



LGU Imus City opens Isolation Facility to decongest full bed capacity of hospitals

IMUS, Cavite (PIA) --The city government here has formally opened on March 28, the St. Dymphna Isolation Facility in Barangay Palico IV in response to the alarming rise in the number of CoViD-19 cases in the city.

During the blessing and inauguration of the facility, Mayor Maliksi said, the facility presents two basic advantages. The facility offers a comfortable and conducive place to isolate asymptomatic and mild cases for residents who could not afford proper home quarantining, and decongest the hospital's full bed capacity as it will serve as a step-down facility where convalescing CoViD-19 patients can continue the treatment and care until they are fully recovered.

"This way the hospitals can accommodate other patients with moderate and severe symptoms who will be needing immediate medical attention and treatment," added Maliksi.

The 5-storey, 141 room facility can accommodate more than 500 patients (Suspect, Probable or Confirmed) who are asymptomatic or with mild symptoms of the disease.

Patients will be provided food, medicines, and proper medical care thus, the use of the facility will mitigate the chances of the further spread of the infection since the said CoViD-19 cases are limited within the confines of the facility.

Consequently, the Ospital ng Imus (ONI) and the Medical Center Imus (MCI) announced their facilities have reached 'full bed capacity' with the emergency room and CoVid ward of the latter health facility in full capacity as of March 27, 2021.

Due to this situation, hospital officials advised the public to seek treatment from other health care facilities within the city or in neighboring cities.

During his speech, Maliksi shared the LGU in collaboration with the DOH and the City Health Office developed four safe measures for the quick and safe administration of the CoViD-19 vaccines.

First, the vaccination site at the Ospital ng Imus where the official rollout of the vaccination was held, second, the CoViD-19 Drive-Thru Vaccination Site at the Robinson's Place Imus,

and third, the Onsite CoViD-19 Vaccination/Mobile Vaccine Clinic, and lastly, the upcoming conduct of house-to-house vaccination of residents who are not capable of being physically present at the vaccination centers.

Maliksi said, "Ang kulang na lang po ay ang mga bakuna upang makamit natin ang sinasabing 'herd immunity' at mapagtagumpayan natin ang laban sa CoViD-19. Hinihimok ko rin ang mga pamunuan ng ating karatig bayan kung kailangan nila ang tulong para sa pagpapabakuna ng kanilang mga frontliners ay maaari nilang magamit ang CoViD-19 Vaccination sites."

City Administrator Emoy Francisco, DOH DMO-IV Dr. Armida Calvelo-Camposagrado, City Health Officer Dr. Randy Calingasan, President of the St. Dymphna Isolation Facility Mr. Jacky Castro Chan, and Imus Chinese Community Liaison Officer Ms. Bea Tan attended the significant event. (Ruel Francisco, PIA-Cavite)

Sa bawat programang inihahatid ng ating #Serbisyon MALIKSI sa pag-aksyon kontra COVID-19, lagi nating iniisip ang kapakanan ng mga Imuseño. Kaya naman, upang mas makalinga natin ang mga kababayan nating nahawa ng sakit, pinasinayaan natin ang 500 room Isolation Facility sa Brgy.

Palico IV. Sa pamamagitan nito, masosolusyonan natin ang sumisikip nating mga ospital at matutulungan natin ang mga kababayan nating hindi kakayanin ang gastos ng home quarantine.

Maraming salamat sa Philippine Information Agency para sa pagbabalita ng ating tagumpay sa paglilingkod sa Mahal Nating Imus sa gitna ng pandemya!



#BangonSamala draws support from top rank government executives

The Kawit LGU and other government executives helped victims of the recent fire in Barangay Samala-Marquez.

TRECE MARTIRES CITY, Cavite (PIA) -- The local government of Kawit through the #BangonSamala donation drive received support from top rank government executives to help victims of the recent fire that burned down houses in a residential area in Barangay Samala-Marquez.

Three hundred forty nine (349) families or 1,447 individuals are currently staying in evacuation centers in the municipality: the Binakayan Elementary School, Binakayan National High School, and Florante Ilano Elementary School under the care of the employees of the Municipal Social Welfare and Development Office.

