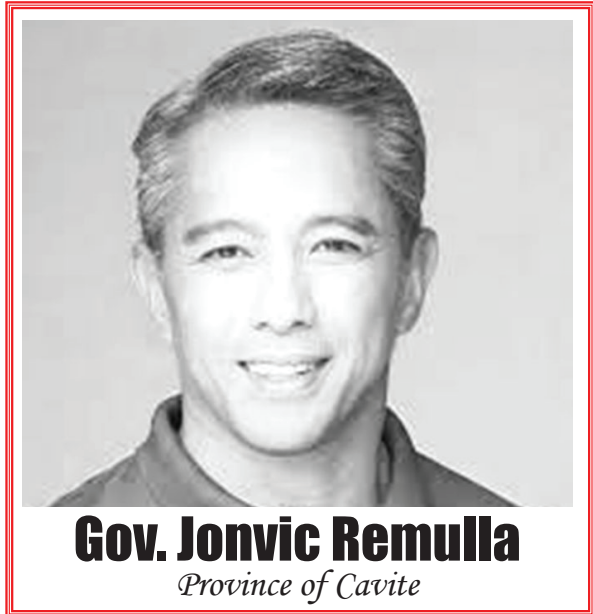


HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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DTI CONTINUES WITH THE MENTOR ME PROGRAM



Twenty more mentees under the 4th batch of the Mentor Me Program of the Department of Trade and Industry (DTI) participated in the free
(cont. P.2)

HAKABitenya! A BREASTFEEDING AWARENESS CELEBRATION IN CAVITE



Hundreds of nursing mothers in the province joined HAKABitenya! Year 2, a simultaneous latch-on activity in celebration of the breastfeeding awareness month, held on August 30, 2019 at the Ceremonial Hall of the Provincial Capitol in Trece Martires City.

Provincial Nutrition Program Coordinator Ms. Helen Peñalba welcomed guests and participants to the event, thanking the presence

(cont. P.2)

DTI continues with the Mentor... (from p. 1)



business seminar on August 28, 2019 at City Mall, Imus with focus on entrepreneurial mind-setting, values formation and marketing. Mentees, mentors and other guests were welcomed by DTI-IV-A Regional Director Marilou Toledo, encouraging new mentees

to complete the module and take advantage of the opportunity to learn from experts like Jwien Food Corp President Jorge Wieneke and Tokyo Tempura Chief Finance Officer Jennifer Wieneke who served as resource speakers. Likewise, mentees were also inspired

from the success stories of local entrepreneurs in Cavite including Ms. Maricel Bagadiong of Bee Healthy Lemon, Ms. Lea Panganiban of David's Faith Fruit Wine Manufacturing and Ms. Bettina Belardo of Belardo Coffee Enterprise from Amadeo. In closing,

DTI-Cavite Provincial Director Noly Guevara thanked the mentors for the constant support they give to capacitate MSMEs in the province. Also in attendance were PCDC Chair Rodrigo "Ka Rodring" Camia and CaSMEDC Chair Teresita Leabres. **PICAD**

MAKATANG KABITENYO
 DLSU-DASMARINAS AWARDEE
 MAKATANG KABITENYO 1999
 F&M LINCOLN LODGE # 34
 DOCTOR OF HUMANITIES (HONORIS CAUSA)
DR. AURELIO PAREDES BAUTISTA

PAGHIHIGANTI

1. Ang mabuting gawa may buting biyaya,
May ganting parusa ang masamang gawa,
Ganyan yaong aral mula pa nang bata,
Sabi'y lahat galing sa ating Bathala.
2. Kung may naapi at nais ay ganti,
Napipinsala rin pag ating namuni,
Ang naghihiganti kahit pa naapi,
Pag lihis sa batas, sama ay dadami.
3. Ang paghihiganti ay uso nang una,
Bahagi nang unang ugaling minana,
Edukasyon itong nagtulak mag-iba,
Kaya't tao'y sunod sa batas ang porma.
4. Pag sinaling itong taong masasaktan,
Sa una ay galit ang mararamdaman,
Sa sulsol ng iba ngitngit makakamtan,
Sa huli'y higanti ang hiyaw ng angkan.
5. Dahil di lang ngitngit nitong isang tao,
Kundi ngitngit ito nitong kanyang grupo,
Ang paghihiganti ang nagiging takbo
Ng mga usapang puno ng silakbo.
6. Nguni't alam natin na paghihiganti,
Lilikha ng higit na samang marami,
Hindi matatapos ang palitang imbi,
Sa dami ng taon di rin bumubuti.
7. Subali't sumapit itong edukasyon,
Mainit na kape'y lumamig sa gayon,
Sa aral nalaman na ang ganting layon,
Hindi ang marapat na balik sa buhong.
8. Kaya sa batas na ipinabahala,
Ang parusang laan sa ginawang sama,
Sa gayon lipunan nagtulong sa gawa
Na tao'y may ugut tungo sa payapa.

HAKABITENYA! A breastfeeding awareness... (from p. 1)

of the mothers and their children to partake in the provincial health's program on scaling up local health and nutrition and intensifying strategies for maternal, neonatal and

child health. Meanwhile, on behalf of Chairman of the Committee on Health, Nutrition and Population Board Member Kerby Salazar, Mr. Kyle Salazar delivered his opening

remarks, telling stories how breast milk from his mom and sometimes from aunts turned him into a smart and healthy young man.

Bacoor City Mayor Lani Mercado-Revilla who served as guest speaker to the event shared her experience as a breastfeeding mom, reminding that formula milk from the cow is for calf only while the milk of mothers should be given to the baby. The mother of Vice Governor Jolo Revilla shared that she breasts fed all her seven children, and that in Bacoor City, there are organizations of moms who even donate breastmilk. Likewise, Mayor Lani also underscored the importance of providing proper nutrition to the baby's first 1000 days to avoid stunted growth.

