

# HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

Vol. IV No. 10 February 10-16, 2020 P 10.00 ISSN No.: 2672-3034



**Mayor Corie Poblete**  
Silang, Cavite

## STILL NO KNOWN CURE FOR 2019-NCOV: DOH



*Health Secretary Francisco Duque III*

MANILA -- There is no known cure for the novel coronavirus acute respiratory disease (2019-nCoV ARD), Health Secretary Francisco Duque III reiterated on Tuesday.

"There's no vaccine to prevent the 2019-nCoV because it is a new strain. There's no specific treatment except supportive care," Duque said in his speech at the joint hearing of the Senate Committees on Health and Demography and Finance on the government's

preparedness on the global public health threat.

According to the World Health Organization, Chinese authorities identified on Jan. 7 the 2019-nCoV as belonging to a family of common colds viruses and the more serious ones —severe acute respiratory syndrome (SARS) and the Middle East respiratory syndrome (MERS).

Most people get infected with coronaviruses with symptoms ranging

from typically mild to moderate, and it can cause lower-respiratory tract illnesses like pneumonia and bronchitis in some cases.

Such viruses are common among animals but can evolve and spread from animals to humans.

Earlier, Duque defined the improvement of a 71-year-old Chinese woman infected with the 2019-nCoV after taking a cocktail of anti-virals for treating flu and HIV as "anecdotal because 80 percent of cases in China are considered mild".

"So the possibility that they are recovering very quickly is very high, 21 percent is severe so baka 'yung nakuhang pasiyente ay nandoon sa mild, kaya siguro nagpapakita ng (the patient might be under the mild category that's

(cont. P.5)

## PGC Relief Operations and psycho-social services for evacuees from Batangas

The Provincial Government of Cavite dispatched relief operations teams to carry out the first wave of distribution of food items for the affected families of the Taal volcano eruption from Batangas currently housed in evacuation centers and even those fostered by relatives in different cities and municipalities of Cavite from January 18 to 21, 2020.

Leading the distribution of relief goods is the Provincial Social Welfare and Development Office as facilitated by the Cavite Incident Management Team for the logistical support and coordination with other



government agencies and PGC departments.

All the cities and municipalities were covered in the four-day relief operations initially serving a total of 6, 424 affected families from

(cont. P.3)





**Groundbreaking Ceremony of the Probinsiyamart Postharvest Facility, Turnover of NVKROPS, COM and Awarding of Transport Packaging Materials for fruits and vegetables with DOST Usec Brenda Nazareth-Manzano, DOST RD2 Engr. Sancho Mabborang, Hon. Governor Carlos M. Padilla of Nueva Viscaya, Engr. Judy H. Ascalon of Air 21, Dr. Andres Taguiam, NVSU President, Atty. Voltaire B. Garcia, NVAT President, Mr. Edgardo Cayton, Pres. and CEO of DOSI**



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

## PINUNO AT TAUHAN

1. Ang isang pinuno ng anumang pangkat,  
Dapat magpakita ng ugaling tapat,  
Na may malasakit sa sinuma't lahat,  
At meron ding tapang sa kanyang pagtupad.
2. Ang tauhan naman dapat na sumunod  
Sa utos na tumpak ng Pinunong irog,  
Husayan ang gawa sa gawaing ayos,  
At saka magpayo sa gawang magusot.
3. Ang Pangkat ay dapat na maitaguyod,  
Ang Bansa ay dapat din namang itampok,  
Pinuno't tauhan: sila pag maayos,  
Lahat ay patungo sa ikatutubos.
4. Itong ating bansa kahit na may yaman,  
Kung di lilingin sa tamang paraan,  
Para ding nagsayang ng kanin at ulam,  
Marami pang gutom sa isang handaan.
5. Maraming gawain yaong naghihintay  
Na ating ayusin at para humusay,  
Sama-sama tayo sa gawang magsikhay,  
Bayan ay lingapin at bigyan ng suhay.
6. Si Pangulong Digong ay nagpapakita  
Ng paninindigang papabor sa masa,  
Lumaban sa krimen, korapsyon at droga,  
Lisang direksyon ang tinutungo niya.
7. Tayo ay sumama sa kanyang gawain,  
Upang mapagaan ang dapat tuparin,  
Walang makahadlang pag tayo'y nagpiling,  
At saka sumugod sa labang gayon din.
8. Pinuno't tauhan iisa ang bukas,  
Iisa ang bansa dapat isang lakas,  
Sa iisang buklod ating mawawatas,  
Pinuno't tauhan tagumpay ang wakas.

