

The Lord is like a strong tower, where the righteous can go and be safe.
Psealms 18:19

ISSN 2611-821X

DIYARYO KABITENYO

Nagmamalasakit sa lalawigan

Registered at POST OFFICE with Bureau Mail Permit No. 10, 17-06-209 Valid until December 31, 2019

Vol. 22 No. 38 November 11-17, 2019 P 10.00

Be alert, stand firm in the faith, be brave, be strong.
1 Corinthians 16:13

DFA consular office opens in Cavite

DASMARINAS CITY, Cavite – Residents of the province do not need to travel to Manila for passport services anymore, as the Department of Foreign Affairs (DFA) opened its latest consular office (CO) here last Nov. 4.

Foreign Affairs Acting Secretary Brigido Df Dulay said the DFA in Dasmariñas forms part of its effort to provide convenience to Filipinos in need of consular services and also help augment the passport processing needs.



NEW DFA CONSULAR OFFICE. Department of Foreign Affairs officials, led by Acting Secretary Brigido Df Dulay (4th from left), pose with Dasmariñas City officials after the ceremonial turn over and ribbon cutting of DFA's Consular Office at of SM City Dasmariñas last Nov. 4. The DFA CO Dasmariñas is the eighth mall-based DFA CO opened under the Public-Private Partnership (PPP) Program of the DFA with SM Supermalls.

"If you check the passport appointment system, it's all green now. This DFA CO Dasmariñas target to process some 7,000 passports monthly," Dulay said.

The consular office is located on the second level of SM City.

Turn to page 2

General Trias: More than just a city name

GENERAL TRIAS CITY, Cavite – Little is known about Cavite-born hero General Mariano Trias, except perhaps the aprangs he led and as

the person who stuck it out with General Emilio Aguinaldo throughout the revolution until the Philippine-American war.

With the publication of a book on the life and times of Trias as one of Cavite's heroes, Filipinos will know more about his legacy.

Authored by Cavite history expert Dr. Emmanuel Calano, the book titled "Gen. Trias: The Story of General Mariano C. Trias, First Vice President of the Philippine Republic," is now available for public reading.

The book even averd

Turn to page 2

DIYARYO KABITENYO

1000 JMW BLDG.
ABENILDO BARON
Publisher - Editor
GERON BARON
Operations Manager

DIYARYO KABITENYO is published weekly or semi-weekly throughout the provinces of Cebu, from its editorial and business offices at 1000 JMW Bldg., Cebu, Cebu. It is registered at the Department of Trade and Industry-Bureau of Philippine Information Council, LRA certificate number is 2117960018.

Subscription Rate: Advertising Rate:
 1 month - P 40.00 Commercial P200.00/line cm.
 3 months - 120.00 1 page
 6 months - 240.00 1/4 column cm.
 One year - 480.00

papi

Publishers Association of the Philippines, Inc.

(DFA... from page 1)

Davao City.

“Our Mayor Rod Bes Manguat, welcomed the new office as “beneficial for all” development, highlighting that the Philippines is one of the nations with the highest population of overseas workers.

“If they are overseas workers, they will definitely need passports, so we give our full support to the national government for this project,” he said.

Executive Order 45 dated Oct. 26, 2017 provides for the reorganization of the field offices of the Office of Consular Affairs of the DFA.

THEACD Davao City is the 35th Consular Office to be established in the Philippines and the

29th Consular Office to be established outside the National Capital Region (NCR).

It shall perform consular services, such as issuance of passports to Filipino nationals, provide authentication services, issue verification for consular record documents and accept applications for delayed registration or report of birth, marriage or death abroad and other civil registry documents in coordination with relevant Philippine Foreign Service Posts, provide assistance to nationals (ATNS) services to Filipinos, and other functions that may be assigned by the DFA Office of Consular Affairs (OCA) in accordance with existing laws, rules and regulations.

Any amount of running linked to significantly lower risk of early death

Any amount of running is linked to a significantly lower risk of death from any cause, finds a pooled analysis of the available evidence, published online in the British Journal of Sports Medicine.

If more people took up running – and they wouldn't have to run far or fast – there would likely be substantial improvements in population health and longevity, conclude the researchers.

(GENERAL... from page 1)

GenTras as it states that Gen. Trias became Cavite's first provincial governor and rose to become the first vice-president of Philippine Republic, during the revolutionary period.

Conceptualized and then published by General Trias Medical Center and Hospital (GenTriMed) in 2019 under its corporate social responsibility, the book presented in single publication Trias biography.

“The book contains many interesting insights as gathered from primary sources with some rare pictures,” Calisto said in a recent interview.

whether upping the frequency, duration, and pace – in other words, increasing the dose – might be even more advantageous.

To try and find out, the researchers systematically reviewed relevant published research, conference presentations, and doctoral theses and dissertations in a broad range of academic databases.

Not is it clear how much running a person needs to do to reap these potential benefits, nor



WHAT'S IN A NAME? The story on the life and works of the first vice president of Philippine Republic during the revolutionary era, General Mariano Trias is now available for public reading at the General Trias Medical Center and Hospital, as well as the local city hall. The book was launched on October 11, 2019 as forum part.

He admitted that finishing the book was not easy “especially relative to Gen. Trias’ birth and death because previous publications are not consistent on his biographical data.”

“The book aims to

present Trias’ values, ideals, way of life with the hope of inspiring the residents of General Trias City in particular, and Cavite in general and make them proud of their heritage,” he added.

They looked at studies on the association between running jogging and the risk of death from all causes, cardiovascular disease, and cancer.

They found 14 suitable studies involving 232,149 people, whose health had been tracked for between 3.5 and 35 years. During this time, 25,911 of the study participants died.

They looked at studies on the association between running jogging and the risk of death from all causes, cardiovascular disease, and cancer.

They found 14 suitable studies involving 232,149 people, whose health had been tracked for between 3.5 and 35 years. During this time, 25,911 of the study participants died.

The book launching last October 11 at GenTriMed Building at San Juan Road, Manguat in this city forms part of the various activities to commemorate Trias’ sesquicentennial birth anniversary.

Now, this city named after the hero has made strides in the home of Gateway Business Park, Cavite’s premier industrial park, and ranks among the most competitive cities in economic dynamism and most business-friendly cities in the Calabarzon Region due to its industrialization and rapid urban development.

