

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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Cong. Strike B. Revilla
Bacoor, Cavite

Duterte sees high-quality projects with China



MANILA -- President Rodrigo Duterte on Thursday said he

sees the establishment of more “high-quality” and “good-impact” projects between the Philippines and China.

Duterte made this remark before he sat down with Chinese President Xi Jinping for a bilateral meeting on the sidelines of the 2nd Belt and Road Forum for International Cooperation in Beijing, China.

“The sooner they are completed, the sooner people on the ground will

feel the benefits of Philippine-China relations,” Duterte said in his speech.

He also expressed hope that the two countries work together to explore new areas of cooperation and partnership.

“We look forward to a productive discussion on matters of mutual interest and concern,” Duterte said.

Duterte is among the 35 leaders and heads of international organiza-

(cont. P.2)

President Rodrigo Roa Duterte and People's Republic of China President Xi Jinping pose for posterity prior to the start of the bilateral meeting at the Great Hall of the People in Beijing on April 25, 2019. (King Rodriguez/Presidential Photo)

Migration and Development Orientation and Planning Workshop



In order to further understand the concept, issues and concerns on migration and development (M&D), the Cavite Migration and Development Office thru

the the Provincial Social Welfare and Development Office (PSWDO) initiated the conduct of Migration and Development Orientation and Planning Workshop on April 15,

2019 at the Ceremonial Hall of the Provincial Capitol Building, Trece Martires City catering the Cavite Overseas Filipino Welfare Council members from the

provincial government and national line agencies, OFW Organization representatives, DTI's Negosyo Center staff, PESO Managers and M&D focal persons from

the local government units.

Atty. Khervy Reyes, Officer-in-Charge of the Provincial Cooperative Livelihood and Entrepreneurial

Development Office (PCLEDO) welcomed the participants and communicated the aim to establish 23 functional M&D office or desk in

(cont. P.4)

Duterte see's high-quality projects... (from p. 1)

tions participating in the 2nd Belt and Road Forum.

Duterte, thanked the Chinese leader for his personal invitation to the forum, describing it as a chance to further strengthen ties.

"The forum provides another opportunity to renew and reaffirm our

valued relations based on mutual trust, respect, and friendship and must continue to grow strength and meaning in the coming years," Duterte said.

He also described Xi's visit to the Philippines in November last year as "a watershed moment in the Philippine-China ties".

Duterte, meanwhile,

greeted China in its 70th founding anniversary and lauded its economic accomplishments that made China the second largest economy in the world.

"The Philippines congratulates China on its economic achievements," Duterte said.

"The decision to elevate bilateral ties to a

comprehensive, strategic cooperation affirms the Philippines and China's strong desire to further deepen and broaden this engagement," he added.

Duterte's trip to China is his fourth since assuming the presidency in 2016. He also attended the 1st Belt and Road Forum in May 2017. (PNA)

JAPANESE BRAND MINISO NOW AT TOTAL SLEX

The opening of Japanese retailer Miniso at Total SLEX in Sta. Rosa Laguna brings not only a brand but also a way of life to shoppers with its quality, creative and low-priced products.

With its partnership with the SM Retail Inc., Miniso brings fashion and leisure products ranging from Creative Home Necessities, Health & Beauty, Jewelry, Fashion Accessories, Stylistic Gifts, Office Supplies, Stationery Gifts, Seasonal Products, Boutique

Package Decoration, Digital Accessories and Food and Drink perfect for its young and stylish shoppers.

The store at Total SLEX is Miniso's 76th outlet in the Philippines, following its first store in 2016, at SM City San Lazaro.

Headquartered in Tokyo in Japan, Miniso was jointly founded by its Chief Designer Miyake Junya and Young Chinese Entrepreneur Jacky Ye with 3 core values: Quality, Idea and Low Price.



Miniso dedicates itself exceeding customer expectations with quality and creatively well-designed products without breaking the bank. Miniso always persists in selecting fine materials from all over the world for amazing product creation.

MINISO is not just a brand name but also a way of life, standing on the consumers' point when developing products, which is to restore product essence and to be one with nature. MINISO enriches our lives with a wide range of products at reasonable prices--innovating towards the "basic" and "natural" essence.

With its environmental mission, Miniso constantly cooperates with global environmental protection organizations and aims to provide a variety of natural and environmental friendly products to consumers. The brand ensures that its products and materials are healthy and safe without harming the environment.

MINISO also creates a new business style, which combines fashion and leisure together, becoming a main force in the department stores and shopping centers. Realizing its advocacy of "fast fashion" towards quality life, the brand focuses on building a brand new recreational shopping atmosphere so that customers can experience a happy, fashionable and sound lifestyle in MINISO.

To date, it has opened more than 2,100 stores around the world- United States, Canada, Russia, Singapore, Brazil, Saudi Arabia, the United Arab Emirates, Turkey, South Africa, Korea, Malaysia, Thailand and the Philippines.

