HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

Vol. IX No.38 August 18-24, 2025 10.00 ISSN No.: 2672-3034

EMPOWERED TO SPEAK, INSPIRED TO LEAD!

Sa pangunguna ng ating Yorme Rommel Magbitang Isinagawa nitong Agosto 8, 2025, ang selebrasyon na naging paalala ng ating kolektibong responsibilidad na pangalagaan ang (cont. P.5)

OFW RELIEF DISTRIBUTION DRIVE TO BACOOREÑO FLOOD VICTIMS LED BY OWWA AND BACOOR LGU

The Overseas Workers Welfare Administration (OWWA) Regional Welfare Office 4A, in partnership with the City Government of Bacoor led by Mayor Strike B. Revilla and represented by Vice Mayor Rowena Bautista Mendiola through the Public Employment Service Office (PESO), spearheaded a relief distribution drive to assist Bacoor's Overseas Filipino Worker (OFW) families affected by recent flooding.

Held at the S.T.R.I.K.E. Gymnasium, the event provided rice and relief packs to 1,100 OFW families. Beneficiaries also received free (cont. P.5)

DISTRIBUTION OF MEDICAL, BURIAL, AT FINANCIAL ASSISTANCE

Muling nagsagawa sila Mayor Gemma Lubigan ng pay out para sa medical, burial, at financial assistance sa ating mga kababayang (cont. P.5)

BACOOR AND BAGUIO CITIES FORGE SISTERHOOD THROUGH MEMORANDUM OF UNDERSTANDING

The City Governments of Bacoor and Baguio formalized their partnership through the signing of a Memorandum of Understanding (MOU) at the City Government of Baguio City. This (cont. P.5)

Tri-District Convention

Nitong nagdaang Sabado, nakilahok si Mayor Jon-Jon Ferrer sa idinaos na Tri- District Convention ng mga Mason ng Cavite kung saan, bilang District Deputy Grand Master (cont. P.4)

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Understanding children with special needs

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HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZERY

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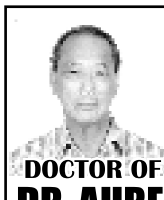
In delivering public service with empathy and inclusivity, the Provincial Government of Cavite, through the Office of the Provincial Persons with Disability Affairs Officer, facilitated a seminar on Public Service with Compassion, underscoring the theme, "Understanding Children with Special Needs and Enhancing Government Interaction" at the Function Hall of the Cavite Government Center, on August 12, 2025. The seminar was attended by various focal persons from Cavite Local Government Units and representatives from PGC Offices.

In his welcome remarks, Engr. Gilbert Gandia, Provincial Administrator, stated that the seminar is necessary to properly address and meet the needs of the public, particularly those in the spectrum disability.

The highlight of the activity was the presentation of Dr. Lara Alvero of Stalwart Psychological Services, discussing nature of the sector with spectrum disability and their fundamental needs. Dr. Alvero also highlighted the importance of inclusivity and strategies when interacting with children with special needs. As she ended her lecture, she instilled in the minds of the participants the no child should be left behind.

Ms. Shiela Marie Antenor, Provincial Persons with Disability Affairs Officer, then, discussed the laws protecting and supporting the sector and their caregivers to reduce the stigma and discrimination among persons with disabilities. "Hindi katatawanan ang may kapansanan" she remarked.-



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

AMA AT INA

1) Ang ama at ina ay di magkatulad,
Ang ina'y dinala ang sanggol sa ingat,
Mula ipaglihi hanggang sa manganak
Ay siyam na buwan yaong paghihirap.

2) Matapos iluwal akala mo'y sarap,
Ang ina'y matagal pa ring magpupuyat,
At sa bawat kilos, sa tawa, sa iyak,
Sa gabi at araw, ina ang lumingap.

3) Anak na lalake't babae'y pareho,
Sa ina ang anak, pareho ang trato,
Tungkulin ng ina'y magmahal nang husto,
Walang pasubali sa anak na gusto.

4) Sa ama ang bata'y may tratong kaiba,
Nagpapasubali ang gawi ng ama,
Kailangan sa bata'y mabuti ang ginda,
At kapag di ayos ay magagalit siya.

