

# PBBM pays courtesy call on INC leadership

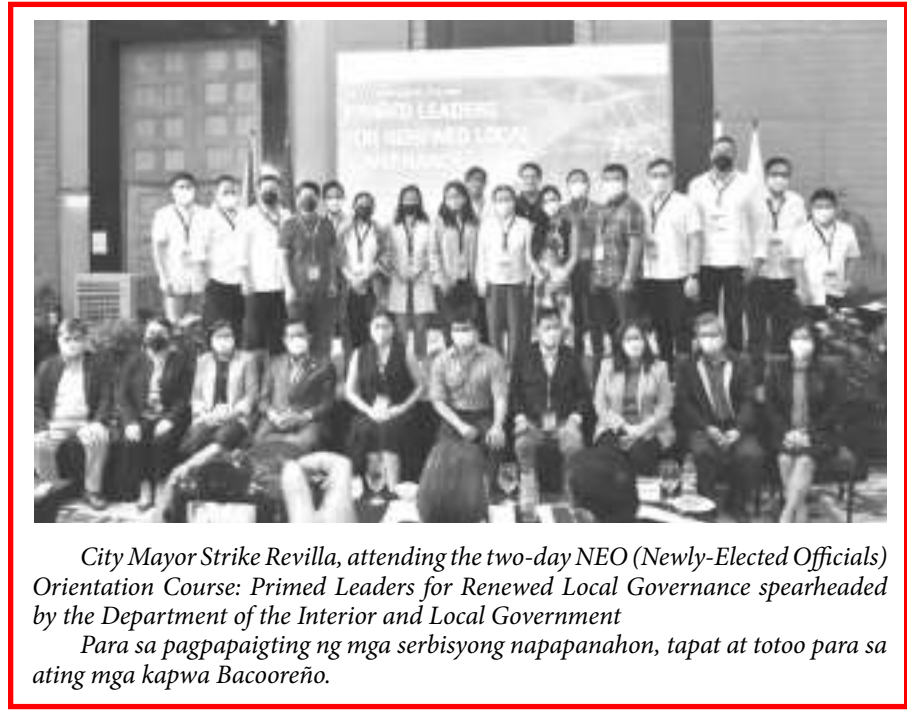
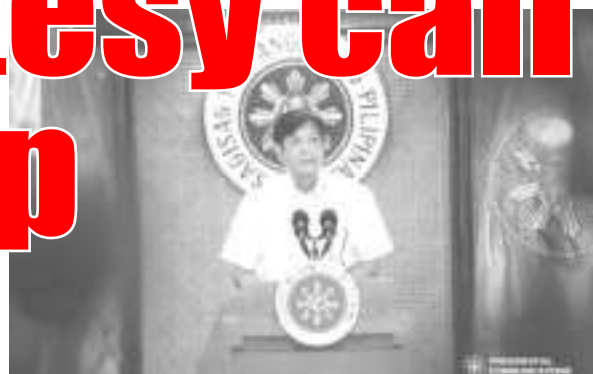
MANILA – President Ferdinand "Bongbong" Marcos Jr. visited Iglesia ni Cristo (INC) Executive

Minister Bro. Eduardo V. Manalo just days before he delivers his first State of the Nation Address

(SONA) on July 25. According to a report on Net25, Marcos visited Manalo in the

INC Central Office in Quezon City on Tuesday afternoon.

(cont. P.7)



## 156 TRECEÑOS, TUMANGGAP NG MEDICAL AND FINANCIAL ASSISTANCE



Sa pakikipag-ugnayan ni Cavite 7th District Board Member Ping Remulla at Abeng Remulla sa Department of Social Welfare and

Development (DSWD), tumanggap ng medical at financial assistance ang nasa 156 mamamayan mula sa lungsod ng Trece Martires nitong Hulyo 20.

Ang naging aktibidad ay naging matagumpay sa tulong ng lokal na pamahalaan ng lungsod sa pangunguna ni Mayor Gemma Lubigan.

## DEPED IMUS, BINIGYANG PARANGAL SA 2021 GAWAD PATNUGOT NG DEPED NG CALABARZON

Kamakailan ay tinanggap ng Department of Education (DepEd) sa lungsod ng Imus ang Best Performing Schools Division Office mula sa katatapos lamang na 2021 Gawad Patnugot ng DepEd Calabarzon.

Bukod sa pangkalahatang pagkilala, binigyang parangal din ang Best Performing Public Elementary School ang Malagasang II Elementary School.

Samantala, si G. Marcelito C. Zapues ay binigyan ng 2021



“Binabati ko po ang Department of

Education (DepEd) Imus sa parangal na kanilang natanggap bilang Best Performing Schools Division Office sa 2021 Gawad Patnugot ng DepEd CALABARZON,” pagbati ni Imus City Mayor Alex Advincula sa kaniyang social media post.

“Ang husay at galing na inyong ipinamalas ay patunay ng inyong dedikasyon para maiangat pa natin ang sektor ng edukasyon sa ating lungsod. Muli, congratulations,” dagdag pa niya.

## DENR and EMB CALABARZON calls for litter free waters and intensified implementation of ESWM



Calamba City, Laguna - The Department of Environment and Natural Resources (DENR) CALABARZON joins the Environmental Management Bureau CALABARZON in the launch of the National Plan of Action for the prevention, reduction, and management of Marine Litter (NPOA-ML) and the Environmental Summit this July 14, 2022.

According to a study conducted by the World Bank Group (2021), the Philippines is classified as 3rd of the main con-

tributors of mismanaged plastic waste that ends up in our waters. EMB CALABARZON Regional Director Noemi Paranada emphasized that the regional launch of the NPOA-ML shall serve as a nationwide call for the prevention and reduction of waste at source to curb the problems of improper solid waste management (swm), as well as air and water pollution.

