

The Lord is like a strong tower, where the righteous can go and be safe.

Proverbs 18:18

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Be alert, stand firm in the faith, be brave, be strong.

1 Corinthians 16:13

Cavite schools welcome students fleeing Taal

Education officials in Cavite have adjusted class schedules in the province's schools to accommodate students displaced by the eruption of Taal Volcano in nearby Batangas province.

As of Jan. 21, data from the Department of Education (DepEd) in Cavite showed there were 227 "displaced learners" from Batangas, out of the 5,111 people seeking shelter in evacuation centers or staying with relatives in the province.

These "emergency transfers" will have to be admitted "on a temporary basis (but) must be treated as regular students," said Rommel Barredo, Cavite schools division superintendent.

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REGIONAL DEVT COUNCIL, Bataan Governor Albert Garcia (seated at the center), chairperson of the Regional Development Council-3, presides over the 16th RDC Central Luzon Full Council meeting in Balanga City, Bataan on Jan. 22, 2020. RDC-3 is pushing for the construction of Bataan-Cavite Interlink Bridge. (Photo by Ernie Escande)

RDC-3 pushes for P175-B bridge to connect Cavite and Bataan

BALANGA CITY, Bataan — A 32.15-kilometer bridge to connect Cavite and Bataan crossing through Manila Bay is among the major projects being pushed for construction by the Regional Development Council in Region 3 (RDC-3).

This was announced by Bataan Gov. Albert Garcia, RDC-3 chairperson, in the 16th Central

Luzon RDC Third Full Council meeting held at the Bunkers seat of the provincial government, in this city last Jan. 22. Garcia said the amount approved by the

cabinet committee of the National Economic and Development Authority (NEDA) for the project is PHP178.7 billion. About 60 percent will be sourced from foreign funding while the remaining 40 percent will be the national government's counterpart.

The governor said

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DIYARYO KABITENYO

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Papi

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Solving a biological puzzle: How stress causes gray hair

When Marie-Anne Bennett was captured during the French Revolution, her hair reportedly turned white overnight. In more recent history, John McCain experienced severe injuries as a prisoner of war during the Vietnam War — and lost color in his hair.

For a long time, an-

cientists have connected stressful experiences with the phenomenon of hair graying. Now, for the first time, Harvard University scientists have discovered exactly how the process plays out: stress activates nerves that are part of the fight-or-flight response, which in turn cause permanent dam-

age to pigment-producing stem cells in hair follicles.

The study, published in *Nature*, advances scientists' knowledge of how stress can impact the body.

"Everyone has an anecdote to share about how stress affects their body, particularly in their skin and hair — the

only tissues we can see from the outside," said senior author Ya-Chieh Hsu, the Abbot and Ebita Star Associate Professor of Stem Cell and Regenerative Biology at Harvard. "We wanted to understand if this connection is true, and if so, how stress leads to changes in diverse tissues."

(CAVITE... from page 1)

DepEd personnel were still standing to get their numbers of displaced students

right as the figures kept changing by the hour, said Elias Alvarez, the assistant schools division superintendent.

"Like now, we just got reports of... evacuees moving in to Rosario House in Cavite. But Rosario is already too far (from Taal Volcano in Batangas)," Alvarez said in a telephone interview.

DepEd advised parents to enroll their children in schools closest to their temporary shelters or evacuation centers.

Not only the stu-

dents, but displaced teachers, too, should be allowed to teach in Cavite schools, Bautista said.

As schools reopened in most parts of Cavite, DepEd said classes were held in "shifts" to allow more students to use the classrooms.

This was being done in the towns of Alfonso (elementary schools of Alfonso, Marikina, Rosa G. Acuña), Gen. Emilio Aguinaldo (elementary schools of Balite and Castañeda), Indang (Indang Central School), and Silang (elementary schools of Ailas, Balite I, Blas, Matias na Baril and Samal).

Another option was to squeeze the normal

(RDC... from page 1)

Bataan-Cavite Interlink Bridge will connect Mariveles, Bataan to Corregidor and New Cavite. It involves the construction of a first-lane, two-lanes each direction bridge starting from Barangay Alasasin in Mariveles crossing Manila Bay

five-day class schedule in high school into three days "to allow [other students] to use the facility," Alvarez said.

In some schools, only a few classrooms were being used as evacuation centers.

"We're looking at

and ending in Barangay Timulan, Naic.

Two navigation bridges, interchanges, land viaducts, turnaround facilities, special span bridge near Cavite coast, toll plaza and administration building will be constructed.

Bautista provided fast moving all the evacuees together (in one school or shelter) so there would only be one direction for the flow of people," Alvarez said.

Bautista said the government would allot funds for schools serving as evacuation cen-

ters for its cleanup and facility maintenance.

Gen. Juanito Vicks Remulla said the province, even with less visible damage from Taal's eruption, was placed under a state of calamity to allow the provincial government to use

its P15-million calamity fund to cover for over 15,000 evacuees from Batangas.

