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TOWARDS THE FRIENDSHIP OF CITIZENRY

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Mayor Emmanuel Maliksi
Imus City, Cavite

DTI BRINGS NEGOSYO SERBISYO SA BARANGAY IN AMADEO



The Department of Trade and Industry (DTI) - Cavite launched another Negosyo Serbisyo sa Barangay (NSB) Program on August 22, 2019, this time in Amadeo.

On behalf of DTI-Cavite Provincial Director Noly Guevara, Business Development Division Chief Ms. Revelyn Cortez gave an overview of the project, highlighting that NSB is one way of reaching out to communities to help micro, small and medium-sized enterprises (MSMEs) and potential entrepreneurs in the barangay to start and even scale up their business.

Meanwhile, Senior Trade and Industry Specialist Mr. Rico Chavez together with his team facilitated the event, assisting participants throughout the seminar and during the diskwento caravan. They also reminded participants of the services being offered for free by the Negosyo Center established in the municipality, which locals

can seek for any business-related assistance and support.

Amadeo Mayor Redel Dionisio, who welcomed guests from the DTI and participants from the 26 barangays, expressed his appreciation to the NSB program session held to promote entrepreneurship. Mayor Dionisio encouraged constituents to grab every opportunity that DTI offers, especially the free training and seminar being provided through NSB for it may fuel the town's economy. "Mahalin natin ang Amadeo," the mayor added in his message.

Words of inspiration also came from the Chairman Emeritus of the Provincial Cooperative Development Council (PCDC) Ka Rodrigo Camia and the Officer-in-Charge of the Provincial Cooperative, Livelihood and Entrepreneurial

(cont. P.2)



PCLEDO HOLDS THE 1ST ENTREPRENEURSHIP STUDENTS CARAVAN

In its continuing advocacy for entrepreneurship, the Provincial Cooperative, Livelihood and Entrepreneurial Development Office spearheaded the 1st Cavite Entrepreneurship Students Caravan with the theme "Entrepreneurial Mindset: The First Step Towards Success" at the

(cont. P.2)



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DTI brings negosyo serbisyo... (from p. 1)

Development Office (PCLEDO) Atty. Khervy Reyes, who both shared success stories that are pushed by business and cooperatives. Mr. Camia told the locals of Amadeo the benefits of joining cooperatives, particularly to farmers and to those in the agricultural business; while Atty. Reyes presented the programs and projects of PCLEDO that help capacitate entrepreneurs and cooperatives in the province.

On behalf of Governor Jonvic Remulla, Atty. Khervy Reyes delivered his message of thanks, ensuring everyone that the provincial government will continue developing and conducting interventions needed for economic development. Atty. Reyes also mentioned the Pondo sa Pagbabago at Pag-asenso (P3) program of DTI that can help boost business, since it provides capital loan to micro entrepreneurs.

Other resource speakers during the NSB in Amadeo were from the Department of the Interior and Local Government (DILG)-Cavite with their discussion on Business Permit and Licensing System standards, emphasizing the shift to automation and computerization; the Department of Science and Technology with their SETUP or Small Enterprises Technology Upgrading Program

that encourages and assists MSMEs in adopting technological innovations; and the Technical Education and Skills Development Authority (TESDA) with presentation on the list of trainings they provide.

Aside from the free seminar provided for the locals of Amadeo during the NSB, they also enjoyed free-of-charge pamper services sponsored by TESDA including manicure, pedicure and haircut. (PICAD)

PCLEDO HOLDS THE 1ST ENTREPRENEURSHIP... (from p. 1)

Provincial Gymnasium, Trece Martires City, Cavite on August 23, 2019.

More than 500 Senior High School students taking up Business Management and its related courses from Trece Martires City Senior High School attended the caravan which aims to motivate the youth to develop a keen interest in business

and the right attitude that will carry them through a vibrant entrepreneurial journey. It also served as a preparatory stage for students to be exposed to relevant entrepreneurial activities, opportunities, innovation and values. Ms. Liza C. Gabatan, Entrepreneurial Division Head warmly welcomed all the participants, thanking the TMCSHS in collaborating with

the PCLEDO to come up with the Students Caravan. "With the Provincial Government's intervention of opening the minds of youth sector towards entrepreneurship, we can consider this activity as a unique opportunity for the attendees", she stressed.

TMCSHS Principal Mr. Ernesto M. Mojica said in his message that to have a successful business, one must start early and agreed that the hope of the business enterprise is the youth. Meanwhile, Mr. Rodel Vincent Bae, Head of the Provincial Youth and Sports Development Office said that the people are the assets of the province so molding and honing the youth is so important for a better Cavite. On behalf of Governor Jonvic Remulla, Provincial Administrator for Community Affairs Alvin Mojica highlighted in his message that effective quality time management is the secret of successful entrepreneurship. He cited that the governor is continuously thinking of programs and projects to equip the youth for them to consider going into business.

