HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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Mayor Lani M. Revilla

Bacoor, Cavite

'AYUDA IMBES NA PAUTANG'

HONTIVEROS, HINIMOK NA GAMITING PANG-AYUDA ANG PONDO PARA SA PAUTANG SA ILALIM NG BAYANIHAN 2

Hinimok ni Senador Risa Hontiveros ang realignment ng mga hindi nagamit na pondo sa ilalim ng Bayanihan to Recover As One (Bayanihan 2) Act, at ilaan ito sa ayuda upang mas maraming Pilipino pa ang mabigyan.

"In less than two months, mapapaso na ang effectivity ng Bayanihan 2, pero may mga pondo dito na hindi pa nagagamit. Dapat i-realign ito at gamiting ayuda para sa mga kababayan nating kapos na kapos pa rin hanggang ngayon," ani Hontiveros.

Ayon sa Senador, may P10-bilyong badyet na nakalaan para sa pautang sa micro, small, and medium enterprises (MSMEs) sa ilalim ng Department of Trade and Industry (DTI)-CARES. Sinabi niya na 70% nito ay hindi pa nagagalaw dahil ayaw umutang ng mga MSME at pwedeng gamitin na lang na dagdag-ayuda.

"Ayuda imbes na pautang. Seventy percent ng P10B para sa loans under DTI-CARES ay hindi naman nagagamit pa. Iyon ay P7B na pwedeng pakinabangan ng 1.4 milyong Pilipino. Huwag nang buruhin ang pondo kung pwede namang ibigay na lang sa mga mas nangangailangan," sinabi niya.

Giit ni Hontiveros, dapat tuluy-tuloy ang cash assistance dahil maraming mga Pilipino ang nakikipagbuno pa rin sa krisis sa ekonomiya at maraming pamilya ang naghihirap dahil sa kawalan ng trabaho at pagkalugi sa negosyo.

"Matibay ang ebidensya: Dumoble ang bilang ng mga nagugutom na Pilipino.

(cont. P.6)

Imus City LGU distributes 3,275 computer tablets to senior high students

IMUS CITY, Cavite – The city government here has started the distribution of 3,275 computer tablets and other education paraphernalia to senior high school students in the city.

The distribution of tablets to parents of Grade 11 students started on

(cont. P.3)

Patuloy na pinag-aaralan ni Bacoor Mayor Lani Revilla ang ating vaccination process para mas marami pa ang mga kababayan na mabakunahan. Kasama si Cavite Governor Jonvic Remulla, Mayor Jenny Austria Barzaga ng Dasmarinas at Mayor Ony Ferrer ng General Trias, nakibahagi sila sa isang simulation exercise kung saan ang target ay makapagpabakuna ng 30 katao bawat oras. Naging maayos naman ang proseso at ipasasatupad ito sa mga susunod na araw.

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HONOR AND PRIDE FOR DENR CALABARZON REGION - AS PENRO CAVITE RANKED AMONG THE TOP 3 PERFORMING FIELD OFFICES FOR EAGLE AWARD NATIONWIDE

The Provincial Environment and Natural Resources Office (PENRO) Cavite made it to the list of top 3 Implementing PENROs for Calendar Year 2020 based on the results of Phase I of the "Environmental Awards for Governance and Leadership Excellence" (EAGLE).

Calendar year 2020 has been a tumultuous and a challenging one. It literally compelled the department's operations and activities to scale back to secure the safety of its personnel, although some of the employees were tasked to be part of the skeletal force to still continue performing our respective duties and responsibilities in accord to our mandate.

However, PENRO Cavite would not allow Covid-19 to obstruct its program/activities implementation towards environmental protection and conservation. Amidst the lockdown, environmental protection activities have been undertaken throughout Cavite to watch-over the province's natural resources.

Through collaborative efforts and cooperation of DENR-PENRO Cavite personnel, unwavering support from DENR Calabarzon Regional Office and with the excellent leadership of its Provincial Environment and Natural Resources Officer Forester Ronita A. Unlayao, PENRO Cavite finally made it to the top three. It is a great honor and pride to represent the entire DENR CALABARZON Region in delivering good customer service as well as promoting a culture of excellence and leadership in the organization.

Based on the criteria, the candidates were assessed and evaluated in two phases of scoring. The first phase comprised 75% of the nominees' overall performance rating. This includes the efficiency and effectiveness of the office in the delivery of services to the public. The second phase comprise the remaining 25% which will be rated based on the leadership abilities of the nominated official. Leadership of the candidates will be measured in terms of Integrity, Service Orientation, Network Building, Strategic Focus, and Managerial Acumen through the conduct of survey to subordinates.

