

Cavite Grand Penns of State of

RECOGNIZING CAVITEÑO YOUNG ACHIEVERS



Governor Jonvic C. Remulla recognized 5 Caviteño young achievers for their outstanding accomplishments in various fields of study which brought pride and honor to the province during the provincial government's flag-raising ceremony on July 15, 2019 at the Provincial Gymnasium in Trece Martires City. The awardees include Maria Aubreanna Beatriz B. Salazar and Juliana Mari V. Legaspi of Tagaytay City Science National School who bagged the gold medal for their study on Hypoglycemic Activity of Robusta Coffee (Coffea Canephora Pierre Ex. A. Froehner) Silverskin Ethanolic Extract on Alloxan- Induced Type 1 Diabetes in Swiss Webster Mice (Mus Musculus L) in the International Science and Invention Fair 2019 in Bali, Indonesia on June 21-25, 2019. Daniel Jan D.J. Cortez from De La Salle College of Saint Benilde also won the Best Paper Award

Investigating the Indirect Effect of Autonomy in the Relationship of Micromanagement and Creativity during the 9th Annual International Research Exchange and **Faculty** Development Conference on April 22-23, 2019 at Moscow, Russia. Meanwhile, Jardine Dave V. Ambrocio and Julius Matthew P. Lim, students of Saint Francis of Assisi College won a silver medal in the Math Without Borders (MWB) Winter Round held on February 2, 2019 at Makati Hope Christian School and bronze medal in the 2019 Singapore and Asian Schools Math (SASMO Olympiad 2019) on April 6, 2019 at Amore Academy- Trece Martires City. Governor Remulla congratulated the students for their excellent performance and encouraged them to use the achievement as inspiration for the coming school years. (Julie Anne L. Rolle)

for his research entitled



The biggest and most talked about NINGNANGAN (ihawan) in PAMPANGAN (BULAC

is now/opening its

DANGAL NG CARMONA: Makikita sa larawan si Carmona Mayor Atty. Roy M. Loyola na Proud na proud na nagpakuha ng litrato kasama sina Khristine Hillary Añonuevo para sa darating na tournament na "Batang Pinoy National Finals in Judo" sa August 25-31, 2019 na gaganapin sa Puerto Princesa, Palawan na nangakong buong suporta para sa nakatakdang laban ng mga bata.



BACOOR'S BEST: The Bacoor City Police Station was given two awards during the Oversight Committee Meeting of the Cavite Police Provincial Office on Anti-Illegal Drugs, Anti-Illegal Gambling, and E-MPO at Mayos Hall Camp BGen Pantaleon Garcia in Imus City, Cavite. It was named the Top Performing City Police Station on the campaign against loose firearms for conducting three operations that resulted in the arrest of eight personalities and confiscation of four loose firearms during the June 24 to 30, 2019 period. It was also named the Top Performing City Police Station on anti-illegal drugs operations for conducting 10 anti-illegal drug operations that resulted to the arrest of 33 drug personalities covering the June 25 to July 1, 2019 period.

EDITORYAL: No joking matter

We were gratified to learn that President Rodrigo Duterte has signed into law a measure penalizing cat-calling and other forms of harassment in public areas.

Under the final version of the Safe Spaces Act (RA 11213), principally authored by Senator Risa Hontiveros, persons arrested for cursing, wolf whistling, catcalling, and saying misogynistic, transphobic, homophobic, and sexist slurs for the first time will be fined ₱1,000 and will serve 12 hours in community service, which includes attendance at a gender sensitivity seminar. Second-time offenders will be jailed for six to 10 days or fined ₱3,000, while third-time offenders will be jailed 11 to 30 days and fined ₱10,000.

Penalties for making offensive body gestures and exposing private parts are at ₱10,000 for first-time offenders, and ₱15,000 along with jail time of 11 to 30 days for second-time offenders. Third-time offenders will be fined ₱20,000 and will be detained for a minimum of one month and a day up to six months.

Local government units are expected to pass corresponding anti-catcalling ordinances, and are required to have an anti-sexual harassment hotline.

The passage of the law seems particularly fitting, given that it has been signed by a President that has often been criticized for being sexist and even misogynistic. Since taking office in June 2016, the President has ordered soldiers to shoot female rebels "in the vagina," kissed a married woman in the mouth in front of a crowd of overseas Filipino workers, and joked about raping a female missionary and Miss Universe.