The PCLEDO's Profile and Services was presented by Ms. Lyssa L. Rodriguez, Development Management Officer II, providing participants information of the opportunities and programs in the province, its partner agencies as well as the readiness of the office to

serve the cooperatives, entrepreneurs and the community in general.

The highlight of the event was a lecture on Entrepreneurial Mindset by Mr. Paulo M. Tibig, Chief Executive Officer and President of V-Cargo Worldwide and author of #EntrepChamp entitled "Discovering Your Entrepreneurial Potential". The speaker provided insights on successful entrepreneurship sharing the hindrances that makes one unsuccessful like ningas-cogon mentality, the Negosyo Mindset Barriers, the need to focus on the direction, among others. He stressed that there is no shortcut to entrepreneurial success. It has to be worked on, planned and achieved. Lastly, he encouraged everyone to bring out the champion in themselves sharing the five values of a good entrepreneur: Commitment, Hard work, Attitude, Motivation and Prayer.

Concluding the program was Atty. Khervy B. Reyes, Officer-In-Charge of PCLEDO with his words of challenge and encouragement to students and the hope that they will find their visions in life. "Love yourself because you cannot give what you do not have", he said. He challenged them to be the best version of themselves in five to ten years, to aim high and dream big.

Also present to support the caravan were the faculty and advisers of the TMCSHS. (PICAD)



PAGHAHANAP-BUHAY

1. Ako ay nagmasid sa punso ng langgam,
Lahat may gawaing pinag-abalahan,
Bawa't isa'y kilos sa dapat gampanan,
Kaya ang kolonya ay may kaayusan.
2. Ang tao ganyan din sa mga serbisyo,
Sa army at navy, sila ang sundalo,
Dahil sa ang lahat bahagi ng grupo,
Para silang langgam, may pakay na solo.
3. Datapwa't sa atin namang hanap-buhay,
Laluna at merong negosyo sa bahay,
Walang hati-hati pag kulang ang suhay,
May-ari'y janitor sa kanyang pagsikhay.
4. Sapagka't kung bawa't gawain may tao,
Ay baka malugi ang isang negosyo,
Hindi kakayanin ang ganyang epekto,
Kaya isang tao, maraming serbisyo.
5. Malaking kompanya na napakayaman,
Bawa't tao'y merong trabahong kanya lang,
Ganyan alagaan kanyang kapakanan
Na espesyalista sa bawat gampanan.
6. Puhunang maliit ang isang batayan,
Na gawa ng tao'y iba't-ibang bagay,
Puhunang malaki ay di naman ganyan,
Ang bawat posisyon, gawain isa lang.
7. Hanap-buhay naman, di lang hanap-buhay,
Ito'y buong buhay ng ating lipunan,
Ang bawa't negosyo'y lilikha ng suhay,
Ang bawa't trabaho'y lilikha ng yaman.
8. Sa magnegosyo man at kung magtrabaho,
Kailangan ay tuwid ang gawi sa mundo,
Sapagka't batid kong sa ganyang estilo,
Makakamit lagi ay mga asenso.

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CONGRATULATIONS! PSMS Marife D Baes and PCpl Andrew S Alapad for bringing home Silver and Bronze medals in Taekwondo during the 2019 World Police and Fire Games held at Chengdu, China on August 8-18,2019. Cavite PPO are very proud for the both of you!!!

The WORLD POLICE and FIRE GAMES is a multi sport competition whose participants is open to members of law forces from all countries and organized every two years, according to its official facebook page. (thru Silang PCR)

CAVITE MULTI-SECTORAL HIV COUNCIL AND COORDINATORS MEETING



The Provincial Health Office thru its Provincial HIV Program Coordinator, Haydelisa Maderazo, facilitated the two-day Cavite Multi-sectoral HIV Council and Coordinators Meeting held at The Bayleaf Hotel, City of Gen. Trias on August 22-23, 2019. The meeting with the tagline “Act Against AIDS, End

It” sought to build a more cohesive network of offices to work on the probable recommendations, programs and policies towards handling the HIV epidemic.

Issues and challenges encountered in the implementation of HIV programs and policies in cities and municipalities were tackled during the

first day of the meeting. Two of the major problems cited were the conflict during the testing and screening and the referral system after the patient was diagnosed reactive. It was attended by the municipal and city health officers, HIV program coordinator and nurses, members of POZ Cavite Support Group

Incorporated (PCSGI) and members of the Provincial HIV Council.

Dr. Michael Angelo Marquez, Bacoor City HIV Medical Coordinator suggested to formulate IEC materials on HIV-AIDS programs and policies with complete directories of the treatment hubs in the province. Likewise, Dr. Ferdinand Mina of Imus City Health Office recommended to have a massive HIV awareness campaign tapping the LGBT community through creation of an LGBT organization in Cavite.

