



Vice Mayor Ony Cantimbuhan
Imus City, Cavite

Comelec renews call for stakeholders to join source code review



MANILA – The Commission on Elections (Comelec) on Tuesday reiterated its call for parties to submit their applications to participate in the conduct of the

source code review of the automated election system (AES) to be used for next year's elections.

“We once again call on election stakeholders to proactively take

part in scrutinizing the technology and studying the system that will be used in the May 9, 2022 polls. This activity is a key component of the Commission on

Elections’ commitment in promoting transparency and building public confidence and trust in the electoral process,” Comelec spokesperson James Jimenez said in a

statement.

Jimenez made the call after the pollbody received “too few” applications for the measure.

Pursuant to Comelec Resolution No. 10712, the deadline for submission of applications is on Sept. 10.

The following parties,

groups, and associations may field a qualified reviewer for the Local Source Code Review (LSCR):

-- Political parties or coalition of parties duly registered and/or accredited by the Comelec, including

(cont. P.3)

DTI Cavite and Noveleta LGU tie-up to benefit more LSP NSB Beneficiaries

On 31 August 2021, DTI Cavite, through its Livelihood Seeding Program – Negosyo Serbisyo sa Barangay, and the Local Government of Noveleta, through its Tulong Puhunan, distributed livelihood kits to 40 micro enterprises in the four barangays of Noveleta, Cavite namely Brgy. Poblacion, Magdiwang, Sta. Rosa, and Salcedo II.

The kits consisted of merchandise, tools, and equipment for sari-saristores, tapsihan, coffee and milk tea shops, refreshment and kakanin stores, carinderia, bakery, water station, computer shop, car aircon supply, vulcanizing shops, salons, and general merchandise stores.

For the LSP-NSB in Noveleta, five MSMEs from each selected



barangay have been selected as beneficiaries of the program. 20 MSMEs were initially identified to be given livelihood kits to help them improve their business in this time of

pandemic. However, seeing the importance and the great impact of the LSP-NSB, Hon. Mayor Dino Chua doubled the number of beneficiaries in every barangay, adding 20

more livelihood kits to be given under their Tulong Puhunan program.

“This is the first time in CALABARZON that a local government unit made an initiative to fully support our

LSP-NSB program through adding more livelihood kits for more beneficiaries. This action introduces a best practice for LGU Noveleta, and we hope that others would follow suit and

expand their assistance to our program,” said DTI CALABARZON Regional Director Marilou Q. Toledo.

“With this, I hope our beneficiaries will become good role models by being passionate and innovative entrepreneurs who can sustain their businesses amid the challenges of the pandemic,” added RD Toledo.

Mayor Chua, on the other hand, announced that there will be more distributions to take place in other barangays to cover more MSMEs. Along with District 1 Board Member Davey Chua, he guaranteed the continuous support of Noveleta LGU for future projects of the DTI.

Intending to help the country's base of

(cont. P.5)

Vacuum-Freeze Drying Facility featured in DOST-Cavite TechOps

60 participants representing food enterprises, cooperatives, farmer associations, and government agencies attended the Technology Opportunity Seminar (TechOps) on Vacuum-Freeze Drying Facility on September 2, 2021 via Zoom. The Department of Science and Technology – CALABARZON, through its Provincial S&T Center in Cavite (DOST-Cavite), organizes TechOps activities, including the previously mentioned, to introduce S&T innovations in business.

Dr. Adeliza A. Dorado, Associate Professor in the University of the Philippines Los Baños, presented vacuum freeze-dryer operation during the three-hour activity. She identified long duration of processing time and high operating cost as “weights” or disadvantages of the technology. On the other hand, preservation, longevity of shelf life, and

hygroscopicity (or water-absorptivity which allows for easy reconstitution) were discussed as “pulls” or advantages of the technology.

During the open forum, Dr. Dorado addressed some concerns of the participants on the use of the vacuum freeze-dryer. For one, she emphasized that the technology preserves the nutrient content of fruits or vegetables that undertook the vacuum freeze-drying process as compared to other drying methods, such as air- or sun-drying. The original intended use of vacuum freeze-drying is to preserve pharmaceutical products (the process known as lyophilization) which exemplified the content retention of raw materials undergoing the said drying process.

The Municipal Agriculture Office of General Emilio Aguinaldo “Bailen”, Cavite and the Cavite Office of the Provincial Agriculturist

expressed interest in adopting the technology for their assisted farmers’ association, to which Mr. Matthew Henry G. Camitan of the DOST-Cavite responded that the provision of the technology is possible through the DOST Grants-in-Aid (GIA) Program. Under this program, the DOST-CALABARZON acquired a vacuum freeze-drying equipment, currently housed in the CALABARZON Food Solutions Hub (CFoS)

in Laguna, for use of the Association of Laguna Food Processors and other food enterprises in the region in developing and commercializing novel food products.

