



PH SECURES COMMITMENT FROM UK ON PREFERENTIAL MARKET ACCESS POST-BREXIT



MAKATI – The Philippines (PH) has secured a commitment from the United Kingdom (UK) on continuing the same level of market access to UK post-Brexit, under any scenario, including a no-deal Brexit. This will be similar to the preferential market access, currently enjoyed under the European

Union Generalised Scheme of Preferences Plus (EU-GSP+). Overall, Department of Trade and Industry (DTI) Secretary Ramon M. Lopez said that any post-Brexit scenario should not have a significant effect on PH.

This downplayed the recent study from the United Nations Conference on Trade and

Development (UNCTAD) that PH will be the 12th trading partner that will be most affected in a post-Brexit scenario, as the study did not take into consideration ongoing bilateral talks between PH and UK.

For the past two months, PH has engaged the UK on three high level dialogues: 1)

meeting with UK Prime Minister's Trade Envoy Richard Graham on 20 February 2019; 2) the first-ever PH-UK Economic Dialogue held on 21 March 2019; and 3) meeting with UK Foreign & Commonwealth Office Chief Economist Richard Salt on 22 March 2019. In all of these engagements, UK has

given reassurances about the continuation of PH's GSP+ level market access to the UK post-Brexit.

Moreover, UK has emphasized that PH is one of its important trading partners in Asia, evidenced by the PH visit of Her Majesty's Trade Commissioner for Asia Pacific Natalie Black in

(cont. P.4)

CAVITE PPMC JOINS THE 2019 SEARCH FOR OUTSTANDING LOCAL PROJECT MONITORING COMMITTEE IN CALABARZON

Cavite Provincial Project Monitoring Committee (PPMC) Chairperson and Provincial Planning and Development Coordinator Mr. Jesus I. Barrera welcomed regional evaluators from the National Economic Development Authority (NEDA), the Department of Budget and Management (DBM) and the Department of the Interior and Local Government (DILG) during the meeting and validation for the 2019 Search for Outstanding Local Project Monitoring Committee in Calabarzon held on April 16, 2019 at the Ceremonial Hall of the Provincial Capitol in Trece Martires City. Cavite PPMC, in a bid to advance its monitoring



and evaluation activities joined the search and was among those shortlisted during the desk review on March 19 at the NEDA regional office in Calamba City, Laguna.

Ms. Gied Evangelista

of NEDA IV-A provided a brief overview of the 2019 Search for Outstanding Local Project Monitoring Committee in Calabarzon with emphasis on the primary goal of the program to motivate

Local Project Monitoring Committees and identify model LPMCs to provide a benchmark in terms of project monitoring and evaluation mechanisms.

Ms. Rujen A. Polo, OIC-CPMS of DBM-RO

IV-A, Engr. Arnel Tolon of DILG-RO-IV-A and Ms. Evangelista carefully reviewed the prepared documents of the Cavite Local Project Monitoring Committee, which include the Executive

Order that reorganized PPMC, trainings provided to members, work and financial plan, plus the project monitoring plan and accomplishments in 2018. During the

(cont. P.3)

A.S. WATSON GROUP OPENS ITS WORLDWIDE 15,000th STORE IN KUALA LUMPUR



(Kuala Lumpur, 26 March 2019) The world's largest and fastest growing international health & beauty retailer A.S. Watson Group celebrates an important milestone as it opens its 15,000th store. Dominic Lai, Group Managing Director of A.S. Watson Group (middle) is joined by two Watsons Malaysia Elite members (3rd from left and 1st from right), together with Malina Ngai, Group Chief Operating Officer of A.S. Watson Group (4th from right), Alan Heaton, Group Finance Director of A.S. Watson Group (3rd from right), Ann Lau, Group People Director (Asia) of A.S. Watson Group (2nd from right), Rod Routley, Regional Managing Director (Asia) of A.S. Watson Group (4th from left), Caryn Loh, Managing Director of Watsons Malaysia (2nd from left) and Nur Rashmeen, Store Manager of Central i-City store (1st from left) at the opening ceremony of the A.S. Watson Group 15,000th Store Opening Event. (KCHT)

For the fourth year in a row, A.S. Watson's new store opening continues to be at an average speed of one store every seven hours across its 25 markets in Asia and Europe. The worldwide 15,000th store opening of A.S. Watson coincides with its 500th store opening of Watsons in Malaysia, one of the fastest growing countries for beauty and wellness products. Watsons is the flagship retail brand of A.S. Watson with over 7,200 stores in 13 markets in Asia and Eastern Europe.

