

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY



Vice Mayor Ony Cantimbuhan
Imus City, Cavite

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SURIGAO SUR GOES ON ALL-OUT SUPPORT FOR RUN SARA RUN



TANDAG CITY -- Surigao Del Sur Gov. Alexander Ayec Pimental, along with almost all municipal mayors of his province are rallying for Davao City Mayor Sara

Duterte-Carpio to run for President this coming 2022.

Pimental said different volunteer groups in Mindanao have initiated a Mindanao-

wide Caravan starting April 12 to 17 to encourage support for their drive for the Davao City mayor to run for the country's top political post.

The caravan kicked off from Davao del Norte with 20 vehicles then proceeded to Surigao del Sur. Pimental said they were warmly cheered by people in the cities and

towns along the caravan route.

Some municipalities and province, he said have prepared short programs to welcome the caravan and its leaders including

officials of Dagan Day Sara (DDS), Sara Duterte Support Group (SDSG), MOVERS for Inday Sara Duterte, and Inday Sara Initiative for President

(cont. P.7)

Sa ating mga kababayan, sa panahon ngayon na ang ating bansa ay nakakaranas ng pandemyang dulot ng COVID-19, nawa'y panatilihin natin dito sa Bayan ng Rosario ang palagiang pagsusuo ng Face Mask at Face Shield sa tuwing tayo ay lalabas ng ating tahanan, gayundin sa ating mga essential workers, para mapanatiling ligtas ang ating pamilya. Mahigpit din nating sundin ang mga health protocols at safety standards na itinakda ng Inter-Agency Task Force (IATF). Sa ganitong paraan makakatulong tayo upang maiwasan ang hawahan ng COVID-19.

SAMA-SAMA, TULONG-TULONG para sa ating BAYANG TAHIMIK, IMASAYA AT MAUNLAD

MAYOR JOSE VOLTAIRE RICAFRENTE

Bayanihan inspired community pantries sprout in Cavite

TRECE MARTIRES CITY, Cavite -- The Bayanihan spirit inspired by the community pantry in Maginhawa Street in Quezon City had spread like wildfire across the province with private individuals and organizations donating food to help those who are heavily affected by the quarantine.

Community pantries sprouted like mushroom in the province especially

in the upland towns of Magallanes, Amadeo, and Ternate thru the efforts of Sangguniang Kabataan (SK) youth councils and other volunteers.

Fruit stand owners in the city of Tagaytay give out fruits and vegetables while a group called 'Tropang Pugon' continue to receive donations of vegetables, rice, and other food items for the weekly visit of their mobile community pantry in the

different barangays in Tagaytay.

In Alfonso town, the The Sharing Table (TST) initiated by the Sahagun-Nuestro family in Barangay Sulsugin during the height of the pandemic last year was reopened. A TST will be set up in each barangay to give easy access to the residents while properly observing the minimum health protocols.

(cont. P.6)

Benepisyo para sa Covid 19, Sagot ng PhilHealth

“Sa panahon ngayon, hindi lang yun sakit ang iyong iispin, kundi ang magiging bayarin mo din sa ospital. Pero nang dahil sa PhilHealth, hindi ko na kinailangan problemahin ang aking hospital bill dahil may karampatan halaga ang bawat karamdaman kapag ikaw ay na-ospital. Malaking bagay na wala akong binayaran sa ospital ng ma-confine ako ng labing-isang araw.”

Si Jerell Chua, ay isa lamang sa mahigit kumulang na isang milyong Filipino na tinamaan ng Covid-19 at isa sa mga ilang kinailangang ipasok sa ospital na nakagamit ng benepisyo bilang miyembro ng PhilHealth.

Ayon sa kwento ni Ginoong Chua, “Noong Marso, nagamit ko ang benepisyo para sa Covid-19 ng PhilHealth nang magkaroon ako



Kasama na sa isipin ang babayaran sa ospital, pero dahil sa benepisyo ng PhilHealth, agad mong mararamdaman ang financial risk protection.

ng Covid-19 Severe Pneumonia. Sinakop ng aking benepisyo sa PhilHealth ang lahat ng aking bayarin sa ospital at professional fee ng doctor. Kasama din sa benepisyo ang bayad sa kwarto, laboratoryo na isinagawa sa akin,

gamut at maging ang mga personal protective equipment (PPEs) na ginamit ng mga nurse at doctor habang ako ay naka-confine.”

Layunin ng PhilHealth, sa ilalim ng Universal Health Care (UHC), na mabigyan ng access ang lahat ng Filipino sa de-kalidad at abot-kayang serbisyon pangkalusugan nang walang dapat

nagkakahalaga ng PHP 3, 409 na isinagawa sa mga accredited testing facility gamit ang Real-Time Polymerase Chain Reaction (RT-PCR).

Ang lahat ng indibidwal na inuri ng Department of Health (DOH) para bigyan ng test gayundin ang lahat ng kumpirmadong kaso ng COVID-19 ayon sa DOH na nangangailangan ng

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

AURELIO P. BAUTISTA
PUBLISHER/EDITOR-IN-CHIEF

LEXTER LUMAS BAGAPORO
BUSINESS MANAGER

DR. SONNY ANARNA
MANAGING EDITOR

VER C. BAUTISTA
EXECUTIVE OFFICER

MARICAR D. LUMAS
LAY-OUT ARTIST

GRETHSEL B. LUMAS
ACCOUNT EXECUTIVE

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ipangamba sa gastusin sa pagpapa-ospital.