## 700,000 new jobs, rapid economic growth seen

Rapid economic development and over half a million new jobs are in store for residents

of Bacoor City, the entire province of Cavite and adjacent areas as a result of the proposed 420-hectares twin reclamation projects along Bacoor's coast.

The city government of Bacoor, in joint venture with private partners, is the proponent of the Bacoor Reclamation and Development Project (BRDP), consisting of a 230-hectare and another 90-hectare islands, and the Diamond Reclamation and Development Project (DRDP) consisting of a 100-hectare island.

"Malaki ang maidudulot na asenso, progreso ng proyektong ito para sa kapakinabangan ng lahat ng Bacooreño, hindi lamang sa kasalukuyang henerasyon kundi kasama na rin ang mga susunod na henerasyon," Bacoor City Mayor Lani M. Revilla pointed out during the public hearing on the proposed projects last January 9, 2020.

"Asenso at progreso ang pangarap ng bawat Bacooreño, ito rin po syempre ang pangarap ko at ng lahat ng mga inihalal nating opisyal ng ating pamahalaan at para sa karamihan ng Bacooreño,

lalo na yung mga nasa marginalized sectors," she added.

Feasibility study conducted for the twin projects showed the reclamation projects would generate about 700,000 employment opportunities, not only for the residents of Bacoor but also for the people of adjacent areas and the entire Cavite province as well.

Cavite, Laguna, Batangas, Rizal and Quezon compose the Calabarzon region (Region IV-A) with a population of 14.4 million as of 2015 and a labor force of 10 million as of April 2018. The new jobs generated from the reclamation projects would help trim down the unemployment rate in the region which stood at 5.8 percent as of October 2019.

Projections also show that Bacoor would get an additional income of P1.8 billion annually from increased tourism activity in the BRDP alone, starting from its full operation. Such amount is roughly 80 percent of the city government's entire 2019 budget of P2.2

billion.

Based on the initial land use plan, between five to 10 percent of the land would be devoted for civic/institutional or educational use, while a similar percentage is earmarked for mixed-use hotel.

Majority of the available space would be devoted to residential, mixed-use residential and mixed-use commercial purposes. About 25 percent of the 100-hectare Diamond Reclamation and Development Project would host a Science Park devoted for the advancement of research and technology.

With Bacoor's strategic location, having proximity to Metro Manila and the major international gateways, the proponents

believe the reclaimed area would provide a major attraction for investments, particularly from Business Process Outsourcing (BPO) firms, among others.

Revilla said that the project would also generate increased revenues for the city government, boosting its capability to improve the delivery of essential services its residents are currently receiving.

"D a m a n g - d a m a ang asensong progreso sa dami ng mga benepisyong nakukuha at napakinabangan sa pamamagitan ng iba't ibang social services na ipinagkakaloob po natin, tulad ng mga medical-dental missions, librenge mga wheelchairs, librenge mga salamin, scholarships

(cont. P.3)

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



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

**AURELIO P. BAUTISTA**  
PUBLISHER/EDITOR-IN-CHIEF

**LEXTER LUMAS BAGAPORO**  
BUSINESS MANAGER

**DR. SONNY ANARNA**  
MANAGING EDITOR

**VER C. BAUTISTA**  
EXECUTIVE OFFICER

**MARICAR D. LUMAS**  
LAY-OUT ARTIST

**GRETHSEL B. LUMAS**  
ACCOUNT EXECUTIVE

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

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



**PAPI**

MEMBER:  
PUBLISHERS ASSOCIATION  
OF THE PHILS, INC.

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

# PGC Opens Door for Donations



With the increasing number of evacuees in Cavite following the Taal Volcano eruption, the Provincial Government has opened its doors for donations to help the displaced families from Batangas who fled to different municipalities and cities in Cavite to find temporary shelter and ensure their safety.

Metrobank Foundation Incorporated through its Executive Director, Mr. Nick Torres, together with Metrobank Cavite Area Head Ms. Dianne Sierra, and Metrobank Cavite Purple Hearts Club Chapter President Ms. Mira Ordoñez immediately responded to the call for donations and brought

various relief goods to evacuation areas in Alfonso, Mendez and the City of Dasmariñas for the displaced families from Batangas.

The team from Metrobank, as accompanied and assisted by the representatives of PGC distributed relief goods such as food supplies, clothes, hygiene

## PGC Relief Operations and psycho-social services. (from p. 1)

Batangas. The activity will continue to serve more families in the coming days. Aside from the relief goods from the provincial government, donations from other government agencies, private groups and individuals continue to pour in which will also be delivered to the affected families.