Last year, at a forum with Indian and Filipino businessmen in New Delhi, the President said he wished he could promise investors "42 virgins" if they put up businesses in the Philippines, much like jihadists promise suicide bombers that 72 virgins await them in heaven if they die as martyrs. Thus far, Palace officials have played down the President's statements and actions as jokes or "playful gestures"—and insist that his critics are taking him too seriously.

But the new law that the President himself signed now makes no allowance for such "jokes" or "playful gestures." His apologists may no longer come back to us and say he was just joking.

We do hope the President will now set an example and follow the law.

But of course, he may still fall back on his presidential immunity from suit, which gives him carte blanche for another three years to tell the tasteless and sexist jokes we have come to expect.



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dengue...

MAGALLANES, Cavite - Alarmed by reports about the surge of dengue cases in some areas, the local government here embarked on a massive clean-up in possible dengue-carrying mosquito breeding sites and fumigation over the weekend.

Mayor Jasmin Maligaya-Bautista has ordered the Rural Health Unit (RHU), through its Municipal Health Officer Dr. Jose Jemmel Bacolod, to address the situation in view of eight dengue cases that were reported.

"I am calling on all our constituents to be on alert due to the rising dengue cases in our locality. Let us clean our surrounding especially in possible breeding sites of dengue carrier mosquitos, and avoid mosquito bites)," she said in Filipino during the flag-raising ceremony Monday.

Bautista also directed the village chiefs of the 16 barangays, especially in Barangay Ramirez where the eight dengue cases were recorded, to coordinate with the municipal health office on ways to contain the situation.

Meanwhile, Bacolod also embarked on a massive information and education drive in the barangays for residents to be aware of the dengue symptoms.

The municipal health office also advised residents to never ignore symptoms like sudden high fever, severe headaches, pain behind the

FROM PAGE 1

eyes, severe joint and muscle pain, fatigue, vomiting, and skin rashes which appear two to five days after the onset of fe-

"If you experience these symptoms, kindly go to the nearest hospital for proper medical treatment," Bacolod said.

He said residents should be more careful because these are known to increase during the rainy season when stagnant water becomes the breeding sites for the dengue-carrying mosquitoes.

Bacolod said dengue could be fatal when unattended, as mosquito bites could transmit the infection, which triggers a severe flu-like illness often followed by a severe drop in a patient's blood platelet count. (PNA)

DAANG DAANG BATA SA DASMARIÑAS CITY, BINUSOG SA FEEDING PROGRAM





Inilunsad na noong Sabado (July 13, 2019) ang BUSOG LUSOG PROGRAM ng pamahalaang bayan ng Dasmariñas City. Pinangunahan ni City Mayor Jenny Barzaga ang Programa kasama sina Vice Mayor Mangubat, mga konsehal ng Bayan at mga myembro ng Sangguniang Kabataan. Ang Programa ay may layuning pakainin at busugin ang mga Bata sa Dasmariñas City. Patuloy ang pagikot ng Programa sa bawat barangay sa buong Bayan ng Dasmariñas City.



KAPANALIG Ni Nelson Dimapilis

Senator Win Gatchalian wants to establish special education centers in all public schools in the country to promote inclusive education and enable schools to effectively handle the needs of children and youth with disabilities and other special needs.

In filing Senate Bill No. 171 or the Inclusive Education for Children and Youth with Special Needs Act, Gatchalian said the government needs to build upon the existing infrastructure of the national public school system to provide services to as many Filipino children with special needs.

"This could be done by establishing Inclusive

Special ed centers in public schools needed

Education Learning Resource Centers in all public schools divisions nationwide," he said. "The SPED Centers shall function as a resource center that shall assist in promoting inclusive education to capacitate regular schools to effectively handle the needs of children and youth with disability."

The lawmaker added that each center will also be equipped with the facilities and personnel necessary to provide care and instruction to children and youth with special needs, specifically special education teachers and other specialists.

According to Gatchalian, estimates from the Department of Education indicate that as of School Year (SY) 2016-2017, there are approximately 303,109 Filipino children in public schools with special education needs.

"Physical, cognitive, psychological, and/or communication disabilities prevent them from fully

participating in regular schools, he said.

Moreover, the regular schools, whether public or private, are often incapable of providing these children with the care, attention, and guidance that they require for the development of their physical, cognitive, and social skills," he added.

