

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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Mayor Ony Ferrer
General Trias, Cavite

DTI 4-A LAUNCHES KMME-MME PROGRAM IN CAVITE AND QUEZON

Region 4-A, in partnership with the Philippine Center for Entrepreneurship-Negosyo, launched its KAPATID Mentor ME (KMME)- Money and Market Encounter (MME) Program on August 4, 2020 via Zoom. 42 mentees from the provinces of Cavite and

The Department of Trade and Industry



Dalawang Lungsod sa Cavite, nakatanggap ng ambulansya sa ilalim ng DOH facilities program



Dalawang lungsod sa Cavite ang nakatanggap ng bagong Nissan N350 ambulance mula sa Department of Health (cont. P.2)



“ There are no borders in a pandemic. Let us be UNITED. Let us be ONE. Let’s conquer COVID. Let’s conquer for the FUTURE.

JONVIC REMULLA

SHARE

DTI 4-A LAUNCHES (from p. 1) KMME-MME PROGRAM...

Quezon attended the online launching.

During his Welcome Statement, Bureau of Small and Medium Enterprise Development Director Jerry Clavesillas encouraged the mentees to work hard in attending all the online mentoring sessions as it will help them become more competitive in their business and will establish business linkages.

DTI CALABARZON Director Marilou Q. Toledo emphasized the importance of constantly learning and looking for new and better ways to improve a service or product despite the pandemic.

"We hope that our micro, small, and medium enterprises

will be inspired to adapt their business strategies in responding to the challenges of the new normal business environment," said Toledo.

The program for the New Normal is bannered by the fusion of the Money and Market Encounter (MME) and the KMME. A blended KMME Program is developed as a practical delivery mechanism for the same mentorship modules for our MSMEs to survive and thrive despite of unexpected setbacks such as COVID-19.

The KMME-MME Online is designed to integrate the MME into the regular KMME Program. This will be achieved through the

presentation of the Business Improvement Plan (BIP) to an expanded panel of evaluators composed of representatives from banks, online market platforms, and other business support organizations.

According to PCE Representative Pocholo Soliven, one of the objectives of the KMME-MME Program is to provide an avenue for business mentorship of the waitlisted MSEs across the regions and enhance their resiliency through a crisis.

"We want to thank DTI for this very wonderful opportunity they gave us. Currently, the way we handle our business is very

traditional. Through KMME-MME program, we want to learn new business strategies that would help our company to improve," said Miracle Grace Cadiz, owner of Victoria Cadiz Bakery and Mazapan Products Store in Quezon.

Froilan Plaza, owner of Mamasel Cremaroons in Cavite, expressed his excitement in being part of the program as he wants to expand his business nationwide.

"Thank you, DTI, for helping small entrepreneurs like us to be part in this MBA-like program in business. I am looking forward to learning more about business and apply those learning afterwards," said Plaza. (MIA CORTEZ)



PAGBABAGO SA PAG-UNLAD

1. Sa pagsisimula puhuna'y maliit, Kasangkapang gamit ay luma sa masid, Pinagtiyagaan na ito'y magamit, Kahit na mabagal ang trabahong kamit.
2. Kanyang pagawaan ay maliit lamang, Subsob sa gawain hanggang sa uwian, Ang gamit iniwan sa mesang patungan, Kalat ay pinulot tuloy basurahan.
3. Negosyo'y lumaki at may tauhan na, Tumulong sa gawa ng bagong kasama, Bumili ng bago't mahal na makina, Upang pabilisin ang datihang porma.
4. Anak ay nag-aral, tapos sa kolehiyo, Hindi nila nais sa shop magtrabaho, Ama'y tumatanda, mesa ang ginusto, Malinis na ang shop na kanyang negosyo.
5. Kahit na umunlad itong pagawaan, Kung ang anak naman di ito ang asam, Ang makikita mo'y maayos sa ganyan Sapagka't buhay pa ang mga magulang.
6. Bilang ang kompanyang nagpatu-patuloy, Ang marami doon tumigil sa daloy, At pinaghatian ang dapat makahoy, Anak kani-kanya yaong naging langoy.
7. Negosyong ganoon daming naisulat, At ginamit lamang sa anak na unlad, Pagka't ang totoo, ang trabahong palad, Ay iniwasan ng nagmanang anak.
8. Ito'y mabuti rin kung ang anak naman Ay nagsisikap din sa ibang larangan, Ang masama lamang ay baka lumayaw At ang ginawa lang lahat ay nilustay.