DepEd said classes were still suspended in the towns of Amadeo, Mercedes, Tagaytay City, and partly in Alfonso and Silang in Cavite.

hours to 45 minutes," Garcia said.

The project will be finished in six years or in 2026.

Under RDC-1 are the provinces of Bataan, Zambales, Pangasinan, Bulacan, Nueva Ecija, Tarlac, and Aurora (PNA).

Under RDC-2 are the provinces of Batangas, Cavite, Laguna, Marikina, and Quezon.

Under RDC-3 are the provinces of Aklan, Antique, Capiz, Iloilo, Negros Occidental, Negros Oriental, and Zamboanga.

REPUBLIC OF THE PHILIPPINES
 Third Judicial Region
 Regional Trial Court
 Branch 20,
 Iloilo, Cebu

PHILIPPINE SAVINGS BANK,
 Mortgagee,
 -vs-
 -Defendant-
 First Judicial Jurisdiction of First
 Estate Mortgage Under Act No.
 3115, in Ancestral, Republic Act
 No. 4131

**SPS. JEFFERSON BAUTISTA NATURAL AND
 NIEVA HABILADO NATURAL,**
 Mortgagees,
 -vs-
 -Defendants-

PC No. 0000-19

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial notice for sale under Act 3115 as amended by Act 4131 filed by **PHILIPPINE SAVINGS BANK**, with office address at **Palanca Center, 77 Palanca Street, Pasig City, Manila City** against **SPS. JEFFERSON BAUTISTA NATURAL AND NIEVA HABILADO NATURAL**, with residence address at **Lot 77, Road Lot 41, Village Place 74, Pampang Branch, Iloilo, Cebu**, a lot 77, in **Agusan St. St. Tereza House 1, Malina V. Baccot Credit to build the mortgage instrument which is of November 22, 2019 amount to ONE MILLION FIVE THOUSAND SEVEN HUNDRED SEVENTY PUNGS & 90/100 (P1,500,790.10) Philippine Currency, including interest and penalty charges, attorney's fees, sheriff's fee and all other charges incidental to this foreclosure and sale, the undersigned Sheriff's Office will sell, according to **FORNAY, ILDEFONSO** and **ORLANDO N. MEDINA** with residence address at the Office of the Clerk of Court, PTC, Multiple Units, Suburban Katangay, Agusan Highway, Iloilo, Cebu, to the highest bidder for cash and in Philippine Currency the following property: -#- of the approximate theme, to-wit:**

**TRANSFER CERTIFICATE OF TITLE
 No. 87-2188223**

A PORTION OF LAND LOT 11 OF THE CONSOLIDATED SUBDIVISION PLANS NO. 0642045, BEING A PORTION OF THE CONSOLIDATION OF LOTS 10, 11, BLOCK 77, PCS-48-0281, LRC REC. NO. 8861, SITUATED IN THE BARANGAY OF PANGANG BEACH, MUNICIPALITY OF DABO, PROVINCE OF CAVITE, DIVISION OF LUTON, INCORPORATED ON THE SURVEY LINE LOT 11 OF THE CONSOLIDATED PLANS OF THE MALABON LINE 23 BY ROAD LOT 41, 806 M WIDE, PCS-06-08031, ON THE HWY ALDRIG (JNG. 14 BY LOT 15, OF THE MALABON LINE 4) BY LOT 16, EITHER THE CORN. 21 2ND PLAN, BEING IN A CITY PROPERTY MARKET TO A CANTONADIAN AREA OF FIFTY FIVE (55) SQ. METERS x x x

All stated lot 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 **February 18, 2020 at 10:00 a.m.** without prior notice.

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

Iloilo, Cebu, Philippines, November 11, 2019

(Sgd.) **KARLENO P. PAGUNSAN, JR.**
 Sheriff IV

Approved:
 (Sgd.) **REGALADO E. REBERDO**
 Clerk of Court VI
 Ex-Officio Sheriff

Copy furnished:
PHILIPPINE SAVINGS BANK,
 Palanca Center, 77 Palanca Street, Pasig City, Manila City

**SPS. JEFFERSON BAUTISTA NATURAL AND
 NIEVA HABILADO NATURAL,**
 Lot 77, Road Lot 41, Village Place 74, Pampang Branch, Iloilo, Cebu
 88, A Lot 77, Katangay St., Tereza House 1, Malina V. Baccot, Cebu

Publication Date: **DIARYO KABITENYO**
 January 11, 20 & 21, 2020

**EXTRAJUDICIAL SETTLEMENT
 OF THE ESTATE OF MANUEL VELAZCO MEDINA**

NOTICE is hereby given that the estate of the late **MANUEL VELAZCO MEDINA** who died intestate on January 2, 2019 in Muntinlupa City, consisting of the following properties:

1. 1/2 share (344.44 sq. m.) in a lot measuring 1,140 sq. m. located in Subaan, Silang, Cavite covered by TCT No. T-89582
2. 1/2 share (95.96 sq. m.) in a lot measuring 227 sq. m. located in Subaan, Silang, Cavite covered by TCT No. T-89393
3. 1/2 share (127.57 sq. m.) in a lot measuring 412.8 sq. m. located in Tagaytay City covered by TCT No. T-89381
4. 1/2 share (18 sq. m.) in a lot measuring 234 sq. m. located in Iloilo, Silang, Cavite covered by TCT No. 076-201700912
5. 1/2 share (500 sq. m.) in a parcel of land measuring 2,400 sq. m. located in Iloilo, Silang, Cavite covered by TD No. 18-002-00109
6. 1/2 share (139 sq. m.) in a lot measuring 278 sq. m. located in Subaan, Silang, Cavite, covered by TCT No. T-160789
7. A lot measuring 288 sq. m. located in Subaan, Silang, Cavite, covered by TCT No. T-160788
8. A residential house located in Poblacion 1, Silang, Cavite measuring 199 sq. m. and covered by TD No. 18-001-90015
9. A two-story structure measuring 21 sq. m. located in Poblacion 1, Silang, Cavite covered by TD No. 18-001-00014
10. ALFM Money Market Fund, Inc. (BPI Investment Management, Inc.) in the amount of P253,838.72 as of November 6, 2019
11. Toyota Camry more particularly described under COR No. 9196298410 with plate No. ADA4019 appraised at P90,000.00
12. Toyota Fortuner more particularly described under COR No. 281882233 with plate No. YF7945 appraised at P90,000.00

has been administered and acceptably settled by and between his heirs and beneficiaries the following property to equal shares, pro rata, to-wit:

TCT No. T-89582 (No. 1 share)
 TCT No. T-89583 (No. 2 shares)
 TCT No. T-89391 (No. 2 shares)
 TCT No. 076-201700912 (No. 4 shares)
 TD No. 18-002-00109 (No. 4 shares)
 TCT No. T-160786 (No. 2 shares)
 ALFM Money Market Fund (No. 10 shares)
 Toyota Camry (No. 11 shares)

That **ROLANDO N. MEDINA**, widow and co-recipient his share, rights and participation in the following properties:

Residential house - TD 18-001-00015 (No. 4 shares)
 -Lottery structure - TD No. 18-001-90015 (No. 4 shares)
 Toyota Fortuner (No. 12 shares)

That **XAVIER VELAZCO MEDINA** widow and co-recipient his share, rights and participation in TCT No. T-160781 (No. 4 shares)
 on December 21, 2019 in Silang, Cavite before Hon. Judge Public Atty. Gen. M. Delgad-Moray and seated in her Social Register in Oct. No. 418, Page No. 83, Book No. 1, Series of 2019

(Sgd.) **ROLANDO VELAZCO MEDINA**
 for himself and as Attorney-in-fact of **XAVIER VELAZCO MEDINA**

Publication - **DIARYO KABITENYO**
 Date - January 11, 20 & 21, 2020

Republic of the Philippines
 City Civil Registry Office
 Province of Cavite
 City of Iloilo

NOTICE OF PUBLICATION

In compliance with section 5 of E.A. 1041, a notice is hereby served to the public that **CONCEPCION S. LACSON** has filed with this Office petition for change of first name from **MARIA CONCEPCION** to **CONCEPCION** in the birth certificate of **MARIA CONCEPCION HABILADO** who was born on **November 21, 1956** at **Iloilo, Cebu** and whose parents are **ALBERTO T. LACSON** and **PIRELLA ABRAJ**

Any person adversely affected by said petition may file his written opposition with this office not later than **February 5, 2020**

(Sgd.) **VIOLETA P. SAÑEZ**
 City Civil Registrar

DIARYO KABITENYO - January 28 & 29, 2020

Republic of the Philippines
 Local Civil Registry Office
 Province: Cavite
 City/Municipality: **San Mateo**

NOTICE FOR PUBLICATION

In compliance with Section 5 of Republic Act No. 9048, a notice is hereby served to the public that **HELETA C. PLANSAL** has filed with this office a petition for change of last name from **JULIA R. JULIETA** to the first surname of **JULIA ARNELA CALAZAN**, who was born on **04 JULY 1951** at **ROSARIO, CAVITE** and whose parents are **ALBERTO A. CALAZAN** and **RELLA A. ARSEDO**

Any person adversely affected by said petition may file his written opposition with this office not later than **01 February 2020**

(Sgd.) **MARIA ROSARIELA SURIANO**
 Municipal Civil Registrar

DIARYO KABITENYO - January 20 & 21, 2020

Engineered capillaries model traffic in tiny blood vessels

Engineered human capillaries are providing an astounding view of how red blood cells transit ultra-small blood vessels.

This new platform was used in a recent study to learn how severe malaria infection causes red cells to get stuck in blood microvessels. As they accu-

mlate, the parasite-infected red cells obstruct the narrowest reaches of blood flow in the body.