#BangonSamala was established to raise donations in cash or kind to help the families/individuals affected by the tragic fire that happened in the wee hours of March 19, 2021.

On March 21, repre-

sentatives from the offices of President Duterte and Senator Bong Go visited the fire victim evacuees as they brought help in the form of cash assistance, food packs, face masks, face shields, vitamins, and many more.

During their visit, they raffled off bicycles, tablets, and pairs of rubber shoes to lucky winners to somehow alleviate their suffering.

Likewise, DSWD Secretary Rolly Bautista and Assistant Secretary Victor Neri together with other public servants from different government agencies personally came to bring help and somehow bring hope to

(SEE PAGE 3)



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AYUDA APRUBADO NA NI PRRD!

Nagpapasalamat ako kay Pangulong Duterte sa kanyang pagtugon sa ating panawagan na magbigay ng agarang ayuda para sa mga mahihirap na apektado ng ECQ sa NCR, Rizal, Bulacan, Cavite at Laguna.

Patunay ito ng kanyang patuloy na pagmamalasakit at palaging pagdinig sa hinaing ng taumbayan. Dahil dito, around 22.9 milyong mahihirap na katao na bumubuo ng 80 porsyento ng populasyon ng "NCR plus" na naka-ECQ ngayon ang mabibigyan ng ayuda.

Habang limitado ang galaw ng mga tao para maiwasan ang pagkalat ng sakit, limitado rin ang kita at pagkain ng kanilang pamilya. Huwag na nating hayaan na madagdagan pa ang bilang ng nagugutom.

Aprubado na ito ng Pangulo kung

kaya't dapat na bilisan na natin ang pagbigay ng ayuda para makarating agad ang tulong ng gobyerno sa mga dapat makatanggap nito. Sa tulong din ng mga LGUs, dapat mailatag na ang proseso kung paano ito maipapamahagi sa bawat kwalipikadong indibidwal sa paraang maayos, mabilis, at walang bahid ng pulitika o korapsyon.

Sa mga kapwa kong Pilipino, konting tiis lang po. Ginagawa ng gobyerno ang lahat para mapagaan ang hirap na pinapasan ng buong sambayanan. Magbayanihan po tayo para malampasan ang mga pagsubok na ito.

- KUYA BONG GO

<https://www.facebook.com/1647474828693396/posts/3866112253496298/>

SIGA KA BA?

Ni: BRENT MENDOZA



MGA NEGOSYANTE, MULING NAG-AALALA NA BAKA MULING MAG-LOCKDOWN ANG BUONG METRO MANILA

Marami po ngayong lugar sa buong bansa ang muling sumailalim sa lockdown dahil sa pagtaas ng bilang ng COVID-19 cases. Kaya naman halos lahat ng mga negosyante ngayon ay talagang nag-aalala na baka raw mapunta sa wala ang mga inutang nilang puhunan. Nakakabangon na raw sila ng konti at nakakabawi na nang bahagya sa mga lugi nila, pero kung magkaroon na naman daw ng bagong lockdown ay talagang babagsak na raw sila. Napakahirap po talaga ng mga nangyayaring ito sa ating bansa. Marami po talaga ang nagsabing kapag hindi na lumaban sa pagsubok na ito, bibigay ang buhay mo. sana naman ay laban lang at huwag makalimot manalangin sa dakilang pangalan ng Ama sa langit.

Alam po nating lahat na pagsubok ito sa lahat ng taong nabubuhay ngayon sa mundo kaya huwag pong bibitiw. Malalampasan po nating lahat ang pagsubok na ito. Kayu-kayong mga negosyante, tuluy-tuloy lang ang inyong pagnenegosyo. Hindi po kayo dapat sumuko. Malaking tulong kayo sa mga tao upang mabuhay nang maayos. Basta't ang pag-iingat po ay huwag kalilimutan. Ang paggamit ng alcohol, face mask, at face shield ay laging ugaliin. Buhay po nating lahat ang nakasalalay rito. Maging malinis po tayo lagi sa ating mga sarili upang hindi tayo dapuan ng anumang virus na kumakalat.

