make in-

formed decisions both as entrepreneurs and consumers.

An interactive question-and-answer segment capped the activity, giving participants the opportunity to clarify key

concepts and share their business experiences. The seminar received positive feedback, with attendees noting its relevance and immediate applicability to their day-to-day operations.

This initiative reflects DTI Laguna and CLDD's commitment to fostering the development and competitiveness of MSMEs within the province (**RMEGarcia, DTI Laguna**).

Free Rehab

from
page 8

The collaboration, implemented under the Community Empowerment through Science and Technology (CEST) Program of DOST, brings together the expertise of government, private sector, and non-government organizations to deliver inclusive, science-based solutions for communities. Central to the initiative is the rollout of a free adaptive fitness and rehabilitation program aimed at providing accessible, continuous, and high-quality care for beneficiaries, particularly those who often struggle to sustain treatment due to financial constraints.

Project EMPOWER President John Darnell "JV" Castro shared that what began as a simple conversation evolved into a meaningful collaboration driven by a shared commitment to support PWDs. Drawing from his own personal experience with illness, he underscored the

importance of accessible rehabilitation, noting that many individuals are forced to discontinue treatment because of high costs. This reality, he emphasized, highlights the need for services that are not only effective but also free and continuous.

DOST-NCR Regional Director Engr. Romelen T. Tresvalles emphasized that the partnership reflects how science, technology, and innovation can be translated into concrete and inclusive solutions for marginalized sectors. She noted that the initiative aligns with DOST programs such as NICER and "Agham na Ramdam," which aim to ensure that the benefits of science are felt by all, especially underserved communities.

Supporting this, DOST Undersecretary for Regional Operations Engr. Sancho A. Maborang highlighted the importance of strong collaboration across sectors in improving the

quality of life of Filipinos. He stressed that science should serve everyone without discrimination, and that sustained support from government and partners is key to expanding inclusive programs like this.

For its part, INDIBA Philippines reaffirmed its commitment to making advanced rehabilitation technologies more accessible. Chief Commercial Officer Chung-Chieh Jen emphasized their goal of expanding access to innovative treatment solutions, while Philippine Business Director Jacqueline Y. Guerrero expressed pride in contributing to a program that empowers PWDs and promotes inclusive development.

Overall, the initiative is expected to not only broaden access to rehabilitation services but also foster a healthier, more productive, and inclusive quality of life for PWDs nationwide, advancing the shared vision of delivering solutions and opportunities for all. (**Nelson Santos**)



NEWS

Establishing Full Connectivity from Cavite to Taguig PBBM Inspects Newly Opened CAVITEX C5 Link Segment 3B

President Ferdinand R. Marcos Jr. inspected the newly opened final segment of the CAVITEX C5 Link.



Photo credit: DOTr

The newly opened stretch runs from Airport View Subdivision to the Sucat Interchange in Parañaque City.

The project is a joint venture between Metro Pacific Tollways Corporation's (MPTC) subsidiary, Cavite Infrastructure Corporation (CIC), and the Philippine Reclamation Authority

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 opening follows the earlier completion of Segment 3A-1 (C5 Flyover to Merville), Segment 3A-2 (Merville to RSG and Airport View),

Designed as a six-lane expressway (three lanes per direction), the at-grade section will temporarily operate with four lanes (two lanes per direction) while Right-of-Way (ROW) concerns are being addressed. Once the DPWH acquires the pending ROW, the remaining portion of the service road will also be