Aside from the relief assistance, the provincial government through the PSWDO also provide psycho-social intervention for 138 children evacuees in some evacuation centers in Alfonso, Tanza, General Trias City and Amadeo who have experienced a great deal of trauma and stress. Social workers conduct stress-debriefing activities and art sessions where the children draw how and what they felt during the incident. They also encourage setting up child-friendly spaces to somehow create a more close-to-normal atmosphere where kids can play and enjoy in the midst of the situation.

Provincial Information and Community Affairs Department with reports from the Provincial Social Welfare and Development Office



kits, blankets and mats to the 257 evacuee families in Mendez. Afterwards, they proceeded to Alfonso

and distributed mats and blankets to 375 families in Alfonso Central School, 55 families in

Alfonso Covered Court, 48 families in Matagbak Elementary School and

(cont. P.4)

## 700,000 new jobs... (from p. 2)

para sa mga kabataan, financial assistance ng mga may sakit, mga senior citizens, sa mga namatayan at biktima ng kalamidad at iba pa," Revilla said.

Designed by leading international experts, the projects incorporate stringent environmental safeguards. Revilla assured that their famous mussel and oyster industry, along with fishing, will continue to thrive and receive necessary support from the local government.

According to Revilla, the city's leadership has determined that reclamation is the best solution to the lack of land space Bacoor needs. This will spur economic growth, address the growing population, and improve the lives of the city's residents.

"Reclamation ang nakikitang tugon para sa pangangailangan natin ng karagdagang lupain upang isulong ang pag-unlad ng ating lungsod. Matutugunan ang lumalaking populasyon at mapabuti ang kalagayan ng atin pong mga mamamayan," Revilla said.

The city has lost most of its agri-fisheries base for urban uses. Almost 73 percent of Bacoor's total land area, estimated at 4,511 hectares including municipal waters, is already devoted to

residential use.

On the other hand, the 2015 census pegged Bacoor's population at 600,609, with the population density at 13,009 persons per square kilometer. If the trend continues, its population is expected to double within the next 10 years.

To make matters worse, it is projected that Metro Manila's population would breach the 20 million mark by 2025 and its effect seen to spill over to peripheral cities, like Bacoor.

Revilla is confident the proposed projects would transform Bacoor into the newest gateway and growth center outside Metro Manila. It will be at par with prime business centers like Makati, Bonifacio Global City, New Clark City, ASEANA and MOA and help decongest Metro Manila consistent with the vision of President Rodrigo Duterte.

"Sisipa ang pag-unlad ng Bacoor at makikilala ito bilang isa sa mga bagong growth centers sa bansa alinsunod sa pangarap at direktiba ng Pangulong Rodrigo Duterte na tugunan ang pagsisikip ng Metro Manila at ikalat ang kaunlaran sa iba pang mga lugar sa buong kapuluan," Revilla said.

The 2014 study of the Japan International Cooperation Agency

(JICA) cited that about half of the traffic congestion in Metro Manila can be attributed to the adjoining provinces of Bulacan, Rizal, Laguna and Cavite with a combined traffic demand of 6 million trips daily, compared to 12.8 million in Metro Manila.

JICA calculated that the cost of traffic jam in Metro Manila amounts to P3.5 billion a day, which could increase up to P6 billion a day by 2030 if nothing is done. Follow up studies indicated that traffic cost in Bulacan, Laguna, Cavite and Rizal reached P 2.3 billion a day in 2017.

Among others, JICA recommended that Region II and Region IV-A, which include Cavite, "must work out effective ways to maximize positive impacts of Metro Manila and contribute to mitigate Metro Manila's problems. It likewise called for "planned urban expansion" in Cavite and Laguna.

With the rise of a new central business district, the proponents said workers from Bacoor and other areas of Cavite would likely prefer to work within the city to cut the cost and time of travel, thereby contributing significantly to the reduction of traffic in the National Capital Region. ###

## Pagbati Mula kina:



**Cong. Alex "AA" Advincula**  
3rd District of Cavite



**Vice Mayor Ony Cantimbuhan**  
Imus City, Cavite



**Mayor Nonong Ricafrente**  
*Rosario, Cavite*

**ROSARIO,  
BAYANG  
TAHIMIK,  
MASAYAAT  
MAUNLAD**



**LET THERE  
BE LIGHT!**

By  
**ENG'R. VER CAMPAÑA BAUTISTA**  
*F & A.M. Luis Olimpo Ferrer Lodge 366*

**IMUS** - Ang Imus ay salitang Latin na ang kahulugan ay "mababang lupa". Pansinin na mula sa Imus ay umangat ang lupa paakyat sa Dasmariñas, Silang at Tagaytay.