Miniso has also partnered with SM Advantage, the country's largest loyalty program, to provide the latest reward system for its shoppers. SM Advantage entitles Miniso customers to earn SMAC points every time they shop at Miniso branches nationwide. Consequently, earned



ANG HUKUMAN

1. Tatlo itong sangay ng Pamahalaan,
Ang Hudikatura: Ang mga Hukuman,
Ang Lehislatura: Senador, Congressman,
At Ehekutibo: Ating Panguluhan.

2. Dahil batas natin kopya sa Kanluran,
Ang ayos din gayon sa ating Hukuman,
Hukom ay iisa sa hatol na gampan,
Nguni't sa Supreme Court, marami ang bilang.

3. Sa lahat ng pangkat, Korte ang naiwan,
Di sila humawak ng kaban ng bayan,
Masdan mo ang office nitong Punongbayan,
Ikumpara ito sa Hukom ng tanan.

4. Masdan mo ang kotse ng isang
Congressman,
At ang opisina ng Senador naman,
Masdan mo ang office at saka sasakyan
Nitong Appellate Judge. Pareho bang inam?

5. Bilangin ang kaso sa sa mga Hukuman,
Uriin kung ano ang pinanggalingan,
Ang makikita mo'y putik sa lipunan
Na dalawang sangay yaong pinagmulan.

6. Sapagka't sa dami ng batas ng bansa,
Merong batas dito na mananagasa,
Batas na sasaklaw sa maraming gawa,
Minsan yaong batas susupil sa laya.

7. Sagasa sa kita'y naroon ang buwis,
Sagasa sa laya ay ang mga permit,
Sagasang marami'y galing Legislative.
At meron din namang galing Executive.

8. Pag di ka tumupad sa atas ng batas,
Sagasa ng Hukom iyong malalasap,
Datapwa't isipin, Hukumang malakas,
Nasagasaan din ng dalawang pangkat.

points can be used soon to open Miniso to purchase various merchandise - fashion, food home, beauty, personal care, and many others - at SM retail brands and affiliates nationwide. Watch out for updates. KCHT

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Papi

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GUN BAN

JANUARY 13-JUNE 12, 2019

PROHIBITED

- CARRYING OF FIREARMS AND WEAPONS
- TRANSPORT OF FIREARMS, EXPLOSIVES, SPARE PARTS AND RAW MATERIALS
- HIRING BODYGUARDS FOR CANDIDATES

SUSPENDED

- PNP'S ISSUANCE, PROCESSING, APPROVAL AND RELEASE OF FIREARMS
- PERMIT TO CARRY FIREARMS
- MISSION ORDERS AND MEMORANDUM RECEIPTS OF LAW ENFORCEMENT AGENCIES

SOURCE: PNP-PCRG

f MANILA MAYOR JOSEPH ESTRADA

Sen. Ejercito wants a Senate probe on sugar price rise in Metro Manila

REELECTIONIST Senator JV Ejercito wants officials of the Department of Trade and Industry, Department of Agriculture, and the Sugar Regulatory Board to explain in a Senate investigation the “highly irregular” sugar price increase in Metro Manila and other parts of the country.

This developed as Ejercito, author of the “Sugar Cane Industry Development Act” law, is set to file a resolution calling for a Senate probe

on the rising price of sugar.

“I will file a resolution urging the Senate to investigate the increase of sugar price, especially here in Manila. One of the directions of this investigation is to unmask the people behind this,” he said in a statement.

He added: “But what is important and urgent right now is a quick government intervention to lower the price and protect the consumers and end-users as well as

the sugar farmers and producers.”

Ejercito suspected that some “dirty hands” were manipulating the market price, whether wholesale or retail, since the production was high and the supply was adequate.

“The prevailing farmgate price of raw or brown sugar, I was told by sugar farmers themselves, is P30 per kilo lang, pero dito sa Metro Manila at iba pang lugar, marami ang umaangal na namamalengke

dahil mahal ang asukal. Unfair naman ito sa mga magsasaka dahil sila ang talagang nagtatrabaho ‘tapos ang nakikinabang ng husto ay iba. At unfair din sa mga consumers,” he said.

He stressed: “We will see where will the Senate probe will lead us to. Ang mahalaga, una, dapat maibalik agad and asukal sa dating mas mababang presyo, at pangalawa, maprotektahan ang sugar farmers. Kasi, sila na nagpapagod halos pangkain lang ang



kinikita, tapos may iba na na baka iligal pa ang nakikinabang ng husto ginagawa.”#####

Lakbay Aral of Provincial Advisory Committee

The Provincial Advisory Committee (PAC) thru the Provincial Social Welfare and Development Office in coordination with the Department of Social Welfare and Development Office (DSWD) IV - A, held a Lakbay Aral to DSWD implemented programs and services in the localities of Magallanes and Alfonso, Cavite on April 24, 2019. The objective of the activity is to provide learnings on the implementation of anti-poverty programs of DSWD to Pantawid beneficiaries in the abovementioned municipalities. Among the areas visited in Magallanes were the Kabulusan Community