Moreover, peer to peer survey will also be administered by the Personnel Division-Human Resources Development Service of DENR Central Office while the Panel Interview will be conducted by superiors composed of Undersecretaries, Assistant Secretaries, Directors and Third-Party Evaluators.

EAGLE aims to recognize and commend officials who demonstrated exemplary leadership and relentlessly fulfill their duties in pursuit of the Departments' goals and objectives despite the challenges of the Covid-19 pandemic. ###

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TOWARDS THE FRIENDSHIP OF CITIZERY

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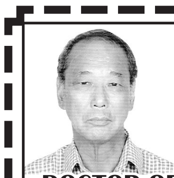


MAKATANG KABITENYO
DLSU-DASMARIÑAS AWARDEE
MAKATANG KABITENYO 1999
F&A.M LINCOLN LODGE # 34
DOCTOR OF HUMANITIES (HONORIS CAUSA)
DR. AURELIO PAREDES BAUTISTA

Ang Sangkatauhan

1. Aking natagpuan na sangkatauhan,
Mabuti'y marami't lihis ay iilan,
Kaya ang marami'y gusto kong samahan,
At lahat ng lihis ay nais iwasan.

2. Subali't alam kong gusto mang samahan,
Ang napakarami'y walang oras naman,
Ang aking panahon sa pamilya'y laan,
Noventa porsyento dito ko pinisan.

3. Sa sampung porsiyentong puwede kong gamitin,
Ako ay namili ng kakasamahin,
Doon ibinuhos ang aking damdamin,
Ang pakikisamang laan sa magaling.

4. Merong mga taong mahuhusay sana,
Nguni't kung kumilos hangad ay ganansya,
Ganansyang kabilan at siya lang ang bida,
At nakapaligid na lahat ay extra.

5. Merong mga taong ganyan sa lipunan,
Di naman masama turing ko sa ganyan,
Dahil merong taong labis ang kailangan,
Kaya pakisama ay nalilimutan.

6. Di tulad sa taong ayaw na ayaw ko,
Sasama sa akin na ang tanging gusto,
Pinsalain lamang ang buhay ko't plano,
Gayon din ang gawa sa maraming tao.

7. Mga nakasama sa ating lipunan,
Kasama sa buting gawa't kasiyahan,
Subali't kokonti yaong naranasan
Sapagka't pamilya'y una kong tiningnan.

8. Ang isang pamilya'y higit sa kaibigan,
Tayong lahat dapat may ganyang katwiran,
Sa nipis, sa kapal dapat na panigan,
Pamilya'y pamilya saan mo man tingnan.

Imus City LGU distributes 3,275 computer... (from p. 1)

Thursday (May 20) while Grade 12 students are set to receive their gadgets by Monday (May 24).

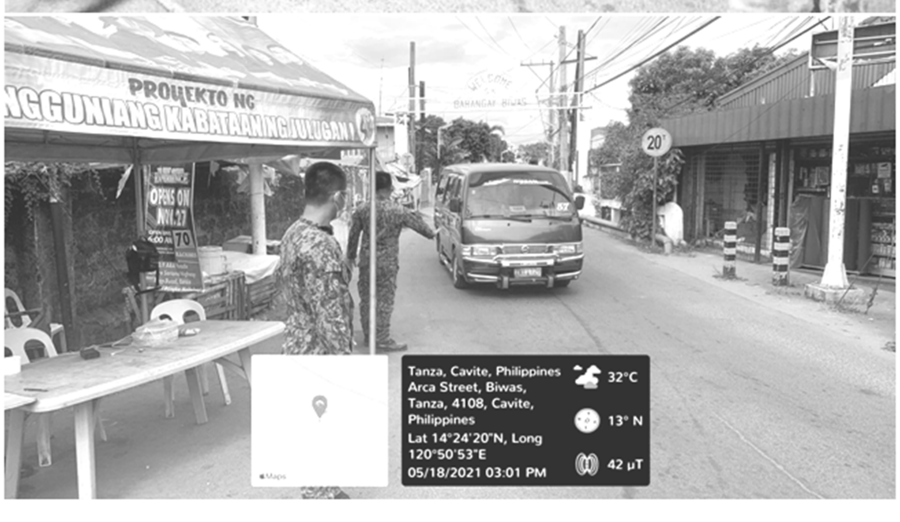
Aside from tablets, the learning package also includes headsets, computer mouses, and sim cards with internet connection. Also distributed were Secure Digital (SD) cards loaded with modules, lessons, and other learning activities.

Beneficiary schools include the Gen. Flaviano Yengko Senior High School, Gen. Pantaleon Garcia Senior High School, Gov. Juanito Reyes Remulla Senior High School, and Juan Castañeda Senior High School.