**WEEKLY REPORT**  
on the Activities & Programs of *Carmona*



**Carmona celebrates D.A.H.L.I.A. 2020.** The Municipal Government of Carmona celebrated the 14th anniversary of Direct Access to healthy Lifestyle, Intervention, and Advocacy or D.A.H.L.I.A. named after former Carmona Mayor and current Fifth District of Cavite Representative Dr. Dahlia A. Loyola where 4,723 participants joined a mass aerobics at the Carmona Town Plaza on January 31, 2020.



**PGC opens door ... (from p. 3)**

98 families in Marahan Elementary School, with a total of 576 families as recipients. Finally, in Barangay San isidro Labrador 2 and Barangay San Manuel 2, City of Dasmariñas, there were still 67 sets of blankets and mats distributed to the evacuees.

M e t r o b a n k

Foundation Incorporated, the corporate social responsibility arm of Metrobank has been undertaking a wide array of social development programs in key sectors such as education, visual arts and health care. Furthermore, the Purple Hearts Club also known as Gintong Puso



**Carmona MDRMC holds emergency meeting regarding Novel Coronavirus (nCoV).** On January 31, 2020, the Carmona Municipal Disaster Risk Reduction and Management Council, as spearheaded by the Carmona Municipal Health Office, discussed the current situation of the Novel Coronavirus (nCoV) in the country as well as preventive measures to keep the community safe.



**Carmona LGU distributes financial assistance to dialysis and Chemotherapy Patients.** On January 27, 2020, the Municipal Government of Carmona handed financial assistance to 61 dialysis and Chemotherapy patients at the Carmona Municipal Penthouse for their treatments.

**Simula ng Pag-asa opens its 1st Batch for 2020.** Through PNP Carmona, Simula ng Pag-asa (SIPAG) Program started its first batch on January 26 at the Carmona Municipal Penthouse as an activity of reflection and new beginning for drug surrenderers this 2020.

ng mga Carerubins, with its various chapters in different areas, has compassionately reached out to indigent communities and provided social welfare assistance for the people.

In behalf of the evacuees, the representatives of the Provincial Government

of Cavite as well as the local officials of Mendez, Alfonso and the City of Dasmariñas expressed their gratefulness to the Metrobankers led by its Foundation's Executive Director, Mr. Torres for this very noble activity.- Provincial Information and Community Affairs Department



**Carmona MPDC organizes Community-based Monitoring System (CBMS) Training on Data Collection .** The Carmona Office of the Municipal Planning and Development Coordinator (MPDC) held the Community-based Monitoring System (CBMS) Training on Data Collection on January 27, 2020 at the Carmona Municipal Penthouse. The 5-day training was conducted by Department of Interior and Local Government (DILG) Accredited trainers which discussed about how data collection should be done for CBMS and how the community would benefit from its efficiency. Enumerators, field editors, and MPDC participated on the said training which is currently on its 5th Round.



**Carmona LGU distributes Gamit-Eskwela to Student Evacuees.** The Municipal Government of Carmona gave out various school supplies and materials for student evacuees on January 27, 2020 at the Carmona Municipal Penthouse. The students were from the affected areas of Batangas, Tagaytay, and Silang. 61 of them were elementary students, 27 were high school students, 1 of them is a daycare student.



**HUMANITY TRIVIA**

(IT TELLS THE DATES OF INVENTION, PLACES OF PLANT ORIGIN AND CURES OF DISEASE)

- Pendulum clock - 1656
- Lightning arrester - 1752
- Blackberry- Northern Hemisphere
- Cherry - temperate region
- Bawang - antibiotics

# Calamba City, Laguna –SM City Calamba’s 3 Day Sale on Feb 14, 15, 16!

**THE SM STORE CALAMBA**

## 3 DAY SALE

FEB 14 • 15 • 16

**UP TO 50% OFF**  
ON SELECTED ITEMS

**+10% OFF**

**FRIDAY WHOLE DAY** | **SATURDAY 9AM TO 12NN** | **SUNDAY SPECIAL 5 - 7PM ONLY**

**+BDO REBATES**

**UP TO 10% FOR CREDIT CARDS** | **3% FOR DEBIT CARDS**

PER DTI-FTEB - 01641, SERIES OF 2020

Ready your shopping gears as SM City Calamba kicks off their 3-Day Sale on Feb 14, 15, 16! Fabulous finds are discounted up to 70% off – from shoes, bags, clothes and toys – so you can save more and buy more.

Get the best deals on clothing, accessories, gift items, gadgets, services and even dining! SM Prestige card holders will get a 10% discount at the SM Store, and Ace Hardware for the whole day of Feb 14.

