

HUMANITY

NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

Vol. III No. 37

August 19-25, 2019

P 10.00

ISSN No.: 2672-3034



Mayor Nonong Ricafrente
Rosario, Cavite

DTI 4-A STRENGTHENS SUPPORT TO MSMES THROUGH AGRI-BUSINESS FORUM AND B2B SESSIONS

To support the micro, small, and medium enterprises (MSMEs) in the CALABARZON region through product promotion and market linkage, the Department of Trade and Industry Region 4-A held the Agri-

Business Forum cum Business Matching for the sectors of coffee, cacao, and processed fruits and nuts on August 8, 2019 in Calamba City, Laguna, (cont. P.2)



Travelling Science Centrum, now in Cavite

The Department of Science and Technology-Provincial Science and Technology Center in Cavite in collaboration with the Philippine Foundation for Science and Technology, Office of 2nd District Representative Strike Revilla and the LGU of Bacoor

City brought the Travelling Science Centrum – a hands-on interactive science exhibit, closer to Caviteños.

Valuing the principle “Science for the people,” DOST-Cavite headed by Provincial Director Raul Castañeda together with

(cont. P.2)



ADVERTISE WITH US!

Contact Number: 09460039850

E-mail Address: humanitynews@yahoo.com

DTI 4-A strengthens... (from p. 1)

gathering local farmer processors, industry players, institutional buyers, consolidators, exporters, and regional-line agencies.

Coffee, cacao, and processed fruits and nuts are among the priority sectors that DTI 4-A is targeting to develop in the next five (5) years, given its high potential to accelerate the region's economic growth. Initial efforts to level up these sectors have been initiated by the agency along with other partners in the government and the private sector.

"We gathered industry players in the priority sectors of coffee, cacao and processed fruits and nuts who can share their experiences and expertise, at the same time, this is also a good chance for our local farmer processors, members of farmer-processor cooperatives and associations, and women micro entrepreneurs to link their products to these possible buyers and exporters. We want to promote our local

products in the region and for our farmers and entrepreneurs to rise up and to be players in the value chain," said DTI CALABARZON Director Marilou Q. Toledo.

The forum discussed the market opportunities, trends, and technology updates on the coffee, cacao, fruits, banana, and farm-tourism industry and initiatives on Philippine food product promotions, support programs for MSMEs, and possible areas for collaboration.

A mini selling cum exhibit and a tasting area for institutional buyers were set-up for all the products brought by participating suppliers. Business-to-business (B2B) sessions were simultaneously being held. Institutional buyers such as Shanghai Qugao International Trading Co., Ltd, SM Supermarket, Yazaki Torres Manufacturing, Inc., Echosi Foundation, Inc., TP Food Processing Corporation, Villa Socorro Farm, Casino Filipino Tagaytay, Seda

Hotel, Hotel Marciano, Taal Vista Hotel, The Bayleaf Hotel, Bote Central, Inc., KLT Fruits Incorporated, and Mendez Organic Farm participated in the B2B, with MSMEs generating booked sales.

The event was attended by 265 participants from the private sector, non-government organizations, government agencies such as the Department of Agriculture, Philippine Statistics Authority, Department of Labor and Employment, Philippine Coconut Authority, Office Provincial Agriculturist of Cavite, Rizal, Batangas, and Quezon, Department of Science and Technology (DOST)-Philippine Council for Industry, Energy, and Emerging Technology Research and Development, DOST-Philippine Council for Agriculture, Aquatic and Natural Resources Research

and Development (PCAARRD), Philippine Commission on Women, Department of Environment and Natural Resources, Philippine Exporters Confederation, Inc., financial institution such as the Land Bank of the Philippines, and the academe such as the Cavite State University.

Using the industry cluster approach, the DTI aims to build more alliances with relevant agencies and institutions to develop competitive and innovative SMEs, implement program for productivity and efficiency, and create conducive business enabling environment. The clustering process necessitates the operation of upstream (raw material suppliers, production inputs) and downstream (logistics, value adding, packaging, and marketing) economic activities to support the whole value-chain.

MIA CORTEZ

Travelling Science Centrum... (from p. 1)

the local government and the Department of Education-Division of Bacoor worked hand in hand for the successful launch of the traveling exhibit of Science Adventures on August 8, 2019 at the Conference Center of Barangay Molino III in Bacoor City which will run until September 30, 2019.