5) Anak na babae ay magiging ina,
Anak na lalake ay magiging ama,
Ang mga magulang yaong gabay nila,
Sa ina may luwag, sa ama may puna.

6) Kaya itong ama ay iniiwasan,
Lalake't babae'y ingat sa paggampan,
Samantalang ina ay nilalapitan,
Diyan magkaiba pag naging magulang.

From First Aid to New Life: PhilHealth LHIO Lucena and Regional Medical Team Rise to the Challenge in Back-to-Back Emergencies

August 12, 2025 – Lucena City - In a remarkable display of rapid response, readiness and teamwork, personnel of the Local Health Insurance Office Lucena effectively handled two separate emergency situations in a single day, safeguarding the well-being of the clients involved.

The first incident occurred when a client at the front desk complained of dizziness, which quickly progressed to temporary hearing loss. Responding quickly, attending frontline staff Karla Garcia provided immediate assistance, requested a wheelchair through the utility staff, and contacted the regional office for medical support. Dr. Julian Christopher Co, together with nurses John Carlo Tagbo and Arlene Dato, promptly responded and administered initial care, including hydration with Gatorade and nourishment of siopao to the patient. With this quick intervention, the patient's condition stabilized within minutes.

Just moments later, a second and more urgent case was reported when utility staff, Reymart Adan sought help for a woman who had given birth inside the restroom. A rapid-response medical team composed of Dr. Gladys Claire Chua, Dr. Lowella Pollante, Dr. Julian Christopher Co, John Carlo Tagbo, and Arlene Dato quickly proceeded to the scene with the necessary medical equipment to cut the newborn's umbilical cord. The LHIO provided an emergency blanket, personal items, and white cloths to ensure the infant was properly cared for.

Working swiftly and resourcefully, the medical team alongside the LHIO personnel composed of Gaila Riano, Ria Samonte, Jobelle Santelices, Ryan Christopher Olitoquit, Karla Garcia, Renajen Saripa, and Reymart Adan, improvised a temporary birthing area using a table as a makeshift bed, setting up barricades to ensure the patient's privacy. Dr. Co cut the umbilical cord and assisted in the delivery of the placenta, supported by both the medical team and LHIO personnel. These coordinated efforts were done until the Bureau of Fire Protection (BFP) Lucena City arrived to transport the mother and newborn to the hospital.

These back-to-back emergencies underscored PhilHealth's unwavering preparedness and deep commitment to public service while safeguarding the health and well-being of its clients in emergency situations.

SUSTAINABLE LIVELIHOOD PROGRAM: Seed Capital Fund Awarding

sang malaking hakbang para sa kabuhayan ng ating mga mangingisdang Naikeño!

Nitong araw Miyerkules August 12, 2025. 68 participants mula sa 5 SLP Associations ang tumanggap ng kanilang binhing puhunan mula sa DSWD upang masimulan at mapalago ang kanilang mga mungkahing negosyo.

Layunin ng programang ito na mapalakas ang kakayahan ng bawat miyembro at matulungan silang magkaroon ng mas matatag at pangmatagalang kabuhayan.

Municipality of Naic

LIBRENG MEDIKAL AT DENTAL MISSION SA BRGY. PANTALEON GRANADOS, GMA

Nagsagawa ang Pamahalaang Panlalawigan ng Cavite ng Medical at Dental Mission noong Agosto 11, 2025, sa Barangay Pantaleon Granados, General Mariano Alvarez. Pinangasiwaan ito sa pamamagitan ng pakikipagtulungan ng Office of the Provincial Governor (OPG) at Office of the Provincial Health Officer (OPHO).

- *Mga Serbisyong Ibinigay*:

- *Medikal*: Libreng konsultasyon sa 314 pasyente

- *Dental*: Libreng serbisyo sa 59 indibidwal

- *Iba pa*: Libreng gamot, bitamina, X-ray, at ECG services

- *Tulong ng Komunidad*: Naging maayos ang aktibidad sa tulong ng Barangay Health Workers (BHW) at Barangay Nutrition Scholars (BNS).

Sa pamamagitan ng misyong ito, muling pinatunayan ng Pamahalaang Panlalawigan ng Cavite ang kanilang pangako na magbigay ng abot-kaya at de-kalidad na healthcare sa buong lalawigan.