Take advantage of the additional 10% discount when you shop on Feb 15 from 9 AM to 12 NN using your SM Advantage, SM Prestige or BDO Reward Cards at The SM Store, Watsons, and Ace Hardware.

SM City Calamba will also be giving away a brand new Suzuki Skydrive Sport Motorcycle to a lucky shopper. So don't forget to keep your receipts and keep shopping to get more chances of winning! Per DTI-FTEB Permit No. 0760, Series of 2019. **KCHT**

## CAVITE HIGHLIGHTS

By: **Yna Palparan Bautista**

**Uneasy peace was in Cavite during the exile of Gen Aguinaldo. America went to war against Spain and the Spanish Fleet was destroyed in Manila Bay. The Americans brought Gen, Aguinaldo back to Cavite and supplied him with arms.**

**SAFETY FIRST.**

In light of the recent outbreak of the novel corona virus in Wuhan, China, SM City Santa Rosa is making sure that their shoppers are safe when coming into their malls. Hand sanitizers are readily available at all mall entrances as well as inside rest rooms and common areas. Housekeeping personnel are being deployed to regularly sanitize areas where people tend to come in contact with, like door handles, escalator rails and elevator buttons. Jeepney and tricycle drivers in their terminals are likewise asked to put on face masks in compliance with LTO memorandum circular 2020-005 requiring all public transport drivers and operators to wear facial masks to ensure safe public land transportation to all commuters.

**PAMELA JANE BAUN**

## Still no known cure for 2019-nCov... (from p. 1)

why she's showing) signs of recovery concomitantly with the combination therapy," Duque said.

He added that there is "no hard science" to prove such anecdote or theory.

In its health advisories, the Department of Health said proper handwashing, observance of proper cough etiquette, avoiding contact with animals, avoiding large crowds,

drinking plenty of water, proper cooking of food, and consultation with a health facility if symptoms of cough and colds persist, are the public's best defense against the virus.

To date, the DOH has reported a total of 105 2019-nCov cases -- one in Cordillera Administrative Region, one in Cagayan Valley, three in Ilocos Region, 16 in Central Luzon, 36 in the National Capital Region, four

in Calabarzon (Cavite, Laguna, Batangas, Rizal and Quezon), four in Mimaropa (Mindoro, Marinduque, Romblon and Palawan), 10 in Western Visayas, 16 in Central Visayas, three in Eastern Visayas, five in Northern Mindanao and six in Davao. (PNA)

# Celebrate SIKHAYAN Festival 2020 at Enchanted Kingdom

Get into the festive mood this 2020! Include Sta. Rosa City in your travel itinerary this February and witness the colorful celebration of the 21st SIKHAYAN. Complete your visit to the City by heading over to the first and only world-class theme park in the Philippines—Enchanted Kingdom!

Choose from the two of EK's special festive offerings. Regular Day Pass Rate starts at P640.00 on weekdays, and P720.00 on weekends from February 7 to March 1 2020.

The promo is open to ALL walk-in GUESTS. Promo tickets are available at Makati Sales Office, Front Gate Ticket Booths, and the Group Sales Office. Purchased tickets cannot be rebooked and are not valid in conjunction with other special discounts such as Junior, Senior Citizen, and PWD rates.

For inquiries, please call 0939-935-3535 / (+632) 8 830 3535 or send an e-mail to [ekcorpmarketing@gmail.com](mailto:ekcorpmarketing@gmail.com). To get fresh updates, don't forget to like Enchanted Kingdom's facebook page at [www.facebook.com/enchantedkingdom.ph](http://www.facebook.com/enchantedkingdom.ph). See you at Enchanted Kingdom – where the magic lives forever! **Paul B. Hernandez**

**Enchanted Kingdom**

Isang Tugtog, Isang Awit, SIKHAYAN Pag-Iisapin

## SIKHAYAN FESTIVAL PROMO

FEB 7 - MAR 1, 2020

**Regular Day Pass**

Php. 640.00 | Php. 720.00  
Weekdays | Weekends

PER DTI-LAGUNA PERMIT NO. 5-01-12 SERIES OF 2020

# EDITORIAL

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



**HK NOODLES HOTLINE: 09257136292**  
**IMUS-09083350572**  
**DASMA-09257136292**

**HONGKONG** 香港  
**noodles & dimsum house**

**WE Deliver!**



**foodpanda**

**GrabFood**

**HONGKONG** 香港  
**noodles & dimsum house**

**WE DELIVER**

**CALL US: HK IMUS**  
09083350572  
09152359237  
(046) 416 4883

**HK DASMA LANDLINE**  
(046) 416 9650  
CEL NO. 09257136292

[www.hknoodles.com.ph](http://www.hknoodles.com.ph)

