

# HUMANITY

# NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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Vice Mayor Ony Cantimbuhan  
Imus City, Cavite

## DUTERTE'S 5TH SONA PRESENTS PLANS TO FIGHT COVID-19: PALACE



PRESIDENT RODRIGO DUTERTE'S  
STATE  
OF THE NATION  
ADDRESS  
2020

MANILA – President Rodrigo Duterte presented his plans to ensure the country's recovery from the effects of the coronavirus disease 2019 (Covid-19) pandemic when he delivered his 5th

State of the Nation Address (SONA), Malacañang said on Tuesday.

“Hindi po totoo iyan (That's not true),” Presidential Spokesperson Harry Roque said when asked to react to claims

that Duterte, in his SONA delivered on Monday, failed to provide his government's concrete plans for the country's recovery from Covid-19.

Senator Risa (cont. P.2)

**Sama-sama nating labanan ang Covid-19!**  
**PALAGING MAGSUOT NG FACE MASK**

**Ang pag-iingat para sa sarili ay pag-iingat at pagmamalasakit din sa iba.**

COVID-19 IMUS RESPONSE HOTLINE: (046) 481-4599

MAYOR Emmanuel MALIKSI

## Testing Czar visits Bacoor City, holds dialogue on COVID-19



BACOOR CITY, Cavite -- Deputy Implementer and currently Testing Czar Task Force COVID-19 (cont. P.2)

Noong July 30 sa Facebook post, ipinabatid ni Governor Jonvic Remulla na kailangang magkaroon ng “foresight” at maging handa ang gobyerno kapag dumating na ang bakuna na hinihintay upang malabanan ang pandemya dulot ng COVID-19.

Aniya, “Once a vaccine is made available, the government should be ready to respond to the following public concerns:

1. How do we administer 220,000,000 doses (2 shots per person x 110 million Filipinos)?

2. How do we do it without creating the least amount of panic and hysteria? Who gets it FIRST and how do people get it quickly enough?

3. How do we apply the lessons learned from the challenges we encountered during the SAP distribution and avoid the same mistakes when it comes to the availment and administration of the vaccine?”

Bagaman mayroong mga katanungan para sa mas maayos na pamamalalakad, ipinabatid naman ng gobernador na ang Cavite ay naghahanda para sa “proactive & viable plan”.

“ Ika nga ni Sorsogon Gov. Chiz Escudero: “We should expect more from the Government.”

If our hands are full in the containment strategy, then our best minds should have the FORESIGHT and prepare for the arrival of the vaccine.

The good news is we are now crafting a proactive & viable plan for Cavite. Now, let us all come together and create a plan for the country.

Governor Jonvic Remulla



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Contact Number: 09460039850

E-mail Address: [humanitynews@yahoo.com](mailto:humanitynews@yahoo.com)

## Testing Czar visits Bacoor City... (from p. 1)

Secretary Vince Dizon visited the city yesterday to hold a dialogue with the members of the Bacoor City Task Force COVID-19 led by City Mayor Lani Revilla.

The consultation between the City Task Force and the party of Sec. Vince Dizon discussed the current status of the testing and isolation facilities of the city.

Mayor Revilla presented the COVID-19 Update in the city that showed an upsurge in the number of positive cases of the coronavirus since the beginning of the month of July. Based on the latest data, almost 60% of the new cases are employees working in

NCR.

The upscale trend highlighted the need for a massive and aggressive PCR testing that would result to the shortage of isolation and quarantine facilities.

The Testing Czar committed to immediately act on the issues brought up in the dialogue with provision of additional swab teams from the NTF for the massive testing, and offered to add more isolation and quarantine facilities in the city because of an expected increase in the number of cases after conducting testing of all suspect cases in the city.

Sec. Dizon said, "The city of Bacoor is no

different in the situation and needs of those in the NCR because of its location."

Aside from the dialogue, Sec. Dizon together with officers of the Department of Health IV-A turned-over 5,000 Personal Protective Equipment (PPE) sets comprised of body suits, face masks and gloves and about 2,000 pieces of PCR test kits for the 1st batch of donations to the city government.

NCR, Cavite, Laguna and Rizal are now considered as the epicenter or source of the big cases of the COVID-19, and the NTF will now be the partner of the LGUs to help curb the

virus.

Mayor Lani was thankful for these interventions by the NTF and also called for the help and cooperation of the companies and employers of Bacoor workers in NCR to help with the provision of isolation facilities so as not to require the patients to return home to prevent the spread of infection to their immediate family and to the community as well.

The city currently has recorded 522 confirmed cases out of which 302 are Active cases, 189 had fully recovered and 31 deaths as of July 22, 2020. (PIA-Cavite with reports from Bacoor PIO)



## PAGBALIK SA PINANGGALINGAN

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

## Duterte's 5th SONA... (from p. 1)

Hontiveros and Bayan Muna Rep. Carlos Isagani Zarate lamented that Duterte used his penultimate SONA to lambast his critics, such as Senate Minority Leader Franklin Drilon and the Lopezes.