For inquiries on vacuum freeze-drying and other S&T innovations, how they can be acquired and benefit your business, watch out for future TechOps in the DOST-Cavite Facebook page at facebook.com/DOSTCAVITE or email pstccavitedost@gmail.com

492 RADIO UNITS, NATANGGAP NG CARMONA MDRRMC



Masayang ibinahagi ng lokal na pamahalaan ng Carmona na nakatanggap ng 492 radio units ang mga bumubuo ng Carmona Municipal Disaster Risk Reduction and Management Council (MDRRMC), Setyembre 3.

Inaasahan ng LGU na sa tulong ng mga naturang kagamitan ay mas maayos at mas mabilis na ang komunikasyon ng kanilang emergency responders

tuwing may aksidente o kalamidad.

Batay sa kanilang pabatid, kabilang sa mga nakatanggap ng radio units ay ang Municipal Disaster Risk Reduction and Management Office (MDRRMO), 14 na barangay sa bayan, PNP-Carmona, BFP-Carmona, Carmona Traffic Management Office (CARTMO), Civil Security Unit (CSU), at iba pang emergency frontliners.

PH breaks previous all-time high daily record with 22,415 new COVID-19 cases

The Department of Health (DOH) reports on Monday that they logged an additional 22,415 coronavirus disease infections in the country, breaking the record-high 22,366 cases tallied last August 30.

The DOH said that

the reported figures don't include the eight laboratories that were not able to submit their data to the COVID-19 Document Repository System.

The new cases cause the active tally to 159,633, the highest since



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At kay lawak nitong pagitan sa tingin,
Kaya walang bunggo sa himpapawirin.
2. At tao'y nabuhay sa ganitong alam,
Hanggang mga sakit sa atin dumalaw,
Sa mga saliksik ating natagpuan,
Ang mundong kayliit sa ating pananaw.
3. At sa mikroskopyo'y may nakita tayo,
Na mundong maliit ng mga mikrobyo,
Sakit na lumitaw ay nagmula dito,
Kaya natuklasan ang tamang remedyo.
4. Ating nilakasan itong mikroskopyo,
Lalong pinalaki ang makikita mo,
Sa mundong maliit ay merong nukleyo,
At mga electron ang umikot dito.
5. Tulad sa malaking daigdig ng tao,
Malaking pagitan ang litaw sa bisto,
Ang mga bituin may distansiyang largo,
Tulad sa distansiya sa isang atomo.
6. Walang nagbunguan, lahat may balanse,
Kung pababayaan sa kanyang sarili,
Maliban may planong iba yaong silbi,
Tao'y pinagbunggo ang atom na iwi.
7. Sa pagbunguan naiba ang tabas,
Kumawala'y isang naiibang lakas,
Dito na lumitaw ang bombang matikas,
Atom bomb ang tawag na nakakawasak.
8. Ang isang atomo ay ating balikan,
Na ang isang nucleus di daw isang laman,
May butas daw ito na kayang pagmasdan,
Kung may instrumentong imbento ng Paham.
9. Sa butas ding ito meron pa ring nucleus,
Nucleus at espasyo'y halin hinang lubos,
Hanggang ang unawa natin ay maubos,
Hanggang instrumento'y wala nang matalos.
10. Hugis ng atomo'y parang Solar System,
May araw, espasyo at planeta natin,
Atomo'y pareho, nucleus at distance din,
Saka ang electron, ligid ang gawain.

April 13, which logged 165,534 cases according to the DOH case bulletin.

Furthermore, the contagious disease added 103 new deaths in the country, which results in 34,337 fatality tally nationwide including the seven cases that were mistakenly classified as recoveries.

On the other hand, the total tally of recoveries now counts 1,909,361 with an additional

20,109 patients recovered.

After final validation, the DOH deleted 68 duplicates including the 50 recoveries before modifying the total tally.

As a result, the country's overall total COVID-19 cases rose to 2,103,331.

The Philippines COVID-19 positivity rate is far from the 5% international standard, as the country record lands to 28.8%.

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Small-scale Fisherfolk to Benefit Most from Dismantling of Illegal Fish Cages, Pens in Cavite - DENR

“Small and marginalized fisherfolk will benefit the most in the dismantling of the illegal fishing structures in Manila Bay area”, Department of Environment and Natural Resources (DENR) CALABARZON Regional Executive Director and Manila Bay Site Coordinating and Management Office (MBSCMO)-4 Regional Coordinator, Nilo B. Tamoria said.