| <b>BREAKFAST MEAL</b><br>w/ Free Brewed Coffee |         |
|--|---------|
| HK Hotdog w/ Garlic Rice                       | P145.00 |
| HK Longanisa w/ Garlic Rice                    | P200.00 |
| HK Beef Tapa w/ Garlic Rice                    | P220.00 |
| HK Smoked Bangus w/ Garlic Rice                | P155.00 |
| HK Gong Hiong w/ Garlic Rice                   | P130.00 |
| <b>DIMSUM</b>                                  |         |
| Mantao   | P 30.00 |
| Buchi  | P 69.00 |
| Giant Pork Siomai                              | P175.00 |
| Giant Hakao                                    | P195.00 |
| Asado Siopao                                   | P 79.00 |
| Bola Bola Siopao                               | P 89.00 |
| Chicken Feet                                   | P 95.00 |
| Pork Siomai                                    | P 85.00 |
| Japanese Siomai                                | P 89.00 |
| Baencurd Roll                                  | P 89.00 |
| Shark's Fin Dumpling                           | P 80.00 |
| Spring Roll                                    | P 95.00 |
| Kutchay Dumpling                               | P 85.00 |
| Chicken Pao                                    | P 85.00 |
| <b>MAMI</b>                                    |         |
| Wanton   | P 90.00 |
| Soy Chicken                                    | P 95.00 |
| Pork Asado                                     | P105.00 |
| Beef Brisket                                   | P105.00 |
| Beef Brisket w/ Wanton                         | P110.00 |
| <b>CONGEE</b>                                  |         |
| Bola - Bola                                    | P 85.00 |
| Fish Fillet                                    | P 85.00 |
| Pork Asado                                     | P 95.00 |
| Chicken  | P 95.00 |
| Pork & Century Egg                             | P 95.00 |
| Special  | P100.00 |
| <b>ADD ONS</b>                                 |         |
| Century Egg                                    | P 60.00 |
| Prawn Chips                                    | P 70.00 |
| Lechon Con Tofu                                | P 55.00 |

| <b>NOODLES</b>                                    |                         |         |
|---|-------------------------|---------|
| 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 |
| <b>RICE</b>                                       |                         |         |
| 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 |
| <b>HOUSE SPECIAL</b><br>(Good for 2 to 3 persons) |                         |         |
| 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                 |         |

| <b>ALA CARTE</b><br>(Good for 2 to 3 persons) |         |
|---|---------|
| 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 |
| <b>RICE TOPPINGS</b>                          |         |
| 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 |

| <b>SOUP</b>              |         |
|--------------------------|---------|
| Spinach Seafood Soup     | P135.00 |
| Pumpkin Soup             | P125.00 |
| Crab Meat Corn Soup      | P160.00 |
| Hot & Sour Soup          | P135.00 |
| Solo Serving             | P60.00  |
| <b>COMBO MEAL</b>        |         |
| 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 |
| <b>DESSERT</b>           |         |
| 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 |
| <b>BEVERAGE</b>          |         |
| Instant Coffee           | P 40.00 |
| Brewed Coffee            | P 45.00 |
| Iced Tea                 | P 45.00 |
| Pineapple                | P 45.00 |
| Red Tea                  | P 45.00 |
| Mango Smoothie           | P 85.00 |
| Milk Tea                 | P 69.00 |
| Banana Smoothie          | P 75.00 |
| Mineral Water            | P 25.00 |
| Soda in Can              | P 70.00 |
| Bottomless Iced Tea      | P 90.00 |

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

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

RURAL BANK OF GEN. TRIAS, INC.,  
Mortgagee,

Foreclosure No.2019 - 232  
For : Extra - Judicial Foreclosure of  
Real Estate Mortgage

-versus-

NICOLAS P. BAYOTAS married to  
MARCELINA D. BAYOTAS,  
Mortgagors.

x- - - - -x

#### NOTICE OF EXTRA JUDICIAL FORECLOSURE

Upon Extra - judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, RURAL BANK OF GEN. TRIAS, INC., of General Trias, Cavite, and against the mortgagors, NICOLAS P. BAYOTAS married to MARCELINA D. BAYOTAS, No. 3 Magnolia St., F & E de Castro Village, Niog, Bacoor City, to satisfy the mortgage indebtedness which as of November 11, 2019, amounts to **ONE MILLION FIFTY NINE THOUSAND FORTY ONE PESOS and 67/100 (P1,059,041.67)**, Philippine Currency, inclusive of interest, penalties and other charges, the undersigned or her duly authorized representative will sell at the public auction on **March 11, 2020** at 10:00 o'clock in the morning or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon, to wit;

#### TRANSFER CERTIFICATE OF TITLE NO.187365

A parcel of land (Lot 5, Blk.5 of the cons.- subd.. Plan Pcs-04-001455, being a portion of the consolidation of Lots 4994-C to 4974-G, Psd-62372,, L.R.C. Rec. No.8843), situated in the Bo. Of Aniban, Mun. of Bacoor, Prov. Of Cavite. X x x, containing an area of **ONE HUNDRED TWENTY EIGHT (128) 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 March 18,2020, without further notice."