Kaya naman sa patuloy na kinakaharap na hamon ng buong mundo dulot ng pandemya, patuloy ang PhilHealth sa mandato nito na makapagbigay ng kaukulang benepisyong para sa lahat ng mga miyembrong magkakasakit dulot ng Covid-19- mula sa testing, isolation at gastusin sa ospital kapag na-confine.

May testing package na binabayaran ang PhilHealth na

pag-ulit ng testing ay kwalipakado para sa benepisyong ito.

Para naman sa mga miyembro na nagkaroon na ng sintomas o kinakalangan ng isolation o pagpapaospital, mayroon din mga benepisyong nakalaan para dito.

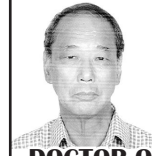
Sa ilalim ng Universal Health Care (UHC), hindi naman lahat ay libre. Sinasagot ng PhilHealth ang bahagi ng kagastusan sa ospital depende sa kaso ng pasyente. Kaya naman para kay

Chua, “Maaaring sa iba, ang benepisyong ipinagkaloob ng PhilHealth ay hindi sapat. Ngunit malaking tulong na rin kahit paano ang mabawasan ang kailangan mong bayarin sa ospital. Bawas isipin na rin kahit paano.”

Dagdag pa ni Chua, “Sa katunayan, ang benepisyong ibinawas sa aking pagkaka-ospital na nagkakahalaga ng Php333,519 ay malayo sa kontribusyon na naibayad ko bilang miyembro mula pa

noong taong 2008. Sa halagang Php 300 kada buwan na kontribusyon, mas malaki ang iyong mapapakinabangan sa oras na ikaw ay ma-ospital Covid-19 man o hindi. Tunay na pinagagaan ng PhilHealth ang gastusin sa pagpapa-ospital ng mga miyembro nito.”

Para sa karagdagang impormasyon ukol sa benepisyong ipinagkaloob ng PhilHealth, maaaring bumisita sa www.philhealth.gov.ph .###



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

Ang Isipan

1. Ang isipan natin kasangkapan lamang, Upang matutuhan ang maraming bagay, Ang utak ay dakong siyang kinalagyan, Doon kaluluwa rin nakikituluyan.
2. Ang isipan natin ay di ang kaluluwa. Ang banal na aklat ng maraming sekta Ang nagsabi nito'y di dapat magtaka. Dahil ang totoo'y lahad lamang nila.
3. Ang isip ay gamit sa matematika, Upang mapagtanto ang dami at puwersa, Ang isip ay gamit sa paksang lohika Upang ang katwiran ay maunawa na.
4. Ang mga proseso ng ating katawan, Ang ating isipan hindi ito alam, Maliban ang tao ay magpakapaham At ang medisina'y kanyang pagbalingan.
5. At kahit na paham hindi mangyayari, Na natutuhan niya'y kompleto ang silbi Upang matalakay lahat ng A, B, C, Na kahit ang siyensya'y di ito mamuni.
6. Kung gayon isipan ay may sadyang gamit Upang matutuhan ang ating daigdig, Mga kaalamang iiwan sa panig, At di magagamit sa ating pag-alis.
7. Isipan ay gamit lamang ng kaluluwa, Habang sa katawan ito'y nakatira, Mga karanasan ang nais makuha, Pag inuunawa ang yugtong nadama.
8. Sunod na talakay ay ating kaluluwa, Di ito madaling isulit sa masa, Sa gayat at gayat lilitaw ang porma, Nitong espiritong di natin makita.

KASO	HALAGA Ng Benepisyo
Mild Pneumonia (para sa level 1, 2 & 3, private room)	Php43,997
Moderate Pneumonia (para sa level 1, 2 at 3, private room)	Php143,267
Severe Pneumonia (level 2 at 3, private room at ICU)	Php333,519
Critical Pneumonia (level 2 at 3, private room, ICU at ECMO*, RRT*) *Extracorporeal Membrane Oxygenation; *Renal Replacement Therapy	Php786,384
Community Isolation Package	Php22,449

70K Imuseño families receive cash aid, 35K still in process

IMUS CITY, Cavite -- More or less 70,000 families in the city had received the Cash Ayuda from the national government or the Lingap Imuseño cash aid based on the updated master list of beneficiaries verified and encoded by the Lingap Center established by the city government.

City Councilor Emoy Francisco reported the status of the cash aid distribution in the weekly FB Live of Imus Mayor Emmanuel Maliksi on April 24, 2021. He explained the tedious

task of validation of the families in the master list from the DSWD based on the CBMS data.

"Napakahalaga po nang ginagawang pagproseso ng checking at rechecking ng mga nakalap na datos mula sa mga nagrehistro pang pamilyang benepisyaryo para po makuha natin ang tamang bilang ng miyembro nang bawat pamilya na siya namang i-encode sa Lingap Center para po makapasok sa portal," Francisco elaborated.

Francisco said the processing of data from

each barangays of almost 35,000 families in the city will continue which started Monday, April 26, 2021 to expedite the distribution of the financial aid to the remaining beneficiaries.