Sa totoo lang naman po ay mahirap na masarap ang maging negosyante. Bakit po? Ito po kasing pagnenegosyo parang sugal. Mayroong talo, mayroon din namang panalo. I-halimbawa natin ang nagtitinda ng mga prutas, kapag nabulok ang kaniyang isang kahong prutas, iyan po ay kalugihan na ng negosyante. Kaya ang mangyayari, ang presyo, medyo itataas niya para mabawi ang lugi.

Masarap ang pagnenegosyo kung palaging ang kinikita nito ay dire-diretso lang. Marami po talagang nagtaas ng presyo ng bilihin dahil sa mga kahirapang nangyayari. Dahil mayroong pandemya, ang paghahatid ng mga paninda ay naantala sa pagdating. Hirap po talaga ang mga negosyante ngayon, kaya tayo

namang mamimili ay lawakan po natin ang ating mga pang-unawa sa mga negosyante natin. Huwag naman po ninyog baratin nang todo.

Kaya sulong lang mga negosyante. Huwag na huwag po kayong susuko sa anumang pagsubok sa buhay ninyo. Ang Dakilang Ama sa langit ang bahala sa ating lahat dito sa sanlibutan. Nakikita po ng ating Ama ang lahat ng mga nangyayari sa ating buhay. Marami lang talaga ang mga tunay na pasaway sa ating mundo. Kaya po Ama, sana ay matapos na ang mga kaganapan sa COVID-19 na nagpapahirap nang todo sa lahat ng tao sa buong mundo.



Editorial

Parlade pulling down Sobejana?

Southern Luzon Command chief Lt. Gen. Antonio Parlade Jr.'s careless remarks on red-tagging –accusing groups and individuals of have ties with communist insurgents is taking a toll on the appointment of AFP chief Lt. Gen. Cirilito Sobejana. The confirmation by the Commission on Appointments (CA) of Sobejana's appointment is now hanging in a balance as he tried to sit on the fence on the issue of Parlade's "red-tagging" tongue. Facing the powerful CA for the hearing on the confirmation of his appointment, Sobejana refused to make a categorical statement on Parlade's remarks.

Pressed to comment on the Parlade's red-tagging binge earlier, Sobejana said the AFP is not in the position to overrule the "red-tagging" remarks of the SolCom chief and at the same time the spokesperson for the National Task Force to End Local Communist Armed Conflict (NTF-ELCAC). However, Sobejana confirmed that the investigation on Parlade is still ongoing. But, he clarified that although latter is also serving as spokesperson for the NTF-ELCAC, the AFP is an "integral part" of the said task force. "All the statements of Parlade has the 'blessings' (may basbas) of the strategic communication committee of the national task force," Sobejana pointed out.

Senator Risa Hontiveros, a member of the CA, was dismayed by Sobejana's remark, saying that she does not want the military to be associated with some of Parlade's statements. Most senators do not welcome some of Parlade's remarks. I also don't want to ascribe his statements to the AFP, being I myself a widow of a PMAer and an elder sister of a Philippine Navy marines, Hontiveros said in Filipino. Addressing Sobejana, Hontiveros said in Filipino, "I had a lot of trust and hope that, at least, red-tagging would be avoided when you began taking the helm because the AFP is mandated to protect the Filipino people." For his part, Senator Panfilo Lacson pointed out that Parlade is not part of the AFP chain of command in his capacity as NTE-ELCAC spokesperson. "So you cannot say that the AFP is fully supportive of whatever he says as spokesperson of the NTF-ELCAC."

Sobejana maintained that the AFP is fully supportive of the objectives of the NTF-ELCAC. He, nevertheless, told the panel that he has already talked to Parlade regarding his "red-tagging" remarks. He said he called Parlade's attention, telling him that he should be very deliberate with all the things that he does, may it be in words and in action and he should exercise due diligence. Sobejana earlier said Parlade might face sanctions if proven that he violated the AFP's policies on public statements. This was after Parlade slammed Inquirer.net reporter Tetch Torres-Tupas for her story on two Aeta community members who sought help from the Supreme Court after being allegedly tortured by state forces.



