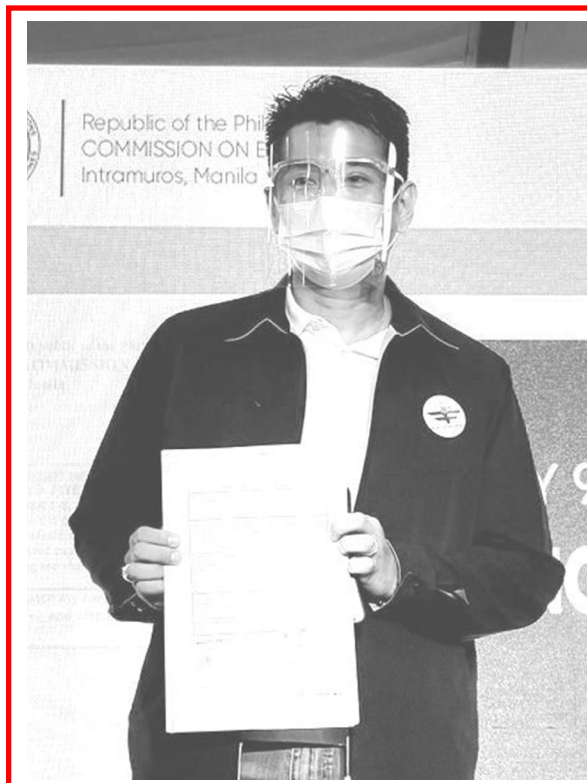


Congressman Alex "AA" Advincula
3rd District of Cavite, Rep.

IKAW MUNA (IM) PILIPINAS CAVITE CHAPTER LAUNCHED



Ikinalulugod na ibahagi ni Mayor Emmanuel Maliksi na ang inyong lingkod ay naghain na ng Certificate of Candidacy bilang first nominee ng Buklod Filipino Partylist. Ito ang unang hakbang para sa pangarap na ang kaunlarang ating nasimulan at naitaguyod sa Imus ay matamasa rin ng mas marami pa nating mga kababayang Pilipino. Kasama ang mga co-nominees Batangas City Vice Mayor Doc Jun Berberabe at Konsi Vince Amposta, hangad nating maipakita na kapag nagbubuklod-buklod ang mga lider ay mas nabibigyang prayoridad ang kapakanan ng bayan. Sana'y samahan niyo po kami at makibuklod sa layuning ito. Maraming salamat po, at magandang buhay sa ating lahat!



BUSINESS JUMPSTART TRAINING BY RGAF
Ito ay para turuan at tulungan ang ilang grupo sa San Francisco Villaggio, Brgy. Lallana kung paano palalaguin ang sisimulan nilang maliit na negosyo mula sa pondo ng RGAF, facilitated by DILG-RG Project Management Office.

VICE MAYOR ONY CANTIMBUHAN, TATAKBO BILANG BOARD MEMBER NG IMUS SA HALALAN 2022



Opisyal nang naghain ng Certificate of Candidacy si Imus City Vice Mayor Ony Cantimbuhan ngayong Biyernes, para sa pagtakbo nito bilang Board Member ng

patuloy na pagseserbisyo sa ating lungsod," dagdag niya.
Ikatlong Distrito ng lalawigan ng Cavite. Ayon kay Vice Mayor Cantimbuhan, hangad niya na maituloy pa ang serbisyong nasimulan. "Hiling ko lamang po na ako ay patuloy niyong suportahan at pati na rin ang aking mga kasama, gaya ng pagtangkilik na inyong pinaramdam sa aking pagsisilbi bilang inyong Vice Mayor," ani Vice Mayor Cantimbuhan sa kanyang Facebook page. "Makakaasa po kayong ang atensyon natin ay nananatili sa

DPWH Reservoir Projects to Play Pivotal Role in Mitigating Floods in Imus and Bacoor



74 TESDA STEP GRADUATES, TUMANGGAP NG ELECTRIC OVEN AT BAKING TOOL KITS



Sa kabila ng pandemya at kinakaharap na pagsubok, tuloy pa rin ang tulong at pagtupad ng pangarap!

Sa inisyatibo ng inyong lingkod at ni Mayor Roy M. Loyola,

at sa pakikipagtulungan ng Technical Education and Skills Development Authority (TESDA) ay nabigyan ang pitumpu't-apat na nagtapos sa TESDA STEP ng electronic oven at baking

utensils.

Lubos ang pasasalamat ng Car Si G M A sa TESDA sa kanilang pakikipagtulungan para sa katuparan ng programa.

OCTOBER IS SUPER MONTH... (from p. 6)

top shoe brands across all branches nationwide. The Founder's Weekend also features a Super Sale, a BDO-MasterCard Rebate, and bank and e-wallet promos.

Mark your calendars for the SM Store's Super Deal of the Day with daily deals from October 19 to 28 on essentials and extras and everything in between. Whether it's for that much-deserved pampering and glow up, toys and baby's necessities, your kitchen and home beautification projects, or you simply want to get a head start on Christmas shopping. Get ready to shop 'til you drop in store, or add to your cart from home with The SM Store's Shop SM and Call To Deliver.