The senator noted that given the current setup, as of SY 2016-2017, there were around 303,000 children with special needs enrolled in public elementary and secondary schools who may have not been provided with the needed education and care.

"Much remains to be done in addressing the gap with respect to the provision of special education in the country," he stressed.

Every child has the right to an education commensurate with his abilities and to the development of his skills for the improvement of his capacity for service to himself and to his fellowmen," Gatchalian added.

Customs collects P5.9-B so far in taxes from liberalized rice imports

Cavite entrepreneurs who successfully completed the BIZ iCREATE - Cavite's Responsible Entrepreneurs Aiming Toward Economic Sustainability program were given the opportunity to promote their business products at the #tara-CAVITEtayo Trade Fair and Exhibit which was sponsored by the Union Bank (UB).

The event which was conceptualized after the recently held 2019 Cavite Business Expo in Tagaytay City opened on July 15, 2019 at The Ark by Union Bank at the Ground Floor of Insular Life Building in Ayala Avenue, Makati City.

Exhibitors were provided a five-day run to showcase their products with the assistance of the Provincial Cooperative Livelihood and Entrepreneurial Development Office (PCLEDO) under its Officer-in-Charge, Atty. Khervy Reyes. The activity is also part of the business continuous guidance from PCLEDO in order to enhance their knowledge in managing the business for economic sustainability.

Union Bank took the initiative to support MSME development and offered a perfect venue for a conducive business environment. During the first day of exhibit, the entrepreneurs, organizers and guests were welcomed by UB-Dasmariñas Branch Manager Mr. Alvin Ferrer and by

PCLEDO Entrepreneurial Division Head Ms. Liza C. Gabatan.

According UB Manager Ferrer, the exhibit set-up was initially geared to have MS-MEs use the QR platform or cashless transaction. However, seeing that they are not that adept to the technology, they opted to do over the counter and machine deposits. Since alternative sources of financing business-startups and expansion are very vital to MSMEs. UB will also get the chance to promote their business development products and services to clients and would-be entrepreneurs throughout the event.

Meanwhile, Ms. Gabatan of PCLEDO thanked the kind assistance of Union Bank, as well as the cooperation of MSMEs, on behalf of Cavite Governor Jonvic Remulla and their OIC Atty. Reyes. She wished for further success of the BIZ iCRE-ATE graduates and for stronger ties among private stakeholders that can champion MSMEs globally. She also lauded the support of the Provincial Tourism and **Cultural Affairs Office** headed by Provincial Tourism Officer Ms. Rozelle Sangalang through provision of various promotional and media collaterals, which added life and colors to the ex-



Nissan, the Philippines' third largest automaker in sales, has partnered with Mercantile Insurance to offer a new vehicle insurance program for their customers. The Nissan Assured Program provides customers quality insurance coverage and reliable service response at competitive rates, under the automaker's brand. "By giving customers the Nissan guarantee to quickly respond to insurance claims with our award-winning services, we are affirming our commitment in sustaining and enhancing the overall customer ownership experience," said Atsushi Najima, Nissan Philippines President and Managing Director.

Among the exhibitors who have maximized their potential in business through the trade fair which will run until July 19, 2019 are Ms. Ma. Isabel Punzalan of Delfa's Food Products, Inc.; Ms. Susan Tenorio of San Lit Spread; Ms. Ruby Jimeno of RTJ Enterprise; Ms. Angelica Chongco of Mayumi Organics; Ms. Gina de Gala of Flowers and Vase Event Styling, and Mr. Royette Candanido of Royette's Ice Cream Mfg. These entrepreneurs are beyond grateful to the provincial government of Cavite, PCLEDO and Union Bank for the assistance to them from the beginning - from positively transforming their mindset up to linking them to different platforms that will boost their business. (Rochelle V. Dones)

CARD MRI holds Pagbulas 2019. CARD Mutually Reinforcing Institutions (CARD MRI) gathered its scholars from Mindanao Region during its annual scholars' summit dubbed as Pagbulas on June 16. 2019 at CMDI Tagum Campus. The theme of the summit is "Kindling Millennial's Inclusivity in Dredging True North." The 81 scholars present at the summit are the sons and daughters

of CARD MRI clients. At the summit, CARD MRI Founder and Chair Emeritus Dr. Jaime Aristotle B. Alip inspired the scholars to continue the noble mission of CARD MRI to end poverty in the Philippines. To Dr. Alip, CARD MRI scholars are the future of the institution and the country especially in making the Philippines a better place to live in. Pagbulas is a Filipino word that means awakening. Also present in the event

were CMDI Executive Vice President Dr. Edzel Ramos, and CARD MRI Regional Directors in Mindanao namely Clarita Mercado, Joseph Labastida, Sandy Bulalacao, and Alexis Garcia, and other CMDI Tagum and CARD Scholarship Program (CSP) team led by its Program Manager Shiela Icaro. To date, CARD MRI has provided more than 11,000 scholarship grants.