“Kapag equal na ang access sa dagat, magbe-benefit talaga sila doon”, DENR CALABARZON MBSCMO-4 Deputy Regional Coordinator, Cynthia N. Rozaldo backed Tamoria’s statement, explaining that the local small-scale fisherfolk will be affected positively once the illegal fish cages,

fish pens, and baklad are removed from the waters of Cavite City, Kawit and Noveleta, Cavite.

She said most of the illegal fishing structures installed in the said areas are owned by big industries. “There are spaces in between fish cages and pens, however, the chances for our small fisherfolk to catch fishes within those areas are little as most fishes are already trapped in the said fishing structures,” she explained. “The only places where small fisherfolk could have a good catch are in farther areas where big fishing structures are no longer present. It would cost them some gasoline going back and forth,” she emphasized.

She said the fisherfolk which may be greatly affected by the

demolition are those hired by big companies to work at the said illegal fishing structures. “Fixed lang ang sweldo nila. Mas malaki sana ang kikitain nila kung sarili nila ang business ng pangangisda,” she stressed.

She said the regional department requested the Department of Social Welfare and Development to check if the affected fisherfolk are already recipients of existing livelihood programs. She also mentioned that the Bureau of Fisheries and Aquatic Resources was already tapped to provide technical assistance to the tahungan operators with permits for them to shift to long-line method, a more environment-friendly way of shellfish growing.

On August 24, 2021, billboards notifying the public regarding the dismantling of illegal aquaculture structures within Bacoor Bay were installed at conspicuous places in Cavite City, Noveleta, and Kawit, Cavite. In the said notice to public, the owners of the said illegal structures were advised to self-demolish before September 7, 2021, otherwise, the Manila Bay Inter-Agency Task Force will do the demolition by that date. Per data from the respective local government units, there are 271 illegal aquaculture structures in Cavite City, 97 in

Kawit, and 2 in Noveleta for dismantling.

Rozaldo stressed that one of the objectives of their action plan for the dismantling of all illegal aquaculture structures within the waters of Cavite City, Kawit and Noveleta is to increase the fish catch of marginalized fisherfolk.

The DENR CALABARZON MBSCMO-4 will hold a meeting with the local government units, Philippine Coast Guard, Philippine National Police-Maritime Group, Department of Public Works and Highways, and Philippine Navy on September 8, 2021 to finalize the composition

of the teams which will undertake the actual marking of illegal structures for demolition and to discuss the schedule for the said activity.

Early in July 2021, Environment Secretary Roy A. Cimatu directed DENR CALABARZON to regulate illegal fishing structures along Manila Bay and its tributaries. The said instruction was in view of the huge amount of bamboo poles from fish pens, fish cages, and baklads/sapras, which were washed from Cavite waters into the shore of Manila Bay due to the recent southwest monsoon.###

Comelec renews... (from p. 1)

parties and organizations registered under the Omnibus Election Code and the Party-List System of Representation;

- Legitimate organizations or groups accredited by the Comelec, including previously accredited citizens arms in the 2019 national and local elections

- Information technology (IT) groups known and recognized as existing in the IT community, recommended by the Comelec Advisory

Council and/or the Department of Information and Communications Technology (DICT).

Also qualified to apply are civil society organizations/associations known for their involvement in election reform activities as may be determined by the Comelec, or members of the Comelec Advisory Council and Joint Congressional Oversight Committee.

The online application form for

the LSCR observer’s accreditation form may be accessed through this link: <https://forms.office.com/r/du78h28jQP>

Republic Act 9369 or the Poll Automation Law mandates the poll body to make the source code of the AES technology available and open to any interested party or group for their own review.

The source code is defined as the human-readable instructions that define what a piece of computer equipment will do. (PNA)

AMAZING DEALS... (from p. 6)

minimum single receipt installment of P25,000 and get a free shopping code of P1,000 which you can redeem at The SM Store, Power Mac, S & R, and the Bistro Group. Learning how to drive? You can get 5 hours of driving lessons for free when you enroll in select Smart Driving courses.

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and Share Treats rewards. SM Deals offer a wide array of options when availing of the discounts. At the website (www.smdeals.com), customers may present the vouchers when they visit the participating store at their selected SM Mall. Selected stores also offer curbside pick-up, where they can directly order from viber and drive-thru the designated area in SM Supermalls to pick-up their orders.