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
City of Bacoor

RDO UNIBANK, INC.
Mortgagee

Foreclosure No. 2019-081
Fire Tax/ Judicial Foreclosure of
Real Estate Mortgage

**SFS. LUCENA M. GUMERA AND
WENFREDO K. GUMERA**
Mortgagors

NOTICE OF EXTRA-JUDICIAL FORECLOSURE

Upon Application for Extra-judicial Foreclosure of Mortgage under Act 2133 as Amended by Act 4113 filed by the mortgagee, **RDO UNIBANK, INC.**, of BDO Corporate Center, 7099 Makati Ave., Makati City, and against the mortgagors, **SFS. LUCENA M. GUMERA AND WENFREDO K. GUMERA**, of 2306 St. Reyes St., Baguigal Makati City, to satisfy the mortgage indebtedness which as of August 1, 2019, amounts to **FIVE MILLION FIVE HUNDRED TWENTY ONE THOUSAND FIVE HUNDRED & 25/100 (P5,514,000.25)**, Philippine Currency, together with interest, penalties and other charges, the undersigned as lawfully authorized representative with all of the parties mentioned on **November 15, 2019 at 10:00 o'clock** in the evening or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder by CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE
NO. 0857-20170331695185-2019000070

"A PARCEL OF LAND (LOT 33 BLOCK 1 OF

THE CONS. SURV. PLAN, PCS-04-024584, BEING A PORTION OF LOTS 3803, 6-C TO 3845, 6-C, PCS-04210-08690, L.R.C. RECORD NO. 1, SITUATED IN THE BROY OF MOLINO, MUNICIPALITY OF BACORR, PROV. OF CAVITE, ISLAND OF LUZON, XXX CONTAINING AN AREA OF ONE HUNDRED TWENTY (122) SQUARE METERS."

"All notices and orders to be submitted to the undersigned (to the extent stated herein and there)."

"In the event the public auction should not take place on the said date, it shall be held on **November 26, 2019**, without further notice."

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

City of Bacoor, October 21, 2019.

(Sgd.) **LEZA D. YECTA**
Clerk of Court (V)

Caps Forfeited:

RDO UNIBANK, INC.
118 Floor, South Tower, BDO Corporate Center,
7099 Makati Ave., Makati City

**MR. & MRS. LUCENA M. GUMERA AND
WENFREDO K. GUMERA**
2306 St. Reyes St., Baguigal Makati City
Lot 33, Bk. 1, Purok 11-B, Molino, Bacoor, Cavite

WARNING: This affidavit prohibited to remove, falsify or destroy the notice of Extra-judicial Sale on or before the date of sale.

Publication: **DIYARYO KABITENYO**
Dates: October 28, November 4 & 11, 2019

Stressed to the max? Deep sleep can rewire the anxious brain

When it comes to managing anxiety disorders, William Shakespeare's *Macbeth* had it right when he referred to sleep as the "balm of hurt minds." While a full night of slumber stabilizes emotions, a sleepless night can trigger up to a 30% rise in anxiety levels, according to new research from the University of California, Berkeley.

UC Berkeley researchers have found that the type of sleep most apt to calm and reset the anxious brain is deep sleep, also known as non-rapid eye movement (NREM) slow-wave sleep, a state in which neural oscillations become highly synchronized, and heart

rates and blood pressure drop.

"We have identified a new function of deep sleep, one that decreases anxiety overnight by reorganizing connections in the brain," said study senior author Matthew Walker, a UC Berkeley professor of neuroscience and psychology. "Deep sleep seems to be a natural anxiolytic (anxiety inhibitor), so long as we get it each and every night."

The findings, published Nov. 4 in the journal *Nature Human Behaviour*, provide one of the strongest neural links between sleep and anxiety to date. They also point to sleep as a natural, non-pharma-

ceutical remedy for anxiety disorders, which have been diagnosed in some 46 million American adults and are rising among children and teens.

"Our study strongly suggests that insufficient sleep amplifies levels of anxiety and, conversely, that deep sleep helps reduce such stress," said study lead author, Eli Ben Simon, a postdoctoral fellow in the Center for Human Sleep Science at UC Berkeley.

In a series of experiments using functional MRI and polysomnography, among other measures, Simon and fellow researchers scanned the brains of 18 young adults as they viewed emotionally stirring video clips after a full night of sleep, and again after a sleepless night. Anxiety levels were measured following each session via a questionnaire known as the state-trait anxiety inventory.

After a night of no sleep, brain scans showed a shutdown of the medial prefrontal cortex, which normally helps keep our anxiety in check, while the brain's

deeper emotional centers were overactive.

"Without sleep, it's almost as if the brain is gas heavy on the emotional accelerator pedal, without enough brake," Walker said.

After a full night of sleep, during which participants' brain waves were measured via electrodes placed on their heads, the results showed their anxiety levels declined significantly, especially for those who experienced more slow-wave NREM sleep.

"Deep sleep had restored the brain's prefrontal mechanism that regulates our emotions, lowering emotional and physiological reactivity and preventing the escalation of anxiety," Simon said.

errand gauging the sleep-anxiety connection in the 18 original study participants, the researchers replicated the results in a study of another 30 participants.

Across all the participants, the results again showed that those who got more nighttime deep sleep experienced the lowest levels of anxiety the next day.

Republic of the Philippines
 Fourth Judicial Region
 Regional Trial Court of Cebu
 Office of the Clerk of Court & Electronic Sheriff
 New Basha Hall, 27 East Avenue, Eastgate South Tagaytay City

RFB FAMILY SAVINGS BANK, INC.
 Plaintiff-Mortgagee

vs.

ED DEL ROSARIO
 Defendant-Mortgagee

ED No. 12-19-000
 1910 Extrajudicial Foreclosure of Real Estate Mortgage under Art. No. 2055, as amended by Act No. 6448

RODRIGO DEL ROSARIO MOLERA,
 Defendant-Mortgagee

NOTICE OF EXTRA-JUDICIAL SALE

I, the undersigned judicial officer for the undersubscribed court, do hereby, on November 4, 2019, by **RFB FAMILY SAVINGS BANK, INC.**, Plaintiff-Mortgagee, a banking duly organized and existing under the laws of the Republic of the Philippines, with principal office address at RFB Family Bank Center Plaza de Roma corner Davao Road, Makati City, pursuant to the terms and conditions of the Mortgage Loan Agreement dated February 20, 2014 that was duly executed by **RODRIGO DEL ROSARIO MOLERA,** Defendant-Mortgagee with postal address at 111721037 7th Cityland Square, 6th Floor, Alabang, Muntinlupa City, and 1118 15th Street, 2nd Floor, 5004 Manduyog Center, 2nd City Agorardo Highway, Pasig City, and 1118 15th Street, 2nd Floor of the Philippine Mortgage, over a real estate property including improvements thereon, described as and covered by Condominium Certificate of Title No. **976-2018-00000** of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligations of the Defendant-Mortgagee in the amount of **TWO MILLION ONE HUNDRED SIXTY FOUR THOUSAND SIX HUNDRED SIXTY SIX PESOS & 70/100 (P=2,164,666.70) Philippine Currency,** inclusive of interest, penalties and other charges, as of September 2, 2019, as indicated in Court of Cases & Electronic Sheriff of the Republic of the Philippines, Court of Cases & Electronic Sheriff, Manila, Philippines, in accordance with the provisions of the Civil Code of the Philippines, as amended, in the New Hall of Justice of Tagaytay City, in the highest bidder, for sale of Mortgagee's Claim and in Philippine Currency, the following property or with all its improvements, fixtures, etc.:

CONDOMINIUM CERTIFICATE OF TITLE NO. 976-2018-00000

Registry of Deeds for Tagaytay City

IT IS HEREBY CERTIFIED that the same described and described as:

TOWER 2 - UNIT FLOOR -
UNIT - 1109
RESORT RESIDENTIAL UNIT - 1
UNIT AREA - 31.97 SQ. M.