Schools Division Office (SDO) of Imus City Superintendent Dr. Rosemarie Torres told the Manila Bulletin that some parents graciously refused the local government unit's (LGU) free gadget package offer. They said their children already have gadgets of their own and that the package should be given to those who need it more.

The excess gadgets will be given to the city's identified struggling learners in Grades 1 to 10.

CAVITE MARITME PULIS, UMAARANGKADA ANG OPERASYONG MULA ECQ HANGGANG MECQ



Sa pakikipagtulungan ng Local Government Unit sa pamumuno ng butihing Mayor Yuri A. Pacumio, simula ng ideklara ang Enhanced Community Quarantine (ECQ) at Modified Enhanced Community Quarantine (MECQ), simula Marso hanggang ikatlong linggo ng Mayo 22, ay puspusan ang pagtalima sa tungkulin ng mga tauhan ng Cavite MARPSTA na nakapagtala ng 667 na taong lumabag sa mga health protocols na pinapatupad ng munisipyo ng Tanza, simula sa hindi pagsusuot ng face mask, face shields, at paglabag sa curfew hours.

Ayon kay PMAJ PENALES, ang simpleng pagsunod sa mga patakaran na pinaiiral ng munisipyo at IATF ay tungkulin ng bawat residente upang mapanatili ang maayos na pamumuhay. Makakaasa ang mga residente ng Julugan, Tanza, Cavite na lalo pang pagbubutihin ng mga tauhan ng Cavite MARPSTA ang kanilang tungkulin sa mamamayan.

Hanggang sa ngayon ay patuloy pa rin ang pagpapatupad ng 24/7 checkpoint sa Julugan upang mabawasan ang violators ng minimum health safety protocols (MHSP) sa naturang lugar. **(MARGIE BAUTISTA)**

Dasmarinas chess wizards, kinatawan ng Pilipinas sa Fide Chess World Cup

Sina Daniel Quizon at Michael Concio, Jr., parehong 16 na taong gulang at mag-aaral ng Grade 10 sa Dasmariñas Integrated High School, ang kakatawan sa Pilipinas sa darating na FIDE World Cup chess tournament sa Sochi, Russia sa Hulyo 2021.

Ang mga atleta ng chess ay nakakuha ng ikalawang ranggo sa katatapos na Asian Zonal 3.3 Chess Championships matapos na manalo laban sa Indonesian Grandmasters na kinatawan ng Indonesia sa Board 1 at 2 ng Chess Olympics.

Ang Asian Zonal 3.3 Chess Championship ay ginanap online sa pamamagitan Tornelo platform kung saan ang dalawang representate ng Cavite ay naglaro mula sa bahay ng kanilang coach na si FIDE Master Roel Abelgas.

Samantala, ipinagmamalaki naman ni Congressman Pidi Barzaga ang dalawa at suportado niya ang mga batang chess wizards.

"Nakaka-proud isipin na pawang disi-sais anyos ang dalawang batang Pinoy na sina Quizon at Concio ay Grade 10 sa Dasmariñas Integrated High School. Congratulations and keep up the hard work! Ang buong lungsod ng Dasmariñas ay patuloy na sumusuporta sa ating mga batang atleta," ani Barzaga.

Pinasalamatan rin ng solon ang buong Team Dasma, mga coach na sina GM Darwin Laylo, Fide Master Roel Abelgas, at Chester Caminong sa walang tigil na paggabay sa mga batang atleta.

(PIA Cavite)

Pagbati Mula kina:

Vice Mayor Ony Cantimbuhan
Imus City, Cavite

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

HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

VOL.V NO. 26

Mayor Jose Voltaire Ricafrente
Rosario, Cavite

ROSARIO,
BAYANG TAHIMIK, MASAYA AT MAUNLAD

LET THERE BE LIGHT!

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

TIBIG - Ang Tibig, Silang ay nayon na ang ngalan ay kinuha sa punong tibig na sumisibol sa lugar na malapit sa tubig.

Ayon sa facebook post ni Mayor Gemma Lubigan "Mapalad po ang Lungsod ng Trece Martires dahil nabigyan tayo ng financial grant mula sa tanggapan ni SEN. FRANCIS TOLENTINO sa pamamagitan ng REGIONAL DSWD. Dinalaw nya po tayo kanina kasama ng kanyang pamangkin na si Councilor Athena Tolentino upang personal ma maiabot ang assistance na ito.

Sa kinakaharap po nating pandemya ay napakalaking tulong po ito para sa aming mga mamamayan.

Nawa'y marami pang maabot na tulong mula sa inyong tanggapan para sa higit na mga nangangailangan.