The way the 3D microvessel model was created with living cells, and the findings it helped glean on the mechanisms of microvessel obstruction by severe malaria infection.

EXTRA-JUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the estate of the late LEONILDO ESTERAN SOTABENTO also died intestate on May 20, 2019 at Zamboanga del Norte Medical Center Hospital, Davao City, Zamboanga del Norte, consisting of the following:

NATURE	ACCOUNT NUMBER	BALANCE
A. PENSAWATON	00000000000000000000	125,210.11

All deposited and retained with the Bank of PNH (Pura) Branch, TANZAN, CAVITE BRANCH.

I, as being the subject of Extra-Judicial Settlement of Estate by and among his heirs, executing this representation, intend, to release the Bank of Pura (Pura) Branch, TANZAN, CAVITE BRANCH, to allow them to withdraw the above amount;

For and in consideration of the said withdrawal, release, they hereby expressly and absolutely release, release and forever discharge the Bank of Pura (Pura) Branch, to administration and savings under any of its officers or employees, from any and all claims, suits, actions or causes of action which they, their successors or assigns may have or in the future may have against the said Bank in connection with the withdrawal, and they hereby further obligate themselves jointly and severally, to indemnify the said Bank, its administrators and savings under its officers or employees for any loss or damage which they may sustain arising out of any claim, suit or proceeding initiated by any third person or entity, whether private or governmental including, but not limited to, claims by excluded beneficiaries, claims by the government, and whatever, further that MARIA JUANA A. SOTABENTO and SALO CESAR A. SOTABENTO do hereby waive their rights, interests, and participations and participations deposited in the said account in favor of SOTABENTA A. SOTABENTO her heirs, assigns and successors on or after January 17, 2020 in Davao, Cebu, Philippines before Notary Public Atty. Hector V. Dignos-Arta and entered to the National Register at Doc. No. 2019-1 Page No. 54, Book No. XXXI, Series of 2020.

(Sgd.) JAB Heirs

Published by: DIVAYO KABITENYO

Date: January 27, 2020 and February 1, 2020

Mapping the cumulative health effects of environmental exposures

Over the last two decades, the health sciences have been transformed by genomics, which has provided insights into genetic risk factors for common disease. While powerful, the genomic revolution has also revealed the limits of genetic determinants, which account for only a fraction of total disease risk. A new article in the

School of Public Health, Utrecht University, the Netherlands, University of Luxembourg, and Northwestern University reviews progress in assessing the components of the exposome and its implications on human health.

"Our genes are not our destiny, nor do they provide a complete picture of our risk for disease," says senior author Gary Miller, PhD, Vice Dean for Research Strategy and Innovation and professor of environmental health sciences at the Columbia Mailman School. "Our health is also shaped by what we eat and do, our experiences, and where we live and work."

Less than half of the nongenetic risk burden for disease is accounted for, suggesting the existence of environmental risk factors, exposure to which may largely be preventable," says first author Roel Vermeulen, Professor of Environmental Epidemiology and Exposure Science at Utrecht University. "With growing recognition of the important role nongenetic factors play in disease,

Republic of the Philippines
REGIONAL TRIAL COURT
Fourth Judicial Region
Branch 100
Cavite, Cavite

NATIONAL HOME MORTGAGE FINANCE CORPORATION,
Mortgagee

SCJ-CMA-2899-20
Re: Remittance of Trial Estate
Mortgage under Act No. 3173, as amended

PLACIDO C. BENTEZ, married to
MA. OLGA P. BENTEZ,
Mortgagee

vs.

NOTICE OF SHERIFF'S SALE

Upon Extra-Judicial process for sale under Act 3173, as amended by Act 4119 filed by the mortgagee, NATIONAL HOME MORTGAGE FINANCE CORPORATION, with postal address at 104 Antonio St., Legaspi Village, Makati City against the mortgagee, PLACIDO C. BENTEZ, married to MA. OLGA P. BENTEZ, with postal address at 131-13131, Joseph Sube, Alvarado, Las Pilas, Marikina and 131-13131, B/P Plaza Casa de Montserrat, Subd., G.M.A., Carmona, and for the satisfaction of the mortgaged debt which as of November 30, 2019 amounts to P90 MILLION ONE HUNDRED EIGHTY THREE THOUSAND THREE HUNDRED EIGHTY THREE PESOS AND 52/100 OF PISO, LITRICAL, and in full of all legal fees and expenses incidental to the foreclosure and sale, the undersigned or his duly authorized representative will sell in public auction on **March 5, 2020** at 10:00 o'clock in the morning or soon thereafter but not later than 6:00 o'clock in the afternoon at the Court Room of Branch 100, Regional Trial Court, Hall of Justice Building, Cavite, Cavite to the highest bidder for CASH or MANUSCRIPT CHECK, in Philippine currency, the mortgaged property (as with all the improvements thereon) as:

TRANSFER CERTIFICATE OF TITLE NO. 1259984

IT IS HEREBY CERTIFIED that certain land situated in the Municipality of Carmona, Province of Cavite, bounded and described as follows:

"ARABELL OF LAND II" of 23, 284.79 of its total plus, Pgd-4-809984 being a portion of parcel-2, Pgd-04-094032, L.R.C. No. 21661, situated in the Block of Carmona, Province of Cavite, bounded on the SE, along 146 x 2 by Road Lot 15, on the SW, along 146 x 2.5 by Lot 22, on the NW, along 146 x 2.5 by Lot 2, on the NE, along 146 x 1 by Lot 19, all of Block 19, of the said Block, beginning at a pt. marked "1" on plan, being N. 81 deg. 47' 30", 1122.07 m. from HLLM No. 14, Carmona, Cavite, fixed 9-71 deg. 58' 15" E. 15.00 m. to pt. 2, being S. 71 deg. 17' 15", 12.00 m. to pt. 3, S. 71 deg. 38' 30", 18.00 m. to pt. 4, N. 18 deg. 32' 30", 15.00 m. to the pt. of beginning, containing an area of **ONE HUNDRED FIFTY (150) SQ. METERS**, all pts. referred to are indicated on the plan and are marked on the ground by P.S. (pl. conc. 9999) 15.00 m. bearings true date of sale, survey April 14, 1940 to July 11, 1941 and that of the said survey, June 7-12, 1944 and was approved on July 19, 1944."

NOTHING FOLLOWING

Proprietors, heirs and/or holders are hereby required to investigate for themselves the title of the said property and the encumbrances thereon, if there be any.

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

In the event the public auction cannot be held on the said date and time, it shall be held on **March 12, 2020** at the same time and place unless further notice.

Cavite, Cavite, January 16, 2020.

(Sgd.) BON GERARDO B. ASCANO
Clerk of Court
& Ex-Officio Sheriff

Prepared by:
(Sgd.) JOSEPH R. BORDENO
Sheriff in Charge

Cable Remittance
NATIONAL HOME MORTGAGE FINANCE CORPORATION
104 Antonio St., Legaspi Village
Makati City

PLACIDO C. BENTEZ acts MA. OLGA P. BENTEZ
1. 12312 St. Joseph Sube,
Alvarado, Las Pilas City, Marikina
2. 131 B/P Plaza Casa de Montserrat Subd.,
G.M.A., Carmona

Published by: DIVAYO KABITENYO
Date: January 27, February 1 & 16, 2020

AFFIDAVIT OF SELF-ADJUDICATION

NOTICE is hereby given that the estate of the late **TRINIDAD ARCA VDA. DE FIGUEROA** who died testate on November 18, 2009 at Tanna Family General Hospital & Pharmacy located at Barangay Duang Amaza II, Tanna, Camero, consisting of a parcel of land the document is the registered owner, described as LOT No. 701, A situated in the Municipality of Tanna, Prov. of Camero with an area of TWO HUNDRED FORTY EIGHT (248) square meters situated by Transfer Certificate of Title No. T-103313 of the Registry of Deeds for Camero Province has been self-adjudicated by her wife **ROSALBA A. BANGONDIAN**, on January 15, 2019 at the Municipality of Tanna, Province of Camero, Philippines before Notary Public Atty. **MAURICIO ANGE** and entered in the Notary Register as Doc. No. 76, Page No. 16, Book No. XXXVII Series of 2019.

(Sgd.) Sole Heir

Publication: **DIYARIO KABUTINYO**
Date: January 27, February 3 & 10, 2020.

EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

NOTICE is hereby given that the estate of the late **ELEAZAR VILLACRUZ VDA. DE AGUILAR and JOSEFINA REYES VILLACRUZ** who both died testate on October 29, 1988 at Camero City and on May 17, 1998 at Manila Central Macla, consisting of a parcel of land and a house together with all the appurtenances located therein, located at 305 San Luna St., San Roque, Camero City, covered by TCT No. 14729 containing an area of Three Hundred Six (066) Square Meters, more or less, has been adjudicated and extrajudicially settled by and between their heirs with waiver of claims, rights and participation in the above-described property in favor of **LEONARDO VILLACRUZ AGUILAR** on July 12, 2019 at Camero City before Notary Public Atty. **SEAN V. AGUIRRE** and entered in the Notary Register as Doc. No. 1132, Page No. 204, Book No. 13, Series of 2019.

(Sgd.) Both Heirs

Publication: **DIYARIO KABUTINYO**
Date: January 27, February 3 & 10, 2020.

Novel Coronavirus that recently emerged in China

The new cluster of viral pneumonia cases originating in Wuhan, China, marks the third time in 20 years that a member of the large family of coronaviruses (CoV's) has jumped from animals to humans and sparked an outbreak. In a new JAMA Viewpoint essay, Anthony S. Fauci, M.D., director of the NIH's National Institute of Allergy and Infectious Diseases (NIAID), looks back at two earlier novel CoV outbreaks that initially caused global havoc and describes steps needed to contain the current one.