In the light hereof, there is appended to the ending of this notice of sale the condominium project approved by TRANSFER CERTIFICATE OF TITLE NO. 2019-01137-2019-01138, 2019-01139 which subdivides and describes the land known as MALIBALAN 54737, 54738, 54739 with an area of SEVENTEEN THOUSAND SIX HUNDRED SIXTY TWO (17,622) Square Meters in respect to the name of:

Owner: RODRIGO DEL ROSARIO MOLERA, SINGLE DE LEGAL AGE, FILIPINO
Address: UNIT 1109 MARCAI EXECUTIVE TOWER IV, CIVILAND SQUARE, THE PIVAT AVENUE, MAKATI CITY 1204 - PHILIPPINES

In the event the public auction should not take place on the said date, it shall be held on **DECEMBER 11, 2019** without further notice.

Prospective bidders/buyers are hereby expressed to investigate and verify the genuineness of the Condominium Certificate of Title No. **976-2018-00000**, the condominium Deeds, if any, thereon.

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

Tagaytay City, Philippines, October 21, 2019.

(Sgd.) **LETICIA VARELA ANA A. VARELA BISMATTA**
 Clerk of Court & Electronic Sheriff

(Sgd.) **TEODORO O. CRUZ**
 Sheriff in Charge

Copy furnished:

RFB LEGAL AFFAIRS AND SUPPORT RESOURCES DIVISION
 Covered by Plaintiff-Mortgagee
 RFB Family Center, 27th Floor, 897 Bantigue Center Building, 773 3rd, 6th Floor, Avenue, Brgy. San Agustin, Makati City 1208

RODRIGO DEL ROSARIO MOLERA
 1723 MET 7th Cityland Square, 6th Floor, Alabang, Muntinlupa City and
 1118 15th Street, 2nd Floor, 5004 Manduyog Center, 2nd City Agorardo Highway, Pasig City, and 1118 15th Street, 2nd Floor, 5004 Manduyog Center, 2nd City Agorardo Highway, Pasig City, and 1118 15th Street, 2nd Floor, 5004 Manduyog Center, 2nd City Agorardo Highway, Pasig City

WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF MORTGAGEE'S SALE OR BEFORE THE DATE OF EXTRA-JUDICIAL SALE UNDER THE PENALTY OF LAW.

Publication: **DIYAKYO KABITENYO**
 Date: October 28, November 4 & 11, 2019

REPUBLIC OF THE PHILIPPINES
 FOURTH JUDICIAL REGION
 REGIONAL TRIAL COURT
 BRANCH 23
 TRIPLE MASHITES CITY

EASTWEST BANKING CORPORATION,
 Mortgagee

vs.

SPX LENEY LIZARD BALLOMCO AND YULMA ANSANTO BALLOMCO,
 Mortgagees

FORECLOSURE CASE NO. F-205-19A

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **EASTWEST BANKING CORPORATION,** with business address at EastWest Corporate Center, The Boulevard, 30 Ave. cor. 20th St., Marikina City, Tagaytay City against the Mortgagees, **YULMA ANSANTO BALLOMCO** for herself and as Attorney-in-Fact of her husband **LENEY LIZARD BALLOMCO,** with residences and postal addresses at Almond Apartment 12, Brgy. Hone Saif, Brgy. Macabolo, Santa Rosa, Laguna and at 9B, 07, Lot 09 Macabolo 12, Brgy. Hone Saif, Brgy. Macabolo, Santa Rosa, Laguna and at 9B, 07, Lot 09 Macabolo 12, Brgy. Hone Saif, Brgy. Macabolo, Santa Rosa, Laguna, to satisfy the mortgage indebtedness which as of July 15, 2019 amounted to **TWO MILLION ONE HUNDRED FORTY THREE THOUSAND FORTY FIVE PESOS and 70/100 (P=2,143,675.70) Philippine Currency,** inclusive of interest and penalty charges as of said date but excluding the commissions and other necessary expenses incurred in this foreclosure and sale, undersigned Sheriff will sell at public auction on **November 18, 2019** at 10:00 o'clock in the morning at the main entrance of the Government Center Building, located at the Provincial Capitol Compound, Third Marikina City, in the highest bidder for CASH and in Philippine Currency, the following described property with all its improvements thereon, to-wit:

TRANSFER CERTIFICATE OF TITLE NO. 997-04-02894

Lot No. 7 Block No. 7 Plan No. P=04-02894

Portion of the concluded of Block 75, P=04-02894 & Lot 1999, Lot 1996, Lot 1992, San Francisco de Malabon Estate, Quezon No. 4276, LRC, Que. No. 5984

Location: Barangay of Pasong Caramo, Municipality of Que. Titas, Province of Que. Island of Luzon

LINE	DIRECTION	ADJOINING LOTS
1-7	NW	Lot 11, Block 7, P=04-02894
2-3	NW	Lot 14, Block 7, P=04-02894
7-4	NE	Lot 7, Block 7, P=04-02894
4-1	SE	Road Lot 8, P=04-02894

Area: **ONE HUNDRED FORTY ONE SQUARE METERS (141) more or less**

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

In the event the public auction should not take place on the said date and time, it shall be held on **JANUARY 06, 2020** without further notice.

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

Triple Mashites City, October 24, 2019.

(Sgd.) **LUCAS C. ALERO III**
 Sheriff

Copy furnished:

ONA PAMFILO & BURAN LAW OFFICES
 Covered by the Mortgagee
 8th Floor, East West Corporate Center
 30 Ave. cor. 21st St., Marikina, Global City, Tagaytay City 1014

SPX LENEY & YULMA BALLOMCO
 Almond Apartment Room 1041, Brgy. Macabolo, Santa Rosa, Laguna and at 9B, 07, Lot 09 Macabolo 12, Brgy. Pasong Caramo, Que. Titas, Quezon

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

Publication: **DIYAKYO KABITENYO**
 Date: October 28, November 4 & 11, 2019

Republic of the Philippines
OFFICE OF THE MUNICIPAL
CIVIL REGISTRAR
Ising, Cebu

In the matter of Change of First Name to the
Certificate of Live Birth (DECLAR) of

LORILEY SOCEDA LAUGO CEN-9014-1019

LORELE L. PANGANIBAN
Petitioner

NOTICE OF PUBLICATION

There is a petition filed for the change of first name to
Certificate of Live Birth (DECLAR) of **LORILEY SOCEDA
LAUGO** from "**LORILEY**" to "**LORELE**".