The celebration continues at the SM Supermalls, with more shopping and dining Super Deals at your favorite SM mall or at home with SM Malls Online.

Enjoy super offers for the whole family at participating stores and with partners Grab, Visa, and Booky

throughout the month. Plus, get a chance to snap up exclusive Super Weekend Deals, including BOGO deals, supersized treats, and SM Malls Online's much-awaited Super Midnight Flash Sale.

There's more super fun ahead with the Super TikTok Challenge ongoing until October 15, 2021. Gather the family, friends, and fur babies and flex your TikTok skills to the tune of SM's iconic jingle, "We've Got It All for You", and get a chance to win P100,000 shopping money.

SM also celebrates our tireless Super Riders on this Super

Month. It's time to give back to these everyday heroes who tirelessly deliver everything from essential items such as groceries and medicines to food from our favorite restaurants.

Simply upload a selfie with your super delivery rider and get a chance to win a Suzuki Skydrive Sport Motorcycle for your rider and P10,000 SM shopping money for yourself. SM Super Riders is ongoing until October 17, 2021.

Celebrate Super Month this October and enjoy super deals, super eats, and super treats at SM. (KAREN CHRISTINE TIQUI)



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

ANG EHEKUTIBO

1. Ang Mayor, Governor saka ang Pangulo, Sila'y mga tao na Ehekutibo, Kasama'y Hukuman, at Lehislatibo, Tatlo silang sangay ng ating Gobyerno.
2. Ang Ehekutibo'y makapangyarihan Dahil kontralado ang pondo ng bayan, At ang sinasabi na Intelligence Funds Na di binusisi detalyadong account.
3. Ang maraming gastos sa mga halalan, Sa Intelligence Fund baka pagbawian, Sabagay hindi na ito malalaman, Dahil ang Auditor tanggap din ang Lump Sum.
4. Kaya ang kalaban ng naupong Mayor, Hirap na lumaban, sa pondo'y may trobol, Ang Intelligence Funds pag ating pinutol, Sa halalan wala na ang manunuhol.
5. Ang nakikita ko'y ayos na Alkalde Sa bayang mahirap at dukha'y marami, Subali't pag yaman dumagsa sa dati, Makikita mo na ang maraming dumi.
6. Subali't ano ba ang dapat asahan? Pulitika natin, bukal din ng yaman. Mga batas natin: Bulag at Bingi daw. Simula'y mahirap. Nag-retire mayaman.
7. Marami rin naman ang Alkaldeng ayos, Maraming Governor ayos din sa tuos. Dahil marami ba mga dukhang pook? Dahil talaga bang mabuti ang loob?
8. Ang Ehekutibo laluna't Pangulo Na anim na taon ang takdang serbisyo, Sana'y wala silang lihis na motibo, Dahil kung direktso, tayo'y may progreso.

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PROYEKTONG RECYCLED SOLID WASTE ON WHEELS, INILUSAD SA ALFONSO



Ibinahagi ni Alfonso Mayor Randy Salamat ang proyektong Recycling Solid Waste on Wheels (RS-WOW), na inilunsad sa kanilang bayan upang matugunan ang problema sa mga basurang plastik.

Ayon kay Salamat, ang mga recycled materials ay magagamit muli bilang sangkap sa paggawa ng mga hollow blocks at floor bricks.

"Sa wakas, ang mga basurang plastic sa ating palengke at mga barangay ay magiging sangkap na sa pag gawa ng mga hollow

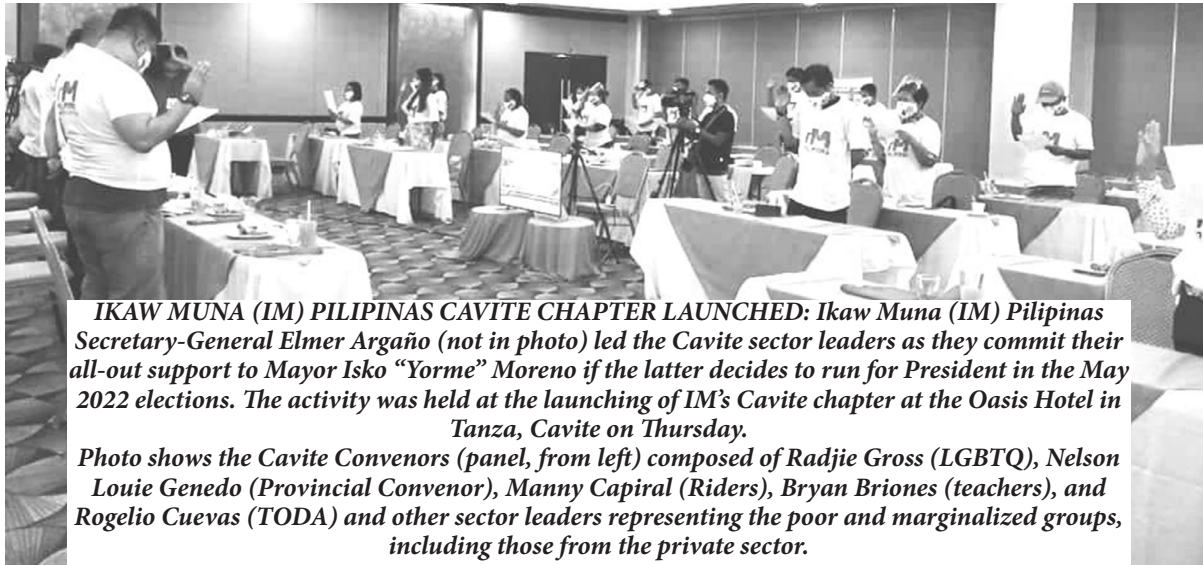
blocks at floor bricks. Ito po ang produkto ng ating Recycling Solid Waste On Wheels o RS WOW," ani Salamat.

