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P 10.00

# DTI AWARDS FIRST 'SUKING TINDAHAN SEAL' IN BULACAN

CITY OF MALOLOS, Bulacan -- The Department of Trade and Industry (DTI) awarded on Monday the "Suking Tindahan Seal" to Bert and Marie Megastore in Meycauayan City, becoming the first recipient in Bulacan.

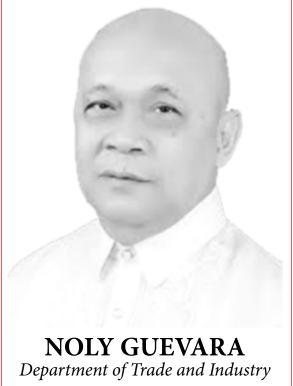
DTI Undersecretary Ruth B. Castelo and DTI Regional Director Judith P. Angeles led the awarding of the seal of good housekeeping to Bert and Marie Megastore



TRADE & INDUSTRY

that has volunteered to sell basic and prime goods at suggested retail prices (SRPs).





Department of Trade and Industry

DTI-Bulacan the seal of housekeeping in stores that are willing

DITI-BUTACAN Director Zorina Aldana said the "Suking Tindahan Seal" is aimed at providing adequate inventory and recognition to the various stores and grocery stores selling basic commodities within or lower than the SRPs.

"We are providing

to put SRPs on products.
It is voluntary and not required," Aldana told the media.

"They must also protect the welfare of

"They must also protect the welfare of consumers and comply with fair trade laws," she added.

The program is in line with the Duterte administration's thrust to improve consumer welfare and initiate propoor programs and to ensure easier access of consumers to cheaper goods.

Under the "Suking Tindahan" program, the DTI makes arrangements with manufacturers to directly supply sari-sari stores that volunteer to sell products within SRPs. (PNA)

# A modern take on delivering public services



The Provincial Government of Cavite has already laid out plans and programs that will help uplift lives of Caviteños, making use of Ugnayan sa Barangay, a modern take on public services

delivery as one platform to communicate with the people. On January 8, 2019, Cavite Governor Boying Remulla, together with former Special Assistant to the President Bong Go, Trece Martires City Councilors Aldrin Anacan and Kim Lubigan, Indang Municipal Councilor Ping Remulla, and Tanza Municipal Councilor Lito Langit reached out to constituents, delivering inspiring messages and extending assistance for people's basic needs. Likewise, the event became a venue for the ceremonial turnover of Patrol Vehicle to senior citizens of Barangay Lapidario. The presence of Governor Jonvic

Remulla who also joined the group added positive vibes and excitement to the program.--PICAD



## Forming a tougher community thru ugnayan sa Barangay



Generously providing the basic necessities his of constituents, on behalf of Governor Boying Remulla, his brother, Governor Ionvic Remulla with Vice Governor Jolo Revilla, enthusiastically

visited the locals of Barangay Pinagbuklod in the City of Imus as part of the Ugnayan sa Barangay Program of the provincial government on January 7, 2019. They have checked the situation in the locality and mingled with

the people to know what the government can offer to ease their way of life. Hundreds of citizens have graciously appreciated the presence of the government officials who showed compassion and sympathy for the

indigent members of the society who need distinct attention as they run through the burden of their everyday living. Also in attendance were the members of the barangay council. **PICAD** 

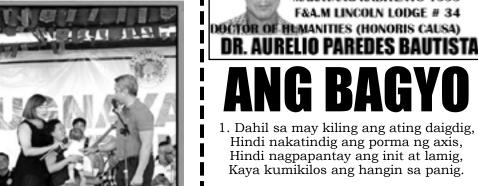
## Enriching healthcare services for Gentrias constituents

Determined to deliver healthcare services to the citizens of General Trias. Governor Boying Remulla thru the Office of the Provincial Governor Extension and the Provincial Health Office, together with the City Health Office of Gentrias

once again conducted a free medical and dental services to a total of 362 residents from the Grand Subdivision Riverside in Pasong Camachile 1 on January 4, 2019. On behalf of Congressman Jonjon Ferrer, Mayor Ony Ferrer, Vice Mayor