More inspiring talks that promote breastfeeding and proper nutrition to babies covered the one-day event. The breastfeeding peer counselor, South PiNanays Founder and President Marie Paz Regina Atienza, tackled some do's and don'ts for mothers when they breastfeed. Ms. Atienza even gave away lactation cookies to every mom who participated during the activity to add fun

while learning.

In addition to further enlighten mothers, Nutritionist Dietitian Joan Marie Pedron tackled the salient features of RA 11148 known as the "Kalusugan at Nutrisyon ng Mag-Nanay Act of 2018. The provisions encompass social welfare support and counseling for parents on dietary supplementation, lactation management, psychosocial stimulation, plus capacity-building of barangay health and nutrition volunteers for implementation of related health services needed by mothers and their baby. Successful breastfeeding stories also gave moms the confidence and proper learnings on nurturing their babies.

Ms. Ludette Lontoc, Development Management Officer

IV from the Provincial Health Team Office (PHTO) expressed the closing remarks on behalf of Dr. Armida Camposagrado, DMO 4, PHTO, telling mothers to spread the good news on Hakab. Ms. Lontoc also took the opportunity

to thank the National Nutrition Council, facilitators from PHO, sponsors and exhibitors during the event, more importantly the mothers for their cooperation that contributed to the success of Hakabitenya Year 2. **PICAD**

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Papi

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CONGRATULATIONS to the Junior Philippine Team, 2nd runner up in the 5th Futian Cup International Junior Football. Kudos . WE ARE PROUD OF YOU.

GIVING ACCESS TO BASIC HEALTH NECESSITIES



As Chairperson of the Committee on Health of the Sangguniang Panlalawigan of Cavite, 6th District Board

Member Kerby Salazar assured constituents in Barangay Javalera, City of Gen. Trias that the provincial government

will continue to bring basic healthcare services closer to communities during the medical and dental mission held on

August 28, 2019. On behalf of Governor Jonvic Remulla, Congressman Jon-Jon Ferrer and Mayor Ony Ferrer, the young legislator thanked all the volunteers who always work hand in hand on every successful outreach

project that aims to help meet the medical needs of Caviteños. Meanwhile, Javalera Punong Barangay Lucita Agdon was elated for the hundreds of locals who received free medical and dental services as well as the prescribed

medicines. She expressed her appreciation to everyone who made the event possible, hoping that every year, the Medical and Dental Mission team from the provincial and city health office will visit them. **PICAD**

CAVITE PROMOTES INCLUSIVE WORKPLACE FOR PWDs

In order to break the barriers in the workplace and enable productive environment for Persons with Disability (PWDs), the provincial government of Cavite through the Provincial Disability Affairs Office (PDAO) conducted the Advocacy Forum in Promoting Inclusive Employment and Barrier-free Workplace in the province held on August 29, 2019 at the DPWH Seminar Area, New DPWH Bldg., Brgy. De Ocampo, Trece Martires City.

Participants to the post National Disability Prevention and Rehabilitation Week Celebration were members of the Provincial PWD Council, officers of the Federation of PWDs in Cavite, city/municipal Public Employment Services Office (PESO) Managers; and some representatives from the private companies, all thankful for the provincial government's initiative to raise awareness among them the provisions of the RA 10524 or the Magna Carta for Persons with Disability, especially on inclusive employment. The orientation on the act expanding the positions reserved for PWDs was led by Mr. Ritchmon Jose from the Department of Labor and Employment (DOLE-IV-A), discussing its aim to give PWDs equal opportunity for employment. Aside from the nitty-gritty of the act, Mr. Jose left everyone with an important quote from Scott Hamilton saying

that "The only disability in life is a bad attitude," which was agreed upon by many.

In addition, a tax technician from the Bureau of Internal Revenue (BIR), Ms. Perlie Ann Garcia highlighted the tax incentives for employers hiring PWDs, sharing that private companies that employ PWDs are entitled to a gross income deduction equivalent to 25% of the total amount paid as salaries and wages to them. Ms. Garcia also tackled discounts that establishment should give PWDs.

Meanwhile, in order to show commitment to the theme "Lokal na Pamahalaan, Kabalik sa Pagtupad ng Karapatan ng mga Taong may Kapansanan," PESO manager of Bacoor City expressed interest of organizing same forum at the city/municipal level to educate employers as well as PWDs and their families, seeking for partnership with PDAO for strict implementation of RA 10524 in their respective cities/municipalities. Others shared their best practices and their programs that reach out to PWDs like the tulong-puhunan, nego-cart projects and more for their livelihood.

These advocates were welcomed by Administrative Officer Felimon Nueva of the Department of Public Works and Highway (DPWH), saying that the PWD Council is always welcome to use their



facility; while on behalf of Governor Jonvic Remulla, guests and attendees were greeted by Provincial Administrator for Community Affairs Alvin Mojica, thanking DPWH for accommodating participants. Also, Mr. Mojica proudly shared that the provincial government has already employed a total of 44 PWDs as of 2018, telling that PGC will continue to hire PWDs with qualified skills that will match the job description of a certain position. Likewise, Ms Tina Puyat from the Office of Board Member Dennis Lacson who heads the Committee on Women, Family, Children, PWDs, Elderly and Social Services at the Sangguniang Panlalawigan pledged for creation of ordinances in the province that will protect PWDs and help them further develop.

On the other hand, Disability Affairs Officer IV Ms. Maris Haloc, head of PDAO, provided everyone with the definition of PWD which according to the United Nations Convention on

the Rights of Persons with Disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others. However, Ms. Jossa Carreon, a Youtube influencer who has orthopedic disability has her own definition for

PWD. Ms. Carreon told listeners and her followers that as for her, PWDs stand for Persons with Determination. She was able to open the minds of everyone inside the room with her words of motivation - to embrace differences and be proud because there's always hope.