In addition, Regional SWM Coordinator Corazon Gasapos urged the National Govern-

(cont. P.4)

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

**AURELIO P. BAUTISTA**  
PUBLISHER/EDITOR-IN-CHIEF

**LEXTER LUMAS BAGAPORO**  
BUSINESS MANAGER

**VER C. BAUTISTA**  
EXECUTIVE OFFICER

**MARICAR D. LUMAS**  
LAY-OUT ARTIST

**GRETHSEL B. LUMAS**  
ACCOUNT EXECUTIVE

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REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
TRECE MARTIRES CITY CAVITE

HOME DEVELOPMENT MUTUAL FUND,  
Mortgagee,

Foreclosure Case No. F-304-22

-versus-

GAMALIEL DURANO PIANO married to MARISSA B. PIANO,

Mortgagor/s,

x-----x

### NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act. 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND, with business address at The Petron Mega Plaza Building, No.385 Sen. Gil. Puyat Avenue, Makati City against the Mortgagor/s, GAMALIEL DURANO PIANO married to MARISSA B. PIANO, with residence and postal address at: 1.) 452 Cabildo St., Intramuros, Manila and 2.) Blk 3C, Lot 50, Tierra Nevada, Phase 1, San Francisco, Gen. Trias, Cavite to satisfy the mortgage indebtedness as of 23 May 2022 amounts to **THREE HUNDRED THIRTY FOUR THOUSAND EIGHTY PESOS and 61/100(334,080.61)**, Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **11 AUG 2022** at 10:00 o'clock in the morning at the main entrance of the Government Center Bldg. located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder of CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

### TRANSFER CERTIFICATE OF TITLE No.T-1283242

A parcel of land ( Lot 50 Blk.3-C of the subd. plan, Psd-04-111342 being a portion of Blk.3, Pcs-04-011037, L.R.C. Rec. No.) situated in the Brgy. of San Francisco, Mun. of Gen. Trias, Prov. of Cavite. Bounded on W., along line 1-2 by Lot 49; on the N., along line 2-3 by Lot 52 both of Blk. 30C; on the E., along line E., along line 3-4 By Rd. Lot 3; and on the S., along line 4-1 by Lot 48 Blk.3-C, all of the subd. plan. Beginning at a pt. Marked "1" on plan **XXX CONTAINING AN AREA OF FIFTY (50) SQUARE METERS, XXX**

All sealed bids must be submitted to the undersigned on the above -stated time and date

In the event the public auction should not take place on the said time and date, it shall be held on **25 AUG 2022** without further notice.

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

Trece Martires City 01 JUL 2022

**RICARDO A. TOLEDO**  
Sheriff IV

Copy furnished:  
HOME DEVELOPMENT MUTUAL FUND,  
c/o JEFFREY A. RAMIENTAS, C.P.A  
2546 A. Bonifacio St.  
Bangkal, Makati City

**GAMALIEL DURANO PIANO married to MARISSA B. PIANO,**

452 Cabildo St., Intramuros, Manila  
Blk 3C, Lot 50, Tierra Nevada, Phase 1, San Francisco, Gen. Trias, Cavite

WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE DEFACE, OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE

HUMANITY NEWS  
JULY 18,25 & AUGUST 1, 2022



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

## AGAM-AGAM

1. Itong agam-agam maraming dahilan,  
Una ay dahilan sa maling paggampan,  
Ang mali'y lilikha ng masamang damdam,  
Nagiging asiwa ang may kasalanan.
2. Pagka't ang konsensya'y naapektuhan  
Ng tulis ng sundot nitong kasalanan,  
Kahit na matigas ang puso sa ganyan,  
Itong agam-agam di maiiwasan.
3. Ikalawang dahil kulang sa gawain  
At itong resulta'y parang mabibitin,  
Walang katiyakan sa mga darating,  
Kaya agam-agam tao'y dadalawin.
4. Ikatlong dahilan ay pag nalimutan  
Ang isang hakbangin na kinakailangan,  
Dahil di kumpleto ito'y magkukulang,  
At baka lumitaw itong kabiguan.
5. At ang ikaapat na dahilan pa rin,  
Kahit na maayos lahat ng gawain,  
Alam mong di sikap lamang ang magaling,  
Ang nais din ng Diyos ang pananaigin.
6. Itong agam-agam bahagi ng buhay,  
Lagi mong kasama kahit ka matibay,  
Subali't pag buti ay lagi mong alam,  
Iyong agam-gam konti lang na bagay.
7. Bawa't agam-gam ay isang pagsubok,  
Sa anumang dahil ito ay sisipot,  
Taong may pag-asa't nananalig sa Diyos,  
May isang daanang puwede niyang mapasok.
8. Bawa't agam-agam dapat may pag-asa,  
Dapat na may buti't ayos itong obra,  
Agam-agam itong may saging maganda:  
Di tayo ang bida at Diyos ang may pasya.



## PRO CALABARZON TO AUGMENT NCRPO FOR SONA

Camp BGen Vicente P Lim, Calamba City - The Regional Director of Police Regional Office 4A, Brig Gen Antonio Yarra led the Civil Disturbance Management Simulation Exercise at this camp. 325 personnel from different Police Provincial Offices of PRO4A and Regional Mobile Force Battalion 4A participated in the activity. It is mainly to see the readiness of police personnel who will augment NCRPO in preparation for the upcoming first State of the Nation Address of President Ferdinand R. Marcos Jr. on July 25, 2022. The simulation exercise

aims to intensify the operational readiness and capabilities of police forces in handling public safety and security, and ensure and guarantee the success of this meaningful and historic event. Part of the Simulation Exercise was the showdown inspection of the equipment required and the contingents' tamang bihis, demonstration of 8 basic formation and scenario simulation as well as to check if they possess enough knowledge and experience to handle stressful situations. Observance of maximum tolerance was also checked among the CDM contingents

faced with untoward incidents.