The updated and correct data will then be used as the basis for the ONE Cash Card system that will be implemented by the city government in partnership with the Development Bank of the Philippines (DBP) for future distribution of financial aid from the government.

Notably, Imus city

is the only LGU in the province that opted for the use of multi-channeled disbursement system with three options for pay-out namely: thru Debit/Cash cards; e-wallet either GCash or PayMaya; and cash pick-up with the MLhuillier.

Meanwhile, Councilor Jem V. Yulo explained that the delay in the distribution of the cash aid is due to errors and inconsistencies in the application forms filled-up by the families, and at times, with instances of technical glitch of double disbursement

experienced by several families.

Francisco shared a noteworthy case wherein an indigent head of the family came forward to their barangay official to return the extra cash.

Mayor Maliksi granted a medical assistance to the family upon hearing that a family member is a patient suffering from leukemia and is currently confined at the Las Piñas General Hospital, in reward to such act of honesty.

On the other hand, Maliksi appealed for patience and

understanding to the Imuseños who have not yet received their cash aid.

"Hindi pa tapos ang pamimigay ng ayuda o ng lingap. Patuloy pa rin ang pag proseso ng mga datos nang mga nagrehistro para sa nasabing tulong pinansyal. Lahat po ay makakatanggap ng ayuda," Maliksi assured his constituents.

(The distribution of the Ayuda/Lingap is not yet over. The processing of data of those who registered is ongoing. Everyone will receive the help.) (PIA)

Mayor Roy Loyola, Cong. Dahlia Loyola, nasa ilalim ng Quarantine matapos magpositibo ang anak sa Covid-19



Sumasailalim ngayon sa quarantine sina Mayor Roy Loyola at ang misis niyang si Congresswoman Dahlia Loyola matapos na magpositibo sa coronavirus disease (COVID-19) ang isa sa kanilang mga anak.

Bagaman nag-negatibo na sa pagsusuri ang dalawa, kinakailangan pa rin nilang sumailalim sa ipinag-uutos na 14 na araw na quarantine dahil itinuturing silang close contacts.

"Nais lang po

namin ipaalam sa inyo ni Congresswoman Dahlia A. Loyola na kami ay naka-STRICT HOME QUARANTINE dahil nag-positive po sa COVID-19 ang isa naming anak. Sumailalim po ang lahat ng CLOSE CONTACT sa RTPCR TEST at awa ng Diyos ay NEGATIVE po kaming LAHAT. Gayunpaman kami ay kailangan sumunod sa 14-day quarantine requirement," pahayag ni Mayor Roy Loyola sa kaniyang Facebook post.

"Huwag po kayong mag-alala dahil wala

naman po kaming nararamdaman. Nasa mabuting kalagayan din po ang aming mga anak. Salamat po sa inyong malasakit at pagdadasal," dagdag pa niya.

Nangako naman ang

mag-asawa na mananatili silang magbibigay ng tulong sa kahit na nasa ilalim ng quarantine.

"Kahit po naka-quarantine kami ay sinisiguro po namin na tuloy-tuloy ang

ating mga programa at serbisyo kabilang na ang pamamahagi ng ayuda. WORK AS USUAL po tayo. Marami po tayong dapat asikasuhin ngayong pandemya," saad ng alkalde.

DOST-PSTC Cavite trains Purefoods-Hormel Company, Inc. – Cavite Plant employees on HACCP



On April 20-21, 2021, the Department of Science and Technology – CALABARZON (DOST-CALABARZON), through its Provincial Science and Technology

Center in Cavite (DOST-PSTC Cavite) conducted an online food safety seminar-training to 30 employees of Purefoods-Hormel Company, Inc. – Cavite Plant (Purefoods)

via Zoom. Through a combination of lectures and workshops, DOST-CALABARZON Food Safety Team members, Mr. Jake Lloyd Peña and

(cont. P.6)

Libreng swab testing, isusulong sa Tanza

Nakatakdang magsagawa ng libreng swab testing ang lokal na pamahalaan ng Tanza tuwing Lunes at Biyernes para sa mga close contact ng COVID-19 patients.

Kabilang rin rito ang mga close contact na mayroong mga mild na sintomas ng

nasabing sakit. Bukod rito, mayroon rin silang ilulunsad na prioritized testing araw-araw sa tulong ng Makati Medical Center.

Isusulong ang rapid antigen testing ng Tanza LGU sa pamamagitan ng gabay ng tatlong

katuwang na ospital, batay kay Municipal Health Officer Dr. Ruth Punzalan.

Inaasahan na makakatulong ito upang mas mabilis matukoy at agad na mabigyan ng kaukulang tulong ang mga inibidwal na mayroong COVID-19. (GOCAVITE)

Pagbati Mula kina:



Mayor Emmanuel Maliksi
Imus City, Cavite



Coun. Vince Amposta
Imus City, Cavite



Mayor Jose Voltaire Ricafrente
Rosario, Cavite

**ROSARIO,
BAYANG
TAHIMIK,
MASAYA AT
MAUNLAD**



MAGUYAM - Ang Maguyam, Silang ay nayon na dati ay maraming guyam o langgam.

LET THERE BE LIGHT!