Senator Francis Pangilinan, on the other

hand, was dismayed that Duterte did not mention the government's "miss targets" in mass testing, contact tracing, and the disbursement of cash assistance to poor families affected by the pandemic.

Some senators also claimed Duterte was not able to give a "clear

Covid-19 recovery roadmap.

Roque said the lawmakers' reactions no longer surprised the Palace.

"Kaniya-kaniyang pananaw po iyan. At siyempre galing sa oposisyon, wala naman silang mabuting makikita doon sa sinabi ni Presidente (We all have different views. And of course, the reactions came from the opposition who do not see anything good in what the President has said)," he said.

Roque maintained that the government's policy is to further boost the country's capacity to test, isolate, trace, and treat Covid-19 patients.

He added that the government would use available funds to reboot the economy, which has suffered a recession because of the pandemic.

"Gagamitin po natin ang public funds 'no para mag-stimulate ng economy (We will use public funds to stimulate the economy)," Roque said.

He also noted that Duterte has pushed for priority legislative measures that would help restart economic activities in the country.

The proposed Bayanihan to Recover as One (Bayanihan 2) Act, which contains a stimulus package that would revive the country's economy in the aftermath

of the Covid-19 crisis, was among the legislative priorities outlined by Duterte in his 5th SONA, Roque said.

"At kahapon naman po, nangako 'yung liderato ng Kongreso na within the month 'no, or siguro itong darating na month ng Agosto, maisasabatas o maia-approve nila in third and final reading (Yesterday, Congress leaders promised that they would approve the [priority measures] on third and final reading within the month or this coming August)," he said. (PNA)

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**Papi**

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# Imus CASO launches Project Punla, LGU initiative for food sufficiency



## Project PUNLA

It is a **Plant, Plant, Plant** Program concept of the City Government of Imus and the City Agricultural Services Office which aims to increase the city's agricultural production particularly rice and vegetables, through intensified use of quality seeds, appropriate inputs, and modern technologies to increase and ensure level of productivity, availability, accessibility and affordability.

The program is the city government's main response in ensuring food sufficiency and adequacy level during the emergency situation.

### OBJECTIVE

To boost the food sufficiency level of the agriculture commodities starting from rice and vegetables and other commodities that are essential in the city's food security and sustainability.

### PROGRAM CONCEPT

#### IMMEDIATE PROGRAM

It will focus on our farmers who are engaged in rice and vegetable production that can immediately respond to the food supply needs of the city.

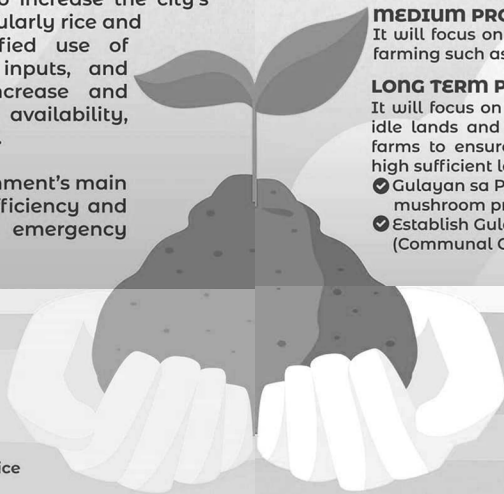
#### MEDIUM PROGRAM

It will focus on backyard gardening or small-scale farming such as container and vertical gardening.

#### LONG TERM PROGRAM

It will focus on the conversion and development of idle lands and vacant lots into organic vegetable farms to ensure sustainable food production at a high sufficient level.

- ✔ Gulayan sa Paaralan Program through mushroom production
- ✔ Establish Gulayan sa Barangay (Communal Gardening)



### PROPOONENTS

- ✔ City Government of Imus
- ✔ City Mayor's Office
- ✔ City Agricultural Services Office
- ✔ City Information Office
- ✔ City Tourism and Development Office
- ✔ Farmers/Land owners
- ✔ Home Owner's Association
- ✔ Department of Education
- ✔ Senior Citizens

### JUSTIFICATION

- ✔ Our farmers, the less privileged, and interested Imuseños will have a new source of living that ensures a decent and healthy life.
- ✔ We can grow sustainable food
- ✔ Produce healthy and nutritious food
- ✔ Increased agricultural production
- ✔ Increased food security
- ✔ Build Community
- ✔ Save money

### SUCCESS INDICATOR

- ✔ Raised production on rice and vegetables
- ✔ Increased farmers' income
- ✔ Developed idle lands into food production area
- ✔ Created more jobs and livelihood opportunities
- ✔ Boosted the food sufficiency level of agricultural commodities in the city
- ✔ Sustained food resources

Facebook icon MAYOR Emmanuel MALIKSI

IMUS CITY, Cavite -- The local government thru the City Agriculture Services Office (CASO) launched recently the Project Punla, the city government's main response in ensuring food sufficiency and adequacy level during emergency situation.