NOTICE IS HEREBY GIVEN that any interested person
is cited to notify this office and show cause why the action
should not be granted.

Let this NOTICE be published at least once a week for two
(2) consecutive weeks in a newspaper of general circulation in
the area within Section 1 of Republic Act No. 9048.

(Sgd.) **MERCI A. CHAVEZ**
Municipal Civil Registrar

DIYARVO RABITENVO, November 4 & 11, 2019

Republic of the Philippines
OFFICE OF THE MUNICIPAL
CIVIL REGISTRAR
Ising, Cebu

Publication Notice
R.A. 10172

NOTICE TO THE PUBLIC

CC-009-2019

In compliance with the publication requirement and
pursuant to OCRD Memorandum Circular No. 2013-01
Guidelines in the Implementation of the Administrative
Order No. 1 Series of 2013 (RA vs. R.A. 10172), Notice
is hereby issued to the public that **RIZALINA DELA
SONZA** has filed with this Office a petition for correction
of entry in the date of birth from **April 10, 1982** to **April
10, 1988** in the Certificate of Live Birth of **RIZALINA
DELA OY V. Ising, Cebu** and where parents are **Anastacio
Dela OY and Lydia Layon**.

Any person adversely affected by said petition may
file a motion within opposition with this Office not later
than **November 18, 2019**.

(Sgd.) **MERCI A. CHAVEZ**
Municipal Civil Registrar

DIYARVO RABITENVO, November 4 & 11, 2019

No guy has a magic.
Magic is in the heart of the girl loving
the guy who can send her whole being
up in 'Cloud Nine' even with the mere
touch on her fingertips.
-Arnold S. Barco

**DEED OF EXTRA JUDICIAL PARTITION OF ESTATE
WITH WAIVER OF RIGHTS AND SALE**
(TWO HUNDRED SHARES)

NOTICE is hereby given that the estate of the late
JOSABABA SURE YBUSE RUIZ was last divided on July
10, 2018 in Cebu City, Philippines, consisting of two hundred
(100) unpagal shares in that parcel of land located in Cebu
City and owned by **Transter Certificate of Title No. T-5890**
together with the unpagal seven percent interest, were
perfectly described as follows:

TRANSFER CERTIFICATE OF TITLE NO. T-5890
(two half unpagal shares)

"A parcel of land situated in the City of San Francisco,
City of Cebu, consisting of area of TWO HUNDRED (200)
SQUARE METERS, more or less"

Tax Declaration No. 03-0051-00280
(one half unpagal share)

"A two-story residential house Type III-C (1) with a floor
area of 52 Square Meters, more or less"

Tax Declaration No. 03-0051-00287
(one half unpagal share)

"A two-story residential house Type IV-A (2) with a floor
area of 128 Square Meters, more or less"

We have authorized and extrajudicially agreed to and
consented to with **ARCELO M. RUIZ** (hereinafter WAIVE
hereafter, donor, transferee and participations) that they have
been the unpagal shares of decedent **L. Dora V. VERLIN V.
RUIZ, PROBLAN V. RUIZ, CYNTHIA RUIZ BURCHETT,
NOLANDO V. RUIZ and LITO V. RUIZ**, and for and in
consideration of the sum of FIVE HUNDRED THOUSAND
PESOS (P500,000.00), Philippine Currency, done hereby
SHIL, TRANSTER and CONVEY by one-half (1/2) unpagal
share equivalent to 100 Square Meters in that parcel of land
covered by TCT No. T-5890, two one (1/2) unpagal shares in
Tax Declaration No. 03-0051-00280 and one one half (1/2)
unpagal share in Tax Declaration No. 03-0051-00287 in
favor of **VERLIN V. RUIZ** married to **Roberto Mariano Ruiz,**
PROBLAN V. RUIZ married to **Ruby Medina Ruiz,** **CYNTHIA
RUIZ BURCHETT** married to **Robert Alan Beachler** and
NOLANDO V. RUIZ married to **Martha L. Ruiz** and **LITO V.
RUIZ**, widower, their heirs and assigns.

The parties herein agreed that **Transter Certificate of
Title No. T-5890, Tax Declaration No. 03-0051-00280, and
Tax Declaration No. 03-0051-00287** be cancelled and new
ones be issued in favor of the following in equal shares:

1. **VERLIN V. RUIZ** married to **Martha Cecilia Ruiz**
2. **PROBLAN V. RUIZ** married to **Ruby Medina Ruiz**
3. **CYNTHIA RUIZ BURCHETT** married to **Robert Alan Beachler**
4. **NOLANDO V. RUIZ** married to **Martha L. Ruiz**
5. **LITO V. RUIZ**, widower

on October 18, 2019 at the City of Cebu, Philippines
before Notary Public **Amy Annabelle B. Cabrera** and entered in
the Notarial Register in Doc. No. 16, Page No. 08, Book No.
138, Series of 2019.

(Sgd.) **Witnessed** by **Arona M. Dato** and signed
by **Martine E. Abang** (Attorney-in-Fact of **VERLIN
V. RUIZ, PROBLAN V. RUIZ, CYNTHIA RUIZ
BURCHETT, NOLANDO V. RUIZ and LITO V. RUIZ**)

Publication: **DIYARVO RABITENVO**
Date: November 4, 11 & 18, 2019

Study: Actually, potted plants don't improve indoor air quality

Plants can help spruce up a home or office space, but claims about their ability to improve the air quality are vastly overstated, according to research out of Drexel University. A closer look at decades of research suggesting that potted plants can improve the air in homes and offices reveals that natural ventilation far outpaces plants when it comes to cleaning the air.

"This has been a common misconception for some time. Plants are great, but they don't actually clean indoor air quickly enough to have an effect on the air quality of your home or office environment," said Nicholas Waring, PhD, an associate professor of architectural and environmental engineering in Drexel's College of Engineering.

Waring and one of his doctoral students,

Bryan Cummings, reviewed a dozen studies, spanning 30 years of research, to draw their conclusions and recently published findings in the *Journal of Exposure Science and Environmental Epidemiology*. The central finding is that the natural air exchange rates in indoor environments, like homes and offices, dilutes concentrations of volatile organic compounds — the air pollutants that plants are allegedly cleaning — much faster than plants can extract them from the air.

The high-profile experiment that seemed to create the myth of houseplants as air purifiers happened in 1989 when NASA, in search of ways to clean the air on space stations, declared that plants could be used to remove carbon-causing chemicals from the air.