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KUTOB NG KAPALARAN

ARIES: (Mar. 21-Apr. 19) Angtagumpayngkapwa ay inspirasyon naitatabi mosaiyongpuso. Magiging tulay mo ito sapag-abot ng mgapang arap. Magtatagumpay kung hindi susuko. Darating ang hepful person namakakatulong sa'yo. Lucky numbers at color for the day ang 33, 26, 49, 12, 21 at cyan blue.

TAURUS: (Abr. 20-May. 20) Lahat ng utang ay dapat bayaran. Masaya ang buhay kapag abot-kaya ang mgahangarin mo. Lucky numbers at color for the day ang 23, 36, 49, 15, 51 at royal purple.

GEMINI: (May. 21-Hun. 21) Harmony at peace ang pairalin ngayon. Lahat ng mararanasan ay magagamit para ma-ging masaganaka. Lucky numbers at color for the day ang 43, 56, 29, 13, 31 at lilac violet.

CANCER: (Hun. 22-Hul. 22) Magiging sensitive ang pang-amoy molalona parasama sarapnapagkain. Kontrolin ang sarili para hindi tumaba. Lucky numbers at color for the day ang 43, 36, 59, 22, 11 at pearl white.

LEO: (Hul. 23-Ago. 22) Lahat ay magiging cooperative sa'yo. Masaya ang buhay mokung sisimulanna ang bagong work. Lucky numbers at color for the day ang 53, 26, 49, 13, 31 at ocean blue.

VIRGO: (Ago. 23-Set. 23) Makikita ang gamit namatagal nang hina-hanap. Ang kailangan lang pala ay maglinis ng iyong paligid. Lucky numbers at color for the day ang 23, 36, 49, 51, 13 at ultra violet.

LIBRA: (Set. 24-Okt. 23) Malaki ang improvement ng iyong mind power. Ito ay effect ng meditation, gamit in kung ano ang meron ka. Lucky numbers at color for the day ang 33, 59, 12, 22, 55 at ruby red.

SCORPIO: (Okt. 24-Nob. 22) Isang life changing event ang mararanasan. Ngayon ihanda ang sarili sapag-angat ng iyong buhay. Lucky numbers at color for the day ang 53, 46, 39, 21, 11 at mint green.

SAGITTARIUS: (Nob. 23-Dic. 21) Kailangan magpa-aura cleansing paramabagoang trend ng buhay. Maaakit ang good vibes. Lucky numbers at color for the day ang 23, 36, 49, 15, 51 at ivory white.

CAPRICORN: (Dic. 22-Ene. 19) Sikapinna ma-deve-lop ang peace at harmony sakalooban. Humility ang pairalin. Lucky numbers at color for the day ang 43, 36, 59, 12, 23 at fuchsia pink.

AQUARIUS: (Ene. 20-Peb. 18) Alagaan ang kalusugan. Merong bagong project nalalagdaan. Tiyak in naniintindihan ang lahat. Lucky numbers at color for the day ang 53, 36, 49, 22, 11 at sun yellow.

PISCES: (Peb. 19-Mar. 20) Makukumpleto ang sales team. Magtatagumpay kung magkakaisa at magmamalasakit. Lucky numbers at color for the day ang 43, 36, 39, 51, 11 at magenta red.

Proven Health Benefits of Okra That Are Based On Science

By Jenny Hills, Nutritionist and Medical Writer Food & Nutrition



Okra has amazing health benefits thanks to having lots of beneficial nutrients, vitamins, and minerals. Okra is not just delicious to eat but can be used to help lower blood pressure and cholesterol levels, improve your mood, and strengthen your immunity. Many people who have diabetes drink okra water to help regulate blood sugar levels.

To get the best benefits from okra, you can use it in various ways in the kitchen. Okra is delicious in stews and soups or you can grill or roast it with some fresh garlic, pickle it, or make a healthy okra drink from the seeds. So, it doesn't matter how you decide to consume okra – raw or cooked – you can use the whole fruit to help boost your health.

In this article, you will learn about the many health benefits of okra and how you can use this healthy vegetable (which botanically is actually a fruit) in your diet. You will also find how recent scientific research has backed up many of the health claims that okra is good for your health.

