HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY
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Cong. Jonjon Ferrer
Gen. Trias, 6th Dist. of Cavite

TESDA to train 20 NBP inmates in urban farming

MANILA – The Technical and Skills Development Authority (TESDA) will be training at least 20 persons deprived of liberty (PDLs) of the New Bilibid Prison (NBP) on urban farming and agripreneurship.

"This is voluntary for those who would like to avail of the training. This would run for five days, and tentatively set to start on September 30," TESDA Secretary Isidro Lapeña told the Philippine News Agency on Monday.

Initially, 5,000 square meters were allotted for this project, but Lapeña said the Bureau of Corrections has allocated 2.5 hectares of land that can be developed.

"This is not the first **(cont. P.5)**

Pinangunahan ni Vice Mayor Ony Cantimbuhan ang 38th Regular Session ng Sangguniang Panlungsod ng Imus via Zoom. Sa kabila ng pandemya ay tuloy-tuloy lamang po ang pagsisikap nating maihatid ang dekalidad na paglilingkod para sa Imus at sa ating mga kababayan.

TUPAD distribution para sa ating mga displaced workers ng mga hotels and restaurants sa Bacoor, handog ni Senator Joel Villanueva. Malaking bagay ito para sa mga Bacooreñong naapektuhan nitong pandemya.Ang TUPAD distribution ay pinangunahan ng PESO Bacoor sa pangunguna ni Doc Bob de Castro katuwang ang Tourism sa pangunguna ni Edwin Guinto na siyang nagtukoy ng mga beneficiaries. Nagpapasalamat ang Lungsod ng Bacoor sa pamumuno ni Mayor Lani Mercado Revilla sa ating Aksyon Man Senator. Nagpahayag din ng suporta si Kuya Bryan para sa ating mga manggagawang Bacooreño.

Pormal na pinangunahan ni Mayor Gemma Lubigan ang Unveiling ng Proposed Park Project ng ating Lungsod, mapalad po tayo na napagkalooban tayo ng national government ng pondo para sa proyekto na ito. Pinilit nating masimulan muli ang programa na ito ngunit hindi sa pag kuha ng LOAN o pag utang bagkus ay sa sariling kakayahan ng ating Lungsod dahil pinahahalagahan natin ang mga buwis na ibinabayad ng taong bayan. Ang ating park ay nakaplano na maging premier sports and recreational destination sa ating Lungsod. Kasama po dito sa plano ay ang gymnasium, outdoor amphitheater, grand plaza, bike lanes, jogger's lane, skate park,children's playground, outdoor fitness area, and retail & outdoor dining, (pls see the master plan) Nasa larawan po ang coverage ng project na gagawin simula sa araw na ito na nairequest natin ang pondo mula sa national government. Kung nais nyong makita ang kabuuan ng park na unti unti nating isasakatuparan, refer to the master plan.

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DOH CALABARZON STRENGTHENS HEALTH CARE SYSTEM AGAINST DELTA VARIANT THREATS

DOH-CALABARZON Regional Director Eduardo C. Janairo says the regional office continues to implement programs and initiate innovative plans to strengthen its health care system to enable to respond to the present pandemic.

Department of Health (DOH) CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) continuous to strengthen its health care system against the ongoing threat pf Delta Variant cases in the region.

"We have already established the "One Hospital Command Center (OHCC) in which we have link the health and medical services of our regional hospitals, particularly the Southern Tagalog Regional Hospital in Cavite and the Batangas Medical Center in Batangas. Kabilang rin sa network na ito ang ibang malalaking public hospitals sa probinsya ng Laguna, Quezon at Rizal upang magbigay ng kinakailangang health services sa ating kababayan lalo na sa mga positibo ng Covid virus. Kaya mayroon tayong well-coordinated response at referral system na syang namamahala sa ating mga Covid cases," Regional Director Eduardo C. Janairo stated.

"We all Covid-19 cases as Delta Variant cases and this is the reason why we initiated and established the "Project Delta" with the objective of preventing the immediate spread of the virus in high-risk communities."

Janairo also emphasized that Covid patients admitted in government health facilities in remote areas need not worry as they have been conducting telemedicine consultations since 2018. "Marami ng health facilities na nalagyan ng telemedicine services sa iba't-ibang malalayong probinsya and the most recent is the tele-icu system placed at Quezon Medical Center in Lucena City, to monitor critical Covid patient in intensive care units (ICU) which is also designed to protect health-care workers from possible infection due to less exposure."

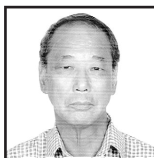
As of September 16, 2021, the Regional Epidemiology and Surveillance Unit recorded 406 Delta Variants with Laguna having the highest number of cases at 112 followed by Cavite with 99 cases, Rizal with 83, Batangas – 65, Quezon – 33 and Lucena City with 14 cases.

Most source of Delta infection comes from local transmission with 355 cases with the largest number also from Laguna with 102 cases followed by Cavite with 82 cases, Rizal – 78, Batangas – 52, Quezon – 28 and Lucena City with 13 cases.

A total of 51 Delta cases came from Returning Overseas Workers (ROF) with Cavite topping the list with 17 cases followed by Batangas with 13, Rizal and Quezon with 5 cases each and Lucena City has one case.

Janairo said that the regional office continues to conduct mass antigen and RT-PCR testing to prevent transmission.

"Follow health protocols, for young children and senior citizens better stay indoors just to be safe and get vaccinated if you have not yet received your dose. It is better to have an additional protection than none at all," he reminded residents. **(GLEN RAMOS)**



MAKATANG KABITENYO

DLSU-DASMARIÑAS AWARDEE
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DOCTOR OF HUMANITIES (HONORIS CAUSA)
DR. AURELIO PAREDES BAUTISTA

ANG BALAT

1. Pinakamalaking organ ng katawan,
Balat kung tawagin sa mundong ibabaw,
Binabalot nito ay ang ating laman,
Upang ang impeksyon ay hindi lumitaw.