On the second day, Dr. Nelson Soriano, OIC-Public Health and Technical Services and Head of Provincial Epidemiology Service Unit of the PHO welcomed all the participants and challenged them to improve the HIV prevention and control

programs in the province since HIV is a big health issue. According to him, open networking like social media is big help in solving the challenges encountered.

The event was also graced by Sixth District Board Member Kerby Salazar, Chairperson-Committee on Health, Nutrition and Population and expressed his observation that majority of the HIV awareness programs focused on the LGBT community. He suggested that it’s time to design a program for everyone. He also stressed that more than increasing awareness, activities and programs that can help end the stigma should be formulated. BM Salazar promised that as chairperson of the committee on health, he will utilize his term to improve the healthcare and nutrition program in the province to achieve a

healthy and livable Cavite.

Highlight of the meeting was the presentation of the accomplishments of the Provincial HIV Program where Ms. Haydelisa Maderazo reported that they have conducted HIV awareness campaign to senior high school students from different schools in the province, out of school youths and employees of private companies from September 2018 – August 2019. Simultaneous mobile HIV counselling and testing were also done in the entire province. She also cited other HIV programs like candle lighting ceremony, Buntis Congress for both adult and teenage pregnant women and orientation in different private companies. Likewise, status and accomplishments of four treatment hubs namely,

(cont. P.7)

PRIORITIZING HEALTH CARE SERVICES FOR SENIOR CITIZENS



The Provincial Social Welfare and Development Office (PSWDO) and the Office of the Provincial Governor-Extension joined hands in prioritizing the medical and dental health needs of the elders on August 28, 2019 at the SM Center for Elderly in Trece Martires City. Fifty-four seniors were able to receive free consultations, tooth extraction and denture screening rendered by volunteer

doctors and dentists from General Emilio Aguinaldo Memorial Hospital composed of Dr. Charito Gozo, Dr. Eliza Nocon, Dr. Ma. Fe Arove, Dr. Cristina Lim and Dr. Raymond Mendoza, together with Dr. Catherine Lubigan of Trece Martires City Health Office. Provincial Federation of Senior Citizens Association of Cavite Inc. (PFSCACI) President Ciriaco Angeles was also present during

the event along with other officers to ensure the smooth flow of the medical mission. Free medicines and eye glasses were also given to them. Senior citizens thanked the provincial government for ensuring their wellness and providing health services to those who cannot afford the expensive medical consultation with private health professionals. PICAD

Pagbati Mula kina:



Mayor Ony Ferrer
General Trias, Cavite



Mayor Nonong Ricafrente
Rosario, Cavite

First 'Living Museum Tour' still runs in Cavite



FIRST LIVING MUSEUM AT MEA. Level up your museum experience with "Sa Aming Tahanan" (In Our Home), a new and dynamic learning approach to impart the life and times of General Emilio Aguinaldo which runs at the Museo ni Emilio Aguinaldo every other Saturday until December. Photo shows Doña Trinidad Aguinaldo played by Lean Aldea as she gives insights into Aguinaldo's childhood and birthplace. (Photo courtesy of Kawit Tourism office)

KAWIT, Cavite -- A non-traditional and dynamic mode of learning the life and times of General Emilio Aguinaldo, where one can sit down and watch and "interact" with characters from the past, still runs at the Museo ni Emilio Aguinaldo (MEA) every other Saturday until December 2019.

Private and non-profit organization Fundacion Santiago (FS) partnered with the National Historical Commission of the Philippines (NHCP) and Cavite El Viejo Heritage Tourism Association (CVHTA) to usher in its "blast from the past" tour experience, using first-person interpretation of the life and works of the President of the First Philippine Republic with its "Sa Aming Tahanan: A First Person Interpretation Program."

Staged through the perspective of different

people -- both historical or fictional composite characters -- the project was first coined to highlight Aguinaldo's sesquicentennial birth celebration on March 22, said FS consultant Kara Garilao.

As the primary funder, concept developer, and implementor of the program, "one of the tour's objectives is to humanize our heroes, aside from providing a new concept of learning (compared with merely reading through history books), and level up any museum experience by allowing viewers to experience history first-hand, and be 'transported' back during the time of "Miong" (as the general was fondly called during his time)," Garilao said.

This is the "first of its kind in all NHCP run museums" and the tour is divided into three parts: the first when Miong was aged 17 (circa 1886), and

in years 1920 and 1939, respectively.

Guests will meet the general's mother Doña Trinidad Aguinaldo played by Lean Aldea, who provides insights into Aguinaldo's bio, tracing his birthplace in Kawit, Cavite on March 22, 1869.

The story then brings the audience to 1920 or 24 years after he proclaimed the country's independence at his Kawit mansion's balcony, where revolutionary veteran Roberto Magsilang (played by Raymond Llave) or Valerio Busise (played by Raimund Villoriente) recounts the 'pakikibaka' (revolutionary struggles) up to the time Magsilang retired to a simple life as a family man and farmer.

