HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
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**Mayor Nonong Ricafrente**
*Rosario, Cavite*

# ALLOW PAYMENT OF TUITION ON INSTALLMENT-BASIS: PRRD

MANILA – President Rodrigo Duterte has appealed to schools to offer staggered or installment payment options for students, recognizing how their parents are "hard-pressed" in finances due to the community quarantine brought about by the coronavirus disease (Covid-19).

"Iyong tuition ho sana (As for tuition) --- I hope that you'd allow a staggered payment or installments lang po sa mga eskwelahan (in schools)," he said in a televised meeting with Cabinet officials late Thursday night.

He also ordered the state-run Land Bank of the Philippines (Land Bank) to provide loans to students, especially those who could not afford to pay their tuition at all.

"For those who have really nothing to come up to sa bayaran (in paying tuition), we have the Land Bank and kindly listen to rules kasi itong Land Bank bubuksan namin (because we will open Land Bank) and you can borrow money to finance the education of your children," he said.

Duterte assured parents who may have lost their jobs due to the pandemic that their children would still be able to pay their tuition with loans offered by the Land Bank.

"We are hard-pressed in our finances but we have to place the premium of education. So that this would be another round of expenses but Land Bank is there to help you," he said.

To ensure that the Land Bank would comply with his order, he asked the state-owned bank to prepare a daily report on the loans released to beneficiaries.

"I want the development of this endeavor of the Land **(cont. P.2)**

# Liquor ban sa Cavite, lifted na simula Hunyo 1

Kasabay ng anunsyo ni Governor Jonvic Remulla ukol sa pag-aalis ng liquor ban sa Hunyo 1, nagbabala siya na undercover na roronda ang kapulisan upang siguruhin ang pagsunod sa mga patakaran.

Nakiusap si Remulla na huwag daanin sa pagkapilosopo ang sistema. Wika niya, dapat sundin muna ang patakaran, at maaari pang mabago ang panuntunan kung kakailanganin.

"Pwede ninyo subukan pero ang pnp ay may undercover na iikot. Parehong nabili at nagbebenta ay babantayan. Muli, huwag ninyo subukan laruin ang sistema. Mababa ang pasensya ko sa matigas ang ulo. Palibhasa ubod ng tigas ng ulo ko nung itim pa buhok ko," babala ni Remulla.

Ang mga nagtitinda ng alak ay maari lamang magbenta mula 1PM - 4PM lamang. Ibinigay din ng gobernador ang listahan ng pwedeng ipagbili ng mga q-pass hoders.

Ayon sa kaniya, "Ang pwedeng bilhin ng q-pass holder sa isang araw ay isa sa mga nakalista.

A. 1 litro ng Hard Drinks 18 proof and above (kasama pero hindi lamang ang mga inumin Emparador, Alfonso, Ginebra, at iba pang "hard drinks)

B. 2 litro ng 12-17 proof na inumin katulad ng wine, shoktong, at champagne.

C. Suma total ng 2 litro ng 1-11 proof katulad ng beer, red horse, san mig light, corona (yung beer hindi virus) at iba pa. (6 bottles or cans of 330 ml, or 4 bottles of 500ml)"

Mahigpit ring ipinagbigay alam ni Remulla na sa loob lamang ng bahay ang papayagang pag-inom ng alak, malayo sa mata ng publiko at ng awtoridad.

"Bawal ang inuman sa labas ng bahayan o plain sight ng persons of authority. Huwag na naman sabihin na "Bahay ko, pwede ko gawin ang gusto ko." 'Pag sa loob ng bahay ay wala kaming pakialam. Huwag lamang in public view," aniya.

Ipinaalala din niya na ang pagkalasing sa lansangan ay mapapatawan ng kapurasahan. Diin niya, "Bawal ang public intoxication. Pag kayo ay naglalakad sa kalye ay Amoy chiko kayo ay tepok kayo sa batas."

Nananatili pa din ang curfew hours na 8pm-5am. **(gocavite)**

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# Allow payment of tuition... (from p. 1)

Bank to help. Gusto kong malaman na matutupad talaga (I want to find out if it will really be fulfilled). So maybe I will require a report every day on how it goes, how it would present itself to the public once it is available," he said.

Earlier, the Land Bank announced that it has launched ACADEME or Access to Academic Development to Empower the Masses towards Endless Opportunities lending program to extend credit to private high schools, private technical-vocational education training institutions, colleges and universities in a "study now, pay later" scheme.