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

**"KAAGAPAY MO SA PANDEMYA"
BARANGAYANIHAN 2021 COMMUNITY
PANTRY OF MARIKINA PNP**



Marikina CPS Station Community Affairs Section

headed by PCPT RENATO M SAMSON, OIC, SCAS conducted Barangayanihan 2021 with the Theme: "Kaagapay mo sa pandemya" held at barangay Industrial Valley Complex (IVC). Wherein food packs, nutritious vegetables, health kits and safety tips flyers were given away to the residents of the said barangay.

This aims to extend an open arms to those needy in times crisis which is a clear manifestation that the PNP and the community has a strong partnership. The project made possible through the collaborative efforts of force multipliers from the barangay. Public safety and security measures also observed during the said activity especially maintaining safety health protocols.

This kind of activity truly strengtens the police-community relations as well as the bayanihan spirit of the Filipino people in times of crisis.

MARGIE BAUTISTA

**DOH-CALABARZON
REPORTS
157K ELIGIBLE
VACCINATION GOT
COVID JABS**

The Department of Health (DOH) - CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) today reported a total of 157,256 eligible population vaccinated with the first dose of COVID-19 vaccine from established vaccination sites in the region.

"Although we have the fixed vaccination sites, we also allow our vaccination teams go on a house-to-house drive to reach target individuals to be vaccinated. Mayroon tayong mga senior citizen na hindi makapunta sa mga vaccination sites dahil bawal silang lumabas at mayroon ding mga bed-ridden at yung mga me co-morbidity na kailangang mabakunahan para magkaroon dila ng dagdag proteksiyon laban sa Covid."

"Tandaan natin na

hindi lang mga elderly ang tinatamaan ng virus pati na rin mga bata ay namamatay dahil dito. Kaya dapat maibgay natin sa lahat ang bakuna upang mabawasan ang coekto nito sa ating mamamayan," Janairo stated,

From the total vaccinated population, 84,347 were given the Sinovac while 72,909 received the AstraZeneca vaccine.

Janairo said that among those vaccinated with the first dose, 9,218 individuals have already completed their two-dose immunization.

For the priority group A1 (frontline health workers), 103,303 individuals have received their first shot and 8,885 were given their second shot.

For priority group A2 (senior citizens),

(cont. P.5)



ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

HUMANITY TRIVIA

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

- Traffic light - 1868
- Jeans - 1872
- Cannabis - Asia
- Leek - Europe
- Malungay - scurvy

Project Luntian Cavite, binisita ang Gentri Centro MRF



Binisita ni Founding Chairman and Project Luntian Cavite President Prof. Julio Castillo ang General Trias City CENTRO Office upang pag-aralan at obserbahan ang mga pinakamahusay na kasanayan sa waste management ng lungsod.

Ipinaliwanag naman ng mabuti ni CENRO head Dr. Renato Esculer ang kanilang MRF system.

Ang mga natuklasan ng kanilang grupo ay ibabahagi sa pamayanan sa Cavite sa pamamagitan ng simposyum na, "Oriyentasyon: Kalinisan-Iwas sa Pandemya" sa darating na Mayo 2, sa Clubhouse, Belmont Hills Subdivision, General Trias City.

DOH-CALABARZON... (from p. 4)

26,854 received their first jab and 62 got their second shot.

For priority group A3 (persons with comorbidity) 27,099 got their first vaccine and 271 have their second dose.

There are a total of 298 vaccination sites registered in

the DOH - COVID-19 Bakuna Center Registry (CBCR), 47

of these are in Cavite, 74 from Laguna, 79 in Batangas, 43 in Rizal, 46 in Quezon and 9 from Lucena City

CALABARZON received a total of 305,660 vaccine doses for first and second

dose use, 228,860 doses are Sinovac and 76,800 doses are AstraZeneca.

The regional office has already delivered 303,369 doses to vaccination sites in various provinces, 226,569 doses of Sinovac and 76,800 doses of AstraZeneca. There are only 2,291 doses of Sinovac left for distribution.

As of April 28, 2021, there are a total of 2,485 new Covid-19 cases added in the region reaching a total of 130,123 infections.

There are 24,451 active cases while 102,208 have recovered. A total of 3,464 death were reported.

The province with the highest number of Covid cases is Cavite with 38,652 followed by Laguna with 30,301; Rizal with 29,067; Batangas - 22,793 and Quezon with 7,915 cases. Lucena City has a total of 1,926,

A total of 2,108 Covid dedicated beds are already occupied including ward, ICU



Opisyal ng binuksan ang Hanging Bridge na nag-uugnay sa Poblacion at Pinagsanhan sa Maragondon, Cavite.

Nagsimula ang konstruksyon nito noong Pebrero 6, 2018 at pormal nang bukas sa publiko kamakailan matapos maisagawa ang blessing ceremony na pinangunahan ni Rev. Fr. Mario G. De Leon, Mayor Rey A. Rillo, Konsehal Bernie Ilagan, Konsehal Alex Villanueva, Konsehala Lita De Joya, ABC President Romel Manalo, PB Ilo Otara, PB Willy Umandal at PB Jovenal Umandal kasama ang ilang mga opisyaes ng bayan.