Bauan, na parehong nasa Laguna; Antipolo City; at Batangas; San Pablo City, Tanay, Rizal. (GoCavite)

Dalawang Lungsod sa Cavite, (from p. 1) nakatanggap ng ambulansya...

(DoH)-Calabarzon sa Pormal na itinurn isinagawang turnover over ni Cavite Sixth rites dito nitong Agosto 6. District Rep. Luis Ferrer

4th ang isa sa mga bagong ambulansya sa local government unit (LGU) sa pangunguna ni Mayor Ony Ferrer upang magamit ng General Trias City Health Office, samantalang ibinahagi naman ni Bacoor Rep. Edwin Revilla ang isa pang ambulansya sa Southern Tagalog Regional Hospital sa Barangay Panapaan, Bacoor City.

Ang pamamahagi

ng mga ambulansya sa mga ospital ay bahagi ng programa ng DOH na Health Facilities Enhancement Program (HFEP) na naglalayong palakasin ang pagbibigay ng mga serbisyong medikal ng LGUs, lalunglalo na sa panahon ng emergency katulad ng coronavirus pandemic.

Ang iba pang mga benepisyaryo sa ilalim ng HFEP ay ang Rosario at

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Papi

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A Warm Welcome!
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Trece Martires City Police Station

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Vice Mayor **BOBBY MONTEHERMOSO** and **SANGGUNIANG PANLUNGSOD**

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HAPPY 106TH FOUNDING ANNIVERSARY

IGLESIA NI CRISTO

GREETINGS FROM

MAYOR NONONG and VICE MAYOR VOLTAIRE RICAFRENTE



HONTIVEROS WANTS CLARK RESORT INVESTIGATED FOR CHINESE PROSTITUTION RING

Senator Risa Hontiveros on Thursday demanded Clark Development Corporation (CDC) and the Philippine National Police (PNP) conduct a full investigation on Fontana Leisure Parks and Casino's liability in the alleged Chinese prostitution ring discovered in its premises.

Hontiveros made the call after the police arrested seven Chinese men, six Chinese women, and two Vietnamese women who are alleged to be involved in prostitution and human trafficking inside resort facilities in Clark Freeport Zone, Pampanga.

"Habang nahihirapan
(cont. P.7)



Philippines is the 4th Healthiest Market A.S. WATSON GROUP'S GLOBAL SURVEY: SMILING MAKES PEOPLE HAPPIER



Need some health information? Go to your Watsons pharmacist. Watsons Philippines has a strong network of 1,436 pharmacists nationwide. They are professionally trained on healthcare and a reliable source of opinion to alleviate pressure on public health system.

The Philippines ranked 4th in the World Health Index, a ranking of healthiest and least healthy markets across the globe that was revealed during the recent global health survey commissioned by the A.S. Watson Group, the world's largest international health and beauty retailer. Over 5,500 consumers across 10 markets in Asia and Europe aged 15-60 participated in the survey from November to December last year to share their thoughts on a wide range of health topics.

The Netherlands topped the healthiest market list, followed by Singapore, the United Kingdom, the Philippines, Malaysia, Mainland China, Ukraine, Taiwan, Hong Kong, and Thailand. Other takeaways of the survey:

- Happier People are Healthier. 91% of the respondents believe that smiling and laughing have a lot of health benefits. Yet only 66% smile enough due to stress. By generation, Gen Z smiles more and are happier than the more mature groups including Gen Y, Gen X, and Boomers. And Gen Z tends to consider themselves as healthy.

- Family and Health are by Far the Most Important Aspects of Life. When it comes to ranking the importance of life aspects, Family (87%) and Health (84%) top the list, with Wealth and Love (33% and 32%) in the third and fourth with a wide gap.

Malina Ngai, Group COO of the A.S. Watson Group and CEO of A.S. Watson Asia and Europe believes that "if the survey was being conducted two

A.S. Watson Global Health Survey

WORLD HEALTH INDEX 2020

- Netherlands
- Singapore
- United Kingdom
- Philippines
- Malaysia
- China
- Ukraine
- Taiwan
- Hong Kong
- Thailand

Do you smile enough?

91% agree smile brings health benefits

Only 66% smile enough

Stress is a Top 3 health topics

Is your health info reliable?

64% go in stores for information

61% go to doctor when they feel sick

15% go to pharmacist for advice

How to stay healthy?