In the Philippines, Watsons has 752 stores now and growing in partnership with SM Retail Group. (KCHT)

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ANG HIWAGA

1. Maraming hiwaga na di natin alam,
 Kahit na alamin, tayo'y may hangganan,
 Bagay at espasyo ay naghalinhinan,
 Sa loob ng butas may bagay na laman.

2. Paghahalinhinan ay di matalakay,
 Sa bagay may butas, sa butas may bagay,
 Instrumento natin yaong nakatunghay,
 Hanggang instrumento'y walang maibigay.

3. Hindi natin alam yaong kaunahan
 Hindi natin alam yaong katapusan,
 Ang alam lang natin ay ang halinhinan,
 Halinhinang wala namang makaalam.

4. Sa itlog at manok na akala'y bugtong,
 Nauna ang manok sa itlog na yaon,
 Manok ang may likha sa maputing calcium
 Na bumalot doon sa itlog ng ibon.

5. Ang likha bang tao ay tao kaagad?
 O ang likhang tao'y dumaan sa antas,
 Nagmula sa simpleng nilikha sa dagat,
 Hanggang sa lumaking tao yaong tawag?

6. Wala tayong alam kundi ang hinagap.
 Di kaya'y manalig sa Banal na Aklat,
 Siyensiya at relihiyon yaong nagbababag,
 Di naman malinaw kung tama ang ulat.

7. Kaya ang relihiyon ay ipinagbili
 Na gamit ang alok pabor sa sarili,
 Tanggapin mo ang Diyos, sa dulo'y may buti,
 At kamtin ang Langit, ligtas ka sa imbi.

8. Hindi mahalaga kung merong hiwaga
 Kapag sinamba mo ang Diyos na dakila.
 Di makikilala ang ating Lumikha,
 Sambahin na walang hangad na mapala.

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 LEGACY TEAM



SA PAGKAKAISA, LAHAT AY BIDA!

UNESCO, CPJ 'pleased' with PTFoMS work, initiatives



MANILA – The United Nations Educational, Scientific and Cultural Organization (UNESCO) and the Committee to Protect Journalists (CPJ), an international body dedicated to the

protection of journalists worldwide, have hailed the initiatives and work being done by the Presidential Task Force on Media Security (PTFoMS). PTFoMS executive director, Undersecretary Jose Joel Sy Egco

discussed recently with representatives of UNESCO and the CPJ the accomplishments registered by the task force in less than three years after its creation. President Rodrigo Duterte created the



PTFoMS soon after he assumed the presidency in 2016 in response to the violent assaults against media workers in the country, many of which have remained unresolved.

In their recent meeting with Egco, CPJ Asia program coordinator Dr. Steven Butler, CPJ board chair Kathleen Carroll, and Queensland University (Australia) Journalism and Communications chair, Prof. Peter Greste who represented UNESCO, have vowed to keep in touch with the PTFoMS for developments in Philippine journalism.

During their discussions, Egco pointed out that in its 2018 Global Impunity Index (GII) report, the CPJ noted with optimism that while the

Philippines remained at its previous No. 5 ranking, it had significantly improved its status in terms of protecting journalists.

Egco also highlighted the fact that the Reporters Without Borders (RSF) has also delisted the Philippines from the top 5 Most Dangerous Countries in the World for Journalists on December 2018.

PTFoMS chief investigator Police Lt. Col. Eder Collantes gave a rundown on the updates on cases of violence against media practitioners. Of the 58 victims in the Nov. 23, 2009 Maguindanao Massacre, 32 were journalists covering the filing of certificate of candidacy of then town mayor Ismael “Toto” Mangudadatu for

Maguindanao governor. Mangundadatu, whose wife was one of the 58 massacre victims, subsequently ousted then Gov. Andal “Unsay” Ampatuan Jr. He earlier said press freedom in the country has significantly improved since PTFoMS’ creation in 2016.

Egco reiterated his earlier promise to resign if the perpetrators of the 2009 Maguindanao massacre will not be convicted.

Among the others who attended the PTFoMS meeting with the UNESCO and CPJ representatives were Publishers Association of the Philippines Inc. (PAPI) President Nelson Santos and National Press Club vice president Paul Gutierrez. (PNA/ EJ Roque)

CAVITE PPMC JOINS THE 2019 SEARCH.. (from p. 1)

validation, several points were discussed and areas for improvement were raised which will aid in the future initiatives of the PPMC and can be rolled out to the LPMCs in the different cities and municipalities in Cavite.

