



# THE SENTINEL POST

ISSN 2799-0958



VOL. VI No. 11

March 10 - 16, 2026

PUBLISHED EVERY TUESDAY

P10.00

ENTERED AS 3RD CLASS (PM) MAIL PERMIT AT THE MANILA CENTRAL POST OFFICE UNDER Business Mail Permit No. 3C-22-08-003 valid until 31 December 2025. POSTAGE PAID SUBJECT FOR POSTAL INSPECTION

## PRESIDENT MARCOS ORDERS TEMPORARY 4-DAY WORKWEEK IN SOME GOV'T AGENCIES **P.2**



### DOTR TO ASK PBBM TO RELEASE FUEL SUBSIDY FOR PUV DRIVERS **P.3**



### DHSUD, UP STARTUPLB RENTAL HOUSING PROJECT UNDER PBBM'S EXPANDED 4PH **P.2**



**LAW A WEEK**  
YOU OWE MONEY, NOT YOUR DIGNITY: LAWS AGAINST DEBT COLLECTION HARASSMENT **P.6**

### QC FIRE VICTIMS RECEIVE AID FROM LOCAL GOV'T, PCSO, MMDA

MANILA – Some 2,000 families displaced by a fire that struck a residential area in Barangay Pinyahan, Quezon City received aid from the local government, Philippine Charity Sweepstakes Office (PCSO) and Metropolitan Manila Development Authority (MMDA) on Sunday in line with President Ferdinand R. Marcos Jr.'s instruction to provide immediate relief.

The PCSO said 2,000 "charitimba" (charity pail) containing food and other essential supplies, and modular tents were distributed at the city hall grounds, supervised by Quezon City Mayor Joy Belmonte, PCSO General Manager Melquides Robles and MMDA General Manager Nicolas Torre III.

The fire broke out Friday at 9:01 p.m.; reached Task Force Bravo at 11:18 p.m., requiring at least 28 firetrucks; and was declared out 5:16 a.m. Saturday.

"Our teams worked closely with the local government to help ensure that immediate assistance reached the affected families," Robles said.

"The MMDA remains ready to assist local governments during emergencies. Through our coordination with Quezon City and PCSO, we hope to provide temporary shelter and



**AID DISTRIBUTION.** The Philippine Charity Sweepstakes Office, Metropolitan Manila Development Authority and Quezon City local government distribute assistance to fire victims in Barangay Pinyahan, Quezon City on Saturday (March 7, 2026). The PCSO donated 2,000 "charitimba" (charity pails) containing food and other essential supplies while the MMDA provided modular tents for displaced families whose houses were razed March 6. (PCSO photo)

support for families while other relief efforts continue," Torre, who brought the modular tents for affected families, said.

The distributed goods are for the 1,907 families temporarily staying at Flora Ylagan High School, Pinyahan covered court, San Isidro Labrador Parish, NIA covered court, Pinyahan Elementary School, National Housing Authority Balik-Probinsya covered court and National Power Corporation compound (PNA)

### APCU OPENS NOMINATIONS FOR THE 6TH AWARD FOR PROMOTING PHILIPPINES-CHINA UNDERSTANDING (APPCU) 2026

◦ PAGE 4

### INCREASE IN CHINESE SHIPS IN WPS UNRELATED TO MIDEAST CONFLICT

◦ PAGE 5

### THE NARROW PATH

#### PERSEVERING IN FAITH WHEN LIFE GETS HARD

◦ PAGE 6

### HOOPS REPUBLIC

#### NU, UE COMPLETE UAAP MEN'S TENNIS FINAL FOUR CAST

◦ PAGE 8



#### TSP SHOWBIZ ROUND-UP

#### KRIS AQUINO HAD LUNCH WITH PBBM AND FL

◦ PAGE 7



### CHIMMY PHILIPPINES

As a brand that delivers #OriginalFilipinoBlendYogurt goodness, Chimmy lets everyone enjoy the health benefits of yogurt without it being too sour and just the right amount of sweetness perfect for the Filipino palate. Chimmy offers the best of both worlds as it satisfies your cravings to indulge and at the same time provide you with a healthy body.



### ~ SOUL FOOD ~

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand"

- Isaiah 41:10 -

## President Marcos reappoints Sabuddin Abdurahim as NCMF chief



President Ferdinand R. Marcos Jr. on Friday administered the oath of office to Sabuddin N. Abdurahim, who was reappointed as Secretary of the National Commission on Muslim Filipinos (NCMF) during a formal ceremony held at the Malacañan Palace.

Abdurahim will serve as NCMF head for another two years.

Abdurahim is a seasoned Filipino lawmaker and public servant. He served three terms in the Sangguniang Panlalawigan of Tawi-tawi from 2016 to 2024, where he held key leadership positions, including Chair of the Committees on Business, Trade and Investment, Infrastructure, and budget and Appropriation.

He also served as Vice Chair of the Committees on Health and Education.

Before entering public office, Abdurahim spent over two decades as a Medical Technologist at the Integrated Provincial Health Office in Bongao, Tawi-tawi.

Apart from his work in government, Abdurahim was also an accredited Murshid (Spiritual Guide or teacher) in the Zamboanga-Basilan-Sulu-Tawi-Tawi (ZAMBASULTA) region from 1999 to 2023.

Abdurahim holds a Master's Degree in Public Administration and has completed the academic requirements for a Doctor of Philosophy in Peace and Development.

The NCMF is a government agency that promotes the rights, welfare, and culture of Filipino Muslims. **(PND)**

## President Marcos orders temporary 4-day workweek in some gov't agencies

President Ferdinand R. Marcos Jr. on Friday ordered the temporary implementation of a four-day workweek in some executive branch offices starting March 9, as part of the government's efforts to conserve energy and reduce fuel use amid rising global oil prices triggered by the ongoing Middle East crisis.

In a message to the nation, President Marcos said the policy will apply to selected offices under the executive branch.

"Para naman sa bahagi ng pamahalaan: Simula sa Lunes, ika-9 ng Marso, pansamantala nating ipapatupad ang four-day work week sa ilang tanggapan ng ehekutibo," President Marcos said.

Shortly following the President's announcement, Malacañang released Memorandum Circular (MC) 114, which provides additional details on the implementation of the directive.

MC 114 states that the order will cover all national government agencies, government-owned or -controlled corporations (GOCCs), local government units, constitutional bodies, state universities and colleges, and other government instrumentalities.

"There is an urgent need to adopt strict energy conservation measures, to further reduce the energy footprint of government operations and optimize the use of public resources," the MC read.

The President, meanwhile, stressed that agencies that provide essential and frontline services will continue normal operations. These include offices responsible for health services, public safety, and emergency response, such as the police, firefighters, and



other frontline agencies.

In addition to the shortened workweek, President Marcos directed government agencies to cut their electricity and fuel consumption by 10 to 20 percent.