Morit Sison and members of the Team Gentri, Board Member Kerbv Salazar with ICI Gentrias Katipunan 2017 President Kyle Salazar expressed their appreciation to the provincial government for incessantly accommodating their request in giving the basic healthcare services to penniless members of their community. Likewise, mothers were given

distinct attention during the mission as employees of the Cavite Population Office mingled with them to convey the benefit of knowing the proper spacing of pregnancies and birth control. Also present during the mission were Liga ng mga Barangay President Jay Columna, SK officers, members of the barangay council, and barangay health workers. --



# 1. Dahil sa may kiling ang ating daigdig,

MAKATANG KABITENYO

DISU-DASMARIÑAS AWARDEE MAKATANG KABITENYO 1999 F&A.M LINCOLN LODGE # 34

- Hindi nakatindig ang porma ng axis, Hindi nagpapantay ang init at lamig, Kaya kumikilos ang hangin sa panig.
- 2. Ang nais ng mundo ay balanse lamang, Kapag merong sobrang init ay kabilan, Malawak na lugar balanse'y kailangan, At bagyo ang gamit ng ating Lumalang.
- 3. Ang bagyo'y may mata sa kalagitnaan, At dito'y payapa parang ligtas lamang, Sa paligid nito'y umiikot naman Ang hangin at dito'y may kapahamakan.
- 4. Bagyong umiikot ay kontra sa relo, Kanan pakaliwa ang pag-ikot nito, Unang tama nito ay gawing kanan mo, Payapa't sa muli'y kaliwang perwisyo.
- 5. Pagbagtas sa dagat, ito ay palakas, Pahina pag lupa itong binabagtas, Lalakas na muli pag lupa'y nilampas, Hanggang mawala na sa dulo niyang wakas.
- 6. Natatakot tayo sa bagyong darating, Nguni't Pilipinas kung bagyo'y wala rin, Malamang na tayo'y disyerto sa turing, Wala yaong tubig na nais inumin.
- 7. Wala namang bagay na perwisyo lamang,

Bagyo ay may gamit na tulong sa bayan, Hindi lang makita kaagad sa ganyan, Dala nito'y tubig at bahang sukaban.

8. Kaya ang marapat tayo ay mag-ingat, Tanggapin ang tulong na unang masarap, Suhayan ang bahay sa hanging pahamak, Ang bagyo'y balanse yaong ginaganap.



Office Address: 23 Kapitan Sayas Street, Sabutan, Silang Cavite Contact Number 09497849109/09075029643 E-mail Address: humanitynews@yahoo.com

#### **AURELIO P. BAUTISTA**

PUBLISHER/EDITOR-IN-CHIEF 667 Bayan Luma 5 Imus City, Cavite Tel No. 471-3809

#### **LEXTER LUMAS BAGAPORO** BUSINESS MANAGER

#### DR. SONNY ANARNA

MANAGING EDITOR

#### VER C. BAUTISTA **EXECUTIVE OFFICER**

MARICAR D. LUMAS

#### LAY-OUT ARTIST

**GRETHSEL B. LUMAS** ACCOUNT EXECUTIVE

#### **RONNIE D.VELANO**

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## PGC's continuous health care program



## **Making community stronger**



Another community benefited from the humanitarian endeavors of the Provincial Government of Cavite through the free healthcare services provided during the

medical and dental mission held on January 8, 2019 at Barangay Poblacion 5, in Amadeo. The New Year spirit was alive as the volunteers from the Provincial Health Office deliver

services that fill the hearts of constituents needing medical assistance. Hundreds of locals thanked the presence of public officials including Amadeo Vice Mayor Junnel Bayot and memory Sangguniang Bayun, Municipal Councilor Ping Remulla and former Provincial Administrator Community Affairs Engr. Redel Dionisio who visited them and showed gestures of kindness. During the outreach event, barangay officials and health workers led by Captain Ranel Cordero and SK Chairperson Abby Quince who assisted the medical volunteers also expressed their gratefulness to Governor Boying Remulla for the medicines donated, and most importantly for the conduct of the mission that served a total of 301 patients.PICAD