"Given the financial constraints brought about by the Covid-19 pandemic, Land Bank is financing interventions to ensure that students will be able to enroll in school when classes finally resume. The Landbank Academe Lending Program supports the education sector in providing students greater access to quality education amid the health crisis we are all facing," Land Bank president and CEO Cecilia Borromeo said in a statement.

The loans carry an interest rate of 3 percent per annum and are payable "based on the maturity of the sub-promissory notes but not to exceed three years."

Land Bank set aside a total of PHP3-billion for the lending program for students amid the pandemic which will be available until June 30, 2021.

***'Really feasible'***

With the opening of classes all set for August 24, Duterte commended Education Secretary Leonor Briones for the plan to provide "blended and distance learning" modalities for students to comply with his desire not to allow face-to-face classes until a vaccine against Covid-19 is available.

"I'm impressed with the simplicity of the program, Ma'am. And I believe that all that you have said is really feasible. I believe we have a very workable program and I support you," he said.

Briones, during the meeting, presented the plan of the Department of Education (DepEd) to adopt different learning approaches to ensure that education continues amid the pandemic.

Briones said the DepEd will have three approaches for students depending on whether they have ready access to computers or the internet.

The first approach, she said, would be printed material, which will be delivered to the homes of the students through the barangays or picked up by their parents at designated places within coordinated schedules.

In case there is no connectivity and printed materials may not be available immediately, Briones said the DepEd could tap radio or television-based learning by "working very closely" with barangays (villages) and local government.

Briones said that municipalities as well as the Presidential Communications Operations Office (PCOO), IBC-13 have offered their resources to air lessons through radio and television.

Students with access to interactive facilities will utilize its online learning platform called DepEd Commons (commons.deped.gov.ph), she said.

Currently, the DepEd Commons has over seven million subscribers wherein lessons, homework, quizzes, tips to learners, and teachers are accessible, she added.

She said these alternative learning schemes are "already existing" and "done by many schools", but noted that there is a greater emphasis now that face-to-face classes would have to be limited.

Duterte expressed support for the program and asked her to seek help from concerned agencies, particularly the Department of the Interior and Local Government, to assist them in implementing it.

He also vowed to provide funding for the DedEd program, saying that education cannot be compromised.

"If it's a question of funding, I will --- sought to speak, scrape the bottom --- the bottom of the barrel…We will have to forgo many things along the way because of what happened. But education, I think, if it is compromised it should be negligible so that it should go on because the future of this country depends on the --- how we educate our young people nowadays," he said. (PNA)

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**DR. AURELIO PAREDES BAUTISTA**

## PAGLAYA

1. May babaing nais ang kanyang paglaya,
Nais na lumaya itong kanyang diwa
Nais na lumaya sa nais magawa,
Nais na lumaya sa takda ng madla.

2. Babae'y lumaya sa takda ng tao,
Lipunan nagbigay sa laya niyang gusto,
Maari na sila ngayong makaboto,
Maari na sila ngayong magtrabaho.

3. At sa opisina sila ay dumami,
Maging sa pabrika'y maraming babae,
Sa mga ospital ang nars ay nagsilbi,
At doon nandalang ang mga lalake.

4. Sa mga gawain braso ang kailangan,
Doon ang lalake'y hari sa larangan,
Ang ibang babae'y gusto ring pasukan
Ang larangang itong kay hirap gampanan.

5. At dahil babae'y nilikhang masipag,
Lalake'y tinalo sa trabahong hanap,
Maraming babae sa trabaho'y tanggap
Lalake'y naiwan nadaig sa sikap.

6. Kaya ang nangyari ay biglang nagbago,
Ang takbo ng ating kinilalang mundo,
Asawang lalake'y wala nang trabaho,
At babae ngayon itong pursigido.

7. Marami na tayong makikita ngayon,
Asawang babae'y pagod sa maghapon
Sa pagtatrabaho upang makaipon
At maitaguyod pamilyang naroon.

8. Gustuhin man nitong maraming lalake
Na sila'y tumulong sa gastos at silbi,
Ano ang gagawin kung walang bakante?
Babae'y lumaya, layang naging imbi.