"To present that life continued after the revolution," Garilao said.

The last stop is in 1939, when Aguinaldo was already in his senior

years, where guests will meet Solidad Galang (played by Marita Dizon) or Caridad Biscocho (played by Lhen Rivera), the witty house maid with a strong Batangas-accent revealing the hometown of Aguinaldo's second wife, Doña Maria

Agoncillo.

"The plus factor of this tour is that it allows the audience to ask questions, from trivia items to unclear parts of history, which is the fun part," Garilao added.

Interested tour participants are advised

to book ahead due to the limited 20 slots per tour schedule from 10 a.m. and 2 p.m. every other Saturday, until December this year.

MEA is located at Kaingen here and is open from 8 a.m. to 4 p.m., Tuesday to Sunday. (PNA)

TRECEÑOS AVAILED FREE HEALTH SERVICES



Another leg of medical and dental mission in Trece Martires City was conducted, this time in Barangay Luciano, on August 27, 2019. Almost 400 Treceños availed the free health services which include medical check-up and tooth extraction rendered by the medical and dental practitioners of the Provincial and City Health Offices. Other services offered during the health event were ear

candling and acupuncture sponsored by the New Generation International School (NGIS) while Multilab Diagnostic and Health Services provided free random blood sugar testing. Seventh District Board Members Ping Remulla and Lito Langit together with Mayor Gemma Lubigan, Vice Mayor Bobby Montehermoso and Sangguniang Bayan Members turned over

some medicines for common ailments and vitamins to Barangay Captain Luisito Diloy for their barangay health center. Likewise, Barangay Captain Diloy thanked all the volunteers who made the event successful composed of barangay health workers and nutrition scholars, senior high school students of NGIS and Inocencio Pamedic and Rescue Volunteers.--PICAD


ACCESSIBLE AND FREE BASIC HEALTHCARE SERVICES



Another medical and dental mission was conducted at the covered court of Barangay Narra I in Silang on August 23, 2019. The Punong Barangay, Ms. Vicky

Mangaoil, expressed her appreciation to Governor Jonvic Remulla and to the team of volunteers from the provincial government who visit them almost

every year to bring free basic healthcare services closer to constituents. More than 300 residents were served during the outreach program.--PICAD



**SIMILARITIES /
DIFFERENCES BETWEEN
ISLAM AND CATHOLICISM**

**Catholics have the rosary.
Muslims have the equivalent
called tasbeeh. Recitations are
for the remembrance of God.**

Health Benefits...

Mga benepisyo ng luya sa katawan

Ang luya ay ang isa sa pinakamasarap at pinakamasustansiyang pampalasa. Isa itong namumulaklak na halaman na nagmula sa bansang China. Halos katulad nito ang turmeric, cardomon at galangal sa itsura at sa lasa.

Kilala itong natural na halamang gamot na ginagamit na noong una pang panahon. Nakakatulong ito umano sa digestion, nausea, panlaban sa trangkaso, sa sipon at marami pang iba.

Isa rin ito sa hindi nawawalang sangkap sa mga lutong Pinoy dahil sa kakaibang lasa at amoy nito na nagbibigay gana sa pagkain. Maaring gamitin ito ng fresh, dried, powdered, oil o kaya naman ay juice. Makikita rin ito minsan sa mga processed foods o kaya naman ay sa mga produkto ng cosmetics.

Ayon mga pag-aaral, maraming magandang epekto sa katawan ng isang tao ang pagkain ng luya. Ang ilan nga sa mga benepisyo ng luya sa katawan at kalusugan ay ang sumusunod:

1. Ang luya ay nagtataglay ng substance na kung tawagin ay gingerol na may taglay na powerful medicinal properties

Ang amoy at lasa ng

luya ay nagmumula sa natural oils nito at ang isa sa mga ito ay ang tinatawag na gingerol. Ito rin ang main bioactive compound sa luya na may taglay na powerful medicinal properties. Tulad ng anti-inflammatory at antioxidant properties na kailangan ng ating katawan.

2. Effective na gamot ito sa nausea o pagduduwal gaya ng morning sickness sa mga buntis

Ayon sa pag-aaral, ang 1-1.5 grams ng luya ay makakatulong para makaiwas sa iba't-ibang uri ng nausea o pagduduwal. Kabilang na dito ang sea sickness, chemotherapy-related nausea, nausea na dulot ng surgery at morning sickness sa buntis.

Bagamat ito ay natural na halamang gamot, ipinapayo na makipag-usap muna sa doktor bago mag-intake ng malaking amount ng luya kapag buntis. Dahil ayon naman sa paniniwala ng ilan, ang large amount ng luya ay maaring magdulot ng miscarriage.