2. Balat ay kalasag sa sikat ng araw,
Ito'y may melanin na sangkap pangkulay,
Hinaharang nito'y sinag na kalaban,
Upang di malapnos ang balat sa ganyan.

3. Ang balat ay merong mga munting sangkap,
Na dulo nitong "Nerve" upang makatawag,
Nitong ating pansin pag merong sumayad,
Na tangka'y manakit o kaya'y lumingap.

4. Balat ang ginamit upang di matuyo,
Laman kapag hantad, iga pag kinuro,
Balahibo naman sa maraming dako,
Ang mapapansin mong may nais ituro.

5. Di pa man sumayad ang isang panganib,
Balahibo'y alam ang ganyang sinambit,
Pagka't itong balat tanggol yaong ibig,
Saka balahibo'y gamit sa malamig.

6. Ang balat ng hayop gamit sa kalasag,
Ang balat sapatos sa paang maingat,
Ang balat sombrero nitong taong tanyag,
Ang balat pagkaing malutong, masarap.

7. Balat nitong tao ay dalawang sapin,
Panlabas ay patay nguni't may gawain,
Sa loob ay buhay tanggap ay pagkain,
Balat nagpapalit nang kusa't di pansin.

8. Balat pag sa araw ay laging nabilad,
Tayo ay madaling tumanda sa pugad,
Taong may kulubot o itim ang balat,
Taong minamasid at tanggap ay pintas.

LIMITADONG FACE-TO-FACE CLASSES,APRUBADO NA NI PANGULONG DUTERTE

Inanunsyo ni Department of Education Secretary Leonor Briones na aprubado na ni Pangulong Rodrigo Duterte ang pagsasagawa ng limitadong face-to-face classes sa ilang paaralan sa bansa.

Ayon kay Briones, lilimitahan lamang muna sa 100 kabilang ang 20 pribadong paaralan ang papayagang magsagawa ng face-to-face classes partikular na sa mga lugar na mayroong minimal risk ng COVID-19.

Kinakailangan din umanong bigyan ng pahintulot ng mga magulang at ng lokal na pamahalaan ang mga estudyanteng lalahok sa naturang klase.

Nilinaw naman ng kalihim na may nakatakdang bilang lamang ng mga mag-aaral ang maaaring dumalo sa face-to-face classes.

Kagaya na lamang halimbawa ng mga nasa Kindergarten, 12 lamang na mag-aaral ang papayagang pumasok sa paaralan samantala nasa 16 naman ang papayagan para sa mga nasa grade 1-10 at 20 para sa mga nasa sernior highschool.

Ani Briones, kalahating araw lamang umano ang gugugulin ng mga kabataan sa paaralan upang maiwasan ang matagal na pagka-expose sa pampublikong lugar at sa ibang tao.

Hindi pa tiyak kung kailan ito ipapatupad ngunit sinisimulan na ang paglabas ng mga guidelines nito.**(GO CAVITE)**

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DOH, SINIMULAN ANG OPERASYON NG ONE HOSPITAL COMMAND CENTER SA CALABARZON

Nagsimula na ang operasyon ng One Hospital Command Center (OHCC) sa CALABARZON, na layon ay mapaigting ang sistemang medikal ng rehiyon sa gitna ng banta ng COVID-19 Delta variant.

Ipinaliwanag ni Dr. Eduardo Janairo, DOH-Calabarzon director na sa pamamagitan ng OHCC ay magiging "well-coordinated" ang response at referral system ng COVID-19 cases sa buong rehiyon.

"We have established the OHCC in which we have a link to the health and medical services of our regional hospitals, particularly the Southern Tagalog Regional Hospital in Cavite and the Batangas Medical Center in Batangas," ani Janairo sa isang pahayag na inilabas noong Linggo ng DOH-Calabarzon.

"Included in this network are the large public hospitals in the provinces of Laguna, Quezon, and Rizal to provide necessary health services to residents who test positive for the COVID-19 virus."

Sa kasalukuyan ay nangunguna sa listahan ang lalawigan Laguna na may 102 Delta cases mula sa local transmission na sinundan ng Cavite, 82; Rizal, 78; Batangas, 52; Quezon, 28; at Lucena City, 13.

JAPANESE-DESIGNED RETARDING BASIN SA CAVITE, PINASINAYAAN

Ang Japanese-designed retarding basin sa Imus, Cavite ay pinasinayaan noong Huwebes, ayon sa Japanese Embassy sa Maynila.

Ang proyekto, na idinisenyo upang mapagaan ang pinsala ng baha sa mga mababang lugar, ay bahagi ng Flood Risk Management Project para sa Imus River na pinondohan ng Japan's official development assistance.

Ang Imus Retarding Basin ay may kasamang 84-meter overflow dike, (cont. P.5)

MIYEMBRO NG CAVITE MARITIME POLICE STATION, NAKAHULI NG LIMANG BANGKA NA ILLEGAL NA NANGINGISDA SA KARAGATAN NG CAVITE

Noong Setyembre 6, 2021, nagsagawa ng operasyon ang mga tauhan ng PNP Maritime Group-Cavite MARPSTA sa derektiba ni PMAJ ARNOLD S PENALES, Station Chief ng nasabing opisina. Nag-resulta ang nasabing operasyon ng paghuli sa tatlong magkakaibang bangka na may markang "FBCA RV 3", "FBCA Princess", at "FBCA Daphne". Nahuling aktwal na nagsasagawa ng illegal na pangingisda sa karagatan ng Cavite ang mga nasabing bangka. Ang mga nasabing mangingisda ay aktwal na nangingisda gamit ang Trawl Fishing at isang Active Gear sa karagatan ng Cavite. Tatlo sa mga tauhan ng tatlong bangka ang nasampahan ng karampatang kaso dahil sa pangingisda gamit ang Active Gear na paglabag sa Sec. 95 ng RA10654.