(go cavite)

HUMANITY TRIVIA

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

ENGR. VIR CAMPAÑA BAUTISTA (TWIN BROTHER OF VER)

Tank -1916

Latex rubber - 1929

Zucchini - South America

Lettuce - Middle East

Atis - anemia

Tri-District Convention...

(from p. 1)

ng Cavite-Central, ay malugod nating tinanggap sa makasaysayan nating lalawigan ang mga bisita at opisyal ng Grand Lodge of the Philippines. Ito ay sa pangungunguna ni RW Bro Bob Moran, Deputy Grand Master, na personal na pinasinayanan ang pagtitipong ito. Kasama natin sa pagtanggap ang nakaupong Senior Warden ng Tagaytay Masonic Lodge #165 na si Mayor Brent Tolentino.

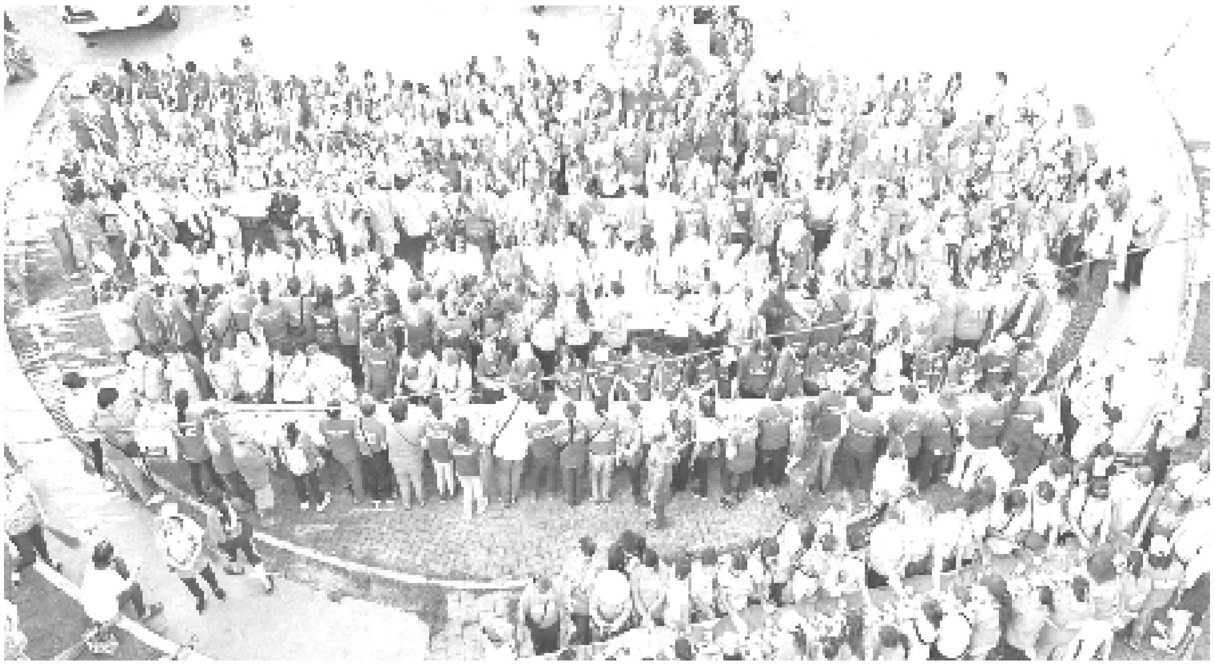
Isang mainit na pagbati po kay VW Wharton R Chan sa kanyang pagkakahalal bilang representante ng Cavite sa darating na eleksyon para sa posisyong Junior Grand Warden! Binabati rin po natin ang pamunuan ng Aguinaldo Masonic Lodge 31 sa pangunguna ni WM Randy Lao sa matagumpay na pagdaraos ng nasabing okasyon. Sa huli, muling pinagtibay ng pagtitipong ito ang ating pagkakaisa at paninindigan sa mga prinsipyong pinanghahawakan natin at isinasabuhay. Patuloy nating pairalin ang pagmamahal sa kapatid, pagtulong, at katotohanan.