The Punong Barangay of Molino III, Mr. Apolonio Advincula Jr. welcomed guests, teachers and students during the opening program for the very first Science Centrum in the province, expressing thanks to DOST-CALABARZON and Congressman Strike Revilla for the support that made the set-up of Science Centrum in their barangay possible.

Meanwhile, prior to the viewing of exhibit, a Memorandum of Agreement was signed by DOST-CALABARZON Regional Director Alexander Madrigal, PB Apolonio Advincula, Philippine Foundation for Science and Technology Division Executive

Director May Pagsino-hin witnessed by Congressman Strike Revilla, DOST-Cavite Provincial Director Raul Castañeda and the Head of Traveling Exhibitions Mr. Nelson Natividad. The MOA clearly stated the objectives of the program and highlighted the responsibilities of each agency, as well as the monetary terms, exhibit operations and guidelines.

In a message, Congressman Strike Revilla expressed much appreciation to DOST and Dep-Ed Bacoor for always extending assistance in helping him deliver quality education for all, hoping that someday the city would house a permanent Science Centrum to be available for thousands of Bacooreños and other Caviteño youth. The 2nd district representative also thought of building up a Science and Technology Center, plus a Science High School for scientific research and innovations in order to contribute to nation building.



PAGBALIK SA PINANGGALINGAN

1. Lahat nagbabalik sa pinanggalingan, Tulad sa magbiyahe ka nang pasilangan, Sa tuloy na lakbay dinatnan kanluran, Hanggang sa sumapit sa pinanggalingan.
2. Sapagka't ang tuwid na akalang lakbay, Lumiliko ito na wala kang malay, Layo mo sa lupa ay singtaas lamang, Kaya umikot kang di mo namalayan.
3. Yaong liwanag din na akala'y tuwid, May kurbang maliit na napakakitid, Sinag ng bituin sa mundo'y sumapit, Tingin mo'y direktso sa mali mong titig.
4. Nguni't ating lakbay paikot sa araw, Alam nating ligid lamang pag tinanaw, Lakbay nati'y ligoy na ang babalikan Ay ating simula sa pinanggalingan.
5. Merong nagsasabi na ang ating Big Bang Ay naging simula nitong Sanlibutan, May nagsabing tuwid ang sabog na ganyan, Kaya lumalayo sa pinanggalingan.
6. Subalit hula ko na merong batayan, Di tuwid ang sabog, lumiko din naman, At spiral galaxy ang pinagtularan, Ruweda ng fireworks, hugis ng larawan.
7. Habang sumasabog palayo sa gitna, Umiikot naman ang gitnang simula, Pagmasdan ang bilog, papalaking lubha, At pabilog pa rin ang buo niyang mukha.
8. Sabi ng scientist, Universe daw natin, Wala itong sentro't lahat palayo rin, Di ito ang hulang aking sasabihin, Meron itong sentrong ating liliguyin.

On the other hand, Education Program Supervisor Ms. Helen Gutierrez of Dep-Ed-Bacoor talked about how DOST projects and the commitment of the local government further help students engage more in science research and other academic activities. Given this, teachers become more productive while students excel in various fields.

Along with Congressman Revilla and other guests, Director Pagsino-hin who gave an overview on the traveling Science Centrum project, likewise led the balloon-popping and ribbon-cutting ceremony that formally opened the

exhibit. Among the fun and exciting features of the Science Adventures are the hands-on interactive exhibits and challenging activities including Symmetroscope, Bicycle Wheel Gyro, Anti-Gravity Mirror, Finger Tinger, Rainbow Curtain, Pedal Generator, Plasma and Magnetic Sphere, Tiny Bubbles, and the Talk and Listen Dish.

Congressman Revilla joined students of Molino Elementary School and Divine Light Academy, while trying and enjoying different science concepts and activities. Also in attendance on behalf of Mayor Lani Mercado-Revilla was City Councilor Alde Pagulayan. PICAD

Humanity news publication is an English/Filipino Weekly Published every Monday Province of Cavite



Main Office:
667 Bayan Luma 5 Imus City,
Cavite
Contact Number:
09497849109/09075029643
E-mail Address:
humanitynews@yahoo.com

AURELIO P. BAUTISTA
PUBLISHER/EDITOR-IN-CHIEF

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

All Rights Reserved: No part of this publication may be copied or reproduced or transmitted nor translated in any form for commercial purpose without prior written permission from the publisher and its writers/columnist.