Store, with 24 members; San Sebastian Hog-Raising Project with 24 members; Baliwag Community Store with 25 members; Pacheco Water Refilling Station with 65 members and Bigasan sa Pacheco with 24 members. The team also visited the Angat Kababaihan ng Alfonso in Brgy. Taywanak Ilaya, Alfonso, Cavite with 46 members. The said cluster is under the Sustainable Livelihood Program (SLP) project of the DSWD. The tour was participated by almost 30 individuals from the different offices of the Provincial Government of Cavite, DepEd, DSWD IV-A and the LGUs of Magallanes and Alfonso.-- PICAD



PCLEDO's BIZ iCREATE PROGRAM CONTINUES FOR ENTREPRENEURS' SUCCESS



Twenty qualified Caviteño entrepreneurs attended the second learning session provided by the Provincial Cooperative, Livelihood and Entrepreneurial

Development Office under the BIZ iCREATE-Cavite Entrepreneurs Aiming Toward Economic Sustainability program on April 23, 2019 at the PCLEDO Training Area,

Trece Martires City. Hoping to further equip business owners and aspiring entrepreneurs with proper entrepreneurial mindset, the lecture and discussion focused on Entrepreneurial Skills Development which was conversed by Dr. Aldrin Antivola, Professor, DLSU - Dasmariñas Graduate School of Business. The participants gained knowledge about the technical skills, personal entrepreneurial skills, business management skills, general management and marketing management needed for satisfying customers and becoming good business leaders. Topics to be discussed in the succeeding sessions include Entrepreneurial Skills Development part 2,

Strategic Business Plan and Business Plan Preparation. -- (PICAD)

Pagbati Mula kay:



Mayor Ony Ferrer
General Trias, Cavite



Mayor Junio Dualan
Naic, Cavite

Migration and Development Orientation.. (from p. 1)

the LGUs to facilitate the integration of M&D plans into their own local development plans. He encouraged the attendees to partake in a fruitful discussion concerning the lined-up topics.

Provincial Administrator Mr. Alvin Mojica gave a backgrounder on the M&D journey of the province from the early legislations up to the creation of the CMDO

and its programs. He likewise encouraged the participants to share their ideas and initiatives that will enhance M&D programs and services to address the needs of OFs and their families.

Levelling off activity was facilitated by Ms. Jennylyn Jucutan of the National Economic Development Authority (NEDA). NEDA IV-A Regional Director Luis G. Banua led the session on "Migration and Development 101" which focused on understanding the history, patterns and features of international Filipino migration, distinguishing the duality of migration, its social costs and benefits to migrants, their families, communities and country, and appreciating the ways of harnessing the development potential of international migration. Dir. Banua also pointed out that according to the Calabarzon Migration Data, movements of migration growth in the Calabarzon region has increased. Cavite is one of the contributors of the top sending region in terms of migration as reflected by the number of sea farers in the province.

Director Banua also enlightened the attendees on the positive and negative effects of migration on migrants, their families and the community. He also echoed the important LGU roles including the policies, services, multi-stakeholder partnerships and institutional capacity which affected the

conditions of migration and development dynamics.

Cavite Governor Jesus Crispin "Boying" Remulla appreciated the efforts initiated by the PSWDO and NEDA to come up with the orientation and seminar/workshop for the awareness of the status of migration and development in the province. The governor emphasized the idea that migration leads to brain drain and said that it is only temporary since the world has now become united by technology through digital infrastructure. He added that the fiber optic project in the province will be fully operational in the coming days and will address the separation of families since the digital infra will bridge the distance and make communication easier. The governor also said that the provincial government works on strengthening its employment services to give more jobs to Cavitenos. Access on basic services has already been implemented to reach the poor communities.

The session on Mainstreaming Migration and Development in Local Development Planning and Governance was led by Ms. Lovely Morres, OIC-Supervising Economic Development Specialist of NEDA IV-A.

Her session concentrated on the assistance that they may provide for the LGUs in integrating migration and development into their local planning and provide them with a sample menu of services that can be offered for the migrants and their families. Her lecture also showed the services that may be extended to provide pertinent information on international migration, issues of migrants and the national government agencies involved in migration and development initiatives so the LGUs could link up with them. The lecture covered essential steps in building local institutional capacities and working towards a multi-sectoral engagement through the 8-step guide in mainstreaming migration and development.

. After the discussion, the planning workshop was facilitated by Ms. Morres and participants were assigned to form groups to identify existing programs if any, the gaps in implementation and future M&D initiatives. Each group presented workshop outputs to the assembly.