Sa parehas na araw ding iyon ay nakahuli uli ng dalawa pang bangka ang Cavite MARPSTA sa paglabag sa Illegal Fishing Violations of Tanza Municipal Ordinance no. 135-S-2020 Sec. 37. Ito ay ang Fbca AG KIM at walo nilang mangingisda kasama ang Fbca ROSMER-N1 na meron ding lulan na walong mangingisda.

Sa ganitong pamamaraan ay natutugunan ng PNP Maritime Group ang kanilang tungkulin at adhikain na sugpuin ang mga illegal na pamamalakaya sa karagatan na nasasakupan ng Cavite. **(MARGIE BAUTISTA)**

HIGIT 18K RESIDENTE NG NAIC, BAKUNADO NA

Nasa kabuuang 18,291 na mga residente na sa bayan ng Naic, Cavite ang nabakunahan kontra COVID-19 ng lokal na pamahalaan.

Ang datos ay batay sa opisyal na pahayag ni Mayor Junio Dualan sa kanyang Facebook page kung saan inihayag rin niya ang isinagawang Mass Vaccination sa bayan na nagresulta sa pagbabakuna sa 1,350 essential workers.

Magpapatuloy rin umano ang pagbabakuna ng lokal na pamahalaan tuwing Martes hanggang Biyernes upang makamit ang target na 130,00 populasyon sa Naic o ang kanilang herd immunity.

Nanawagan naman si Dualan sa mga nasasakupan na makiisa sa pagbabakuna upang magkaroon ng proteksiyon laban sa nakahahawang sakit na Covid-19.

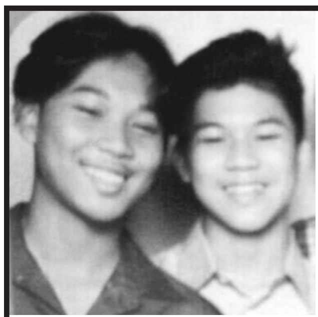
"Isa lamang ang pakiusap ko sa inyo, mga mahal kong Naicqueño; ang magpabakuna na upang makamit natin ang inaasam nating herd immunity sa COVID-19," pahayag ni Dualan.

"Maganda po na lahat tayo ay may bakuna. Kung lahat tayo ay may proteksyon, tiyak, malalampasan natin nang mahusay ang pandemyang ito. Mag-ingat tayong lahat, mga mahal kong Naicqueño," dagdag ng alkalde.

Pagbati Mula kina:

Mayor Jose Voltaire Ricafrente
Rosario, Cavite

Vice Mayor Ony Cantimbuhan
Imus City, Cavite



FAMOUS PERSONALITIES

BY

NICO & NIELSEN BAUTISTA

GEORGE WASHINGTON - *Siya ang unang Pangulo ng America nang ang 13 kolonya ay lumaban at humiwalay sa Great Britain. Siya ay namatay sa gulang na 67 taon.*

LET THERE BE LIGHT!

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

PASONG BAMBANG -Ang Pasong Bambang ay sityo ng Anabu, Imus kung saan may daanang tumawid sa bambang o kanal.

Back to the Wild: DENR CALABARZON Releases Turned Over Wildlife to their Natural Habitat

Released Marbled Water Monitor Lizard in Quezon Protected Landscape (left) and in Binahaan River Watershed Forest Reserve (right)

The DENR CALABARZON through its Conservation and Development Division released five (5) heads of Reticulated Python (Malayopython reticulatus) and six (6) heads of Marbled Water Monitor Lizard (Varanus marmoratus) last July 9, July 17, and July 18, 2021 near Mount Nagcarlan, Lamot II, Calauan, Laguna and in Quezon Protected Landscape and Binahaan River Watershed Forest Reserve, Pagbilao, Quezon.

Prior to the release, the Region's Wildlife Release Team observed the species for any imprint or docile behavior, and secured health certificates from attending veterinarian of the Provincial Veterinary Clinic of Laguna indicating fit for release, and coordinated with the concerned barangays.

"As much as possible, we conduct immediate release of turned over wildlife to avoid imprinting and domestication, and also to reduce the number of wildlife being maintained at the Regional Wildlife Rescue Center. We have also hired a technical staff to closely monitor the species being rehabilitated at the Rescue Center", Regional Executive Director Nilo B. Tamoria said.

The Regional Wildlife Rescue Center located in Barangay Lamot II, Calauan, Laguna, currently houses a total of 186 wildlife. From January to September 2021, a total of 29 heads of wildlife were released back to their natural habitat. Before disposition, the Wildlife Release Team conducts coordination meetings with the local community to orient them on RA 9147 or Wildlife Resources Conservation and Protection Act and the planned release of wildlife in their area.

In case of encountering wildlife, the DENR CALABARZON is urging the public to report the incident to the nearest DENR office in your area. Other Environment and Natural Resources-related concerns may also be reported via hotline 8888, SMS to 09561825774/ 09198744369, email to r4a@denr.gov.ph , or send photos, videos, and other information via official Facebook Page of DENR CALABARZON:https://www.facebook.com/DENR4AOfficial/

PAG-AALIS NG MGA FISHING STRUCTURES SA CAVITE, ITUTULOY NG DENR

Itutuloy na ng Department of Environment and Natural Resources (DENR) ang demolisyon ng mga umano'y "ilegal" na istruktura sa pangingisda, tahungan, at talabahan kagaya ng mga sapra at baklad sa probinsya ng Cavite matapos nilang makumpleto ang bilang nito.