MEMBER:
PUBLISHERS ASSOCIATION
OF THE PHILS, INC.

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



Subscription Rates: 1 year 52 Issues = Php 520.00
Legal Notices: 1 col. Per cm. rates = Php 160.00
Advertisement Rate: Per column = Php 200.00

PGC PROVIDES BASIC MEDICAL SERVICES TO CITY OF DASMARIÑAS RESIDENTS



Five hundred residents of Brgy. San Antonio de Padua I in the City of Dasmariñas received free basic medical services during the provincial government's medical and dental mission conducted on August 9, 2019. OPG-Extension Office in cooperation with the Provincial Health Office and Philippine Dental Association-Cavite

Chapter spearheaded the health outreach event with the assistance of barangay health workers and nutrition scholars and some provincial government employees. Barangay Captain Carter P. Manzano expressed his gratitude to Gov. Jonvic Remulla and to the mission team for providing health assistance to his constituents. PICAD

MEDICAL MISSION AT DASMARIÑAS, CAVITE



A total of 303 locals from Brgy. San Agustin 2 have availed free healthcare services including medical consultations, tooth extraction, feeding program, and family planning lessons spearheaded by the Office of the Provincial Governor-Extension and the Provincial Health Office on August 9, 2019 which was held at Ramona S. Tirona Memorial School in Dasmariñas City. The medical and dental mission was successfully conducted despite of the bad weather as medical

personnel from Daughters of Mary Immaculate headed by Dr. Luz Varias - Mapili, Philippine Dental Association Cavite Chapter led by Dr. Jean Salazar, Kiwanis Club Hiyas ng Cavite with Ms. Imelda Renono, and San Lorenzo Ruiz Knights of Columbus managed to check the health conditions of the citizens and gave free medicines to the patients sponsored by the provincial government of Cavite. The event was requested by Fr. Henrico T. Tagalog, the parish priest of San Lorenzo Ruiz Parish. PICAD

ANNOUNCEMENT



The application for the
Provincial Scholarship Program (PSP)
will be strictly through the following website:

cavite.gov.ph/psp

Submission of applications will start on
August 13, 2019 @ 8:00am and end on
September 12, 2019 @ 5:00pm

Mabuhay ang mga Iskolar ng Lalawigan!

A priority project of:
GOV. JONVIC C. REMULLA



TRECEÑOS AVAILED PGC'S FREE MEDICAL SERVICES



More than 390 indigent residents of Trece Martires City received free medical check-up and tooth extraction rendered by medical professionals from General Emilio Aguinaldo Memorial Hospital (GEAMH) with the assistance of the City Health Office during the conduct of medical and dental mission at La Trinidad Covered Court, Brgy. Cabuco on August 14, 2019. Free random sugar testing was also provided by Multilab Diagnostic and Health Services. Meanwhile, technical staff of the Provincial Population Office shared information to parents on proper family planning. The health program was also supported by Inocencio Paramedic and Rescue Volunteers (IPARV), Barangay Health Workers (BHW) and Barangay Nutrition Scholars (BNS). A simple turnover of medicines to the barangay was led by Mayor Gemma Lubigan, Vice Mayor



Bobby Montehermoso, Member Ping Remulla together with other local 7th District Board and Ms. Maribel Bernal officials. PICAD

Pagbati Mula kina:



Mayor Ony Ferrer
General Trias, Cavite



Vice Mayor Ony Cantimbuhan
Imus City, Cavite



Kamakailan ay nagsagawang libreng seminar tungkol sa Marketing Strategies at Selling Techniques para sa mga negosyanteng Gentriseño ang ating Pamahalaang Lungsod sa pakikipagtulungan ng Department of Trade and Industry (DTI) - Cavite. Ito'y bahagi ng patuloy na programang palakasin ang mga Micro, Small and Medium Enterprises.