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***Tinanggap ni Silang Mayor Corie Poblete ang donasyon na mga Food Supplements ng Cleanway Environmental Management Solutions, Inc. sa pamamagitan ni Mr. Philip Medina, ito ay para sa bawat batang Silangueno na mal-nourished na makakatulong sa pagpapalakas ng kanilang pangangatawan at kalu-sugan, sila ay walang sawang tumutulong simula pa noong pumutok ang bulkang taal. Mabuhay po kayo!***

# DOH CALABARZON STRENGHTENS OWN HEALTH SYSTEM TO FIGHT DISEASES BEYOND COVID PANDEMIC

The Department of Health (DOH)- CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) has been strengthening its health system by establishing more health facilities and developing and upgrading existing hospitals including competencies of health care workers in the region not only to fight the current COVID 19 virus but also to fight diseases beyond the present pandemic.

"As part of the "new normal", a health system must be ready to fight any epidemic that may occur such as the present COVID 19 pandemic or any other diseases that may endanger the health of the community," Regional Director Eduardo C. Janairo strongly stated.

"We now have two regional hospitals that can serve people from various municipalities of the region, the Batangas Medical Center in Batangas and the Southern Tagalog Regional Hospital in Cavite, two specimen testing laboratories in the region at the Lucena United Doctors General Hospital in Quezon and the De La Salle Medical Health and Sciences Institute in Cavite."

Janairo added that the regional office is in the process of utilizing other health facilities in other provinces to further improve their health services.

CALABARZON is the region has a population of about 15 million people. "We have to safeguard and protect the health and welfare of these people and at the same time, we want the region to be independent from Metro Manila in terms of medical services. This is also the best way to decongest hospitals in NCR because once we have a level 2 or 3 hospital in every province, residence need not go to Manila to get their treatment," he emphasized.

Janairo added that the regional office is in the process of procuring GeneXpert machines for covid19 virus testing to be distributed in identified health facilities in various provinces. These machines are actually initially in-

(cont. P.7)

## NEBULIZER IPINAGKALOOB NG SOCO PARA SA MAY SAKIT NA HIKA

MARGIE BAUTISTA

*Pinangunahan ni Police Major Oliver Detchitan Chief ng Scene Of the Crime Operative (SOCO), LtCol Jericho Cordero ng GMA MPS at Gamma Epsilon Fraternity ang pamamahagi ng Nebulizer para sa may mga sakit ng Hika. MARGIE BAUTISTA (Photo Courtesy by Rossel Calderon)*

Laking pasasalamat ng mga may sakit na hika nang magkaloob ng Nebulizer ang Scene of the Crime Operatives (SOCO) Imus at Team Leader nito sa Barangay Tirona, General Mariano Alvarez GMA, Cavitr.

Sa pahayag ni Maj Oliver Detchitan ng SOCO-Imus at Team Leader, 10 nebulizer na nagkakahalaga ng mahigit P10K ang ibinigay ng kanilang grupo sa mga residente ng Barangay Tirona sa Gen Mariano Alvarez (GMA), Cavite na dumaranas ng hika.

Napag alaman na ang pamimigay ng mga nebulizer sa mga may sakit ng hika ay isa sa programa ng nasabing barangay sa pamumuno ni Brgy Chairman Dennis Ayala subalit sa dami ng mga nangangailangan nitong panahon ng pandemia ay nasira ang mga ito.

Ayon namani kay LtCol Jericho Cordero, Hepe ng SOCO na bukod sa nebulizer namigay din ang kanyang grupo ng mga libro na ilalagay sa mini library ng barangay na maaring hiramin ng mga kabataan upang basahin lalo sa panahon ng quarantine.

Kasabay rin na ipinamigay ng SOCO-Imus ay mga alcohol, face mask at iba pang mga pangangailangan sa Philippine General Hospital (PGH) at may scholarship program din sila sa anak ng namatay nilang striker.