The evaluation committee also recognized some commendable accomplishments of the PPMC including the detailed field inspection reports with corresponding photos and project status which manifest the commitment of the members on their work to assess project implementation. The team also lauded the active participation of PPMC members from civic organizations who do not receive any

remuneration for their partnership with the local government. On the other hand, Ms. Polo looked for committee reports and recommended that such documents be submitted to the regional project monitoring committee on a quarterly basis for full compliance.

Mr. Barrera took the opportunity to solicit suggestions and some tips to further improve the work flow and reporting system of the monitoring committee. He also asked on how the province can give incentives to members especially those from the non-government organizations. The PPMC secretariat also took note of how to monitor implementation schedule, with consideration to the

targets and program of works, as per Engr. Arnel Tolon.

Over-all, the meeting which was attended by the OIC-Provincial Budget Officer Ms. Ma. Dulce Tango, Provincial General Services Officer Ferdinand Belamide, Internal Auditor Maribel Bernal, OIC-Provincial Information Officer Evelyn Reyes and other committee members from different offices of the provincial government became a leap forward to further improve the system and efficiently carry out project monitoring tasks to achieve the dream of becoming the Most Outstanding Local Project Monitoring Committee in the region. (PICAD)



Pagbati Mula kay:



Mayor Omil Poblete
Silang, Cavite



Mayor Pidi Barzaga
Dasmariñas, Cavite

Cavite's unopposed bets still woo voters



Unopposed bets in Cavite, like 6th District Rep. reelectionist Luis Ferrer IV, still embark on his campaign to touch base with constituents during a sortie in Barangay Bacao 1, General Trias City, Cavite on April 11, 2019. (PNA)

GENERAL TRIAS CITY, Cavite – Cavite's unopposed local candidates or those who consider themselves unchallenged are still engaged into their local campaign sorties to keep in touch with their constituents.

These include a vice gubernatorial reelectionist, four unopposed congressional bets of Cavite's eight districts, six reelectionist

mayors and eight vice-mayors from the 23 towns and cities.

Incumbent Vice Governor Ramon "Jolo" Revilla III of the Nationalist People's Coalition (NPC), who is seeking his third and last term for the vice-gubernatorial post, is running unopposed.

But Revilla's running mate for governor under the Nacionalista Party,

Juanito Victor 'Jonvic Remulla Jr. is challenged by former three-term Governor Erineo "Ayong" Maliksi of the Liberal Party.

The four congressional aspirants who are still campaigning in their respective districts include Strike Revilla for the 2nd District; Alex "AA" Advincula, 3rd District; and Luis "Jon Jon" Ferrer IV, 6th District or the Lone District of General Trias City; and Abraham "Bambol" Tolentino for the 8th District.

Cavite Provincial Election Supervisor lawyer Arnulfo Pioquinto told Philippine News Agency (PNA) on Thursday that six unopposed mayors and eight vice mayors have been into their campaign meetings with party stalwarts and still meet their supporters and constituents.

Pioquinto said although the unopposed

candidates are all virtual winners in the May 13 mid-term polls, the votes cast for them are still being counted.

Mayoral bets who have no political rivals include reelectionist mayors Antonio "Ony" Ferrer of GenTri, Dino Reyes Chua of Noveleta, Danny Bencito of Bailen, Perfecto Fidel of Indang, Bernardo "Totie" Paredes of Cavite City, and Agnes Tolentino of Tagaytay City.

"We are still actively campaigning for the party and for the people so they would be acquainted with the candidates of the Team GenTri," Ferrer said.

Noveleta Mayor Dino Reyes Chua, in an interview, said, "kahit wala po akong kalaban, ikinakampanya ko naman po yung mga kandidato ko at ng partido (even without an opponent, I still campaign for my candidate-partymates)."

Cavite's unopposed vice mayors include Rading Viado of Amadeo, Louel Golfo of Bailen, Ismael Rodil, Renato Dimapilis of Magallanes, Francisco "Cocoy" Mendoza of Mendez, Voltaire Ricafrente, Morit Sison and Reymond

Ambion of Tagaytay City. 6th District Board Member Felix "Jango" Grepo and Cavite Councilors' League (CCL) Federation president and ex-officio Provincial Board Member Kerby Salazar are also running unopposed. (PNA)



Gov't to hire 13k nurses this year - Sen. Ejercito

MORE than 13,000 nurses are set to be hired by the government this year as the General Appropriations Act (GAA), or the 2019 national budget, provides for sufficient funds to beef up the nursing workforce in government hospitals.

Reelectionist Senator JV Ejercito on Thursday disclosed that under the GAA, funds for salaries and other financial benefits amounting to P7 billion are available for the

deployment of additional 13,578 nurses under the Human Resources for Health (HRH) program of the Department of Health (DOH). Currently, there are 3,627 nurses employed by the government.