The Philippine Red Cross is here to stay in Cavite City

Today, we signed the MOA granting the Philippine Red Cross free use of land in Cavite City. Isang patunay ng ating sama-samang pangako na magligtas ng buhay at maglingkod sa komunidad. Sa tulong ng Philippine Red Cross bilang ating kapartner, mas napapalakas ang kakayahan ng ating lungsod sa disaster response, blood services, at iba pang makataong serbisyo.

Together, we build a safer, healthier, and more resilient Cavite City.

CLEAN-UP DRIVE AT BAGONG TRECE PEOPLE'S PARK



Kahapon, araw ng Linggo, pinalinis ni Mayor Gemma Lubigan ang Bagong Trece People's Park kasama ang ating masisipag na Eco-Warriors, GSO at CEO sa pangunguna nina Vice Mayor Bobby Montehermoso at ang ilang kawani ng ating Pamahalaang Lungsod.

Ang akin pong palaging paalala, mahalaga po na tayo, mga Treceños, ay masanay sa disiplina at panatilihing malinis ang ating mga parke. Tandaan, ang mga proyektong tulad nito ay mula sa buwis na pinaghihirapan po nating mga taxpayers, kaya't tungkulin nating alagaan, pagmalasakitan at pahalagahan ang mga ito.

Maraming salamat po sa lahat ng tumulong. Malinis na naman po ang ating People's Park.

BACOOR AND BAGUIO CITIES FORGE... (from p. 1)

sisterhood agreement marks the first of a series of collaborations aimed at fostering mutual growth and sharing best practices between the two cities.

The signing ceremony was witnessed by the full complement of Bacoor's department and unit heads, who joined Mayor Strike B. Revilla and City Administrator Atty. Aimee Torrefrangca-Neri in Baguio for benchmarking purposes. Also present were Baguio City Mayor Benjamin Magalong and Councilor Yuri K. Weygan. Following the signing, the Bacoor delegation paid a courtesy visit to Mayor Magalong's office, where tokens of appreciation were exchanged as a symbol of goodwill and partnership.

This sisterhood agreement aims to facilitate the exchange of knowledge, innovations, and best practices between Bacoor and Baguio. Both cities anticipate further specific agreements in the near future to enhance public service delivery and community development for their constituents.

DISTRIBUTION OF MEDICAL, BURIAL... (from p. 1)

Treceños.

Katuwang niya dito ang City Social Welfare Development Office sa pag-aasikaso at pagproseso ng mga requirements ng ating mga benepisyaryo.

Bilang ng Napagserbisyuhan:
Medical Assistance – 109
Burial Assistance – 25
Financial Assistance – 6

Kabuuang bilang: 140

Patuloy tayong magseserbisyo nang buong puso para sa kapakanan ng bawat Treceño.

Next schedule po natin, pay out ng ALAGANG INA at HOPE ASSISTANCE. Please wait for the announcement.

Be blessed,
Be a blessing!
Bagong Trece,
Puso ng Cavite,
Lungsod ng Pag Asa!

OFW RELIEF DISTRIBUTION DRIVE TO BACOOREÑO...

(from p. 1)

medical consultations to address health concerns resulting from the recent calamity.

Congresswoman Lani Mercado Revilla, SK President Palm Angel Buncio, Doc Abraham De Castro, head of PESO, and a representative from OWWA RWO 4A were present to oversee and support the distribution efforts. Their presence highlighted the strong collaboration between OWWA and the local government in delivering timely and compassionate assistance to vulnerable sectors.

Vice Mayor Rowena Bautista Mendiola and Cong. Lani Mercado Revilla expressed gratitude to OWWA and all partners involved, reaffirming Bacoor's commitment to the welfare of its residents, especially those who contribute significantly as overseas workers.

City Government of Bacoor

FAMOUS PERSONALITIES

BY

NICO & NIELSEN BAUTISTA

LAKANDULA - Siya ay isang pinunong katutubo sa lugar ng katagalugan na apo nina Prince Lontok at Prinsesa Kalangitan. Namumuno siya sa bahagi ng Tundo nang dumating si Legazpi na kanyang naging kaibigan.

LET THERE BE LIGHT!