The program was facilitated by Ms. Sherryll Loyola, Livelihood Division head of PCLEDO. -- (PICAD)

PGC RECOGNIZES HEROISM OF RSD PERSONNEL



Board Members Kerby J. Salazar and Jeremiah Gandia led the awarding of Certificate of Commendation to Mr. Leonirey P. Hernandez, Administrative Aide II of the Road Safety Division during the Monday flag raising ceremony of provincial capitol employees held on April 22, 2019 at the Provincial Gymnasium in Trece Martires City. Mr. Hernandez is a

traffic enforcer who was recognized for his laudable act of bravery and dedication to public service, which led to the arrest of a theft suspect in the City of Bacoor on March 14, 2019. On behalf of Governor Boying Remulla, BM Salazar congratulated the RSD personnel and delivered a short yet very inspiring message to co-public servants, sharing his journey on

how he started his career in the local government. BM Salazar also added that for his next term being a regular member of the Sangguniang Panlalawigan, he ensured the capitol employees on his commitment in lobbying programs for the welfare of government personnel because he strongly believe that happy workers are the most productive ones. (PICAD)

LRT-1 Cavite extension construction set in May



The 11.7-km. railway extension project will have eight stations from Baclaran in Parañaque City to Bacoor in the province of Cavite, reducing travel time to 30 minutes from the current one-and-a-half hours during rush hours.


The daily passenger volume of the LRT-1 is expected to increase from 300,000 to 800,000 once it is completed.

The DOTr and the railway system's private operator, Light Rail Manila Corp., are eyeing to finish the project by the fourth quarter of 2021. (PNA)

MANILA -- The construction of the extension of the Light Rail Transit Line 1 (LRT-1) is set to start in May, the Department of Transportation (DOTr) said.

"We'll have an event on May 6 to start the actual works

of LRT Line 1 Cavite Extension Project. We will send an advisory soon," DOTr Assistant Secretary for Communications Goddess Hope Libiran said in a text message to the Philippine News Agency (PNA) on Wednesday.



SIMILARITIES / DIFFERENCES BETWEEN ISLAM AND CATHOLICISM

Catholic looks straight at women's faces who are not related to him. A Muslim looks at the faces of his wife and kins but avoids looking at other women's faces.

Comelec tests vote counting machines in Cavite

A Commission on Elections (Comelec) personnel from General Trias City assists a local barangay affairs employee during the demonstration procedure on the voting counting machine during the roadshow at the GenTri Elementary School in Barangay San Juan I, General Trias City on April 23, 2019. (Photo by Dennis Abrina)



TRECE MARTIRES CITY, Cavite -- The Commission on Elections (Comelec) here disclosed on Tuesday that it has already tested the voting counting machines in 23 towns and cities in the province to ensure the equipment's integrity in the upcoming May 13 mid-term polls.

Lawyer Arnulfo Pioquinto, Comelec Cavite provincial election supervisor, told the Philippine News Agency (PNA), that the election officers of each town and city have undertaken their seminars on the election processes, specifically on the operation of the VCMs and the electronic counting procedures.

"These activities on the VCM demonstration have been lined up by the local Comelec offices before the actual election to be aware of everything that would happen on election day for a 'Malayang Halalan 2019' (Free and Fair Election 2019)," Pioquinto said.

He said 14 out of the 23 election officers have been reshuffled beginning March 27 or two days before the start of the local election campaign period last March 29 to ensure clean and fair polls.

General Trias City election officer Magdiell Oallares led the demonstration on the casting of votes using the electronic counting machine and witnessed by Mayor Antonio Ferrer, Vice Mayor Morit Sison, city hall employees, public school teachers and some volunteers, at the General Trias Memorial Elementary School in Barangay San Juan I.

Similar roadshows were conducted in Noveleta town, led by election officer Jasmin Gilera, following the seminar on the operation of the VCM at the Noveleta Public Market Roofdeck conference room in the town poblacion.

In Tanza town, election officer Joan Romela Erni also

led the pre-election Complex to ensure seminar at Tanza Sport the right electoral

procedures would be 13 national and local in place before the May elections. (PNA)

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

**HOME DEVELOPMENT MUTUAL FUND
(otherwise known as PAG-IBIG FUND)
Mortgagee,**

**EXTRAJUDICIAL FORECLOSURE OF
REAL ESTATE MORTGAGE UNDER
ACT 3135 AS AMENDED BY ACT 4118**

F.C. CASE NO. 16725-19

-VERSUS-

**CHRISTOPHER V. BARCELONA married to
MARY JANE M. BARCELONA,
Mortgagors,**

x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **PAG-IBIG FUND OR HDMF**, Mortgagee, with principal place of business at 12th Flr, JELP Business Solutions Center, No. 409 Shaw Blvd., Mandaluyong City **CHRISTOPHER V. BARCELONA married to MARY JANE M. BARCELONA**, Mortgagors, with residence and postal address at #4079 France St., Better Living Subdivision, Parañaque City, Metro Manila or Lot 28, Block 12, Richlane Townhomes, Anabu II-E, Imus Cavite to satisfy the mortgage indebtedness which as of **February 19, 2019** amounts to **EIGHT HUNDRED FORTY FOUR THOUSAND TWENTY FIVE PESOS & 7/100 (Php 844,025.07)**, 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 June 11, 2019 at 10:00 o'clock in the mornig 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-
2015025968**

"A parcel of land (Lot 28, Blk. 12 of the subdivision Plan, Psd-04-224791, being a portion of Lot 2529-B, (LRC) Psd-37583), situated in Anabu II-E, Imus, Cavite, Is. Of Luzon. Bounded on the SE, along line 1-2 by Road Lot 1; on the SW, along line 2-3 by Lot 29 Blk. 12; on the NW, along line 3-4 by Lot 2529-A, (LRC) Psd-37583 on the NE along 4-1 by Lot 27, Blk. 12, all of the subd. Plan. x x x containing an area of THIRTY SIX (36) SQUARE METERS." x x x

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 June 18, 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 property and encumbrance therein if any there be.