FISHERFOLKS IN NAIC ALSO RECEIVE ASSISTANCE FROM PGC



Another 8,000 packs of relief were delivered to families in the fishing communities of Naic on August 7, 2019 as an early response of the provincial government of Cavite to those affected by habagat. Governor Jonvic Remulla visited the locals despite heavy rains, ensuring

prompt service of the Provincial Social Welfare and Development Office (PSWDO) on relief distribution. On behalf of the beneficiaries, Naic Mayor Jun Dualan and barangay officials thanked the governor for the timely and relevant assistance. Other

provincial government officials who went to the assembly areas for distribution in Barangays Bancaan and Munting Mapino and monitored status of constituents were 8th District Board Members Rainier Ambion and Ver Varias. PICAD

MEDICAL AND DENTAL MISSION FOR MENDEZEÑO ORPHANS



Another medical and dental mission was conducted by the Provincial Government of Cavite thru the OPG-Extension and Provincial Health Office in cooperation with Mendez Municipal Vice-Mayor's office held at the Little Angels Home Inc. (LAHI) Orphanage, Barangay Palocpoc

in the municipality of Mendez. Sharing the same advocacy of helping people to achieve wellness, Vice-Mayor Francisco "Cocoy" Mendoza, Jr. was very grateful to Gov. Jonvic Remulla for always granting his request for the missions being conducted for Mendezeños. Doctors and dentists from General Emilio Aguinaldo

Memorial Hospital rendered free medical and dental consultation to 26 children, 11 adults and a senior citizen. Twenty three (23) patients benefitted from free tooth extraction and were given free medicines and vitamins. Municipal councilors were also present to support the activity. PICAD



SIMILARITIES / DIFFERENCES BETWEEN ISLAM AND CATHOLICISM

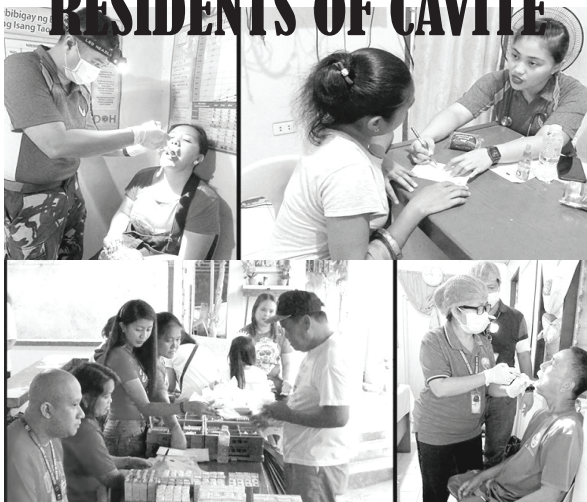
Catholics allowed graven images not for worship but as symbols to heighten spiritual truths. Islam forbids images.

QUICK RESPONSE TO CONSTITUENTS' NEEDS

Cavite Governor Jonvic Remulla promptly responded during the onslaught of calamity as he visited the residents of Cavite City and Noveleta on August 11, 2019 ensuring the safety of his constituents and bringing relief goods to the people. Four thousand



EXTENDING HEALTHCARE PROGRAM TO INDIGENT RESIDENTS OF CAVITE



The provincial government's medical mission team visited the municipality of Noveleta on August 08, 2019 to extend medical services to the locals. A total of 246 indigent residents gathered at the Brgy. Hall of San Antonio II and received free medical consultations and tooth extractions rendered by volunteer doctors and dentists of the General Emilio Aguinaldo Memorial Hospital

with the assistance of Philippine Air Force 15th Strike Wing led by Capt. Mary Joanne Lim Vargas MD, MPH. Patients were also provided free medicines and vitamins. Brgy. Chairman Benjamin Topacio Jr. who requested the outreach project was joined by other local officials and thanked the whole team for the effective and successful healthcare outreach program. PICAD

relief goods were distributed in Barangay 13 to the locals of Cavite City in the presence of Mayor Totie Paredes and Board Member Rommel Enriquez while three thousand relief goods were provided in San Rafael 3 for the fisherfolks of Noveleta with the support of Mayor Dino Chua and Board Member Davey Chua. Governor Remulla reiterated his commitment to ease the burden of the people and promised to deliver quality service to the indigent members of



the community. He also encouraged everyone to call the attention of their

respective leaders to immediately respond on emergencies and disasters

which can help save lives and properties of the citizens. PICAD

SILANG MAYOR THANKS MEDICAL & DENTAL VOLUNTEERS FOR A SUCCESSFUL MISSION

The local government of Silang led by Mayor Corrie Poblete hosted an outreach activity on August 13, 2019 at Patio Medina, providing basic healthcare services and other forms of assistance to the public including mobile NBI clearance,

insurance, telecommunication and electric providers. On behalf of more than 500 beneficiaries of the medical and dental mission sponsored by Governor Jonvic Remulla, Mayor Corrie thanked volunteers from the Provincial Health Office,

the Silang Dental Circle, and the Rotary Club of Acropolis for the constant support. Aside from the health mission, Silangeños also benefited from free-of-charge services on fluoride application to daycare students, derma and eye check-up, manicure, pedi-

cure, haircut and massage therapy. The whole-day event which coincided with the birthday celebration of former Silang Mayor Areng Poblete was jam-packed with helpful activities that the locals will look forward to every year. PICAD

EDITORIAL

Ang mga Pilipino ay malikhain. Maging sa larangan ng pagkukumpuni ay mahusay din ang Pilipino, subali't ang ating magandang katangiang ito ay hindi nagagamit sa pagbuo ng isang bansang patungo sa mabilis na industriyalisasyon.