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

BUKAL - Ang Bukal,Dasmariñas ay nayon na dati ay may Bukal na may saganang tubig. Ang Bukal ay spring sa Ingles.

Empowered to Speak...

(from p. 1)

karapatan, dignidad, at kinabukasan ng kabataang babae saan mang sulok ng lipunan.

Ang programang ito ay inorganisa ng Local Council for the Protection of Children sa pakikipagtulungan ng Municipal Social Welfare and Development Office upang masiguro na ang boses ng kabataan ay naririnig at pinahahalagahan.

Sa Naic, ang kabataan ay inspirasyon at katuwang sa patuloy na pag-asenso ng bayan.

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

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
NAIC, CAVITE
rtcinacocc@judiciary.gov.ph
0998-520-7509

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

-versus- FNC-2025-003
For: Extra-Judicial
Foreclosure of Real Estate Mortgage
under Act 3135, as amended by Act 4118

JERLIE ORIG BERNARDINO,
Mortgagor.
X---X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by Mortgagee, **HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND),** a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679 with principal office and place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, pursuant to the terms and conditions of the Loan and Mortgage Agreement ("MORTGAGE") executed and notarized on June 24, 2019 by Mortgagor, **JERLIE ORIG BERNARDINO,** of legal age, Filipino citizen, with postal residence and postal address at Simeon St., Satima Village, Talon II, Las Piñas City in favor of the Mortgagee, over a real estate property including improvements thereon, described in and covered by **TRANSFER CERTIFICATE OF TITLE NO. 057-2019021745** of the Registry of Deeds for Province of Cavite, in order to satisfy the outstanding loan obligation of the Mortgagors in the amount of **FOUR HUNDRED THIRTY EIGHT THOUSAND FIVE HUNDRED NINETY SEVEN PESOS & 95/100 (P438,597.95),** inclusive of interest, penalties and other charges, as of November 19, 2024, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru his deputy, Leonelle E. Mendoza, will sell at public auction on August 28, 2025 at 10:00 o'clock in the morning or soon thereafter, at the Office of the Ex-Officio Sheriff at the Hall of Justice formerly Mayor Macario B. Pena Memorial Hall, Naic, Cavite, to the highest bidder, for Cash or Manager's Check and in Philippine Currency, the following property with all its improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO.057-2019021745

Registry of Deeds for Province of Cavite
IT IS HEREBY CERTIFIED that certain land situated in BARANGAY OF TIMALAN, MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows:
LOT NO:9, BLOCK NO:68, PLAN NO:PSD-04-248986 PORTION OF: LOT 2984, 000597) FLS-986-D, NAIC ESTATE (VS-04-000592
LOCATION: BARANGAY OF TIMALAN, MUNICIPALITY OF NAIC, PROVINCE OF is registered in accordance with the provision Registration Decree in the name of of the Property
Owner: JERLIE ORIG BERNARDINO, SINGLE, OF LEGAL AGE, FILIPINO Address: SIMEON ST. SATIMA VILLAGE, TALON II, LAS PINAS CITY as owner thereof in fee simple, subject to such of the encumbrances mentioned in Section 44 of said Decree as may be subsisting.
IT IS FURTHER CERTIFIED that said land was originally registered as follows:

Case No.:	Record No.:
Orig. Reg. Date: 08 07 1984	Decree No.:
Original RD PROVINCE OF CAVITE	OCT NO.: OCT-181(RO-1158
Volume No.:	Page No.:

Original Owner:
This certificate is a transfer from TRANSFER CERTIFICATE OF TITLE 2018036620 (TOTALLY CANCELLED) by virtue hereof in so far as the above-described land is concerned. Entered at Province of Cavite, Philippines on the 4th day of JUNE 2019 at 01:13pm.