FUN WITH SM KIDS ACCESSORIES

The heat is still on. And if you've still got time for that family vacay, SM Accessories will help make your kids sunshine ready with its collection of hats, sun glasses, watches and small bags.

watches and small bags.
Hats will keep the little ones protected in style. SM Accessories Kids has bucket hats that give full shade and come in colorful designs with summer prints and patterns; as well as baseball caps given a reboot with vibrant colors and statement designs.

Classic wayfarers and aviators are given a new look with translucent frames in candy colors and colored lenses now that's what you can call eye candy! Jelly strap watches capture summer's exuberance and

Jelly strap watches capture summer's exuberance and energy; while bags keep their getaway -haves in place. This fun kid's summer accessories must have are available at SM Accessories Kids department of The SM Store



Feel the summer vibe with this baseball caps.



Bright and sunny bucket hat goes well with a small backpack for outdoor adventure.



Summer is a fun time to accessories with SM Accessories Kids.





Be protected in style with cheery hats from SM Accessories Kids



Blushing jelly bags for summer statement.





SM Accessories Kids sun hats.



Digital watch with jelly strap.



 $\ensuremath{\mathsf{SM}}$ Accessories Kids jelly watch collection.



Emergency Preparedness Forum at SM Center Muntinlupa

SM Center Muntinlupa, through its socio-civic arm SM Cares, hosted the recently held Emergency Preparedness Forum 2019. This program aims to strengthen SM's commitment to promote awareness and provide a safe and barrier-free environment for the elderly and persons with disabilities.

Invited speakers were Mr. Jeffrey Perez, Supervising Science Research Specialist of Philippine Institute of Volcanology and Seismology (PHIVOLCS) and Dr. Ted Esguerra who is an active member of numerous emergency preparedness and disaster response units.

A total of 250 attendees from the Office of the Senior Citizens Affair (OSCA) Muntinlupa and Muntinlupa Federation of Persons with Determination actively participated during the event.

"We want to ensure that SM is indeed a place for all, and it is thru these seminars and orientations that we get to prepare and protect the



(from left to right): Marlo Niko Alvarez, Mall Manager SM Center Muntinlupa; Johanna Melissa Rupisan, SAVP for Operations; Dr. Ted Esguerra together with his son; Jeffrey Perez; Karren Yenko, Assistant Mall Manager SM Center Muntinlupa, and John Brian Tarnate – Regional Operations Manager – Central 5.

elders and PWDs from the harm of natural disasters, such as earthquakes.

For more exciting events like and follow SM Center Muntinlupa on Facebook and Instagram or call 862–5873.

SM FOUNDATION'S KABALIKAT SA KABUHAYAN IN ROSARIO CAVITE

SM Foundation once again launched Farmer's Training program named as KABALIKAT SA KABUHAYAN (KSK) in La Isla Bonita de Salinas in Rosario Cavite. Over 150 residents partake to the said project. This aims to help the inhabitants of Rosario to learn skills in planting fruits and vegetables and eventually sell to SM Markets.

This is a three to four month, season-long, technical and hands-on training on high value crops. Macondray Philippines will be facilitating the lectures and hands-on activities wherein the farmers will be able to experience the actual challenges of organic farming. Furthermore, the BDO Foundation will conduct workshops on financial literacy to the participants

The SM GROUP Founder, Mr. Henry Sy, Sr. thought of a sustainable project that will uplift the living standards of small Filipino farmers. The KSK Farmers Training Program of SM Foundation, Inc., together with Harbest Agribusiness Corporation, and the Department of Agriculture in cooperation with LGUs and NGOs, was the seed that bore fruits all over the Philippines.



SM City Rosario management, together with the representatives from SM Markets, local government of Rosario and Macondray Philippines did the ceremonial planting to formally start the Kabalikat sa Kabuhayan farmer's training.