The Provincial Government of Cavite continues to provide public health care to Caviteños thru its medical and dental mission, this time, in Brgy. Malagasang I-G, City of Imus on January

7, 2019. More than 300 Imuseños were given free medical consultation and prescription medicines while some 18 dental patients underwent tooth extraction rendered by the health professionals from Provincial Health

Office and Imus City Health Office. Barangay Captain Mark Oliver J. Valerio together with other barangay officials thanked the mission team for extending medical assistance for their constituents. --PICAD







# Dasmariñas destroys illegal firecrackers

DASMARIÑAS CITY, Cavite -- Mayor Elpidio Barzaga on Thursday destroyed thousands of illegal firecrackers seized before the New Year revelry in this city.

Barzaga led the ceremonial destruction of the confiscated banned firecrackers at Barangay Fatima 1 here at 11 a.m.

The activity was the result of the implementation of Executive Order No. 28, limiting the use of firecrackers in the country by confining its use to "community fireworks display".

Likewise, the destruction was brought about by City Ordinance No. 07-S-2018 prohibiting the selling of illegal firecrackers and regulating the use of

pyrotechnics.

"Alinsunod lang po ito sa batas na ipinatutupad ng ating lungsod at naging maganda naman po ang kampanya kontra sa firecrackers nitong pagsalubong sa bagong taon ng 2019 (This is just in accordance to the laws being carried out in our city and the result of the campaign against firecrackers in welcoming the new year was good)" Supt. Nerwin Ricohermoso, acting police chief of Dasmarinas City, said in an interview.

Aside from Barzaga and Ricohermoso, also present during the destruction of the confiscated firecrackers were Dasmariñas Fire chief Ariel Zalun, city councilors and Liga ng mga Barangays members. (Dennis Abrina/PNA)



ILLEGAL FIRECRACKERS. Dasmariñas City Mayor Pidi Barzaga (center) leads the destruction of illegal firecrackers during a ceremony on Thursday, Jan. 3, 2019 at Barangay Fatima 1 covered court in this city. With Barzaga are Vice Mayor Rex Mangubat, Dasmarinas Police Chief Nerwin Ricohermoso, Fire Chief Ariel Zalun and city councilors. (Photo courtesy of Dasmariñas PNP)

# SIMILARITIES / DIFFERENCES BETWEEN ISLAM AND CATHOLICISM

Catholics believe that Jesus is the son of God. Muslims believe that Jesus Christ is a Prophet of God.

# Noveleta-Makati P2P bus service opens to commuters

NOVELETA, Cavite
-- After a month-long
delay, the NoveletaMakati Point-to-Point
(P2P) bus service went on
its maiden trip Tuesday
with embarkation areas
in this town going to
destination points at the
Makati Business District.

In an interview with Philippine News Agency (PNA), Mayor Dino Reyes Chua said the bus operator San Agustin Transport Service Corp. started operating at 6 a.m. Tuesday with a fleet of seven Golden Dragon buses, proceeding from their pick-up terminals in Puregold Noveleta and All Home, Kawit, going to the drop-off point in Trasierra

in Makati City.

"This P2P will not only benefit people from Noveleta, but also the nearby towns of Rosario, Kawit, Cavite City, and Tanza," Chua said.

The new transport service has hourly trips starting 6 a.m., with its last trip leaving at 7 p.m.

Meanwhile, vice versa trips from Trasierra to Noveleta starts at 8 a.m. and the last trip taking to the road at 9 p.m.

The P2P transport service charges passengers a flat-rate of PHP120.

"Nagpapasalamat po ako sa Department of Transportation (DOTr) and Land Transport Franchising and Regulatory Bureau (LTFRB) na nabigyan ng aksyon ang aming hiling (We thank the DOTr and LTFRB for acting on our request)," Chua added.

The P2P transport service has scheduled a 15-minute boarding time and its estimated arrival at destination point is about 30 minutes per trip.

The buses will traverse Cavitex to NAIA Expressway to Skyway to Trasierra, Makati and vice versa.