Since not having equal opportunities can put one at the back of the pack, PDAO has also

invited the Operations Lead of Project Inclusion Network, Mr. Jim Nemeño from the Unilab Foundation, for the discussion on Access to Work Model: Breaking Barriers to Work Place. Mr. Nemeño started his presentation with true stories of employed PWDs to catch attention of participants. He was able to teach how to empower PWD jobseekers

(cont. P.7)

Pagbati Mula kina:



Mayor Nonong Ricafrente
Rosario, Cavite



Mayor Ony Ferrer
General Trias, Cavite

PGC CONDUCTS CAVITE YOUTH SUMMIT 2019

In celebration of the Linggo ng Kabataan and International Youth Day, Caviteño youth from the different cities and municipalities of the province gathered together on August 24, 2019 to take part in Cavite Youth Summit 2019 with the theme "Transforming Education" organized by the Provincial Youth and Sports Development Office held at the Cavite State University International Convention Center, Indang, Cavite.

Attended by more than 1,300 participants, the 1st Cavite Youth Summit focused on innovations and scholarship opportunities and transforming education facilitated by the Commission on Higher Education (CHED), Department of Education (DepEd), Technical Education and Skills Development Authority (TESDA), Department of Science and Technology (DOST) and MSS Business Solutions.

Mr. Hernando Robles, CVSU President welcomed the participants and stressed the need for transforming education to improve the quality of life of the

youth since they are the hope of the nation. On behalf of Governor Jonvic Remulla, former Board Member Irene Bencito delivered her message of thanks and shared her vision for Caviteño youth encouraging them to use their energy for the world to be worth living.

Dr. Amelia A. Biglete, CHED Regional Director, discussed the scholarship assistance offered by the commission. These are the Private Education Student Financial Assistance (PESFA) for Private Higher Education Institution and State Scholarship Program (SSP) for Public Higher Institutions. She explained the eligibility and documentary requirements as well as the criteria for ranking the applicants. Other scholarship assistance are the UNIFAST or the Unified Students Financial Assistance for Tertiary Education Program, the Tertiary Education Subsidy (TES) to support household from the poorest of the poor as well as the CHED-Tulong Dunong Program which is intended for the new grantee who are enrolled or will enroll in any curriculum year level



in CHED recognized program of Private HEIs of State Universities and Colleges (SUCs)/Local Universities and Colleges (LUCs) with Certificate of Program Compliance. All of these will help the youth attain Bachelor's Degree that will help them get good jobs for the family and the nation as well.

DepEd's OIC and Asst. Schools Division Superintendent Ivan Brian L. Inductivo, gave an insight of what DepEd-Cavite is. He mentioned the different programs of the department which includes Special Program for Science, the Arts, Journalism, Program on Inclusive Education for Muslims, SPED, Indigenous People, Home Schooling, Night

Schooling Module, Alternative Learning System among others. He also shared that the Out-Of-School Youth, Out-of-School Children and Out-of-School Adult can avail of the Formal and Inclusive Education under another program called Project KALINGA which is mapping out children, youth and adult who are not privileged to go to school, who are still working or for any other reasons failed to go to school and finish their basic education. He is encouraging them to go back and resume their education, "You are all leaders. Please remember leadership is about collaboration, about influence and about making our country a better place. So everyone

can study, whatever his condition is, abilities, or hobbies, you can go to school and study", he stressed.

Other resource speakers during the CYS 2019 were from TESDA with presentation on the list of trainings they provide; DOST where they showcased their Best Practices and Trends for Transforming Education as well as Leadership for Nation-Building and MSS Solutions where the participants were equipped with the best knowledge about Transforming Education.

Different questions and queries of the students were answered and clarified during the open forum.

Mr. Roldan Bayaga, President of the Cavite

Association of Youth Development Officers, in his closing message, thanked the provincial government headed by Gov. Jonvic Remulla, the administration of CvSU, Mr. Vincent Bae, PYSO Head, and everyone else who made the event possible. Likewise, Mr. Bae thanked the Association of Local Youth Development Officers for helping out in the success of the event, hoping that this is just the beginning of other fruitful summits to come.

Also present to give support to the event were Sanggunian Kabataan Federation Presidents of different cities and municipalities of the province, DepEd supervisors and ALS Specialists. PICAD

LOCAL HEALTH INSURANCE OFFICE CONDUCTS PHILHEALTH ORIENTATION TO CAVITE FEDERATION OF SENIOR CITIZENS

The Provincial Social Welfare and Development Office (PSWDO) with the Local Health Insurance Office Trece Martires City headed by Ms. Mercedes M. Loyola, OIC-Chief Social Insurance Officer conducted the PhilHealth

Orientation for senior citizens on August 29, 2019 at the Provincial Gymnasium in Trece Martires City to impart the various benefits that they can avail from PhilHealth. Ms. Vanessa V. Agetano, Social Insurance Officer

tackled the salient points of R.A. 11223, "Universal Health Care Act." while Ms. Aleli M. Ramento, Social Insurance Officer 1 presented the Expanded Primary Care Benefit Package (EPCB). Ms. Agetano pointed out that



R.A. 11223 is intended to enhance the provisions under the old PhilHealth Act. One of the important

developments was the introduction of system-based claim of benefits where the claimants are no

longer required to present their PhilHealth ID or Member Data Record

(cont. P.7)

CONSULTATION SERVICES

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SM LIFESTYLE, INC. IS A VENUE PARTNER OF THE 30TH SEA GAMES

SM Lifestyle Inc., the lifestyle and entertainment arm of SM Prime Holdings, is now an official venue partner of the upcoming 30th SEA Games this November 30 to December 11.