Edgar Domingo Santos
Register of deeds

TECHNICAL DESCRIPTION CAVITE, ISLAND OF LUZON

BOUNDARIES:

LINE	DIRECTION	ADJOINING LOT (S)
1-2	SE	LOT 2983, FLS-986-D, NAIC
2-3	SW	LOT 8, BLOCK 68, PSD-04- 248986
3-4	NW	ROAD LOT 15, PSD-04-248986
4-1	NE	LOT 10, BLOCK 68, PSD-04-248986

TIE POINT: MON. NO. 17, NAIC ESTATE, PROVINCE OF CAVITE

LINE	BEARING	DISTANCE
TO CORNER 1	S. 51 ° 17'E	1552.09 M.
1-2	S. 49 ° 26'W	3.50 M.
2-3	N. 40 ° 34'W	8.00 M.
3-4	N. 49 ° 26'E	3.50 M.
4-1	S. 40 ° 34'E	8.00 M

AREA: TWENTY EIGHT SQUARE METERS (28), MORE OR LESS
DESCRIPTION OF CORNERS: ALL POINTS ARE REFERRED ON THE PLAN BY P.S. CYL. CONC. MONS 15X40 CMS
BEARINGS: TRUE
DECLINATION:
DATE OF ORIGINAL SURVEY: AUG. 1906-NOV. 1907
DATE OF SUED/CONS SURVEY: JULY 1-30, 2017
DATE OF APPROVED SURVEY: FEBRUARY 20, 2018
GEODETIC ENGINEER: ELMERITO C. ROBLES

NOTES:
EDGAR D. SANTOS
REGISTER OF DEEDS

In the event the public auction should not take place on the said date, it shall be held on September 04, 2025 without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the TRANSFER CERTIFICATE OF TITLE NO. (T-057- 2019021745 the encumbrances thereon, if any there be.

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

Naic, Cavite, Philippines, July 2, 2025.

REUEL SANTOS JIMENEZ
Clerk of Court & Ex-Officio Sheriff

LEONELLE F. MENDOZA
Sheriff-In-Charge

WARNING:
IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF SHERIFF'S SALE ON OR BEFORE THE DATE OF THE AUCTION SALE UNDER THE PENALTY OF LAW.

Copy Furnished:
ATTY. AMELY D. AGMATA c/o
PAULINO E. CASES JR
CASES COLLECTION MANAGEMENT, INC
Cases Chun & Associated Law Offices
6th Flr JELP Business Solutions Building 409 Addition Hills, Shaw Boulevard Mandaluyong City

JERLIE ORIG BERNARDINO
Simeon St., Satima Village Talon II, Las Piñas City and Lot 9, Block 68, Phase 1 pasinaya Homes North Brgy. Timalan Naic Cavite

HUMANITY NEWS
AUGUST 4, 11, & 18, 2025

P100,000 PARA SA CAVITEÑA CENTENARIAN

Tinanggap ni Abuela Carmen Pacifico Castañeda, residente ng Brgy. 32 Caridad, Cavite City, ang P100,000 mula sa pamahalaang lungsod ng Cavite matapos ipagdiwang ang kaniyang ika-100 kaarawan noong Hulyo 16, 2025.

"Iginawad natin kay Nanay Carmela ang ₱100,000 bilang pagkilala sa kanyang mahabang buhay at mahalagang ambag sa ating komunidad. Bukod pa rito, makakatanggap pa siya ng ₱50,000 mula sa provincial government at ₱100,000 mula sa national government. Kaya aabot sa ₱250,000 ang matatanggap ng ating mga Caviteño Centenarians," ani Cavite City Mayor Denver Chua.

(GO CAVITE)

29 NA MALIIT NA NEGOSYO, TAMPOK SA MSME TRADE FAIR

Itinampok ng Office of the City Cooperatives Development Officer (OCCDO) ang 29 na maliliit na negosyo at mga miyembro ng AAkap para Kay Juana sa idinaos na Micro, Small, at Medium Enterprises (MSME) Trade Fair nitong Huwebes, Agosto 14, 2025, sa Activity Area ng The District Imus.

Personal ding nagbigay ng suporta sa mga negosyante sina Konsehal Yen Saquilayan at Konsehal AJ Sapitan.

Ang MSME Trade Fair ay isa sa mga programa ng OCCDO na layong maipakilala ang mga natatanging produkto ng maliliit na negosyo at kooperatiba sa Imus.

Maghanda na para sa pinakamalaki at pinaka-inaabangang auto show ng taon dito sa Imus! Iparada ang iyong paboritong sasakyan o motor sa Kabataan Fair 2025 ; NeGoshow, Level-Up!! at baka ikaw na ang mag-uwi ng mga amazing prizes!