SM Deals can also be availed through SM Malls Online. Simply download the SM Malls Online app at the App Store or Google Play store then create an account and register. Next, simply type in your delivery address location, select your preferred participating mall and you can now begin shopping exciting deals and enjoy more savings. (Karen Christine H. Tiqui)

DONATE-A-BOOK... (from p. 4)

the country. Here’s how you can share your gift of knowledge: Visit the Donate a Book booths at participating branches of the SM Store at Metro Manila, North Luzon, South Luzon, Visayas, and Mindanao. Donate new or pre-loved books. All books are very much welcome, especially storybooks, educational, and hobby books that can help spark a child’s curiosity, imagination, and knowledge. Donate and match with Learning Is Fun (LIF) books that are available at The SM Store. LIF offers a wide range

of books from toddlers to adult categories such as activity books, early learning educational books, cookbooks, reference books, storybooks, Inspirational books, and game and toy books. Being the participating partner of the said campaign, the company will donate the same number of books sold during the program period. School supplies are welcome. you can also donate notebook packs of 6 and school sets that include a backpack, notebooks, rulers, and pens that are 4 available

at The SM Stationery section. In exchange, shoppers will receive 100 pesos discount coupon for every donation made. The Donate-a-Book campaign began in 1998 as one of SM Foundation’s groundbreaking mall-based programs. It has since been part of the SM Store’s community programs since 2015, collecting and distributing almost 800,000 books and learning materials through the generosity of The SM Store customers. (Karen Christine H. Tiqui)

Pagbati Mula kina:



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



Mayor Lani M. Revilla
Bacoor, Cavite



FAMOUS PERSONALITIES

BY

NICO & NIELSEN BAUTISTA

JOSEPH STALIN - *Siya ay isang rebolusyonaryong Komunista na nanaig sa pulitika matapos mamatay si Lenin. Ipinatapon niya ang mga nagmamay-ari ng lupa patungo sa Siberia at pinatalsik ang kanyang kalaban upang maging diktador sa Soviet Union. Siya ay namatay sa stroke noong 1953.*



LET THERE BE LIGHT!

By

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

SALITRAN-Ang Salitran, Dasmariñas ay nayon na tirahan ng mga manggagawa sa tubo na seasonal kaya salitan ang alis at dating nila. Malamang na ang sakitang-ugat ay Espanyol na “salir” at ang saldran ay may kahulugang “umalis na sila”.

DONATE-A-BOOK, SHARE THE JOY OF LEARNING AT THE SM STORES

SM shoppers can continue to share the joys of learning with children who need them most through The SM Store's Donate a Book campaign, which is now ongoing at select branches nationwide until September 30, 2021. While most face classes still have to resume, schooling certainly extends beyond the campus. And your donations will go a long way as these will be very helpful to distributed to partner public schools and libraries around (cont. P.3)



New and gently used pre-loved books in all kinds are all welcome. Shoppers can also donate and match with Learning is Fun (LIF) books, as well as SM Stationery section's learning materials, and in exchange, shoppers will receive 100 pesos discount coupon for every donation made.



Shoppers can share the gift of knowledge with less fortunate children through the Donate-a-Book campaign now ongoing at selected SM Stores nationwide until September 30



These girls from Balanga Elementary School happily and excitedly show their brand new sets of school supplies courtesy of The SM Store's Donate-a-Book campaign.



Since 2015, The SM Store has collected and distributed over 800,000 books to public schools and libraries through the Donate-A-Book campaign. Pre-pandemic photo shows the turnover of the books and school supplies to the students of Balanga Elementary School in Balanga, Bataan. Here, Elena Almario

and Marlyn Gerio of Dep Ed EPS 1, and Balanga Elementary School Principal IV Amelia Inietoreceive the books from (from left) SM Foundation Head of School Building Team Juris Soliman, The SM Store North Luzon Zone Head Joseph Rosal, SM Retail SAVP Gilda Maquilan, and The SM Store Olongapo Branch Manager Rosemarie Chua-Labrador.



Kids from Balanga Elementary school are very happy to receive books donated by The SM Store during the recent Donate-a-Book campaign turn-over ceremony, held last 2019 in Balanga, Bataan.



2 PAMPUBLIKONG OSPITAL SA CAVITE, 'UNDERSTAFFED' NA



Inanunsyo ng Ospital ng Dasmariñas (OnD) at General Emilio Aguinaldo Memorial Hospital (GEAMH) sa Trece Martires City ang plano na pansamantala nilang isasara ang pagtanggap sa mga panibagong pasyente dahil sa kakulangan sa mga empleyado.

Matatandaan sa mga naunang ulat na dumarami ang mga manggagawa sa mga ospital sa lalawigan na nahahawaan ng COVID-19 dahilang upang sila ay maging "understaffed".