Senior citizens and persons with disabilities (PWDs) are entitled to a 20 percent discount and have standard designated seats in the front bus seats, it was explained. (PNA)

HEALTH WEALTH NOTHING COMPARES Green Barley is a Superfood BAFILEY is mentioned in the Bible 37 times for lood and - 11 times the calcium in cow's milk - 5 times the iron in spinach John 6:9-14: Feeding of the 5000 - 7 times the Vitamin C in oranges There is a tod here who has five - 2 times the Beta Carotine in carrots borley loaves and two fish" II Kings 4: 38 - 44 80 mg of Vitamin B12 per 100 grams "Get some barley meal. Throw it in the pot and kill the poison." 25,000 orac value per 100 grams Green Barley contains - 1000 Plus enzymes 16 Amino Acids FØA. No. FR 113742 Phytochemical amount of more than 50 other Chlorophyli Benefits of Chia Seeds 10 Amazing Benefits - Anti-inflamatory Effects and Pain Relief 1. High in fiber Promote heart health 2. Natural source of anti-Stabilizes blood sugar oxidants Increased metabolism 3. Helps alleviate arthritis Improved memory and 4. Good for the heart concentration 5. Helps regulate diabetes 6. Fights aging and Green Barley 7. Helps in weight management - Omega 3 B. Asthma 9. Gold mine of vitamins - Immunity Booster - US FDA GRAS Status and minerals 10, Dragon fruit to treat acne FDA - Endurance Boosting No. FR 122765 SUITABLE FOR PEOPLE WHO SUFFER FROM MOST OF THESE SYMPTOMS Anemia Constipation **Gall Stone** Kidney Disease Cysta Golter Burns Diabetes Gout Leptospirosis Prostate Liver Clerhosis Tubercolosis Cervical Cancer Mental Tiredness Dysmenormea Thyrold problem Hypertension Epilepsy BEWARE OF FAKE OR IMITATION" YOUR HEALTH IS YOUR WEALTH. Rolly del valle 09095843056/09566310272 rollydelvallejr@yahoo.com START INVESTING NOW!

\* If you take care of your being, God will take care of your becoming.

# Caviteños lauded for role in economic uplift



"Bong" Go

CAVITE -- Former Special Assistant to the President (SAP) Christopher Lawrence "Bong" Go on Tuesday lauded Caviteños for their role in the economic development of the country, and assured them of bringing their voice to President Rodrigo Duterte

Go gave the assurance in his message at the Ugnayan sa Barangay event at the Capitol Hills Executive Subdivision Phase 1 Covered Court in Trece Martires City, Cavite.

Go said Cavite is an important contributor to the country's economic growth given its location and business-friendly environment.

"Malaki ang naitutulong ng mga Caviteño sa pag-unlad ng ating bansa. Kung kaya't ginagawa ng pangulo ang lahat ng makakakaya niya para mas mapalago pa ang probinsiya ninyo," he said.

Go was warmly welcomed by the entourage of Cavite Governor and congressional candidate Jesus Crispin "Boying" Remulla,

former Gov. Juanito Victor "Jonvic" Remulla, Cavite Board Member and PBM-LP National Board Ryan Enriquez, Trece Martires mayoral candidate Gemma Lubigan, as well as other local leaders of the area.

The Duterte government, through the "Build, Build, Build" infrastructure program, has earmarked several important projects that would spur even more growth and development in the province and its people, according to Go.

Among others, rightof-way acquisition-related activities are ongoing for the PHP35.43 billion project consisting of a 44.63-km closed system Cavite-Laguna Expressway connecting the CAVI-TEX in Kawit, Cavite and SLEX in Binan, Laguna.

Also ongoing are preconstruction activities for the PHP64.9 billion LRT Line 1 Cavite extension, starting from the Baclaran station to the future station at Niyog in Bacoor, Cavite.

Go added that a Malasakit Center will soon open in Cavite.

Similar to what happened on Tuesday morning at the Batangas Provincial Hospital in Lemery, Batangas, the government plans to launch a Malasakit Center in Cavite to cater to the need for financial and medical assistance of poor and disadvantaged residents of the province.

"Mahalaga ang kalusugan ng mamamayan para mas makatulong sa paglago ng pamumuhay ng pamilya kaya kailangan natin tugunan ang mga pangangailangan ng mga may sakit," Go told the audience.