Dr. Fauci and his co-authors, Hilary D. Marston, M.D., M.P.H.,

EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the estate of the late **GREGORIO C. DE CASTRO** who died testate on February 25, 2019 in Philadelphia, USA, consisting of a parcel of land which he co-owned with **WILMA M. DE CASTRO** located in Camero City, covered by TCT No. T-20122 with a total area of Twenty-Five Square Meters (25 sq. m.) has been adjudicated and extrajudicially settled by and between his female heirs as follows:

(Sgd.) Both Heirs

Publication: **DIYARIO KABUTINYO**
Date: January 27, February 3 & 10, 2020.

DEED OF EXTRAJUDICIAL SETTLEMENT OF THE ESTATE OF SPOUSES VICTORINO PAKINGAN and MARIA A. PAKINGAN

NOTICE is hereby given that the estate of the deceased **SPOUSES VICTORINO PAKINGAN and MARIA AFANACHO PAKINGAN** who both died testate on October 21, 2009 at Pasong Saipan I, Ibaan, Camero and on December 01, 2019 at 605 Charleston Drive, Virginia Beach, Virginia, USA, respectively, consisting of one-half (1/2) undivided portion of a parcel of land (Southern Portion-247 sq. meters) without any improvement thereof, located at Anzures 1-E, City of Ibaan, Camero, covered by Transfer Certificate of Title No. T-38395 of the Registry of Deeds for the Province of Camero, containing an area of FOUR HUNDRED EIGHTY SIX (486) SQUARE METERS, more or less, has been adjudicated and extrajudicially settled by and among their female equal heirs, pro indiviso on January 23, 2020 at Ibaan-Camero before Notary Public Atty. **GEMEL B. DALINA** and entered in the Notary Register as Doc. No. 482, Page No. 89, Book No. 1, Series of 2020.

(Sgd.) Heirs: **CARMELITA PAKINGAN-SANTIAGUEI** signing in her own behalf and as attorney-in-fact of **FABRITO A. PAKINGAN, JEXYDA PAKINGAN-GENIDO**, wife of Ricardo Genido, **DELICIA A. PAKINGAN**, and **ERLINDA PAKINGAN-JUACHON**, wife of Felix Juachon Jr.)

Publication: **DIYARIO KABUTINYO**
Date: January 27, February 3 & 10, 2020.

of NIAID) and Catherine L. Paules, M.D., of Penn State University College of Medicine, note that human CoV's historically have been regarded as relatively benign causes of the common cold. In 2002, however, a novel, highly pathogenic CoV emerged in China that caused 8,098

recorded cases of severe acute respiratory syndrome (SARS), including 774 deaths, and cost the global economy billions of dollars. Class public health measures brought the outbreak to an end. Another CoV jumped from animals to humans in 2012 to cause Middle East respiratory syndrome (MERS), unlike SARS-CoV, which has not caused additional human cases since being eliminated within several months of the initial outbreak. MERS-CoV continues to consider due to sporadic transmission from camels – the vi-

Republic of the Philippines
Province of Camero
Municipality of Tanna
OFFICE OF THE MUNICIPAL CIVIL REGISTRAR
RA Form No. 11-1 (LCRC)

NOTICE FOR PUBLICATION

In Compliance with Section 5 of R.A. 9048, a notice is hereby served to the public that **RENANTE LAWANGON OLIVER** has filed in this office a petition for Change of First Name from **"RENANTE" to "RENANTE"** in the Certificate of Live Birth of **RENANTE LAWANGON OLIVER** who was born on December 11, 1979 in San Leonardo, Agusan Del Sur and whose parents are **BENEDICTO NGITLALAN OLIVER** and **SUCRIDAR L. LAWANGON**.

Any person adversely affected by said petition may file this written opposition with this office not later than **18 February 2020**.

(Sgd.) **MARIETA R. LOZANO**
Municipal Civil Registrar

DIYARIO KABUTINYO - January 27 and February 3, 2020.

ous's intermediate host - to people, and limited chains of person-to-person transmission.

The latest CoV to emerge is the 2019 novel coronavirus (2019-nCoV), recognized by Chinese authorities in Wuhan on December 31, 2019. It has spread beyond Wuhan to other Chinese cities and to multiple countries, including at least one confirmed case in the United States. The Viewpoint authors write, "While the trajectory of this outbreak is impossible to predict, effective response requires prompt action from the standpoint of classic public health strategies to the timely development and implementation of effective countermeasures."

Current studies at NIAID-funded institutions and by scientists in NIAID laboratories include efforts that build on previous work on SARS and MERS-CoV. For example, researchers are developing diagnostic tests to rapidly detect 2019-nCoV infection and exploring the use of broad-spectrum anti-viral drugs to treat 2019-nCoV, the authors note. NIAID researchers also are adapting approaches used with investigational SARS and MERS vaccines to jumpstart candidate vaccine development for 2019-nCoV. Advances in technology since the SARS outbreak have greatly compressed the vaccine development timeline, the authors write.