80% sleep and eat well and exercise regularly

60% prefer taking supplements

40% spend time with family/friend

The Happier, the Healthier?

79% smile enough and self-rate as healthy

So yes, happier person is normally healthier!

Opinions from over 5,500 people aged 15 - 60

#GlobalHealthSurvey2020

The World Health Index 2020 in the A.S. Watson Global Survey shows the Philippines as the fourth healthiest market.

months later in February this year, I am sure this result will even be more pronounced with people putting family and health at the very top priority in life."

- Credible Information Matters. As fake news and information flood the internet and social media, consumers nowadays tend to seek health information from credible sources. The research revealed 61% still commonly see a doctor when feeling unwell and 43% go in store to get OTC medication. Yet only 15% of respondents turn to pharmacists for advice.

The A.S. Watson
(cont. P.7)

Pagbati Mula kina:



Mayor Nonong Ricafrente
Rosario, Cavite



Vice Mayor Jose Voltaire Ricafrente
Rosario, 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

ALAPAN - Ang Alapan, Imus ay ang unang pamayanan pagkatawid sa latian na tinabunan. Sa salita ngayon, ito ay ang nayon sa Harapan. Sa Lumang Tagalog na walang "R", ito ay halapan, at sa bigkas ng Kastila ay Alapan.



**MUNICIPAL GOVERNMENT OF SILANG
THROUGH THE
OFFICE OF THE MUNICIPAL MAYOR**

Tuloy-tuloy ang ARENGkadang Paglilingkod
An Online Public Service Caravan on the New Normal

Lahat po ng
FB LIVE-Lihood
Series Seminar
at ibang activities
ay mapapanood
sa FB page
f pobletecorie

AUGUST 17 (MONDAY)	AUGUST 18 (TUESDAY)	AUGUST 19 (WEDNESDAY)	AUGUST 20 (THURSDAY)	AUGUST 21 (FRIDAY)
AM	AM 10:00 AM Awarding of Centennials	AM	AM	AM 9:30 AM - LAUNCHING OF THE SILANG 360. Official Tourism Page of Silang LGU
PM	PM	PM	PM	

FB LIVE-Lihood Series

ONLINE EVENT PART 1 (1:00 PM) Flower Arrangement Training	ONLINE EVENT PART 1 (1:00 PM) Candle Making Training	ONLINE EVENT PART 1 (1:00 PM) Fruit Processing and Preservation (Pineapple)	ONLINE EVENT PART 1 (1:00 PM) Backyard Gardening
PART 2 (3:00 PM) "Putting your Business back on your feet Seminar"	PART 2 (3:00 PM) Pricing & Costing of Products & Services	PART 2 (3:00 PM) Adaptation of MSMEs to the New Normal (Speaker: Mr. Aldrin Antivola)	PART 2 (3:00 PM) Urban Gardening
VENUE: DTI Training Room	VENUE: DTI Training Room		VENUE: Municipal Nursery Farm

PARTNERS dti, DSWD, Globe

"Abangan ang freebies from
Globe Telecom araw araw sa
pagsubaybay niyo ng ating
FB Livelihood Seminar Series!"

**SERBISYONG HANDOG NI
MAYOR CORIE F. POBLETE**



**Character
with
Progress
for
SILANG**



Ayon sa facebook post ni Kon. Adrian AJ Advincula" Muli pong nagsagawa ng libreng Flu Vaccine ang tanggapan ni Cong. Alex "AA" Advincula sa ating mga magiging na Kapulisan ng Imus, CIDG at sa mga masisipag CSWDO. Kalusugan po ang ating pangunahing panlaban sa sakit lalo n po sa panahon ngayon. Nag papasalamat po ako at ang aking ama sa pakikipag tulongan ni Konsi Tito Monzon at Totie Ropeta. Muli mag ingat po tayo palagi! Disiplina po ang kailangan upang malabanan po natin ang Covid 19. Higit sa lahat panalangin.!



HUMANITY TRIVIA

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

- Toaster - 1927
- Transistor - 1948
- Ginger - Southeast Asia
- Ginseng - China
- Patola - liver disease

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Have a goodnight's sleep with these Marvel eye masks from Miniso.

Sleep tight with these eye masks in Marvel inspired designs. Available at Miniso.



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Practice good hygiene and proper disinfection at home and at work with these Miniso wet wipes.