Under the memorandum, government offices are instructed to maintain air-conditioning at 24 degrees Celsius, adding that non-essential lights and electronic equipment must be turned off during lunch breaks and after office hours. Office equipment should also be set to sleep mode when not in use.

The Chief Executive likewise ordered a temporary suspension of non-essential travel and activities, including study tours, team-building activities, and meetings that can instead be conducted online.

Aside from energy-saving measures, the President also announced several other measures to cushion the impact of expected oil price increase including possible tax adjustments on petroleum products and fuel subsidies. **(PND)**

## DHSUD, UP start UPLB rental housing project under PBBM's Expanded 4PH

MANILA – Top officials of the Department of Human Settlements and Urban Development (DHSUD) and the University of the Philippines (UP) on Friday broke ground for a housing project under President Ferdinand R. Marcos Jr.'s flagship Expanded Pambansang Pabahay para sa Pilipino (4PH) Program, signaling the start of construction of the first housing project in UP Los Baños after 45 years.

DHSUD Secretary Jose Ramon Aliling and UP President Angelo Jimenez led the groundbreaking ceremony at the project site in Paciano Rizal, Bay, Laguna.

The on-campus rental housing project will initially benefit about 1,000 low-income employees and students of UP Los Baños, and informal settler families within its vicinity.

"Alinsunod sa direktiba ni Pangulong Marcos Jr., patuloy ang paglawig ng Expanded 4PH upang mas maraming Pilipino pa ang ating matulungan sa kanilang pangangailangan ng disente, ligtas at abot kayang pabahay, (In line with directive of President Ferdinand R. Marcos Jr.'s, Expanded 4PH continues to expand so that we can help more Filipinos in their need for decent, safe, and affordable housing," Aliling said, as quoted in a news release on Saturday.

"Layunin ng rental housing project na ito ang magbigay ng mas may dignidad na pamuhay sa ating mga kababayang higit na nangangailangan (The goal of this rental housing project is to provide a more dignified life to our countrymen who are most in need)," he added.

The UPLB rental housing project came 45 years since the last shelter project in the uni-

versity was implemented during the time of former President Ferdinand E. Marcos Sr. in the 1980s.

In his remarks, Jimenez cited the significance of decent and dignified housing within UP campuses for the welfare of constituents, stressing that the UP Management should take a "hands on" stance in dealing with the concern.

He branded the partnership between the DHSUD and UP as a step forward in his pursuit of a transformative agenda for UP and its constituents--students, faculty members, and residents.

For his part, UPLB Chancellor Jose Camacho Jr. noted the expeditious fruition of the joint project with DHSUD, citing it was finalized in just two months, calling it a huge boost to the UPLB administration's efforts in providing decent shelters for its constituents.

Aliling vowed continued support to the housing initiatives of UP, through President Marcos Jr.'s Expanded 4PH.

Apart from the UP LB rental housing project, the DHSUD has also signed an agreement for similar project in UP Diliman campus.

"Malinaw po ang utos ng Pangulong Marcos Jr. ibaba natin ang mga serbisyo ng gobyerno sa ating mga kababayan. Kaya patuloy po ang DHSUD sa pakikipag ugnayan sa ibat ibang ahensya ng pamahalaan upang makatulong kami (President Marcos Jr.'s order is clear: let's bring government services to our countrymen. That's why DHSUD continues to coordinate with various government agencies to help us)," Aliling said. **(PR)**

Global Leader  
BAUERTEK CORPORATION  
GLUTATHIONE 100% CERTIFIED FROM JAPAN  
Golden Glutathione with Collagen  
gge  
0931-123-8888 / 0999-364-1111 / 0931-850-9999  
www.kabigansakalusugan.com  
www.facebook.com/ksktgli

## DMW Caraga activates quick response team, opens OFW help desk amid Mideast conflict

BUTUAN CITY (PIA) — “No Overseas Filipino Worker from Caraga will face uncertainty alone. Our office is prepared to respond and support them and their families.”

In an interview with the Philippine Information Agency (PIA) Caraga on March 5 in Butuan City, Department of Migrant Workers (DMW) Regional Director Ritchel M. Butao said that the department is ready.

She said that DMW Caraga has activated its Quick Response Team (QRT) and opened an Overseas Filipino Worker (OFW) Help Desk to assist migrant workers and their families amid ongoing tensions in the Middle East.

The help desk began operations on March 1, 2026 at the DMW Caraga Regional Office in Butuan City, serving as a central point where families of OFWs can seek information, raise concerns, and request assistance regarding developments affecting their loved ones abroad. The agency also established a 24/7 hotline to ensure continuous support and immediate response to inquiries.

“Our personnel are ready to address the concerns of OFWs and their families. Through the Quick Response Team and the OFW Help Desk, we ensure that assistance, information, and guidance are readily available, especially during times of uncertainty,” Butao said.

Records from DMW Caraga show that 1,074 documented OFWs from the region processed their employment documents locally, excluding those who completed processing in other regions. As of March 5, the OFW Help Desk has already assisted 10 clients seeking information and support.

To further improve services, DMW Caraga is



also coordinating with the Department of Information and Communications Technology (DICT) to install free Wi-Fi at the office to accommodate clients.

Meanwhile, the agency continues to strengthen the readiness of its frontline personnel. From March 4 to 5, the DMW Caraga conducted Phase 2 Capability Enhancement Training for the QRT, focusing on Psychological First Aid (PFA) to equip responders with skills in immediate emotional and psychosocial support to OFWs and their families during crises.

“These preparations ensure that our personnel are equipped to provide appropriate emotional, physical, and mental support to OFWs and their families should the situation escalate,” Butao added.

The initiative reinforces the agency’s commitment under the leadership of Secretary Hans Leo J. Cacdac to deliver timely, responsive, and compassionate assistance to overseas Filipino workers and their families. Families of OFWs may contact the DMW Caraga OFW Help Desk hotline at 0945-882-0646 for inquiries and support. **(NCLM, PIA Agusan del Norte)**

## President Marcos eyes faster, simplified aid distribution for senior citizens

President Ferdinand R. Marcos Jr. said the government is looking into improving the delivery of assistance to senior citizens, including the possibility of removing lengthy public presentations and simplifying the distribution process to ensure aid reaches beneficiaries more efficiently.

In BBM VLOG 278: Sagot sa Polisiya, the President read a suggestion from a netizen who raised concerns about the current process of distributing aid to senior citizens.

“Mula kay Geraldo Buena: Mr. President, ‘yung mga senior citizen natin kapag binibigyan ng ayuda, bakit naman po kailangan pang magpunta sa court at maghinhintay pa nang matagal bago ibigay ang anumang pinagkaka-loob sa kanila? Madalas kailangan pang antayin ‘yung pulitiko na dumating dahil isa-isa pang silang magsasalita sa harap at paulit-ulit lang naman na ipinapakilala ang kanilang mga sarili. Nakakarindi sa pandinig ito. Puwede bang tapusin na ang ganiyang kalakaran? Sayang ang tanggapan ng barangay kung hindi sila puwedeng gamitin upang ihatid sa bawat bahay ng mga benepisyaryo ang ayuda para sa kanila,” the President read.