Republic of the Philippines
OFFICE OF THE CITY CIVIL REGISTRAR
 City of General Trias, Cavite
 (046) 595-4014

Publication Notice
 R.A. 10172

NOTICE TO THE PUBLIC

Date: October 23, 2019

CCS-9026-2019 (R.A. No. 10172)

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Order No. 1 Series of 2011 (RR no. R.A. 10172), Notice is hereby served to the public that **GERALD ARDIO CARRANZA** has filed with this Office a petition for correction of entry in sex from "FEMALE" to "MALE" in the Certificate of Live Birth of **GERALD A. CARRANZA** in General Trias, Cavite and whose parents are **Rosalinda Rosales Carranza and Ramonito Arzido Ariza**.

Any person adversely affected by said petition may file his written opposition to this Office not later than **November 15, 2019**.

(Sgd.) **ARLENE E. HUGTONG**
 City Civil Registrar

DIWARYO KABITENYO, November 11 & 18, 2019

Republic of the Philippines
OFFICE OF THE CITY CIVIL REGISTRAR
 City of General Trias, Cavite
 (046) 595-4014

Publication Notice
 R.A. 10172

NOTICE TO THE PUBLIC

Date: October 23, 2019

CCS-9029-2019 (R.A. No. 10172)

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Order No. 1 Series of 2011 (RR no. R.A. 10172), Notice is hereby served to the public that **RAYMARIE STEFANIA SANGALANG** has filed with this Office a petition for correction of entry in sex from "MALE" to "FEMALE" in the Certificate of Live Birth of **RAYMARIE TORGARA SANGALANG** in General Trias, Cavite and whose parents are **Raymond M. Sangalang and Maely M. Vergara**.

Any person adversely affected by said petition may file his written opposition to this Office not later than **November 15, 2019**.

(Sgd.) **ARLENE E. HUGTONG**
 City Civil Registrar

DIWARYO KABITENYO, November 11 & 18, 2019

Republic of the Philippines
 Province of Cavite
 Municipality of Maragondon
 -000-
 Office of the Municipal Civil Registrar

NOTICE TO THE PUBLIC

CCS-000-2019-RA-10172 Date: October 24, 2019

In Compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Order No. 1 Series of 2011 (RR no. R.A. 10172), Notice is hereby served to the public that the Name of Divorcement Order has filed with this Office a petition for CORRECTION OF BIRTH RECORD from "FEMALE" to "MALE" in the certificate of live birth of **IRISHVILL GERRA DE LA CRUZ** who was born on **March 23, 1982** in Maragondon, Cavite and whose parents are **Enchong Zubang Angulo and Aracelis Alvarez Valdiviano**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **November 15, 2019**.

(Sgd.) **LEONORA V. LOYOLA**
 Municipal Civil Registrar

DIWARYO KABITENYO, November 11 & 18, 2019

Republic of the Philippines
 Province of Cavite
 Municipality of Maragondon
 -000-
 Office of the Municipal Civil Registrar

NOTICE TO THE PUBLIC

CCS-000-2019-RA-10172 Date: October 26, 2019

In Compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Order No. 1 Series of 2011 (RR no. R.A. 10172), Notice is hereby served to the public that the Name of Divorcement Order has filed with this Office a petition for CORRECTION OF DATE OF BIRTH from **March** and **unreadable** to **MAY 18, 1980** in the certificate of live birth of **JULIETA MATEO MOLINA** who was born on **May 18, 1980** in Maragondon, Cavite and whose parents are **Rosellina Villanueva Molina and Idelfonso Molina**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **November 15, 2019**.

(Sgd.) **LEONORA V. LOYOLA**
 Municipal Civil Registrar

DIWARYO KABITENYO, November 11 & 18, 2019

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

NOTICE OF PUBLICATION

In compliance with section 5 of R.A. 9948, notice is hereby served to the public that **MARIAS ORAZON C. PARCERO** has filed with this Office a petition for change of first name from **MARIA** to **MA. ORAZON** in the birth certificate of **MARIAS ORAZON PARCERO** who was born on **December 11, 1952** at Imus, Cavite and whose parents are **MARCELO C. PARCERO and CLEOTILDE COSTA**.

Any person adversely affected by said petition may file his written opposition with this office not later than **6, 2019**.

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

DIWARYO KABITENYO, November 11 & 18, 2019

Screen-based media associated with structural differences in brains of young children

A new study documents structural differences in the brains of preschool-age children related to screen-based media use. The study, published in *JAMA Pediatrics*, shows that children who have more screen time have lower structural integrity of white matter tracts in parts of the brain that support language and other emergent literacy skills. These skills include or-

aphy and executive function -- the process involving mental control and self-regulation. These children also have lower scores on language and literacy measures. The Cincinnati Children's Hospital Medical Center study assessed screen time in terms of American Academy of Pediatrics (AAP) recommendations. The AAP recommendations not only take into ac-

count time spent in front of screens but also access to screens, including portable devices, content, and who children are with and how they interact when they are looking at screens. This study raises questions as to whether at least some aspects

of screen-based media use in early childhood may provide sub-optimal stimulation during this rapid, formative state of brain development," says John Hutten, MD, director of the Reading & Literacy Discovery Center at Cincinnati Children's and lead author of the study. "While we can't yet determine whether screen time causes these structural changes or implies long-term neurodevelopmental risks, these findings warrant further study to under-

stand what they mean and how to set appropriate limits on technology use." For children younger than 18 months, avoid use of screen media other than video-chatting.

Republic of the Philippines
Province of Cebu
Municipality of Marikina
Office of the Municipal Civil Registrar

NOTICE TO THE PUBLIC

CPN-011-2019 Date: October 24, 2019

In Compliance with the publication requirement and PURSUANT to OCRB Memorandum Circular No. 2013-1, Guidelines in the Implementation of the Administrative Code No. 1 Series of 2012 (R.R. or R.A. 10772), Notice is hereby served to the public that the Name of Decedent's Owner has filed with this Office, a petition for CHANGE OF FIRST NAME from "AMELIA" to "MARIA TERESA," in the certificate of live birth of AMELIA TANAG ABAYTO who was born on October 28, 1961 in Marikina, Cebu and whose parents are Martin Antonio and Rosalinda Anastacia Tabala.

Any person adversely affected by said petition may file his/her written opposition with this Office not later than November 23, 2019.

(Sgd.) LEONORA V. LOYOLA
Municipal Civil Registrar

BIYAYO KABITENYO - November 11 & 18, 2019

Republic of the Philippines
MUNICIPAL CIVIL REGISTRY OFFICE
MUNICIPALITY OF TANZA
Province of CAVITE

Publication Notice
R.A. 10772

NOTICE TO THE PUBLIC

CCS-002-2019 RA 10772 Date: November 07, 2019

In compliance with the publication requirement and pursuant to OCRB Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Code No. 1 Series of 2012 (R.R. or R.A. 10772), Notice is hereby served to the public that PURPLE C. CERVANIA, has filed with this Office a petition for CORRECTION OF ENTRY in CHILD'S SEX from "FEMALE" to "MALE" in the Certificate of Live Birth of PURPLE CESA CERVAÑA, who was born on 28 APRIL 1986 at Tanza, Cavite of parents GIORIA A. CESA & RAUL R. CERVAÑA.