"We're excited to be part of the 30th SEA Games this year, and can't wait to see all the athletes in action inside our venues," says Mr. Herman Medina-Cue, Chief Operations Officer of SM Lifestyle, Inc.

It is an honor for our group to contribute to the endeavors of PHISGOC in hosting the games in our country and bring Filipino pride by showcasing our world-class venues."

The Mall of Asia Arena was announced as the final venue for the 5-on-5 Basketball games, one of the much-awaited events in the line-up of competitions. The games at the Arena will run from December 4 to 10, with the Philippine team defending their title as champions for the Men's Division.

For Ice Sports, SM Skating Mall of Asia will be the official venue for Ice Hockey happening on December 1 to 8; and SM Skating Megamall will hold the competitions of Figure Skating from Novem-



SM-30TH SEA GAMES PARTNERSHIP. SM Lifestyle, Inc., the lifestyle and entertainment arm of SM Prime Holdings, is now an official venue partner of the upcoming 30th SEA Games this November 30 to December 11. The Mall of Asia Arena was announced as the final venue for the 5-on-5 Basketball games; while for Ice Sports, the SM Skating Rink will be the official venue for the Ice Hockey competition, and the SM Megamall Rink will hold competitions for figure skating, and Short Track. SM Tickets will likewise be providing its full-service online ticketing system and their dedicated customer care hotline for the games. In photo, SM Lifestyle COO, Herman Medina-Cue shakes hands during the signing ceremony with Ramon Suzara, COO of PHISGOC to signify SM Lifestyle's support for the upcoming 30th SEA Games. **KCHT**

ber 29 to December 1 and Short Track on December 3 & 4. Despite being a tropical country, the Philippines has proven to excel in these sports, with the Philippine Ice Hockey team defending their title as champions of the region, coming from their gold medal finish in Kuala Lumpur last 2017.

This will be the 4th

time the Philippines will be hosting the SEA Games, with 2005 being the last year the country hosted the games. With over 56 sports to be played and more than 10,000 athletes participating, the 30thSEA Games this 2019 is set to be one of the biggest events in the region this year. SM Tickets will be providing its full-service online ticketing system and their dedicated customer care hotline for the 30thSEA Games. As the largest ticketing service in the country, all tickets to the 30th SEA Games will be available across all SM Tickets outlets nationwide located at the Mall of Asia Arena Box Office, and SM Malls through its Business Centers inside The SM Store and ticket booths located at SM Bowling, SM Skating, and SM Cinemas. Tickets may also be purchased online through www.smtickets.com or through the on-site ticket booths at select games and events. **KCHT**

EDITORIAL

Sinasalanta tayo ng mga kalamidad na tulad ng bagyo. Dahil alam na natin ang kalimitang daan ng bagyo at kung ano ang lakas ay puwede na nating buuin ang mga planong sentralisado sa bawat rehiyon ng bansa. Ang mga gusali ng pamahalaan ay dapat na kongkreto sa mga lugar na laging dinadaan ng bagyo, mga kongkretong evacuation center sa bawat lalawigan na alam nating di kayang sirain ng hangin. Sa ganito ay makakatipid tayo sa gastos taon-taon at magiging madali ang pangangalaga sa taong-bayan.



Health Benefits...

KAALAMAN TUNGKOL SA TANGLAD BILANG HALAMANG GAMOT

Scientific name: *Andropogon citratus* DC.; *Andropogon schoenanthus* Blanco.; *Andropogon flexuosus*

Ang tanglad ay isang mabangong damo na karaniwang ginagamit na pantangal sa lansang ng mga pagkain. Kilala rin ito bilang sangkap sa paggawa ng tsa. Ang mga dahon nito'y pahaba at napalilibutan ng maliliit na tusok-tusok. Orihinal na nagmula ang halaman sa bansang Sri Lanka, India at isla ng Java, ngunit ito'y karaniwan na ding pananim sa mga taniman sa Pilipinas.

ANO ANG MGA SUSTANSYA AT KEMIKAL NA MAAARING MAKUHA SA TANGLAD?

Ang iba't ibang bahagi ng halamang tanglad ay maaaring makuhanan ng maraming uri ng kemikal at sustansya na maaaring may benepisyo sa kalusugan:

Taglay ng sariwang dahon ng tanglad ang ilang uri ng langis gaya ng lemon-grass oil, verbena oil, at Indian Molissa oil. Mayroon din itong methyl heptenone at terpenes.

Ang dahon at ugat ay makukuhanan din ng alkaloids, saponin, a-sitosterol, terpenes, alcohol, ketone, flavonoids, chlorogenic acid, caffeic acid, p-coumaric acid at sugars.

ANONG BAHAGI NG HALAMAN



ANG GINAGAMIT BILANG GAMOT, AT PAANO GINAGAMIT ANG MGA ITO?

Maaaring gamitin bilang gamot ang ilang bahagi ng halaman tulad ng:

Dahon. Ang dahon ng tanglad ang karaniwang ginagamit bilang halamang gamot. Ito'y nilalaga at ginagawang tsa.

Ugat. Ang ugat ng tanglad ay maaari ding ilaga at inumin upang makagamot sa ilang mga kondisyon.

ANO ANG MGA SAKIT NA MAAARING MAGAMOT NG TANGLAD?

1. Pagtatae. Dapat painumin ng pinaglagaan ng dahon ng tanglad na hinaluan pa ng dinikdik na luya at isang kutsarang asukal. Makatutulong ito sa paghupa ng matubig na pagdudumi.

2. Pananakit ng ngipin. Pinaiinom naman ang pinaglagaan ng ugat ng tanglad sa

taong nakararanas ng pananakit sa ngipin.