Paano sumali?

I-click ang link na ito: https://bit.ly/KFNeGOShowAutoReg at punan ang registration form.

Deadline ng registration: Agosto 22, 2025 - huwag magpahuli!

May tanong o nais linawin?

Tawag o text lamang kay Bb. Joyce Verdadero sa 0927-083-0381.

Magkita-kita tayo sa New Imus City Government Center Parking Lot Area sa Agosto 30–31, 2025.

CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

Jose Basa y Enriquez - Siya ay isang abogado, manunulat at makabayan. Siya ay idinawit sa Cavite mutiny of 1872 at itinapon sa Guam datapwa't nakatakas at nakarating sa Espanya kung saan nabigyan siya ng pardon. Muli siyang inusig at itinapon sa Mindanao kasama si Jose RIzal. Pinatawad siya matapos ng dalawang taon. Naging delegado siya sa Malolos Congress.

Health Benefits...

Kaalaman tungkol sa Aratiles bilang halamang gamot

Sikat ang aratiles dahil sa maliliit, bilog, at mapupulang bunga nito na hilig pitasin ng mga bata. Karaniwang tumutubo ang puno nito saan mang lugar sa bansa at sa iba pang lugar na nasa rehiyong tropiko. Ang dahon nito ay may maliliit na balahibo at patulis ang dulo.

Scientific name: Muntingia calabura Linn.

Common name: Aratiles, Latires (Tagalog); Calabura, Cherry tree (Ingles)

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

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

Ang bunga ng aratiles ay may taglay na flavanones at flavones

Ang dahon at mga sanga naman ng aratiles ay makukuhanan ng chrysin, 2′,4′-dihydroxychalcone at galangin 3, 7-dimethyl ether

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

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

Bulaklak. Ang pinaglagaaan ng bulaklak ng aratiles ay mabisa laban sa ilang mga kondisyon sa katawan.

Balat ng kahoy. Pinakukuluan ang balat ng kahoy ng puno ng aratiles upang ipainom at ipanggamot sa ilang mga sakit.

Dahon. Kinukuhanan naman ng katas ang dahon upang ipanggamot sa may sakit. Maaari din itong ilaga at inumin na parang tsaa.

Bunga. Ang bunga ay kinakain na mismo

Ano ang mga sakit na maaaring magamot ng Aratiles?

1. Pananakit ng kalamnan (muscle cramps and spasm). Ang pinaglagaan ng bulaklak ng aratiles ay ginagamit na gamot sa pananakit ng mga kalamnan sa ilang bahagi ng katawan partikular sa tiyan. Ito ay iniinom na parang tsaa.

2. Panunuyo ng balat. Makatutulong din paghuhugas gamit ang pinaglagaan ng bulaklak ng aratiles sa pagpapabuti ng kutis ng balat. Ganito rin ang epekto ng paggamit sa pinaglagaan ng balat ng kahoy ng aratiles.

3. Sipon. Ang pag-inom sa pinaglagaan ng bulaklak ng aratiles ay may bisa rin sa pagpapabuti ng pakiramdam kapag may sipon.

4. Sakit ng ulo. Maiibsan din ang pananakit ng ulo sa pamamagitan ng pag-inom sa pinaglagaan ng bulaklak.

5. Impeksyon ng bacteria sa katawan. Makatutulong ang pag-inom sa pinaglagaan ng dahon at mga sanga ng aratiles sa paglaban sa impektsyon ng mga bacteria sa katawan. Sinasabing ito raw ay kasimbisa ng mga standard na gamot na antibacterial na nabibili sa mga butika.

6. Lagnat. Nakapagpapababa din ng lagnat ang pag-inom ng pinaglagaan ng dahon ng aratiles.

7. Presensya ng nakasasamang free radicals. ang pagkain sa bunga ng aratiles ay sinasabing may epektong antioxidant na makatutulong sa paglaban sa mga Free Radicals na siyang nagdudulot ng pagtanda ng mga cells sa katawan.