Yarra also emphasized the importance on the observance of Tamang Bihis which connotes respect. He also reiterated the 4A's Service Principle of PRO CALABARZON... to develop our Aptitude, to have the right Attitude, to take prompt Action, and to face Accountability. Moreover, according to the General in his speech, he said, "The level of our success depends on our preparation. We should always anticipate the worst possible scenario in planning and in its execution in order to avoid lapses and escalation of problems." (ROSELLE AQUINO)

## TASK FORCE DISIPLINA PARA SA MGA BENIPISYARYO NG 4P'S SA SILANG, BINUO

Ibinahagi ni Silang Mayor Kevin Anarna ang kaniyang naging paglagda sa Executive Order AKA-010-2022 na naglalayong bumuo ng Task Force Disiplina na mag momonitor sa mga kasapi sa Pantawid Pamilyang Pilipino Program (4Ps) sa kanilang bayan.

Aniya, "4Ps Beneficiaries na mahuhuling nagsusugal, umiinom ng alak, at nagsasanla ng ATM ay irereport sa DSWD Regional Office."

"Kung meron man mahuli o mapiktyuran na 4Ps beneficiary na nagsusugal, nagiinom, o sinasanla ang kanilang ATM card ay i rerevalidate at pwedeng matanggal sa listahan."

Ang naturang ordinansa ay tila pakikiisa ni Anarna sa naging inisyatibo



ng DSWD upang mabigyang daan na matulungan ang mga mas nangangailangan na mamamayan at maaligang mga umano'y ginagamit sa mga hindi kapakipakinabang na bagay ang pera na natatanggap.

"Hindi binibigyan ng gobyerno ang mga 4Ps ng tulong pinansyal para lang isugal ito at ipanginum ng alak.

Para po ito sa poorest of the poor na walang sapat na kakayahan para may ipangkain sa pang araw-araw," pagbibigay paalala ng Alkalde.

"Kung mayroon po kayong makukunan ng litrato o mahuhuli na nagiinom ng alak ay pwede ipagbigay alam sa Municipal Social Welfare and Development Office sa (046) 414-3137."

## GENTRI POLICE, KINILALA BILANG TOP PERFORMING CITY POLICE STATION SA KAMPANYA KONTRA DROGA

Kinilala ng Cavite Provincial Police Office ang General Trias City Police Station bilang Top Performing City Police Station para sa anti-illegal drug campaign nitong

Lunes, Hulyo 18. Mula Hulyo 8 hanggang 10, nakapagsagawa ang GenTri City Police ng nasa 12 anti-illegal drug operations na nagresulta sa pagkakaaresto sa 19 na

suspek. Ang nasabing pagkilala ay ibinigay sa regular na flag raising ceremony na ginanap sa Camp BGen Pantaleon Garcia sa lungsod ng Imus



## 2 GURO SA CVSU, TUMANGGAP NG FULBRIGHT - CHED SCHOLARSHIP

Dalawang guro mula sa Cavite State University (CvSU) ang tumanggap ng 2022 Fulbright-Commission on Higher Education (CHED) Doctor of Philosophy (Ph.D.) scholarship kamakailan. Sila ay sina Mariel Benigno at Arvie Grace Masibag.

Si Benigno ay isang instruktur sa Department of Fisheries and Aquatic Sciences, CvSU Naic Campus sa Naic, Cavite.

Ipagpapatuloy niya ang Ph.D. sa Nutrition and Food Sciences sa Louisiana State University sa Baton Rouge, Louisiana, USA.

Nakamit niya ang Bachelor of Science in Fisheries mula sa Central Luzon State University sa Muñoz, Nueva Ecija at Master

of Science in Fisheries mula sa Pukyong National University sa Busan, South Korea.

Samantala, si Masibag ay isang instruktur ng Department of Biological Science, College of Arts and Sciences sa CvSU Main Campus sa Indang, Cavite.

Siya ay kukuha ng Ph.D. sa Pharmaceutical Science sa University of Rhode Island sa Kingston, Rhode Island, USA.

Nakapagtapos siya ng Bachelor of Science at Master of Science in Biology sa University of the Philippines Los Baños, Laguna at De La Salle University-Dasmariñas sa Dasmariñas City, Cavite, ayon sa pagkakasunod.

Ang layunin ng Fulbright-CHED grant ay

upang bigyang-daan ang mga kwalipikadong guro at kawani ng "CHED-recognized institutions" na ituloy ang kanilang doctoral studies sa US upang i-upgrade ang sistema ng mas mataas na edukasyon ng bansa, mapabilis ang Higher Education Reform Agenda ng bansa, at magkaroon ng mga lider na maaaring mag-ambag sa pagtataguyod ng mas mahusay na pagkakaunawaan sa pagitan ng Pilipinas at Estados Unidos.