•Ang SUBSISTENCE ASSISTANCE po ay nag mula sa kanilang tanggapan at ang ating Cswdo Trece Martires lamang ang naging daan upang iparating ito sa ating mga kababayan." MARAMING SALAMAT PO SEN. FRANCIS "TOL" TOLENTINO

May 21, binisita ni Mayor Atty. Roy M. Loyola ang ating mga proyektong pang-imprastraktura sa bayan ng Silang at GMA. Ginagawa nila ito upang siguraduhin na maayos na nagagawa ang mga ito kahit nasa gitna tayo ng pandemya.

Ang lahat ng proyektong ito ay hindi magiging posible kung hindi dahil sa ating pagtutulungan. Kasama si Mayor Roy, umasa kayo na patuloy pa rin ang pagbuhos ng iba't-ibang proyektong pang-imprastraktura sa buong CarSiGMA upang suportahan ang mga pangangailangan ng ating mga ka-distrito.

HUMANITY TRIVIA

ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

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

Washing Machine - 1907
Crossword - 1913
Cayenne - America
Cinnamon - India
Okra - pneumonia

REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
OFFICE OF THE CLERK OF COURT
CITY OF IMUS, CAVITE

L & R CORPORATION
Mortgagee,

EXTRA-JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135 AS AMENDED BY ACT 4118

-versus-

MS. CHRISTIE MARIE P. LAPISORA
Mortgagor.

FC No. 17117-21

x--x

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **L & R CORPORATION**, mortgagee, with principal office at 5th Floor, Ablaza Building, 117 E. Rodriguez, Sr. Avenue, Quezon City, Metro Manila, against **MS. CHRISTIE MARIE P. LAPISORA**, mortgagor, with residence and postal address at Block 8, Lot 11, Hope Street, Good Family Homes Subd., Anabu 1-A, Imus, Cavite, to satisfy the mortgage indebtedness which as of December 17, 2020 amounts to **ONE MILLION FOUR HUNDRED FORTY EIGHT THOUSAND THREE HUNDRED NINETY THREE PESOS and 29/100 (P 1,448,393.29),** Philippine Currency, including interest, penalty charges, attorney's fees and sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned Sheriff IV will sell at public auction on **JULY 6, 2021** at 10:00 a.m. or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC-Imus, Bulwagan ng Katarungan, Aguinaldo Highway, Imus City, Cavite, to the highest bidder, for CASH and in Philippine Currency, the following properties with all the improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-404540

A parcel of land (Lot 11, Blk. 8 of the cons. subd. plan, Pcs-042109-006958, being a portion of the cons. of Lots 505, 2889 & 2890, Imus Estate (Rs-042109-001140, LRC Rec. No.) sit. in the Brgy. of Anabu, Mun. of Imus, Prov. of Cavite. Bounded on the E., along line 1-2 by lot 12, on the S., along line 2-3 by lot 13, both of the Blk. 8; on the W., along line 3-4 by Rd. lot 9; on the N., along line 4-1 by lot 9, Blk. 8, all of the cons. subd. plan x x x containing an area of **NINETY FOUR (94) SQ. METERS** x x x

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

In the event the public auction should not take place on the said date, it shall be held on JULY 13, 2021 at 10:00 a.m. without prior notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the titles to the said properties and encumbrances thereon if any there be.

Imus, Cavite, Philippines, March 9, 2021.

(Sgd.) KATREENA MARIE L. POBLETE
Sheriff IV

APPROVED:

(Sgd.) ARMIE A. FRANCISCO
Clerk of Court V
Officer in Charge

Copy furnished:

L & R CORPORATION
5th Floor, Ablaza Building, 117 E. Rodriguez, Sr. Avenue, Quezon City, Metro Manila

CHRISTIE MARIE P. LAPISORA
Block 8, Lot 11, Hope Street, Good Family Homes Subd., Anabu 1-A, Imus, Cavite

HUMANITY NEWS
March 31, June 7 & 14, 2021

'AYUDA...

(from p.1)

Anim sa 10 pamilya ang nangungutang para lang may makain. Hindi dapat tumitigil ang ayuda dahil hindi naman humuhupa ang paghihirap na dinaranas ng ating mga kababayan," ani Hontiveros.

Muli namang nanawagan ang Senador na pagtibayin at i-institutionalize na ang cash aid sa pamamagitan ng Pantawid Pamilyang Pilipino Program (4Ps). Sinabi pa niya na tamang pagkakataon ito dahil natapos na ng Department of Social Welfare and Development (DSWD) ang pinakabagong poverty survey kung saan may 1.5 milyong new poor families ang inaasahang maisasama sa listahan ng mga beneficiaries ng 4Ps.

Nakatakda ring mag-file si Hontiveros ng isang panukalang batas na mag-aamyenda sa Administrative Code at kusang maglalaan ng badyet ang Department of Budget and Management para sa 4Ps batay sa lumalaking pangangailangan.