In response, President Marcos emphasized that assistance funded by the national government should not be used for political activities or self-promotion by officials.

“Alam niyo po, basta’t ito ay mga programa ng national government. Ang mga speech at iba pang pang-epal bago ng distribution, hindi na pupuwede ‘yan. Hindi puwedeng gamitin



ang government services sa pamumulitika o pagpo-promote ng sarili,” the President said.

The Chief Executive added that existing policies already prohibit such practices, citing guidelines under a memorandum circular of the Department of the Interior and Local Government and provisions in the General Appropriations Act governing the proper use of public funds.

President Marcos also said the government is exploring ways to digitize the distribution of assistance to make the process more efficient.

“Sa distribution naman, pinapag-usapan na ang pag-digitize ng proseso. Baka puwedeng Gcash. May ibang mga LGU na gaya ng Makati na sinusubukan na ang ganitong sistema. Dapat tingnan pa rin ng mga local government unit ang modelong ito. Aralin ang sistema at unti-unting ma-implementa. Basta’t sa national government nanggaling ‘yan, mabilis na. ‘Di ka na kailangan makinig sa mahabang speech ng mga pulitiko,” the President emphasized. **(PND)**

## DOTr to ask PBBM to release fuel subsidy for PUV drivers



**RISE WATCH.** Traditional jeepneys ply the ED-SA-Kamuning-Kamias route in Quezon City on Thursday (March 5, 2026). The Department of Transportation on Friday (March 6) assured senators that it would recommend to President Ferdinand R. Marcos Jr. the release of fuel subsidies for public utility vehicle drivers amid rising pump prices. **(PNA photo by Joan Bondoc)**

MANILA – The Department of Transportation (DOTr) on Friday assured senators that it would recommend to President Ferdinand R. Marcos Jr. the release of fuel subsidies for public utility vehicle (PUV) drivers amid rising pump prices.

During a Senate hearing, DOTr Assistant Secretary Dioscoro Reyes said the agency would propose tapping the President’s contingency fund to support drivers affected by higher fuel costs.

“Gaya po ng sabi ni Senator [Sherwin] Gatchalian, we’ll probably recommend to the President the subsidy from the contingent fund (As Senator Gatchalian said, we will likely recommend to the President the subsidy from the contingency fund),” Reyes said.

He added that the recommendation would be submitted immediately after the hearing.

Gatchalian earlier raised concerns over the impact of rising fuel prices on drivers’ income, noting that pump prices have increased by around 15 to 17 percent since February, while fares have yet to be adjusted.

“So in the meantime na tumaas ang gasoline by let’s say 17 percent at ang pamasahe nag-stagnate, eh di kawawa ‘yung mga tsuper (If gasoline prices rise by around 17 percent while fares remain unchanged, drivers will suffer),” Gatchalian said.

Gatchalian said the fuel subsidy program was designed to serve as a “shock absorber” for drivers during periods of high oil prices, and proposed tapping contingency funds while Congress works on amending the law that currently requires global oil prices to average USD80 per barrel for one month before subsidies can be released.

The DOTr said it is coordinating with the Department of Budget and Management and the Department of Finance on possible funding sources, noting that around PHP2.5 billion in fuel subsidy funds from the previous year remains available for use. **(PNA)**



**WILTLOVER CAFÉ**  
MAKATI BRANCH

Visit us at Level 2,  
Ayala Malls Circuit, Makati City

Contact Number: (02) 85225278

Email Address:  
contact.makati@wiltlover.com

## 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. (FCCCII) 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. (FCCCII) 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 nations.

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](http://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.**

REPUBLIC OF THE PHILIPPINES  
REGIONAL TRIAL COURT  
NATIONAL CAPITAL JUDICIAL REGION  
OFFICE OF THE CLERK OF COURT AND EX-OFFICIO SHERIFF  
PASAY CITY

BDO UNIBANK, INC.,

Mortgagee,

-versus-

FILE NO. REM 26-028

FOR: EXTRA-JUDICIAL FORECLOSURE  
OF REAL ESTATE MORTGAGE UNDER ACT  
NO. 3135 AS AMENDED BY ACT NO. 4118

ROMEO OLANDRIA ANGELES, JR., AS  
REPRESENTED BY HIS ATTORNEY-IN-  
FACT, JEANETTE POSADAS  
ANGELES,

Debtor/Mortgagor.

X-----X

### NOTICE OF EXTRA JUDICIAL SALE

Upon verified petition for sale under Act 3135, as amended by Act 4118, filed by the Mortgagee, **BDO UNIBANK, INC.** c/o CONSUMER REMEDIAL MANAGEMENT UNIT with office/business address at 33<sup>rd</sup> Floor, BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City, against the Debtor/Mortgagor **ROMEO OLANDRIA ANGELES, JR.**, as represented by his **Attorney-In-Fact, JEANETTE POSADAS ANGELES**, with residence/postal/office address at (1) No. 1988-D, Obisis Street, Pandacan, Manila 1011; and (2) Unit 1647, Tower C, Shell Residences, Lot 3-A, EDSA corner Sunrise Drive, CBP Island-A, Pasay City, to satisfy the mortgage indebtedness which as of January 16, 2026 amounts to **Php2,834,696.33**, including/excluding interest, penalties, charges, attorney's fees and expenses incidental to this foreclosure and sale, the undersigned Deputy Sheriff will sell at public auction on **MAY 7, 2026** between **9:00 a.m.** and **4:00 p.m.** at the ground floor (main entrance) of the Hall of Justice, Pasay City to the highest bidder, for CASH and in Philippine Currency, the following described real property/ies, together with all the improvements existing thereon to wit:

### Condominium Certificate of Title

No. **003-2016004311**

(Republic Act No. 4726)

IT IS HEREBY CERTIFIED that the unit identified and described as:

"SHELL RESIDENCES"  
TOWER C  
FLOOR LEVEL - SIXTEENTH FLOOR  
UNIT - 1647  
UNIT TYPE - 1 BEDROOM WITH BALCONY  
UNIT AREA - 31.90 SQ.M. MORE OR LESS

In the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on TRANSFER CERTIFICATE OF TITLE 2011000405 which embraces and describes the land located at EDSA EXTENSION COR. SUNRISE DRIVE, PASAY CITY with an area of TWENTY-TWO THOUSAND (22,000) Square Meter, is registered in the name of:

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, it shall be held on **MAY 21, 2026** without further notice.

Pasay City, this 5th day of March 2026.