"Ito po ang kauna-unahang teknolohiya sa ating bayan upang malutas ang ating usaping basura."

Samantala, ang mga nabubulok na basura ay gagawin naman umanong pataba o fertilizer.

Nagpasalamat ang alkalde sa MENRO ng kanilang bayan para sa naging initial testing ng naturang proyekto.

IKAW MUNA (IM) PILIPINAS CAVITE CHAPTER LAUNCHED



IKAW MUNA (IM) PILIPINAS CAVITE CHAPTER LAUNCHED: Ikaw Muna (IM) Pilipinas Secretary-General Elmer Argaño (not in photo) led the Cavite sector leaders as they commit their all-out support to Mayor Isko "Yorme" Moreno if the latter decides to run for President in the May 2022 elections. The activity was held at the launching of IM's Cavite chapter at the Oasis Hotel in Tanza, Cavite on Thursday.

Photo shows the Cavite Convenors (panel, from left) composed of Radjie Gross (LGBTQ), Nelson Louie Genedo (Provincial Convenor), Manny Capiral (Riders), Bryan Briones (teachers), and Rogelio Cuevas (TODA) and other sector leaders representing the poor and marginalized groups, including those from the private sector.



TANZA, Cavite – A multi-sectoral group pushing for Manila Mayor Francisco Moreno Domagoso - more popularly known as Isko "Yorme" Moreno, to run for President in the May 2022 elections launched its Cavite chapter in an event at the Oasis Hotel here.

The group - composed primarily of farmers, workers, tricycle drivers operators association, small-scale business owners, professionals, health workers, public and private school

teachers, women, youth, members of the LGBTQ (lesbian, gay, bisexual, transgender, queer/question) community, including the private sector, is rooting for Isko to run for the highest position as "we need a new brand of leader and leadership," said former former Metro Manila Development Authority (MMDA) General Manager who also served as Undersecretary of the Department of Transportation - the coalition's lead convenor, Tim Orbos.

"Nagawa nga niya sa

Maynila (ang maayos na pamamalakad), sa buong Pilipinas pa kaya?" (he did a great job with his governance in Manila, what more for the Philippines?), stressed Orbos as he justifies their choice of President in the upcoming elections.

In a joint statement released in Filipino, the group highlights Moreno's unique qualities that endear him to the masses. They said, Moreno or "Yorme" is different from the rest.

He is a rare breed of leader that is very

down-to-earth and will reach out to the poor not because he remembers them but cares for them. Thus, it is no wonder why the underprivileged, poor sectors are asking him to run for President, the statement further said.

The group are astonished by how Yorme administers the entire city of Manila despite fallacious accusations from the present administration, like the recent comment of Malacañang on "Yorme's" suggestion to improve the government's pandemic re-

sponse by purchasing Remdesivir, Tocilizumab, and ventilators, instead of buying more face masks. It was unfortunate that "politicking" is the only know answer of the present administration amidst pandemic.

The vulgar incompetency, corruption, and hunger for power of the present administration make it more tactical and strategic for ordinary people to regain what truthfully belongs to them. The worsening split on the administration-led Super Block, on the other hand, pave more way for the opposition and all its allies to restore pro-people democracy.

Orbos is joined by the movement's national convenors such as Phillip "Dobol P" Piccio, IM-P head for political affairs Bong Mangahas, and Secretary General Elmer Argaño with provincial convenors like Bryan Briones, Nelson Louie Genedo, and Manny Capiral.

Also seen at the event who are voluntarily extending their commitment of support because they believe Moreno can champion their welfare and rights include President/Founder Phil. Eagles Riders Club and Riders Rights Advocate Manny Capiral; Labor Leader of Cavite Economic Zone Lucky Soliman; Radjie C. Gross - Founder of LGBTQA Cavite Bachelorette; Rosalina Alota - Women Sector; Fiona Celine Cayabyab - Youth Sector; Thelma Alicdan

- Vendors Sector; and Daviejane Hementera - TODA (Tricycle Operators and Drivers Association) President.

The "Ikaw Muna" (IM) Pilipinas movement takes on Cavite after its successful national launching held, in the same hybrid fashion, at the University of the Philippines - Diliman last July 2 where some 200 leaders from 16 provinces attended.

The event also served as a venue for the swearing-in of commitment of sectoral leaders of IM Pilipinas- Cavite.