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Huggable Icy stuffy toy of We Bear Bears available at Miniso.



ONWARD FORWARD GEN. TRIAS CITY

MAYOR ONY FERRER

everyday essentials for those spending more time at home. Better still, shopping is made more convenient and easy with these now available at Shopee and via Miniso's Special delivery and pick

up service.

There are All-Around Fits Face Masks for the day, as hydrogel and Marvel designed eye masks for a more relaxing good night's sleep. Complete your

hygiene kit with Marvel compressed towels.

Keep healthy and happy with adorable stuffed toys in animal and fruit shapes to have and to hold; as well as yoga mats

(cont. P.7)



EDITORIAL

Ang mga Pilipino ay malikhain. Mag-ing sa larangan ng pagkukumpuni ay mahusay din ang Pilipino, subali't ang ating magagandang katangiang ito ay hindi nagagamit sa pagbuo ng isang bansang patungo sa mabilis na industriyalisasyon.

Ang mga kumpanyang dumating sa atin sa mga Export Processing Zone ay ginagamit ang ating labor force upang magawa ang mga produktong iluluwas na muli.

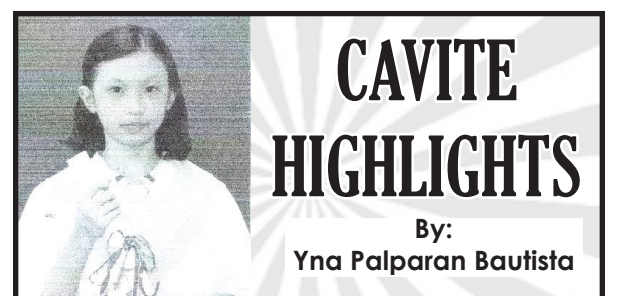
Dapat pagtuunan natin ng pansin ang mga hakbang patungo sa industriyalisasyon ng bansa kahit pansariling gamit muna. Saka na isipin ang pagluwas.



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CAVITE HIGHLIGHTS

By: Yna Palparan Bautista

Placido Campos was born in Dasmariñas, Cavite. He was the Captain Municipal who liberated the town from the Spaniards. He also fought against the Americans but found it futile because they had superior firepower so he decided to participate in their Government. He had Francisco Barzaga as his constant companion and together they ran the affairs of Dasmariñas, restoring peace and order and promoting the well-being of the people. Campos died at age 70 in December 1937.

Mga pulis mula sa Cavite, nakatanggap ng 6 parangal sa CALABARZON Police Service Anniversary

Nakatanggap ng anim na mga parangal ang Cavite Police Provincial Office (CPPO) sa pangrehiyong selebrasyon ng 119th Police Service Anniversary nitong Huwebes sa Camp Vicente Lim sa Calamba City, Laguna.

Sa pag-oorganisa ng Police Regional Office 4 (Calabarzon), ang tema ng selebrasyon ngayong taon ay "Toward a Pandemic-Resilient PNP: Adopting Protective Protocols in the New Normal."

Bago ang regional awards nitong Huwebes, inanunsyo ng Philippine National Police headquarters sa Camp Crame, Quezon City, na ang PRO Calabarzon ang Best Police Regional Office para sa taong 2019.

Si Brigadier General Vicente



D. Danao Jr. ang kasalukuyang regional director ng PNP Calabarzon.

Siya rin ang nanguna para sa nasabing seremonya.

Ang regional awards na napunta sa Cavite PPO ay ang mga sumusunod:

- Special Unit Award Accomplishment on Anti-Illegal Drugs Operation

Category;

- Best Junior PCO for Administration Major Mark Jason Gatdula, former Chief of Police of Indang Municipal Police Station;

- Special Awards for Anti-Illegal Drugs Operations: Lieutenant Colonel Vicente Cabatingan, former Chief of Police of Bacoor City Police Station;

- Unit Awards Best City Police Station: Dasmarias City Police Station;

- Special Award (Station Level): Best Crime Solution Efficiency and Crime Clearance Efficiency - City Police Station Category: Cavite City Police Station;

- Special Award (Station Level): Best Crime Solution Efficiency and Crime

Clearance Efficiency - Class C Municipal Police Station: General Mariano Alvarez Police Station.

Ipinagdiriwang ng PNP ang Police Service Anniversary tuwing ikawalo ng Agosto kada taon bilang paggunita sa mga anibersaryo ng pagkakatatag ng forerunner organizations nito

- ang Philippine Constabulary, itinayo noong Agosto 8, 1901; at ang Integrated National Police na itinayo noong Agosto 8, 1975.