According to the Imus Public Information Office (PIO), the project has a Plant, Plant, Plant Program concept which aims to increase the city's agricultural production particularly rice and vegetables, through intensified use of quality seeds, appropriate inputs, and modern technologies to increase and ensure level of productivity, availability, accessibility and affordability.

For its immediate program, it will focus on the farmers who are engaged in rice and vegetable production that can immediately respond to the food supply needs of the city.

Meanwhile, for the backyard gardening or small-scale farming such as container and vertical-gardening are the focus for the medium term

program.

The long-term program will focus on the conversion and development of idle lands, and vacant lots into organic vegetable farms to ensure sustainable food production at a high sufficient level thru Gulayan sa Paaralan Program mushroom production, and the establishment of Gulayan sa Barangay (Communal Gardening).

The City Government of Imus spearheads the implementation of Project Punla with the full support of the City Mayor's Office, City Agricultural Services Office, City Information Office, City Tourism and Development Office, Farmers/Land Owners, Homeowners' Association, Department of Education, and the Senior Citizens.

Through program, the farmers in the city as well as the less privileged, and other interested Imuseños will have a new source of living that would ensure a decent and healthy life by growing healthy and nutritious food. (Ruel Francisco/BACOR PIO/ Imus PIO)

# Distribution of Financial and Burial Assistance

Amidst the Covid 19 pandemic, the provincial government led by Governor Jonvic Remulla never cease to find ways to deliver its services to the people of Cavite, particularly the distribution of financial assistance which was temporarily suspended due to the outbreak. Prioritizing the safety of its constituents, mass distribution which will gather a huge crowd was disallowed prompting the Office of the Governor to spearhead the house-to-house distribution

of aid to beneficiaries. Aside from the Botika on wheels which caters to the medical needs of the locals, the team from the Office of the Governor and the Provincial Social Welfare and Development Office went down to barangays to dispense financial and burial assistance which were already processed in the previous months and awaiting release.

On July 21-23, a total of 116 beneficiaries were given assistance including those from the municipality

of Mendez with 33 recipients, 40 from Tagaytay City and 43 citizens from General Emilio Aguinaldo.

Another batch composed of 408 recipients were granted assistance on July 28-31 with 114 beneficiaries from Ternate, 53 residents from Alfonso, 104 from Magallanes and 137 beneficiaries from Amadeo.

Owing to the huge impact of the pandemic to the health and livelihood of Caviteños, the provincial government's response actions

focus not only in stopping the further spread of the virus through policies and guidelines, education and information, treatment, testing

ang contact tracing but also in providing the needed assistance like financial aids, food and non-food commodities, and ways to

move forward like business continuity for the economic sector, tourism and education sector support, and many more. (PICAD)

## Pagbati Mula kina:



**Mayor Socorro Rosario "Corie" F. Poblete**  
Silang Cavite



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

**\* If you take care of your being, God will take care of your becoming.**



**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*

**BAYAN LUMA** - Ang Bayan Luma, Imus ay nayon na dating kabayanan. Nang ilipat ang simbahanat kabayanan ay tinawag ito ng mga Kastila na Pueblo Viejo na ang kahulugan ay Lumang Bayan.

REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
BRANCH 15, NAIC, CAVITE

HOME DEVELOPMENT MUTUAL FUND  
(Pag-Ibig Fund)  
Mortgagee/Petitioner,

FNC-2020-60  
For : Extra-Judicial Foreclosure of Real  
Estate Mortgage under Act 3135,  
as Amended by Act No. 4118

-versus-

ELIZA ALONZO RIVERO,  
Mortgagor/Respondent.

**AMENDED 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)** mortgagee/petitioner, a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679 with principal office at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, which mortgage against **ELIZA ALONZO RIVERO**, with postal address at #0036, Pasong Camachile Uno Subdivision, Gen. Trias, Cavite, to satisfy the mortgage indebtedness which as of December 20, 2019 amounts to **FOUR HUNDRED FIFTY THOUSAND SIX HUNDRED SEVENTY FOUR PESOS & 78/100 (P450,674.78)** Philippine currency, inclusive of interest and other charges, the undersigned Sheriff will sell at public auction on **September 8, 2020 at 10:00 o'clock** in the morning or soon thereafter at the main entrance of the Office of the Ex-Officio Sheriff at the Hall of Justice formerly Mayor Macario B. Pena Memorial Hall, Naic, Cavite, to the highest bidder, for cash and in Philippine currency, the following described property with all the improvements existing thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-057-2018032837

A CERTAIN LAND SITUATED IN BARANGAY OF SABANG (FORMERLY TIMALAN) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE. ISLAND OF LUZON, bounded and described as follows: LOT NO : 23. BLOCK NO : 34 PLAN NO : PSD-04-246094 PORTION OF SUBD. OF BLOCK 32, PCS-04-030597 LRC RECORD NO. 8340 LOCATION : BARANGAY OF SABANG ( FORMERLY TIMALAN ) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON TECHNICAL DESCRIPTION BOUNDARIES : LINE DIRECTION, ADJOINING LOT (S) 1-2 NE LOT 9, BLOCK 34, PSD-04 246094, 2-3, SE LOT 24, BLOCK 34, PSD-04 246094 3-4 SW ALLEY LOT 20, PSD-04-24609 NW LOT 22, BLOCK 34, PSD-04 246094.