EDITORIAL

Marami tayong magagandang katangian bilang Pilipino, tayo ay mapagk-upkop sa kulang-palad at bukas ang tulong sa mga nangangailangan. Hindi lamang tayo ugma sa pagnenegosyo dahil sa mga nakita natin sa mga nauna sa atin ay di tungo sa pagsasarili kundi sa pangangamuhan. Hindi rin tayo lubos na mapag-impok dahil sa ang ating kalikasan ay hindi tulad sa mga bansang may niyebe at malamig na winter. Mada-li tayong masiyahan sa konti di tulad ng bansang may yelo na pag di ka nag-impok ay maaring mamatay ka sa gutom sa panahon ng taglamig.

Alamin natin ang ating kahinaan at patibayin ito sa hinaharap. Malulusutan din natin ang mga pagsubok kung tayo'y kapit bisig.

and isolation beds in various hospitals in the region with a total of 1,198 vacant.

"Huwag tayong magpabaya sa ating kalusugan at huwag tayong magpakampante dahil lahat tayo ay pwedeng dapuan ng Covid virus anumang oras. Kaya mas mabuting mamalagi sa bahay at lumabas lamangkung talagang kinakailangan," Janairo reminded the public.



CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

The Philippine-American war began and the Americans proved superior. Cavite was beginning to cooperate when Gen. Aguinaldo was captured in Palanan. He came home to retire after swearing allegiance to the U.S. Government.

TWIN SPIN: A DOUBLE TREAT THIS SUMMER

Bayanihan... (from p. 1)

The LGU Alfonso, Liga ng mga Barangay, SK Federation, Alfonso Municipal Police Station, Samahan ng mga Barangay Kagawad, and other non-government organizations, farmers cooperative, and market vendors association in the municipality fully supported the TST.

To give back to the people for their free education as scholars, a group of students and new graduates from the Cavite State University and PUP Maragondon asked for support for contributions and donations for food items to be shared in the community pantry they set up in Barangays Halayhay and Julugan catering to fisherfolks.

"Pinag-aral kami gamit ang buwis ng taong bayan kaya oras na para magbalik ng tulong sa mamamayan," saad nila.

(We have been educated using the tax paid by the people so it's time to return the favor to them.)

Likewise, a community pantry in the City of General Trias was set up by a group of volunteers to help the local farmers of the city. A FB post by group member Xian Lozares that says "BayANIhan mula sa anihan hanggang sa hapagkainan," implied the intention of the group to help the local farmers with the purchase of their farm harvests which in turn will be shared in their community pantry.

"This way we are able to help the farmers with their livelihood and help others as well thru sharing of the farm produce,"

Lozares said.

Meanwhile, the stock box community pantry in the municipality of Silang put up by Marvin Garcia caught the attention of netizens with the comic tag lines that remind people to take as they need.

"We don't mean to offend anyone. So we thought of a fun way to tell them," Garcia explained.

Government agencies also joined the bandwagon of goodhearted citizens such as the BARANGAYanihan Community Pantry of the Trece Martires Component Police Station (CPS) headed by PLtCol. Jose Junar Alamo together with the Sangguniang Barangay Conchu as they gave out noodles, rice, coffee, and sardines to the residents in need.

Aside from food sharing, LTO Carmona employees distributed road safety flyers and leaflets in their Hapag Damayan Community Pantry as part of its continuing efforts to keep the road safe for all.

A notable version is the Community PlanTree of Carlo Gonzales, owner of C&K's Garden in Cavite City. His pantry offered free ornamental plants, Humic Plus Fertilizer, osmocote, hanging baskets, and even succulents to give the residents a productive and healthy hobby and keep their minds off the anxiety and depression brought by the pandemic.

The pantry was a success that he targets to have 'fruit-bearing trees' in his next Pan Tree offering. (PIA)



<https://www.facebook.com/enchantedkingdom.ph>

@EK_Philippines

www.enchantedkingdom.ph

The summer months are going to be magical with the opening of a brand-new major ride at the country's most loved theme park, Enchanted Kingdom. In its twenty-five year tradition of bringing only the finest world-class amusement to all its guests, EK unveils the much-awaited TWIN SPIN this May, a compact spinning coaster manufactured by world-renowned Mack Rides of Germany, the leading designer, manufacturer and supplier of rollercoasters, water rides and all kinds of leisure park attractions all over the globe. Following the launch of the EKaleidoscope last October, the TWIN SPIN is EK's latest offering and third rollercoaster to

boot, to celebrate its silver anniversary culminating in October this year.

This May, be one of the first to experience double the rush and double the adrenaline that can only come from EK's all-new TWIN SPIN—a totally innovative, spin-tastic attraction that will certainly be your ultimate double treat this summer! For more information on promos and ticket reservations and bookings, please visit Enchanted Kingdom's official website www.enchantedkingdom.ph, Online store <https://shop.enchantedkingdom.ph/> or official Facebook page www.facebook.com/enchantedkingdom.ph.

DOST-PSTC Cavite trains Purefoods-Hormel Company, Inc. – Cavite... (from p. 3)

Ms. Jenny Bronburac, trained the participants on Hazard Analysis and Critical Control Points (HACCP) during the two-day activity.

DOST-PSTC Cavite Provincial Director Engr. Raul D. Castañeda opened the event with a brief message on the importance of having a food management system, especially in food manufacturing firms, such as Purefoods. He also acknowledged the participants, comprised

of production managers and engineers for Purefoods, for joining the activity, as it is equally important for the managers as well as the staff to learn about food management practices, including the HACCP.