For the Acting Clerk of Court & Ex-Officio Sheriff

(Sgd.)

**ESTELITA E. IGDON**

Deputy Sheriff, RTC Br. 117, Pasay City

Publication: **SENTINEL POST**  
Dates: **MARCH 10, 17 & 24, 2026**

It is absolutely prohibited to  
remove, deface or destroy this  
Notice of Sale on or before the  
date of sale under penalty of law.

**THE SENTINEL POST**  
March 10, 17 and 24, 2026

## Lantern Festival and International Women's Day Celebration Held at Bahay Tsinoy Museum

MANILA, Philippines — The Lantern Festival and International Women's Day celebration was successfully held on March 6 at the Bahay Tsinoy Museum in Manila through the auspices of the Embassy of the People's Republic of China in the Philippines.

The event brought together guests and foreign delegates to celebrate Chinese culture while honoring the important role of women in society. The program began with a guided tour of the Bahay Tsinoy Museum, conducted in two batches for the participants.

Bahay Tsinoy, known as the Museum of Chinese in Philippine Life, showcases the rich history, culture, and contributions of the Chinese community in the Philippines. Its exhibits trace the presence of the Chinese in the country from the pre-Spanish period, through the Galleon Trade era, the American and Japanese occupations, and up to the present time.

According to Teresita Ang-See, founding chairman of the Movement for Restoration of Peace and Order, around 60 foreign delegates attended

the celebration.

Ang-See also expressed gratitude to Francisco "Isko" Moreno Domagoso, Mayor of Manila, for allowing the use of the Bahay Tsinoy Museum as the venue for the event.

The celebration featured various displays of traditional Chinese clothing and novelty items. Several books highlighting Chinese heritage and history were also exhibited and made available to visitors, including Live the Dream, Tsinoy: The Story of the Chinese in Philippine Life, Chinese in the Philippines, Dr. Jose Rizal's Chinese Ancestry, and The Philippines in Ancient Chinese Maps.

A cultural performance featuring the Chinese folk song "Start of the Joy Season" was presented using a traditional Chinese musical instrument similar to a harp. Guests also watched a video presentation of Chinese Kung Fu integrated with robotics technology.

Another highlight of the program was a presentation promoting the Asia-Pacific Economic Cooperation (APEC) 2026, shown through China Central Television (CCTV), featuring segments ti-



tled "Gather in Shenzhen" and "Amazing Shenzhen."

The event concluded with a tribute to women in celebration of International Women's Day, carrying the message that "Women Hold Up Half the Sky," emphasizing the vital role of women in society and nation-building.

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

**NOTICE OF DONATION OF REAL PROPERTY**

NOTICE is hereby given that in a document entitled “**Deed of Donation**,” executed by and between **JOY LEGASPI**, formerly Joy Legaspi Spanhoff, a Filipino citizen, of legal age, single, and a resident of Unit 914 A District II, Serendra Condominium, Fort Bonifacio, Taguig City, as **Donor**, and **JORIS GEORGE JACOBUS JOHANNES SPANHOFF**, a Dutch national, of legal age, single, and a resident of Unit 47B West Tower One Serendra, Fort Bonifacio, Taguig City, as **Donee**, the parties declared and made known the following:

1. The Donor is the co-owner of one (1) condominium unit located at **One Serendra, Fort Bonifacio, Taguig City**, covered by **Condominium Certificate of Title No. 164-2017016829**, particularly identified as **Unit 47B, West Tower, One Serendra**, with a total floor area of **Three Hundred Fourteen (314) square meters**, together with **three (3) parking slots**, namely **Parking Slots No. 3488, 3489, and 3490**, each with a floor area of **Twelve and Five-Tenths (12.5) square meters**, or a total parking area of **Thirty-Seven and Five-Tenths (37.5) square meters**;
2. The Donor has the full legal right, capacity, and authority to **absolutely and irrevocably transfer by way of donation her one-half (1/2) share** in the above-described property;
3. The Donee has the full capacity and authority to **accept the donation of the Donor’s one-half (1/2) share**, which together with his existing one-half (1/2) share shall complete the Donee’s **full ownership of the property**;
4. The Donor further confirmed that the property is conveyed **free from all liens and encumbrances**, and that she has no creditors who will be prejudiced by the donation.

The **Deed of Donation** was executed and acknowledged in **Makati City, Philippines**, on **February 2, 2026**, before **Atty. Rosabel Castillo Cui**, Notary Public for Makati City, and entered in the notarial register as **Doc. No. 17; Page No. 5; Book No. V; Series of 2026**.

**THE SENTINEL POST**  
**March 10, 17 and 24, 2026**

**NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH DEED OF ABSOLUTE SALE**

NOTICE is hereby given that in a document entitled “**Extrajudicial Settlement of Estate with Deed of Absolute Sale**,” executed by **Edgardo Paras Yumul**, and **Marilou Pingol Yumul, Patrick Pingol Yumul, and Laurice Anne Pingol Yumul**, heirs and representatives of the late **Fernando Paras Yumul**, the parties declared and made known the following:

1. **Ricardo S. Yumul** and his spouse **Felina Paras** died intestate on April 7, 1989 and September 18, 2010, respectively, leaving as heirs **Edgardo Paras Yumul** and **Fernando Paras Yumul**, the latter now represented by his heirs above named;
2. The decedents left parcels of land located in **Telabanca, Concepcion, Tarlac**, covered by **Transfer Certificate of Title Nos. 07406, 07399, 10802, and 07402** issued by the Registry of Deeds for Tarlac;
3. Pursuant to **Rule 74, Section 1 of the Rules of Court**, the heirs extrajudicially settled the estate and **sold the properties by way of Absolute Sale** in favor of **JMR Trade & Transport Services Corporation**, represented by its Chief Executive Officer, **Maricel Zamora**;
4. The settlement and sale are subject to the rights of other heirs, creditors, and interested parties under **Rule 74, Section 4 of the Rules of Court**.

The instrument was **executed and notarized before Atty. Adonai Jan R. Aslarona, Notary Public for Makati City**, and entered in his notarial register as **Doc. No. 311; Page No. 64; Book No. 9; Series of 2026**.

**THE SENTINEL POST**  
**March 10, 17 and 24, 2026**

**Increase in Chinese ships in WPS unrelated to Mideast conflict**

MANILA – A ranking Philippine Navy official on Sunday said the United States’ preoccupation in the conflict in the Middle East has nothing to do with the slight increase in Chinese ships monitored in the West Philippine Sea (WPS).

“Bagamat may increase hindi pa natin ito ma-correlate directly sa nangyari sa (although there is an increase, this is not correlated on what is happening right now in the) Middle East,” PN spokesperson for the WPS Rear Admiral Roy Vincent Trinidad said during an interview with DZBB.