Over 150 residents of Rosario Cavite participated the Kabalikat sa Kabuhayan launch.

THE HEART OF PUBLIC SERVICE



Joyful hearts filled the atmosphere at Tejero Elementary School in the City of Gen. Trias on July 11, 2019 where the provincial government conducted another outreach program. The medical and dental mission that served almost 500 patients was deeply appreciated by the people, especially by Tejero Barangay Captain Jon-Jon Cruz and SK Chairperson Ken de Guzman. The school principal together with the pupils welcomed all the medical volunteers and guests including Board Member Kerby Salazar, Mr. Toby Ferrer and Mr. Kyle Salazar from the Office of Mayor Ony Ferrer. As Chairperson of the Committee on Health at the Sangguniang Panlalawigan, BM Salazar ensures that public health programs are being effectively implemented, doing his rounds checking the wellness of constituents while also representing Governor Jonvic Remulla. (PICAD)



Cavite Vice Governor Jolo B. Revilla with the League of Vice Governors of the Philippines Executive committee with President Rodrigo Roa Duterte and Senator Bong Go. Kabilang sa nahalal sa National Executive Committee para sa 2019-2022 term ang mga sumusunod: National President: VG Katherine Agapay (Laguna) Chairman of the Board: VG Reynaldo Quimpo

(Aklan) Executive Vice President: VG Jeremias Singson (Ilocos Sur) Vice President for Luzon: VG Samuel Nantes (Quezon) Vice President for the Visayas: VG Christine Garin (Iloilo) Vice President for Mindanao: VG Elmer De Peralta (Sarangani) Secretary General: VG Carlo Loreto (Leyte) Treasurer: VG Ma. Cristina Garcia (Bataan) Public Rela-

tions Officer: VG Edward Mark Macias (Negros Oriental) Auditor: VG Peter Alfaro (Occidental Mindoro) Regional Officers were also elected, and Appointive Officials were also named during the same event. The smooth transition of power was facilitated by the Interim Execom headed by Immediate Past President and now Congressman Tonypet Albano, and Immediate Past Chairman and now Gov. Bonz Dolor.



PICKING UP WHERE **CONG. ROY LEFT OFF:** CONGRESSWOM-AN DAHLIA LOYOLA turned over a total of 72 classrooms today. as she continues what **MAYOR CONG.ROY has** started, which is augmenting the quality of public school education in CarSiGMA. With BM Ivee Reyes, former Mayor Omil Poblete, Vice Mayor Aidel Belamide, and the Sangguniang Bayan Members of Silang, CONGW. DAHLIA led the inauguration of the following school buildings: 4 Storey 20 Classroom Building in Maguyam ES and Silang Central ES, 4 Storey 8 Classroom School Building each in Biluso ES and Malabag ES, and two units in Biga ES. The new school buildings will not only address the shortage of classroooms but will also be beneficial to the students who are currently holding classes in cramped and old learning spaces. (CAR-SIGMA Office)





EXTRAJUDICIAL

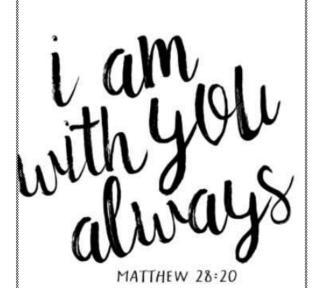
Notice is hereby given that the estate of the late LOURDES PAMAN (5000 square meters), consisting of a Lot 3380, of the S. C. de Malabon Friar lands G.L.R.O. Record No.6832) situated at the Municipality of Tanza, Province of Cavite, Island of Luzon, consisting of a total area of FIFTEEN THOUSAND FOUR HUNDRED NINETY (15490) SQUARE METERS embraced and covered by TCT No.23245of the Registry of Cavite Province, have been the subject of an Deed of Self Adjudication of a Portion of a Parcel of Land as per Doc. No.180; Page No.37; Book No. XXI and series of 2019 of Notary Public Jameswell M. Resus of Naic, Cavite.

Dateline Weekly Newspapers: July 15, 22 & 29, 2019

ERRATUM

This is to correct the error made in the publication of Notice of Extra-Judicial Sale filed by Home Development Mutual Fund versus CA-MILLE G. MORALES for herself and as AIF of her husband PAUL B. MORALES published in Dateline Weekly Newspapers dated June 24, July 01 & 08, 2019. In the tech. terms 8th line it should be read as LOT 24 and not as published.