TIE POINT : MON. NO. 17, NAIC ESTATE, PROVINCE OF CAVITE LINE, BEARING DISTANCE TO CORNER, 1 S. 40 34' E 2562.43 M. 1-2 s. 29.26. E 3.50 M 2 - 3 8.00 M. 3 - 4 N. 29° 26' 3.50 M 4 - 1 60°. 34 8.00 M. AREA : TWENTY EIGHT SQUARE METERS (28) . x x x x x

All sealed bids must be submitted to the undersigned on the above-stated time and date.

Prospective bidders or buyers are hereby enjoined to investigate for themselves, the title herein above-described and the encumbrances thereon, if any there be.

In case of the absence of any participating bidder on the above-scheduled date, said auction sale will be reset and finally held on September 15, 2020 at the same place and time above-mentioned.

Naic, Cavite, July 7, 2020.

(SGD) JANELLE V. LAGADON, MBA  
Sheriff IV

HOME DEVELOPMENT MUTUAL FUND  
(Pag-Ibig Fund)  
The Petron Mega Plaza Building, No. 358  
Sen. Gil Puyat Avenue, Makati City

MARIA VICTORIA D. CAPIRAL  
c/o POMPEYO MAYNIGO  
Attorney-In-Fact, Vision Credit and  
Collection Services Inc., JRDC Building  
117 Sen. Gil Puyat, Pasay City

ELIZA ALONZO RIVERO  
#0036, Pasong Camachile Uno  
Subdivision, Gen. Trias, Cavite/Lot 23,  
Block 34, Phase 2 Pasinaya  
Homes, Sabang, Naic Cavite

HUMANITY NEWS  
JULY 20, 27 & AUGUST 3, 2020



**Namigay ng libreng groceries si Mayor Dino Reyes- Chua kasama ang Team Unlad Noveleta para hindi na lumabas ang mga tao sa looban ng Covid19 affected area sa Barangay San Rafael 3, Noveleta, Cavite!**

**Noveleta with lowest COVID-19 cases in the 1st District of Cavite**

**NOVELETA**, Cavite -- The local government here reported that among the municipalities in the 1st District of the province, it has the lowest COVID-19 confirmed cases recorded with 23 as of July 20, 2020.

On the other hand, neighboring towns of Kawit has 31 cases, Rosario with 32, and Cavite City with 34 cases.

Town Mayor Dino Chua attributed this to the vigorous campaign of each barangay that was fully supported by the local government resulting to majority of the barangays (10 out of 16 barangays) remaining COVID free.

Since the outbreak hit Barangay San Rafael June 24, 2020 with 11 cases recorded, the disease had spread to neighboring barangays of San Juan 1 and San Antonio 1 with 4 cases each, San

Juan 2 with 2 cases, and Barangays Salcedo and San Rafael with 1 case each.

Mayor Chua said, "The LGU is determined that they can pass this pandemic with the help of every single citizen of Noveleta."

Out of the 23 COVID patients, six were treated at the Noveleta MedCare Center, the designated COVID-19 center in the town under Municipal Health Officer Dr. Hilda Bucu.

The quarantine center was commended for its cleanliness and comfortable facilities including the good medical care and attention provided by the nursing staff.

Meanwhile, since the start of the community quarantine the LGU continuously provided food packs to the families particularly those greatly affected by the lockdown in Barangay

San Rafael III.

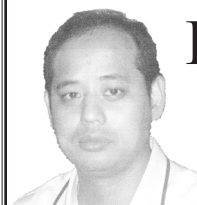
The Local Disaster Risk Reduction and Management Office distributed free face masks to all the vendors in the public markets for the safety of both the vendors and market goers.

Moreover, the local government had established a program with the Unlad Noveleta network provider for the provision of free WiFi access to all 16 barangays in preparation for the opening of online classes on August 24,

2020.

"Instead of providing school supplies every first day of school, the local government is preparing to provide gadgets to every public school for the online and modular classes," the mayor stated.

"For our safety, please follow government protocols of proper wearing of face masks, physical distancing, proper hand washing, and avoid crowded places," concluded Mayor Chua. **(PIA)**