Statements from the Sector Leaders:

From Manny Capiral, President/Founder Phil. Eagles Riders Club. Riders Rights Advocate:

"Naka kalungkot sapagkat hindi man lamang kami maipagtanggol nang maayos ng ating pangulo na isa ring rider, hindi gaya ni Yorme. Walang diskriminasyon kay Yorme. Paano? Tignan na lamang natin ang kampanya sa bakuna sa siyudad ng Maynila. Basta nasa Maynila ka ay entitled ka sa bakuna at iba pang anyo ng ayuda. Hindi usapin sa kaniya kung Manilenyo ka o hindi. Ito ang mga bagay na kapuri-puri sa riders' community. Mayroon siyang political will at good personality dahilan para siya ang mamukod-tangi sa lahat ng mg puwedeng maging presidente. Ito ang tunay na lider. Hindi hipokritong politiko." (ROSELLE AQUINO)

DPWH Reservoir Projects... (from p. 4)

Imus and Bacoor that are highly susceptible to rain-induced flash flooding.

The project will help address flooding woes in low-lying areas affected by the confluence of Imus River and Bacoor River, added Secretary Villar.

According to Undersecretary Emil K. Sadain, the design of two (2) retarding basins are based on a comprehensive flood management master plan prepared by JICA.

These constructed retarding basins will temporarily store most,

if not all, of the rainwater run-off during very high rainfall to reduce the peak volume of flood flow and later release at regulated rate, said Undersecretary Sadain.

The reservoirs that will also reduce the floodwater going downstream were built under financing of JICA's Official Development Assistance (ODA).

When water level increases during flooding, the floodwater overflows into the retarding basins and will be discharge once the water level in Imus and Bacoor River subsides or at normal

rate.

The Imus retarding basin at Barangay Anabu has a water detention area of about 35 hectares with 2 meters by 2 meters one (1) barrel drainage sluice and 84 meters overflow dike.

On the otherhand, Bacoor retarding basin located in Barangay Buhay na Tubig has two (2) basin connected by a 2.7 meters by 2.7 meters one (1) barrel sluiceway for a total pond area of 9 hectares with overflow dike of 42 meters and 1 meter by 1 meter one (1) barrel drainage sluice. (DPWHPIO)

Pagbati Mula kina:



Vice Mayor Ony Cantimbuhan
Imus City, Cavite



Mayor Emmanuel Maliksi
Imus City, Cavite



FAMOUS PERSONALITIES

BY

NICO & NIELSEN BAUTISTA

KALIPULAKO (Tunay na pangalan ni Lapu-lapu) - Siya ay isang Muslim na pinuno sa Isla ng Mactan na tumalo sa pangkat ni Magellan noong 1521. Kinilala siyang unang bayani ng Pilipinas.



LET THERE BE LIGHT!

By

ENG'R. VER CAMPAÑA BAUTISTA

F & A.M. Luis Olimpo Ferrer Lodge 366

HUKAY -Ang Hukay sa Silang ay lugar na may hukay at isininunod ang ngalan sa palatandaang ito.

DPWH Reservoir Projects to Play Pivotal Role in Mitigating Floods in Imus and Bacoor



Public Works and Highways Secretary Mark A. Villar on Thursday, September 23, 2021 led the inauguration ceremony of Cavite's two (2) flood-water reservoir projects in Barangay Buhay na Tubig, Imus City.

Secretary Villar was joined by Japanese Ambassador to the Philippines Kazuhiko Koshikawa; DPWH Undersecretary for Unified Project Management Office (UPMO) Operations Emil K. Sadain; Cavite Governor Juanito Victor C. Remulla; Japan International Cooperation Agency (JICA) Chief Representative Eigo Azukizawa, Cavite 2nd District Representative Strike Revilla; and Cavite 3rd District Representative Alex L. Advincula.

The event was also attended by DPWH UPMO Flood Control Management Cluster (FCMC) Project Director Ramon A. Ariola III;



UPMO Project Directors Benjamin A. Bautista and Rodrigo I. Delos

Reyes; and Project Manager Aurelio C. Mendoza.

Secretary Villar said that the Imus and Bacoor retarding basins

implemented by DPWH UPMO-FCMC are expected to help manage

or mitigate the challenges of rainy season for
(cont. P.3)

DPWH MM1DEO PINABULAANAN ANG ULAT NA MAY 21 BILYON PONDO, DRONES GAMIT UPANG MASIGURO MGA PROYEKTO ON TIME

Pinabulaanan ng Department of Public Works and Highways Metro Manila 1st District Engineering Office (DPWH-MM1DEO) ang napaulat kamakailan na ang kanilang tanggapan ay may 21 Bilyong Pisong pondo sa mga proyekto. Sinabi ni District Engineer MEDEL CHUA na masyadong malisyoso, walang batayan at katotohanan ang nakuhang datus na inilathala ng isang pahayagan.