Dateline Weekly Newspapers: July 22, 2019



EXTRAJUDICIAL

Notice is hereby given that the estate of the late NORBERTO 0. TIMOSA who Died on January 10, 2019, has been the subject of Extra-Judicial Settlement With Waiver of Rights. His Left a motorcycle. Type: Honda/CGX125SHD3, Yr Model: 2014, Engine No.: KYY30E019074, Chassis No: KYY30019098, Plate No.: DO34855, MV File: 0448-00000292111. among the legal heirs as per Doc.No.261; Page No.53; Book No. 3 and series of 2019 of Notary Public CRISANTO U. PASCUA of Imus City, Cavite.

Dateline Weekly Newspapers: July 08, 15 & 22, 2019

REGIONAL TRIAL COURT BRANCH 23 TRECE MARTIRES CITY

Foreclose Case No. F-061-19

UNITED COCONUT PLANTERS BANK,
Mortgagee,

- Versus -

SPS. JUAN S. PADUGA AND TEOFILA S. PADUGA,

Mortgagors.

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by mortgagee, UNITED COCONUT PLANTERS BANK with business address at UCPB Executive Bldg., Makati Ave., Makati City against the mortgagors, SPS. JUAN S. PADUGA AND TEOFILA S. PADUGA, with residence and postal address at Phase 18-A1, Blk. 15, Lot 1, NGCHP, Pilot Area, Quezon City to satisfy the mortgage indebtedness which as of January 18, 2019 amounts to THREE HUNDRED FOURTEEN THOUSAND NINE HUNDRED SIXTY PESOS AND 00/100 (P314,960.00) Philippine Currency, inclusive of interest, and penalty as of said & attorney's fees but the undersigned sheriff will sell at public auction on August 27, 2019 at 10:00 o'clock in the morning at the main entrance of the Office of the Sheriff, located at the Provincial Capitol Building, Trece Martires City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon,

TRANSFER CERTIFICATE OF TITLE NO. T-525466

"A PARCEL OF LAND (LOT 15, BLK. 61 OF THE CONS.-SUBDIVISION PLAN, Pcs-04-042108-006991, BEING A PORTION OF CONS. OF LOTS 2837-B (LRA) PSD-349640; LOT 2843-C (LRA) PSD-351029 & 3205, San Francisco de Malabon Estate) situated in the Bo. of Buenavista, Mun. of General Trias, PROVINCE of CAVITE. Bounded on the NE., along line 1-2 by Lot 14; on the SE., ALONG LINE 2-3 by Lot 13 both of BLk. 61; on the SW., along line 3-4 by Rd. Lot 62; on the NW., ALONG LINE 4-5 BY Lot 17 & on the NE., along line 5-1 by Lot 16, both of Blk. 61 all of the conssubd. Beginning at the pt. marked "1" on the plan x x x CONTAINING AN AREA OF TWO HUNDRED SITY THREE(263) SQ. METERS more or less x x x."

"All sealed bid 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 date, it shall be held on September 03, 2019 without further notice."

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

Trece Martires City, 01 July, 2019.

(SGD.) LUCIO C. ALEJO III Sheriff IV

Copy Furnished: UNITED COCONUT PLANTERS BANK UCPB Executive Bldg., Makati Ave., Makati City

SPS. JUAN S. PADUGA AND TEOFILA S. PADUGA, Phase 18-A1, Blk. 15, Lot 1, NGCHP, Pilot Area, Quezon City

WARNING: It is absolutely prohibited to remove, deface or destroy this Notice of Extra-Judicial sale on or before the date of the sale.

Dateline Weekly Newspapers: July 08, 15 & 22, 2019

VOL 17 NO. 15 July 22-28, 2019



40. Slow-moving mollusk

41. Apportions

DOWN

ACROSS

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- 21. Boat propeller
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- 23. Soap Ingredient
- 24. Wicked persons
- 25. Satan
- 26. Woman's Title
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Sudoko Puzzle



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HALAMANG GAMOT

LUYA ANTIOXIDANT

Sa lahat ng halamang dilaw ang luya ang may pinakamabisang panlaban sa mga sakit. Sinasabing may ilang daang taon na ang nakaraan na likas na panlunas ang luya sa sari-saring uri ng sakit o karamdaman. Nangungunang pinakamabisang gamot sa karaniwang ubo at sipon. Mas mabisa pa ang luya kaysa sa mga pharmaceutical drugs in defeating cancer, motion sickness and in?ammation. Kamangha-mangha na ang luya ay mas epektibo kaysa sa maraming cancer drugs at shrinking tumors. Karaniwan din itong inilalagay sa mga produktong pagkain at inumin. Ang angking katangiang panggamot ng luya ay matagal nang nalampasan kahit na ng advanced pharmaceutical inventions.