Maglalabas na ang departamento ng Notice of Demolition, ayon kay DENR-Calabarzon regional director Nilo Tamoria.

Batay sa kaniya, aabot sa 954 "ilegal" na istruktura ang kanilang nabilang at mahigit 400 dito ay tahungan ngunit makikipag-ugnayan pa umano ang DENR sa mga lokal na pamahalaan sa Cavite upang i-regulate ang mga tahungan sa kanilang mga lugar.

Aniya, pasok na ipwesto ang mga tahungan sa category ng dagat sa Cavite, na "SB" o "swim and bath", ngunit dahil masyadong marami na ang mga istruktura nito sa lugar ay kailangan nang ayusin.

"Sa SB quality level ng tubig, tatlo lang ang puwedeng activities. Sa fishery, yung mussel production lang ang puwede tsaka honing ng fry... May regulasyon din yan based sa Fisheries Code. Dahil nagkakalat na, sinasabi naman nila di nila iniisyuhan ng permit, pero sa context ng SB quality of water, puwede yung tahungan... I-regulate lang in such a way na talagang mazonify yung use ng city water which is the mandate ng LGU," ani Tamoria.

"Yung fish cages, nagde-depend yung kinulong mong mga isda sa feeds. So impact agad yun sa quality ng tubig kaya nga di ina-allow yun sa isang area na SB ang category," paliwanag pa niya.

Samantala, patuloy ang panawagan ng mga maliliit na mangingisda at iba pang grupo sa tanggapan ng DENR na huwag nang ituloy ang demolisyon, na makakaapekto sa kanilang pangkabuhayan.

Matagumpay na naisagawa ang Day 3 ng Gamit Eskuwela Caravan sa Barangay Mabuhay, Carmona National High School, at Angelo Levardo Loyola Senior High School. Ang programang ito ay hatid sa inyo ng Lokal na Pamahalaan sa pangunguna ni Mayor Roy M. Loyola at Congresswoman Dahlia A. Loyola, kasama si Vice Mayor Cesar L. Ines Jr. at Sangguniang Bayan Members. Sa pamamagitan nito, humigit kumulang 19,279 mga estudyante sa mga pampublikong paaralan sa Carmona ang makakatanggap ng libreng school supplies. Para sa mga schedule at iba pang announcement tungkol sa Gamit Eskuwela Caravan, tumutok lamang sa Facebook page na ito.

330 RESIDENTE NG SILANG AT GMA, TUMANGGAP NG MEDICAL/BURIAL ASSISTANCE

Tuloy-tuloy pa rin ang pagbibigay ng tulong pinansyal ngayong #PayoutThursday sa pamamagitan ng DSWD-AICS o Assistance to Individuals in Crisis Situation. 330 ka-distrito natin mula sa bayan ng Silang at GMA ang tumanggap ng medical at burial assistance.

Ang programang ito ay nahitaid sa mga kababayan nating kapos at lubos na nangangailangan ng tulong medikal sa pakikipag-ugnayan nina Congresswoman Dahlia Loyola at former Congressman Roy Loyola sa Department of Social Welfare and Development.

Samantala, naging katuwang din sa pamamahagi sina Board Members Ivee Reyes at Paolo Crisostomo, Silang Vice Mayor Aidel Belamide at Coun. Allan Tolentino.

PH ranks 8th... (from p. 6)

but at a slower rate. This is evidenced by the positive growth rates over the past month," she said.

In a data, it shows that aside from NCR, 11 other regions are at high risk for COVID-19 cases.

OCTA Research expects new daily COVID-19 cases in Metro Manila and nearby provinces to continue declining over the next weeks.

"The key now is to sustain our efforts to continue to bring new cases in the National Capital Region and other areas down," OCTA said.

TESDA to train 20 NBP... (from p. 1)

time that TESDA is providing training for the inmates. In 2015, TESDA MUNTIPARLASTAPAT (Muntinlupa, Parañaque, Las Piñas, Taguig, Pateros) conducted training for the inmates," he said.

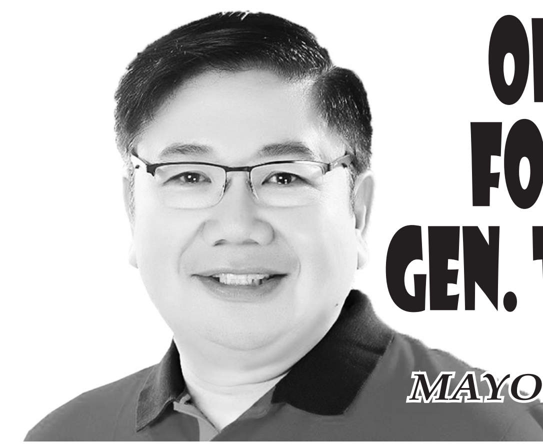
According to TESDA, the agency has signed a partnership with the Department of Agriculture (DA), the Department of Agrarian Reform (DAR), and the Bureau of Corrections last September 15 for the "Bagong Buhay sa Gulay" project.

The initiative aims to help uplift the inmates' economic status and facilitate reintegration into their respective communities.

DA and DAR will provide quality seeds, planting materials, and other inputs.

The training that TESDA will provide will also enable the inmates to grow their own food source.