"Thank you for understanding. We are at full capacity and understaffed, most of our doctors and nurses have tested positive and some are in quarantine. This is temporary until our staff

has recovered. We have disinfected the hospital and have recharged for quality service," pahayag ni Dr. Malu Caguiling-Campos, hospital director of OnD sa social media.

Sa GEAMH, inihayag ni Dr. Nonie John Dalisay, opisyal ng kalusugan sa probinsya, sa isang panayam noong Lunes na pansamantalang sarado ang emergency room, intensive care unit, tuberculosis, at newborn screening department dahil sa ilang mga nahawaang kawani ng ospital.

Ayon kay Dalisay, sa nagdaang tatlong linggo, ang mga provincial hospital ay 'undermanned' o kulang sa mga manggagawa dahil tumaas ang mga kaso na may kaugnayan sa Covid,

kung saan binanggit niya na 58 sa 72 kawani ng public health unit ang positibo sa sakit. Nasa dalawang daan at labing limang kawani naman ng General Trias Municipal Hospital ang sumailalim sa quarantine dahil 78 ang naging positibo.

"After the staff had finished their quarantine, hopefully, they could return to work, staff rotation could resume as well the admission of patients," ani Dalisay.

Sa buong lalawigan, ang occupancy rate sa mga Covid ng mga pampublikong ospital ay umabot sa 79.1 porsyento, 63.3 porsyento naman sa mga isolation facilities, habang 92.7 porsyento sa mga intensive care unit, at 79 porsyento sa mga mechanical ventilator.

DTI Cavite and Noveleta LGU tie-up to... (from p. 1)

the pyramid during the pandemic, DTI developed the LSP-NSB to support a grassroots approach to enterprise

development, increasing the awareness of Barangay Officials about the services offered by the Department through

its Negosyo Centers and delivering business development assistance and services in barangays.

To make sure that the said goal will be realized, DTI Cavite OIC Provincial Director Revelyn A. Cortez pushed for more capacitated MSMEs by encouraging the beneficiaries to actively participate in the training sessions conducted by the DTI, especially the activities organized by Negosyo Centers.

As of 31 August 2021, 151 livelihood kits have already been awarded to the beneficiaries of LSP-NSB in Cavite.

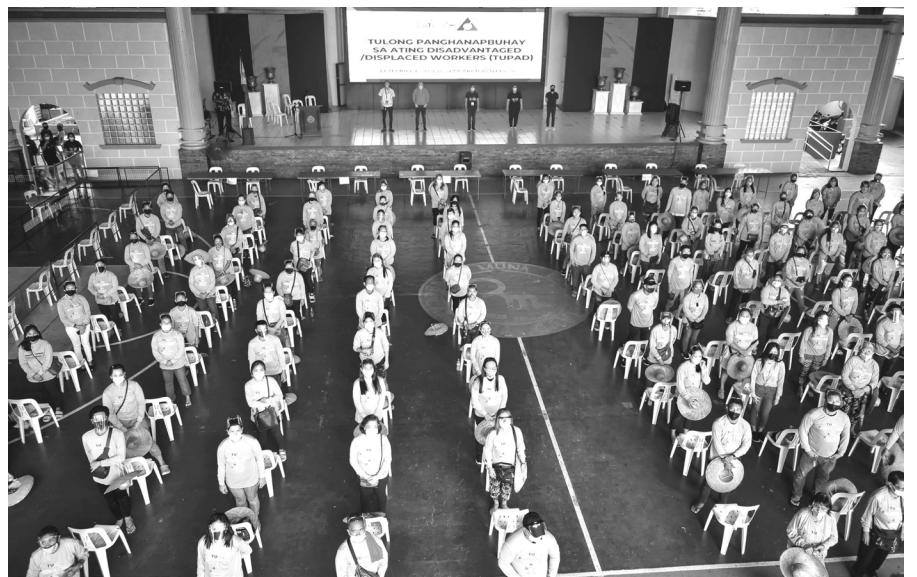
With continuous support from LGUs like Noveleta, DTI Cavite looks forward to more fruitful partnerships with other government agencies in the future.

EDITORIAL

Ang mga problema ng bansa ay may ugat na buhat sa ating pagiging isang bansang naghahangad ng Economic Development nguni't marami sa mga tao ay ugma lamang sa paghahanap buhay at di pa handa sa pagnenegosyo. Ang paglago ng populasyon ay humihila sa mga pondo ng bayan na sa halip na magamit sa infrastruktura ay napapalagay sa dagdag na gastos sa edukasyon, kalusugan at kawanggawa. Makakaraos din tayo. Ang kailangan lang ay magtulong-tulong tayo sa paglutas ng problema at umagapay sa ating Gobyerno.