Kasama rin ng SOCO-Imus sa kanilang mga programa ang Gamma Epsilon Fraternity. (**MARGIE BAUTISTA**)

*Nagpirmahan na ng kasunduan ang City Government of Bacoor at foodpanda.ph kung saan ang pangunahing layunin ng proyekto ay mabigyan ng dagdag na pagkakakitaan ang mga tricycle drivers sa Lungsod ng Bacoor. Sa pagko-convert ng kanilang mga tricycle to delivery motorcycles, mas madaragdagan ang kanilang kikitain sa araw-araw kumpara sa kanilang limitadong pagbiyahe sa tricycle sa panahon ngayon. Ang programang ito ay pinangunahan ng Public Employment Service Office ng Bacoor sa pamumuno ni Doc Bob de Castro sa pakikipagtulungan sa mga grupo ng TODA ng Lungsod ng Bacoor at sa BTMD. Tinatayang 150 tricycle drivers na higit na naapektuhan ang kabuhayan dahil sa pagsasailalim sa ECQ ng lungsod ang magbebenipisyo at mabibigyan ng alternatibong livelihood sa pamamagitan ng pagdedeliver sa ilalim ng foodpanda.ph. Pinangunahan nina Mayor Lani Mercado Revilla at foodpanda.ph Managing Director Daniel Marogy ang pirmahan ng kasunduan. Ang Bacoor ang kauna-unahang lungsod sa buong Calabarzon na pumasok sa ganitong kasunduan sa isang private sector na delivery service.*

*Pagbati Mula kina:*

**Cong. Jonjon Ferrer**
*Gen. Trias, 6th Dist. of Cavite*

**Mayor Ony Ferrer**
*Gen. Trias, Cavite*

Mayor Nonong Ricafrente
*Rosario, Cavite*

## ROSARIO,
## BAYANG TAHIMIK, MASAYA AT MAUNLAD

## LET THERE BE LIGHT!

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

**KAINGIN -** Ang nayong ito sa Kawit ay dating maraming puno na pinutol upang ang lupa ay maging kaingin na taniman ng palay.

# 500 FAMILIES IN CAVITE CITY BENEFITED THE PNPs FOOD PACKS DISTRIBUTION

*PRO 3 Regional Director, PBGEN RHODEL SERMONIA, President, Associations of Chief of Police of the Philippines Inc. (ACCPI) and his party, Cavite Provincial Director PCOL MARLON R SANTOS and his Command Group and Staff together with PLTCOL FRANCO ALLEX REGLOS, COP, Cavite,City personally distributed relief goods to almost 500 families affected by Covid-19 pandemic held at Samonte Park Covered Court, Brgy 62-A, Cavite City. (MARGIE BAUTISTA)*

PRO 3 Regional Director, PBGEN RHODEL SERMONIA, President, Associations of Chief of Police of the Philippines Inc. (ACCPI) and his party, Cavite Provincial Director PCOL MARLON R SANTOS and his Command Group and Staff together with PLTCOL FRANCO ALLEX REGLOS, COP, Cavite City personally distributed relief goods to almost 500 families affected by Covid-19 pandemic held at Samonte Park Covered Court, Brgy 62-A, Cavite City at 9:00 o'clock in the morning of May 31, 2020.

The activity is an Outreach Program with the theme PNP Rektang Bayanihan: Adopt A Family" an initiative charity services of the ACCPI, in joint activity with Cavite Police in fulfillment to PNPs commitment of delivering food distribution to help the poorest of the poor families affected by COVID-19 PANDEMIC.

P D G E N SERMONIA, ACCPI President, promotes the Rektang Konek Aksyon Agad! Simulcast at UNTV News and Rescue Channel 37 aired every Monday to Friday from 12:30PM to 2:00PM. This is a TV program purposely to provide public services to respond for any complaints, red tapes of government services, and all other cases.

More or less 500 bags of relief goods containing sacks of rice, canned goods, and fresh vegetables were received by the head of families.

The activity was graced by City Mayor Hon. Bernardo S. Paredes, KKDAT Ambassadress Ms. Michelle Gumabao, Community Action Crime Group (CACG), Narcotics Intelligence Assistance Group (NARIAG) and Class 1976 Alumnus of Cavite National High School. **MARGIE BAUTISTA**

# A NEW CUSTOMER EXPERIENCE AT SM CITY CALAMBA

SM CITY CALAMBA

With the opening of different businesses, the definition of normal "changed" when it comes to providing services to customers. Adapting to the "new normal" SM City Calamba redefines customer service during this challenging times.

Continue to enjoy treats from your favorite restaurants with take-out and delivery services. SM City Calamba partnered with riders for their SM Pabili Services. Stay home as your essentials are delivered to you by a personal shopper. Join the SM Laguna community on Viber for the latest updates on take-out, delivery and promos.