"This year, the national budget allows for the hiring of 13,578 more nurses for deployment in different DOH-retained hospitals, local government unit hospitals, rural health units, and barangay health

stations. Sa kabuuan, kasama na ang 3,627, magkakaroon ng 17,205 nurses sa mga ospital na pinatatakbo ng gobyerno," he said in a statement.

Ejercito, chairman of the Senate Committee on Health and Demography and principal sponsor of the Universal Health Care law, had pushed, and succeeded, for the allocation of P7 billion for HRH during the Senate deliberation of the budget bill.

"It's like hitting two birds with one stone. First, the additional nurses will improve medical services in government-run hospitals, and, second, 13,578 jobless nurses will be given gainful employments," he said.

The reelectionist senator, as the sponsor of the DOH budget, had also restored in the GAA the P15 billion funds for the Health Facilities Enhancement Program. #####



SIMILARITIES / DIFFERENCES BETWEEN ISLAM AND CATHOLICISM

Catholics mention Jesus and may or may not follow it with Christ. Muslims mention the name of Prophet Muhammad immediately followed by the formula expression.

(Prophet Muhammad, Salallahu Alayhi wassalaam,)

PH SECURES COMMITMENT FROM UK ON... (from p. 1)

October 2018.

"PH has taken a more proactive stance in its promotion as an investment destination for UK companies during the London Investor's Roadshow in September 2018. These series of high-level exchanges and visits signal PH's close engagement with UK on improving bilateral economic relations as UK exits the EU," said Sec.

Lopez.

UK accounts for less than 10% of total PH exports to the EU, with almost 11% of PH's exports to the EU under the GSP+ going to the UK and 35% of total PH exports to the UK for 2017 were made under GSP+.

"The retention of the Philippines's GSP+ level preferential market access to the UK is a

huge assurance for PH exporters. For products that are not covered by the GSP+, Most Favoured Nation (MFN) rates will apply; on this front, PH is also actively engaged in negotiations in the WTO for the final MFN bound rates that UK will apply after Brexit to ensure that products of interest for the PH will not be prejudiced by any changes," Sec. Lopez further said.##

EGGsplore: A Fairytale Adventure at Enchanted Kingdom

Give your kids a chance to test their skills and explore their capabilities with our Easter Sunday festivities!

Enchanted Kingdom presents EGGsplore: A Fairytale Adventure, free entrance to all kids up to 12 years old all dressed up in Easter or Fairytale/Royalty inspired costumes—princess, wizard, or bunny, any is excellent as long as you work your 'fit!

Be one of the first 100 kids to register so you can participate in the shows and activities such as Easter Egg Hunt, Cenakulo Rock Kids, Chubby Bunny Challenge, Jazz Up Your Easter Egg, and Easter Costume Contest. Waste no time and head on to the Group Sales Office of Enchanted Kingdom in Santa Rosa to register from 10:00AM to 12:00NN on April 21, 2019 Sunday. Dress your best and you'll be blessed!



cordingly and make the Visit www.enchanted-kingdom.ph for updates. (MARIA KAROLINA C. SISON)

CAVITE PROVINCIAL HEALTH OFFICE SPEARHEADS THE KUTIS KILATIS CAMPAIGN IN TAGAYTAY CITY JAIL

Cavite Provincial Government thru the Provincial Health Office spearheaded the leprosy and skin diseases awareness campaign dubbed as "KUTIS KILATIS". A National Leprosy Control Program (NLCP) under the Department of Health on April 8,

2019 held in Tagaytay City Jail. A total of 164 inmates underwent skin screening and were given free medication. A lecture on skin protection specifically on leprosy detection and prevention was conducted by Ms. Haydelisa Maderazo, Provincial NLCP Coordinator.(PICAD)



EDITORIAL

Sinasalanta tayo ng mga kalamidad na tulad ng bagyo. Dahil alam na natin ang kalimitang daan ng bagyo at kung ano ang lakas ay puwede na nating buuin ang mga planong sentralisado sa bawa't rehiyon ng bansa. Ang mga gusali ng pamahalaan ay dapat na kongkreto sa mga lugar na laging dinadaan ng bagyo, mga kongkretong evacuation center sa bawa't lalawigan na alam nating di kayang sirain ng hangin. Sa ganito ay makakatipid tayo sa gastos taon-taon at magiging madali ang pangangalaga sa taong-bayan.