Sa ating pagsasaliksik sa nasabing isyu napagalaman natin na ang FY 2021 ANNUAL INFRASTRUCTURE PROGRAM Based on General Appropriations Act ang pondo ng MM1DEO ay nagkakahalaga lamang ng Php 6,255,973,000 at ang Php 10,005,713,000

ay sa DPWH-NCR Office kung saan ang proyekto nito ay nakapaloob sa distrito ng una. Kung kaya't susumahin ang kabuuan ay nagkakahalaga ito ng Php16,261,688,000 na may 450 na proyekto, Ensure Safe and Reliable National Road System Php 497,477,000 na may 16 na proyekto, Asset Preservation - Preventive Maintenance - Primary Roads Php 3,000,000 at Multi-Year Obligational Authority (MYOA) Php 2,441,000 sa kabuuang pondong nabanggit nakapaloob na din ang mga proyekto ng DPWH-NCR Office kung saan ang MM1DEO ang mangangasiwa at magsusuperbise ng mga naturang proyekto nito.

Ikinalungkot ni DE CHUA na hindi inalam ng mabuti ng mga nag-ulat ang mga

tamang datus bago ito inilathala bagkus maling impormasyon ang kanilang inilathad sa publiko. Nakakadismaya nasa kawalan ng responsibilidad at makakaligaw ng unawa sa mga mamamayan na makakabasa ang maling panulat, sabi nito.

Sa kabila nito ipinabatid ng nasabing District Engineer na gumagamit sila ngayon ng mga DRONES bilang instrumento para sa mabilis at epektibong pagmonitor sa mga proyekto na kanilang ipinatutupad. Isang paraan upang lubos na malaman kung ang mga nasabing pagawain ay on time at matatapos sa itinakdang panahon.

Ang sistemang ito ay makakatulong na mapataas ang antas ng level sa performance ng nasabing distrito. Bukod



dito ay nagtalaga din ng mga project monitors ang pamunuan para lubos na mabantayan at maassistihan kung ang isang proyekto ay may problema.

Nagsasagawa din sila ng regular meetings para malaman ang status accomplishment ng mga konstruksiyon.

Inihayag ni DE CHUA na sinisikap nilang lalo pang mapataas ang antas ng kalagayan ng distrito sa paggawa bagamat ito ay may apat na siyudad na nasasakupan Pasig City, Marikina City,

Mandaluyong City, San Juan City at Taguig City-Pateros ay patuloy silang maglilingkod ng may dedikasyon, kasiyahan kaayusan at

kasipagan upang lubos na makapaglingkod sa mamamayan. (RENANTE "ARJAY" JAROBEL/MARJORIE MAHUSAY)

BFP REGION-4A LAGING NAKAANTABAY SA LAHAT NG PANAHON...



EDITORIAL

Ang agrikultura ay nagbibigay sa atin ngayon ng salapi mula sa iniluluwas nating mga raw materials. May isa pang bagay tayo na dapat adhikain na ang mga raw materials na ito ay tayo na ang magdevelop upang magkaroon ng dagdag na halaga. Halimbawa ay ang prutas na puwede nating i-process para maging candy. Isa lamang iyan sa marami nating puwedeng gawin.

Unti-unti ang ating pagsulong at isang araw ay magagawa rin natin ang mga panukalang sinundan ng mga bansang umunlad.

Ang buong puwersa ng Bureau of Fire Protection Region-4A (BFP R-4A) ay laging nakaantabay sa lahat ng panahon upang tumugon sa ano mang insidente at sakuna. Adhikaing makapagbigay ng lubos na serbisyo sa taong bayan.

Ipinag-utos kamakailan ni BFP R-4A Regional Director SSUPT ROBERTO M. GENAVE sa kanyang mga tauhan na laging maging alerto at handa lalo na sa ngayon na ang kanilang rehiyon ay nahaharap sa maraming pagsubok. Nariyan ang banta sa muling pagsabog ng bulkang Taal at ang mataas na antas ng Covid-19 cases sa mga lalawigan na kanilang nasasakupan.

Sa kasalukuyan nagtalaga na ng mga BFP personnel sa mga Quarantine Control Points (QCP) upang magbigay ng assistance sa ating mga kapulisan para maipatupad ng may kaayusan ang covid-19

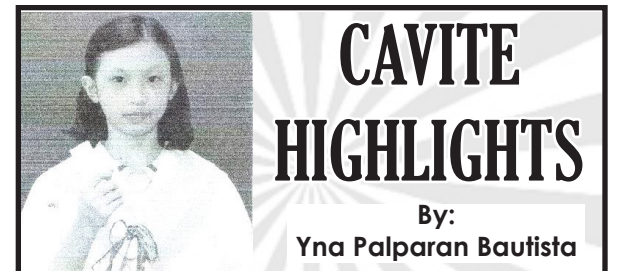
protocol.

Mayroon ding mga personnel na itinalaga sa mga vaccination centers upang makatulong sa ating mga Frontliners at gayon din sa mga lugar kung saan maapektuhang ng bulkang Taal kung sakaling magalboroto para sa mabilisang evacuation at agarang pagtulong sa mga mamamayan.