SM City Calamba ensures that safety is of topmost priority thus continuous sanitation is being observed throughout the mall. Strict measures are being enforced for a safe malling experience. Disinfecting floor mats and alcohol dispensers are placed in all entrances. Temperature checks are also required prior to entry to the mall. Directional arrows as well as escalator and elevator markers are also in place to manage the flow of customers.

Ushering a new era of customer experience, the mall will continue to provide safe and efficient solutions for the benefit of is shoppers. **(KCHT)**

ENGR. VIR CAMPAÑA BAUTISTA (TWIN BROTHER OF VER)

## HUMANITY TRIVIA

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

Windmill - 600
Telescope - 1608
Beet - Mediterranean
Aloe vera - Africa
Broccoli - gout

# POPE FRANCIS: People are more important than economy

Mas importante ang tao kesa sa ekonomiya, ito ang saad ni Pope Francis nitong Linggo habang ang mga bansa sa iba't ibang bahagi ng mundo ay nagluluwag ng panuntunan sa pagtugon sa coronavirus.

Inihayag ng santo papa ang komento noong siya ay nagbigay ng mensahe tanaw ang St. Peter's Square mula sa bintana ng tinutuluyan sa Vatican.

"Healing people, not saving [money] to help the economy [is important]. Healing people, who are more important than the economy," sabi niya.

["Ang panggagamot sa tao, hindi ang pag-iipon [ng pera], para matulungan ang ekonomiya [ay mahalaga]. Paggamot sa tao ay mas importante kesa sa ekonomiya,"]

"We people are temples of the Holy Spirit, the economy is not," dagdag pa niya.

["Tayong mga tao ay templo ng Banal na Espiritu, hindi ang ekonomiya,"]

Walang tinukoy na bansa si Francis sa kaniyang pahayag.

Ang mga bansa ay isinasangalang-alang kung aalisin na ang lockdown para buksan muli ang daloy ng ekonomiya, o kung papanatilihing nasa ilalim ng lockdown hangga't masigurado na ang panganib ng virus ay nasa kontrol na.

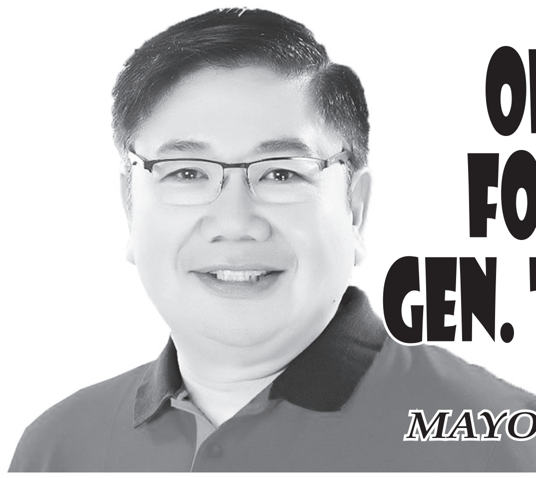
Nagpalakpakan ang mga tao matapos marinig ang komento ng santo papa.

Nag-alay ng dasal ang taumbayan para sa mga medical workers na namatay dahil sa oagsagip ng buhay ng iba. Pinanguhan ni Pope Francis ang pagdarasal.

Umaasa siya na matapos ang krisis ay mapagtibay nito ang pagkakaisa kesa ang pagkawatak-watak ng mundo.