Malasakit Center, a brainchild of former Go and President Rodrigo Duterte, is a one-stop shop initiative where PCSO, DSWD, PhilHealth, and other relevant government satellite offices are housed together in one location to ease the process for patients in need of speedy medical and financial assistance.

There are presently 20 Malasakit Centers operating in various parts of the Philippines.

Go intends to add to this number through a law that would mandate the creation of Malasakit Centers in all provinces and urban centers of the country.

Related to the Malasakit Center, Go also stressed the need to increase available hospital beds for patients in crowded public hospitals.

"Huwag natin pahirapan ang mga may sakit na pasyente; bigyan natin silang may sakit ng tamang higaan para gumaling sila nang maayos," Go said.

Meanwhile, Go emphasized the need to protect the welfare of barangay officials as well as barangay health workers by providing proper compensation and benefits packages and by pushing for a Magna Carta for Barangays.

Go said he is also supporting the move to extend the current term of elected barangay officials so that they can have more time to cater to the needs of their constituents.

The term of current barangay officials has been cut short to two years due to the postponement of the last barangay elections.

"Sila po ang frontliners natin sa pagharap sa mga pangangailangan ng ating mga barangay. Pagdating sa droga o sa kalusugan, sila ang ating maaasahaan kaya kailangan natin silang bigyan ng pagpapahalaga," Go added. (PNA)



**BIG CLEARANCE** SALE. HAPPY NEW YEAR, SHOPPERS! The SM Store at SM City Santa Rosa is opening 2019 with something BIG — From January 2 to 14, score up to 50% OFF on selected items at The SM Store Santa Rosa's **BIG CLEARANCE** SALE! PLUS get 5% rebate with a minimum singlereceipt installment purchase of at least P15,000 using your BDO credit card from Mondays to

Thursdays.

# SM CITY CALAMBA CONTINUES TO BRING JOY THIS NEW YEAR



The spirit of giving never ends as SM City Calamba Administration

employees brings cheers to the members of the community through various Christmas activities.

SM City Calamba
Human Resources
Manager Cynthia
Marie Nebrao said that
the event is dubbed as
ChriSMiles, since it aims
to bring smiles to the
chosen beneficiaries.

This year's beneficiaries are the children from Reception and Action Center (RAC). A short program

filled with parlor games delighted the kids and the employees. The children were also treated for snacks, and gift-giving activities.

SM City Calamba A d m i n i s t r a t i o n employees volunteered their time and resources to make sure that these kids have a wonderful holiday season they deserve.

C h r i S M i l e s is a volunteerism activity across all SM Supermalls. KCHT

# Imus City to open 3 weekends for tax payments

IMUS CITY, Cavite -- The city government of Imus will accommodate business and realty tax payments during the next three weekends.

In an advisory issued Tuesday, City Mayor Emmanuel Maliksi also reminded business owners to pay their taxes, permits renewal, and other regulatory fees before the deadline on January 20 to avoid interest charges for late payments.

Maliksi said the City Treasurer's Office will be open to the public from 9 a.m. to 4 p.m. on January 12-13, 19-20, and 26-27.

Owners and/ or administrators of properties are also urged to settle their real property taxes before March 31.

An incentive of 20 percent discount for real property taxes for calendar year 2019 is offered for full payments made on or before January 20, and a 10 percent discount if paid in full before March 31.

A 10 percent discount is also provided for real estate taxes paid on or before the quarterly payment scheduled every 20th of January, April, July and October.

Maliksi further said the next quarterly installment deadlines for property taxes are June 30 for the second quarter, September 30 for the third quarter, and December 31 for the last quarter of the year.

Deadlines for business tax payments are April 20, July 20 and October 20 for the second, third, and fourth quarters, respectively. (PNA)



Ang pamahalaan ay nag-aalok ng libreng pag-aaral sa skills. Samantalahin natin ito at mag-aaral nang puspusan. Ang mga bansang mayayaman ay nagkukulang sa mga taong maglilingkod sa pabrika, mag-aalaga sa mga senior citizens at gagawa sa mga lugar na mismong mga mamamayan nila ang tumatanggi dahil sa nabibilang ang gawain sa marumi, mainit, masikip, maliit ang suweldo at laging binabantayan. Iyan ang dahilan kaya marami tayong OFW sa mga bansang may kakayahang magpasuweldo ng mas malaki kaysa ating mga kompanya sa bansa.