Okra (*Abelmoschus esculentus*, or *Hibiscus esculentus*) is a flowering plant that grows in warm climates in South America, the Middle East, and in the southern United States. The Encyclopaedia Britannica says that okra is a member of the mallow family (Malvaceae) and produces large yellow flowers. The fruit or pod measures about 4-10 inches (10-25 cm) and only the tender unripe fruit is eaten.¹

Okra becomes gloopy or thick when boiled and therefore is used to thicken many stews, broths, and soups. You can also prepare okra by pickling it, sautéing it, or frying it. In the southern United States, okra is often used in gumbos.

Other names for okra include lady's fingers (or, ladies fingers), bhindi, bendakaya, bamia or gumbo.

Is Okra a Fruit or a Vegetable?

Okra is technically a fruit, but is eaten as a vegetable. From botanical perspective, an edible plant is considered a fruit if it has seeds, whereas if it's seedless, such as roots, leaves and stems, it is considered a vegetable.²¹

In terms of culinary uses, however, many foods that are botanically fruits, but have savory taste rather than sweet, are typically considered vegetables.

Packed with vitamins, minerals, and fiber

Okra is packed with vitamins and minerals and is an extremely nutritious vegetable to include in your diet. Okra also contains a large amount of fiber that can help improve your digestive health and slow down the release of glucose into the bloodstream.

Excellent source of vitamin C

According to the University of Arizona, okra contains impressive levels of essential vitamins that we need to stay healthy. For example, one cup of okra contains about 40% your recommended daily vitamin C needs. This means that okra can help boost your immunity and keep your skin looking healthy.²

Rich in vitamin K

Okra is rich in vitamin K which your body needs to help blood clot properly and prevent bruising and improve bone health.²

Good source of vitamin A

Okra is also a rich source of vitamin A and other antioxidants that help to maintain good vision and rid your body of free radicals and the visible signs of aging.

Contains high levels of magnesium

According to the United States Department of Agriculture, okra also contains high levels of magnesium. Magnesium is an essential nutrient to give you energy, regulate blood pressure, and control blood sugar levels.

Calcium and potassium

Other important beneficial nutrients in okra are calcium and potassium which help maintain good bone health and control muscle function.³

Good source of folate (B9)

Another beneficial nutritional value of okra is that it contains many B-group vitamins. For example, 100 grams of okra contains around 20% of your recommended daily folate (B9) intake. It is known that folate is essential during pregnancy. Your body needs folate and vitamin B12 to prevent anemia and to boost the immune system and brain function.

Low carb vegetable

Okra is also a healthy lower-carb vegetable if you consume low carb diet.

Taking into consideration the many health benefits of okra, it's not difficult to see why this wholesome pod can help boost your health. Let's look at what scientific research has revealed as to the benefits of consuming okra.

One of the best reasons for consuming more okra is that it is packed full of nutrients that are essential for good health.

The journal Food Science & Nutrition stated that okra is a rich source of vital nutrients required by the body to maintain a healthy immune system. The researchers stated that among the beneficial nutrients found in okra are:⁴

Calcium that is needed for strong bones and healthy teeth.
Iron to keep your blood healthy and produce red blood cells.
Potassium for maintaining normal blood pressure levels.
Zinc to help protect DNA and strengthen your immune system.

Antioxidants that help to eliminate free radicals from your body and protect against diseases.

Dietary fiber to improve the health of your digestive system.

The researchers concluded that okra is a rich source of mineral, vitamins, and nutrients in the diet.

Boosts energy

If you suffer from fatigue and a general lack of energy, consuming more okra in your diet can help to boost your energy naturally.

The journal Nutrients published a study showing that okra contains anti-fatigue properties. Certain enzymes and nutrients in the seeds of the okra plant reduce levels of blood lactic acid and other chemicals that affect feelings of fatigue. The research found that okra seeds have anti-fatigue properties and okra pods are rich in antioxidants.⁵

Helps lose weight

There are a number of ways that okra can help you shed pounds of excess weight quicker than you might imagine.

As research in this article has shown, okra is a rich source of dietary fiber, and consuming okra in meals will keep you feeling fuller for longer. Also, okra is very low in calories but high in vitamins in nutrients. This means that okra can help to nourish your body without piling on extra pounds of excess body fat.