Parokya ni Edgar sa Naic. Inihayag ngayong hapon sa Facebook fanpage na "Municipality of Naic - Mayor Junio C. Dualan" ang pagdating ng bandang Parokya ni Edgar sa pagdiriwang ng Araw ng Naic sa Mayo 1 (Miyerkules). Ayon sa post, ang Parokya ni Edgar ay nasa Naic Covered Plaza, 7:00 PM ng Mayo 1. Sikat ang Parokya ni Edgar sa kanilang mga rock novelty songs gaya ng Buloy, Harana, Picha Pie, Halaga, Bagsakan, at marami pang iba. Miyembro ng Parokya ni Edgar sina Chito Miranda, Buwi Meneses, Darius Semaña, Gab Chee Kee, Dindin Moreno, at Vinci Montaner. Sa mga nakalipas na araw ay usap-usapan na ang pagdating ng banda sa Naic at inaasahan ang pagdagsa ng mga tao sa kanilang pagtatanghal [internet photo].

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
City of Bacoor

BDO UNIBANK, INC.,
Mortgagee,

Foreclosure No. 2019-36
For: Extrajudicial Foreclosure of
Real Estate Mortgage

-versus-

SPS. RICARDO N. SALAS AND
MELBA M. SALAS,
Mortgagors,

NOTICE OF EXTRAJUDICIAL FORECLOSURE

Upon Extrajudicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, **BDO UNIBANK, INC.**, of BDO Corporate Center, 7899 Makati Ave., Makati City, and against the mortgagors, **SPS. RICARDO N. SALAS AND MELBA M. SALAS**, of Lot 31 Block 27 No. 26 Ironbank Street, Wood Estate Village II, Brgy. Molino II, Bacoor, Cavite, to satisfy the mortgage indebtedness which as of September 14, 2019, amounts to **SIX HUNDRED FIVE THOUSAND FOUR HUNDRED ONE PESOS & 65/100 (P605,401.65)**, Philippine Currency, inclusive of interest, penalties and other charges, the undersigned or her duly authorized representative will sell at the public auction on **May 23, 2019** at 10:00 o'clock in the morning or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon, to wit;

TRANSFER CERTIFICATE OF TITLE NO.
T-559439

"A parcel of Land (Lot 31, Blk. 27 of the cons./subd. Plan, Pcs-042103-006721, being a portion of cons. Of Lots 5570, 5526, Imus Estate & Lot 5871-A, Fls-1059, L.R.C. Rec. No.), situated in the Brgy. Of Molino, Mun. of Bacoor, Province of Cavite, Island of Luzon x x x containing an area of **ONE HUNDRED NINE (109) SQUARE METERS.**"

"All sealed bid must be submitted to the undersigned on the above stated time and date."

"In the event the public auction should not take place on the said date, it shall be held on May 30, 2019, without further notice."

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

City of Bacoor, April 15, 2019.

(SGD) LIZA D. VICTA
Clerk of Court IV

Copy furnished:

BDO UNIBANK, INC.
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Mr. & Mrs. RICARDO N. SALAS AND MELBA M. SALAS
-Lot 31 Block 27 No. 26 Ironbank Street, Wood Estate Village II, Brgy. Molino II, Bacoor, Cavite
-Unit 1G Cluser 5, U.N. Gardens Cristobal Street, corner Jose Batute Street, Paco Manila

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

HUMANITY NEWS
APRIL 22, 29 & MAY 6, 2019

**Sa Nagkakaisang Cavite,
Walang Impossible!**



HEAT STROKE

AY KONDISYON NA KUNG SAAN ANG KATAWAN AY WALANG KAKAYANAN NA MAKONTROL ANG MABILIS NA PAGTAAS NG TEMPERATURA AT MAGPAWIS PARA MAIBSAN ANG LABIS NA INIT.

SANHI

- MAINIT NA PANAHON
- SOBRANG PAGEEHERSISYO SA MAINIT NA PANAHON
- DEHYDRATION
- SOBRANG PAGKAKABILAD SA ARAW



PAG-IWAS AT KONTROL

SA MAINIT NA PANAHON:

- MAGSUOT NG SUMBRERO AT DAMIT NA MAALIWALAS SA KATAWAN LALO NA KUNG LALABAS NG BAHAY SA KASAGSAGAN NG INIT NG ARAW. ITO AY SA PAGITAN NG ALAS 9 NG UMAGA HANGGANG ALAS 4 NG HAPON.
- IWASAN ANG PAGINOM NG ALAK, KAPE, SOFT DRINKS AT TSAA DAHIL ITO AY NAGDUDULOT NG PALAGIANG PAG-IHI NA MAAARING MAGING SANHI NG DEHYDRATION.
- UGALIING UMINOM NG WALONG BASO NG TUBIG ARAW ARAW.