Photo credit: DOTr & Presidential Communications Office

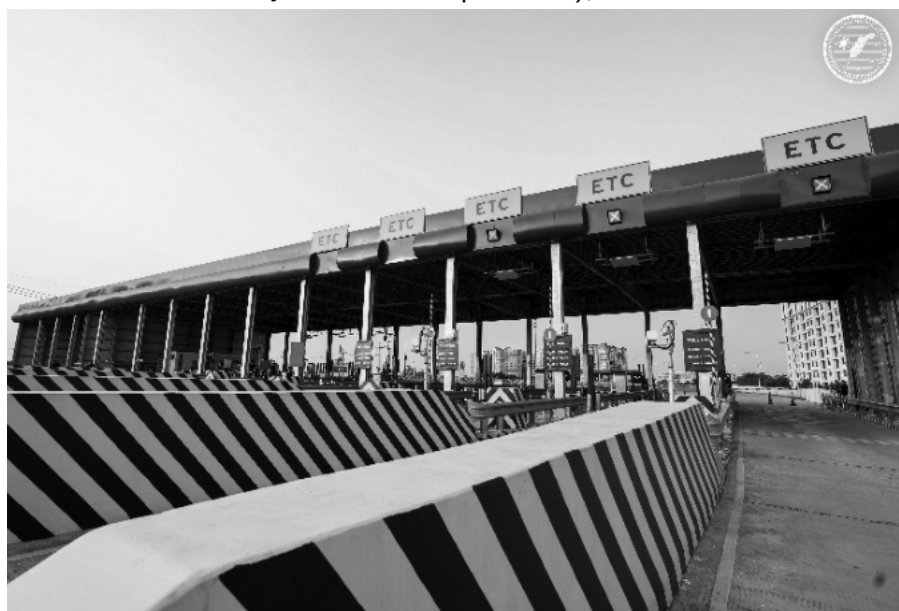


Photo credit: Presidential Communications Office

(PRA).

Joining the President in the inspection were Transportation Secretary Banoy Lopez; Public Works Secretary Vince Dizon; Philippine Reclamation Authority (PRA) Chairman Alex Lopez; MPTC President Emeritus Mr. Jose Maria Lim; MPTC President and CEO Gilbert Sta. Maria; and Transportation Undersecretary Steve Pastor.

Segment 3B completes the 7.7-kilometer

and Segment 2 (Sucat Interchange to R1 Expressway) between 2019 and 2024.

To immediately serve the motoring public, Segment 3B will initially open under a modified scheme for a seamless bidirectional travel. Eastbound motorists will have direct access to Bonifacio Global City (BGC), while westbound travelers will have a smoother route toward Parañaque, Las Piñas, Bacoor, and Kawit, Cavite.

completed and opened in its planned two-lane-per-direction configuration. Construction of the additional expressway lanes will then begin to complete the full six-lane capacity for the entire stretch.

The 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). The expressway

is projected to serve around 36,000 motorists daily.

By diverting heavy traffic, including commercial trucks, the expressway eases congestion on major arterial roads across Cavite and southern Metro Manila. It also strengthens the logistics link between the industrial hubs of Cavite and the commercial centers of the National Capital Region, supporting regional economic growth.

Segment 3B will be free for all classes until

further announcement. Motorists will only pay the existing toll fees for CAVITEX C5 Link Segments 2, 3A-1, and 3A-

2. Any updates will be announced by the Toll Regulatory Board (TRB) in coordination with CAVITEX management.

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Kung hindi man sila magkaintindihan, hayaan mo na. Gayunman, puwede ka pa rin namang magbigay ng opinyon, pero mas maganda kung tuluy-tuloy lang ang takbo ng iyong buhay. Masuwerteng kulay-peach. Tips sa lotto-2-18-20-25-37-41.

TAURUS (Apr. 20-May 20) - Mapapansin mo ngayon na ang hirap kausap ng iba. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-red. Tips sa lotto-3-10-14-28-35-42.

GEMINI (May 21-June 20) - Hindi nabibigo ang taong pinag-aaralan muna ang bawat hakbang. Kaya pag-aralan mo muna ang mga plano mo at huwag kang sugod nang sugod. Masuwerteng kulay-silver. Tips sa lotto-4-19-23-26-34-38.

CANCER (June 21-July 22) - Muling ibalik ng langit ang mga suwerte mo. Kaya huwag mong kalimutang magpasalamat sa Maykapal. Masuwerteng kulay-white. Tips sa lotto-7-16-22-27-36-43.

LEO (July 23-Aug. 22) - Ang mahalaga ngayon ay ang kasalukuyan. Kapag naayos mo na ang mga problema mo, tiyak na gaganda ang iyong buhay. Masuwerteng kulay-green. Tips sa lotto-2-17-25-30-37-41.