Ang mga kumpanyang dumating sa atin sa mga Export Processing Zone ay ginagamit ang ating labor force upang magawa ang mga produktong iluluwas na muli.

Dapat pagtuunan natin ng pansin ang mga hakbang patungo sa industriyalisasyon ng bansa kahit pansariling gamit muna. Saka na isipin ang pagluwas.



HEALTH & WEALTH NOTHING COMPARES.



BARLEY is mentioned in the Bible 37 times for food and medicinal purposes.
John 6:9-14 : Feeding of the 5000
"There is a lad here who has five barley loaves and two fish"
II Kings 4: 38 - 44
"Get some barley meal. Throw it in the pot and kill the poison"

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

ORGANIC & NATURAL
FDA
No. FR 113742

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

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

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

VOTER REGISTRATION 2019
AUGUST 1 - SEPTEMBER 30
OPEN FROM MONDAY TO SATURDAY AND EVEN ON HOLIDAYS

NOTE: Bring one (1) valid ID to register at the local COMELEC Office.

my vote ONLY
GenTri

@GenTriOfficial

According to the Commission on Elections (COMELEC), a new round of voter registration will run from August 1 to September 30, 2019. It is open from Monday to Saturday and even on holidays. Don't forget to bring one (1) valid ID for registration!

HONGKONG noodles & dimsum house

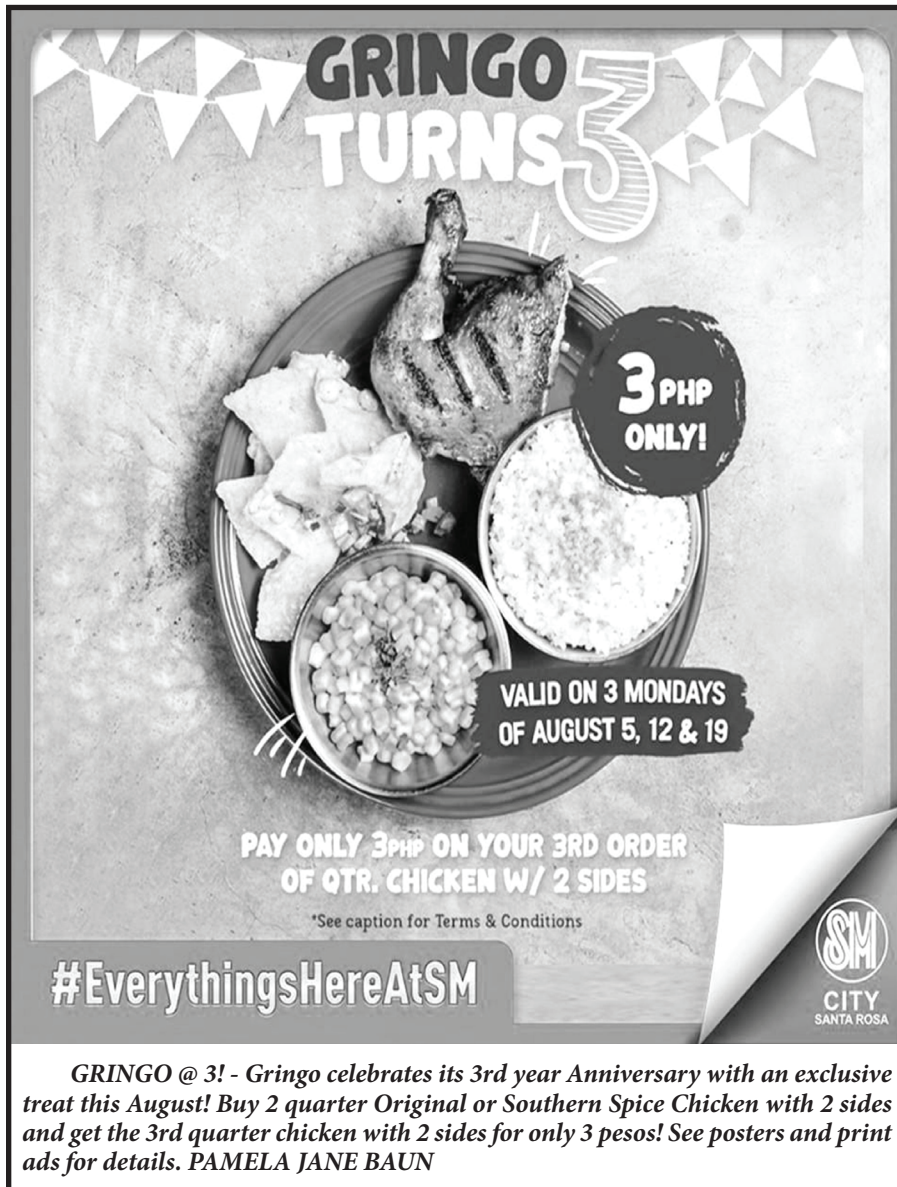
WE DELIVER

CALL US:
09083350572
09152359237
(046) 416 4883

www.hknoodles.com.ph

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

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



GRINGO TURNS 3

3 PHP ONLY!

VALID ON 3 MONDAYS OF AUGUST 5, 12 & 19

PAY ONLY 3PHP ON YOUR 3RD ORDER OF QTR. CHICKEN W/ 2 SIDES

*See caption for Terms & Conditions

#EverythingHereAtSM

SM CITY SANTA ROSA

GRINGO @ 3! - Gringo celebrates its 3rd year Anniversary with an exclusive treat this August! Buy 2 quarter Original or Southern Spice Chicken with 2 sides and get the 3rd quarter chicken with 2 sides for only 3 pesos! See posters and print ads for details. PAMELA JANE BAUN