Binigyang-papuri ni Colonel Marlon Santos, Cavite Provincial Director, ang kaniyang mga tauhan na nanalang mga parangal. **(GoCavite)**

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HK Beef Tapa w/ Garlic Rice P220.00	Miki Bihon P110.00 P195.00	Chopsuey P190.00	Crab Meat Corn Soup P160.00
HK Smoked Bangus w/ Garlic Rice P155.00	Pancit Canton P115.00 P205.00	Lohan Vegetables P190.00	Hot & Sour Soup P135.00
HK Gong Hiong w/ Garlic Rice P130.00	Crispy Fried Noodles (All Meat) P130.00 P220.00	Sweet & Sour Fish Fillet P240.00	Solo Serving P60.00
	Crispy Fried Noodles (Seafood) P130.00 P220.00	Sweet & Sour Pork P220.00	
DIMSUM	Birthday Noodles P135.00 P225.00	Beef w/ Ampalaya P230.00	COMBO MEAL
Mantao P 30.00	Hofan Noodles P150.00 P255.00	Beef Brisket Hot Pot P320.00	Sweet & Sour Fish Fillet P229.00
Buchi P 69.00		Beef w/ Broccoli P320.00	Pork Asado P229.00
Giant Pork Siomai P175.00	RICE	Lechon Macau P300.00	Spring Roll P229.00
Giant Hakao P195.00	SOLO REGULAR	Canton Special P275.00	Sweet & Sour Pork P229.00
Asado Siopao P 79.00	Yangchow Fried Rice P80.00 P160.00		Salt & Pepper Squid P249.00
Bola Bola Siopao P 89.00	HK Golden Fried Rice P100.00 P190.00	RICE TOPPINGS	HK Emperor Chicken P309.00
Chicken Feet P 95.00	Salted-Fish Fried Rice P105.00 P195.00	Squid Tausi P105.00	Macau P309.00
Pork Siomai P 85.00	Pineapple Fried Rice P115.00 P225.00	Sze Chuan Squid P105.00	
Japanese Siomai P 89.00		Fish Fillet Tausi & Beancurd P150.00	DESSERT
Baencurd Roll P 89.00	HOUSE SPECIAL	Pork Asado Rice P150.00	Black Gulaman P 50.00
Shark's Fin Dumpling P 80.00	(Good for 2 to 3 persons)	Chopsuey P145.00	Black Gulaman w/ Lychee P 55.00
Spring Roll P 95.00	Seaweed & Century Egg P220.00	Soy Chicken P195.00	Almond Jelly w/ Lychee P 55.00
Kutchay Dumpling P 85.00	Pork Asado Roastin P320.00	Sweet & Sour Fish Fillet P135.00	Halo Halo P 65.00
Chicken Pao P 85.00	Assorted Cold Cuts P320.00	Pork Asado & Soy Chicken P145.00	Halo Halo w/ Ice Cream P 79.00
	Soy Chicken (whole) P490.00	Sweet & Sour Pork P145.00	Egg Yolk Pao P 85.00
MAMI	Soy Chicken (half) P270.00	Beef Brisket P155.00	Almond Jelly Ala Dode P 70.00
Wanton P 90.00	HK Fried Chicken (whole) P430.00	Spareribs Tausi P140.00	Leche Plan P 29.00
Soy Chicken P 95.00	HK Fried Chicken (half) P220.00	Chicken Feet & Spareribs P145.00	
Pork Asado P105.00	Salt & Pepper Fried Chicken (whole) P490.00	Salt & Pepper Squid w/ Egg Rice P160.00	BEVERAGE
Beef Brisket P105.00	Salt & Pepper Fried Chicken (half) P260.00	HK Fried Chicken w/ Egg rice P160.00	Instant Coffee P 40.00
Beef Brisket w/ Wanton P110.00	Patatim P490.00	Lechon Macau w/ Egg Rice P160.00	Brewed Coffee P 45.00
	Steam White Chicken (whole) P530.00	Steamed White Chicken w/ Egg Rice P195.00	Iced Tea P 45.00
	Steam White Chicken (half) P260.00		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
CONGEE			
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			
ADD ONS			
Century Egg P 60.00			
Prawn Chips P 70.00			
Lechon Con Tofu P 55.00			

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

Philippines is the 4th Healthiest Market... (from p. 3)

Group believes that more and more people will seek for the help of pharmacists as they are reliable, professional, and easily accessible. Watsons Philippines has a strong network of 1,436 pharmacists nationwide. More than just dispensing medicines, the pharmacists are patient advocates ensuring that the right medication

is given through review, implementation of prescription, and detection of therapeutic incompatibilities.