Ang mga matagumpay na kandidato kinaakailangan ng magsagawa ng return service obligation sa kanilang mga HEI sa anyo ng pagtuturo ao pananaliksik pagkatapos makumpleto ang grant. (GO CAVITE)

## Pagbati Mula kina:



**Mayor Jon-jon Ferrer**  
Gen. Trias, City Cavite



**Mayor Alex "AA" Advincula**  
Imus City, Cavite



## FAMOUS PERSONALITIES

BY

NICO & NIELSEN BAUTISTA

**CHARLEMAGNE** - Siya ang Hari ng mga Franks at Lombards at nagtatag ng bagong Roman Empire sa Kanlurang Europa. Siya ay isang Emperador at kinilalang tagapagtanggol ng relihiyon sa Holy Roman Empire nang dapuan siya ng mataas na lagnat na siyang dahilan ng kanyang kamatayan.



## LET THERE BE LIGHT!

By

ENGR. VIR CAMPAÑA BAUTISTA  
F & A.M. Luis Olimpo Ferrer Lodge 366

**ILAT** - Ang Ilat ay lugar sa Tagaytay na isinunod sa ilat o maliit na ilog.



BLESSING & INAUGURATION of PNP Station and Bahay Kalinga located at Barangay Burot with Team Dasma to address the needs of children in conflict with law and strengthen the police force in the city.

## DENR and EMB CALABARZON calls... (from p. 2)

ment Agencies (NGAs), Local Government Units (LGUs), and all partner organizations to step out of their comfort zones. She emphasized that understanding the concepts of the NPOA-ML and other relevant policies are necessary for its smooth implementation.

The Natural Solid Waste Management Commission issued Resolution No 1441 last 2021 for the adoption of the National Plan of Action. The NPOA-ML

shall be a collaborative effort among LGUs, NGAs, and other relevant stakeholders. One of its goals is to raise the current efforts on waste management to further reduce wastes and other marine litter issues in the country. The goal of the NPOA-ML is to achieve "zero waste to Philippine waters by 2040" to support the vision, "A Philippine free of marine litter through shared responsibility, accountability and participatory governance."

Aside from partner NGAs, LGUs, and private stakeholders, DENR Undersecretary for Field Operations for Luzon, Visayas and Environment Atty. Juan Miguel Cuna expressed his support for this initiative.

Moreover, the EMB CALABARZON also awarded partners and LGUs with outstanding implementation of the RA 9003 or the Ecological Solid Waste Management (ESWM) Act of 2000. "Behind the beauty of these practices are the perseverance and commitment of each and everyone of us," Regional SWM Gasapos expressed as she gave her appreciation to the chosen LGUs.

LGUs of Mauban, Quezon; Mendez, Cavite; Tagkawayan, Quezon; Liliw and Kalayaan, Laguna; and Calatagan, Batangas are awarded for their exemplary practice in Materials Recovery Facility (MRF) operations. In addition, LGUs of Carmona, Cavite; Atimonan, Quezon; Santa Cruz, Laguna; and Teresa, Rizal are recognized for their composting operations, while Biñan, Laguna and Brgy. Briza in Teresa, Rizal are recognized for their up

cycling and crafts production.

Further, private partner organizations as well as industrial parks are also awarded and recognized for their valuable implementation and support for the ESWM.

"Although we acknowledge the Mandamus Agencies and our partner LGUs in the implementation of the ESWM Act, we are still faced with the looming problems of both solid and liquid waste. As we launch our NPOA-ML, let us use this as our guide in improving our responsiveness to marine litter that threatens our country's waters," added Regional Executive Director Nilo B. Tamorria

"We know that the battle for SWM and marine litter is far from over, so we challenge you to be part of the change," urged RED Tamorria. "Be your own environmental champions. Let us look beyond usual activities in battling SWM, we should initiate new and out-of-the box initiatives to keep our communities engaged and to elicit public participation and behavioral change within our communities" he added. ### (DENR)

## DOOR-TO-DOOR VACCINATION PARA SA MGA SENIOR, INILUSAD SA NOVELETA

Inilunsad ng lokal na pamahalaan ng Noveleta ang door-to-door COVID-19 vaccination para sa mga senior citizen at bed-ridden na indibidwal sa nitong Martes, Hulyo 19.

Ayon kay Noveleta Mayor Dino Chua, isang vaccination team ang mag-iikot sa 16 na barangay ng lokalidad upang maabot ang lahat ng hindi pa nabakunahan lalo na ang mga walang kakayahang makalabas at matatandang residente.

"So that it will not be difficult for them to bring their senior citizens

and bed-ridden loved ones to the vaccination site, please contact our Municipal Health Office or the vaccination hub so that those who want to be vaccinated can be reached immediately," ani Chua.

Ang vaccination hub sa ikalawang palapag ng Primark Mall sa Barangay Magdiwang ay bukas tuwing Lunes at Huwebes, 9 a.m. hanggang 3 p.m.

Tanging ang mga nabakunahan limang buwan bago ang Hulyo 19, 2022 para sa kanilang pangalawang dose ang maaaring maka-avail ng kasalukuyang kampanya.



## CAVITE HIGHLIGHTS

By:

Yna Palparan Bautista

**Eduardo Camerino** - May mga author na nagsabi na siya ay si Casimiro, Camerino. Siya ay tinawag na tulisan ng mga Prayle at ipinahuhuli. Noong magkaroon ng liberalisasyon sa Espanya ay ginawaran siya ng pardon at ginawang pinuno ng batalyon ng Guias de la Provincia de Cavite. Nang maubos na ang mga tulisan kanyang tinugis ay idinawit siya sa Cavite Mutiny of 1872. Siya ay pinatay sa garrote o bigti.