CANCER

Ang isang buong luya na kinatas ay kinakitaan na humahadlang sa paglaki ng spectrum of prostate cancer cells. May katangian itong panlaban sa cancer na siyang nagpapababa ng pamamaga at pamumula. Malaking tulong din ito bilang

KAALAMAN TUNGKOL SA LUYA **BILANG HALAMANG GAMOT**

Scientific name: Zingiber blancoi Hassk.; Zingiber o?cinale RoscoeCommon name: Luya (Tagalog); Ginger (Ingles)Ang luya ay isang bungang-ugat na kilalang pampabango o pampalasa sa mga pagkain. Ito ay isang halaman na may katamtamang taas, may hugis patulis na mga dahon at bilugang bulaklak. Ito ay karaniwang tanim sa Pilipinas.

MGA SUSTANSIYA AT KEMIKAL NA MAAARING MAKUHA SA LUYA

ng iba't-ibang bahagi ng halamang luya ay maaaring makuhanan ng maraming uri ng kemikal at sustansiya na nagbibigay ng benepisyo sa ating kalusugan.Ang



halamang luya ay mayroong terpenoids, ?avonoids, alkaloids at tannins.Ang ugat ay may zingerone at shogaol na siyang nagbibigay ng amoy at lasa sa luya.Ang langis mula sa ugat ay may gingerol, zingerone, zingiberene, cineol, borneol, phellandrene, citral, zingiberene, linalool, geraniol, chavicol, vanillyl alcohol at camphene.

BAHAGI NG HALAMANG LUYA NA GINAGAMIT BILANG GAMOT AT KUNG PAANO ITO GINAG-AMIT

1.Dahon - Maaari itong dikdikin at durugin upang magamit bilang pantapal sa ilang bahagi ng katawan na may karamdaman.

2. Ugat - Karaniwan itong pinakukuluan upang makagawa ng salabat o tsaa. Maaaring nguyain lamang ito at maaari rin namang ipangpahid sa ilang bahagi ng katawan na may karamdaman.

MGA SAKIT AT KONDISYON NA **MAAArING MAGAMOT NG LUYA**

Rayuma - Maaaring dikdikin ang bungang-ugat ng luya at lagyan ng langis bago ipantapal sa ilang bahagi ng katawan kung saan ito nananakit. Maaari ring gawing salabat (pinakukuluang ugat ng luya), para sa pabalik-balik na sakit sanhi ng rayuma.

Sugat – Ginagamit bilang panlinis ang katas ng bungang-ugat ng luya na hinaluan ng 70% na alcohol.

Hirap sa pagtunaw – Iniinom ang

WORDHUNT

YMTESUSATOEMYZNEOCS SPYPWITOODNLRCLDXSR LTHYLAKOIDDEECPLIHD LLAOMATMROODLORCDER EPROTONENYSIEGHCAEO CTTPPODTRAYXCALNTLN DSATYULSSAMOTSONICS RACRCNNYHOBIRRETOYA ALUTDIRSSAIDOCVRNCP UPIOTYDONIONNHSNONO GOSISEHTNYSOTOHPLIR NRTGLUCOSEIBRREPOVO AORASURHBTSRAUOYDLM LLOORSPPCRYANABEOAN UHMOMUNARGACSNEIPCN ACAROTENOIDCPEETSAE OCHLOROPHYLLOPRMLCO NOCMAOOTSHPORTOTUAO UASSNOITCAERTHGILLR

carbohydrate chlorophyll electron transport granum lumen photolysis plants reduction stroma autotroph carbon dioxide chloroplast endosymbiosis guard cells NADPH photosynthesis proton Rubisco thylakoid calvin cycle catotenoid coenzyme glucose light reactions oxidation photosystem reaction center stomata water

pinaglagaan ng bungang-ugat ng luya (salabat o tsaa) para sa pananakit ng sikmura at sa pagiging hirap sa pagtunaw ng pagkain.