3. Hirap sa pag-ihi. Matutulungan din ng pag-inom sa pinaglagaan ng ugat ng tanglad ang mas madaling pag-ihi.

4. Pananakit ng sikhura. Ang tsa mula sa dahon ng tanglad ay mabisa rin para maibsan ang pananakit sa sikhura.

5. Pananakit sa likod. Ang langis naman na nakukuha mula sa dahon ng tanglad ay maaaring ihalo sa langis ng niyog bago ipampahid sa nananakit na likod.

6. Rayuma. Ang pananakit sa ilang bahagi ng katawan dahil sa sakit na rayuma ay malulunasan din ng pagpapahid ng langis mula sa dahon ng tanglad.

7. Altapresyon. Upang mapababa naman ang mataas na presyon ng dugo, maaaring painumin ng tsa mula sa dahon ng tanglad.

8. Pananakit ng ulo. Ang pagtatapal ng dahon ng tanglad sa noo ay makatutulong na mabawasan ang pananakit na nararanasan sa ulo.

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"

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FDA Finalizes Health Claim Associating Consumption of Barley Products with Reduction of Risk of Coronary Heart Disease

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PCpl Liezel Bosita of Amadeo MPS under the direct supervision of PCpt Ferdinand Vergara conducted Barangay Dialogue at Poblacion 11, Amadeo, Cavite regarding Crime Awareness and Drug Prevention recently. (Amadeo PCR)



"Happiness doesn't result from what we get, but from what we give." Elements of Silang MPS under the direct supervision of PMAJ RESTY SORIANO, Acting COP donated grocery supplies to Life Asia Foundation Inc., adopted Orphanage of this station located at Brgy Hukay Silang, Cavite. (Silang PNP)