Ang taong bayan ay marapat na isipin ang kanilang kalagayan at kumilos upang baguhin ito.

# **DPWH starts construction of new iconic Estrella-Pantaleon Bridge**



The Estrella-Pantaleon Bridge connecting Makati City at Estrella Street and Mandaluyong City at Barangka Drive will be closed to traffic starting Saturday, January 19, 2019, to make way for its reconstruction and widening from two (2) lanes to four (4) lanes

Department of Public Works and Highways (DPWH) Undersecretary for Unified Project Management Office (UPMO) Operations and Technical Services Emil K. Sadain said that the total bridge closure will allow contractor China project Road and Bridge Corporation accelerate dismantling of the existing bridge and construction of a new 506 lineal meters bridge structure.

"We ask for public's patience and understanding as we intend to go full blast on implementation so we can complete and open a new 4-lane bridge crossing Pasig River within the 30-months construction period or by 2021," said Undersecretary Sadain.

In order to ease the traffic build-up that might occur with the closure of Estrella-Pantaleon Bridge, the DPWH have earlier requested the Metropolitan Manila Development Authority and the city governments of Makati and Mandaluyong for traffic management assistance. Road traffic advisories were also installed around the project vicinity in coordination with traffic office of Mandaluyong

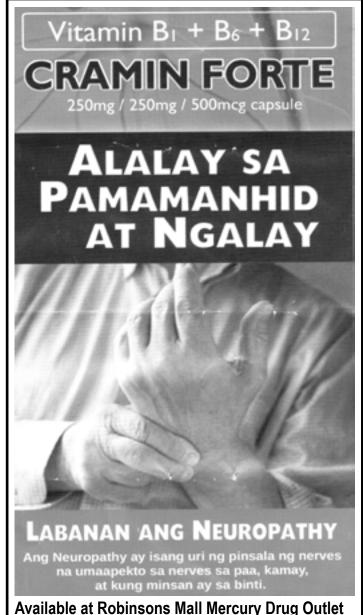
and Makati Cities. Related meetings are held with MMDA and LGU officials in preparation for the bridge closure.

Implementation of the P1.47 Billion bridge project under China Grant financing was originally set in September 2018 but was deferred to January 2019 to give way for the holiday season affecting the pace of economic and business landscape.

The reconstruction and widening project is mainly aimed to augment the bridge's traffic capacity which has an average daily traffic (ADT) of 25,826 vehicles per day, based on the latest traffic count surveys carried out by DPWH-Bureau of Quality and Safety.

The widening of Estrella-

(cont. P.7)



CONTACT MS. LOISA JABOLI



# Health Benefits...

# **NUTRITIONAL BENEFITS OF MANGOSTEEN**



Mangosteen calories and saturated fats has no cholesterol. It is very rich in dietary fiber, a good source of vitamins A and C, and a fair source of B-complex vitamins such as thiamine, niacin, folate,

pantothenic pyridoxine, riboflavin.

It also contains an excellent amount or minerals like calcium, copper, iron, manganese magnesium, phosphorus, Mangosteen has phytosuch nutrients carotene-A, carotene-beta, and cryptoxanthin-beta. **HEALTH BENEFITS OF** 

### MANGOSTEEN

Acne: The natural antibacterial properties and antimicrobial compounds of mangosteen are very effective for healing the gut that leads to healing of many common skin problems, such as acne, skin blemishes, oily skin and dry skin.

Anti-Inflammatory: The anti-inflammatory properties are extremely beneficial for individuals who are suffering from sciatic pains which cannot

controlled pharmaceutical

treatment. Consuming a few mangosteens a day may help relieve the pain because of its cox-2 inhibitor effects.