TESDA added that the Regional Training Center- National Capital Region (RTC-NCR) will also train the Bureau of Correction employees in Agricultural Crops Production NC II for them to become certified trainers. (PNA)



ONWARD FORWARD GEN. TRIAS CITY

MAYOR ONY FERRER

Mga mahal kong Naicqueño, tunay nga na patuloy ang pagsulong at pag-unlad ng ating minamahal na bayan ng Naic. Nakipagpulong si Mayor Junio Dualan sa San Miguel Corporation. Dito ay inihayag nila ang kanilang pagsuporta sa ating Livelihood Programs para sa mga kababayan kong lubos na naapektuhan ng pandemya dulot ng COVID-19. Sama-sama tayong bumangon, patuloy tayong susulong para sa Isang unlaDnaic. Maraming salamat po.

SILANG LGU, TUMATANGGAP NA RIN NG REHISTRASYON SA PAGBABAKUNA NG MGA NASA EDAD 12-17

Sa pamamagitan ng isang pabatid sa social media, sinabi ni Silang Mayor Corie Poblete na tumatanggap na ang kanilang bayan ng rehistrasyon sa pagpapabakuna kontra COVID-19 ng mga nasa edad 12 hanggang 17.

"Tayo ay naalarma sa patuloy na pagtaas ng kaso ng COVID-19 sa ating bayan, partikular na ang mga menor de edad na isa rin sa bulnerableng sektor pagdating sa pandemya," saad sa Facebook post ni Poblete.

"Kaya't bilang tugon, nakipagpulong po tayo sa Rural Health Unit ng Silang at ResBakuna Team upang maagapan ito. Nagpagdisisyunan ng ating Pamahalaang Bayan na buksan na ang registration ng pagbabakuna sa edad 12 hanggang 17 na taong gulang na WILLING at tanging RESIDENTE lamang ng Bayan ng Silang," dagdag niya.

Para sa mga nais magpalista, maaari umanong direktang makipag-ugnayan sa mga BHW ng bawat barangay.

Ayon sa alkalde, sa ngayon ay nag-aantabay pa ng abiso ang kanilang lokal na pamahalaan sa karagdagang direktiba mula sa pamahalaang nasyonal.

EDITORIAL

Ang ating kalupaan ay mga pulo. Pagdating ng ulan, ang yaman ng lupa ay madaling anurin sa ilog patungo sa dagat, kaya ang ating lupa ay madaling mawalan ng pataba. Ito rin ang dahilan kaya ang ating mga dagat ay mayaman sa mga pagkain. Kung ito ay lubos nating mapag-aaralan at malulutas ay malaking bagay na sa pag-unlad at sa pagsisiskap na maiayos lahat ang ating mga problema .

JAPANESE-DESIGNED RETARDING BASIN... (from p. 3)

nakatayo sa average na tatlong metro ang taas na may 1.3 na kilometro ng nakapalibot na dike at 1.1 na kilometro ang naghihiwalay na dike.

Ang mga retarding basin ay itinatayo upang pansamantalang maiimbak ang karamihan, kung hindi lahat, ng tubig-ulan tuwing panahon ng matinding pag-ulan at pagkatapos ay unti-unti lalabas sa isang regulated flow rate.

Kasama rin sa proyekto ang isa pang retarding basin sa Bacoor na makukumpleto sa 2021, batay sa master management plan para sa Imus River na inihanda ng Japan International Cooperation Agency (JICA).

Sa seremonya ng pagpapasinaya sa Imus, sinabi ni Ambassador Koshikawa Kazuhiko na ang wastong operasyon at pagpapanatili ng unang retarding basin na ito ay magsisilbing, "key in demonstrating its full capability in the long run."

CAVITE HIGHLIGHTS

By: Yna Palparan Bautista

Colonel Jose P. Elises was a native of Imus.He was Mayordomo in the Imus Convent at the outbreak of the revolution who provided intelligence information on the activities and plans of the friars. He saw action in the many skirmishes against the Spaniards together with Gen. Licerio Topacio. He was the fiscal during the trial of the Bonifacios in a court-martial at Maragondon. He died at the age of 43 in March 1908.

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• Chewables are cool, and yes, blissful.Chewable tablets have recently become a preferred way of taking meds. That's because these break down easily in your mouth to become a solution that's absorbed faster in the stomach. They're a good choice for adults who don't want to swallow pills and for school age kids. Nutrabliss by Watsons also has innovative vitamin products that are fun and easy to take:

Maintaining a healthy lifestyle can be fun, blissful, and colorful with Nutrabliss by Watsons.

Get your daily dose of vitamin C in a fun and easy way with these capsules, chewable tablets, and flavored effervescent tabs from Nutrabliss by Watsons.

Nutrabliss by Watsons' collagen line helps increase collagen production and improves skin elasticity and firmness, leaving your skin with a youthful glow.

Boost your immune system with these on-the-go vitamins and supplements available in different flavors.

Nutrabliss Multivitamins and Minerals Chewable Tablets, which help prevent and treat mineral deficiencies;Nutrabliss Ascorbic Acid + Grape Seed + Vit B Complex, which protects your immune system; and Nutrabliss Ascorbic Acid with Rosehips Vegetarian Capsuleswhich helps improve skin, bone, and joint health.

• There's bliss in the fizz. Another fun way to take your vitamins and supplements is through effervescent tabs, which readily dissolve in water. These include Nutrabliss Ascorbic Acid Effervescent Tabs in passion fruit flavor packed with 1000 mg of vitamin C essential for the growth, development, and repair of all your body tissues;Nutrabliss Vitamin B-Complex + Vitamin E Effervescent Tabs; and NutrablissSodium Ascorbate +Collagen + COQ10 Effervescent Tabswith sodium ascorbate for immunity, collagen for skin health, and coenzyme Q10 as an antioxidant.