SINTOMAS

- MAINIT AT NAMUMULANG BALAT NG KATAWAN
- PAGKAHIMATAY
- PAGKAHILO
- PANGHIHINA
- SAKIT NG ULO
- MATAAS NA LAGNAT (41°C)
- MABILIS NA PAGTIBOK NG PUSO
- KOMBULSYON



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- LAGYAN NG YELO ANG MGA KILI-KILI, PULSO SA KAMAY, AT SINGIT.



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King Dao Spare Ribs	P350.00
Salt & Pepper Spareribs	P350.00
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Sze Chuan Squid	P105.00
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Sweet & Sour Fish Fillet	P135.00
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Spareribs Tausi	P140.00
Chicken Feet & Spareribs	P145.00
Salt & Pepper Squid w/ Egg Rice	P160.00
HK Fried Chicken w/ Egg rice	P160.00
Lechon Macau w/ Egg Rice	P160.00
Steamed White Chicken w/ Egg Rice	P195.00

SOUP	
Spinach Seafood Soup	P135.00
Pumpkin Soup	P125.00
Crab Meat Corn Soup	P160.00
Hot & Sour Soup	P135.00
Solo Serving	P60.00
COMBO MEAL	
Sweet & Sour Fish Fillet	P229.00
Pork Asado	P229.00
Spring Roll	P229.00
Sweet & Sour Pork	P229.00
Salt & Pepper Squid	P249.00
HK Emperor Chicken Macau	P309.00
DESSERT	
Black Gulaman	P 50.00
Black Gulaman w/ Lychee	P 55.00
Almond Jelly w/ Lychee	P 55.00
Halo Halo	P 65.00
Halo Halo w/ Ice Cream	P 79.00
Egg Yolk Pao	P 85.00
Almond Jelly Ala Dode	P 70.00
Leche Plan	P 29.00
BEVERAGE	
Instant Coffee	P 40.00
Brewed Coffee	P 45.00
Iced Tea	P 45.00
Pineapple	P 45.00
Red Tea	P 45.00
Mango Smoothie	P 85.00
Milk Tea	P 69.00
Banana Smoothie	P 75.00
Mineral Water	P 25.00
Soda in Can	P 70.00
Bottomless Iced Tea	P 90.00

*Price are subjected to change without prior notice
Price INCLUSIVE of 12% VAT.

HK NOODLES ROBINSONS IMUS
(046) 416-4883

HK NOODLES ROBINSONS DASMA
(046) 416-9650

Health Benefits...

NUTRITIONAL BENEFITS OF MANGOSTEEN



Mangosteen is low in calories and has no saturated fats or 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 acid, pyridoxine, riboflavin. It also contains an excellent amount of minerals like calcium, copper, iron, manganese and magnesium, phosphorus, and zinc. Mangosteen has phyto-nutrients such as 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 be controlled by pharmaceutical treatment. Consuming a few mangosteens a day may help relieve the pain because of its cox-2 inhibitor effects.

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

properties. Xanthones are an 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.

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

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

Cold and flu symptoms: Mangosteens are rich in vitamin C 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 reduce premenstrual symptoms such as 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 for patients suffering from tuberculosis. **Weight loss:** The 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 was found to contain at least 20 known xanthones that have cancer-preventive effect on lab animals. A study conducted by the Department of Pharmacy Practice at the University of Illinois at Chicago College of Pharmacy found that mangosteen can successfully slow the growth of prostate cancer cells and tumors. The 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 of 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 anti-cancer 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, anti-inflammatory, antibacterial, antifungal and 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. Fresh mangosteens are delicious to be consumed alone or complement with other tropical fruits like durian, papaya, watermelon, pineapples or grapes. Because of the seeds, mangosteens cannot be juiced.

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 your procedure.

REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
& EX-OFFICIO SHERIFF
IMUS, CAVITE

UNITED COCONUT PLANTERS BANK
Mortgagee,

EXTRA-JUDICIAL FORECLOSURE OF
REAL ESTATE MORTGAGE UNDER
ACT 3135 AS AMENDED BY ACT 4118

F.C. No. 16688-19

-versus-

MIRASOL G. ELCANO for herself and as Atty-in-fact
of her husband ORLANDO V. ELCANO,
Mortgagors,