Mr. Peña and Ms. Bronburac alternated in detailing the HACCP and recommending ways to prevent, control, and reduce hazards in all stages of food production: from purchase, receipt, and storage to



production, handling, and packaging. The speakers together with DOST-PSTC Cavite staff moderated workshops and group discussions of four clusters of Purefoods employees.

Ms. Heidi Chang, Human Resources Associate, on behalf of Purefoods, thanked the DOST-CALABARZON for their assistance in equipping its employees, specifically its newly-hired staff, with the necessary skills to ensure food safety in its production processes. Mr. Matthew Henry Camitan presented to Ms. Chang and Ms. Erisse Joyce Magnaye, Purefoods Human Resource Assistant, a certificate

of completion for the active participation of the attendees in the seminar-training.

Despite the pandemic, DOST-CALABARZON has adapted means to make its services accessible in the new normal. In line with its mission to ensure compliance with food safety standards, DOST-CALABARZON organizes webinars on food safety. To request similar assistance, email dost4a.ord@gmail.com.

Surigao Sur goes on all-out support... (from p. 1)

(ISIP).

Pimentel said he and friends are really determined to convince

Mayor Sara Duterte to run for President to continue the legacy started by her father, President Rodrigo

Duterte.

He recalled that when he asked the President during his

recent visit the the last typhoon that affect his whole province, what they can do for him, the President cited the need to continue what he has started. He said he took the President's reply to

mean that they support his daughter to run for President in 2022.

From Surigao del Sur, the caravan proceeded on to Butuan City, then on to Cagayan de Oro City and Iligan City. ###



THE SIGNIFICANCE OF THE BATTLE OF MACTAN

By Ernesto G. Banawis

April 27, is Lapu Lapu Day, a special national holiday in honor of our country's first national hero.

It was on this fateful day, 500 years ago, that LapuLapu and his constituents repulsed an invading force of 49 Spaniards led by Ferdinand Magellan who was killed in this historic event which became known as the Battle of Mactan.

But it was the ill-fated yet successful expedition of Magellan which prompted Spain to send three more expeditions to our archipelago. It was the last one, led by Miguel Lopez de Legaspi, which established Spain's colonization of the over 7,000 islands. Legaspi first landed in Gamay, a village in Samar, in March 1561. The colony was named as the Philippines in honor of King Philip II of Spain.

Over a hundred revolts were staged by our leaders all over the country but were brought down by the colonial government. It was only on June 12, 1898 that the Philippines gained its freedom from Spain and proclaimed itself as Republic of the Philippines. For 333 years, we suffered economic and political slavery and religious bigotry under Spain.

Our independence did not last long. The

United States of America bought us from Spain for only \$20 million and made our country as its diplomatic and security outpost in the Far East until 1946 when she gave us back our independence Today, we are again being treated as a surrogate by another big power which seeks to dominate the world.

Perhaps, we should commemorate Lapu Lapu Day by pledging to ourselves to defend our freedom and independence against any other country at any cost.

Let us always remember that Magellan did not discover our country. Were he equipped with more precise navigational instruments, he would have hit the Spice Island which was his original target instead of landing at Homonhon Island in Samar.

The United States made us a colony allegedly to teach us how to run a democratic and republican government. The Malolos Constitution contains loftier principles than the Constitution of the USA. Dr. Jose Rizal, Apolinario Mabini and Marcelo H Del Pilar were more gifted writers and ideologues than Tomas Jefferson and Benjamin Franklin.

The Japanese waned to include us under its grand East Asia Co-

Prosperity Sphere but the atom bomb ended their dreams.

Now a new superpower is treating us with humiliation and contempt. China will not listen to our complaints, rantings, and whimperings over the presence of some 220 vessels at our territorial waters. As far as China is concerned, she owns the entire South China Sea.

Her ships and military installations are within its own marine territory. Even the 7th Fleet could not drive them away. The protests of other countries, like our own, is futile. They are all sound and fury, signifying silent anger and lament.

Xi Jinping, the undisputed leader of China and the world today holds in his palm the fate and destiny of over 100 million Filipinos and our country.

A thorough reading of his background, achievements, and character will indicate that Xi Jinping is a gifted, self-possessed, and sensible man. He will not risk the lives of over 1.4 billion of his own people by going to war just to prove he is the most powerful leader of the world.

Let us hope Xi Jinping will opt to be revered than just being remembered as one of the greatest leaders of the world.

Health Benefits...

Kaalaman tungkol sa Banaba bilang halamang gamot

Ang banaba ay isang namumulaklak na puno na kilala sa maraming lugar sa Pilipinas. Ang bulaklak ay kulay lila at bumubuka nang malapad. Ito ay may bunga na mala mala-ubas ngunit kulay tsokolate. Karaniwan itong tumutubo sa isla ng Luzon, pati na sa Mindanao at Palawan. Dahil nga sa kakayanan nitong makagamot ng ilang mga karamdaman, kalimitan ding mabibili ang banaba na nakahanda bilang inuming tsa at tableta.

Ano ang mga sustansya at kemikal na maaaring makuha sa Banaba?