Pagtatae – Ipahid ang hiniwang luya sa paligid ng pusod upang maibsan o

mabawasan ang pagtatae.

Ubo - Iniinom ang pinaglagaan ng bungang-ugat ng luya (salabat o tsaa) para sa ubo. Sore throat – Nakakatulong sa pananakit ng lalamunan ang bungang-ugat ng luya sa pamamagitan ng pag-inom (salabat) at pagnguya sa naturang ugat nito

Pasa – Ang pagpapasa naman sa balat ay maaaring tapalan ng dinikdik na dahon ng luya. Kawalan ng gana sa pagkain - Mahusay na pampagana ang pagkain ng luya na

sinawsaw sa asin. Pagsusuka – Pinakakain din ng bungang-ugat ng luya ang taong nakakaranas ng

pagsusuka at pagliliyo. Pamamanas ng katawan – Ang pag-inom ng katas mula sa ugat ng luya ay mabisa para mawala ang pamamanas o ang pagkakaroon ng tubig sa katawan.

Pananakit ng ulo - Ang dinikdik na luya ay pinangtatapal sa noo ng taong nakakaranas ng pananakit ng ulo.

12. Pagkawala ng boses – Mabisang lunas para sa pagkawala ng boses ang paginom ng salabat mula sa ugat ng luya. Maaari ring sipsipin at nguyain ang naturang bungang-ugat ng luya. KMC

Funnside Ningnangan invades Cavite

Kawit, Cavite is famous for its historical site, the heritage house of the late President Emilio Aguinaldo. It is where the Philippine Independence was first declared on the faithful day of July 04, 1898. Along with the declaration of our freedom was the first time the Philippine flag was raised.

Now, Kawit is home to many people, from different parts of the archipelago. The good news is, a Kapapampangan Restaurant which was founded to cater to the meticulous palates of the Filipinos is about to rise. Expect that it would start operating this coming July 27, Saturday.

What is Funnside Ningnangan? Funside Ninangnagan originated from Apalit, Pampanga. As we all know, Kapampangan dishes are to die for. It all started with the small grill resto owned by Mrs. Librada G. Manlapaz. With her love and passion for cooking, she decided to put up a catering business. In line with this was her intention to provide jobs to her relatives and neighbors. Unexpectedly, her small resto and her catering business could not meet the demands of the clients and customers, so she felt it was time to move up to the next level.

Meanwhile, Mrs. Manlapaz used to have a regular customer in the person of Architect Jhong F. Naguit. Being a native of Sto. Tomas and a brother of the town mayor, he envisioned Sto. Tomas to be not just a pottery and casket making center of the province but

also a haven of delicious food and good place to eat. Thus, with the collaboration of two individuals, Funnside Ningnangan was born. Its name was derived from Mrs. Manlapaz's resto FUNNSIDE where Architect Naguit added NINGNANGAN, a Kapampangan word which means, IHAWAN or GRILL.

Their first Funnside Ningnangan baby was born on September 09, 2011 at San Matias. They started simple but later on, customers could not get enough so after ten months of operation, they expanded. From a 15, Funnside San Matias now has 500 seating capacity. Ten months after, Funnside Ningnangan Angeles City was opened. The resto of Mrs. Manlapaz in Apalit was converted to Funnside Ningnangan, Apalit with 430 seating capacity.

That's where it all started. At present,

they now have branches in San Matias, Apalit, Angeles, San Fernando, Guagua, Mexico, Gapan, Pulilan, Sta. Maria, Guiguinto, Marilao, Caloocan, and Dinalupihan. Thirteen branches all in all in just a matter of 8 years. Funnside Ninangan is soon to operate in Kawit starting July 27, 2019. Another site is currently under construction in Bacoor. Cavite. It's vision. of growing from 7 to 20 stores by the year 2020.

What makes it different from any other Kapampangan restaurants? Funnside Ningnangan, is sure to offer fresh and quality food served in a nipa hut with cooling ambiance and they also have a team of people who make sure you get excellent customer satisfaction beyond your expectations. That is why there is the fun side of Kawit and its neighboring towns. This is something to look forward to, so eat it. Kawit!











SAN MATIAS APALIT ANGELES SAN FERNANDO GUAGUA MEXICO GAPAN PULILAN STA. MARIA GUIGUINTO MARILAO CALOOCAN DINALUPIHAN

GRAND OPENING ON JULY 27, 2019 11:00 AM UNTIL SUPPLIES LAST