Last week, Trinidad said 34 ships from China’s People’s Liberation Army Navy and the China Coast Guard were sighted in the WPS, slightly up from the 21 and 18

previously sighted.

“Last week ay na-report natin na (we reported) 34, the other week I think was 21, the other week was 18,” he said.

He said they are not seeing a reduction in the Philippines’ bilateral activities with the US despite the ongoing conflict.

He said they expect some 500 activities under the Mutual Defense Board-Security Exchange Board.

“Kakagawa lang natin ng (We just concluded) MMCA (multilateral maritime cooperative activity) with the US and Australia in Subic, from SBMA (Subic Bay Metropolitan Authority) all the way up to Mavulis Island (in Batanes),” he added. (PNA)

Republic of the Philippines  
 National Capital Judicial Region  
**OFFICE OF THE CLERK OF COURT**  
**Regional Trial Court of Manila**  
 Email Address: [rtc1mnlocc@judiciary.gov.ph](mailto:rtc1mnlocc@judiciary.gov.ph)  
 Contact Nos.: +63 991 958 7864

**UNIONBANK OF THE PHILIPPINES,**  
*Petitioner/s/Mortgagee/s,*

-versus-

**Foreclosure No. 26-4948**

**JULIUS CEAZAR S. PORCIUNCULA,**  
*Respondent/s/Mortgagor/s.*

X ----- X

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon extra-judicial petition for sale under Act 3135/1508, as amended by Act 4118, filed on January 28, 2026, against, **JULIUS CEAZAR S. PORCIUNCULA** of #3 Tampoy Street, Project 2, Quezon City, to satisfy the mortgage indebtedness which, as of January 05, 2026, amounts to PESOS: **TWO MILLION FIVE HUNDRED EIGHT THOUSAND FIVE HUNDRED FIFTY THREE AND SEVENTY-SEVEN CENTAVOS (Php2,508,553.77)**<sup>1</sup> pursuant to the **Real Estate Mortgage**<sup>2</sup>, the undersigned Acting Clerk of Court & *Ex-Officio* Sheriff of the Regional Trial Court of Manila, through her deputy, **Sheriff ARMELINO D. TRAMBULO**, will sell at public auction on **MARCH 19, 2026** at 10:00 o'clock in the morning or soon thereafter but not later than 2:00 o'clock in the afternoon, in front of the Office of the Clerk of Court, Regional Trial Court, Manila, Room 400, 4<sup>th</sup> Floor, Manila City Hall, to the highest bidder, for cash or manager’s check and in Philippine Currency, the following property/ies with all its improvements, more particularly described as follows:

**REPUBLIC OF THE PHILIPPINES**  
 DEPARTMENT OF JUSTICE  
**Land Registration Authority**  
 QUEZON CITY  
 Registry of Deeds for City of Manila

**Condominium Certificate of Title**  
**No. 002-2021004068**

(Republic Act No. 4726)  
 IT IS HEREBY CERTIFIED that the unit identified and described as:  
**UNIT NO. 1606 – A STUDIO UNIT, LOCATED AT THE 16TH FLOOR LEVEL OF AMAIA SKIES – STA. MESA (TOWER 1), WITH AN AREA OF 18.60 SQUARE METERS, MORE OR LESS.**  
*in the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on TRANSFER CERTIFICATE OF TITLE 2012004145 which embraces and describes the land located at V. MAPA COR. VALENZUELA STREET, STA. MESA, MANILA with an area of (1,717.90, 1,054.50, 824.40, 1,375.40) Square Meter, is registered in the name of:*  
**Owner: JULIUS CEAZAR SANTOS PORCIUNCULA, OF LEGAL AGE, SINGLE, FILIPINO**  
**Address: #3 TAMPOY ST. PROJECT 2, QUEZON CITY 1100** *(Signature)*

All sealed bids must be submitted to the undersigned at 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 23, 2026** without the need for further notice.

City of Manila, Philippines, 11 February 2026.

(Sgd.)  
**SHAIRA A. QUERUBIN**  
*Acting Clerk of Court<sup>3</sup> & Ex-Officio Sheriff*

(Sgd.)  
**ARMELINO D. TRAMBULO**  
*Sheriff-in-Charge*

Copy furnished:

**UNIONBANK OF THE PHILIPPINES**  
 UnionBank Plaza Building, Meralco Avenue  
 corner Onyx and Sapphire Roads,  
 Ortigas Center, Pasig City, Metro Manila.

**JULIUS CEAZAR S. PORCIUNCULA**  
 #3 Tampoy Street, Project 2, Quezon City.

**NOTE/S:**  
*Failure to attend the auction sale, despite proper notice, shall be construed as a waiver. Accordingly, the auction sale shall be held as scheduled.*

*The mortgagee is required to submit an updated Statement of Account before the scheduled auction sale*

NEWSPAPER: **“SENTINEL POST NEWS PUBLISHING”**  
 DATES OF PUBLICATION: **February 24, 2026 and March 03 & 10, 2026 (Every Tuesday)**

**THE SENTINEL POST**  
**February 24, 2026, March 3 and 10, 2026**

<sup>1</sup>Annex “D” of the Petition

<sup>2</sup>Dated September 21, 2022 and notarized on September 21, 2022

<sup>3</sup>Per Designation Order dated December 9, 2024 issued by Hon. Carolina C. Icasiano-Sison, Executive Judge, RTC, Manila with approval/confirmation by Hon. Raul B. Villanueva, Court Administrator, Supreme Court of the Philippines, dated December 10, 2024.



## LAW A WEEK

BY: ATTY. SARAH JEANE CARDONA ANTOLIN

### YOU OWE MONEY, NOT YOUR DIGNITY: LAWS AGAINST DEBT COLLECTION HARASSMENT

Borrowing money is a common reality for many Filipinos. Whether through banks, credit cards, or online lending apps, loans help families manage emergencies and daily needs. While it is true that borrowers have the obligation to pay their debts, creditors and collection agencies are **not allowed to harass, threaten, or shame debtors** in order to force payment.

In recent years, the Philippine government has received numerous complaints about abusive collection practices, especially from **online lending companies**. Some borrowers reported receiving threatening messages, being bombarded with calls, or having their personal information posted online to embarrass them publicly. Authorities have repeatedly warned that such practices are illegal and punishable under Philippine law.

#### Debt Is Not a Crime

One important principle in Philippine law is that **failure to pay a debt is not a criminal offense**. The Constitution generally prohibits imprisonment for non-payment of debt. Instead, unpaid loans are considered **civil obligations**, meaning creditors must go through proper legal processes such as filing a civil case in court if they want to enforce payment.

Collectors therefore **cannot threaten borrowers with arrest or imprisonment** simply because they have an unpaid loan. Threats like these are often used as scare tactics and may even expose collectors to criminal liability.