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

Ayon sa mga pag-aaral, may mataas na lebel ng tannin sa bunga, dahon at balat ng kahoy (bark) ng banaba.

Nakuhanan din ang halamang ito ng phenolic compounds, flavonoids, at saponins. Bukod pa dito, mayroon ding corosolic acid, ellagitannin Lagerstroemin, at gallotannins sa halaman ng banaba.

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 hinog na bunga ng banaba ay kadalasang pinapatuyo bago ilaga upang makuha ang taglay nitong gamot.

Dahon. Ang dahon na maaaring bata pa o yung magulang na ay pinakukuluan din at ipinainom sa may sakit.

Bulaklak. Pinakukuluan din ang bulaklak ng banaba upang maipainom ang pinaglagaan sa may sakit.

Balat ng kahoy (bark). Ang balat ng kahoy ay nilalaga rin ngunit hindi ito kasing epektibo ng pinaglagaan ng dahon at bunga.

Ugat. Pinapakuluaan din ang ugat at pinainom sa may sakit. Ano ang mga sakit na maaaring magamot ng Banaba?

1. **Diabetes.** Ang pangunahing sakit na pinaniniwalaang nagagamot ng halamang banaba ay ang diabetes. Epektibo sa pagpapanatiling balanse ng lebel ng asukal sa dugo ang pag-inom ng pinaglagaan ng bulaklak, dahon at bunga ng banaba.

2. **Hirap sa pag-ih.** Ang pinaglagaan ng ugat at dahon ng banaba ay may epektong diuretic sa mga taong hirap sa pag-ih.

3. **Pagtatae.** Ang pinaglagaan naman ng balat ng kahoy ng banaba ay pinaniniwalaang makagagamot sa pagtatae o diarrhea.

4. **Obesity o sobrang timbang.** Mahusay din daw ang regular na pag-inom ng pinaglagaan ng halaman ng banaba sa pagpapanatili ng balanse at tamang timbang.

5. **Altapresyon.** May ilang naniniwala din na nakakababa ng presyon ng dugo ang pag-inom ng pinaglagaan ng banaba.

6. **Pamamaga at implamasyon.** Sinasabi rin na ang katas na nakukuha sa dahon ng banaba ay may bisa sa pagpapahupa ng pamamaga at implamasyon sa katawan.

7. **Impeksyon ng bacteria sa katawan.** May ilang pag-aaral na ang pinaglagaan ng bunga ng banaba ay makatutulong sa pagpuksa ng impeksyon ng bacteria sa katawan.



Scientific name:
Lagerstroemia speciosa
(L.) Pers.; *Lagerstroemia reginae* Roxb.;
Munchausia speciosa (L.)
Common name: Banaba
(Tagalog), Queen's Flower
o Pride of India (Ingles)

Covid-19 protection law, isinulong

Isinulong ni Cavite Representative Elpidio Barzaga ang pagkakaroon ng batas para maprotektahan ang mga tao na nagpabakuna ng COVID-19 laban sa mga ayaw magpabakuna.

“A person who is not vaccinated is a risk to the lives of others and to the general community,” sabi ni Barzaga

Ayon pa sa kanya, nakasaad sa General Welfare clause na ang pamahalaang nasyonal ay inaatasang gumawa ng panuntunan at

mga regulasyon upang maprotektahan ang buhay ng karamihan.

Pinunro rin ni Barzaga na ito ay “legal and constitutionally accepted” sa mga paaralan na magpatupad ng kondisyon na nabakunahan dapat ang mga mag-eeenroll, pati na rin ang mga empleyado sa kanilang trabaho.

“Even the right to travel shall be restricted,” aniya.

“While others might argue that such law shall be discriminatory —

discriminating those vaccinated against those non-vaccinated — there shall be no violation of the constitutional rights to due process and equal protection clauses. Every individual, therefore, to avoid adverse consequences, must allow themselves to be vaccinated.” dagdag ni Barzaga.

Batay sa survey ng University of the Philippines-OCTA research team noong Pebrero, ipinakita na 19% ang gustong

magpabakuna, 46% ay ayaw, at 35% naman ang hindi pa nakapagpapasya.

Hindi umano magiging sapat ang proteksyon sa bansa kung iilan lamang ang magpabakuna sabi ni Barzaga.

“While the Constitution guarantees the right to life of every individual, such right is subservient to the paramount interest of the lives of the greater majority,” dagdag nito.

Paliwanag pa ng mambabatas, sinabi

sa Article II, Section 5 of the Constitution (Declaration of Principles and State Policies): “The maintenance of peace and order, the protection of life, liberty, and property, and the promotion of the general welfare are essential for the enjoyment by all the people of the blessings of democracy.”

Sinasabi umano ng Saligang Batas na magiging legal ang pagtaboy ng mga empleyado sa mga taong walang bakuna.



CONG. BARZAGA

Maaari rin aniya, na tumanging magpapasok ang mga malls, hotel, at restaurants sa mga taong hindi pa nabakunahan.

HABAMBUHAY ANG BISA NG BIRTH CERTIFICATE AT MAPABABA ANG MANDATORY OPTIONAL RETIREMENT NG EMPLEYADO NG PAMAHALAAN PINANGUNAHAN NI REVILLA

DININIG ng Civil Service Committee ang inihainag panukalang batas na naglalayong maging habambuhay ang bisa ng birth certificate na iniisyu ng pamahalaan at mapababa ang edad ng mandatory at optional retirement ng isang empleyado ng pamahalaan.