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

City of Bacoor, February 3, 2020.

(SGD) LIZA D. VICTA  
Clerk of Court IV

#### Copy furnished:

RURAL BANK OF GEN. TRIAS, INC  
General Trias, Cavite

MR. & MRS. NICOLAS & MARCELINA D. BAYOTAS  
No. 3 Magnolia St., F & E de Castro Village, Niog, Bacoor City

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

HUMANITY NEWS  
FEBRUARY 10, 17 & 24, 2020

# Health Benefits...

## KAALAMAN TUNGKOL SA ABUKADO BILANG HALAMANG GAMOT

*Scientific name: Persea gratissima Gaertn., Persea americana Mill., Laurus persea Linn.*

*Common name: Abukado (Tagalog), Avocado (Ingles)*

Ang abukado ay isang karaniwang halaman na tumutubo sa mga bansang nasa rehiyong tropiko partikular sa kontinenteng Timog Amerika. Ngunit ito ay karaniwan na ring makikitang tumutubo sa Pilipinas. Ito ay pinakakilala dahil sa bunga nitong mabilog at pahaba na kulay lila kung hinog na may laman na kulay berde at nakakain. Kilalang-kilala rin ang bilugan na buto nito na nasa loob ng bunga.



### 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:

**Balat ng kahoy (bark).** Ang balat ng kahoy ay kadalasang pinapakuluhan at iniinom nang parang tsaa. Maaari din itong dikdikin at ihalo sa langis bago ipahid sa balat.

**Bunga.** Maraming gamit ang maaring gawin sa bunga ng abukado. Ang laman nito ay maaaring kainin lamang o kaya ay durugin at gamitin bilang pampahid sa mga sugat at mga karamdaman sa balat.

**Buto.** Ang buto ay kadalasang dinidikdik, tinatadtad, at iniinom ang katas upang ipanggamot sa mga kondisyong nararanasan. Maaari ding itong gamitin bilang pampahid sa sugat at mga karamdaman sa balat. Maaari ding gamitin ang pinakuluhan buto bilang pangmumog.

**Dahon.** Ang dahon ay madalas ding pinakukuluhan at iniinom na parang tsaa.

### ANO ANG MGA SUSTANSYA AT KEMIKAL NA MAAARING MAKUHA SA ABUKADO?

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

Ang bunga ng abukado ay may taglay na langis at protina.

Ang dahon ay mayroon ding langis, methyl-chavicol, d-d-pinene, at paraffin. May taglay din itong isorhamnetin, luteolin, rutin, quercetin at apigenin.

Ang buto ng abukado ay mayaman sa saponins, tannins, flavonoids at alkaloids

### ANO ANG MGA SAKIT NA MAAARING MAGAMOT NG ABUKADO?

Ayon sa mga pag-aaral at nakagawian ng ilan, ang ilan sa mga sakit na maaaring malunasan sa pamamagitan ng paggamit sa halamang abukado, ay ang sumusunod:

1. **Pagkokombulsyon.** May ilang mga pag-aaral na nagsasabing makatutulong ang katas ng dahon ng abukado bilang pangontra sa pagkokombulsyon at pangiginig ng mga kalamnan sa mga bata.

2. **Pagbaba ng asukal sa katawan (hypoglycemia).** Ang katas ng dahon ng abukado ay maaari ring makatulong sa pagkontrol ng lebel ng asukal sa katawan.

3. **Altapresyon.** Ang mga katas ng dahon at buto ng abukado ay maaring inumin upang pabagsakin ang mataas na presyon ng dugo.

4. **Mga tumor.** Ang pagkakaroon ng mga tumor sa katawan ay maaari rin daw mapaliit o mabawasan sa tulong ng mga substansya na makukuha sa hilaw na bunga ng abukado.

5. **Impeksyon ng bacteria.** Ang ilang mga sakit na dulot ng impeksyon ng bacteria sa katawan, gaya ng tuberculosis, ay maaaring mapagaling ng tuloy-tuloy na pag-inom ng katas ng dahon ng abukado.