THE SM STORE

HAPPY FAMILY

SALE

UP TO 50% OFF

ON SELECTED ITEMS

Aug 1 - 31

PRODUCT IMAGES ARE FOR ILLUSTRATIVE PURPOSES ONLY

Fam-tastic Fridays! GET P2000 UP TO SM GIFT PASS!

Only at Home, Ace Express, Baby Company, and Toy Kingdom Express

EXCEPT DURING 3-DAY SALE *IN SELECT BRANCHES

THE SM STORE HAPPY FAMILY SALE. Get the best deals for your family here at The SM Store Santa Rosa! Shop with the whole family and get up to 50% OFF on selected items. Shop on a Friday and get a chance to receive FREE SM Gift Pass worth up to P2,000 during their FAM-TASTIC FRIDAYS promo! Just present your SMAC or SM Prestige Card to avail the promo. For complete mechanics visit www.facebook.com/smcitysantarosa/. Per DTI-FTEB Permit No. 11170, Series of 2019. PAMELA JANE BAUN

Health Benefits...

ALAMIN ANG KAHALAGAHAN NG BAWANG SA KALUSUGAN!



Ang BAWANG ay kilala sa buong mundo bilang isang pampalasa at pampabango sa ating mga lutuin. Ngunit marami ang hindi aware sa kahalagan nito sa ating kalusugan. Ang garlic cloves ay karaniwang ginagamit panggisa ng ulam. Samantalang ang dahon nito ay madalas ginagamit na pampaganda o decorasyon ng platings kapag naghahanda ng pagkain. Pero bukod sa pampalasa ng pagkain. Ang bawang ay nagtataglay ng mahahalagang nutrients na mainam sa ating katawan at meron din itong taglay na mga sangkap na nakakatulong ng ibat ibang sakit.

Ang bawang ay nagtataglay ng ibat ibang nutrients gaya ng diatray fiber, Vitamins, Thiamine, Riboflavin, Niacine, Pantothenic acid, Folate, Vitamin C, Minerals, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc and more.

Ang bawang ay nakakatulong sa prevention ng cardiovascular disease base sa ilang mga pag aaral dahil ito ay nakakapagbawas ng plateletaggregation.

Ang bawang ay nakakatulong para maiwasan ang pagkakaroon ng prostate cancer. Ang mas mataas na consumption ng bawang ay nakakatulong

para maiwasan ang pagkakaroon ng cancer.