3. Nakakatulong ito para maibsan ang pamamaga at pananakit ng muscles

Isang pag-aaral naman ang nagsabing ang 2grams ng luya sa isang

araw sa loob ng 11 days ay makakatulong para maibsan ang muscle pain.

Hindi man ito magdudulot ng mabilisang epekto ngunit nakakatulong naman ito para mabawasan ang pamamaga ng muscles lalo na ang dulot ng pag-eehersisyo.

4. Ang inflammatory effects ng luya ay nakakatulong rin para sa mga may osteoarthritis

May isang pag-aaral ang nagsabing isang benepisyo ng luya na inihalo sa mastic, sesame oil at cinnamon ay epektibong pampawala ng sakit at stiffness na dulot ng osteoarthritis kapag ipinahid sa balat.

5. Ang luya ay may powerful anti-diabetic properties

Ang isa pang k a h a n g a - h a n g a n g benepisyo ng luya ay ang pagpapababa nito ng blood sugar levels sa katawan na nagpapababa rin sa tiyansa na magkaroon ng heart disease ang isang tao.

Ayon nga isang 2015 study, ang 2 grams of ginger per day ay nagpapababa ng blood sugar ng hanggang 12%.

6. Nagagamot rin ng luya ang chronic indigestion at iba pang related stomach discomfort

Ang chronic indigestion ay ang pabalik-balik na sakit sa gawing itaas na bahagi ng tiyan. Ito ay dahil umano sa mabagal na pagkatunaw ng pagkain na nagdudulot ng mabagal o delayed na pagdumi.

Sa isang pag-aaral na isinagawa sa 24 na healthy individuals, natuklasang ang 1.2grams ng ginger powder bago ang isang meal ay nakakapagbilis ng digestion at pagdumi ng 50%.

Samantalang, ang pagkain ng ginger soup naman ay nakakapagbilis ng digestion o pagdumi mula 16 to 12 minutes.

7. Mahusay din ang luya bilang pain relief para sa dysmenorrhea

Isa pang benepisyo ng

luya lalo na sa kababaihan ay ang pag-gamot nito sa sakit na dulot ng regla o dysmenorrhea.

Ang isang gram ng ginger powder kada isang araw sa unang tatlong araw ng regla ay maaring m a k a p a g p a b a w a s ng sakit na dulot ng dysmenorrhea. Tulad ng epekto nagagawa ng mefenamic acid at ibuprofen, ayon sa isang pag-aaral.

8. Pinababa rin ng luya ang cholesterol level ng katawan

Sa isang 45-day study sa 85 na taong may high cholesterol natuklasan na ang 3grams ng ginger powder ay nagdudulot ng significant reduction ng cholesterol markers sa katawan.

Sinuportahan ito ng isa pang pag-aaral sa hypothyroid rats na kung saan natuklasan na ang ginger extract ay nagpapababa ng LDL cholesterol tulad ng nagagawa ng gamot na atorvastatin.

9. Ang luya ay may taglay na substance na nakakatulong para makaiwas sa sakit na cancer

Ang ginger extract ay itinuturing na alternative treatment para sa uncontrollable growth ng mga abnormal cells sa katawan.

Sa isang pag-aaral na ginawa sa 30 individuals, nakitang ang 2grams ng



ginger extract kada araw ay nakakabawas ng pro-inflammatory signaling molecules sa ating colon.

Nagtataglay rin ang luya ng 6-gingerol substance na may anti-cancer properties na maaring panlaban sa pancreatic cancer, breast cancer at ovarian cancer.

10. Na-iimprove din ng luya ang brain function at pinoprotektahan ito laban sa Alzheimer's disease

Ayon sa mga pag-aaral, ang antioxidants at bioactive compounds na taglay ng luya ay pinipigilan ang inflammatory responses na nagaganap sa utak.

Ito ang pinaniniwalaang dahilan ng pagkakaroon ng Alzheimer's disease at age-related brain function decline.

Isang pag-aaral din na ginawa sa 60 middle-aged women ang nagsabing ang ginger extract ay nakaka-enhance ng brain function ng utak sa pamamagitan ng pag-improve ng reaction time

at working memory nito.

11. Mahusay na panlaban rin sa impeksyon ang luya

Ang active ingredient ng luya na gingerol ay mabuting panlaban rin sa impeksyon. Dahil pinipigilan nito ang pagdami ng iba't-ibang uri ng bacteria.

Pinaka-epektibo ito bilang panlaban sa mga oral bacteria na may kaugnayan sa inflammatory diseases sa gums gaya ng gingivitis at periodontitis.

Ang fresh ginger din ay mahusay na panlaban sa RSV virus na nagdudulot ng respiratory infections.

Hindi lamang isang superfood, isa pang benepisyo ng luya ay madali itong hanapin o mabili kahit saan. Mula sa pinakamalapit na tindahan, palengke o kaya naman ay grocery store mayroong mga produkto na may taglay na ginger extracts gaya ng mga supplements na makakatulong sayo laban sa mga sakit.