Check out Nutrabliss by Watsons now for your immunitybuilding, anti-aging, and skin health needs available in 800+ stores nationwide.

You can also shop anytime and anywhere through these online channels:

- Download Watsons mobile app http://bit.ly/WatsonsMobileApp or visit www.watsons.com.ph
- Call and Delivery: http://bit.ly/WatsonsCallAndDelivery

For more information, you may visit https://www.facebook.com/WatsonsPH/.**(KCHT)**

NATIONAL SYNCHRONIZED MALL VOTER REGISTRATION DAY

COMELEC recently held the National Synchronized Mall Registration Day at 40 SM Malls to accommodate more voter applicants before the voter registration deadline. SM Malls strictly implemented the health and safety protocols and ensured that registration set ups are conveniently accessed by registrants. Photos show registrants at the SM Mall of Asia and Dir. Temie P. Lambino, COMELEC NCR Regional Election Director and SM Supermalls SVP for Operations Bien Mateo.(KCHT)

PH ranks 8th with the most COVID-19 Cases

The Philippines ranked eighth among countries with Covid-19 cases in the past 28 days. This is according to the global tracker of the Johns Hopkins University and Medicine (JHU) based in Maryland.

As of September 19, 2021, the Philippines has 527,114 COVID-19 cases in the last 29 days with 2,366,749 total cases.

Other Asian countries like Malaysia at seventh with 542,737 cases; Thailand at 10th with 432,620; Japan at 11th with 390,827; Vietnam 13th with 340,316 and Indonesia at 17th with 221,481 cases.

Other top six countries are the United States with 4,290,319 cases, followed by India with 1,023,929; the United Kingdom with 943,964; Iran with 768,165; Brazil with 673,838 and Turkey with 623,820 cases.

Ninth is Russia with 516,723, France at 12th with 354,853; Mexico 14th with 335,568; Germany at 15th with 274,070; Israel 16th with 234,908; Cuba 18th with 219,182; South Africa 19th with 200,124 and Spain at 29th with 159,093 cases. Globally, a total of 228,493,023 COVID-19 cases were recorded.

DOH Undersecretary, Maria Rosario Vergeire said that NCR remains in high-risk classification for COVID-19 cases though the trend is going down and rather slowly.

"Our case data showed that cases in NCR continued to increase,

(cont. P.5)

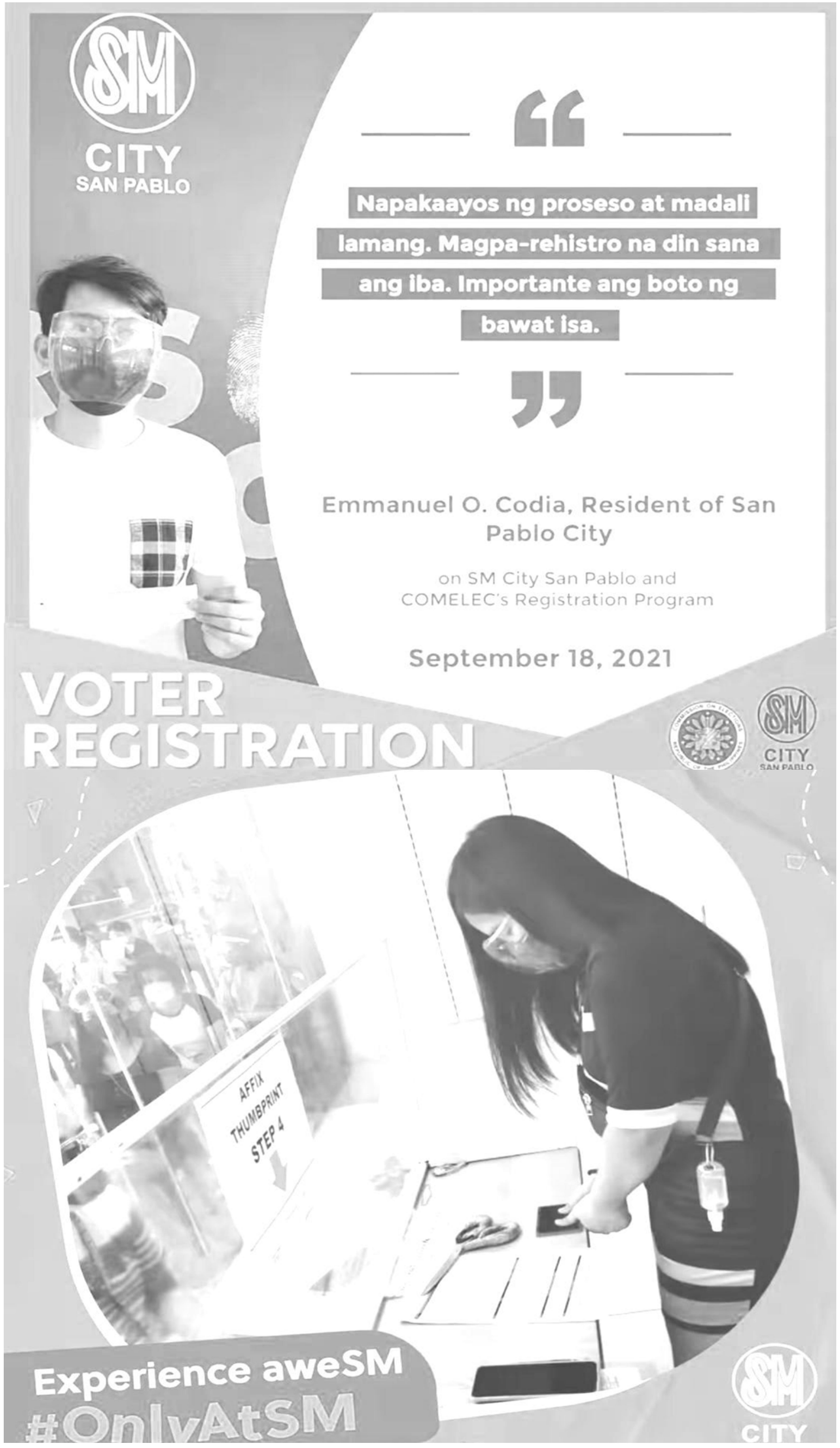
HUMANITY TRIVIA

ENGR. VIR CAMPAÑA BAUTISTA (TWIN BROTHER OF VER)