x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by UNITED COCONUT PLANTERS BANK, mortgagee, with principal place of business at UCPB Executive Building, Makati Avenue, Makati City, Metro Manila against MIRASOL G. ELCANO for herself and as Atty-in-fact of her husband ORLANDO V. ELCANO, mortgagors with residence and postal address at Blk. 4 Lot 13 Chateau L Ermitage Subd., Carsadang Bago 2, Imus, Cavite or Lot 22 and 24 Block 2, Chateau L Ermitage, NIA Road, Carsadang Bago, Imus, Cavite to satisfy the mortgage indebtedness which as of February 15, 2019 amounts to **TWO MILLION THREE HUNDRED THIRTY SEVEN THOUSAND EIGHTY TWO PESOS & 71/100 (Ph2,337,082.71)**, Philippine Currency including interest and penalties, but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned will sell at public auction on **May 7, 2019** at 10:00 o'clock in the morning or soon thereafter at the main Entrance of the Office of the Clerk of Court, RTC Multiple Sala, Aguinaldo Highway, Imus, Cavite to the highest bidder, for CASH and in Philippine Currency, the following property with all improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE No. 057-2017063610

"A parcel of land (Lot 22 Block 2 of the consolidation-subdivision plan Pcs-04-019770, being a portion of the consolidation of Lots 1 & 2, Pcs-04-019446), situated in the Barangay of Calsadang Bago, Municipality of Imus, Province of Cavite, Island of Luzon. Bounded on the S., along line 1-2 by Lot 24, Block 2; on the W., along line 2-3 by Lot 21, Block 2; along line 3-4 by Lot 19, Block 2; on the N., along line 4-5 by Lot 20, Block 2; and on the E., along line 5-1 by Road Lot 3, all of the cons.-subd. Plan x x x containing an area of **FORTY SQUARE METERS AND FIFTY SQ. DECIMETERS (40.50)**" x x x

TRANSFER CERTIFICATE OF TITLE No. 057-2017063611

"A parcel of land (Lot 24 Block 2 of the consolidation-subdivision plan Pcs-04-019770, being a portion of the consolidation of Lots 1 & 2, Pcs-04-019446), situated in the Barangay of Calsadang Bago, Municipality of Imus, Province of Cavite, Island of Luzon. Bounded on the E., along line 1-2 by Lot 24, Block 2; on the W., along line 2-3 by Lot 21, Block 2; along lines 1-2-3 by Lot 3; on the S., along line 3-4 by Road Lot 1; on the W., along line 4-5 by Lot 23, Block 2; along line 5-6 by Lot 21, Block 2; and on the W., along line 6-1 by Lot 22, Block 2, all of the cons.-subd. Plan x x x containing an area of **FIFTY SEVEN (57) SQUARE METERS**" x x x

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

In the event the public auction should not take place on the said date, it shall be held on May 14, 2019 at 10:00 o'clock in the morning without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said properties and encumbrance therein if any there be.

Imus, Cavite, Philippines, March 15, 2019.

(SGD) EMMANUELLE H. FRANCISCO
Sheriff IV

APPROVED:

(SGD) REGALADO E. EUSEBIO
Clerk of Court VI & Ex-Officio
Sheriff

COPY FURNISHED:

UNITED COCONUT PLANTERS BANK
UCPB Executive Building, Makati Avenue, Makati City, Metro Manila

MIRASOL G. ELCANO and ORLANDO V. ELCANO
Blk. 4 Lot 13 Chateau L. Ermitage Subd., Carsadang Bago 2, Imus, Cavite or
Lot 22 and 24 Block 2, Chateau L. Ermitage, NIA Road, Carsadang Bago, Imus, Cavite