Controls cholesterol levels

You can help reduce cholesterol levels in your blood by eating more okra in your diet. Not only does okra contains no fat, it also has compounds that actively reduces "bad" cholesterol (or, low-density lipoprotein, LDL cholesterol).

According to research published in the journal Phytotherapy Research, components in okra reduce fat cells in the blood. In an animal study, dried okra powder was added to the diet, and after 8 weeks the total cholesterol in blood was lower. It was also found that raw okra can help to manage conditions associated with high LDL cholesterol and other metabolic disorders.⁶

Apart from using okra to control or lower cholesterol levels, there are other ways of lowering cholesterol naturally. These include eating more fiber, reducing the amount of unhealthy fat in your diet, and consuming more omega-3 and healthy fats.

Regulates blood sugar levels

One of the many health benefits of okra is that it helps to prevent blood sugar levels spiking after a meal.

A review of medical literature on the benefits of adding okra to a diet found that okra is a food that has a hypoglycemic effect. Over time, okra extracts can reduce levels of glucose in the blood and can be useful in managing type 2 diabetes.⁷

PALACE SUPPORTS BONG GO'S PROPOSAL TO PROVIDE MORE "AYUDA" AS PRRD INSTRUCTED FINANCE MANAGERS TO STUDY THE PROVISION OF ADDITIONAL SOCIAL AMELIORATION FOR POOR FILIPINOS

Senator Christopher Lawrence "Bong" Go shared on Thursday, March 25, that President Rodrigo Duterte has asked government finance managers and concerned agencies to study the proposed provision of additional financial assistance to poor Filipinos through an expanded Social Amelioration Program.

This came after the National Economic Development Authority reported that 3.2 million or 23% of Metro Manila's population are experiencing hunger. The pandemic has also adversely affected employment and livelihood of most sectors in the country.

"Opo, nagbigay na po siya ng instruction kay Secretary (Carlos) Domiguez III at Secretary (Wendel) Avisado na hanapan po, at ngayon pinag-aaralan na po nila nang mabuti kung saan po nila makuha 'yung pondo," Go shared during a radio interview.

Presidential Spokesperson Harry Roque confirmed this during a virtual presser, saying that Malacañang supports Go's proposal to provide more assistance to poor Filipinos amid the spike in COVID-19 cases. "Sumasang-ayon po kami kay Senator Bong Go," he said.

Go emphasized that addressing hunger, unemployment and poverty among Filipinos is a priority concern for the government.

"Ang importante naman po dito ay wala pong magutom. Ang akin po rito ay 'yung walang magutom, may makain sila, at may pantawid po sila dito sa krisis na ating kinakaharap," he said.

During President Duterte's Talk to the People address on Wednesday, NEDA reported that 3.2 million people or 23% of National Capital Region residents experience hunger due to the economic impact of the pandemic on their lives and livelihoods.

NEDA also revealed that there are 506,000 individuals presently jobless in the NCR. The economic restrictions are also reported

to cost people in the NCR and adjacent provinces a loss totaling to PHP700 million in wages per day.

In the interview, Go enjoined concerned officials to work together to find the funds needed to further help Filipinos, especially those whose lives and livelihoods are adversely affected by tighter restrictions which were re-imposed to stop the spread of COVID-19.

"Actually, last week pa po na nakausap ko si Secretary Dominguez. Sabi ko, alam n'yo po na naghihirap 'yung mga kababayan natin at talagang marami po ang nagugutom base po sa study ng NEDA," shared Go.

"At ngayon pa nagkaroon ng (more restrictions), itong mga pagsasara... nagkaroon ng bubble itong sa Metro Manila tsaka sa kalapit probinsya. Sabi ko, pwede bang pag-aralan ninyo kung pwede pang mahanapan ninyo ng paraan, na kahit makabigay man lang ng konting ayuda sa ating mga kababayan," he added.

He emphasized the need for cooperation among government agencies in aiding Filipino families affected by the COVID-19 pandemic not just in Metro Manila, but throughout the country.

"Sabi ko nga, 'wag lang limitahan rito sa Metro Manila kung hindi sa buong bansa. Dahil talagang tumataas po talaga 'yung mga bilang ng mga nawalan ng trabaho," he said.