## HUMANITY TRIVIA

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

ENGR. VIR CAMPAÑA BAUTISTA  
(TWIN BROTHER OF VER)

Stethoscope - 1816  
Syringe - 1835  
Mango bean - China  
Kidney bean - America  
Avocado - gout



# Alden has More to Love at WalterMart



Alden Richards shares his love for WalterMart during the launch. “Noon pa lang avid goer naako ng WalterMart, kaya sobrang excited akomaging part ng WalterMart family”, he says. “Mahiligtalagaako mag shop especially for my family and mas naging exciting pa yan with this partnership.”

Alden has More to Love at WalterMart

As WalterMart continues to bring its signature service through its More to Love at WalterMart campaign, it welcomes Alden Richards, one of the most sought artists of his generation, as its new brand ambassador.

Originally from Laguna, Alden used to

frequent WalterMart’s Sta. Rosa branch during his early years. “Noon pa lang avid goer naako ng WalterMart, kaya sobrang excited akomaging part ng WalterMart family,” he says. “Mahiligtalagaako mag shop especially for my family and mas naging exciting pa yan with this partnership.”

“Alden Richards

is the perfect fit to be the newest ambassador of WalterMart, mainly because he’s very much aligned on the values that the brand upholds,” says WalterMart General Manager Rose Caalam. “WalterMart has always been keen in uplifting the lives of the communities it serves and it’s perfect that Alden also has his causes such as this, through his AR Foundation”

Although his schedule is relatively much busier than his Sta. Rosa days, Alden finds comfort in knowing that he has a partner in fulfilling his family’s needs at home, and he is delighted at what WalterMart has to offer – Choices, Convenience, and Savings.

Alden finds more to love with WalterMart’s Choices. With over 20,000 competitively-priced items, WalterMart sees to it that it provides consumers with a wide range of choices from fresh meats & produce, pantry and breakfast essentials, health and beauty products plus ready to cook and food to go for those who seek convenience.

As a busy person, he loves WalterMart’s Convenience. From easy accessibility to available parking, WalterMart upholds the highest level of service and safety standards. Faster, easier and hassle-free options await our customers to receive their orders thru designated pick-up points via the curbside pick-up program.

WalterMart.com is the solution for hassle-free grocery shopping with a wide range of fresh products, same day delivery options and no picking fee.

As a businessman himself, Alden is happy with Savings from shopping at WalterMart. WalterMart promises to provide its customers with value for money quality products. Whether in-store or online, WalterMart ensures that shoppers get the best deals and promos every day, and same as store prices in its online delivery platform.

Learn more about WalterMart’s More to Love campaign at [https://www.youtube.com/\(KCHT\)](https://www.youtube.com/(KCHT))



Asia’s Multimedia Star Alden at the WalterMart Supermarket fresh section.

WalterMart offers a wide variety of products from fresh produce to international selections, health and beauty, baby products, ready to cook and food to go items.



WalterMart SVP and GM for Operations Jerico Buñing and WalterMart Supermarket VP for Operations Sheila Suawelcome Alden Richards as the newest ambassador of WalterMart.



Alden shopping for groceries at WalterMart.



Love Convenience at WalterMart as it offers easy accessibility from parking to hassle-free shopping options thru curbside pick-up and ordering online.



Alden meets WalterMart official mascot Wally.



Alden dances with WalterMart’s staff for its More To Love video. Check out the full video of More To Love campaign at [https://www.youtube.com/watch?v=7pPPI9GsOKA&ab\\_channel=WalterMartMall](https://www.youtube.com/watch?v=7pPPI9GsOKA&ab_channel=WalterMartMall)

## RECHARGE, RECONNECT, AND REENERGISE WITH THE BODY SHOP'S WELLNESS RANGE

From stress-induced insomnia, to a self-love crisis, the last couple of years have deepened wellbeing challenges for millions of people. More than ever, people are looking for wellness practices that help them unwind and cope with the pressures of life as well as give them that boost to take on the day ahead. Combining 46 years of expertise in beauty rituals with a core activist philosophy that beauty must nurture the human spirit, The Body Shop brings you its newest wellness range. For The Body Shop, wellness is so much more than a beauty trend, it's about helping people recharge, reconnect, and reenergise so they're ready to take on the world.

The wellness range is sourced in nature, developed by experts, with three transformative routines: Sleep, Boost and Breathe. Vegan certified, it is infused with powerful essential oils, carefully crafted into three new unique blends and tailored to vital needs. The sensorial textures elevate daily rituals and come in highly sustainable packaging, using premium glass and aluminium materials.

**SLEEP:** Sleep Better, Wake Stronger. The pandemic and repeated lockdowns have had a catastrophic effect on our ability to regulate sleep, with routines thrown out the window and increasing stress, impacting our ability to reenergise.

The Body Shop introduces anew aromatic, fragrantly floral Sleep range with highly sensorial textures and a comforting & relaxing scent. Enriched with 100% natural and biodegradable lavender and vetiver essential oils clinically proven to help you sleep better, the range includes the Sleep Hair and Body Wash, Sleep Balmy Body Cream, Sleep Calming Pillow Mist and Sleep Essential Oil.

**BOOST:** Uplift Mind & Body. Radiate Good Vibes. Energise your mind and



**THE SLEEP WELLNESS RANGE.** Get sleep back in sync with The Body Shop's new sleep routine, clinically proven by the European Sleep Center to help your rise more energised. Includes the Sleep Relaxing Hair and Body Wash, Sleep Balmy Body Cream, Sleep Calming Pillow Mist and Sleep Essential Oil.



Uplift your mind and body and radiate good vibes with The Body Shop's Boost Wellness Range: the Boost Uplifting Hair & Body Wash, Bouncy Boost Whipped Body Cream, Boost Hair and Body Oil and Boost Essential Oil.