Imus, Cavite, Philippines, April 16, 2019.

**(SGD) EMMANUELLE H. FRANCISCO
Sheriff IV**

APPROVED:

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

COPY FURNISHED:

PAG-IBG FUND or HDMF
12th Floor, JELP Business Solutions Center,
No. 409, Shaw Blvd., Mandaluyong City

CHRISTOPHER V. BARCELONA and MARY JANE M. BARCELONA
#4079 France St., Better Living Subdivision, Parañaque City, Metro Manila or Lot 28, Block 12, Richlane Townhomes, Anabu II-E, Imus, Cavite

**HUMANITY NEWS
APRIL 29, MAY 6 & 13, 2019**

**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,**

x-----x

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.
11th Floor, South Tower, BDO Corporate Center,
7899 Makati Ave., Makati City

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**

EDITORIAL

Ang mga problema ng bansa ay may ugat na buhat sa ating pagiging isang bansang naghahangad ng Economic Development nguni't marami sa mga tao ay ugma lamang sa paghahanap buhay at di pa handa sa pagnenegosyo. Ang paglago ng populasyon ay humihila sa mga pondo ng bayan na sa halip na magamit sa inpras-truktura ay napapalagay sa dagdag na gastos sa edukasyon, kalusugan at kawanggawa.

Makakaraos din tayo . Ang kailangan lang ay magtulong-tulong tayo sa paglutas ng problema at umagapay sa ating Gobyerno.

HEALTH WEALTH NOTHING COMPARES.

INTERNATIONAL CORPORATION
CHANGING LIVES. THE NATURAL WAY. EVERY DAY.



P275 GREEN BARLEY

ORGANIC & NATURAL
FDA
No. FR 113742

Green Barley is a Superfood

- 11 times the calcium in cow's milk
- 5 times the iron in spinach
- 7 times the Vitamin C in oranges
- 2 times the Beta Carotene in carrots
- 80 mg of Vitamin B12 per 100 grams
- Antioxidants
- 25,000 orac value per 100 grams

Green Barley contains

- 16 Amino Acids
- 16 Vitamins
- Phytochemical
- Soluble and insoluble fiber
- 1000 Plus enzymes
- 17 Minerals including trace amount of more than 50 other minerals
- Chlorophyll

FDA U.S. Food and Drug Administration
FDA Finalizes Health Claim Associating Consumption of Barley Products with Reduction of Risk of Coronary Heart Disease



P275 FRUIT PUNCH

FDA
No. FR 122765

Benefits of Chia Seeds

- Anti-inflammatory Effects and Pain Relief
- Promote heart health
- Stabilizes blood sugar
- Increased metabolism
- Improved memory and concentration

Chia Seeds and Green Barley

- Omega 3
- Fiber
- Immunity Booster
- US FDA GRAS Status
- Antioxidants
- Endurance Boosting



P275 DRAGON FRUIT

FDA
No. FR 122765

10 Amazing Benefits of Dragon Fruit

1. High in fiber
2. Natural source of antioxidants
3. Helps alleviate arthritis
4. Good for the heart
5. Helps regulate diabetes
6. Fights aging
7. Helps in weight management
8. Asthma
9. Gold mine of vitamins and minerals
10. Dragon fruit to treat acne

SUITABLE FOR PEOPLE WHO SUFFER FROM MOST OF THESE SYMPTOMS

Anemia	Constipation	Gall Stone	Jaundice	Myoma
Bronchitis	Cysts	Goiter	Kidney Disease	Psoriasis
Burns	Diabetes	Gout	Leptospirosis	Prostate
Cancer	Dengue	Hepatitis	Liver Cirrhosis	Tuberculosis
Cervical Cancer	Dysmenorrhea	Hypertension	Mental Tiredness	Thyroid problem
Colon Prolapsed	Epilepsy	Insomnia	Migrane	Vertigo

" BEWARE OF FAKE OR IMITATION "

YOUR HEALTH IS YOUR WEALTH. START INVESTING NOW!