#### Harassment by Debt Collectors

Authorities have identified several common forms of harassment used by abusive collectors. These include repeatedly calling or sending threatening messages, using obscene language, contacting a borrower's employer or relatives to shame them, and posting the debtor's personal information on social media.

In many cases involving online lending

apps, collectors allegedly accessed a borrower's phone contacts and sent messages to friends or coworkers saying the borrower had unpaid debts. The **Department of Justice (DOJ)** warned that this type of "debt-shaming" and cyber harassment may violate several laws, including the **Cybercrime Prevention Act (Republic Act No. 10175)** and the **Data Privacy Act of 2012 (Republic Act No. 10173)**.

Such acts may also constitute crimes such as **grave threats, unjust vexation, libel, or coercion**, depending on the circumstances.

#### Existing Laws That Protect Borrowers

Several Philippine laws already provide protection to debtors who experience abusive collection practices.

Under the **Philippine Credit Card Industry Regulation Act (Republic Act No. 10870)**, credit card issuers and their collection agents are prohibited from harassing, abusing, or oppressing debtors when collecting credit card debts.

Borrowers may also rely on the **Data Privacy Act**, which protects their personal information from unauthorized disclosure. If a lender shares a borrower's debt details with third parties without consent, the borrower may file a complaint with the National Privacy Commission.

In addition, the **Revised Penal Code** may apply when harassment amounts to unjust vexation, threats, or defamation. Victims may also file **civil cases for damages** if they suffer humiliation, emotional distress, or harm to their reputation because of abusive collection tactics.

#### Government Response to Online Lending Abuses

The growing number of complaints has prompted regulators to take action. The **Securities and Exchange Commission (SEC)** issued rules prohibiting financing and lending companies from

using threats, violence, or public shaming to collect debts. Companies that violate these rules may face administrative penalties, suspension, or even revocation of their licenses.

Lawmakers have also pushed for stronger protections. Several proposed measures, including a **Fair Debt Collection Practices Act**, aim to explicitly prohibit harassment, deception, and abusive behavior by collectors. According to reports, authorities have received thousands of complaints from borrowers who claimed they were subjected to intimidation, threats, and public humiliation by lenders.

#### What Borrowers Can Do

Borrowers who experience harassment are not powerless. They may report abusive collectors to the **SEC**, the **National Privacy Commission**, the **Philippine National Police Anti-Cybercrime Group**, or the **Department of Justice**. They may also file criminal complaints or civil actions for damages if the harassment causes emotional distress or reputational harm.

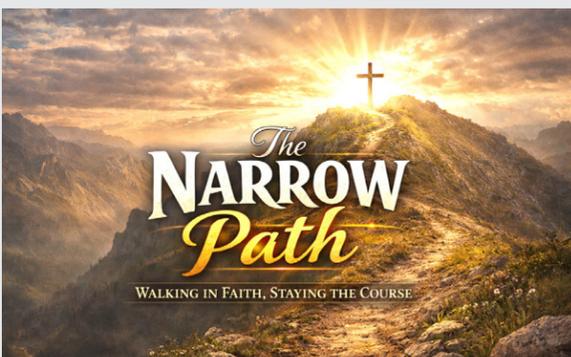
At the same time, borrowers should remember that **having rights does not remove the obligation to pay legitimate debts**. The law protects both parties by ensuring that debts are collected through **legal and ethical means**, not intimidation or humiliation.

#### A Matter of Respect and Rule of Law

Debt collection is a legitimate business activity, but it must always respect the dignity and rights of borrowers. The rule of law requires that financial obligations be enforced **through courts and legal procedures—not through fear, threats, or public shaming**.

In the end, a just financial system must balance accountability with humanity. Borrowers must honor their obligations, but creditors must also remember that **no debt justifies harassment**.

## PERSEVERING IN FAITH WHEN LIFE GETS HARD



Life often brings seasons of difficulty—financial struggles, family problems, illness, disappointments, or long periods of waiting for God's answer. In these moments, perseverance becomes essential for the Christian life. It is not merely stubborn endurance but a steady trust that God remains faithful even when circumstances are hard.

The Bible frequently reminds believers that trials are part of spiritual growth. **James 1:2-4** encourages Christians to "consider it pure joy" when facing trials because the testing of faith produces perseverance and maturity. Difficult seasons are not wasted; God uses them to deepen faith and strengthen character.

Scripture also reminds believers not to give up. **Galatians 6:9** says, "Let us not grow weary in doing good, for in due season we shall reap if we do not lose heart." Sometimes the harvest takes time. God's timing is often slower than ours, but His promises remain sure.

Perseverance is closely connected with hope. **Romans 5:3-5** teaches that suffering produces perseverance, perseverance produces character, and character produces hope—a hope that does not disappoint because it is rooted in God's love. When believers endure hardship with faith, God shapes their lives in ways they may not immediately see.

The Bible also assures believers that perseverance brings blessing. **James 1:12** says, "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him." Endurance is not only about surviving hardship; it is about remaining faithful to God through it.

The apostle Paul also emphasized endurance in the Christian life. In **2 Timothy 4:7**, he declared near the end of his life, "I have fought the good fight, I have finished the race, I have kept the faith." Paul's

words remind believers that the goal is not merely to start the race of faith but to finish it faithfully.

Above all, Christians look to Jesus as the ultimate example of perseverance. **Hebrews 12:1-2** encourages believers to "run with perseverance the race marked out for us, fixing our eyes on Jesus... who endured the cross." Christ endured suffering because He trusted the Father's greater plan, and His victory gives believers strength to endure their own trials.

Even when strength feels weak, God promises His presence. **Isaiah 40:31** declares, "Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint." Perseverance is possible not because believers are strong, but because God renews their strength.

In the end, perseverance is an act of faith. It is choosing to trust God's promises even when the path ahead is unclear. For Christians, the journey may be difficult at times, but God's Word assures us that those who remain faithful will see His purposes fulfilled. The challenge for every believer is simple but powerful: **keep trusting, keep obeying, and do not give up**.

# TSP SHOWBIZ ROUND-UP

## KRIS AQUINO HAD LUNCH WITH PBBM AND FL



**Philippine Star** · Follow  
1h · 🌐

**PBBM MEETS QUEEN OF ALL MEDIA**

President Ferdinand "Bongbong" Marcos Jr. drops by at a home-cooked lunch hosted by First Lady Liza Marcos for Kris Aquino at Bahay Pangulo at Malacañang Park on Friday.

It was the first time since 2016 that Kris visited Malacañang. The intimate lunch, held to belatedly celebrate Kris' birthday, was organized by their common friend, designer Michael Leyva. | via Joanne Rae Ramirez

Images courtesy of Facebook: Philippine Star

## SHEILA GUEVARA WIFE OF CONGRESSMAN BONG SUNTAY, DOES NOT AGREE WITH HIS ACTIONS, APOLOGIZES TO ANNE CURTIS

sheilaguevara888  
Suggested for you

I want to be unequivocally clear: My children & I do not agree with, and we do not condone, the analogy made by Bong. The news circulating, that I laughed and therefore approved of what was said is false, and I will not allow that narrative to stand unchallenged.