Any person adversely affected by said petition may file his/her written opposition with this Office not later than November 28, 2019.

(Sgd.) MA. TERESA J. CESA
Municipal Civil Registrar

BIYAYO KABITENYO - November 11 & 18, 2019

Republic of the Philippines
MUNICIPAL CIVIL REGISTRY OFFICE
MUNICIPALITY OF TANZA
Province of Cebu

NOTICE TO THE PUBLIC

CPN-011-2019 Date: November 10, 2019
CCS-005-2019 RA 10772

In compliance with the publication requirement and pursuant to OCRB Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Code No. 1 Series of 2012 (R.R. or R.A. 10772), Notice is hereby served to the public that ROCKY F. VELARCO has filed with this Office a petition for CHANGE OF FIRST NAME from "RACQUEL" (OCRO Copy) RACQUEL (ICRO Copy) to "ROCKY" and CORRECTION OF ENTRY in CHILD'S SEX from "F" to "MALE" in the Certificate of Live Birth of RACQUEL C. VELARCO (OCRO Copy) RACQUEL C. VELARCO (ICRO Copy), who was born on April 21, 1967 at Tanza, Cavite of parents Arnelito Velasco & Sorangel Cereno.

Any person adversely affected by said petition may file his/her written opposition with this Office not later than November 28, 2019.

(Sgd.) MA. TERESA J. CESA
Municipal Civil Registrar

BIYAYO KABITENYO - November 11 & 18, 2019

Only-children more likely to be obese than children with siblings

Families with multiple children tend to make more healthy eating decisions than families with a single child. A new study in the *Journal of Nutrition Education and Behavior*, published by Elsevier, found that only-children, who researchers refer to as "singletons," had less healthy eating practices, beverage choices, and total Healthy Eating Index 2010 score, coming in lower on three out of

the 12 areas measured. They also had significantly lower total scores across weekdays, weekends, and on average, indicating there are both individual and collective differences to eating patterns between the children and families.

"Nutrition professionals must consider the influence of family and siblings to provide appropriate and tailored nutrition education for families of young children," said lead author

Chelsea L. Kracht, PhD. Dr. Kracht completed the research during her PhD program alongside Dr. Susan Sison at the University of Oklahoma Health Sciences Center, Oklahoma City, OK, USA. "Efforts to help all children and families establish healthy eating habits and practices must be encouraged."

Data was self-reported in daily food logs kept by mothers over the course of three days—two weekdays and one

weekend day. Teachers kept logs by proxy for any food children ate while at school. Mothers also completed the Family Nutrition and Physical Activity questionnaire to evaluate typical family eating behaviors like food and beverage choices.

Researchers found mothers of singleton children were more likely to be obese themselves. Moreover, maternal BMI had a much

stronger connection to child BMI percentile and waist circumference percentile than singleton status. Maternal BMI did not significantly contribute to overall eating patterns but did contribute to empty calories.

The study only looked at mothers and children and so could not speak to the impact of fathers' eating patterns, but the results were independent of marital status.

The study also found

from-home care like school and daycare was not connected to children's eating patterns. This points to the difference coming from inside the household, including a difference in how frequently the family eats in front of the television (family eating practices score) and sugary drinks consumption (beverage choices score), which differed between groups in the study.



Republic of the Philippines
Province of Cavite
Municipality of Tanza
OFFICE OF THE MUNICIPAL CIVIL REGISTRAR

Publication Notice
R.A. 16172

NOTICE TO THE PUBLIC

CPN-0010-2019
CCE-0017-2019 RA08172

Date: 24 October 2019

In Compliance with the publication requirement and provision in OCBG Memorandum Circular No. 2017-1, Circulars in the Memorandum of Administrative Order No. 1 Series of 2012 (RR on R.A. 16172). Notice is hereby served to the public that **MERLINA MORALES HUERTO-YAERA** has filed in this office a petition for Change of First Name from **MERLINA O MERLINA** and Commission of Error in the Date of Birth from **02 July 1981** to **04 July 1981** in the Certificate of Live Birth of **MERLINA MORALES HUERTO** of the **Jans, Yerville, Cavite** and whose parents are **RULO DEBAN HUERTO** and **JEN RIDA PANGANIBAN MORALES**.

Any person adversely affected by said petition may file his written opposition with this office not later than **25 December 2019**.

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

DIARYO KABITENYO - November 11 & 18, 2019

Human heart cells are altered by spaceflight, but return to (mostly) normal on Earth

Heart muscle cells possess microgravity-derived from stem cells altered the expression of show remarkable adapt thousands of genes, but ability to their environ largely normal patterns ment during and after of gene expression re-spread, according to appeared within 10 days after returning to Earth. a study publishing November 7 in the journal *Stem Cell Reports*. The researchers examined cell-level cardiac function and gene expression in human heart cells cultured aboard the International Space Station for 5.5 weeks. Es-

ERRATUM
An 001 Notice of Sheriff's Sale For Foreclosure of Real Estate Mortgage filed by UNION BANK OF THE PHILIPPINES against SPS. MARLON MILD A. PINALLA & MARICEL PENALES is SC-CGMA-2019-41 published in the 3rd (3) consecutive issues of DIARYO KABITENYO dated October 21-27, 2019, October 28-November 3, 2019 and November 4-10, 2019.
It should be read as "PROSPECTIVE BUYERS AND/OR BIDDERS ARE HEREBY ENCOURAGED TO INVESTIGATE FOR THEMSELVES THE TITLE OF THE SAID PROPERTY" instead of "PROSPECTIVE BUYERS AND/OR BIDDERS ARE HEREBY ENCOURAGED TO INVESTIGATE FOR THEMSELVES THE TITLE OF THE SAID REAL PROPERTY."
— The Editor

ERRATUM
An 001 Notice of Sheriff's Sale For Foreclosure of Real Estate Mortgage filed by UNION BANK OF THE PHILIPPINES against SPS. BONINA FRANCISCA C. TABALAN & CHRISTIAN FIB S. TABALAN is SC-CGMA-2019-41 published in the 3rd (3) consecutive issues of DIARYO KABITENYO dated October 21-27, 2019, October 28-November 3, 2019 and November 4-10, 2019.
It should be read as "UNION BANK PLAZA BUILDING, MERALCO AVENUE CORNER ONYX AND SAPPHIRE ROADS, ORTIGAS CENTER, PASIG CITY, METRO MANILA" instead of "UNION BANK PLAZA BUILDING, MERALCO AVENUE CORNER ONYX AND SAPPHIRE ROADS, ORTIGAS CENTER, PASIG CITY, METRO MANILA."
— The Editor