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</tr> <tr> <td>Lomi P135.00</td> <td></td> </tr> <tr> <td>Pancit Bihon P110.00</td> <td>P195.00</td> </tr> <tr> <td>Miki Bihon P110.00</td> <td>P195.00</td> </tr> <tr> <td>Pancit Canton P115.00</td> <td>P205.00</td> </tr> <tr> <td>Crispy Fried Noodles (All Meat) P130.00</td> <td>P220.00</td> </tr> <tr> <td>Crispy Fried Noodles (Seafood) P130.00</td> <td>P220.00</td> </tr> <tr> <td>Birthday Noodles P135.00</td> <td>P225.00</td> </tr> <tr> <td>Hofan Noodles P150.00</td> <td>P255.00</td> </tr> </table> <p>RICE</p> <table border="1"> <tr> <th>SOLO</th> <th>REGULAR</th> </tr> <tr> <td>Yangchow Fried Rice P80.00</td> <td>P160.00</td> </tr> <tr> <td>HK Golden Fried Rice P100.00</td> <td>P190.00</td> </tr> <tr> <td>Salted-Fish Fried Rice P105.00</td> <td>P195.00</td> </tr> <tr> <td>Pineapple Fried Rice P115.00</td> <td>P225.00</td> </tr> </table> <p>HOUSE SPECIAL (Good for 2 to 3 persons)</p> <table border="1"> <tr> <td>Seaweed & Century Egg P220.00</td> <td></td> </tr> <tr> <td>Pork Asado Roastin P320.00</td> <td></td> </tr> <tr> <td>Assorted Cold Cuts P320.00</td> <td></td> </tr> <tr> <td>Soy Chicken (whole) P490.00</td> <td></td> </tr> <tr> <td>Soy Chicken (half) P270.00</td> <td></td> </tr> <tr> <td>HK Fried Chicken (whole) P430.00</td> <td></td> </tr> <tr> <td>HK Fried Chicken (half) P220.00</td> <td></td> </tr> <tr> <td>Salt & Pepper Fried Chicken (whole) P490.00</td> <td></td> </tr> <tr> <td>Salt & Pepper Fried Chicken (half) P260.00</td> <td></td> </tr> <tr> <td>Patatim P490.00</td> <td></td> </tr> <tr> <td>Steam White Chicken (whole) P530.00</td> <td></td> </tr> <tr> <td>Steam White Chicken (half) P260.00</td> <td></td> </tr> </table> | SOLO | Good for 2 to 3 persons | Lomi P135.00 | | Pancit Bihon P110.00 | P195.00 | Miki Bihon P110.00 | P195.00 | Pancit Canton P115.00 | P205.00 | Crispy Fried Noodles (All Meat) P130.00 | P220.00 | Crispy Fried Noodles (Seafood) P130.00 | P220.00 | Birthday Noodles P135.00 | P225.00 | Hofan Noodles P150.00 | P255.00 | SOLO | REGULAR | Yangchow Fried Rice P80.00 | P160.00 | HK Golden Fried Rice P100.00 | P190.00 | Salted-Fish Fried Rice P105.00 | P195.00 | Pineapple Fried Rice P115.00 | P225.00 | Seaweed & Century Egg P220.00 | | Pork Asado Roastin P320.00 | | Assorted Cold Cuts P320.00 | | Soy Chicken (whole) P490.00 | | Soy Chicken (half) P270.00 | | HK Fried Chicken (whole) P430.00 | | HK Fried Chicken (half) P220.00 | | Salt & Pepper Fried Chicken (whole) P490.00 | | Salt & Pepper Fried Chicken (half) P260.00 | | Patatim P490.00 | | Steam White Chicken (whole) P530.00 | | Steam White Chicken (half) P260.00 | | <p>ALA CARTE (Good for 2 to 3 persons)</p> <table border="1"> <tr> <td>Salt & Pepper Squid P220.00</td> <td></td> </tr> <tr> <td>Fish Fillet Tausi & Beancurd P240.00</td> <td></td> </tr> <tr> <td>Chopsuey P190.00</td> <td></td> </tr> <tr> <td>Lohan Vegetables P190.00</td> <td></td> </tr> <tr> <td>Sweet & Sour Fish Fillet P240.00</td> <td></td> </tr> <tr> <td>Sweet & Sour Pork P220.00</td> <td></td> </tr> <tr> <td>Beef w/ Ampalaya P230.00</td> <td></td> </tr> <tr> <td>Beef Brisket Hot Pot P320.00</td> <td></td> </tr> <tr> <td>Beef w/ Broccoli P320.00</td> <td></td> </tr> <tr> <td>Lechon Macau P300.00</td> <td></td> </tr> <tr> <td>Canton Special P275.00</td> <td></td> </tr> </table> <p>RICE TOPPINGS</p> <table border="1"> <tr> <td>Squid Tausi P105.00</td> <td></td> </tr> <tr> <td>Sze Chuan Squid P105.00</td> <td></td> </tr> <tr> <td>Fish Fillet Tausi & Beancurd P150.00</td> <td></td> </tr> <tr> <td>Pork Asado Rice P150.00</td> <td></td> </tr> <tr> <td>Chopsuey P145.00</td> <td></td> </tr> <tr> <td>Soy Chicken P195.00</td> <td></td> </tr> <tr> <td>Sweet & Sour Fish Fillet P135.00</td> <td></td> </tr> <tr> <td>Pork Asado & Soy Chicken P145.00</td> <td></td> </tr> <tr> <td>Sweet & Sour Pork P145.00</td> <td></td> </tr> <tr> <td>Beef Brisket P155.00</td> <td></td> </tr> <tr> <td>Spareribs Tausi P140.00</td> <td></td> </tr> <tr> <td>Chicken Feet & Spareribs P145.00</td> <td></td> </tr> <tr> <td>Salt & Pepper Squid w/ Egg Rice P160.00</td> <td></td> </tr> <tr> <td>HK Fried Chicken w/ Egg rice P160.00</td> <td></td> </tr> <tr> <td>Lechon Macau w/ Egg Rice P160.00</td> <td></td> </tr> <tr> <td>Steamed White Chicken w/ Egg Rice P195.00</td> <td></td> </tr> </table> | Salt & Pepper Squid P220.00 | | Fish Fillet Tausi & Beancurd P240.00 | | Chopsuey P190.00 | | Lohan Vegetables P190.00 | | Sweet & Sour Fish Fillet P240.00 | | Sweet & Sour Pork P220.00 | | Beef w/ Ampalaya P230.00 | | Beef Brisket Hot Pot P320.00 | | Beef w/ Broccoli P320.00 | | Lechon Macau P300.00 | | Canton Special P275.00 | | Squid Tausi P105.00 | | Sze Chuan Squid P105.00 | | Fish Fillet Tausi & Beancurd P150.00 | | Pork Asado Rice P150.00 | | Chopsuey P145.00 | | Soy Chicken P195.00 | | Sweet & Sour Fish Fillet P135.00 | | Pork Asado & Soy Chicken P145.00 | | Sweet & Sour Pork P145.00 | | Beef Brisket P155.00 | | Spareribs Tausi P140.00 | | Chicken Feet & Spareribs P145.00 | | Salt & Pepper Squid w/ Egg Rice P160.00 | | HK Fried Chicken w/ Egg rice P160.00 | | Lechon Macau w/ Egg Rice P160.00 | | Steamed White Chicken w/ Egg Rice P195.00 | | <p>SOUP</p> <table border="1"> <tr> <td>Spinach Seafood Soup P135.00</td> <td></td> </tr> <tr> <td>Pumpkin Soup P125.00</td> <td></td> </tr> <tr> <td>Crab Meat Corn Soup P160.00</td> <td></td> </tr> <tr> <td>Hot & Sour Soup P135.00</td> <td></td> </tr> <tr> <td>Solo Serving P60.00</td> <td></td> </tr> </table> <p>COMBO MEAL</p> <table border="1"> <tr> <td>Sweet & Sour Fish Fillet P229.00</td> <td></td> </tr> <tr> <td>Pork Asado P229.00</td> <td></td> </tr> <tr> <td>Spring Roll P229.00</td> <td></td> </tr> <tr> <td>Sweet & Sour Pork P229.00</td> <td></td> </tr> <tr> <td>Salt & Pepper Squid P249.00</td> <td></td> </tr> <tr> <td>HK Emperor Chicken P309.00</td> <td></td> </tr> <tr> <td>Macau P309.00</td> <td></td> </tr> </table> <p>DESSERT</p> <table border="1"> <tr> <td>Black Gulaman P 50.00</td> <td></td> </tr> <tr> <td>Black Gulaman w/ Lychee P 55.00</td> <td></td> </tr> <tr> <td>Almond Jelly w/ Lychee P 55.00</td> <td></td> </tr> <tr> <td>Halo Halo P 65.00</td> <td></td> </tr> <tr> <td>Halo Halo w/ Ice Cream P 79.00</td> <td></td> </tr> <tr> <td>Egg Yolk Pao P 85.00</td> <td></td> </tr> <tr> <td>Almond Jelly Ala Dode P 70.00</td> <td></td> </tr> <tr> <td>Leche Plan P 29.00</td> <td></td> </tr> </table> <p>BEVERAGE</p> <table border="1"> <tr> <td>Instant Coffee P 40.00</td> <td></td> </tr> <tr> <td>Brewed Coffee P 45.00</td> <td></td> </tr> <tr> <td>Iced Tea P 45.00</td> <td></td> </tr> <tr> <td>Pineapple P 45.00</td> <td></td> </tr> <tr> <td>Red Tea P 45.00</td> <td></td> </tr> <tr> <td>Mango Smoothie P 85.00</td> <td></td> </tr> <tr> <td>Milk Tea P 69.00</td> <td></td> </tr> <tr> <td>Banana Smoothie P 75.00</td> <td></td> </tr> <tr> <td>Mineral Water P 25.00</td> <td></td> </tr> <tr> <td>Soda in Can P 70.00</td> <td></td> </tr> <tr> <td>Bottomless Iced Tea P 90.00</td> <td></td> </tr> </table> <p>*Price are subjected to change without prior notice Price INCLUSIVE of 12% VAT.</p> | Spinach Seafood Soup P135.00 | | Pumpkin Soup P125.00 | | Crab Meat Corn Soup P160.00 | | Hot & Sour Soup P135.00 | | Solo Serving P60.00 | | Sweet & Sour Fish Fillet P229.00 | | Pork Asado P229.00 | | Spring Roll P229.00 | | Sweet & Sour Pork P229.00 | | Salt & Pepper Squid P249.00 | | HK Emperor Chicken P309.00 | | Macau P309.00 | | Black Gulaman P 50.00 | | Black Gulaman w/ Lychee P 55.00 | | Almond Jelly w/ Lychee P 55.00 | | Halo Halo P 65.00 | | Halo Halo w/ Ice Cream P 79.00 | | Egg Yolk Pao P 85.00 | | Almond Jelly Ala Dode P 70.00 | | Leche Plan P 29.00 | | Instant Coffee P 40.00 | | Brewed Coffee P 45.00 | | Iced Tea P 45.00 | | Pineapple P 45.00 | | Red Tea P 45.00 | | Mango Smoothie P 85.00 | | Milk Tea P 69.00 | | Banana Smoothie P 75.00 | | Mineral Water P 25.00 | | Soda in Can P 70.00 | | Bottomless Iced Tea P 90.00 | |