To Anne Curtis and her family — I am deeply sorry. No woman should ever be spoken about that way, and I understand if words alone feel insufficient. Please know that my heart goes out to you, and I stand with you.



sheilaguevara888  
Suggested for you

Every woman — regardless of who she is, whose wife or daughter she may be, or whatever her background — deserves to be treated with dignity and respect. That is a value I hold deeply and will never compromise on.

I also make this appeal with all sincerity: please leave me and my children out of this. We are not public figures. My children are children. No mother should have to watch her children be targeted and harassed for something they had no part in. I humbly ask the public and the media to respect that boundary. Thank you 🙏

Images courtesy of Instagram: bongсутay, sheilaguevara888

## COCO MARTIN NEW LOOK FOR 'SIGABO'



**Dreamscape Entertainment** is with CCM Productions and 2 others.  
3m · 🌐

UNANG SILIP: COCO MARTIN AT JULIA MONTES SA #SIGABO, NGAYONG MARCH 16 NA!

Images courtesy of Facebook: Dreamscape Entertainment



We breed, we sell, we care.

# PETCRADLE

He who rocks the cradle rules their (pets) world.

Shop 18 Cartimar Commercial Villas 1, Cartimar, Pasay City  
(0917) 851 2413 | FB: www.https://www.facebook.com/petcradle

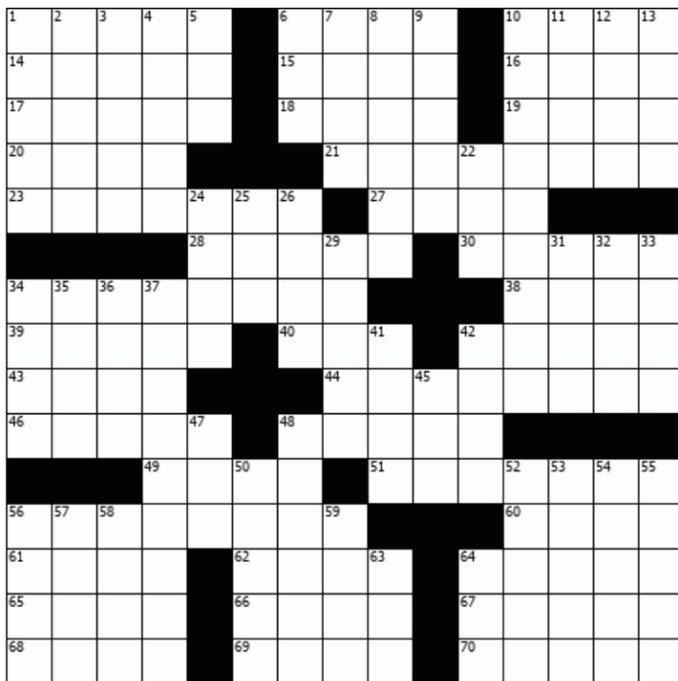


## CROSSWORD PUZZLE

**Across**

- 1. Be upright
- 6. Phonograph record
- 10. Aromatic spice
- 14. Dispute
- 15. Aware of
- 16. Heed
- 17. Animals' homes
- 18. Strike-breaker
- 19. Impudent
- 20. Wrongdoings
- 21. Nabbed
- 23. Branch of math
- 27. Narrative
- 28. Desert springs
- 30. Neckerchief
- 34. Statue base
- 38. Track shape
- 39. Off kilter
- 40. Tavern
- 42. Love dearly
- 43. Public disorder
- 44. Became more profound
- 46. Disrobe
- 48. Feel
- 49. Have to
- 51. Abandons
- 56. Artillery shell fragments
- 60. Get together

- 61. Owl call
- 62. Diva's song
- 64. Setting
- 65. \_\_\_\_ of Man
- 66. Enjoy a book
- 67. Fable collector
- 68. Require
- 69. Traditional knowl-  
edge
- 70. Equals

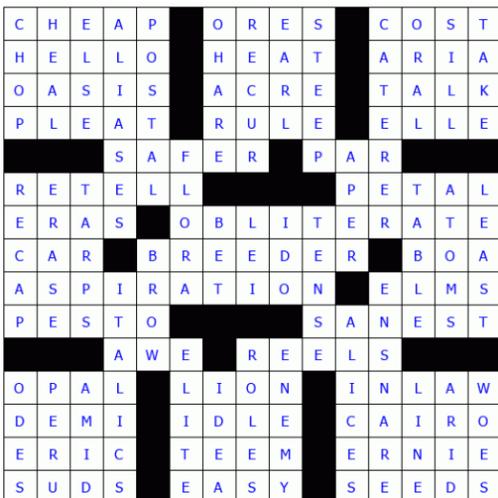


**Down**

- 1. Mexican sauce
- 2. Forest path
- 3. Maturing
- 4. Doctor's coworker
- 5. French preposition
- 6. \_\_\_\_ and don'ts
- 7. Indian of Peru
- 8. Begins
- 9. Hooded snake
- 10. Telegraph symbols (2 wds.)
- 11. Lean against
- 12. Admit defeat
- 13. Viewed
- 22. Overhead trains
- 24. Foreman
- 25. Snitch
- 26. Right away (abbr.)
- 29. Avoid capture
- 31. Stratford-on-\_\_\_\_
- 32. Not common
- 33. Ran away
- 34. Golf norms
- 35. Radiate

- 36. Fashion name
- 37. Guessed roughly
- 41. Warp
- 42. Chimpanzees
- 45. Opposite of WNW
- 47. Young dog
- 48. Sound system
- 50. Growl
- 52. Host
- 53. \_\_\_\_ Witherspoon of "Just Like Heaven"
- 54. Singing voice
- 55. Stairs
- 56. Leg bone
- 57. Nylons
- 58. Actor's desire
- 59. Fibber
- 63. Fruit beverage
- 64. Sucker

LAST WEEK'S ANSWER:



## SUDOKU

TODAY'S PUZZLE:

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

LAST WEEK'S ANSWER:

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

## NU, UE complete UAAP men's tennis Final Four cast

**AWESOME FORM.** National University's Isaac Lim prepares for a return against Adamson University's John Kenneth Jumanoj in the UAAP Season 88 men's tennis tournament at Colegio San Agustin in San Jose del Monte, Bulacan on Sunday (March 8, 2026). Lim prevailed, 6-0, 6-3, and NU went on to win the tie, 5-0. (UAAP photo)

MANILA – Defending champion National University (NU) and University of the East (UE) outclassed their rivals Sunday to secure the last two semifinal berths in the UAAP Season 88 men's tennis tournament at Colegio San Agustin in San Jose del Monte, Bulacan.