Ang bawang ay nakakatulong ding magpagaling ng common colds. Ayon sa ibang pag aaral ang bawang ay mainam at nakakatulong sa taong may sipon at may common colds.

Ang bawang ay mabisa ding gamot sa acne. Kinakailangan lamang maghiwa ng fresh na bawang at ilapat sa parte kung saan matatagpuan ang acne. Dahil ang bawang ay may anti bacterial properties nakakatulong ito upang pigilan ang paglabas at pagdami ng acne.

Ang bawang ay maaaring magsilbing mosquito repellent. Bukod sa mga insecticides ang bawang ang isa sa pinakamabisang mosquito repellent. magdikdik ng ilang gloves neto at ihalo sa mineral oil ibabad ng 24 hours. salain at ihalo sa dalawang baso ng tubig. Pigaan ng lemon juice saka ilagay sa spray bottle at syang gamitin pang spray sa mga lugar na malamok.

Ang bawang ay mainam rin na pampapayat. Kahit na ang bawang ay may taglay na pampalasa na nakakapaghikayat para kumain ng marami ito ay may weight loss properties base sa ibang research. Bukod sa may taglay itong pampabusog pinapalakas din nito ang ating metabolic function na syang tumutulong upang agad na maburn

ang ating calorie intake.

Ang bawang ay maige din sa Athlete's foot. Ang bawang ay may natural na anti fungal na mabisang gamot sa impeksyon ng fungal. Magdikdik ng ilang pirasong bawang ihalo sa mainit init na tubig saka ibabad ang paang may athlete foot sa loob ng 30 minutes.

Ang bawang ay nakakagamot ng yeast infections. Sa unang pagkakaroon ng senyales ng impeksyon sa lebadura, kumuha ng gloves ng bawang at itali sa cheesecloth at ipinapasok na parang tampons. Ang bawang ay nakakatulong pagalingin ang impeksyon.

Ang bawang ay nakakatulong sa pagpapagaling ng psoriasis. Ang paulit ulit na pangngati ng balat dahil sa psoriasis ay maaaring mabawasan sa pamamagitan ng pagkuskos ng bawang dito sapagkat ang bawang ay may anti-inflammatory properties na nakakatulong sa paggamot ng psoriasis.

Ang bawang ay maige rin sa ubo. Ang bawang ay nakakabawas sa pamamaga ng lalamunan at nakakalinis at nakakatanggal ng uhog o excess mucus. Magtadtad ng bawang at ihalo sa tubig at inumin ito na parang tsaa. Maaari ring dagdagan ng luya at honey upang maging mas masarap ang lasa.

PAUTANG PARA SA OFW ISINULONG NI SEN. REVILLA

Gagaan na ang buhay ng mga bagong alis na Overseas Filipino Workers (OFWs) makaraang isulong ni Sen. Bong Revilla, Jr. ang credit assistance program na naglalayong pagaanin ang sitwasyong pinansiyal ng mga ito.

Ayon kay Revilla, ang panukalang batas na ito (Senate Bill No. 801) ay naglalayong makatulong sa pamilya ng mga OFW na kaaalis pa lamang at hindi pa nakakatikim ng suweldo sa loob ng unang tatlong buwan.

P a n g u n a h i n g

kailangan lamang ng isang OFW na nais pakinabangan ang credit assistance program ay ang kaniyang valid contract na sertipikado ng Philippine Overseas Employment Agency (POEA).

Maaari nang manghiram ang kuwalipikadong OFW ng P50,000 mula sa

Overseas Workers Welfare Adiministration (OWWA) at dapat bayaran sa loob ng 12 buwan at hindi lalampas sa 24 buwan na may 6 porsiyentong interest rate per anum.

Idinagdag pa ni Revilla na ang mahihiram nilang pera ay isang malaking tulong para sa mga OFW na malaki ang ginastos sa placement fee bago nakaalis at pandagdag gastusin para sa pamilya dahil hindi kaagad nakakasuweldo ang mga ito sa loob ng tatlong buwan.

Base sa datos ng Philippine Statistics Office (PSA), umaabot sa 2.3 milyong OFW ang nagpapadala ng kabuuang P235.9 bilyong remittances at nahahati ito sa tatlong klase--



cash sent home (P 169.4 billion), cash brought home (P 55.2 billion), at remittance in kind (P 11.2 billion).