8. Altapresyon. May epekto ring pampababa ng presyon ng dugo ang katas ng dahon ng aratiles.

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HUMANITY NEWS
TOWARDS THE FRIENDSHIP OF CITIZENRY

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DO YOU KNOW ?

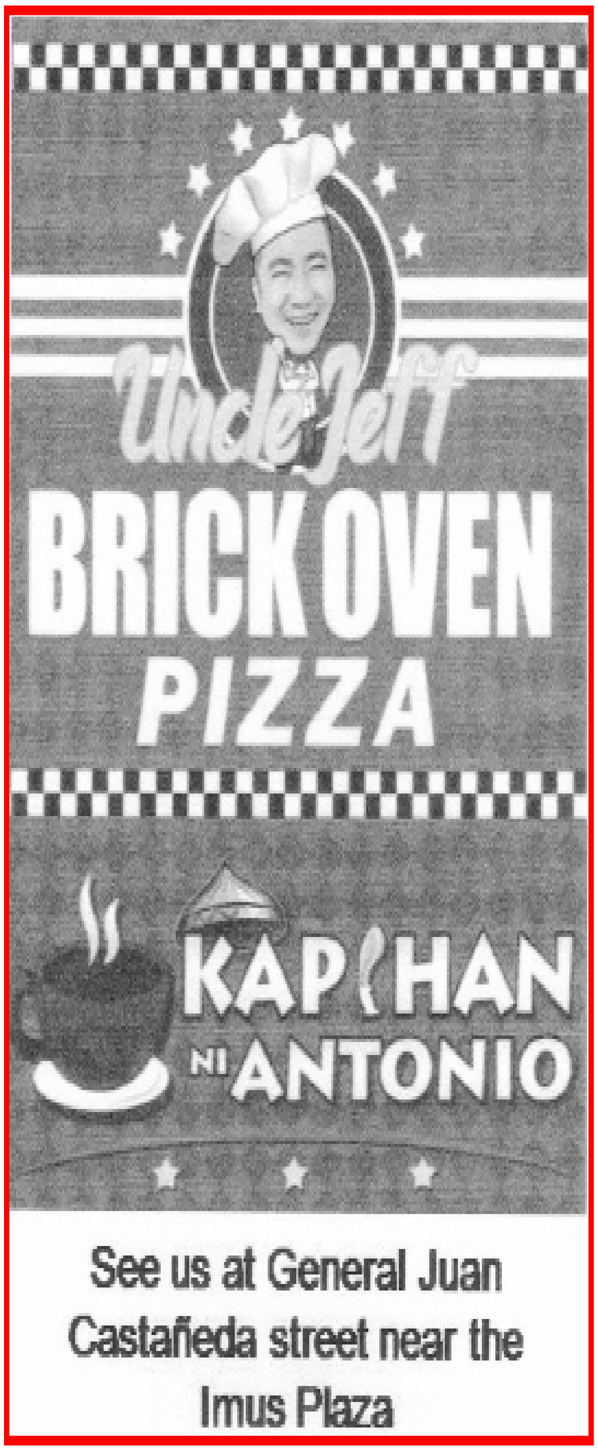
James I was the first English monarch to use the fork.

(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.



TOPCOP TRAINING, ISINAGAWA PARA SA KALIGTASAN NG MGA TURISTA SA CAVITE

Matagumpay na isinagawa ng DOT Region IV-A ang TOPCOP seminar noong Agosto 5-8, 2025 sa Tagaytay City, katuwang ang PNP-CALABARZON, Pamahalaang Panlalawigan ng Cavite, at LGU Tagaytay.

Lumahok ang 50 tourist police mula sa iba't ibang bayan sa Cavite upang sanayin sa seguridad, first aid, karapatang pantao, at tamang pakikitungo sa turista.

Binigyang-diin din ang Filipino Brand of Service Excellence (FBSE) at nagsagawa ng open forum kasama ang tourism stakeholders.

Pinuri ni DOT IV-A Regional Director Marites Castro ang mga kalahok sa kanilang dedikasyon sa mas ligtas na turismo sa rehiyon.

Graduation Ceremony of Bread and Pastry Production NC II Completers under the Community-Based Training Program of the City of Dasmariñas held at 6F AVR, Socio-Economic Building.