DOLE-TUPAD PROGRAM PARA SA MGA MAMAMAYAN NG GMA



Katuwang ang Department of Labor and Employment, namahagi ang Tanggapan nina Congresswoman Dahlia Loyola at former Congressman Roy Loyola ng tulong pinansyal

sa 412 residente ng bayan ng General Mariano Alvarez na benepisyaryo ng programang Tulong Panganapuhay Para sa Ating Disadvantaged/ Displaced Workers (TUPAD).

"Dalangin namin na patuloy na makapagbigay ng tulong ang programang ito sa mga taong nangangailangan ng


trabaho ngayong panahon ng pandemya. Asahan ninyo ang pagbuhos ng iba't-ibang programa sa buong CarSiGMA upang mas marami pang mga ka-distrto natin ang makinabang dito.,

pahayag ni Congw. Dahlia sa kanyang mensahe.

Layuning makapagbigay ng pansamantalang trabaho para sa mga nasa impormal na sektor na

nawalan ng kabuhayan dahil sa pandemya, ang mga benepisyaryo ng TUPAD ay tumanggap ng apat na libong piso (Php4,000.00) bilang kapalit ng kanilang sampung araw na pagganap sa iba't-ibang

gawaing pangkomunidad. Dumalo rin sa nasabing programa sina Engr. Joseph Gacosta, Provincial Director ng DOLE-Cavite, Vice Mayor Aidel Belamide ng Silang at Board Member Paolo Crisostomo.



CAVITE HIGHLIGHTS

By: Yna Palparan Bautista

Severino De las Alas was a lawyer and educator born in Indang, Cavite. He was part of the Aguinaldo Cabinet of Reconciliation as Secretary of Justice. It was he who convinced Andres Bonifacio during the Tejeros Convention to abandon the Magdiwang Monarchical system in favor of Republican, hence the establishment of a Revolutionary Government in place of the Katipunan. De las Alas was Secretary of Interior in the Paterno Cabinet at Cabanatuan. After the capture of Aguinaldo at Palanan, De las Alas, Ladislao Diwa and General Mariano Trias surrendered to the Americans. He died on Nov. 4, 1918.

AMAZING DEALS AT SM DEALS

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one-stop source for all shopping and dining discounts, promos and coupons that you can enjoy only at SM.

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brands, as well as treats from your favorite restaurants. Techies will love HALO's Buy One, Take One offer on laptop bags and sleeves, as well as Huawei's special of up to 50% on spare parts when you get your

gadget repaired. Riders will hit the road in style with P1,000 worth of accessories for every purchase of Moto's shifter helmet.

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(cont. P.3)

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Promo runs until September 30, 2021

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Promo runs until October 3, 2021

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DOWNLOAD THE EXCLUSIVE VOUCHER ON THE WEBSITE smdeals.com

Have a chance to win up to 20,000.00, as well as care packages and ShareTreats rewards when you complete a product presentation at Cocolife until October 31, 2021. Simply visit any participating

Cocolife branch in SM nationwide

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ON LAPTOP BAGS AND SLEEVES

SHOP 15" LAPTOP BAGS AND SLEEVES IN-STORE AT HALO BRANCHES NATIONWIDE

Buy One, Take One on laptop bags and sleeves from HALO. Discount vouchers are also available at smdeals.com. Promo is available while supplies last.

FREE P1,000 DINING OR SHOPPING E-CODE
ON INSTALLMENT PURCHASE WITH CHINA BANK CREDIT CARD

CHINABANK prime
5555 8888 8888 8888
CIARA YU

Use your China Bank credit card on a minimum single-receipt installment transaction of P25,000 and get a free shopping e-code worth P1000 which you can redeem at The Bistro Group restaurants, Bonchon, Power Mac Center, The SM Store and S&R. Promo runs until September 30, 2021.

BENCH

BUY 2 FOR P799
ON MEN'S TOPS

for only **P799**

Buy 2 for 799 on Men's Tops at Bench. Promo runs until April 20, 2022.

SMART DRIVING

FREE HOUR/S OF DRIVING LESSONS
WITH TDC AND PDC PROGRAMS

starts at **P2,050**

Get up to 70% discount at Aldo on selected styles until September 11, 2021

HUMANITY TRIVIA

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

ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

Non-stick pan - 1948
Pacemaker - 1956
Sweet potato - South America
Tomato - South America
Mani - ear problem

Let's start your "BER" months shopping at SM Malls



September is here and on this auspicious day, we welcome the start of the "Ber" months. Yes, it is the BER months, a tradition that makes the

Philippines the country that celebrates the longest Christmas season in the world! Generally resilient and cheerful, most Filipinos are more hopeful whenever September 1 appears on the calendar.