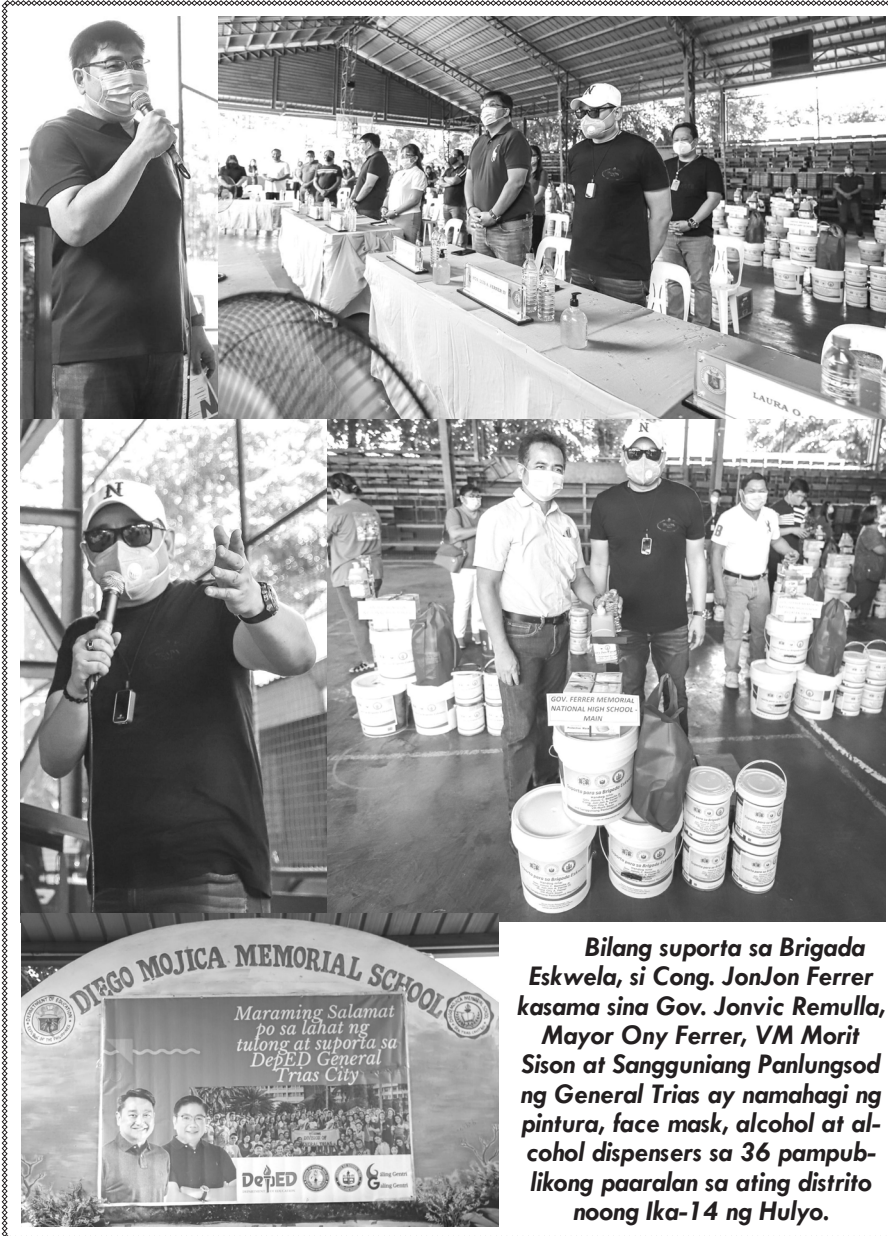


ENGR. VIR CAMPAÑA BAUTISTA  
(TWIN BROTHER OF VER)

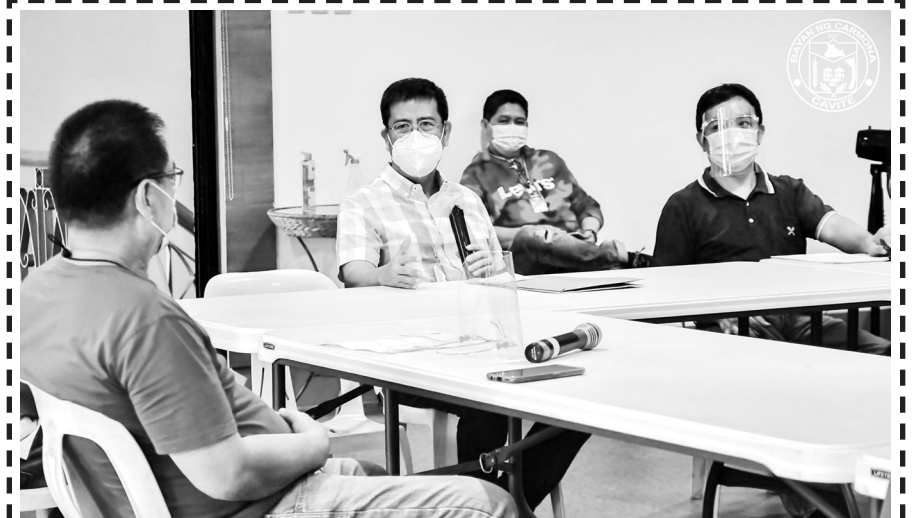
**HUMANITY TRIVIA**

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

- Detergent - 1916
- Television - 1926
- Cocoa - South America
- Coconut - Polynesia
- Rimas - rheumatism



**Bilang suporta sa Brigada Eskwela, si Cong. JonJon Ferrer kasama sina Gov. Jonvic Remulla, Mayor Ony Ferrer, VM Morit Sison at Sangguniang Panlungsod ng General Trias ay namahagi ng pintura, face mask, alcohol at alcohol dispensers sa 36 pampublikong paaralan sa ating distrito noong Ika-14 ng Hulyo.**



**Mayor Roy Loyola conducts meeting with Carmona LGU to strengthen community quarantine violations.** On July 30, 2020, Municipal Mayor Roy Loyola held a meeting with PNP Carmona, Legal Office, Carmona Traffic Management Office, and barangay captains at the Municipal Penthouse to discuss ways to heighten the monitoring and apprehension of community quarantine violators.