EDITORIAL

Tayo ay isang bansang binubuo ng li-bo-libong pulo. Ang dagat ay nag-uugnay sa atin kung marami tayong mga barko na magdadala ng kagamitan at kalakal sa isa't-isa. Isang larangan na di natin pinagtutuunan ng pansin ay ang paggawa ng mga barkong likhang Pilipino na ugma sa pansariling kalakalang dagat. Tayo ang isa sa mga pinakamahusay na supplier ng mga marino sa buong daigdig, subali't sumasakay tayo sa mga barkong hindi naman atin.

Marapat na ang Gobyerno ay pag-isi-pan ang sistemang magpapaunlad sa mga sasakyang dagat na atin at gagamitin sa kalakalang panloob.



Students and teachers of all the DSWD Daycare Centers in the town of General Mariano Alvarez received daycare books, educational toys, rubber mats, and uniforms from CONGRESSWOMAN DAHLIA LOYOLA. Held on August 28, 2019 at the Covered Courts of Barangay G. de Jesus and Barangay M. Memije, the distribution was also graced by BM Ivee Reyes and the Local Government Officials of GMA.

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

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- 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



FDA
No. FR 122765



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!**

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DENTAL CARE FOR GENTRISEÑOS



Ensuring the wellness of Caviteños, the provincial government of Cavite continues to visit barangays to check the health conditions of the locals. On August 23, 2019, the dental team of the Provincial Health Office composed of Dr. Maria Gem Lynn Sarmiento and Dr. Suzette Pulido joined by the dentists from the City Health Office including Dr. Christopher Juan Nicodemus and Dr. Winston Reyes Closas rendered free tooth extraction to a total of 46 patients. Barangay Chairman Rodolfo "Jon Jon" Cruz, Jr. together with the members of the barangay council, warmly welcomed the dental mission team and extended his appreciation to Governor Jonvic Remulla for providing quality health services to his constituents. Brgy. Chairman Cruz said that sharing the blessings on his birthday thru the outreach program has been a great fulfillment on his part. The event was made possible thru the support of Congressman Jonjon Ferrer, Mayor Ony Ferrer, Vice Mayor Morit Sison, Sangguniang Panlungsod of Gen.Trias, Board Member Kerby Salazar and IPP Kyle Jassel Salazar. Barangay health workers were also present who gave valuable assistance to the mission team. --(PICAD)

HONGKONG
noodles & dimsum house

WE DELIVER

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

ADDRESSING THE HEALTH NEEDS OF CAVITE CITY RESIDENTS



On August 22, 2019, the provincial government's medical mission team headed by OPG-Extension in partnership with the Provincial Health Office visited Barangay 8 in Cavite City to check the health needs of the residents. The health activity was participated by the medical and dental team of Gen. Emilio Aguinaldo Memorial Hospital, Cavite City Health Office and the 15th Strike Wing – Philippine Air Force with the assistance of barangay health workers, nutrition scholars and some barangay officials led by Barangay Captain Rogelio Mecarez Quizol, Sr. More than 700 beneficiaries expressed their gratitude to the mission team and to Board Member Benzen Raleigh Rusit – Cavite Councilors' League President who requested the health outreach event. **PICAD**

Nerf Nation Battle in SM City San Pablo



SMPB Management Team with Nerf Nation Philippines, DTI and the winners of the Nerf Nation Battle.

The first ever Nerf Battle in San Pablo took place at SM City San Pablo last Sunday, August 18th 2019 inside the mall atrium as the mall transformed into a family friendly nerf combat obstacle course.

Participants took cover behind tables, belly crawled, took aim, and fired away in a time bound activities.

The event was brought by Hasbro's range of Nerf blasters thru Toy Kingdom. Mr. Daniel Belen, SM City San Pablo Assistant Mall Manager

said the Nerf event – the guns fire foam 'bullets' – was a great success. "We are always looking to have fun and give our shoppers another reason to visit SM City San Pablo.

Ms. Nina Wong, Publicity Manager of SM City San Pablo said that the initial battle was limited to 60 participants and it was such a success and that definitely the mall will consider more interactive events in the future. Let's celebrate our #FAMomentsAtSM at SM City Pablo. **NINA RADA**

Cavite multi-sectoral HIV council... (from p. 3)

Bacoor Social Hygiene Clinic, Imus Reproductive and Wellness Center, Dasmariñas Social Hygiene Clinic and Gen. Emilio Aguinaldo Memorial Hospital Treatment Hub were discussed by their respective city HIV program coordinator.