BER months refer to the last four months of the year that end in "ber". For Filipinos, it means Christmas songs playing on SM malls, Jose Mari Chan memes appearing on social

media and a joyful spirit in anticipation of the happiest season of all.

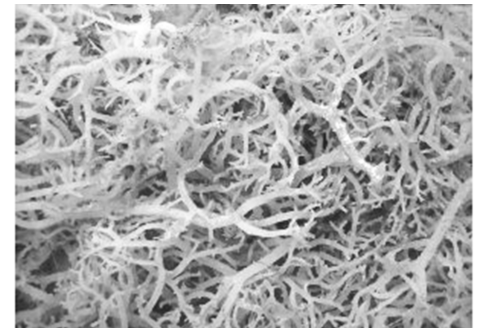
While this year may be a bit different because of the ongoing public health crisis caused by the COVID-19 pandemic, with the Philippines continuously carry out PH-wide mass vaccination SM got your back with exciting fashion and beauty discounts on major brands, as well as treats from your favorite restaurants.

In addition, here at SM Malls in Laguna, SM City San Pablo, SM City Calamba and SM City Santa Rosa got you covered with #SafeMallngatSM, you can safely satisfy your shopping and food cravings from your favorite stores at SM Supermalls. Be sure you know the latest happenings by following the official social media page of these SM Laguna Malls. (Niña P. Wong)

Health Benefits...

Kaalaman tungkol sa Gulaman bilang halamang gamot

Ang gulaman ay isang halamang-dagat na kinakain sa maraming lugar. Ito ay mahalaga sa pangkabuhayan ng marami sapagkat ito ang pangunahing sangkap sa paggawa ng gulaman o gelatin. Ito ay malambot, malaman at malutong kung kakagatin. Maaring kulay berde, mamula-mula o madilaw. Karaniwan itong makukuha sa mababaw na bahagi ng dagat sa ilalim ng mga bato at



Scientific name: Gracilaria compressa (C. Agardh) Greville; Gracilaria lichenoides (L.) Harv.

Common name: Gulaman (Tagalog); Agar-agar, Ceylon Moss (Ingles)

buhanganin.

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

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

Ang halaman ay makukuhanan ng gelose, protein, fat, at iba pang uri ng carbohydrate gaya ng galactose fructose at pentose. Makukuhanan din ito ng mga importanteng mineral tulad ng iodine, calcium, sodium, magnesium, potassium, at fluorine.

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

Ang buong halaman ay maaaring kainin at gamitin sa panggagamot.

Kadalasan, ang sariwang gulaman at kinakain bilang salad o nilalaga upang makuhanan ng katas.

Ano ang mga sakit na maaaring magamot ng Gulaman?

Ubo. Sinasabing mabisang panlunas sa ubo na may makapit na plema ang pagkin sa sariwang gulaman o kaya ang pag-inom sa katas nito.

Sugat. Maaring ipantapal sa mga sugat ang malapot na katas ng gulaman upang mapabilis ang pag-hilom

Dysenterya. Matutulungan naman na guminhawa ang kondisyon ng dysenterya kung iinumang sariwang katas ng gulaman.

Pagtitibi o constipation. Mabisa rin para hirap sa pagdumi ang pagkain sa sariwang gulaman gayundin ang pag-inom sa katas nito.

Goiter. Ang mineral na iodine sa sa halamang-dagat na ito ay makatutulong para sa sakit na goiter.

Hirap sa paghinga. Makatutulong pa rin ang pag-inom sa katas ng gulaman para maibsan ang hirap sa paghinga.