Weight loss and health improvements with Mediterranean, fasting & Paleo diets

There were some weight loss and health benefits for overweight adults who followed the Mediterranean, intermittent fasting and Paleo diets, though adherence to the diets dropped off considerably during the one-year study, new University of Otago research shows.

Intermittent fasting – whereby participants limit their energy intake to about 25 per cent of their usual diet (500kcal for women and 600kcal for men) on two self-selected days per week, led to slightly more weight loss than the other diets. The Mediterranean diet also improved blood sugar levels.

Co-lead author Dr Melissa Ross, a Research Fellow in the Department of Medicine, says

the amount of weight loss was 'modest' – on average two to four kilograms for the 250 participants, but for those choosing the fasting or Mediterranean diets, clinically significant improvements in blood pressure were also seen.

The aim of the research was to examine how effective all three diets were in a 'real world' setting, where participants self-selected which diet they wished to follow, without any ongoing support from a dietitian.

Dr Roy says the evidence shows that for some people the Mediterranean, fasting or paleo (Paleolithic) diets can be 'healthful, beneficial ways to eat'.

"This work supports the idea that there isn't a

single 'right diet' – there are a range of options that may suit different people and be effective. In this study, people were given dietary guidelines at the start and then continued with their diets in the real world while living normally. About half of the participants were still following their diets after a year and had experienced improvements in markers of health.

"Like the Mediterranean diet, intermittent fasting and paleo diets can also be valid healthy eating approaches – the best diet is the one that includes healthy foods and suits the individual."

The Mediterranean diet encouraged consumption of fruit, vegetables, whole grain

breads and cereals, legumes, nuts, seeds and olive oil with moderate amounts of fish, chicken, eggs and dairy and red meat once a week or less.

The paleo diet consists of mostly less-processed foods, with an emphasis on eating fruit and vegetables, animal proteins, nuts, coconut products and extra-virgin olive oil. While 'original' Paleo diets strictly exclude all legumes, dairy and grains, this study used a modified version, including some dairy as well as up to one serving daily of legumes and grain-based food.

Co-lead author Dr Michelle Joseph, a Postdoctoral Fellow in the Department of Medicine, says the results

showed people found the Mediterranean diet to be the easiest to adhere to.

"Our participants could follow the diet's guidelines more closely than the fasting and paleo diets and were more likely to stay with it after the year, as macronutrient ratios showed."

Most of the 250 participants (54 per cent) chose the fasting diet, while 27 per cent chose the Mediterranean and 19 per cent the paleo. After 12 months, the Mediterranean diet had the best retention rate with 57 per cent of participants continuing, with 54 per cent still fasting and 35 per cent still on the paleo diet.

After 12 months, the average weight loss was 4.0kg for those choosing

the fasting diet, 1.8kg on the Mediterranean diet and 1.8kg on the paleo diet.

Reduced systolic blood pressure was observed among those participating in the fasting and Mediterranean diets, together with reduced blood sugar levels in the Mediterranean diet.

Dr Joseph explains participants who said they were still following their diet at 12 months had even more weight loss, showing the importance of choosing a diet that is sustainable.

She believes the results of this study are relevant to the thousands of people following self-chosen diets with little supervision and indicate more realistic outcomes.

High-protein diets boost artery-clogging plaque, mouse study shows

High-protein diets may help people lose weight and build muscle, but a new study in mice suggests they have a down side: They lead to more plaque in the arteries. Further, the new research shows that high-protein diets spur unstable plaque — the kind most prone to rupturing and causing blocked arteries. More plaque buildup in the arteries, particularly if it's unstable, increases the risk of heart attack.

The new study, by researchers at Washington University School of Medicine in St. Louis, appears Jan. 23 in the journal *Nature Metabolism*.

"There are clear weight-loss benefits to high-protein diets, which has boosted their popularity in recent years," said senior author Babak Razani, MD, PhD, an associate

professor of medicine. "But animal studies and some large epidemiological studies in people have linked high dietary protein to cardiovascular problems. We decided to take a look at whether there is truly a causal link between high dietary protein and poorer cardiovascular health."

The researchers studied mice fed a high-fat diet to deliberately induce atherosclerosis, or plaque buildup in the arteries. According to Razani, mice must eat a high-fat diet to develop arterial plaque. Therefore, some of the mice received a high-fat diet that was also high in protein. And others were fed a high-fat, low-protein diet for comparison.

"A couple of scoops of protein powder in a milkshake or a smoothie adds something like

40 grams of protein — almost equivalent to the daily recommended intake," Razani said. "To see if protein has an effect on cardiovascular health, we tripled the amount of protein that the mice receive in the high-fat, high-protein diet — keeping the fat constant. Protein went from 15% to 46% of calories for these mice."