**The Sleep Calming Pillow Mist is enriched with 100% natural and biodegradable lavender and vetiver essential oils, and clinically proven to help you sleep better.**

get ready to take on the world with The Body Shop's Boost range. This blend brings some flavour to life thanks to this sunny and citrusy scent, rounded off with a cheerful, floral note. Known for their potent properties to help reenergise the body, mandarin & bergamot scents are mostly found on the shores of Calabria, crafted by traditional Italian producers who never let a drop go to waste.

Bring positive energy and good vibes to your day with Boost 4-step routine using Boost Uplifting Hair & Body Wash, Bouncy Boost Whipped Body Cream, Hair and Body Oil and Essential Oil.

**BREATHE:** Reconnect and find your calm. Clear your busy mind with The Body Shop's Breathe routine. It is enriched with 100% natural and biodegradable eucalyptus from planta-



**The Body Shop's Boost Shine-on Hair and Body Oil is enriched with 100% natural and biodegradable mandarin and bergamot essential oils.**



**Reconnect and find you calm with The Body Shop's Breathe Wellness Range enriched with 100% natural and biodegradable eucalyptus and rosemary essential oils. Range includes Breathe Whisked Body Polish, Breathe Weightless Body Gel Cream, Breathe Essential Oil Blend and Breathe Calm Balm.**

tions in China's Yunnan province that support smallholder producers and organic rosemary from a family owned cultivator in Spain.

Tune into some inner calm and discover weightless textures with the Breathe Whisked Body Polish, Breathe Weightless Body Gel Cream, Breathe Essential Oil Blend and

Breathe Calm Balm.

The new Wellness Range: Sleep, Boost, and Breathe are available at The Body Shop stores and on its online store [www.thebodyshop.com.ph](http://www.thebodyshop.com.ph)

About The Body Shop

The Body Shop was founded in 1976 by Dame Anita Rod-



Stop and catch your breath when you've maxed out your bandwidth with The Body Shop's Breathe Essential Oil Blend.

dick in Little Hampton, England. The beauty brand pioneered cor-

porate activism and was built on a philosophy that business can be a force for good. With its brand expression, Beauty with Heart, the company continues to be focused on five core values: Against Animal Testing, Support Community Fair Trade, Activate Self Esteem, Defend

Human Rights and Protect the Planet.

All products are created using the finest ingredients sourced from the four corners of the globe, which are not tested on animals and are 100% vegetarian. The Body Shop has been in the Philippine market for twenty-five years with over 60 strategically located stores nationwide. (KCHT)

## EDITORIAL

Lahat ng mga bansang maunlad ay may mga mamamayang may taglay na edukasyon na kalimitan ay tapos ng high school at may mataas ding porsiyento na tapos sa kolehiyo. Tayo sana ay nasa ganito nang kalagayan nguni't ang populasyon natin ay napakalaki kung ikukumpara sa maliit nating kalupaan. Ang ating impok ay di gaanong mataas na bahagdan kaya ang lokal na puhunan na makukuha sa bangko ay maliit.

Kailangang patibayin natin ang ating edukasyon at ang ugali sa pag-iimpok kung nais nating makasunod tayo sa ibang mga bansang umunlad.



## PWD HOUSE TAGGING PROGRAM, ISINAGAWA SA BAYAN NG CARMONA

Kamakailan ay isinagawa ng lokal na pamahalaan ng Carmona ang Persons With Disability (PWD) House Tagging program kasabay ng pagdiriwang ng 44th National Disability Prevention and Rehabilitation (NDPR) Week.

Layon ng nasabing programa na madaling matukoy kung mayroong residenteng PWD ang isang tahanan lalo na sa panahon ng sakuna.

Ang pagpapaskil ng PWD tag ay pinangunahan ni Mayor Dahlia Loyola at ng iba pang mga opisyal sa naturang munisipalidad.



## PBBM pays courtesy...

(from p. 1)

He was accompanied by his son, Ilocos Norte 1st District Rep. Ferdinand Alexander "Sandro" Marcos.

During the meeting, the President thanked Manalo and the INC community for its continuous support in his presidency.

He said he hoped that the religious group would continue playing a key role in society especially during the Covid-19 pandemic.

The President also extended advance greetings to the INC's 108th founding anniversary on July 27.

He also admired the religious group's success and global expansion.

The meeting lasted for over an hour, the report said.

INC was founded by Felix Y. Manalo on July 27, 1914 and its first church was established in Punta, Sta. Ana, Manila.

From only a dozen followers when it was born in the Philippines in 1914, the religious group has grown to around 2.25 million followers worldwide.

Known for bloc voting, the group announced in May that they would endorse the candidacy of Marcos and his running mate, Sara Duterte. (PNA)

**REPUBLIC OF THE PHILIPPINES  
REGIONAL TRIAL COURT  
FOURTH JUDICIAL REGION  
BRANCH 4-FC  
CITY OF IMUS, CAVITE**

**HOME DEVELOPMENT MUTUAL FUND,  
(PAG-IBIG FUND)**  
Mortgagee,

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

FC CASE No. 17366-22

-versus-

**LALAIN B. DELA CRUZ for herself and as Atty-in-Fact  
of her husband JOEL C. DELA CRUZ**  
Mortgagors,

x-----x

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)**, mortgagee, with principal place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Ave., Makati City, against **LALAIN B. DELA CRUZ for herself and as Atty-in-Fact of her husband JOEL C. DELA CRUZ**, mortgagors, with residential and postal address at Lot 41 Block 1 Phase 1 Greengate Homes, Brgy. Malagasang II-A, Imus, Cavite and/or 231 Int., 21 Aguado Street, San Miguel, Manila, to satisfy the mortgage indebtedness which as of April 22, 2022 amounts to **FOUR HUNDRED TWELVE THOUSAND EIGHT HUNDRED FIFTEEN PESOS AND 61/100 (Php412,815.61)**, Philippine Currency, including interest and penalties, but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned will sell at Public Auction on **August 16, 2022** at 10:00 o'clock in the morning or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC-Imus Hall of Justice, Aguinaldo Highway, Imus City, Cavite to the highest bidder for CASH and in Philippine Currency, the following property with all improvements therein, to wit:

**TRANSFER CERTIFICATE OF TITLE No. T-1328116**

"A PARCEL OF LAND (LOT 41, BLK 1 OF THE CONS.-SUBD. PLAN PCS-04-023656, BEING A PORTION OF CONS. OF LOTS 1852 & 1853 POR, IMUS ESTATE, LRC REC. NO. 3843), SITUATED IN BRGY. OF MALAGASANG 2, MUN. OF IMUS, PROV. OF CAVITE, IS. OF LUZON. BOUNDED ON THE SW., ALONG LINE 1-2 BY LOT 43, BLK. 1; ON THE NW., ALONG LINES 2-3-4-5 BY ROAD LOT 15 (6.5 M. WIDE); ON THE NE., ALONG LINE 5-6 BY LOT 39 AND ON THE SE., ALONG LINES 6-7-1 BY LOT 42, BOTH OF BLK. 1, ALL OF THE CONS.-SUBD. PLAN. x x x CONTAINING AN AREA OF EIGHTY (80) SQUARE METERS. x x x

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

In the event the public auction should not take place on the said date, it shall be held on **August 23, 2022** at 10:00 o'clock in the morning without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrance therein if any there be.

City of Imus, Cavite, Philippines, June 6, 2022.

(Sgd.) **EMMANUELLE H. FRANCISCO**  
Sheriff IV  
APPROVED

(Sgd.) **ARMIE A. FRANCISCO**  
Clerk of Court VI

**COPY FURNISHED:  
HOME DEVELOPMENT MUTUAL FUND(PAG-IBIG FUND)**  
The Petron Mega Plaza Building., No. 358 Sen. Gil Puyat Ave., Makati City

**PAULINO E. CASES JR.**  
Cases Chun & Associates Law Offices  
Unit 408 Cityland Condominium 10 Tower II, 154 H.V. Dela Costa Street, Salcedo Village, Makati City

**LALAIN B. DELA CRUZ for herself and as Atty-in-fact of her husband JOEL C. DELA CRUZ**  
Lot 41 Block 1 Phase 1 Greengate Homes, Brgy. Malagasang II-A, Imus, Cavite  
231 Int., 21 Aguado Street, San Miguel, Manila

**HUMANITY NEWS  
JULY 11, 18 & 25, 2022**

## Health Benefits...

### Kaalaman tungkol sa Lagundi bilang halamang gamot

Ang lagundi ay isa sa mga pinakakilalang halamang gamot na mabisa para sa karamdamang ubo. Ito ay isang maliit lamang na puno na kilala sa pagkakaroon ng limang piraso ng dahon sa bawat tangkay. Mayroon din itong bulaklak na tumutubo nang kumpol-kumpol sa dulo ng tangkay. Karaniwan din itong makikitang tumutubo sa mga kapatagan ng Pilipinas at madaling namumulaklak sa buong taon.

#### Ano ang mga sustansya at kemikal na maaaring makuha sa Lagundi?

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



*Scientific name: Vitex negundo Linn.; Vitex leucoxydon Blanco; Vitex paniculata Lam.*  
*Common name: Lagundi (Tagalog); Chinese chastetree, Five-leaved chaste tree (Ingles)*

Ang langis na makukuha sa halaman ay may taglay na sabinene, linalool, terpinen-4-ol, b-caryophyllene, a-guaine at globulol.

Ang dahon ay makukuhanan ng nishindine, flavones, luteolin-7-glucoside, casticin, iridoid glycosides.

Ang buto ay mayroon namang hydrocarbons, B-sitosterol, benzoic acid and phthalic acid, antiinflammatory diterpene, flavonoids and triterpenoids

#### 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:

Dahon. Karaniwang ginagamit ang dahon ng lagundi sa panggagamot. Maari itong ilaga at ipainom sa may sakit. Pwede rin itong dikedikan at ipang tapal sa ilang kondisyon sa katawan. Minsan ay itinatapas muna sa apoy ang dahon bago ipantapal sa kondisyon sa katawan.

Balat ng kahoy. Maaari din gamitin ang balat ng kahoy upang makagamo. Kadalasan ay inilalaga lamang ito upang mainom.

Buto. Madalas ding gamitin ang mga buto ng lagundi sa pamamagitan ng paglalaga nito at pag-inom sa pinaglagaan.

Ano ang mga sakit at kondisyon na maaaring magamot ng Lagundi?

1. **Sugat.** Ipinanghuhugas sa sugat na hindi gumagaling ang pinaglagaan ng dahon ng lagundi. Makatutulong ito upang mas mapadali ang paghilom. Maaari ding ipanghugas ang pinaglagaan ng buto ng lagundi upang maiwasan ang paglala ng impeksyon. Makatutulong din ang pagtatapal sa sugat ng dahon na pinadaan sa apoy.

2. **Kabag.** Iniinom naman ang pinaglagaan ng dahon ng lagundi upang maibsan ang pananakit ng sikhura dahil sa pagkakaroon ng hangin dito.

3. **Bagong panganak.** Ipinanghuhugas sa mga ina na bagong panganak pa lamang ang pinaglagaan ng dahon ng lagundi.