Sinabi ni RD GENAVE na sa kasalukuyan ay halos 75 porsiyento ng 3,500 mahigit na tauhan nito ang nabakunahan na. Umaasa ang nasabing pinuno na bagaman nahaharap ang bansa sa pandemya ng Covid-19 ay patuloy nilang gagampanan ang tungkulin ng may tapang at didikasyon sa lahat ng sandali upang makapagligtas ng buhay at ari-arian gayon din sa pagharap sa anumang sakuna. (RENANTE "ARJAY" JAROBEL/MARJORIE MAHUSAY)



SERVICE PATROL: Sa kagustuhan ng ating mahal na Punumbayan, Mayor Larry M. Alilio na mas lalong mapanatili ang kaayusan at katahimikan sa loob ng ating barangay at upang mas maipahatid ang serbisyo ng ating Lokal na Pamahalaan, ang ating Punumbayan ay muli na namang nagkaloob ng patrol o "service vehicle" para naman sa Barangay Anak Dagat at Barangay Dayapan. Malaking tulong ang nasabing patrol upang magamit ng ating mga kababayan lalo na ngayong panahon na may kinakaharap tayong pandemya. (RENANTE "ARJAY" JAROBEL/MARJORIE MAHUSAY/Photo by Mayor Staff)



Severino Lapidario was the leader of the scheduled revolt in Cavite Puerto. Being the Provincial Jail Warden, he would release the prisoners to capture the Spanish infantry. Revolutionists of Kawit, Malabon (Gen. Trias) and Noveleta seized the Spaniards in their towns. Lapidario hesitated and the plan was learned by the Spaniards, so he and twelve others were seized and executed at Plaza De Armas on September 12, 1896. Born in Imus, Cavite, he became a Freemason and a supporter of the aspiration to be free.

OCTOBER IS SUPER MONTH AT SM

SM celebrates the birth month of its founder Henry Sy Sr. this October with Super Month, a month-long festivity filled with special treats, amazing deals, and super experiences.

Discover amazing deals on your favorite brands at The SM Store and super shopping and dining deals at the SM Supermalls from October 1-31, 2021.

It's been 63 years since Mr. Sy opened his first shoe store in October 1958 in downtown Manila, and the retail group where it all started leads the celebrations with its

Super 10.10 Sale ongoing until October 10 at all SM Store branches nationwide. Shop at SM until October 9 and get a P100 super cashback voucher with a minimum P1,000 single-receipt

purchase. On October 10, SMAC cardholders will be entitled to an extra 10% off with a minimum P3,000 single-receipt purchase.

A highlight of the Super Month is the

Founder's Weekend from October 15 to 17, 2021. Enjoy supersized deals at The SM Store as it celebrates the birthday of Mr. Sy and SM's shoe store beginnings with the very first Super Shoes Day on October 15. Enjoy huge discounts on **(cont. P.2)**



Deals for Days. Mark your calendars for super deals everyday throughout the month of October as The SM Store celebrates Super Month.



Add to your cart from the comfort of home with Super Deals at SM Malls Online! Enjoy everyday shopping and dining deals for the entire month of October. Keep an eye out for supersized weekend deals from October 15 to 17, including the much-awaited Super Midnight Flash Sale.



It's time to add the sleek Seiko 5 SNZF15K1 men's watch to your collection! Get this analog display timepiece and other Super Deals for up to 70% off when you shop at Time Depot stores nationwide from October 15 to 17, 2021.



BOGO Super Deals. Visit Aukey this Super Month and purchase two mobile accessories of the same design for the price of one! This Buy One, Get One promo is available on selected earphones, power banks, adaptors, and cables until October 31, 2021 at all participating SM branches nationwide.



Enjoy a sumptuous Chinese feast with all-you-can-eat yumcha (Chinese dumplings) for only P688 at Shanghai Saloon at The Podium this Super Month until October 31, 2021.



A highlight of Super Month is Founder's Weekend from October 15 to 17. Enjoy supersized deals at The SM Store as it celebrates the birthday of Mr. Henry Sy Sr. It also highlights SM's shoe store beginnings with the very first Super Shoes Day on October 15.



Check out delicious deals on Booky from Yellow Cab, Wing Zone, Pepe Cubano, and Yogorino.



Get the Epiphone ENOLTQCH1-GC electric guitar and other Super Deals for up to 60% off when you shop at Crescendo stores from October 15 to 17, 2021.



Enjoy all day rosé at Nikkei for P795 at The Podium this Super Month.



Gather the fam, friends, and fur babies and flex your TikTok skills to the tune of SM's iconic jingle, "We've Got It All For You", and get a chance to win P100,000 shopping money.



Upload a selfie with your super delivery rider and get a chance to win a Suzuki Skydrive Sport Motorcycle for your rider and P10,000 SM shopping money for yourself with SM Super Riders.



Super 10.10 Sale. Shop at The SM Store until October 9 and get a P100 super cashback voucher with a minimum P1,000 single-receipt purchase. On October 10, SMAC cardholders will be entitled to an extra 10% off with a minimum P3,000 single-receipt purchase. Ongoing until October 10 at all SM Store branches nationwide.



It's a super deal! Score a new 128GB model of the 13-inch MacBook Air 2017 for up to 10% off at Power Mac Center.



Enjoy working out from home with this compact space-saving treadmill! From P19,999.75, you can score this Foldable Treadmill 1.0 HP TS Nexus at 35% off for only P12,999.75! Enjoy this marked-down price only during Super Month at selected Sportshouse branches until October 10, 2021.