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

Microprocessor - 1971
Canning - 1804
Lychee - China
Mahogany - South America
Kamatis - inflammation

SM Malls in Laguna Help Intensifies Comelec's 2022 Voter Registration Efforts



SM Malls in Laguna, San Pablo, Calamba and Santa Rosa joined the Commission on Elections' (Comelec's) synchronized registration to speed up application and accommodate more voter applications days before the September 30 registration deadline. Ms. Niña Wong, Public Relations Manager of SM City San Pablo on Thursday said that " the opening of these satellite Comelec Voter Registration (CVR) centers at the SM Supermalls will not only provide voters with more registration venues, but will also give the public a safer, more convenient option in the midst of the new normal and the ongoing Covid 19 pandemic".

To ensure health protocols are observed in satellite registration sites, Comelec will cater to at least 250 voter applicants a day in SM City San Pablo and more or less 600 slots with SM City Calamba and SM City Santa Rosa. The Comelec is encouraging all qualified voters to register and participate in the upcoming 2022 national and local elections.

Registration is open to new voters, transfer applications from outside or within the city or town, reactivation, correction of entry by virtue of marriage or misspelled name wherein they may also download and accomplish application forms and health declaration cards from the Comelec website to affix their signatures and have their biometrics captured when they go to the registration venue. SM Supermalls has 76 satellite CVR centers nationwide and will run until September 30.

Health Benefits...

Kaalaman tungkol sa Gumamela bilang halamang gamot

Ang halaman ng gumamela ay karaniwang nakikita sa maraming lugar sa Pilipinas. Killa ang bulaklak nito na may matingkad na kulay. Maaari itong tumubo kahit saang lugar at tinatanim din bilang halamang ornamental. Ang dahon ay paboritong laruin ng mga bata at ginagamit pa sa paggawa ng bula.

Scientific name: Hibiscus rosa-sinensis Linn.
Common name: Gumamela (Tagalog), Hibiscus, China Rose (Ingles)

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

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

Ang bulaklak ay may taglay na polyphenols, flavonoids at anthocyanins. Mayron din itong hisbiscetin.

Nakakuha din ng flavonoids, cyanidin, quercetin, hentriacontane, calcium oxalate, thiamine, riboflavin, niacin, at ascorbic acid sa halamang ito.

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. Ginagamit ang bulaklak sa panggagamot sa pamamagitan ng pagdikdik at pagkuha sa katas nito. Maaari din itong pakuluanat inumin na parang tsaa.

Dahon. Ang dahon ay kadalasang dinidikdik at pinangtatapal sa ilang kondisyon sa katawan, o kaya ay nilalaga upang magamit bilang gamot.

Balat ng kahoy. Ang balat ng kahoy ay kadalasang nilalaga kasama ng ilan pang bahagi ng halaman.

Ugat. Ang ugat ay maaaring ilaga at ipainom para magamot ang ilang kondisyon sa katawan.

Ano ang mga sakit na maaaring magamot ng Gumamela?

1. **Pigsa**. Ang batang bulaklak ay dinidikdik hanggang sa ito ay maging malapot at ipinangpapahid sa balat na may pigsa.
2. **Beke.** Maaaring gamitin sa panggagamot bilang pampahid ang dinikdik na bulaklak na gumamela
3. **Mga bukol sa katawan.** Ang dindikdik na dahon at bulaklak ng gumamela ay mabisang gamot para sa mga bukol o tumor na tumutubo sa balat.
4. **Sore eyes.** Ang pinaglagaan ng ugat ng gumamela ay mabisang gamot para sa iritasyon ng mata o sore eyes
5. **Pananakit ng ulo.** Maaaring gamitin ang dinikdik na dahon ng gumamela bilang pantapal sa sentido ng ulo upang mawala ang pananakit ng ulo.
6. **Hirap sa pag-ihi.** Ang pinaglagaan ng bulaklak at ugat ng gumamela ay mabisang gamot para sa hirap sa pag-ihi
7. **Ubo.** Mabisa para sa ubo ang pinaglagaan ng ugat ng gumamela. Iniinom lamang ito.
8. **Hirap sa pagdumi.** Makatutulong sa pagdudumi ang pag-inom sa pinaglagaan ng dahon ng gumamela.
9. **Lagnat.** Nakakapagpababa ng lagnat ang pag-inom sa pinaglagaan ng dahon ng gumamela. Mabisa din ang pinaglagaan ng ugat ng gumamela bilang gamot.

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HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

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VOL.V NO. 43

PAGSUSUOT NG VACCINE CARDS BILANG ID, NAIS ISULONG NG DILG

Tinitignan ng Department of Interior and Local Government (DILG) ang panukalang pagsusuot ng vaccine cards ng mga tumanggap na ng bakuna sa tuwing sila ay lalabas ng kanilang mga tahanan.