The mice on the high-fat, high-protein diet developed worse atherosclerosis — about 30% more plaque in the arteries — than mice on the high-fat, normal-protein diet, despite the fact that the mice eating more protein did not gain weight, unlike the mice on the high-fat, normal-protein diet.

"This study is not the first to show a telltale increase in plaque with high-protein diets, but it offers a deeper

understanding of the impact of high protein with the detailed analysis of the plaques," Razani said. "In other words, our study shows how and why dietary protein leads to the development of unstable plaques."

Plaque contains a mix of fat, cholesterol, calcium deposits and dead cells. Past work by Razani's team and other groups has shown that immune cells called macrophages work to clean up plaque in arteries. But the environment inside plaque can overwhelm these cells, and when such cells die, they make the problem worse, contributing to plaque buildup and increasing plaque complexity.

"In mice on the high-protein diet, these plaques were a macrophage graveyard," Razani said. "Many dead

cells in the core of the plaque make it extremely unstable and prone to rupture. As blood flows past the plaque, that force — especially in the context of high blood pressure — puts a lot of stress on it. This situation is a recipe for a heart attack."

To understand how high dietary protein might increase plaque complexity, Razani and his colleagues studied the path protein takes after it has been digested — broken down into its original building blocks, called amino acids.

Razani and his team found that excess amino acids from a high-protein diet activate a protein in macrophages called mTOR, which tells the cell to grow rather than go about its housecleaning tasks. The signals from mTOR shut down the cells' ability to clean up the waste

of the plaque, and this sets off a chain of events that results in macrophage death. The researchers found that certain amino acids, especially leucine and arginine, were more potent in activating mTOR — and derailing macrophages from their clean-up duties, leading to cell death — than other amino acids.

"Leucine is particularly high in red meat, compared with, say, fish or plant sources of protein," Razani said. "A future study might look at high-protein diets with different amino acid contents to see if

that could have an effect on plaque complexity. Cell death is the key feature of plaque instability. If you could stop these cells from dying, you might not make the plaque smaller, but you would reduce its instability."

'Jumping genes' help stabilize DNA folding patterns

"Jumping genes" — bits of DNA that can move from one spot in the genome to another — are well-known for increasing genetic diversity over the long course of evolution. Now, new research at Washington University School of Medicine in St. Louis indicates that such genes, also called transposable elements, play another, more surprising role: stabilizing the 3D folding patterns of the DNA molecule inside the cell's nucleus.

The study appears Jan. 24 in the journal *Genome Biology*.

The DNA molecule inside the nucleus of any human cell is more than six feet long. To fit into such a small space, it must fold into precise loops that also govern how genes are turned

on or off. It might seem counterintuitive that bits of DNA that randomly move about the genome can provide stability to these folding patterns. Indeed, the discovery contradicts a long-held assumption that the precise order of letters in the DNA sequence always dictates the broader structure of the DNA molecule.

"In places where the larger 3D folding of the genome is the same between mice and humans, you expect the sequence of the letters of the DNA anchoring that shape to be conserved there as well," said senior author Ting Wang, PhD, of the Sanford C. and Karen P. Loewenthal Distinguished Professor of Medicine. "But that's not what we found; it isn't in the portions of the

genome that in the past have been called 'junk DNA.'"

Studying DNA folding in mouse and human blood cells, the researchers found that in many regions where the folding patterns of DNA are conserved through evolution, the genetic sequence of the DNA letters establishing these folds is not. It is ever so slightly disrupted. But this changing sequence, a genetic turnover, doesn't cause problems. Because the structure largely stays the same, the function presumably does, too, so nothing of importance changes.

"We were surprised to find that some young transposable elements serve to maintain old structures," said first author Mayank N.K. Choudhary,

Researchers regrow damaged nerves with polymer and protein

University of Pittsburgh School of Medicine researchers have created a biodegradable nerve guide — a polymer tube — filled with growth-promoting protein that can regenerate long sections of damaged nerves, without the need for transplanting stem cells or a donor nerve.

So far, the technology has been tested in monkeys, and the results of those experiments appeared January 22, 2020

in *Science Translational Medicine*.

"We're the first American soldiers to turn home with injuries to their arms and legs, which aren't well protected by body armor, often resulting in damaged nerves and disability. Among civilians, car crashes, machinery accidents, cancer treatment, diabetes and even birth trauma can cause significant nerve damage, affecting more than 20 million Americans."

Half of wounded

returning American soldiers turn home with injuries to their arms and legs, which aren't well protected by body armor, often resulting in damaged nerves and disability. Among civilians, car crashes, machinery accidents, cancer treatment, diabetes and even birth trauma can cause significant nerve damage, affecting more than 20 million Americans.



Q & A on Consumer Rights

Q:

PROBLEMA SA PRODUCT QUALITY AND SAFETY?

A:

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MAY NGA QUALITY AT SAFETY STANDARDS UPANG MARIQUINO ANG KALIGTASAN AT KASIYAHAN NG KONSYUMER.

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