It should be read as "TO THE HIGHEST BIDDER FOR CASH OR MANAGER'S CHECK, IN PHILIPPINE CURRENCY" instead of "TO THE HIGHEST BIDDER AND FOR CASH OR MANAGER'S CHECK, IN PHILIPPINE CURRENCY."
— The Editor

It should be read as "PROSPECTIVE BUYERS AND/OR BIDDERS ARE HEREBY ENCOURAGED TO INVESTIGATE FOR THEMSELVES THE TITLE OF THE SAID PROPERTY" instead of "PROSPECTIVE BUYERS AND/OR BIDDERS ARE HEREBY ENCOURAGED TO INVESTIGATE FOR THEMSELVES THE TITLE OF THE SAID REAL PROPERTY."
— The Editor

It should be read as "IN THE EVENT THE PUBLICATION AUCTION SHOULD NOT TAKE PLACE ON THE SAID DATE AND TIME" instead of "IN THE EVENT THE AUCTION SHOULD NOT TAKE PLACE ON THE SAID DATE AND TIME."
— The Editor

It should be read as "SGD. **BON GERARD D. ASCANO** CLERK OF COURT VI & EX-OFFICIO SHERIFF" instead of "SGD. **BON GERARD D. ASCANO** CLERK OF COURT VI."
— The Editor

University School of Medicine. "Microgravity is an environment that is not very well understood, in terms of its overall effect on the human body, and studies like this could help shed light on how the cells of the body behave in space, especially as the world embarks on more and longer space missions such as going to the moon and Mars."

Past studies have shown that spaceflight induces physiological changes in cardiac function, including reduced heart rate, lowered arterial pressure, and increased cardiac output.

AUCTION SALE

On the 23rd day of NOVEMBER 2019 at 10:00am or 10:00 o'clock in the morning or as early as possible on any day thereafter as directed by the Sheriff.

- LAND FOR AUCTION SALE**
- 001-17 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-18 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-19 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-20 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-21 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-22 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-23 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-24 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-25 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-26 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-27 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-28 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-29 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-30 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-31 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-32 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-33 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-34 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-35 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-36 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-37 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-38 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-39 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-40 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-41 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-42 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-43 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-44 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-45 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-46 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-47 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-48 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-49 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-50 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-51 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-52 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-53 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-54 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-55 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-56 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-57 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-58 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-59 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-60 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-61 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-62 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-63 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-64 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-65 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-66 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-67 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-68 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-69 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-70 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-71 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-72 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-73 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-74 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-75 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-76 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-77 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-78 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-79 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-80 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-81 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-82 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-83 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-84 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-85 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-86 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-87 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-88 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-89 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-90 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-91 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-92 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-93 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-94 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-95 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-96 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-97 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-98 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-99 (Public Market) Highway, Taguig, Cavite (100000000)
 - 001-100 (Public Market) Highway, Taguig, Cavite (100000000)

AARON B. BARRERA - Auctioneer

Learning to stop cancer at its roots

Why do some cancers come back? Sometimes, a treatment can effectively eliminate cancer cells to undetectable levels, but, if the treatment stops, cancer may return. This is the case of chronic myeloid leukemia treated with drugs known as tyrosine kinase inhibitors. These drugs have dramatically improved clinical outcomes and generated unprecedented rates of complete responses and long-term survival. To achieve these results, patients have to take the drug for the rest of their lives.

"Clinical trials testing the effect of discontinuing the drug have shown that at least half of the patients achieve treatment-free remission, but in the other half the cancer returns," said Dr. Daniel Lacorazza,

associate professor of pathology & immunology at Baylor College of Medicine and principal investigator in the Experimental Immunology & Hematology Laboratory at Texas Children's Hospital. "We think that relapse occurs because tyrosine kinase inhibitors affect most chronic myeloid leukemia cells, but not leukemia stem cells. It's like removing the tree, but leaving the roots that can sprout new shoots."

Leukemia stem cells are an elusive, small cell population that initiates and sustains leukemia. Stem cells can regenerate via a poorly understood mechanism of self-renewal and enter a path of development that gives rise to new leukemia cells. Lacorazza and his colleagues

think that clues to treatment-free remission might be found in this little-known, self-renewal mechanism.

"The results of the drug discontinuation trials suggest that a cure may not be possible with tyrosine kinase inhibitors alone. We think that new breakthroughs in chronic myeloid leukemia therapy may emerge from the identification of novel mechanisms of leukemia stem cell self-renewal and the development of drugs that specifically target these mechanisms," said Lacorazza, who also is member of the Dan J. Duncan Comprehensive Cancer Center at Baylor.

Patient consensus supports the search for novel treatments for leukemia stem cells that would eliminate the leukemia without hav-

ing to take the drug for life and managing side effects. Treatment-free remissions would also reduce the emotional and financial burdens in a growing population of chronic myeloid leukemia patients in lifelong therapy.

Lacorazza and his colleagues wanted to improve their understanding of how leukemia stem cells renew themselves. Their goal was to identify a step in the process that could be manipulated to lead to the elimination of leukemia stem cells and the prevention of relapses.

"In my laboratory, we have been working with mouse models to study the leukemia stem cell population in chronic myeloid leukemia. Specifically, we have investigated the role KLF4 plays on leu-

kemia stem cell self-renewal," Lacorazza said.

KLF4, or Krippel-like factor 4, is a transcription factor known to be essential in the self-renewal of other cell types, such as embryonic stem cells, and also in other types of cancer.

"We found that removing the KLF4 gene from leukemia stem cells in our mouse model resulted in unstable stem cells that were spontaneously lost and consequently the mice remained free of leukemia," Lacorazza said. "We also conducted molecular studies to explore the mechanism behind this result. A major change in the absence of KLF4 was an increase in the production of kinase DYRK2, an enzyme involved in protein stability, cell cycle control and apoptosis (programmed cell death)."

The findings suggested that KLF4 promotes disease progression in this mouse model by repressing the production of the DYRK2 enzyme. The results also suggested that it was possible that doing the opposite, elevating the production of DYRK2 enzyme, would reduce or inhibit leukemia stem cell survival and self-renewal.

Looking to translate these results to the clinic, the researchers searched for a possible pharmacological means to enhance the stability of the DYRK2 enzyme. Searching the literature revealed a potential way to achieve this goal. They found that vitamin K3 inhibits SLAH2, an enzyme that is implicated in the degradation of DYRK2.

Looking to translate these results to the clinic, the researchers searched for a possible pharmacological means to enhance the stability of the DYRK2 enzyme. Searching the literature revealed a potential way to achieve this goal. They found that vitamin K3 inhibits SLAH2, an enzyme that is implicated in the degradation of DYRK2.

Researchers lay out first genetic history of Rome

Scholars have been studying Rome for hundreds of years, but it still holds some secrets — for instance, relatively little is known about the ancestral origins of the city's denizens. Now, an international team led by researchers from Stanford University, the University of Vienna and Sapienza University of Rome is filling in the gaps with a genetic history that shows just how much the Eternal City's populace mirrored its sometimes tumultuous history.