## 'BAYANIHAN TO RECOVER AS ONE ACT' APRUBADO NG SENADO SA THIRD AT FINAL READING KABILANG ANG TATLONG AMENDMENTS NI REVILLA

SA botong 22 at isang negatibo ay inaprubahan ng Senado sa ikatlo at huling pagbasa ang S. No. 1564, o ang "Bayanihan to Recover as One Act" kabilang ang

tatlong amendments na inilakip ni Sen. Ramon Bong Revilla, Jr.

Ang amendments na inilakip ni Revilla ay ang final vesion ng S. No. 1564 kabilang ang probisyon ng



emergency subsidy para sa mga apektadong pamilya na may mababang suweldo sa mga lugar na isinailalim sa enhanced community quarantine (ECQ).

Kabilang din ang mga pamilya na may umuwing Overseas Filipino Workers (OFW's) na may probisyong isang buwan ng emergency subsidy para sa mga may mabababang suweldo na kuwalipikado

ay base sa matinding pangangailangan ng mga Pilipino sa tulong ng pamahalaan na lubhang napakalimitado ang pagkukunan ng bansa dahil sa kasalukuyang

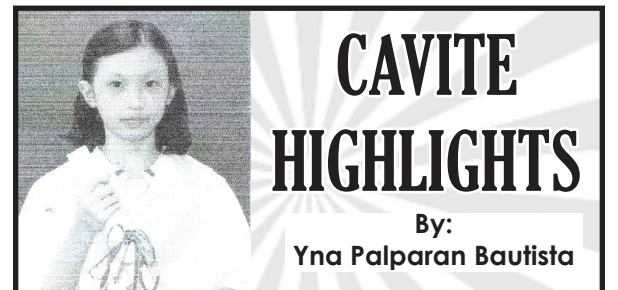
pandemya.

"Alam ko at dama ko ang kanilang pangangailangan, at matugunan nawa ng panukalang ito ang mga iyon," ayon kay Revilla.

## EDITORIAL

Ang agrikultura ay nagbibigay sa atin ngayon ng salapi mula sa iniluluwas nating mga raw materials. May isa pang bagay tayo na dapat adhikain na ang mga raw materials na ito ay tayo na ang mag-develop upang magkaroon ng dagdag na halaga. Halimbawa ay ang prutas na puwede nating i-process para maging candy. Isa lamang iyan sa marami nating puwedeng gawin.

Unti-unti ang ating pagsulong at isang araw ay magagawa rin natin ang mga panukalang sinundan ng mga bansang umunlad.



**Severino Lapidario was the leader of the scheduled revolt in Cavite Puerto. Being the Provincial Jail Warden, he would release the prisoners to capture the Spanish infantry. Revolutionists of Kawit, Malabon (Gen.Trias) and Noveleta seized the Spaniards in their towns. Lapidario hesitated and the plan was learned by the Spaniards, so he and twelve others were seized and executed at Plaza De Armas on September 12, 1896. Born in Imus, Cavite, he became a Freemason and a supporter of the aspiration to be free.**



# CREATE YOUR SANITATION STATION WITH SM HOME



Stay Safe and keep your sanitizing essentials organized with this multi-function mobile trolley.



Make any space clean and cool with Dyson Pure Cool™ Tower Purifying Fan which detects harmful pollutants in the air and an advanced filtration that captures 99.95% of Particle Pollution and an Air Multiplier™ Technology for whole-room purification.



Take sanitation into the next level with Landlite UV-C Portable Sterilizer Lamp, which kills 99.9% of bacteria and viruses and disinfects your home.

With most of us now going out for work, it is important for every home to have a sanitation station at the door to get everyone into disinfecting and sanitizing before they enter their own home. The station will also keep our homes clean and safe to prevent the spread of the illness and other unknown viruses with essentials for intense washing, dusting, sanitizing and disinfecting on most touch-infected areas or common surfaces in your home such as doorknobs, handles, light switches, gadgets and tabletops.

SM Home, the one-stop shop for all of your home essentials, has a wide variety of household items for all your sanitizing needs. Here is the SM Home's DIY Sanitation Station Guide to keep your home safe and disinfected:

1. Set up a table and a mobile trolley near the door entrance. Put all the sanitizing essentials on the trolley and organize them in storage trays.