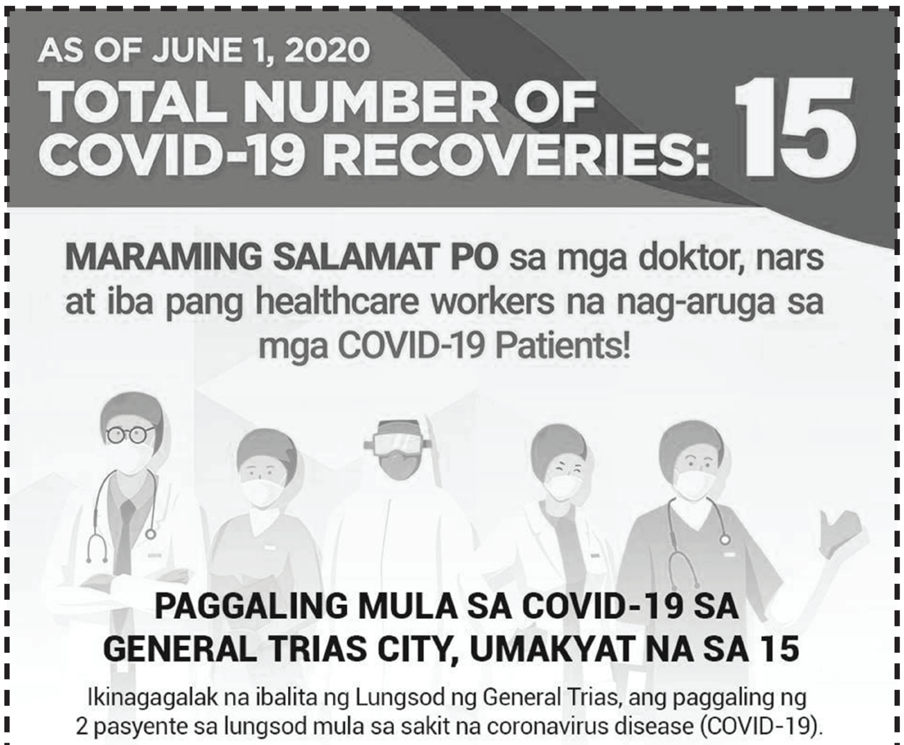
"People do not come out of a crisis like this the same as before. We will come out either better or worse than before. Let's have the courage to emerge better than before in order to build the post-crisis period of the pandemic positively," sabi niya.

["Hindi na magiging pareho ang mga tao matapos ang dinadanas na krisis na ito. Malalagpasan natin ang krisis na ito, na kung hindi mas mabuti ay mas masama kesa dati. Magkaroon tayo ng tapang na maging mas mabuti kesa noon upang makapagtayo ng positibong mundo pagtapos ng pandemiya,"]. **(gocavite)**



ONWARD FORWARD GEN. TRIAS CITY

*MAYOR ONY FERRER*




## EDITORIAL

Ang pamahalaan ay nag-aalok ng libreng pag-aaral sa skills. Samantalahin natin ito at mag-aaral nang puspusan. Ang mga bansang mayayaman ay nagkukulang sa mga taong maglilingkod sa pabrika, mag-aalaga sa mga senior citizens at gagawa sa mga lugar na mismong mga mamamayan nila ang tumatanggi dahil sa nabibilang ang gawain sa marumi, mainit, masikip, maliit ang suweldo at laging binabantayan. Iyan ang dahilan kaya marami tayong OFW sa mga bansang may kakayahang magpasuweldo ng mas malaki kaysa ating mga kompanya sa bansa.

Ang taong bayan ay marapat na isipin ang kanilang kalagayan at kumilos upang baguhin ito.

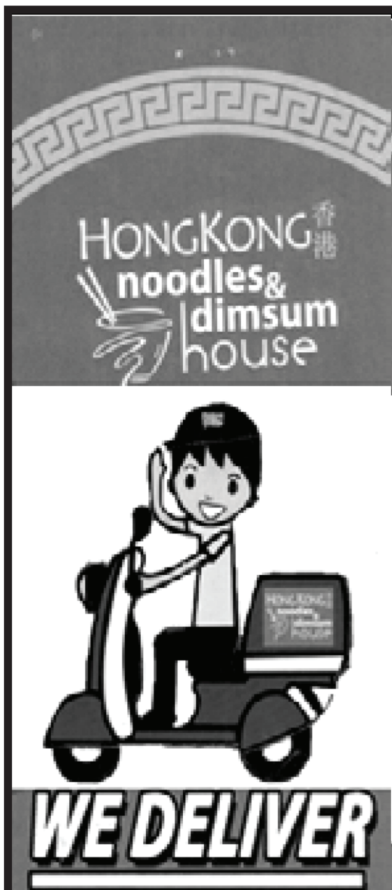
*Kawiteño, pinakita ang pagkamalikhain sa paggawa ng face mask!*
*Binigyang pagkilala ni Mayor Angelo Aguinaldo ang face mask na ito na mula sa kababayan.*
*"Nakakatuwa naman na makitang lumalabas ang pagiging malikhain ng mga Kawiteño sa paggawa ng kanilang mga PPE! Ngayon nga ay tinesting ko ang 'custom-made' face mask na gawa nila Jolex Ramos at ng mga kasama niya sa Cuzin's Chikahan Sisterakas. Bagay ba mga sisters?" aniya.*
*Source: Kawit PIO, Mayor Angelo Aguinaldo*

## CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

**Gen. Tomas Mascardo proved himself very brave in a battle in Tanauan, Batangas and at the Battle of Zapote in Cavite. He was a teacher at Halang, Amadeo at the beginning of the revolution. When Gen. Antonio Luna was the Commander -in-Chief of all Luzon forces, Mascardo was the Commander for Bataan-Pampanga-Zambales sector. He had bested Luna in a suit for the hand of a Pampanga beauty and so Luna hated him. This almost resulted in a fight among friendly troops had it not been for the intervention of Aguinaldo. Mascardo, upon learning of the capture of Aguinaldo ordered. Major Manuel L. Quezon to surrender to verify the report. Upon knowing of the capture, Mascardo surrendered in May 1901.**

**36. Gen. Emiliano Riego De Dios, who hailed from Maragondon, was the soldier-diplomat of the Philippine Revolution. He was appointed as the Politico-Military Governor of Cavite by Gen. E. Aguinaldo upon his return from HongKong. He was also appointed Vice President of the Diplomatic Commission to work for the recognition of the Philippine Independence. He was directly under Felipe Agoncillo on this capacity. His contribution to history was his insistence to President Aguinaldo to commute the death sentence of the Bonifacio brothers to exile.**

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| Pineapple Fried Rice | P115.00 | P225.00 |

## HOUSE SPECIAL
(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 |

## ALA CARTE
(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 |

## RICE TOPPINGS

| | |
|---|---|
| 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 |

## SOUP

| | |
|---|---|
| Spinach Seafood Soup | P135.00 |
| Pumpkin Soup | P125.00 |
| Crab Meat Corn Soup | P160.00 |
| Hot & Sour Soup | P135.00 |
| Solo Serving | P60.00 |

## COMBO MEAL

| | |
|---|---|
| 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 |

## DESSERT

| | |
|---|---|
| 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 |

## BEVERAGE

| | |
|---|---|
| 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.

## COVID-19 UPDATES & MEASURES by the Municipal Government of Carmona

**Carmona IATF on COVID-19 holds meeting on COVID-19 updates.** On June 1, 2020, the Carmona Inter-Agency Task Force (IATF) on coronavirus disease (COVID-19) headed by Mayor Roy Loyola conducted a meeting with the barangay captains at the Municipal Penthouse regarding updates on COVID-19 in the municipality as well as strategies on strengthening implementation of the Carmona COVID-19 Tracker (CCT) app and the Department of Health's Katuwang na Impormasyon para sa Responsableng Aksyon (KIRA) self-assessment chatbot.

**Carmona Mayor Roy Loyola conducts online meeting with business sector.** Carmona Mayor Roy Loyola held an online meeting with the business sector on June 1, 2020 regarding their compliance with the minimum public health standards as well as the massive usage of local innovations such as the Carmona COVID-19 Tracker (CCT) app and the Department of Health's Katuwang na Impormasyon para sa Responsableng Aksyon (KIRA) self-assessment chatbot.

**Donors continue the spirit of #BayanihanMunaLagi this COVID-19 season.** Donors from the public and private sectors continue to help Carmona frontliners and residents through various donations.

## DOH CALABARZON...

(from p. 3)

tended to be used for testing tuberculosis. He explained that the GeneXpert analyzes TB by detecting the presence of TB bacteria, as well as testing for resistance to the drug Rifampicin.

"He also bares plan for a disease testing laboratory which is now in the process of development and will be established in one of the provinces. "Laboratory medicine is an essential part of public health and it is a must for the detection of disease in individuals and populations. We can prevent the spread of any disease, from its early detection and diagnosis, to individualized treatment plans. It is the key to improving healthcare quality and avoiding long-term health costs."

"We need to plan beyond the COVID pandemic. We have to know how to protect ourselves and our communities. We need to have a successful response capability system and a capable emergency management structures that is in place and ready to use in case of any biological and other natural health hazards that may occur," he concluded.

**(GLEN RAMOS)**

## Health Benefits...

# Kaalaman tungkol sa Tanglad bilang halamang gamot

Ang tanglad ay isang mabangong damo na karaniwang ginagamit na na pantangal sa lansa ng mga pagkain. Kilala rin ito bilang sangkap sa paggawa ng tsaa. 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.