Before the meeting

ended, in an open forum, Ms. Julliene Christine Aurellado, Regional HIV Program Coordinator, addressed the questions and queries raised on the first day of the meeting. The issues and challenges tackled were answered and given plausible recommendations. **PICAD**

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
MULTIPLE SALA
IMUS, CAVITE

NATIONAL HOME MORTGAGE
FINANCE CORPORATION (NHMFC),
Mortgagee,

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

F.C. No. 16820-19

-VERSUS-

EVELYN L. BATARA for herself and
as Atty-in-fact of her husband
LUISITO G. BATARA,
Mortgagors,
x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **NATIONAL HOME MORTGAGE FINANCE CORPORATION**, Mortgagee/Assignee, with principal office at 104 Amorsolo St., Legaspi Village, Makati City against **EVELYN L. BATARA for herself and as Atty-in-fact of her husband, LUISITO G. BATARA**, with residence and postal address at 71-H Talaba, Bacoor, Cavite and/or Lot 89-J-3 Binakayan Compound Congbalay St., Binakayan Kawit, Cavite to satisfy the mortgage indebtedness which as of May 31, 2019 amounts to **ONE MILLION EIGHT HUNDRED NINETY FOUR THOUSAND NINE HUNDRED SIXTY PESOS & 69/100 (P1,894,960.69)**, Philippine Currency, including interest and penalty charges, but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned Sheriff IV will sell at public auction on **NOVEMBER 12, 2019** at 10:00 A.M. or soon thereafter at the main Entrance of the Office of the Clerk of Court, RTC Multiple Sala, Bulwagan ng Katarungan, Aguinaldo Highway, Imus, Cavite, to the highest bidder, for CASH and in Philippine Currency, the following property, with all the improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-279852

"A parcel of land (Lot 89-J-3 of the subd. plan Psd-04-017786, being a portion of Lot 89-J, Psd-04-012979, L.R.C. Rec. No. 647) situated in the Bo. of Binakayan, Mun. of Kawit, Prov. of Cavite. Bounded on the SE., along line 1-2 by Lot 89-K, Psd-04-012979; on the NW., along line 2-3 by Lot 90 Cad-203, Kawit Cad., on the NE., along line 3-4 by Lot 89-J-2; on the E., along lines 4-5-1 by Lot 89-J-4 both of the subd. plan x x x containing an area of ONE HUNDRED FIFTY TWO (152) 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 **NOVEMBER 19, 2019** at 10:00 A.M. without prior notice.

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

Imus, Cavite, Philippines, August 14, 2019.

(SGD) ISRAEL S. MEDINA
Sheriff IV

APPROVED:

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

COPY FURNISHED:

NATIONAL HOME MORTGAGE FINANCE CORPORATION
104 Amorsolo St., Legaspi Village,
Makati City

LUISITO G. BATARA married to EVELYN L. BATARA
71-H Talaba, Bacoor, Cavite and/or
Lot 89-J-3 Binakayan Compound Congbalay St., Binakayan Kawit,
Cavite

HUMANITY NEWS
SEPTEMBER 2, 9 & 16, 2019

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
MULTIPLE SALA
IMUS, CAVITE

HOME DEVELOPMENT MUTUAL FUND
(PAG-IBIG FUND) represented by ATTY.
CAESAR S. EUROPA,
Mortgagee,

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

FC No. 16857-19

-versus-

SPS. MARIA JOSEPHINE R. GOPEZ and
RENATO U. GOPEZ JR.
Mortgagors,
x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)** represented by **ATTY. CAESAR S. EUROPA**, mortgagee, with principal office at 3rd Floor, Lopez Bldg., Candelaria St., Ecoland, Davao City against **SPS. MARIA JOSEPHINE R. GOPEZ and RENATO U. GOPEZ JR.** with residence and postal address at Lot 15, Blk. 7, Summer Pointe Country Homes Phase 3, Pasong Buaya II, Imus, Cavite 4103 and/or 604 Neptune Street Phase 2, Moonwalk Village, Las Piñas City, Metro Manila to satisfy the mortgage indebtedness which as of April 1, 2019 amounts to **ONE MILLION ONE HUNDRED FIFTY FOUR THOUSAND SEVENTY ONE PESOS AND 51/100 (P1,154,071.51)**, Philippine Currency, including interest and penalty charges but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned Sheriff IV will sell at public auction on **NOVEMBER 5, 2019** at 10:00 a.m or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC Multiple Sala, Bulwagan ng Katarungan, Aguinaldo Highway, Imus, Cavite, to the highest bidder, for CASH and in Philippine Currency, the following property with all the improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2015040969

A PARCEL OF LAND (LOT 15 BLOCK 7 OF THE SUBDIVISION PLAN PSD-04-214435, BEING A PORTION OF LOT 6522-C, PSD-04-183873, L.R.C. RECORD NO. 8843) SITUATED IN BARANGAY PASONG BUAYA II, MUNICIPALITY OF IMUS, PROVINCE OF CAVITE, ISLAND OF LUZON. BOUNDED ON THE NW., ALONG LINE 1-2 BY LOT 14 BLOCK 7; ON THE NE., ALONG LINE 2-3 BY LOT 7 BLOCK 7; ON THE SE ALONG LINE 3-4 BY LOT 16 BLOCK 7; AND ON THE SW ALONG LINE 4-1 BY ROAD LOT 15, ALL OF THE SUBDIVISION PLAN X X X CONTAINING AN AREA OF EIGHTY (80) 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 **November 12, 2019** at 10:00 a.m. without prior notice."