NU blanked Adamson University, 5-0, while UE thrashed De La Salle University, 4-1, to join University of the Philippines (UP) and University of Santo Tomas (UST) in the next round.

UP whipped Ateneo de Manila University, 5-0, to stay on top at 8-1.

NU and UST share second place at 7-2 followed by UE (6-3).

"We're gunning for the top two, so we'll get the incentive of twice-to-beat. And I think, we can handle it," NU coach Bobby Esquivel said.

"Looking forward and excited [for the next ties] because I know our players have woken up again after what happened against UST ... looking forward because we know the players will bounce back hard to get the win next Wednesday and Saturday," he added.

NU lost to UST, 2-3, on Saturday.

Isaac Lim beat John Kenneth Jumanoj, 6-0, 6-3; Alex Acabo waylaid Vinz Bering, 6-0, 6-1; Andrei Padoo downed Neo Maratas, 6-1, 6-2; Angil Balaoing and Christian Padilla triumphed over Herald Aton and Albretch Job, 6-2, 6-2, while Jules Lazaro and Miguel Vicencio prevailed Nikko Lumahang and Mieczo Candelasa, 6-2, 3-6, 10-7, as the Bulldogs marched to the Final Four for the fifth consecutive season.

The Red Warriors, on the other hand, made it to the semifinal for the fourth straight time.

"We really did our best to help the team win. We just have to be aggressive on the court," UE's Marc Suson said after beating JT Bernardo, 6-4, 6-2.

JB Aguilar bageled Rupert Tortal, 6-0, 6-0; and Gerald Gemida trounced Yassan Al-Anazi, 6-1, 6-1, to give the Red Warriors a 3-0 lead.

La Salle's Fernando Po and Marcus Guinoo won over RJ Baje and Kian Sanchez 6-4, 6-2, before UE's Allyson Cabanilla and Kent Morales wrapped up the tie with a 7-6(5), 1-6, 10-5 triumph over EJ Geluz and Daniel Es-tanislao. (PNA)

## Bullpups clinch No. 1 seed in UAAP boys' basketball

MANILA – National University Nazareth School clobbered De La Salle Zobel, 83-66, Sunday to secure the No. 1 seed and a twice-to-beat advantage in the UAAP Season 88 boys' basketball tournament at Blue Eagle Gym in Quezon City.

Kurl Figueroa finished with 14 points and rebounds, while Corian Cabantog and Rhon-j Matias chipped in 12 and 10 points, respectively, as the Bullpups rolled to their 10th straight win and close the eliminations with a 12-2 record.

"We learned a lot from our 10-game winning streak because that's when we saw that we didn't need to relax. When we say winning streak, we really relax, but the kids weren't complacent," NUNS coach Kevin de Castro said.

"Maybe the composure and maturity that we have every practice and every game, we need to work on. We don't think about our opponent. We think about our problems within our circle, which is the team," he added.

Maco Dabao had 10 points, four steals, and two steals for the Junior



**DOMINANT.** Kurl Figueroa of National University Nazareth School goes for a slam dunk during their game against De La Salle Zobel in the UAAP Season 88 boys' basketball tournament at Blue Eagle Gym in Quezon City on Sunday (March 8, 2026). The Bullpups won, 83-66, to secure the No. 1 seed. (UAAP photo)

Archers, who took the No. 4 seed with an 8-6 card.

In the other game, University of the East outplayed Adamson University, 77-73, to finish fifth with a 5-9 slate.

Drei Lorenzo led the Junior Warriors with 19 points and eight rebounds, while Mhico Abelar added 12 points, three rebounds and three assists.

Jarl Artango had 18 points and six assists for the Baby Falcons, who had a 4-10 record, their worst finish in nine years since a 2-12 season in 2017. (PNA)



## Guimaras hosts 5150 Islands of the Philippines triathlon



**TRIATHLON.** Participants of the 5150 Islands of the Philippines triathlon pose with Guimaras Governor Ma. Lucille Nava and Lone District Rep. JC Rahman Nava during the opening ceremony at Playa de Paraiso on Saturday (March 7, 2026). Sunday's race covers 1.5 km swim, 40 km bike and 10 km run. (PNA photo by PGLena)

SAN LORENZO, Guimaras – Triathletes from 14 countries will gather on Sunday in this island-province for the inaugural 5150 Islands of the Philippines triathlon.

The race starts with the 1.5-kilometer swim at Playa de Paraiso in Barangay San Enrique, followed by the 40-kilometer bike leg starting at the gate of the Playa de Paraiso beach resort to the provincial capitol, and a 10-kilometer run from the provincial capitol to the Guimaras State University Mosqueda campus and back to the capitol.

The triathlon is held in partnership with the National Sports Tourism Inter-Agency Committee, headed by the Philippine Sports Commission (PSC), in cooperation with the Department of Tourism and the Tourism Infrastructure and Enterprise Zone Authority.

"We try to make Guimaras really the center of this race," Princess Galura, president and marketing director of organizer Sunrise Events Inc., said at the press conference Saturday.

DOT Western Visayas Regional Director Crisanta Marlene Rodriguez said the triathlon is one way of promoting Western Visayas as a sporting destination.

"This helps us also in our strategic tourism goal, specifically the diversification of tourism products. Western Visayas has a lot of tourism products and we're happy that for Guimaras province, we are also adding sports tourism to our portfolio,"

she said.

Guimaras Lone District Rep. JC Rahman Nava said they have long wanted Guimaras to become a destination for outdoor activities.

"This is in line with what we intend for the province to put Guimaras on the map as far as an outdoor sports destination," he said.

This year's other legs will be in Camiguin province on May 3; Panglao, Bohol on July 12; and Lapu Lapu City, Cebu on Aug. 9.

Sunrise's 5150 events last year were held in Panglao, Bohol; Samal, Davao del Norte; and Freeport Area of Bataan.

Members of the Philippine Sports Commission Elite Under 23 team and PSC Commissioner Walter Francis Torre joined Saturday's launch. Race director Julian Valencia also held a briefing. (PNA)



A weekly newspaper of general circulation published every Tuesday by Sentinel Post News Publishing

Registered Address:

Block 13 Lot 18, Tamara Lane Subdivision,  
Brgy. Kaybiga, Caloocan City  
Mobile No.: +639175728447  
Landline No.: 02 88098101

Email Address: tspnewsublishing@gmail.com  
Website: https://thesentinelpost.net

STAFF BOX

PUBLISHER: SARAH JEANE C. ANTOLIN  
CHIEF EDITOR: ELIEZER J. ANTOLIN  
LAYOUT ARTIST: CONNIE LYNN C. ERIVE

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

Member: **Papi** Publishers Association of the Philippines, Inc.

ADVERTISING RATES

Commercial Notices – P200 per col.cm  
Legal Notices – P160 per col.cm