Pinangunahan ni Sen. Ramon Bong Revilla, Jr., chairman ng Committee on Civil Service, Government Reorganization and Professional Regulation sa pamamagitan ng virtual hearing ang ilang panukalang batas na naglalayong mabigyan ng lifetime validity ang birth certificate na iniisyu mismo ng Philippine Statistics Authority (PSA).

Natalakaydin ang mga panukala na kailangang mapababa ang mandatory at optional retirement ng isang manggagawa ng pamahalaan upang maaga umano nilang mapakinabangan ang inaasahang mga benepisyo.

Ayon kay Revilla, bagama't sinasabi ng PSA na walang expiration ang iniisyu nilang birth certificate ay kapansin-pansin ang ginagawa nilang regular na pagpapalit ng kulay ng security paper na iniimprenta bilang certificates at pinabayaran ng P155

kada kopya at nasa P365 naman kapag ididiliber pa sa mismong tahanan.

Dahil dito ay may ilang ahensiya ng pamahalaan at ilang pribadong kumpanya na hinahanapan ang ilang manggagawa o aplikante ng bagong birth certificate na hindi pa lumalagpas ng anim na buwan simula nang i-release ng PSA bilang requirements.

“This requirement costs our people valuable time and money. Lalo na po ngayong panahon ng pandemya ung kailan apektado nang husto ang ating ekonomiya, anumang karagdagan gastusin ay iindahin talaga ng mga kababayan natin. Dagdag pa rito ang panganib o risk na mahawahan ng virus kung sila ay lalabas ng bahay upang kumuha ng birth certificate,” paliwanag ni Revilla.

Kaugnay nito ay buo naman ang naging suporta ng mga resource persons, kabilang na ang PSA, ang Civil Service Commission (CSC) at ng Department of Education (DepEd) sa naturang panukala.

Tinalakay din ng komite na dapat ay mapababa na ang edad ng isang nais magretiro na empleyado ng pamahalaan at kinonsulta ang ilang mga ahensiya kabilang na ang Government Service Insurance System (GSIS), Department of Budget



and Management (DBM).

Kinonsulta din maging ang non-government associations tulad ng Philippine Government Employees Association (PGEA), Philippine Public School Teachers Associations (PPSTA), Confederation for Unity, Recognition and Advancement of Government Employees (COURAGE), Teachers Dignity Coalition, Alliance for Concerned Teachers (ACT), Sentro ng Nagkakaisa at Progresibong Manggagawa (SENTRO) at Non-Uniformed Personnel Association, Inc. (NUPAI).

“Ang paglilingkod sa bayan bilang isang kawani ng pamahalaan ay isang karangalan. Ang karangalang ito ay tinatapatan naman nila ng sipag at dedikasyon sa kanilang trabaho. Kaya't ang mga umaabot ng retirement age sa gobyerno ay maituturing na mga haligi at huwaran

ng serbisyo publiko,” dagdag pa ni Revilla.

Pinaliwanag pa ni Revilla na ang maagang pagreretiro ay malaking bagay para mapakinabangan ng isang senior citizen ang bunga ng kaniyang pinaghirapan at magkaroon ng mahabang oras sa kaniyang pamilya at mga kaibigan habang malakas pa.

Binigyang diin pa ni Revilla na sa Senate Bill No. 72 na naglalayong mapababa ang edad ng compulsory retirement ng isang empleyado ng pamahalaan mula 65 anyos at maging 60 anyos na lamang at ang optional retirement na 60 anyos ay maging 55 anyos na lamang.

Ang SB 715 ni Sen. Joel Villanueva at SB 958 ni Sen. Sonny Angara ay parehong nagpanukala na mapababa ang edad ng nais mag-optional retirement na public school teacher na mula 60 ay maging 56 naman.

Samantala, ang

House Bill 5509, na inaprubahan ng House of Representatives noong nakaraang Disyembre 2019, ay layon ding mapababa ang edad ng optional retirement ng manggagawa ng gobyerno mula 60 anyos at maging 56 anyos.

Kaugnay nito ay pinunto naman ni CSC Commissioner Aileen Lizada na ang Pilipinas ang may pinakamatandang edad ng mandatory at optional retirement sa buong ASEAN.

Base sa datos ng istatistika, ang Pilipinas ang may pinakamatandang edad ng pagreretiro na 65 anyos kumpara sa ibang

ASEAN countries na ang pagreretiro ay nasa edad 50 hanggang 60 anyos lamang.

Ang Pilipinas din umano ang may pinakamatandang edad ng optional retirement mula 50 anyos hanggang 60 anyos habang ang mga manggagawa sa ibang ASEAN countries ay maaari nang magretiro sa edad na 45 anyos hanggang 55 anyos o pagkalipas ng 4 hanggang 10 taon sa serbisyo.

Nagpahayag naman ng suporta ang GSIS sa naturang panukala, ngunit bahagyang sinipat ang posibleng impact umano nito sa insurance fund life.

DO YOU KNOW?

The thunder is a sonic boom caused by a lightning that heats the air rapidly.

(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.