Iminungkahi ni Interior Undersecretary for Barangay Affairs Martin Dino nitong Miyerkules sa isang briefing ang naturang pagsusuot ng vaccination cards na siya mismo ang nagpakita habang suot-suot ang kaniyang sariling vaccination ID card.

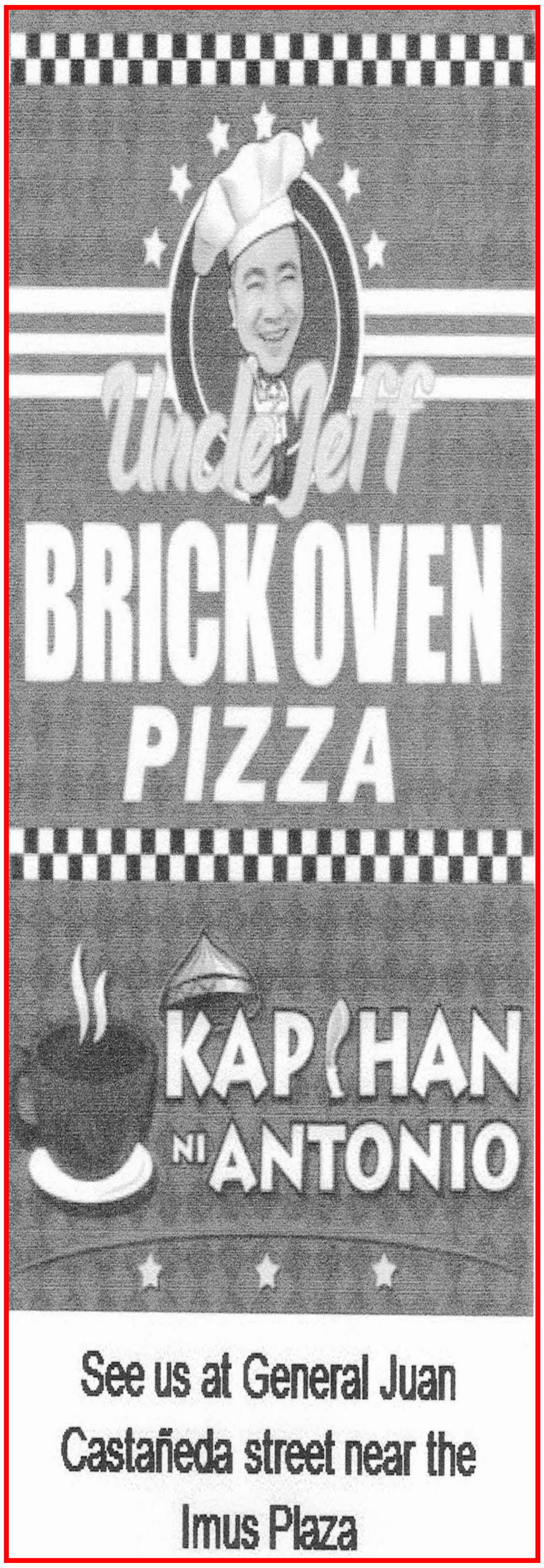
"This will hopefully be a sacrifice from all vaccinated Filipinos: If you are already vaccinated, once you go out your home, wear your vaccination card," ayon kay Interior Undersec. Dino.

Aniya, nais niyang maipahayag ang nasabing mungkahi patungkol sa pagsusuot ng vaccine cards sa Inter-Agency Task Force on Emerging Infectious Diseases (IATF-EID).

"How will you know someone is not vaccinated if they are not wearing their vaccination card? When you leave the house you won't be bothered by the police or the barangay watchmen anymore, they won't ask you where your vaccination card is if you're wearing it on your chest," dagdag niya.

The City Government of General Trias and Cumbria Ridge Inc., a sister-company of PRO-FRIENDS entered into an agreement to synergize and facilitate fast and convenient online government transactional requirements of the community. Present during the formal signing of the MOA are General Trias City Mayor, Antonio "Ony" Ferrer, Cavite 6th District Rep. Luis "Jon-Jon" Ferrer IV, and PRO-FRIENDS and Cumbria Ridge Inc.'s Chairman, Mr. Guillermo Choa. Also present during the signing are Cumbria Ridge CEO, Ms. Maria Isabel C. Santos, COO, Mr. Jersey Miranda, and Mr. Gerome Choa of PRO-FRIENDS. With this partnership, Gentriseños will soon enjoy the benefits of conveniently paying real property taxes, and applying or renewing business permits among others, all in the safety of their own homes .This is one of the many efforts of the Office of the City Mayor to ensure the well-being of the community it serves and to make transactions a lot easier and hassle-free. (Photo courtesy of Cumbria Ridge) Seated L-R: Cong. Luis "Jon-Jon" Ferrer IV (representative of District 6 Cavite), Hon. Antonio Ferrer (Mayor of General Trias, Cavite), Guillermo C. Choa (Chairman, PRO-FRIENDS and Cumbria Ridge, Inc.), Maria Isabel C. Santos (CEO, Cumbria Ridge, inc) Standing L-R: Councilor Jonas Glyn P. Labuguen, Mr. Jersey Miranda (COO, Cumbria Ridge, Inc.), Gerome S. Choa (Business Development PRO-FRIENDS)

Bilang bahagi ng kampanya laban sa COVID-19, namahagi ng Oxygen Tanks at regulators ang Pamahalaang Lungsod sa 33 Barangays upang magamit ng mga nangangailangan ng oxygen supplementation. Pinangasiwaan ni Mayor Ony Ferrer ang pamamahagi katuwang sina SP Committee Chair on Health Coun. Kristine Perdito - Barison at Liga ng mga Barangay President Aflred Ching.



DO YOU KNOW ?

The liver of a human being can regrow when cut like a lizard's tail.

(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.