|--|--|------|-------------------------|--------------|--|----------------------|---------|--------------------|---------|-----------------------|---------|---|---------|--|---------|--------------------------|---------|-----------------------|---------|------|---------|----------------------------|---------|------------------------------|---------|--------------------------------|---------|------------------------------|---------|-------------------------------|--|----------------------------|--|----------------------------|--|-----------------------------|--|----------------------------|--|----------------------------------|--|---------------------------------|--|---|--|--|--|-----------------|--|-------------------------------------|--|------------------------------------|--|--|-----------------------------|--|--------------------------------------|--|------------------|--|--------------------------|--|----------------------------------|--|---------------------------|--|--------------------------|--|------------------------------|--|--------------------------|--|----------------------|--|------------------------|--|---------------------|--|-------------------------|--|--------------------------------------|--|-------------------------|--|------------------|--|---------------------|--|----------------------------------|--|----------------------------------|--|---------------------------|--|----------------------|--|-------------------------|--|----------------------------------|--|---|--|--------------------------------------|--|----------------------------------|--|---|--|--|------------------------------|--|----------------------|--|-----------------------------|--|-------------------------|--|---------------------|--|----------------------------------|--|--------------------|--|---------------------|--|---------------------------|--|-----------------------------|--|----------------------------|--|---------------|--|-----------------------|--|---------------------------------|--|--------------------------------|--|-------------------|--|--------------------------------|--|----------------------|--|-------------------------------|--|--------------------|--|------------------------|--|-----------------------|--|------------------|--|-------------------|--|-----------------|--|------------------------|--|------------------|--|-------------------------|--|-----------------------|--|---------------------|--|-----------------------------|--|
| SOLO | Good for 2 to 3 persons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lomi P135.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pancit Bihon P110.00 | P195.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Miki Bihon P110.00 | P195.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pancit Canton P115.00 | P205.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Crispy Fried Noodles (All Meat) P130.00 | P220.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Crispy Fried Noodles (Seafood) P130.00 | P220.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Birthday Noodles P135.00 | P225.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hofan Noodles P150.00 | P255.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SOLO | REGULAR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yangchow Fried Rice P80.00 | P160.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HK Golden Fried Rice P100.00 | P190.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salted-Fish Fried Rice P105.00 | P195.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pineapple Fried Rice P115.00 | P225.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Seaweed & Century Egg P220.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pork Asado Roastin P320.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Assorted Cold Cuts P320.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soy Chicken (whole) P490.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soy Chicken (half) P270.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HK Fried Chicken (whole) P430.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HK Fried Chicken (half) P220.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salt & Pepper Fried Chicken (whole) P490.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Patatim P490.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Sweet & Sour Pork P229.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salt & Pepper Squid P249.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HK Emperor Chicken P309.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Macau P309.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Black Gulaman P 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Black Gulaman w/ Lychee P 55.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Almond Jelly w/ Lychee P 55.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Halo Halo P 65.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Halo Halo w/ Ice Cream P 79.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Egg Yolk Pao P 85.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Almond Jelly Ala Dode P 70.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Leche Plan P 29.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Instant Coffee P 40.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brewed Coffee P 45.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Tea P 45.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pineapple P 45.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Red Tea P 45.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mango Smoothie P 85.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Tea P 69.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banana Smoothie P 75.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mineral Water P 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soda in Can P 70.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bottomless Iced Tea P 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Enchanted Kingdom Supports the EPiC JOURNEY AGAINST DIABETES in Manila 2019