Antioxidants: Mangosteen contains class of naturally occurring polyphenol compounds known as xanthones. Xanthone alpha derivatives and have gammamangostin proven to have superior anti-inflammatory Xanthones properties.

excellent remedy against various cardiovascular diseases, can heal cells damaged by free radicals, slow the aging process, ward off degenerative

diseases, and prevent physical and mental

deterioration.

flow. Blood Mangosteen helps promote blood cells and protects against anemia. It can improve blood flow by causing dilation of blood vessels that helps protect against atherosclerosis (hardening of the arteries), high cholesterol, heart congestion and severe chest pains.

Blood Pressure: The mineral content like copper, manganese and magnesium as well as potassium provides protection against strokes heart coronary diseases. It is a vital component of cell and body fluids and controls the heart rate and blood pressure.

The high Cancer: content of antioxidants found in mangosteen are helpful for preventing cancer. The powerful

effective antioxidants protect the body from free radicals that cause oxidative stress that can lead to severe medical conditions.

Cataracts: Since mangosteen helps increase blood flow to the eye and it has high content of antioxidants, it can protect against cataracts and improving vision.

and Cold symptoms: Mangosteens are rich in vitamin

which is powerful water soluble antioxidant; vitamin C offers protection against flu like infections and scavenges harmful pro-inflammatory free

radicals.

Menstruation: Eating this delicious fruit few days leading

to menstruation may premenstrual symptoms such dizziness, mood swings, and hypertension.

Tuberculosis: Mangosteen contains strong antibacterial and antifungal properties that heal the gut and immune system, making it beneficial in boosting a weak immune system. Its inhibitory action against harmful bacteria may be

effective patients suffering from tuberculosis.

Weight loss: xanthones in mangosteen skin is used for weight loss and preventing weight gain, as it is effective for

#### burning fats. MANGOSTEEN AND ITS **CANCER-FIGHTING PROPERTIES**

Mangosteens have been the focus of many anti-cancer studies and the results have so far, been very positive. A mangosteen fruit found to contain at least 20 known xanthones that have cancerpreventive effect on lab animals.

A study conducted by the Department of Pharmacy Practice

the University of Illinois Chicago College Pharmacy found that mangosteen can successfully

slow the growth of prostate cancer cells and tumors.

International Journal of Oncology published a study in 2016 that indicated that alpha-mangostin induced programmed cell death of cancer cells. It was concluded that this polyphenol may be used as a food supplement, as

well as a potential therapeutic compound for breast cancer.

A study published in Food and Chemical Toxicology examined the anti-skin cancer properties of crude ethanol extract mangosteen pericarp on human squamous cell carcinoma and melanoma. The mangosteen extract showed strong anti-skin cancer effects on both skin cancer cell lines, showing its potential as skin cancer natural treatment. Xanthones from mangosteen extracts is shown to be a natural chemopreventive agent and has potential as anticancer drugs. Xanthones from the pericarp, whole fruit, heartwood and leaf of mangosteen are known to possess a wide spectrum of pharmacologic properties, including antioxidant, antitumor, anti-allergic,

antibacterial,

antifungal antiviral activities

#### CONSUMPTION TIPS

Look for fresh mangosteens that have skin in dark reddish color. The blue-black ones are far from ripe. They should feel heavy for their size. Avoid fruits that have dry and blotched skin.

Be careful when buying them directly from the farmers as mangosteens often attract ants and they may hide under the "green petals" at the stem.

Ripe fruits if uneaten should be stored away whole in the refrigerator to prevent them from further ripening. Consume within a week. mangosteens are delicious to be consumed alone or complement with other tropical fruits like durian. papaya. watermelon. pineapples or grapes. Because of the seeds, pineapples mangosteens cannot be

**CAUTION**Due to mangosteen's anticoagulant properties, consuming mangosteen might

increase the risk of bleeding in individuals who are on blood thinners or have blood disorders. If you are scheduled for surgery it is important to stop taking mangosteen at least two weeks before

# **DPWH** starts construction...

(from p. 6)

Pantaleon Bridge is one (1) of the priority bridge projects of the DPWH-UPMO Roads Management Cluster 1 to alleviate traffic congestion by improving the capacity and efficiency of existing road transport network in Metro Manila.

completion, Upon Estrella-Pantaleon Bridge is also expected to decrease traffic congestion at Makati-Mandaluyong Bridge by up to 3,360 vehicles per day and at Guadalupe Bridge by up to 4,474 vehicles per day.