*Scientific name: Andropogon citratus DC.; Andropogon schoenanthus Blanco.; Andropogon flexuosus*
*Common name: Tanglad (Tagalog); Lemon Grass (Ingles)*

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 tanglang ang karaniwang ginagamit bilang halamang gamot. Ito'y nilalaga at ginagawang tsaa.

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 sikmura**. Ang tsaa mula sa dahon ng tanglad ay mabisa rin para maibsan ang pananakit sa sikmura.

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 as dahon ng tanglad.

7. **Altapresyon.** Upang mapababa naman ang mataas na presyon ng dugo, maaaring painumin ng tsaa 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. (mediko.ph)

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HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

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VOL.IV NO. 26

*Nag donate ng mga medical supplies ang private org na HelpThru na pinadaan sa tanggapan ni VM Ony. Ang mahahalagang supplies na ito ay ipapamahagi ni VM Ony sa mga health centers na ngayon ay aktibong tumutugon sa maliliit na pangangailangang pang kalusugan ng Imuseño.*

# Simple ceremonies to celebrate the National Flag Day amid the pandemic

IMUS CITY, Cavite -- This year's celebration of the National Flag Day which commemorates the 122nd year the Philippine Flag was first unfurled May 28, 1898 was both somber and solemn with its simplicity.

The annual event was held at the Pambansang Dambana ng Watawat (Imus Heritage Park) at Barangay Alapan II-B with the simple ceremonies led by Mayor Emmanuel L. Maliksi, Vice-Mayor Ony Cantimbuhan together with representatives of the National Historical Commission of the Philippines, and personnel of the Imus Philippine National Police (PNP), Bureau of Fire Protection (BFP), City of Health Office, and employees of the city government.

During the program, the city's hardworking and brave frontliners were honored and recognized for their tireless dedication to their jobs of saving lives and helping others especially during this time of the COVID-19 pandemic.

Just like the heroes of the Philippine Revolutionary Army who fought for the country's freedom from the Spanish forces, our frontliners are also fighting for the freedom that the corona virus had suppressed so abruptly.

Mayor Maliksi said in his speech, "Every Filipino is ecouraged to display the Philippine flag in all government buildings, offices, schools, and homes during this period. Let us fly our flags proudly this year not only for the heroes who sacrificed their lives in the past, but also for our modern-day heroes, the frontliners who battle COVID-19 day in and day out."

Meanwhile, the event also gave way to the blessing of the Inang Laya Monument which is scheduled for unveiling next year, and a small exhibit showing the perspective of the Imus Heritage Park, that is truly a legacy in the making.

On May 23, 1994, Executive Order No. 79 was issued to extend the period of celebrating National Flag Day from May 28 to June 12, Independence Day, thus the city of Imus has two-weeks of activities-filled celebration known as the Wagayway Festival. (PIA)

# Mayor Gemma Lubigan offers free consultation for kids with special needs

Trece Martires, Cavite Mayor Gemma Lubigan is offering free consultation for children with special needs to ensure they're taken care of amid the COVID-19 pandemic.

In a Facebook post of Mayor Gemma Lubigan fb page, Lubigan provided the contact details of the person whom parents can contact for the free consultation.

She said the service, which is available only on Wednesday and Friday, is conducted in partnership with the ELAD School of Potentials.

Lubigan said the needs of special children should be addressed even if the public is experiencing difficulties amid the COVID-19 pandemic.

"If every child matters, every child has the right to a good start in life. If every child matters, every child has the right to be included. And that is so important for children with special needs," she said. ###

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| Hotel and Restaurant Services | Basic Japanese Langauge | MathematicsTutorial |
| Microsoft Office Specialist | Basic Accounting | Mathematics Olympiad Training |

# DO YOU KNOW ?

*In Thailand as well as in the Philippines, it is taboo to touch another in the head unless you are accepted as an elder or superior.*

**(Shared by Fellowship with Humanity)**

FELLOWSHIP WITH HUMANITY
Province of Cavite

**PRESIDENT: AURELIO PAREDES BAUTISTA**

**Fellowship with Humanity is a Family-Based Masonic Charity Group registered in Cavite to help in a small way alleviate the conditions of the poor. The funds come from the family income of the Bautista Family members.**