"Ito pong mga nawalan ng trabaho, may mga pamilya po ito. Mayo'n po itong mga binubuhay, may mga anak rin po itong pinapakain," Go added.

Go also asked the De-

partment of Social Welfare and Development to prevent issues on conflicting lists of beneficiaries and improve the distribution system for the government's various assistance programs.

"Sabi ko nga sa DSWD, na siguraduhin po 'yung numero, na katulad dati na 'pag bigay nila marami pang hindi nabigyan po kaya talagang (maraming naghirap) and I'm sure right now may mga listahan na sila, data, numero kung ilan po 'yung dapat bigyan para hindi na po magkagulo at mahirapan 'yung iba na hindi po makatanggap," he said.

Meanwhile, Go continues to remind the public to continue cooperating with authorities, remain vigilant, and strictly follow health protocols to prevent the further spread of the virus.

"Ako po'y nakikiusap sa mga kababayan natin. Huwag tayong magkumpiyansa. Follow health protocols, social distancing, mask, face shield, hugas ng kamay. Kung hindi naman kailangan, huwag munang lumabas ng inyong pamamahay, delikado pa po," he reminded in his past statements.

"Huwag tayong maging kampante. Disiplina po ang kailangan dito ng bawat Pilipino. Sumunod tayo sa gobyerno habang nag-uumpisa tayo sa pagbabakuna. Napatunayan naman po na 'pag nag-mask, face shield, social distancing, at hugas ng kamay — napatunayan na higit 90% po na hindi po magkahawahan," he added.

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'Wonder Juanas' of Imus city celebrate activity-filled Women's Month
The Women's Trade Fair is one of the City of Imus' various activities slated for Women's Month.

IMUS CITY, Cavite, (PIA) --The Imus City Government through the Gender and Development (GAD) Unit prepared various activities in recognition of the remarkable women in the city in line with the celebration of the National Women's Month amid the ongoing health crisis.

A kick-off ceremony for the month-long celebration was held March 1 with the attendance of all women employees of the city government, the Imus PNP, Imus BJMP, BFP Imus FS Cavite, and the GAD Unit.

City Council Secretary and GAD Focal Point Person Jem Yulo Guinto together with VAWC Team distributed food packs to indigent women, buntis kits containing alcohol, cotton balls, maternity pads to expectant mothers, and washable face masks to the employees in the different offices of the city government.

Female employees of the BFP Imus Fire Station facilitated the flag-raising ceremony on March 8, 2021 as feature to the Women's Day celebration.

The 3rd City Government Women Employees' Forum was then conducted on March 12 with the participation of female employees of the offices of the city

trepreneurs.

And most recently, the Women's Month Job Fair was held by the City of Imus Public Employment Services Office (PESO) at the Robinson's Place Imus with City Mayor Manny Maliksi and his wife, Mrs. Jelyn Maliksi, facilitating the program. Several companies and business establishments operating in the city participated in the job fair to look



Naging matagumpay ang Bloodletting Program ng ating Imus SDO na may temang 'Dugo ko, Alay ko para sa Bidang Imuseño'. Sa tulong ng ating mga school personnel, police force, at mga magulang, nakapagtala tayo ng 216 blood bags sa isinagawang bloodletting program.

Maraming salamat sa ating SDO sa pangunguna sa programang ito at pinasalamatan din natin ang lahat ng mga guro, school personnel, mga pulis, at mga magulang na nag-alay ng dugo para sa kanilang kapwa.

Maraming salamat din sa The Cavite Rising para sa pagbida ng ating programa!

against women and children were reported.

Another scheduled activity was the holding of the Women's Trade Fair in partnership with the Imus First Women Cooperative on March 18 at the Activity Center of The District Imus headed by the City's First Lady and wife of Mayor Maliksi, Jelyn Laosantos Maliksi that showcased the unique products and services of the different Imuseña en-

for qualified candidates for their manpower requirements and to give an opportunity for employment to female jobseekers in the city.

Several upcoming activities and events are to be expected in the coming days in continuation of the Women's Month celebration this month in support to all Wonder Juanas of the city of Imus. (Ruel Francisco, PIA-Cavite with reports from the city government of Imus

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