"Automatic na lalaki ang budget appropriations para sa 4Ps kapag may krisis at marami ang naghihirap na pamilya. Automatic din na mababawasan ang allocation kapag bumilis ang economic recovery dahil mababawasan din ang pamilyang walang sapat na kita," aniya.

"Now more than ever, we need an institutionalized cash assistance scheme like 4Ps to provide unconditional cash transfers to poor families. Hindi na lang pabugso-bugso ang bigay ng ayuda, lalo na't mas lumalaki ang pangangailangan ng ating mga kababayan. Malaking tulong ito sa ligtas nilang pagtawid tungo sa recovery," pagtatapos niya. #####

CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

The declaration of Martial Law had no marked negative effect on Cavite. The construction of the Coastal road even hastened the flow of goods, services and people from Cavite to Manila. This is the reason why the people of Cavite had fond memories of President Ferdinand E. Marcos.

SERVICIO AT YOUR SERVICE AT SM

Servicio, the new look ofthe SM Business Service Center is here to serve as a full desk financial and non-financial service provider for both private and government customers.

SM's Servicio, which was known as the SM Business Service Center,is one of the largest and most extensive over the counter one-stop shops for bills payments, foreign exchange and remittances, government services, and more in the country.

"With the retail landscape changing, Servicio has embraced technology and is continuously adapting to changes," says Cedie Nieva, AVP for Business Center Operations. With this, Servicio has introduced products like wifi kits and entertainment for mobile tv, gifting requirements – gift cards and gift passes, SMAC, and even prayer cards making Servicio a full line of service operation.

Servicio also offers the cash-in of digital wallets (Gcash, PayMaya, Grab Pay), top up of RFID accounts both for Easytrip and Autosweep, top up of reloadable bank cards like Metrobank and BPI and enabling mobile payments are added to the services.

"All these transformations created a smoother and more convenient shopping experience for customers of Servicio, as we commit to naturally progress," says Nieva. "We are SM and we are here to serve."

It began twenty-five years ago, when the SM Department Store – as it was then known - began offering services that went beyond shopping. At the store's Customer Service counters, shoppers could avail Forex services to exchange their currencies; and pay their bills for utilities, telcos and credit card companies.

As SM grew, its bills payment service expanded to include government agencies like SSS and Pag-ibig payment for monthly dues, fees and contributions. It became the first and only private partner of the Philippine Statistics Authority become a processing center for civil registry certificates, birth, marriage, to death and CENOMAR; and through its partnership with Philhealth, became a processing center for member registration, premium payment, issuance of I-Philhealth Card. It also accepts now payments for LTO license renewals and NBI renewals.

SM also partnered with all of the major electric, water and cable providers in major cities and municipalities nationwide.

Today,the SM Business Service Center continues to serve the ever- changing needs of its customers as Servicio. It serves as a full desk financial and non -financial service provider for both private and government customers.

It now has tie-ups with airlines like Cebu Pacific, PAL/Pal Express, Air Asia, Cathay Pacific/ TigerAir; BDO Insurance; and 2GO Express to provide courier service for parcels and documents; and 2GO Travel to sell travel tickets to ship passengers.

From the Customer Service Counter of the SM Stores where it started, it now serves customers at the SM Markets – Supermarket, Hypermarket, and Save More; the info booths and Consumer Welfare Desks, at the SM Malls; and at Waltermart with almost 600 locations nationwide.

Servicio has 25 outlets located at SM Supermalls. You can also avail of select services offered at The SM Store Customer Service, SM Mall's Info Booth, Consumer Welfare Help Desk located at SM Malls, SM Markets - Supermarket, Hypermarket and Savemore, and Waltermart.**(KCHT)**

Servicio's bills payment service and other products such as prepaid cards and e-load are also available at the SM Supermarket, SM Hypermarket and Save More.

The Consumer Welfare Desk located at the SM Supermalls are accepting payment for SSS and Pag-ibig contributions as a side service for customer's convenience. Prepaid cards and e-loads are also available here.

Hassle free bills payment services for your cards and utilities, government requirements and other services and products at Servicio.

The SM Store service goes beyond shopping as most of the services offered at Servicioare available at The SM Store's Customer Service.

The SM Mall's Information Booths are also some of Servicio's offsite locations where one can buy prepaid cards and e-loads.