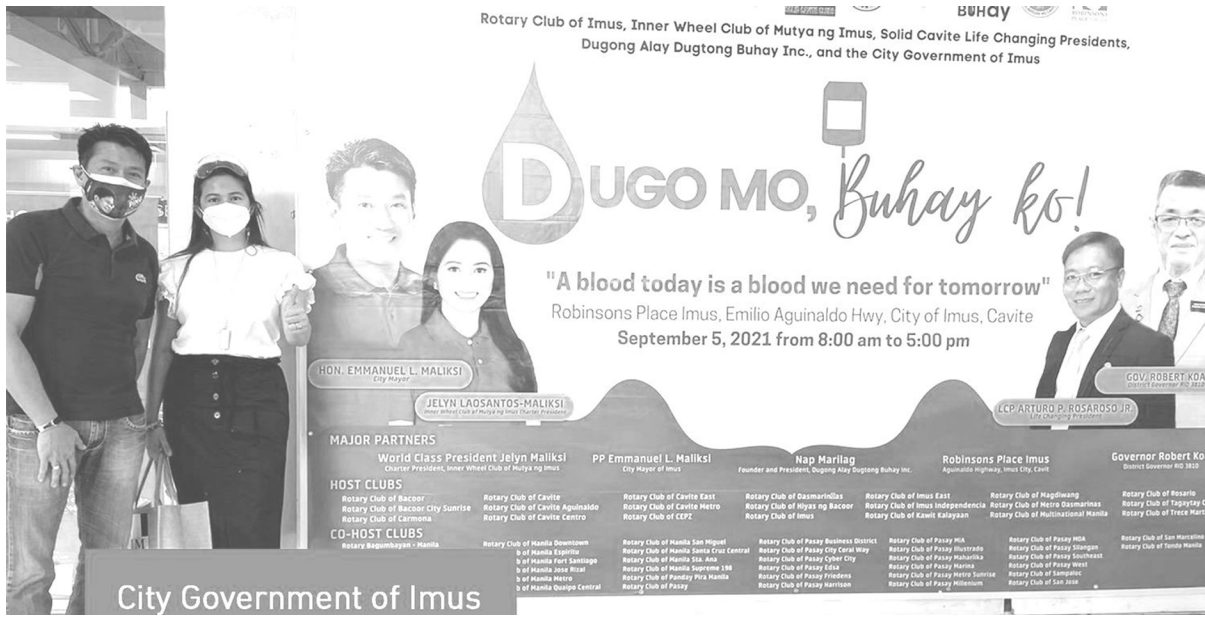


Isinagawa ngayong araw, Setyembre 9, ang online PWD-Sensitivity Training sa pangunguna ng Persons with Disability Affairs Office (PDAO) kasama ang Project Inclusion Network (PIN), Municipal Information, Tourism, Culture and Arts Office (MITCAO), Local Economic and Investment Promotions Office (LEIPO), Sangguniang Bayan, at iba pang kasapi ng Team Barrier-Free.

Nasa 54 katao mula sa Lokal na Pamahalaan, mga barangay, commercial establishments, essential stores, at iba pang grupo ang lumahok sa aktibidad.

Tinalakay dito ang mga paraan upang maitaguyod ang karapatan ng mga may kapansanan tungo sa isang #BarrierFreeMunicipality.

"DUGO MO, BUHAY KO!" BLOODLETTING ACTIVITY, INILUNSAD SA IMUS



Sa pakikipagtulungan ng Rotary Club of Imus, Inner Wheel Club of Mutya ng Imus, Rotary Club Solid Cavite LCP, at Dugong Alay, Dugtong Buhay Inc., matagumpay na isinagawa sa lungsod ang "Dugo Mo, Buhay ko!" bloodletting activity

nitong araw ng Linggo. Layunin ng programa na bigyang pansin at matugunan ang kakulangan ng suplay ng dugo para sa medical emergencies at sa mga kababayang nangangailangan nito. Pinaalamatan naman ni Mayor Em-

manuel Maliksi ang lahat ng nakibahagi at nakilahok upang maihatid ang inisyatibo sa mga Imuseño. "Ikinatutuwa po nating makita na marami pa rin ang tumatangkilik at handang magpakita ng suporta para sa mga

programang katulad nito. Sa malaking hamon na kinakaharap natin ngayon, lalo na sa sektor ng kalusugan, ang anumang paraan ng kawanggawa ay malaking tulong at malayo ang naaabot," ani Mayor Maliksi sa kanyang Facebook page.



Ginanap ang blessing at inauguration ng dome shaped gym sa BNHS Green Valley sa San Nicolas III. Kasabay nito ang pamamahagi ng emergency response kits para sa mga school disaster response teams. Ayon kay Mayor Lani Mercado Revilla, "Ang Dome Shaped Court ay maaari sanang maging lugar para hubugin ang talento ng mga Kabataang Bacooreño sa Sports and Arts. Pero hindi pa natin magagamit ito sa mga susunod na buwan o taon, hindi natin alam. Pero may isang bagay lamang na tiyak at sigurado ako, yun ay ang pagpupursige ng bawat isa sa atin na maibigay ang lahat ng ating makakaya para sa ating mga kababayan, para sa mga Kabataang Bacooreño."



Binisita ni Congressman Pidi Barzaga ang Dasmariñas Promenade upang ma-tsek ang sitwasyon ng ilog ang mga karatig lugar nito.

See us at General Juan Castañeda street near the Imus Plaza

DO YOU KNOW?

Trees take in carbon dioxide and give out oxygen. It also slows down air movement that makes pollutants drop to the ground.

(Shared by 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.