• How to Stay Healthy. To lead a healthier lifestyle, over 80% of the respondents believe that enough sleep, a healthy diet, and regular exercise can keep them healthy. But 40% of them fail to do so. More and more people

(60%) are interested in taking vitamins and dietary supplements to improve their health.

At the A.S. Watson Group, 1 billion shoppers bought health products last year and sales for the health category increased 11% year on year. The insight from the Group shows that there are more and more people are investing in their health

and well-being with vitamins and supplements booming globally at a 12% growth year on year.

In the Philippines, Watson's health business is growing at 18% year-to-date, with vitamins experiencing a phenomenal 132% growth versus last year. Clearly, more Filipinos take a proactive approach in

ensuring they stay healthy and protected especially in this time of global health crisis. With this, Watsons expanded its product range for vitamins and health essential related products to further meet the people's needs

Let's all stay healthy and happy. Watsons Call & Deliver ensures safe and convenient access to

medicines and personal care essentials. The expanding Watsons hubs where customers may contact have dedicated riders allowing the customers to stay safe at home. For details of the Watsons Call & Deliver hubs, check out <https://www.watsons.com.ph/call-and-delivery-list-of-stores>. (KCHT)



"Bayan, Mayor Roy Listens" continues in Carmona. The Municipal Government of Carmona continues to conduct the program "Bayan, Mayor Roy Listens" on August 10, 2020 wherein the queries and concerns of the residents in the community can be answered by Municipal Mayor Roy Loyola through phone calls. The said program is conducted every Monday afternoon as part of the local government's People's Day schedule.

HONTIVEROS... (from p. 3)

tayong mga Pilipino sa COVID-19 pandemic, may mga Chinese prostitution rings naman na patuloy pa rin ang operasyon," said Hontiveros, who chairs the Committee on Women in the Senate. "Hindi natin dapat hinahayaan na nagiging pugad tayo ng prostitusyon at iba pang krimen," she added.

Hontiveros wants the owner and administration of the said leisure park investigated for possible liability. "Hindi ito ang unang beses na may nadiskubrang illegal activity sa loob ng resort," the senator declared. Hontiveros said that in May 2020, an illegal

underground hospital for tenants and workers of a Philippine Offshore Gaming Operators (POGO) company was discovered on Fontana's premises.

"Bakit parang nagiging pugad ng underground illegal activities itong Fontana?" the senator asked, also citing that in December 2016, fifteen casino rooms in Fontana were ordered to temporarily close following the Bureau of Immigration's (BI) arrest of around 1,300 illegal Chinese workers inside the leisure park.

"Fontana's license to operate can be suspended and eventually revoked

if there's negligence on their part in making sure that crimes do not thrive within their premises. Responsibilidad nilang siguraduhin na sumusunod sa batas ang mga tenants nila," Hontiveros said.

Earlier this year, Hontiveros exposed the 'pastillas' scheme within BI, a system in which Chinese nationals, mostly POGO workers, are allowed seamless entry into the country for a 'service fee.' The investigation also revealed how the POGO industry may contribute to the rise of prostitution and trafficking in the country. #####

Fun Miniso everyday... (from p. 5)

where you can do your stretches and exercises.

All these and more are available at Shopee.ph and via Miniso's special delivery and pick up service. For those who

opt for home delivery service or pick up, you can fill out Miniso's online delivery form and check out further instructions and updates at Miniso's Facebook Page @

Minisophilippines.

Let Miniso do the shopping for you. For more updates, you can also follow @miniso_ph at Twitter and Instagram. (KCHT)

Health Benefits...

Kaalaman tungkol sa Balatong-aso bilang halamang gamot

Ang balatong-aso ay isang halaman na may katamtamang taas na may bahagyang matigas na mga sanga. May bulaklak ito na kulay dilaw, at mga dahon na may matapang na amoy. Ang bunga ay pahaba at kahalintulad ng sampalok na puno ng maliliit na mga buto. Karaniwang tumutubo ito sa mga mababang lugar sa mga kabayanan sa buong bansa ngunit orihinal na nagmula sa kontinente ng Amerika. Sa ibang lugar, ang mga buto nito ay tinutusta at ginagawang kape.