Ayon pa sa PSA, nasa 96.2 porsiyento ng OFWs ay may kasalukuyang kontrata sa trabaho mula Abril hanggang

Septiyembre 2018, habang 3.8 porsiyento naman ang nagtatrabaho sa ibang bansa ng walang kontrata.###

LUNGSOD NG IMUS: LAKAS NG NAGKAKAISANG IMUSEÑO PARA SA TULOY-TULOY NA PAG-ASENSO



Noong ika-30 ng Hunyo ipinagdiwang ng Lungsod ng Imus ang ika-anim (6) na taong anibersaryo ng pagiging lungsod nito sa temang "Lakas ng Nagkakaisang Imuseño para sa Tuloy-tuloy na Pag-assenso."

Nakasentro ang pagdiriwang na ito sa State of the City Address (SOCA) ni Punong Lungsod Emmanuel L. Maliksi noong Hunyo 29 kung saan inilalahad niya ang mga programang naisagawa sa nagdaang taon, mga proyektong kasalukuyang isinasagawa at mga legacy projects o mga nakaplanong nitong malalaking proyekto at programa na isasagawa para sa kapakanan ng mga mamamayang Imuseño.

Nakapaloob sa ulat ng alkalde ang programang sumasailalim sa eight-point agenda ng kanyang pamahalaan. Iilan sa kanyang mga inilalahad na programa ang Wellness Centers para sa mga senior citizen, Eskwela Kooperatiba at BIDA KARD, Cognitive Behavioral Therapy (CBT) Program, Project EMMANUEL, pagsasaayos ng Imus Heritage Park, City of Imus Polytechnic Institute at pagbubukas ng Ospital ng Imus, Dialysis Center at CIADAC Office.

Dinaluhan ang taunang SOCA ng mga opisyal ng lungsod kabilang si Congressman Alex "AA" L. Advincula, Ikalawang Punong Lungsod Arnel M. Cantimbu-

han at mga miyembro ng Sangguniang Panlungsod, Department at Unit Heads at mga kawani ng Pamahalaang Lungsod.

Kaisa rin sa pagdiriwang ang mga Punong Barangay at mga opisyal nito, Sangguniang Kabataan Chairperson at iba't ibang sektor at organisasyon sa lungsod kabilang na ang Barangay Health Workers, Child Development Workers, School Heads, Imus Youth Leadership Development Program, Rotaract at Interact of Imus National High School, Maliksing Iskolar, Student Councils, Pilar Lodge No. 15, Servants of God, Kiwanis Pearl of Imus, Rotary Club of Imus, Imus Bankers Association, Imus

Chamber of Commerce, Samahan ng mga TODA sa Lungsod ng Imus, IMUSCAI Cluster Presidents, Anti-VAWC Group at mga kinatawan ng pribadong sektor.

Bahagi rin ng pagdiriwang ang libreng film showing tampok ang "Bago ang Kalayaan: Imus sa Kasaysayan ng Pilipinas" sa Robinsons Place Imus.

Noong ika-30 ng Hunyo binigyang pagkilala naman ang mga natatanging Imuseño na nagbigay ng karangalan sa Lungsod ng Imus sa larangan ng akademya at mga nakapasa sa kani-kanilang licensure examination.

Isa sa mga prayoridad ng pamahalaan ang pagbibigay sa mga mam-

amayan ng oportunidad na makapagtrabaho. Sa tulong ng Public Employment Service Office (PESO) daan-daang Imuseño ang lumahok at nakiisa sa isinagawang job fair sa CityMall Anabu noong Hulyo 11.

Bukod sa mga programa ng Pamahalaang Lungsod, nakiisa rin sa pagdiriwang ang mga mall sa lungsod kung saan nagkaroon ng Cityhood Sale noong Hunyo 29 hanggang Hulyo 1.

Sa pagdiriwang ng Lungsod ng Imus ng ika-anim na anibersaryo

nasaksihan ang transportasyon nito mula sa isang makasaysayang lungsod patungo sa City of the Future.

Malaking bahagi ng kaunlaran nito ang pagkakaisa ng mga namumuno na sama-samang tumutulong sa mga pangunahing pangangailangan ng mga mamamayan sa pamamagitan ng pagbababa ng mga makabuluhan at epektibong programa at pagsasagawa ng mga ordinansa at resolusyon na magtataas sa antas ng pamumuhay ng mga kababayang Imuseño.###

DO YOU KNOW ?

Fireflies glow in the dark because of an enzyme that they produce called luciferase.

(Shared by Fellowship with Humanity)

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.