2. Have a fill of sprayers with alcohol and disinfectants. Choose an EPA-registered disinfectant, a 70% Isopropyl Alcohol and a contactless soap dispenser as you disinfect and wash your hands.

3. Have a waste bin to properly dispose used masks and gloves.

4. Put a shoe rack and a disinfecting mat outside. Have a foot bath on the rack. Always keep the mat clean before and after using the mat.

5. If needed, set-up a makeshift changing room with curtain and ready a laundry basket for changing.

6. Sterilize the area with UV light. Use pocket UV Sterilizer in sanitizing your gadgets, keys, wallet, and doorknobs. Do not forget to keep your Sanitation Station clean.

Keep your home safe and sanitize with cleaning and sanitizing essentials from SM Home. These are available at the [smhome.com.ph](http://smhome.com.ph) and shoppers can now place their order online through the SM Store's Call to Deliver and ShopSM app. For more info and updates, follow them at SM Home at the SM Store in Instagram or visit [thesmstore.com](http://thesmstore.com) website. **(KCHT)**



Have a waste bin ready for your used mask and gloves.



Do not forget to have a foot bath before you enter your home with this non-slip sanitizing mat.



Cool yourself with Dyson Pure Cool Me Personal Purifier with its Core Flow™



Sanitize your gadgets, wallet, money, keys, doorknobs and toys with this lightweight Landlite Pocket UVC Sterilizer.



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## Health Benefits...

### Kaalaman tungkol sa Niyog bilang halamang gamot

Ang niyog ay isa sa mga kilalang halaman na maraming gamit mula ugat hanggang sa mga bunga. Maaari itong makuhanan ng langis, mga sangkap sa lutuin (gata, suka, at ubod), materyales na kahoy, alak, at marami pang iba.

Scientific name: *Cocos nucifera* Linn.; *Cocos mamilaris* Blanco

Common name: *Niyog* (Tagalog); *Coconut* (Ingles)



Ito ay isang mataas na puno na karaniwan makikita sa mga maiinit na bansa gaya ng Pilipinas kung saan ito ay tinatanim sa malalawak na taniman. Sa katunayan, ang Pilipinas ang isa sa mga bansang may pinakamataas na produksyon ng niyog sa buong mundo.

#### Ano ang mga sustansya at kemikal na maaaring makuha sa Niyog?

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

Ang bunga ng niyog ay makukuhanan ng langis na may lauric at myristic acid, at may glyceryl ester din ng caproic, caprylic, capric, at oleic acid.

Ang maputing laman ng niyog ay makukuhanan naman ng protein, vitamins A, B, at C; nonyl alcohol; methyl heptyl ketone; methyl undecyl ketone; capronic, decylic, caprylic, lauric at myristic acids, lecithin, stigmaterin, phytosterin; choline; globulin; galactoaraban, galactomannan

Ang sabaw ng buko ay may protein, ash, saccharose; oxidase; catalase, diastase. Mayroon pa itong carbohydrates, vitamin B at C, magnesium at potassium.

Ang iba pang bahagi ng halaman ay may taglay naman na terpenoids, alkaloids, resins, glycosides at steroids

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:

**Bunga.** Ang bunga ng niyog ay ginagamit sa maraming paraan ng paggagamot. Maaari itong gataan, kuhanan ng langis, o gamitin ang mismong sabaw ng niyog sa panggagamot.

**Langis.** Ang langis na nakukuha sa bunga ng niyog ay maaaring gamitin na pampahid sa balat o kaya'y ihahalo sa inumin.

**Ugat.** Ang batang ugat ng puno ng niyog ay kalimitang pinakukuluhan at pinapainom sa may karamdaman.

**Sabaw.** Ang sabaw naman ng niyog ay karaniwan ding pinapainom sa mga may karamdaman.

#### Ano ang mga sakit at kondisyon na maaaring magamot ng Niyog?

**1. Hirap sa pagdumi.** Ang hirap sa pagdumi ay maaaring maibsan sa tulong ng mag-inom ng 1 hanggang 2 kutsara ng gata.

**2. Balakubak.** Para sa kondisyon ng balakubak, ipinangmamasaha sa anit ang langis ng niyog. Makabubuti kung ibababad ng magdamag sa ulo ang langis.

**3. Pagtatae.** Painumin naman ng tubig ng niyog ang taong dumadanas ng pagtatae.

**4. Panunuyo ng balat.** Matutulungan din ng langis ng niyog ang kondisyon ng panunuyo ng balat. Ipinangpapahid ang langis sa apektadong balat.

**5. Sore throat.** Makatutulong ang pagmumumog gamit ang pinaglagaan ng batang ugat ng puno sa kondisyon ng sore throat.

**6. Paglalagas ng buhok.** Mabisa rin upang maiwasan ang paglalagas ng buhok sa pamamagitan ng pagpapahid ng langis ng niyog sa anit o bahagi ng ulo na napapanot.

**7. Bulutong.** Ang mga sintomas ng bulutong ay maaaring mabawasan sa tulong ng pag-inom sa pinaglagaan ng ugat ng puno ng niyog.