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

Imus, Cavite, Philippines, August 5, 2019.

(SGD) ISRAEL S. MEDINA
Sheriff IV

APPROVED:

(SGD) REGALADO E. EUSEBIO
Clerk of Court VI & Ex-Oficio Sheriff
Copy furnished:

HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND) represented by ATTY. **CAESAR S. EUROPA**
3rd Floor, Lopez Bldg., Candelaria St., Ecoland, Davao City

SPS. MARIA JOSEPHINE R. GOPEZ and RENATO U. GOPEZ JR.
Lot 15 Blk. 7, Summer Pointe Country Homes Phase 3, Pasong Buaya II, Imus, Cavite 4103 and/or 604 Neptune Street, Phase 2, Moonwalk Village, Las Piñas City, Metro Manila

HUMANITY NEWS
SEPTEMBER 2, 9 & 16, 2019

'BASIC FIRST AID' IPATUTUPAD SA TOURISM INDUSTRY-REVILLA



KAILANGANG sumailalim sa pagsasanay hinggil sa basic first aid ang lahat ng personalidad na sangkot sa tourism enterprises, tourism-oriented non-government organizations at anumang organisasyon o indibidwal na

sangkot sa pagbibigay ng serbisyo na may kinalaman sa aktibidades ng turismo. Ito ang pangunahing nilalaman ng panukalang batas (Senate Bill No. 802) na isinumite ni Sen. Ramon Bong Revilla, Jr. na naglalayong isailalim sa pagsasanay ang may 39,325 tourism-related micro-small o medium enterprises sa buong bansa bago ito makapag-renew ng business permit. Ang naturang mga tourism-related enterprises ay aktibong lumahok sa 2014 Survey of Tourism Establishments in the Philippines (STEP) na isinagawa ng Philippine Statistics Authority (PSA).

Nainiwala si Revilla na kung gagawing requirement ang basic first aid training ay makakatulong ito ng malaki para mapataas ang bilang ng mga magdaratingang turista sa bansa na umabot lamang sa 7.59 porsiyento ngayong taon. Ang nabanggit na pagsasanay ay pangangasiwaan ng Philippine National Red Cross (PNRC) at iba pang katiwa-tiwala at respetadong training institutions sa bansa.

Ang mga local government units (LGUs) ay aatasang magsumite ng sworn statement na magpapatunay na may sumailalim sa naturang pagsasanay. Bawat LGU ay mag-aasikaso rin ng registration ng bawat isang personnel na mula sa kahit anong tourism-related service provider at matiyak na bawat tourism enterprises ay may sariling first aid kits.

"Dumarami ang bilang ng mga turistana nadidisgrasya habang nagbabakasyon, If we want to be a competitive tourist destination, we have to ensure that an emergency system is in place" saad ni Revilla. Idinagdag pa ni Revilla na kung gagawing mandatory ang basic first aid kit sa mga tourism establishment sa bansa, mas makatitiyak umano ang lahat ng Pilipino at mga dayuhang turista na ligtas na makapag-eejoy saan man sila magbakasyon. Siniguro pa ni Revilla na ang sistema ng pagkakaroon ng basic first aid ay isa sa magtutulak na maitaas ang reputasyon ng bansa bilang isang international haven for tourism at makakaingganyo ng maraming local at foreign visitors. ###



Photo shown certificates of appreciation were given to Honorable Melissa Torres, City of Bacoor Assistant Prosecutor; Honorable Gaysol Luna, Trece Martirez Regional Trial Court Judge; and Honorable Ariel Espiritu, City of Bacoor Regional Trial Court Judge for their outstanding contribution in public service.



On the same occasion, a memorandum of agreement was signed between the City Government of Bacoor led by Mayor Lani Mercado Revilla and the City of Bacoor TODA-Multipurpose Cooperative led by President Rosie M. Calosa. As per the Revised Traffic Code of the City of Bacoor, operators of tricycles and pedicabs are prohibited from traversing Aguinaldo Highway, Molino Boulevard, and Coastal, affecting members of COBTODA-MPC and displacing them socio-economically. The City of Bacoor thus extends financial assistance in the amount of P7M as capital seed fund to COBTODA-MPC to provide livelihood to its member-beneficiaries through the purchase of public utility vehicles and engagement in income-generating and other sustainable development activities.

DO YOU KNOW ?

The liquid inside young coconut is substitute for blood plasma. The liquid inside a mature coconut is bad for the kidney.

(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.