Walk in comfort with lightweight and breathable shoes like the Grandpro Rally Laser Cut Sneaker from Cole Haan. Cop this stylish pair and other Super Deals at SM for up to 60% off when you shop at Cole Haan stores nationwide from October 15 to 17, 2021.

ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

HUMANITY TRIVIA

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

Electric generator - 1831
Refrigerator - 1834
Coffee - Africa
Cotton - America
Kangkong - toxemia

DOH-CALABARZON ENCOURAGES RESIDENTS TO GET VACCINATED AND BECOME A MILLIONAIRE

The Department of Health (DOH) - CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) today encourage residents get vaccinated to be able to join the "Resbakuna: Bakunado, Panalo" promo and get a chance to become a millionaire.

The promo will provide vaccinated individuals nationwide a chance to win cash prizes from Php5,000 up to Php1 million.

"This is to encourage everyone to enlist and have their Covid-19 vaccine for them to have additional protection against the virus. This cash price will also serve as an incentive for winners for getting vaccinated and doing their fair share in preventing the spread of the virus in the community and putting

a stop to the pandemic," Regional Director Eduardo C. Janairo stated.

The "Resbakuna: Bakunado, Panalo" promo of the DOH will be selecting 50 winners for the month of October and 50 winners for November who will receive Php5,000 in cash.

For the month of December, 12 winners will be selected - 10 winners will receive the third prize amounting to Php100,000, and one winner for the second prize of Php500,00 and the grand prize winner will get Php1 million.

Individuals who were partially vaccinated will get one raffle coupon while those who are fully vaccinated will get three.

Senior citizens who were vaccinated are entitled to double the number of entries which

means that partially vaccinated seniors will get two raffle entries while fully vaccinated seniors will receive six.

The promo is sponsored by the Philippine Amusement and Gaming Corporation (PAGCOR) in partnership with the Philippine Disaster Resilience Foundation and the DOH.

Joining the promo is as easy, for step one, text RESBAKUNAREG name/age/address and send to 8933. For step two, text RESBAKUNA 1st letter of vaccine brand/number of doses/local government unit/date of vaccination and send to 8933.

And then wait for the winning text of chosen as a winner. For more details and inquiries about the promo, please visit doh.gov.ph/vaccines.

Health Benefits...

Kaalaman tungkol sa Haras (Anis) bilang halamang gamot



Scientific name: *Anethum foeniculum* L.; *Foeniculum vulgare* Mill.; *Foeniculum commune* Bubani
Common name: Haras, Anis (Tagalog); Fennel (Ingles)

na maaaring makuha sa Haras (Anis)?

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

Ang bunga ay makukuhanan ng volatile oil na may anethol. Mayroon din itong pectin, at pentosan

May taglay din na linoleic acid, palmitic acid, at oleic acid ang langis nito

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

Maaaring gamitin bilang gamot ang ilang bahagi ng halaman tulad ng:

Ugat. Ang ugat ay karaniwang inilalaga upang mainom bilang gamot.

Buto. Ang mga buto ng anis ay maaaring ilaga at ihalo sa inumin. Maaari din itong dikdikin at gamitin sa panggagamot.

Langis. Mabisa naman ang langis na nakuha mula sa buto ng anis para ilang kondisyon sa katawan. Ito'y pinangpapahid lamang.

Ano ang mga sakit at kondisyon na maaaring matulungan ng Haras (Anis)?

1. **Kabag.** Mabisang pangontra sa kabag sa tiyan ang pag-inom sa inumin na hinaluan ng mga buto ng anis. Maaari ding pahiran ng langis ng buto ng anis ang tiyan na nananakit dahil sa kabag.

2. **Pagkahimatay.** Pinaamoy naman sa taong nahimatay o nakararamdam ng pagkahimatay ang dinikdik na dahon ng anis.

3. **Malabong paningin.** Ang pag-inom sa katas ng bunga ng anis ay mabisang din sa pagpapabuti ng malabong paningin.

4. **Mabahong hininga.** Maaaring ipang mumog ang pinaglagaan ng mga buto ng anis.

5. **Iregular na pagrereglala.** Matutulungang mapanumbalik sa regular na pagdating ng regla sa mga kababaihan.

6. **Pananakit ng sikhura.** Ang pakiramdam ng pananakit sa sikhura ay maaaring matulungan ng pag-inom sa tubig na hinaluan ng mga buto ng anis.

7. **Pananakit ng ngipin.** Pinaiinom naman sa taong dumadanas ng pananakit ng ngipin ang pinaglagaan ng ugat ng anis.

8. **Bulate sa tiyan.** Pinaiinom ng 3-4 ml ng langis ng anis ang taong may impeksyon ng bulate sa sikhura.

9. **Lagnat.** Ang mataas na lagnat ay maaaring mapababa ng pag-inom sa tubig na hinaluan ng dinikdik na buto ng anis.

10. **Nagpapasusong ina.** Tumutulung sa pagpaparami ng gatas ng ina ang regular na pag-inom tubig na may buto ng anis.