6. **Impeksyon ng fungi.** Ang mga katas din ng dahon at balat ng kahoy ng abukado ay ginagamit na gamot laban sa ilang mga sakit na dulot ng impeksyon ng fungi. Maaari itong inumin o kaya ay ipahid mismo sa bahagi na apektado ng sakit.

7. **Mga sugat.** Ang kangis na nakukuha mula sa bunga ng abukado ay maaaring ipahid sa sugat upang mas mapabilis ang paghilom nito. Tumutulong din ang langis ng abukado para maiwasan ang pamamaga ng sugat.

8. **Ulcer sa sikhura.** Pinapababa ng pag-inom ng katas ng dahon ng abukado ang produksyon ng mga asido at likido sa sikhura upang mas mapabilis ang paghilom ng ulcer dito.

9. **Pananakit ng ngipin.** Maaring gamitin ang katas ng buto upang ipangmumog nang mawala ang pananakit ng ngipin. Maaari ring isiksik ang maliit na piraso ng buto sa butas sa ngipin upang mabawasan ang pananakit.

10. **Sakit sa atay at bato.** Ang katas ng dahon ay sinasabing may mabuting epekto sa paggaling ng mga karamdaman na nakaaapekto sa laman ng atay at bato.

# CALL FOR DONATION FOR SCHOOL CHILDREN EVACUEES

The provincial government of Cavite accepts donations to help the children from Batangas who are now attending classes in different public schools in Cavite. These children need school bags, ball pens, papers and white shirts (sizes 8,12, small and medium) as basic back-to-school supplies. For inquiries, you may coordinate with the Provincial IMT Liaison team at mobile number 0928 6935062 (Smart) and 0955 0259729 (Globe) and the Donations Group through Ms. Candy Paz Lontoc at 0920 9835528 (Smart). PICAD

## Sangguniang Panlalawigan Resolution No. 1390-2020

Resolution Authorizing Hon. Juanito Victor C. Remulla, Provincial Governor, for and on behalf of the Provincial Government of Cavite to accept donations, in cash or in kind, from Government Agencies, Local Government Units, Non-Governmental Organizations, and other Local Entities in relation to the Taal Volcano eruption

### CALL FOR DONATIONS:

- SCHOOL BAGS
  - BALLPENS
  - PAPERS
  - T-SHIRTS (WHITE)
- SIZES: SIZE 8, SIZE 12, SMALL, MEDIUM

Inquiries may be coordinated with the Provincial IMT Liaison team at Mobile numbers 0928-6935062 (Smart) and 0955-0259729 (Globe) and Donations Group through Ms. Candy Paz Lontoc at 0920-9835528 (Smart).

**Congratulations!**  
**City of General Trias**  
 Headed by Mayor Ony Ferrer

Silver Awardee of Manila Bay Clean-Up Rehabilitation and Preservation Program LGU Compliance Assessment

**SANGGUNIANG PANLUNGSOD**  
 \*City of General Trias, Cavite\*

# MAKING LIVES BETTER FOR GENTRISEÑOS



In keeping with the goal of making lives better for the people of Cavite, the Provincial Government conducts medical and dental missions to serve the health needs of indigent constituents. A total of 330 locals of Barangay Pasong Camachile 1, Gen. Trias City were served in another mission performed by doctors and dentists from General Emilio Aguinaldo Memorial Hospital and Philippine Airforce 15th Strike Wing on January 29, 2020. Services rendered range from medical and pediatric consultations to dental check-up and tooth extraction. The recipients also received prescription medicines and vitamins for free. The event was made possible thru the support of Congressman Jonjon Ferrer, Mayor Ony Ferrer represented by his son Toby Ferrer, Vice Mayor

Morit Sison, Sangguniang Panlungsod of Gen.Trias, PP Kyle Jassel Salazar and President Reuel Manalo Sarmiento, and Board Member Kerby Salazar who also gave nebulizer for Pasong Camachile 1 Health Station. Punong

Barangay Openg Aspuria, members of the barangay council, barangay health workers and SK Chair Luigi Nocon were also in attendance who gave their full support to make the mission successful. PICAD

## DO YOU KNOW ?

*The Dead Sea is not a sea but a lake in the desert that is part of Israel.*

(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.**

**“Sa panahon ng sakuna, trahedyang, epidemya at kagipitan, masusukat ang ating pagtitiwala at paniniwala sa Panginoon. Patuloy na manalig at sumandig sa Kanya at tiyak malalagpasan natin ang lahat.”**

Mayor Lani Mercado-Revilla

LOVE MY BACOOR  
 Saan-saan, Tulang-tulang!

CityGovBacoor | www.bacoor.gov.ph | /PIOBacoor | (046) 434-1111