Rolly del valle
09095843056/09566310272
rollydelvallej@yahoo.com

#H Vote

2019 ELECTIONS CAMPAIGN RULES

*** CAMPAIGN PERIOD ***

National candidates
(Senators and party list)

FEB 12 → MAY 11

Local candidates
(Including district representatives)

MAR 29 → MAY 11

Campaigning not allowed on:

April 18

Maunder Thursday

April 19

Good Friday


May 12

Eve of election day


May 13

Election day


*** HOW MUCH CAN BE SPENT ON A CAMPAIGN? ***



per voter
for candidates with political party



per voter
for independent candidates



per voter
for political parties and party-list groups

Source: COMELEC Resolution No. 10488



HONGKONG noodles & dimsum house



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BREAKFAST MEAL			NOODLES			ALA CARTE			SOUP
	w/ Free Brewed Coffee		SOLO	Good for 2 to 3 persons		(Good for 2 to 3 persons)			
HK Hotdog w/ Garlic Rice	P145.00		Lomi	P135.00		Salt & Pepper Squid	P220.00	Spinach Seafood Soup	P135.00
HK Longanisa w/ Garlic Rice	P200.00		Pancit Bihon	P110.00	P195.00	Fish Fillet Tausi & Beancurd	P240.00	Pumpkin Soup	P125.00
HK Omellette w/ Garlic Rice	P150.00		Miki Bihon	P110.00	P195.00	Chopsuey	P190.00	Crab Meat Corn Soup	P160.00
HK Chicken Tocino w/ Garlic Rice	P150.00		Pancit Canton	P115.00	P205.00	Lohan Vegetables	P190.00	Hot & Sour Soup	P135.00
HK Beef Tapa w/ Garlic Rice	P220.00		Cha Misua	P125.00	P215.00	Sweet & Sour Fish Fillet	P240.00	Solo Serving	P60.00
HK Smoked Bangus w/ Garlic Rice	P155.00		Crispy Fried Noodles (All Meat)	P130.00	P220.00	Sweet & Sour Pork	P220.00	COMBO MEAL	
HK Gong Hiong w/ Garlic Rice	P130.00		Crispy Fried Noodles (Seafood)	P130.00	P220.00	Beef w/ Ampalaya	P230.00	Sweet & Sour Fish Fillet	P229.00
DIMSUM			Birthdays Noodles	P135.00	P225.00	Beef Brisket Hot Pot	P320.00	Pork Asado	P229.00
Mantao	P 30.00		Birthdays Misua	P135.00	P225.00	Beef w/ Broccoli	P320.00	Spring Roll	P229.00
Buchi	P 69.00		Hofan Noodles	P150.00	P255.00	Lechon Macau	P300.00	Sweet & Sour Pork	P229.00
Giant Pork Siomai	P175.00		RICE			Canton Special	P275.00	Salt & Pepper Squid	P249.00
Giant Hakao	P195.00		SOLO	REGULAR		King Dao Spare Ribs	P350.00	HK Emperor Chicken	P309.00
Asado Siopao	P 79.00		Yangchow Fried Rice	P80.00	P160.00	Salt & Pepper Spareribs	P350.00	Macau	P309.00
Bola Bola Siopao	P 89.00		HK Golden Fried Rice	P100.00	P190.00	RICE TOPPINGS			
Chicken Feet	P 95.00		Salted-Fish Fried Rice	P105.00	P195.00	Squid Tausi	P105.00	Black Gulaman	P 50.00
Pork Siomai	P 85.00		Pineapple Fried Rice	P115.00	P225.00	Sze Chuan Squid	P105.00	Black Gulaman w/ Lychee	P 55.00
Japanese Siomai	P 89.00		HOUSE SPECIAL			Fish Fillet Tausi & Beancurd	P150.00	Almond Jelly w/ Lychee	P 55.00
Baencurd Roll	P 89.00		(Good for 2 to 3 persons)			Mixed Seafood & Vegetables	P130.00	Halo Halo	P 65.00
Shark's Fin Dumpling	P 80.00		Seaweed & Century Egg	P220.00		Fish Fillet w/ Sliced Vegetables	P150.00	Halo Halo w/ Ice Cream	P 79.00
Spring Roll	P 95.00		Pork Asado Roastin	P320.00		Vegetables		Egg Yolk Pao	P 85.00
Spareribs Tausi	P 90.00		Assorted Cold Cuts	P320.00		Pork Asado Rice	P150.00	Almond Jelly Ala Dode	P 70.00
Kutchay Dumpling	P 85.00		Soy Chicken (whole)	P490.00		Chopsuey	P145.00	Leche Plan	P 29.00
Chicken Pao	P 85.00		Soy Chicken (half)	P270.00		Soy Chicken	P195.00	DESSERT	
MAMI			HK Fried Chicken (whole)	P430.00		Sweet & Sour Fish Fillet	P135.00	Instant Coffee	P 40.00
Wanton	P 90.00		HK Fried Chicken (half)	P220.00		Pork Asado & Soy Chicken	P145.00	Brewed Coffee	P 45.00
Soy Chicken	P 95.00		Salt & Pepper Fried Chicken (whole)	P490.00		Sweet & Sour Pork	P145.00	Iced Tea	P 45.00
Pork Asado	P105.00		Salt & Pepper Fried Chicken (half)	P260.00		Beef Brisket	P155.00	Pineapple	P 45.00
Beef Brisket	P105.00		Patatim	P490.00		Spareribs Tausi	P140.00	Red Tea	P 45.00
Beef Brisket w/ Wanton	P110.00		Steam White Chicken (whole)	P530.00		Chicken Feet & Spareribs	P145.00	Mango Smoothie	P 85.00
CONGEE			Steam White Chicken (half)	P260.00		Salt & Pepper Squid w/ Egg Rice	P160.00	Milk Tea	P 69.00
Bola - Bola	P 85.00		ADD ONS			HK Fried Chicken w/ Egg rice	P160.00	Banana Smoothie	P 75.00
Fish Fillet	P 85.00		Century Egg	P 60.00		Lechon Macau w/ Egg Rice	P160.00	Mineral Water	P 25.00
Pork Asado	P 95.00		Prawn Chips	P 70.00		Steamed White Chicken w/ Egg Rice	P195.00	Soda in Can	P 70.00
Chicken	P 95.00		Lechon Con Tofu	P 55.00					
Pork & Century Egg Special	P100.00								