**8. Hirap sa pag-ih.** Iniinom naman ang sabaw ng niyog upang mas madaling maihi. May kaparehong epekto rin ang pag-inom sa pinaglagaan balat ng kahoy ng puno ng niyog.

**9. Diabetes.** Ang regular na pag-inom sa sabaw ng niyog ay makatutulong sa kondisyon ng diabetes.

# LGU GenTri conducts rapid testing for frontliners in the city

General Trias City, Cavite -- About 120 frontliners underwent COVID-19 rapid testing on July 24 conducted by the City Health Department to make sure that employees of the city government are healthy while attending to their duties in the frontline.

The health activity was held at the General Trias Convention parking lot in Barangay Sampalukan with members of the Sangguniang Kabataan, the City Disaster Risk Reduction and Management Office,



and the Bureau of Fire Protection which comprised the 1st batch of frontliners.

City Health Officer Dr. Jonathan Luseco who headed the medical team said, "This is the start of rapid testing to all

frontliners here in the city, to ensure the safety and health of all of them."

"If someone tested positive on this rapid testing, we will immediately send it to PCR swab testing to determine if

it is positive and will undergo assessment and evaluation by the physician until the result comes out," added Dr. Luseco.

The rapid test kits used were part of the 4,000 COVID-19 Rapid Test Kits donated by the Metrobank, GT Foundation, and Project Ark to the city government.

Sangguniang Kabataan Federation President of General Trias Reinel Ferrer said, "This program of our LGU is good for the safety and health of all our frontliners who serve the city, I hope it will continue to all the

staffs working for our town."

Mayor Ony Ferrer with brother Congressman Luis Ferrer IV, 6th Dist. of Cavite were one in reminding the people to strictly follow health protocols particularly the mandatory wearing of face masks especially when outside the houses, observe

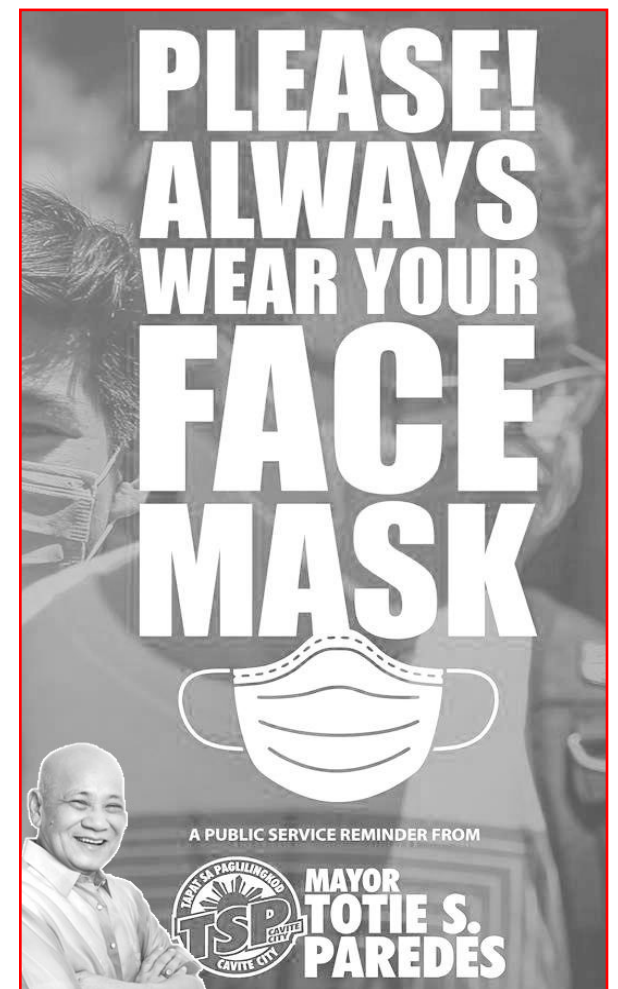
physical distancing and avoiding crowded places.

After the activity, SKF Ferrer together with Mayor Ony, Cong. Jonjon Ferrer, and Councilor Jonas Labuguen distributed relief packs to all 33 SK Chairmen and Kagawads at the Barangay Pinagtipunan covered Court. (PIA)



*Sa tulong ng mga donasyong Rapid Test Kits ng Project Ark Go Negosyo, GT Foundation at LBC Express Inc. , ang Lungsod ng Imus sa pangunguna ni Mayor Emmanuel Maliksi ay nagsimulang magsagawa ng Covid-19 test sa mga frontliner sa Imus Public Market para sa kaligtasan ng publiko. Kabilang dito ang mga market tenants, market vendors, ambulant vendors maging ang mga tricycle at jeepney driver sa pamilihan bayan.*

*Ang pagsasagawa ng mass testing ay kinakailangan lalong higit sa mga frontliners at naghahatid ng mga pangunahing serbisyo upang mabigyan ng karampatang atensiyong medikal ang mga positibong kaso at maiwasan ang pagkalat pa nito.*



## 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)

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Province of Cavite

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**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.**



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