Ano ang mga sustansya at kemikal na maaaring makuha sa Balatong-aso?

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

Ang buto ng balatong-aso ay may taglay na olein at margarine, tannic acid, sugar, starch, cellulose, water, calcium sulphate at phosphate, chrysophanic acid, malic acid, sodium chloride, magnesium sulphate, iron, at silica.

Ang mga tangkay ay may taglay naman na alkaloid.

Ang mga dahon ay makukuhanan din ng cathartin

Anong bahagi ng halaman ang ginagamit bilang gamot, at paano ginagamit ang mga ito?

Ang buong halaman ng balatong-aso ay maaaring gamitin sa panggagamot.

Ang mga bahagi ng halaman ay karaniwang dinidikdik upang ipantapal o pinakukuluan upang mainom at maka-panggagamot. Ang mga buto naman ay maaaring gawing inuming kape para rin makatulong sa paggaling.

Ano ang mga sakit na maaaring magamot ng Balatong-aso?

Gastroenteritis. Ang paghapdi ng sikmura dahil sa kondisyon ng gastroenteritis ay matutulungan din ng pag-inom sa pinaglagaan ng dahon at tangkay.

Tuklaw ng ahas. Kalimitang ginagamit ang dinidik na dahon at mga tangkay ng balatong-aso para gamutin ang sugat ng tuklaw ng ahas.

Rayuma. Ang pinaglagaan ng halaman maaaring inumin para matulungan ang kondisyon ng rayuma.

Dysenterya. Ang malalang kaso ng dysenterya o pagtatae na may kasmaang dugo ay maaaring matulungan ng pag-inom sa pinaglagaan ng ugat ng halaman

Gonorrhoea (Tulo). Ang pinaglagaan ng ugat din ay mabisa para sa sakit na tulo. Dapat lamang itong inumin nang regular.

Eczema. Ang dinidik na dahon ng balatong-aso ay maaaring ipantapal sa balat na apektado ng eczema.

Diabetes. Makatutulong naman sa kondisyon ng diabetes ang pag-inom ng tubig na pinagbabaran balat ng kahoy ng halaman.

Buni. Pinangpapahid din sa apektadong balat ang dinidik na dahon ng halaman.

Pagtitibi. makatutulong naman sa hirap sa pagdumi ang pag-inom din ng pinaglagaan ng halamang balatong-aso



Scientific name: Cassia occidentalis Linn.; Senna occidentalis (L.)

Common name: Balatong-aso (Tagalog); Coffee senna (Ingles)



City Government of Imus
 City Environment and Natural Resources Office



CITY ORDINANCE NO. 2012-134

An Ordinance Prohibiting the use of Plastic Bags on Dry Goods, Regulating its Utilization on Wet Goods and Prohibiting the use of Styrofoam / Styrophor in the City of Imus & Prescribing the Penalties Thereof



No to Plastic Bags, Sando Bags, Straws & Styrofoams

IPINAGBABAWAL AYON SA ORDINANSA BILANG 2012-134

- X Plastic Labo o Sando Bags sa Dry Goods**
- X Dobleng Plastic sa Wet Goods**
- X Plastic Straw sa Foods, Beverages and other Liquids**
- X Styrofoam Plates / Containers / Cups**

MULTA SA PAGLABAG / PENALTY

MAMIMILI / CUSTOMER

PHP 100.00
(1ST OFFENSE)

PHP 300.00
(2ND OFFENSE)

PHP 500.00
(3RD OFFENSE)

and / or imprisonment of one (1) month at the discretion of the competent court

MAY-ARI / OWNER

PHP 500.00
(1ST OFFENSE)

PHP 1,000.00
(2ND OFFENSE)

PHP 2,500.00
(3RD OFFENSE)

and / or imprisonment of not more than six (6) months upon the discretion of the court as well as cancellation of the establishment's license to operate until such time that the CENRO issues a certification that the establishment has complied with all the provisions of the ordinance and/or imprisonment of one (1) Month at the discretion of the competent court



Kung kayo po ay may katanungan ukol sa Ordinansang ito, maari po kayong magsadya sa Tanggapan ng City Environment and Natural Resources Office (CENRO) o tumawag sa mga numerong ito: 472-3033 / 471-6612