The first and only world-class theme park supports the cause of Mr. Edwin A. Velarde and the Rotarian Action Group on Diabetes to promote awareness and education of Diabetes as a preventable disease.

The EPiC JOURNEY AGAINST DIABETES, an advocacy by Edwin A. Velarde (Past-President of Rotary Club of Westlake Village, California USA and Board Member of Rotarian Action Group on Diabetes), is in the country for its Manila-Batangas-Laguna leg.

In support of Mr. Velarde's advocacy along with fellow Rotarians in Rotary District 3820 Philippines to raise awareness on Diabetes, Enchanted Kingdom hosted a

breakfast in the Park last August 22, 2019, for the participants of the bike tour from Metro Manila along the shores of Lake Laguna to Batangas Provincial Capitol and around the province of Laguna. The agenda also included a Diabetes Symposium in Calamba Medical Center which featured experts of Diabetes. Mr. Velarde also shared his personal diabetes journey along with information about the Global Diabetes Epidemic.

Local health insurance office... (from p. 4)

(MDR) for this purpose. Meanwhile, Ms. Ramento introduced different types of PhilHealth membership such as Formal Economy member, Informal Economy member, Senior Citizen Program member, OFW members and Lifetime members. To qualify for a Lifetime membership, the particular member should be more than 60 years of age at

the time of application, no longer an income earner and has paid 10 years' worth of PhilHealth contributions. An open forum followed after the discussions and different questions and queries of the elderlies were answered and clarified. A closing remark from Ms. Edelyn V. Rodil, Social Insurance Officer II concluded the event. -- PICAD

CAVITE PROMOTES INCLUSIVE.... (from p. 3)

through career coaching facilitation; plus how to enable disability readiness of employers and how to engage strategic sectors by partnering with different organizations for a holistic access to work model. Mr. Nemeño also disclosed that 90% of PWDs perform at par or even better with their co-workers as per the Global Disability Inclusion, proof that hiring PWDs is really a win-win situation in the society.

In closing, Provincial Social Welfare and Development Officer Fely Servañez thanked everyone's cooperation and contribution to achieve an enabling workplace for PWDs in Cavite. With more than 42,000 PWDs in the province as of year 2018, the government must continue to encourage private companies to believe when PWD jobseekers say "I can do that." -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
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

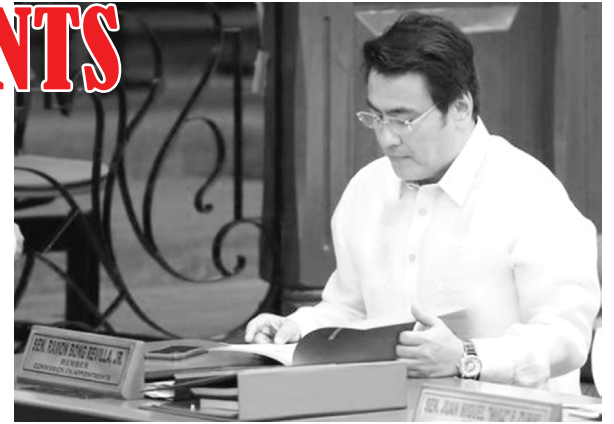
**HUMANITY NEWS
SEPTEMBER 2, 9 & 16, 2019**

DAGDAG BENEPISYO AT PRIBILEHIYO ISINULONG NI REVILLA PARA SA SOLO PARENTS

HINDI lang dagdag na may kaugnayan sa pagpapalaki ng isang anak at iba pang kailangan ng solo

parents ang nilalaman ng panukalang batas na isinulong ni Sen. Ramon Bong Revilla, Jr.

ay magtama sa 20 porsiyentong diskuwento sa pagbili ng gatas na pambata, pagkain, food supplements, vitamins at iba pang kahalintulad na pangangailangan na may kaugnayan para mapagaan ang buhay ng isang solo parent.



Hanggang sa pagpapagamot maging pribado man o pampublikong ospital ay iiral ang 20 porsiyentong diskuwento at epektibo rin ito sa pagbabayad ng tuition mulakindergarten hanggang makapagtapos ng kolehiyo na ang tanging kailangan lamang ay magkasamang

namumuhay ang solo parent at ang anak o mga anak nito. Isinusulong din ni Revilla na magkaroon ng bagong non-cumulative "parental leave" na hindi hihigit sa pitong working days na may bayad kada taon para sa solo parents na nakapagserbisyo na ng isa't kalahating taon sa kumpanyang kaniyang pinaglilingkuran. Ang batas na ito ni Revilla ay malaking suporta sa matagal ng adobokasiya ng Department of Social Welfare and Development na maamendahan ang umiiral na batas na sumusuporta sa solo parenthood.###



SKYJET Airlines donates to Batanes Earthquake Victims! Mayor Dino Reyes-Chua, President of SkyJet Airlines handover the check and relief goods to Batanes Governor Marilou Cayco at the Provincial Capitol.

Ang Senate Bill No. 951 o ang An Act Amending Republic Act. No. 8972, na mas kilala sa tawag na Solo Parents Welfare Act of 2000, ay makakatulong sa mahigit 15 million solo parents kung saan 95 porsiyento sa mga ito ay mga babae kaya dapat mapagaan ang kanilang sitwasyon sa pagpapalaki ng kanilang mga anak lalo na kung may kinakandiling sanggol.

Nais ni Revilla na ang mga solo parents

Mayor Emmanuel Maliksi and Vice Mayor Ony Cantimbuhan MOA Signing Usufructuary Agreement for the Establishment of Cooperative and Livelihood Training Center hatid ng ating City of Imus Cooperative, Livelihood & Entrepreneurial and Enterprise Development Office (CICLEDO) noong ika-2 ng Setyembre sa Imus Multipurpose Hall



Ang nasa larawan ay ang mag-inang Leon P. Prudente at dating Silang Mayor Omil F. Poblete sa pagkakapanalo ng Team Malaya ng Pilipinas sa ginanap na football game sa Futian China kamakailan.



Vice Mayor Ony Cantimbuhan
Imus City, Cavite



Brgy. Chairman Edgardo Reyes
Bayan Luma 5

Itinalaga ni Vice Mayor Ony Cantimbuhan si Kap. Edgie Reyes bilang Pangulo ng Festejos sa Cluster 5 sa darating na kapistahan ng Nuestra Señora Del Pilar.

DO YOU KNOW ?

The earthworm when cut into five pieces will still live because each portion has a heart in it.

(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.