Republic of the Philippines
FAMILY COURT
Fourth Judicial Region
BRANCH 17
Antipolo City

MA. TERESA G. BARRAMEDA,
Petitioner,

Civil Case No. 19-12070
For: Declaration of Nullity of Marriage under Article 35 (4) of the Family Code of the Philippines

-versus-

ANTONIO BARRAMEDA,JR.,
Respondent.
x---x

SUMMONS

To: **ANTONIO BARRAMEDA,JR.**
B9 L1 Villa Lessandra Ph 5,
Salinas 2, Bacoor, Cavite

GREETINGS:

WHEREAS, in an Order dated 21 January 2021, the court directed the petitioner to cause the service of summons upon the respondent by publication, once a week for two (2) consecutive weeks in a newspaper of general circulation in the Philippines, specifically in Bacoor, Cavite.

WHEREAS, a petition for declaration of nullity of marriage has been commenced by the petitioner against the respondent praying as follows:

"WHEREFORE, premises considered, it is respectfully prayed of the Honorable Court to:

1. Declare the marriage between petitioner and respondent null and void ab initio under Article 35 (4) of the Family Code.

2. Hold that petitioner shall henceforth revert to and use her maiden name.

3. Adjudicate all other effects of the decree of nullity of marriage.

Petitioner prays for such further and other relief as may be deemed just and equitable."

NOW THEREFORE, pursuant to Section 6 and 8 of the Rule on Declaration of Absolute Nullity of Void Marriages and Annulment of Voidable Marriages (A.M. No. 02-11-10-SC), respondent **ANTONIO BARRAMEDA, JR**. is hereby directed to file his answer within thirty (30) days from the last issue of publication.

You are hereby reminded of IBP OCA Memorandum on Policy Guidelines dated March 12, 2002 to observe restraint in filing a motion to dismiss and to raise the grounds thereof, instead, as defenses in the Answer.

Antipolo City, 17 March 2021.

(Sgd.) Atty. FRANCIS L. ARCE
Branch Clerk of Court

HUMANITY NEWS
May 31 & June 7,2021

SWITCH TO CLEAN BEAUTY AT WATSONS

As the number 1 Health & Beauty retail brand in Asia, Watsons is committed to take steps to fulfill its goal of sustainability to ensure that our planet will look Look Good and Feel Great for the future generations.

With this, Watsons recognizes brands and products that were mindfully created to better serve its customers and the planet. Known as Clean Beauty products, these do not contain any toxins or harmful ingredients. Instead, ingredients from responsibly managed forests or plantations are used to assure a sustainable future. The brand has also come up with better packaging for their products to further help in lessening plastic and paper wastes which eventually end up in the ocean.

Clean Beauty products say no to these 10 unwanted ingredients:

1. Hydroquinone used for skin lightening may cause skin discoloration
2. Triclosan used as an antibacterial and preservative may cause hormone disruption
3. Triclocarban used as an antibacterial and preservative may cause hormone disruption
4. Quaternium-15 used as an antibacterial and preservative may cause skin allergies
5. Chloroacetamide used as an antibacterial and preservative may cause skin allergies
6. Phthalates used as a fragrance ingredient may cause hormone disruption
7. O-phenylphenol used as a preservative and fragrance ingredient may cause respiratory problems and skin irritation
8. Borates used as an emulsifier or preservative may cause skin irritation and hormone disruption
9. Methylene Glycol used as a preservative may be a carcinogen
10. Microplastics used as an exfoliator which absorbs toxins in the water are hazardous to marine life

Watsons has lots of Clean Beauty brands and products. These include Clean hair care brands such as Naturals by Watsons, Herbal Essences, and Nanny Roses; personal care brands such as Dove, Nivea, and Palmolive; and skincare products from Aveeno, Thayers, QuickFX, and Luxe Organix.

Check out Clean Beauty products that are good for you and the planet. There are many ways to shop at Watsons!

- Visit any of their 800+ stores nationwide http://bit.ly/ShopWatsonsCleanBeauty-Nationwide
- Add to cart online through mobile app http://bit.ly/WatsonsMobileApp or through http://bit.ly/ShopWatsonsCleanBeauty-Online
- Call & delivery service at select stores: http://bit.ly/Watsons-CallandDel-.

Stay updated and follow @watsonsph on Facebook and Instagram, @watsonsphilippines on YouTube and TikTok.**(KCHT)**

Cleanse and nourish your hair while soothing your scalp with Naturals by Watsons Aloe Vera Shampoo and Aloe Vera Hair & Scalp Tonic made with certified organic aloe vera.

Treat your dry and damaged hair with Naturals by Watsons Argan Shampoo, Argan Conditoner and Argan Hair Oil.

Zenutrients Gugo Strengthening Shampoo will help promote hair growth for thicker and fuller hair.

Make your skin bloom with gentle and alcohol-free Thayers Rose Petal Facial Toner.

AVEENO® Skin Relief Moisturizing Lotion is gentle enough for sensitive skin formulated with Triple Oat Complex with oat oil and natural shea butter.

The QuickFX All-in-one Cream is a multipurpose wonder cream for multiple skin needs.