HUMANITY NEWS
April 8, 15 & 22, 2019

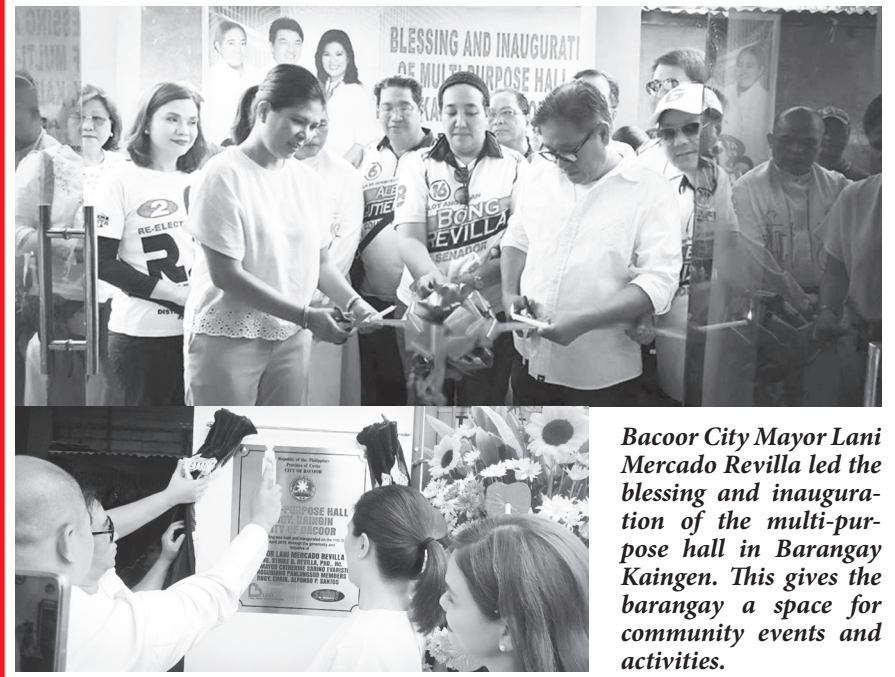
FELLOWSHIP WITH HUMANITY IS FOR A FAIR AND HONEST ELECTION



Naic Cavite Online
Abril 18, 2019

Isinasagawa sa tatlong parokya sa Naic ang Misa ng Huling Hapunan. Bahagi nito ang Paghuhugas ng Paa, tanda ng isinagawang paghuhugas noon ni Hesus sa paa ng Kaniyang mga alagad. Matutunghayan sa larawan si Fr. Dingh Honrada, kura ng Parokya ng San Isidro Labrador, na hinuhugasan ang paa ng isa sa 12 mga mananampalataya mula sa iba't ibang baranggay na sakop ng parokya. Ayon kay Fr. Honrada, mahalagang bilang nakikiisa at tagasunod ni Hesus, handa, kaya

at ginagawa nating "maghugasan" ng paa. Samantala, kapansin-pansing sa Pag-aalay ay may mga nag-alay ng kahon-kahon at supot-supot ng tinapay. Inaasahang pagsasaluhan ng sambayanan ang mga tinapay pagkatapos ng misa.



Bacoor City Mayor Lani Mercado Revilla led the blessing and inauguration of the multi-purpose hall in Barangay Kaingen. This gives the barangay a space for community events and activities.

No phase out of motorized tricycles in Imus even with e-trike deployment

IMUS CITY, Cavite-- The local government tagged as "fake" claims that were being made that all public motorized tricycles in the city will soon be phased out with the deployment of the e-vehicle as embodied in

the city's modernization program.

Mayor Emmanuel Leonardo Maliksi and Vice Mayor Arnel M. Cantimbuhan belied allegations that tricycles that run gasoline will be replaced by the electronic-tricycles or e-trikes, some of which are now being used by the city administration for transport and other operation purposes.

In a press conference, Maliksi said that the report circulating in the city about the tricycle phase out was false as the city administration had no such plan, even with the implementation of the modernization program.

He cited that while the use of e-vehicles was being encouraged, being ecology-friendly, there was no move from them to have the motorized tricycles be taken off the streets as it would be a burden for tricycle drivers and operators.

The mayor's statement was supported by Cantimbuhan.

The e-vehicle was one of the eight "legacy" projects that the local administration will pursue in the next three years.

The local government's modernization projects include the putting up of a new government center, the Green School Program, Organic Farming, Housing

Units for the Poor and Wellness Centers for Senior Citizens and the Youth.

The city government had loaned from a bank in 2018 P2.76 billion to realize the projects which Maliksi had emphasized in his State-of-the-City Address (SoCA) each year, starting in 2016. The loan has yet to be released with the Monetary Board resolution.

It is a vision of the city administration to modernized Imus, being the capital of Cavite.

"The upcoming modernization plans have



Mayor Emmanuel Maliksi

yet to be implemented and the loan for the projects has yet to be released with all the processes," Maliksi said.###

ONE Team GenTri

8 JONAS LABUGUEN	6 RENANDO GRANADOS	4 JAY COLUMNA
5 MAJOR GANI CULANDING	9 VIVENCIO JR. LOZARES	14 KRISTINE JANE PERDITO
7 GARY GREPO	13 RICHARD PARIN	11 TEY MARTINEZ
2 CLAIRE CAMPAÑA	3 JOWIE CARAMPOT	1 FLORENCIO AYOS

Other officials shown: JON-JON FERRER (CONGRESSMAN), ATTY. ONY FERRER (CITY MAYOR), MORIT SISON (VICE-MAYOR), JANGO GREPO (BOARD MEMBER), KERBY SALAZAR (BOARD MEMBER).

Re-elect 1 CONGRESSMAN LUIS IV "JON-JON" FERRER

NUP ONE Team GenTri

DO YOU KNOW ?

The dolphins are mammals and they have to breathe like man or they will die.

(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.