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

Health Benefits...

Sambong uses, health benefits, side effects, warnings

Sambong | *Blumea balsamifera* DC, a medicinal herb, is widely distributed in Eastern and Southeastern Asia. It has been used in folk medicine for its many health benefits that include the treatment of septic wounds, respiratory infections, stomach pains and kidney stones. Scientific Name: *Blumea balsamifera* L. DC Also known as: Alibum, Lakad-bulan, Alimon, Lalakdan, Sambong (Tag.), Dalapot, Sob-sob, Gabuen. Subusub, *Blumea camphor* (Engl.), Kambibon, Ngai camphor (Engl.).

Sambong is used as herbal medicine and is a shrub that grows wild in the tropical climate countries such as Philippines, India, Africa and found even in eastern Himalayas.

Sambong is widely used in the Philippines as herbal medicine. Sambong leaves are known for its ngai or *Blumea camphor* that is used as herbal medicine to treat kidney stones, wounds and cuts, rheumatism, anti-diarrhea, anti spasms, colds and coughs and hypertension. The Philippine Council for Health Research and Development (PCHRD) has develop the technology for a sambong herbal medicine tablet. Sambong is an aromatic shrub, that grows from 1 to 4 meters in height. It

is considered as a weed in some countries and is difficult to eradicate. Sambong has yellow flowering heads that is 6 mm long. Sambong leaves are green obloid that spreads in a pyramidal pattern. Sambong bears fruits that are ribbed and hairy on top. Sambong fruit has 1 seed.

Sambong | *Bulme balsamifera* Medicinal Uses

Sambong in Traditional and Folkloric Medicine

- Sambong roots and leaves are used as herbal treatment for fevers, sambong leaves and roots are pounded then dissolved in cold water. Applied with a soft cloth over the nape, forehead, underarms and other body parts to bring down the body temperature.

- Sambong roots and leaves are also used as herbal medicine treatment for rheumatism. Sambong roots and leaves are pounded and applied as poultice on the affected body part. Sambong roots and leaves may also be boiled and are applied as warm compress onto affected area

- Sambong is also used to treat headache, sambong leaves are pounded and applied as a poultice over the forehead.

- Sambong tea are also used as herbal medicine for colds and coughs.

- Sambong tea are also used for herbal

treatment of diarrhea and stomach spasms.

- Sambong juice are also used for treatment of cuts and wounds.

Science Based Health Benefits from Sambong | *Blumea balsamifera* Herbal

Medicine Sambong Mechanism of action in disease prevention

Sambong as diuretic for hypertension and fluid retention. Sambongherbal tea is used as a diuretic for fluid retention and hypertension conditions. Sambong herbal tea incites the body to urinate thereby removing excess body fluids and sodium. Clinical studies have shown that high levels of sodium in the blood is a major cause of hypertension. Sambong delay or averts renal failure . The Philippine National Kidney and Transplant Institute recommends taking sambong herbal medicine for patients with renal problems. Favorable results were noted that sambong may help to delay or avert dialysis or even kidney transplant.

Sambong for the Dissolution of Kidney Stones. The Philippine Department of Health (DOH) has been promoting Sambong herbal tea and tablets as a diuretic and for the dissolution of kidney stones.

Sambong has been recently registered in the Bureau of Foods and



Drugs as medicine.

Sambong as Anticancer: Sambong contains methanolic extract that has been found to have therapeutic activity against hepatocellular carcinoma cells. A study of sambong (*balsamifera*) extract inhibits the activity in rat and human hepatocellular carcinoma cells without cytotoxicity. This study suggest a possible therapeutic effect of sambong extracts (*balsamifera*) in the treatment of hepatoma cancer patients.