VIRGO (Aug. 23-Sept. 22) - Medyo masikip ang sitwasyon ngayon. Kaya huwag mo munang ipilit ang gusto mong mangyari. Masuwerteng kulay-yellow. Tips sa lotto-3-11-28-30-33-40.

LIBRA (Sept. 23-Oct. 22) - Makakatanggap ka ng biyaya ngayon. Kahit hindi ka humingi, kusa kang bibigyan at huwag ka nang tumanggi pa. Masuwerteng kulay-purple. Tips sa lotto-9-14-21-25-35-42.

SCORPIO (Oct. 23-Nov. 21) - Hindi kailangan ng tao ang sobrang yaman. Pero minsan, sobra-sobra kung magbigay ang langit. Kaya mas mainam na ibahagi mo ang ilan sa mga biyayang matatanggap mo. Masuwerteng kulay-pink. Tips sa lotto-6-10-26-34-36-44.

SAGITTARIUS (Nov. 22-Dec. 21) - Nadadapa ang nagmamadali, kaya bakit ka magmamadali? Dahan-dahan lang sa bawat kilos dahil sa pagiging maingat, mas gaganda ang iyong kalagayan. Masuwerteng kulay-beige. Tips sa lotto-1-7-16-23-36-45.

CAPRICORN (Dec. 22-Jan. 19) - Huwag mong pansinin ang mga mapanghusga. Hindi nila alam ang tunay mong pinagdaraan. Mas mabuting dedmahin na lang sila. Iyan ang mensahe para sa iyo. Masuwerteng kulay-blue. Tips sa lotto-4-15-22-28-31-43.

AQUARIUS (Jan. 20-Feb. 18) - Alam ng langit kung ano ang kailangan mo. Maaaring mahirap paniwalaan, pero sa ngayon, hindi mo kailangang humiling, dahil kusang darating ang biyaya para sa iyo. Masuwerteng kulay-black. Tips sa lotto-2-17-20-27-30-35.

PISCES (Feb. 19-Mar. 20) - Patuloy na darami ang maiinggit sa iyo dahil tuluy-tuloy ang dating ng suwerte mo. Wala silang magagawa para pigilan ang sunud-sunod na biyayang darating sa buhay mo. Masuwerteng kulay-violet. Tips sa lotto-3-5-11-18-21-29.

SUDOKU

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

SAGOT: SUDOKU VOL. 23 #4

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

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?



THE FIRST TIME THE WORD PERIOD WAS USED ON TV IN REFERENCE TO MENSTRUATION WAS IN 1985

It came via a line in a Tampax commercial: "Feeling cleaner is more comfortable. It can actually change the way you feel about your period." And the actor who made pop culture history was Courteney Cox of Friends fame.

WORD HUNT

Reference Words

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

MAPS
INDEX
DEWEY DECIMAL
ENCYCLOPEDIA
CARD CATALOG
BIBLIOGRAPHY
SUBJECT
THESAURUS
TITLE
KEYWORD
GLOSSARY
COPYRIGHT
GUIDE WORDS
INTERNET
MAGAZINE
NEWSPAPER
ALMANAC
EDITION
AUTHOR
GENRE

Leading the delegation were PAPI Chairman Nelson S. Santos and PAPI Vice President for Visayas Giecel Toriano-Albar, who engaged in discussions with Aklan's top officials on media partnership, public information **PAPI COURTESY • 4**

LOUDER WITH A LITTLE SHARED SM CITY DASMARIÑAS

LOUDER WITH A LITTLE SHARED SM CITY DASMARIÑAS

LOUDER WITH A LITTLE SHARED SM CITY DASMARIÑAS

LOUDER WITH A LITTLE SHARED SM CITY DASMARIÑAS



PMC
Pulso
ng Makabagong
Caviteño
NEWS PUBLICATION
PINAGBUBUKLOD ANG MAMAMAYANG CAVITEÑO

VOL. 23 NO. 5 **MARCH 30 - APRIL 5, 2026** **P 10.00**

Email: pulsocavitenyo@yahoo.com **ISSN 1656-7684**