Another highlight of the project is its iconic bridge

design that will add to the aesthetic value to the riverine area of Pasig River. The new Estrella-Pantaleon Bridge will also feature a 3-meter sidewalk on both sides, in contrast with the existing 0.6-meter sidewalks to ensure pedestrian's safety.

Roads on both ends of Estrella-Pantaleon Bridge will also be widened to accommodate volume of traffic in the area. DPWH Metro Manila First District Engineering Office is conducting the parcellary preparation survey in for the road widening of



Pantaleon Street widening of Barangka Drive is considered as a priority project of Mandaluyong City Government and is included in the Master Development Plan of the city. **JOSINE ESTUYE** 

# usiness One-Stop Shop" for entrepreneurs

GENERAL TRIAS CITY, Cavite -- Hasslefree transactions with city hall and an overall good business environment is attracting investors to this place, according to the local government.

8

General Trias City Mayor Antonio "Ony Ferrer launched on Thursday the 'GenTri Fast Track Service tagged as a "Business One-Stop Shop" (BOSS) payment scheme for business owners through the city's

Permit Business and Licensing Office (BPLO).

Ferrer said through this service, entrepreneurs can apply for and renew their business permits as well as pay their taxes and other fees, thus saving time by concentrating all procedures in one place at the Audio Visual room, 3rd Floor of the City Hall building.

He said business owners no longer need to hop from one place to another and spend long hours waiting.

"You literally don't have to leave the place. Instead of you going to the offices, the office comes to you," the Mayor said.

Ferrer said expected higher revenues due to their streamlining efforts will surely translate to better education, health, infrastructure and social services.

of Services the One-Stop-"Business



Shop' service continue until February 8, 2019 during office hours.



#### **Abuse Council Performance Award National Anti-Drug**



Anti-Drug Abuse Coun-

Ang 2018 National cil (ADAC) Performance December 28,2018 sa Ma-

Award na ginanap noon nila Hotel ay bilang pag-

paparangal sa mga Probinsya, Lunsod at Bayan sa

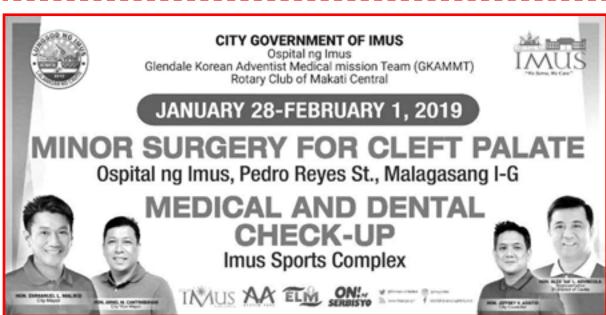
buong Pilipinas na nakakuha ng mataas na grado sa patuloy na pakiisa sa Programa ng Gobyerno laban sa illegal na droga.

Sa buong bansa na nabigyan ng parangal, apat na bayan sa probinsya ng Cavite ang napabilang at isa dito ang bayan ng Naic.

Tinanggap ang parangal ng ating butihing Mayor Junio C. Dualan kasama ang kanyang maybahay at sina Vice Mayor Roger Pangilinan, DILG Naic MGOO Anne Kimberly P. Babaan at PSupt Janet L. Arinabo.

Ang parangal na ito na ito av hindi natin makakamit kung hindi po pakikipagtutulungan ng bawat isa mula sa nasasakupang 30 barangay, kapulisan at ng ating lokal na pamahalaan.





### DO YOU KNOW?

Man produces sweat but dog perspires only in the nose area, so to cool itself the dog has to pant.

(Shared by Fellowship with Humanity)



Province of Cavite

#### **PRESIDENT: AURELIO PAREDES BAUTISTA**

Fellowship with Humanity is a Family-Based Masonic Charity Group registered in Cavite to help in a small way alleviate the conditions of the poor. The funds come from the family income of the Bautista Family members.