S a m b o n g as Antibacterial and Antifungi: A Phytochemical study indicates that sambong leaves contains the chemicals ichtyothereol acetate, cyptomerediol, lutein and β -carotene that has been found to have positive activity against microbes such as *A niger*, *T mentagrophytes* and *C albicans*. Results also

showed activity against *P aeruginosa*, *S aureus*, *B subtilis* and *E coli*

Sambong Preparation and Usage

Sambong tea preparation:

- gather fresh sambong leaves, cut in small pieces
 - wash with fresh water
 - boil 50 grams of sambong leaves to a liter of water
 - let it seep for 10 minutes
 - remove from heat
 - drink while warm
- 4 glasses a day for best results. Sambong poultice
- gather fresh leaves and roots
 - wash with fresh clean water
 - pound in a mortar
 - grounded leaves may be applied or a juice extract may be used

Sambong Capsules and tablets Powdered

Sambong leaves are available in 250 mg tablets at the DOH's Philippine

Institute of Traditional and Alternative Health Care (PITAHC) Tel # (632)727-6199. Sambong is also available online in Amozon as listed : Sambong Leaf Urisam 100tabs Just check the label for recommended dose and usage.

Sambong Warnings and Side Effects

- Use of topical Sambong is not associated with significant side effects.

- Sambong even when taken internally is generally considered safe.

- Special Precautions & Warnings: Pregnancy and breast-feeding: Not enough is known about the use of sambong during pregnancy and breast-feeding. Stay on the safe side and avoid use.

- Sambong can cause allergic reaction for people sensitive to ragweed plants and its relatives. Side effects may include itching and skin irritation.

Security personnel ng SM Supermalls pinarangalan



Pinarangalan kamakailan ang mga piling security and maintenance personnel mula sa SM Santa Rosa, SM Calamba at SM San Pablo sa kanilang Joint Tactical (JT) na ginawa noong Abril 23, 2019 sa SM City Calamba.

Panauhing pandangal sa nasabing kaganapan si Brigadier General Edward Carranza, ang PNP Regional Director sa Calabarzon na nag bigay ng kanyang words of inspira-

tion sa mga security personnel ng mga nabanggit na mall.

Ang mga nasabing security personnel ay binigyan ng komendasyon kaugnay ng kanilang mabuting gawa ng pag rekober at pag sasauli ng mga personal items ng mga shoppers ng mga naturang mall.

Dumalo din sa nasabing pagtitipon ang Senior Vice President for security ng SM Super-

malls na si Almus J. Alabe kasama ang mga opisyal ng mga security agency at ang pamunuan ng SM Santa Rosa, SM Calamba at SM San Pablo.

Ang mga pinarangalan ay sina SO Domel Dela Cruz, LG Teresa Millosa, SG Glenn Quitara, SAG Francisco Iglesia, SAG Liezl Insigne, Jenny Sigalat, SO Vernon Catalan, SG Arcadio Dela Cuesta at SAG Nemesia Montalban. PAMELA JANE BAUN

FELLOWSHIP WITH HUMANITY IS FOR A FAIR AND HONEST ELECTION

New jail facility inaugurates in Imus



A new Bureau of Jail Management and Penology (BJMP) facility located at the Civic Center area, also called Land Transportation Office (LTO) compound, was inaugurated by officials on Monday, April 22, in a simple ceremony at the Cavite Civic Center in Barangay Palico IV in Imus City.

The BJMP jail facilities, considered as one of the most modern in the country, stands

on a 1,920-square meter lot at the Civic Center area, also called Land Transportation Office (LTO) compound.

Imus City Engineer Christian Sarno said that the jails at the five-story building can accommodate between 800 and 900 inmates and even more.

The jail building, built at a cost of P32-million, will also house

some offices and quarters of jail officers and personnel. It was the national government that funded the construction of the facility.

Overcrowding of detainees in cells has been a problem in Imus for years. The less than 100-square meter city jail has about 120 detainees which area can accommodate only between 40 and 60 detainees.###



Bacoor City Mayor Lani Mercado Revilla led the blessing and inauguration of the multi-purpose hall in Elisa Homes, Molino 4. She was joined by Barangay Captain Jeff Campaña, Vice Mayor Karen Evaristo, Provincial Board Members Aba Gawaran and Rey Fabian, District 2 City Councilors, Elisa Homes HOA President Sally Peji, and BHOACI President Guia Oller.



Mr. Rodrigo Camia, Chairman of Cavite Metro Multi-Purpose Cooperative located at 911-A Bayan Luma 9, Imus, Cavite received its Certificate of Accreditation as one of the DTI-Cavite's Recognized Consumer Organization last December 10, 2018 at Batangas State University, Batangas City.

The award was presented by CPAB Director, Domingo Tolentino Jr. together with DTI-IVA Regional Director, Marilou Quinco-Toledo and DTI-Cavite Provincial Director, Noly D. Guevara.

As a Recognized Consumer Organization, they will assist DTI to protect consumers against deceptive, unfair and unconscionable trade acts and practices and other acts or omissions prejudicial or detrimental to the interests of consumers.

DO YOU KNOW ?

The outer skin is dead skin. The living skin is under it. The dead skin is normally replaced once a month.

(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.