Take a shower and lather up on Dove Invigorating Body Wash and Herbal Essences Argan Oil of Morroco Shampoo to make you feel revitalized.

Go natural in your personal care from Nanny Rose and Herbal Essences.

Health Benefits...

Kaalaman tungkol sa Broccoli bilang halamang gamot

Ang broccoli ay kilalang gulay na karaniwang nakikita sa hapag ng mga Pilipino. Ito ay berde na kahalintulad ng gulay na cauliflower. Ang halamang ito ay karaniwang nakatanim sa matataas na lugar gaya ng Baguio at Benguet.

Scientific name: Brassica oleracea Linn.; Brassica sykvestris (L.) Mill.
Common name: Broccoli

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

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

Taglay ng gulay na ito ang glucosinolates, dithiolthiones, indoles, glucoraphanin, S-methyl cysteine sulfoxide, isothiocyanates, at indole-3-carbinol.

Mayaman din sa antioxidant

Makukuhanan pa ng dietary fibers, vitamin A, vitamin B complex, vitamin C at mga mineral gaya ng iron.

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:

Bulaklak. Ang bulaklak na siyang karaniwang kinakain bilang gulay ay maaaring gamitin sa panggagamot. Ito'y kadalasang nilalaga at pinapainom sa may sakit.

Dahon. Ang dahon na bumabalot sa bulaklak ay maaari ding ilaga o kaya'y dikdikin upang magamit na pantapal sa ilang kondisyon sa katawan.

Ano ang mga sakit at kondisyon na maaaring matulungan ng Broccoli?

Rayuma. Ang mga bahagi ng katawan na nananakit dahil sa rayuma at gout ay maaaring bahiran ng dinikdik na halamang broccoli.

Anemia. Ang mataas na taglay na iron ng gulay ay makatutulong para sa kondisyon ng anemia. Maaaring ipakain bilang gulay ang murang bulaklak ng broccoli sa mga taong may sakit.

Hirap sa pag-ihi. Ang pagkain din sa gulay na broccoli ay mabisang makakatulong para sa kondisyon ng hirap sa pag-ihi.

Sugat. Maaaring ipantapal naman sa sugat ang dahon na pinainitan sa apoy o plantsa upang maiwasan ang impeksyon at mapabilis ang paghilom.

Scurvy. Ang kondisyon na scurvy na nakukuha dahil sa kakulangan sa vitamin C ay maaaring magamot ng pagkain sa gulay na broccoli.

Pananakit ng sikmura. Matutulungan din ng pagkain sa gulay na broccoli ang pananakit sa sikmura.

Panunuyo ng balat. Ang katas mula sa dinikdik na bulaklak ng broccoli ay maaaring ipampahid sa nanunuyong balat.

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TOWARDS THE FRIENDSHIP OF CITIZENRY

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SULONG CALABARZON features LGU Rosario, Cavite

The Philippine Information Agency (PIA)- 4A's Sulong CALABARZON FB Live episode on May 18, 2021 featured the Municipal Government of Rosario, Cavite represented by Public Information Officer, Professor Pedro Arnel Laparan.

Citing the latest report from the Rural Health Office, Laparan said their municipality recorded a total of 653 Confirmed cases of COVID-19, including 33 active cases and 592 recoveries. On the other hand, the municipal government reported 28 COVID-19 related deaths as of May 17.

Laparan shared that the strict implementation of the quarantine protocols, quick conduct of contact tracing, and the immediate isolation and treatment of positive cases helped contain the spread of the CoViD-19 in the municipality.

During the lockdown last year, the municipal government used its funds to distribute relief packs which included vegetables, rice, canned goods, vitamins and medicines, and other food items every two weeks to ensure that the affected families need not leave their homes.

Meanwhile, the government official said the municipality already began inolculating its citizens using Sinovac and AstraZeneca CoVid-19 vaccines.

The LGU had also partnered with SM Rosario which served as a vaccination site to speed up the vaccination for priority groups.