4. **Lason mula sa kagad ng hayop.** Matutulungan pag-inom sa pinaglagaan ng buto ng lagundi na mabawasan ang epekto ng laso sa katawan mula sa kagat ng mga hayop o insekto.

5. **Pananakit ng ulo.** Tinatapalan naman ng dinikdik na dahon ng lagundi ang sentido at noo ng taong dumaranas ng pananakit ng ulo.

6. **Lagnat.** Mabisa din para sa lagnat ang pag-inom sa pinaglagaan ng dahon ng lagundi.

7. **Ubo na may makapit na plema.** Ang paggamit sa lagundi bilang gamot sa ubo ay aprubado ng Bureau of Food and Drugs (BFAD) at iminumungkahi ng Department of Health bilang mabisa at ligtas na gamot. Maaaring gamitin ang ugat ng lagundi, ilaga at inumin ang pinaglagaan. May kaparehong epekto din ang pag-inom sa pinaglagaan naman ng dahon ng lagundi.

8. **Rayuma.** Maaaring gamiting panghugas sa bahaging dumadanas ng pananakit dahil sa rayuma ang pinaglagaan ng balat ng kahoy ng lagundi. Maaari ding tapalan ng mga dinikdik na dahon ang bahaging nananakit.

9. **Pigsa.** Ang mga pigsa ay hinuhugasan naman ng pinaglagaan ng ugat ng lagundi.

10. **Pagtatae.** Ang ugat ay maaaring pulbosin at ihalo sa inumin para maibsan ang pagdudumi.

11. **Pananakit ng ngipin.** Ang pagpapakulo sa dinikdik na dahon ng lagundi at regular na pag-inom nito ay makatutulong na maibsan ang pananakit ng ngipin.

12. **Hika.** Mabisang maiibsan din ang mga sintomas ng hika sa tulong ng pag-inom sa pinaglagaan ng dahon ng lagundi.



## Serbisyong medikal sa General Trias City, palalakasin ng pamahalaang lungsod

GENERAL TRIAS CITY, Cavite (PIA) — Plano ni General Trias City Mayor Luis Ferrer na palakasin ang mga serbisyong pangkalusugan na inihahatid ng pamahalaang lungsod.

Sa kanyang talumpati sa ginanap na Inaugural Session ng Sangguniang Panlungsod, inilatag ng alkalde ang kanyang mga programa para sa sektor ng kalusugan kabilang na ang pagtatayo ng mga

Super Health Center, at kumpletong laboratoryo para sa kanilang mga kababayan.

Maglalaan naman ng pondo ang lokal na pamahalaan ng Endowment Fund para sa mga pribadong ospital na gagamiting bilang downpayment para sa emergency cases na dadalhin dito.

“Walang residenteng ng Heneral Trias ang tatanggihan dahil nakakisiguro silang ang hini-



hingi nilang pang downpayment at sasagutin na ng lokal na pamahalaan,” paniguro ni Ferrer.

Nais rin ng pamahalaang lungsod ng magka-

room ng mga doktor na bababa sa mga Barangay Health Center kung saan maaaring makapag schedule ng check-up ang mga residente. — PB, PIA4A



*Pinangunahan ni Municipal Mayor Dahlia Ambayec Loyola of Carmona, Cavite ang distribusyon ng certificates para sa 30 graduates ng Sustainable Livelihood Program- Electronic Products Assembly and Servicing NC II Training. Lubos po akong nagagalak sa inyong ipinamamalas na sipag at tiyaga upang malinang ang inyong mga kakayahan. Tunay po kayong kahanga-hanga! Muli, congratulations!*

## Cavite MSMEs receive Halal certification



TRECE MARTIRES CITY (PIA) — Two Cavite-based small enterprises may now sell their products in Islamic markets after securing Halal certification from the Malaysian Halal Consultation and Training Agency – International Halal Integrity Alliance (MHCTA-IHIA) for Halal Standards.

The Department of Science and Technology (DOST) facilitated the awarding ceremony where MHCTA-IHIA Executive Director, Prof. Dr. Rafek Saleh and MHCT Philippines Director/Consultant Dr.

Jane Tranquilan gave the certificate to Ms. Mharlyn Rubrico, owner of Absmush, and Mr. Alvin Causing, owner of Project Beans.

For manufacturers, securing Halal certifications will allow them to sell their products and export even to predominantly Muslim countries.

In her message, DOST Cavite Provincial S&T Director, Gilda de Jesus, expressed her continuous support to help improve the business operations of Cavite-based small businesses through the introduction of S&T interventions.

De Jesus further highlighted the importance of food safety and Halal Certification in gaining more access to Islamic markets.

For DOST CALABARZON Assistant Regional Director, Engr. Francisco R. Barquilla III, the Certification was testament to the hard work and commitment of the two enterprises in producing high quality products.

“This certificate symbolizes [not only] our seal of compliance of Halal standards [but also] our perseverance to achieve this feat.” Causing said.

Meanwhile, Halal Project Coordinator, Agnes Morales said she and her team will continue to advocate for the Halal program. When the program started, Morales said nobody seemed concerned about securing Halal certifications, until Absmush and Project Beans submitted their applications.

“Their dedication and determination paved the way on achieving this far—to be Halal certified with products that conform to Halal standards.” — PB, PIA4A (with reports from DOST Cavite)

See us at General Juan Castañeda street near the Imus Plaza

SEE YOU AT GEN. E. TOPACIO ST. NEAR THE TOPACIO COMPOUND IMUS, CITY

## DO YOU KNOW?

*Charles Babbage invented the Speedometer.*

(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.**