113 Eco Workers Beneficiaries sa ilalim ng Tulong Panghanapbuhay sa ating Disadvantage at Displaced workers (TUPAD). Ito ay isang Emergency Employment sa ating mga kababayan sa tulong ng ating minamahal na dating Senadora Loren Legarda katuwang ang Department of Labor and Employment. Sa proyektong ito, inaasahan ang 10 araw na community service ng ating mga TUPAD employees kapalit ang kaukulang sahod. Makakaasa po kayo na unti-unti, sosolusyunan natin ang problema sa trabaho dito sa bayan ng Naic upang maitaas ang ating employment rate.



Naimbitahan si Cong. Jon-Jon Ferrer ni MGen. Fernando Felipe, upang bumisita sa headquarters ng Army Reserve Command, Camp Riego De Dios, Tanza, Cavite. Pagkakaon po natin ito upang magbigay pugay sa ating mga kasamang Army Reservist na laging handa at nakalaang maglingkod para sa ating bayan. Tiningnan na din po natin kung ano pa ang pwede natin maitulong upang lalong mapaayos ang pasilidad ng kampo.

PILOT RUN NG LIMITED FACE-TO-FACE CLASSES, SISIMULAN SA NOBYEMBRE

Nakatakdang masimulan ang pilot implementation ng limited face-to-face classes sa darating na Nobyembre 15 batay sa anunsyo ng Department of Education (DepEd) nitong Miyerkules, Oktubre 6.

“We start on November 15, the face-to-face classes and tinaon po natin doon sa pilot schools, tinaon po ‘yan natin sa umpisa ng academic quarter two ng ating school calendar,”

ayon kay DepEd Usec. Atty. Nepomuceno Malaluan.

Inaasahan na magtatapos ang inisyal na implementasyong ito sa Disyembre 22 matapos ang ihahaing assessment, kung saan matatapos naman ang pilot run sa buwan ng Enero 31 sa susunod na taon.

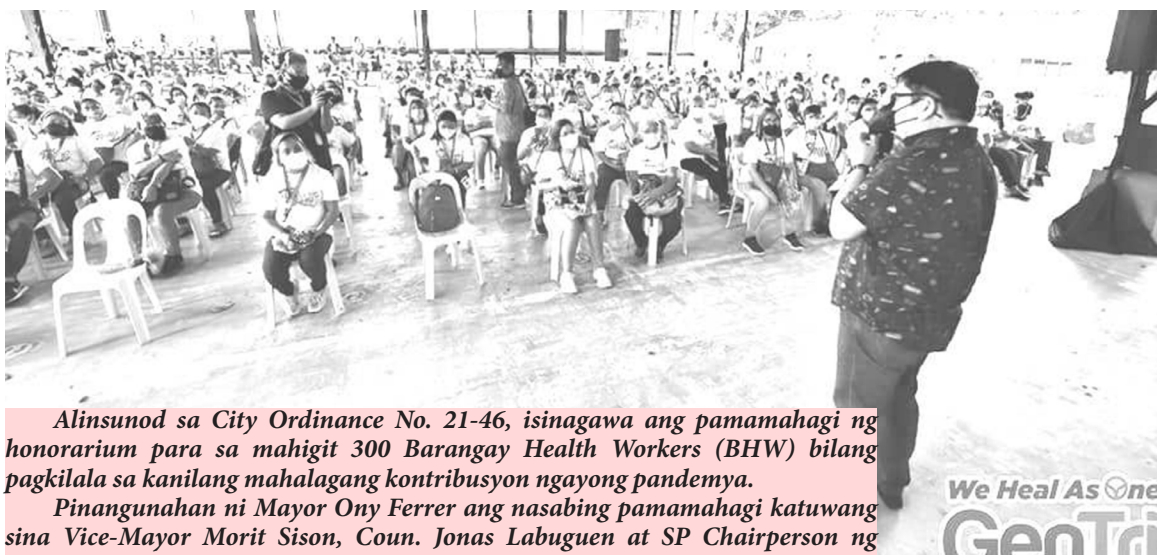
Mula rito ay susuriin ng DepEd ang mga eskwelahan na sumailalim sa nasabing pilot run upang may mapalawig pa ang proposal ng nasabing



system kay Pres. Rodrigo Duterte sa buwan ng Pebrero.

Kung sakaling aprubahan, posibleng mapalawig at maipagpatuloy ang face-to-face classes sa March 7, 2022.

Matatandaan na pumayag ang Pangulong Duterte nitong buwan ng Setyembre na magkaroon ng limited face to face classes sa mga lugar na hindi gaanong nakapagtatala ng COVID-19 cases sa bansa.



Alinsunod sa City Ordinance No. 21-46, isinagawa ang pamamahagi ng honorarium para sa mahigit 300 Barangay Health Workers (BHW) bilang pagkilala sa kanilang mahalagang kontribusyon ngayong pandemya.

Pinangunahan ni Mayor Ony Ferrer ang nasabing pamamahagi katuwang sina Vice-Mayor Morit Sison, Coun. Jonas Labuguen at SP Chairperson ng Committee on Health, Nutrition and Population, Coun. Kristine Perdito-Barison.



See us at General Juan Castañeda street near the Imus Plaza

DO YOU KNOW?
The body always cures itself if you eat the right food.

(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.