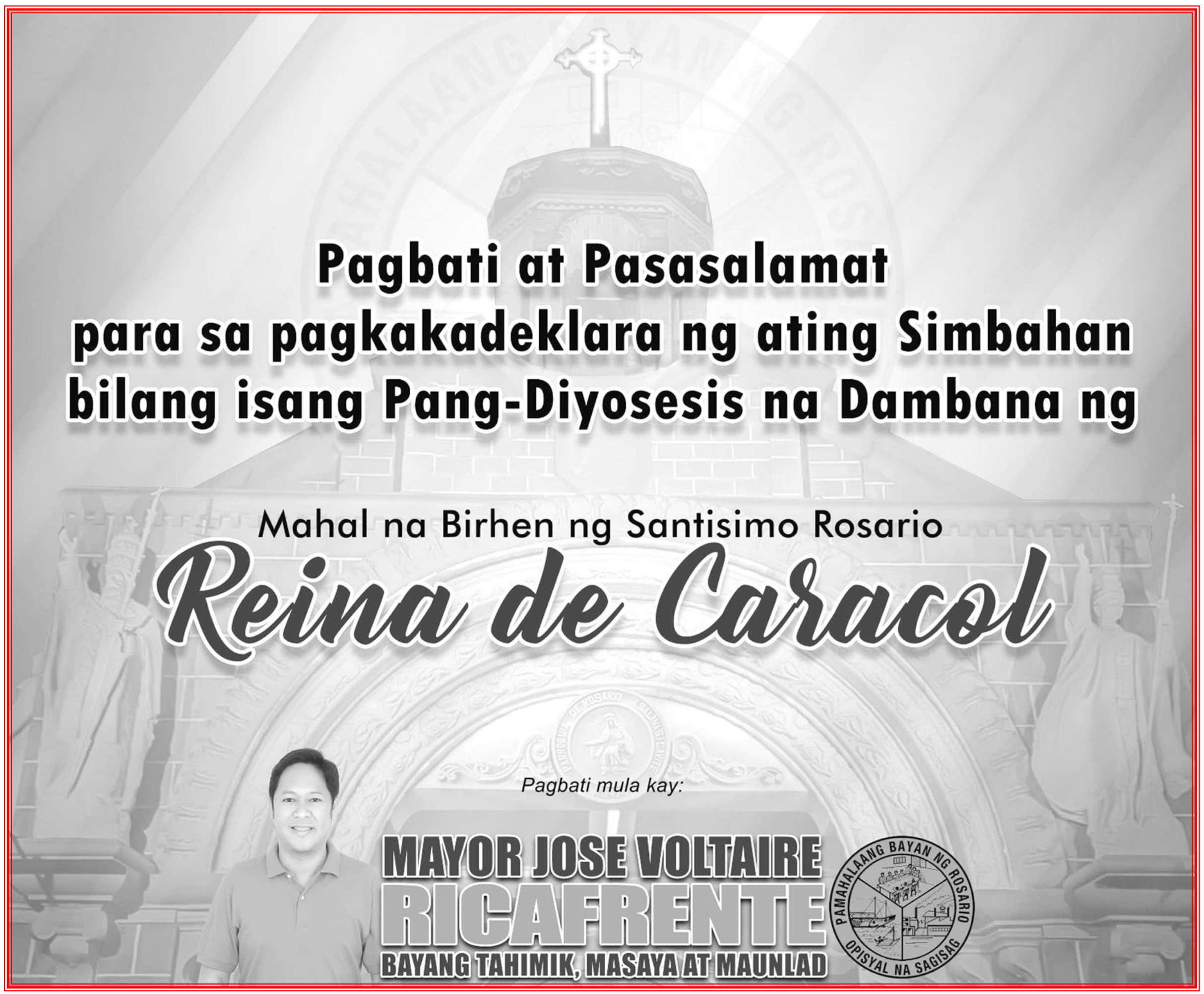
Among the 973 healthcare workers (HCWs) and frontliners in the municipality, 621 of them received Sinovac jab, while 63 were inoculated with AstraZeneca vaccines.

On the other hand, only 298 out of 9,649 senior citizens in the townwere vaccinated with Sinovac jabs.

Laparan revealed that the national govenrment allotted a budget of P108,415,000 budget intended for the cash assistance to families affected by the Enhanced Community Quarantine (ECQ), adding that the municipal government has already distrubited 96 percent of the allotted fund among the intended beneficiaries as they continue the cash assistance distribution for the remaining beneficiaries. (PIA/ PIO ROSARIO)

May 24,2021 Si Mayor Corie Poblete ay bumaba sa CVSU Silang Campus upang salubungin at pasalamatan ang uTol ng mga Pilipino, Senator Francis "Tol" Tolentino sa kanyang tulong pinansyal sa mga Silangueno. Ayon sa Facebook post ni Mayor Poblete"Nabahagian po nito ang 502 na indibidwal mula sa listahan na ibinagsak sa atin ng kanilang Office sa National.

Sa tulong rin po ni Sen. Tolentino, ang bagong Rural Health Unit and Dialysis Center ay patuloy rin po ninyang isinasaayos. Malaking tulong po ito para sa ating mga kababayan. Unti-unti po natin itong isinasaayos upang maipagpatuloy ang pagunlad at pagiging maCigla ng ating bayan. Keep safe and God Bless ka-Silangueno!"



DO YOU KNOW ?

Christopher Columbus died unable to pay for his daily living because the King of Spain withdrew support.

(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.