The study, published Nov. 8 in *Science*, focuses on the ancient DNA of individuals from Rome and adjacent regions in Italy. Those genetic data reveal at least two major migrations into Rome, as well as several smaller but significant population shifts over just the last few thousand

years, according to Jonathan Pritchard, a professor of genetics and biology and one of the paper's senior authors.

Notably, DNA analysis revealed that as the Roman Empire expanded around the Mediterranean Sea, immigrants from the Near East, Europe and North Africa pulled up their roots and moved to Rome. This significantly changed the face of one of the ancient world's first great cities, said Pritchard, who is also a member of Stanford Bio-X.

"This study shows how dynamic the past really is," said Hannah Moats, a graduate student in anthropology and co-lead author on the new study. "In Rome, we're seeing people come from all over, in ways that correspond with historical political events."

In the last decade or so, an increasing number of studies have used DNA sampled from ancient skeletons to fill in important details of human history. Rome presented an interesting opportunity to use the same ancient DNA techniques to fill in details left out of the historical record. The historical and archaeological records tell us a great deal about political history and contacts of different kinds — trade and slavery, for example — but these records provide limited information about the genetic makeup of the population," Pritchard said.

To find out what that makeup looked like, the Stanford team partnered with a host of European researchers, including senior authors Alfredo Coppa, a professor of physical anthropology at Sapienza University, and Ron Pinhasi, an associate professor of evolutionary anthropology at the University of Vienna, to gather 127 human DNA samples from 29 sites in and around Rome dating from between the Stone Age and medieval times.

An analysis of some of the earliest samples more or less comports with what has been found around Europe — they represent an influx of farmers primarily descended from early agriculturalists from Turkey and Iran around 8,000 years ago, followed by a shift toward ancestry from the Ukrainian steppe somewhere between 5,000 and 3,000 years ago. By the founding of Rome, traditionally dated to 753 BCE, the city's population had

grown in diversity and resembled modern European and Mediterranean peoples.

But, for Pritchard, Moats and co-first authors Margaret Antonin, a graduate student in biomedical informatics, and Ziyue Gao, a postdoctoral fellow in Pritchard's lab, the most interesting parts were yet to come. Although Rome began as a humble city-state, within 800 years it had gained control over an empire extending as far west as Britain, south into North Africa and east into Syria, Jordan and Iraq.

As the empire expanded, contemporary accounts and archaeological evidence indicate there were tight connections between Rome and other parts of its domain both through trade, military campaigns, new roads

and slavery — and the genetic history corroborates but also complicates the story. There was a massive shift in Roman residents' ancestry, the researchers found, but that ancestry came primarily from the Eastern Mediterranean and Near East, possibly because of denser populations there relative to the Roman Empire's western reaches in Europe and Africa.

The next several centuries were full of turmoil; the empire split in two, diseases decimated Rome's population and a series of invasions bekked the city. Those events left a mark on the city's population, which shifted toward western European ancestry. Later, the rise and reign of the Holy Roman Empire brought an influx of central and northern European ancestry.

genetic history corroborates but also complicates the story. There was a massive shift in Roman residents' ancestry, the researchers found, but that ancestry came primarily from the Eastern Mediterranean and Near East, possibly because of denser populations there relative to the Roman Empire's western reaches in Europe and Africa.

The next several centuries were full of turmoil; the empire split in two, diseases decimated Rome's population and a series of invasions bekked the city. Those events left a mark on the city's population, which shifted toward western European ancestry. Later, the rise and reign of the Holy Roman Empire brought an influx of central and northern European ancestry.

The next several centuries were full of turmoil; the empire split in two, diseases decimated Rome's population and a series of invasions bekked the city. Those events left a mark on the city's population, which shifted toward western European ancestry. Later, the rise and reign of the Holy Roman Empire brought an influx of central and northern European ancestry.

Researchers discover how cells know their future

Stem cells all share the potential of developing into any specific cell in the body. Many researchers are therefore trying to answer the fundamental questions of what determines the cells' developmental fate as well as when and why the cells lose the potential of developing into any cell.

Now, researchers from the Novo Nordisk Foundation Center for Stem Cell Biology (DanStem) at University of Copenhagen have discovered how stem cells can lose this potential and thus can be said to "forget their past." It turns out that the proteins called transcription factors play another role than the scientists thought. For 30 years, the dogma has

been that transcription factors are the engines of gene expression, triggering these changes by switching the genes on and off. However, new research results published in *Nature* reveal something quite different.

"We previously thought that transcription factors drive the process that determines whether a gene is expressed and subsequently translated into the corresponding protein. Our new results show that transcription factors may be more analogous to being the memory of the cell. As long as the transcription factors are connected to a gene, the gene can be read (turned on), but the external signals received by the cells seem

to determine whether the gene is turned on or off. As soon as the transcription factors are gone, the cells can no longer return to their point of origin," explains Josh Brickman, Professor and Group Leader, DanStem, University of Copenhagen.

The question of how a cell slowly develops from one state to another is key to understanding cell behavior in multicellular organisms.

Stem cell researchers consider this vital, which is why they are constantly trying to refine techniques to develop the human body's most basic cells into various specific types of cells that can be used, for example, to regenerate damaged tissue.

Giving billions of live bacteria to boost the gut health of premature babies

Boosting the milk of premature babies with healthy bacteria may have helped half the number of serious gut problems and infections, according to new research led by the Norfolk and Norwich University Hospital, and involving the University of East Anglia.

Researchers at NNUH, Quadram Institute and UEA reviewed the outcomes of almost 1,000 very premature babies who were admitted

to the Neonatal Intensive Care Unit (NICU) over a 10-year period.

In January 2013, the NNUH became one of the first hospitals in the UK to introduce daily probiotics dosing for NICU babies on the back of growing evidence that adding live *Lactobacillus* and *Bifidobacterium* probiotic bacteria to milk reduces the number of cases of necrotising enterocolitis (NEC). NEC is a life-threatening gut

condition in which the tissues of the intestine become inflamed and start to die, and mainly affects very preterm babies.

The research report, published in the journal *Archives of Disease in Childhood*, shows that since introducing routine probiotics on the neonatal unit at NNUH the numbers of cases of NEC among very preterm babies has dropped from 7.5 per cent to 3.1 per cent.

dti
DEPARTMENT OF TRADE & INDUSTRY

Q & A on Consumer Rights

Q:

PROBLEMA SA PRODUCT QUALITY AND SAFETY?

A:

WALA DAPAT!

MAY MGA QUALITY AT SAFETY STANDARDS UPANG MASIGURO ANG KALIGTASAN AT KASIYAHAN NG KONSYUMER.

For inquiries and/or complaints visit the nearest DTI office in your area or call DTI Direct 751-3330 or 0917-834-3330