

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

Proverbs 18:10

ISSN: 2651-821X

# DIYARYO KABITENYO

Nagmamalasakit sa lalawigan

Entered at FIRST CLASS MAIL at Imus Post Office with Business Mail Permit No. IC-19-06-249  
Vol. 24 No. 33 October 4-10, 2021 P 10.00

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

1 Corinthians 16:13

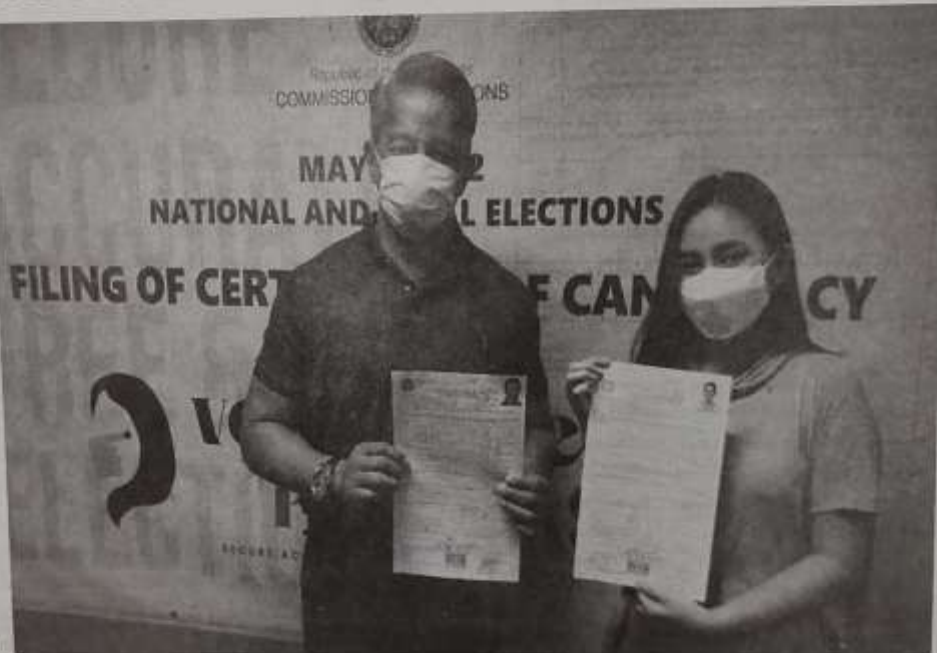
## Reelectionist Jonvic files COC

**T R E C E**  
**MARTIRES CITY**  
— Gov. Jonvic C. Remulla filed his certificate of candidacy last Oct. 1 to seek a second term as the provincial chief executive.

Remulla filed his COC at the Commission on Elections (Comelec) office together with Tagaytay City Councilor Athena Tolentino who will be running for Vice Governor.

On her Instagram account, Tolentino posted photos of her and Remulla posing with their COC forms.

Tolentino is the daughter of Cavite 8th District Rep. Abraham Tolentino and Tagaytay City Mayor Agnes Tolentino.



## P1.28B worth of alleged shabu seized, 3 suspects arrested in Bacoor buy-bust

The Philippine Drug Enforcement Agency (PDEA) seized 149 kilos of suspected shabu worth P1.28 billion in a buy-bust operation in

Bacoor City, Cavite last Oct. 1. Based on the initial report, the PDEA arrested three suspects identified as

Joseph Maurin, 38; and Juan Lumanog, 27. Joint elements from the PDEA and Philippine National Police conducted the operation in Barangay

Molino 3, Bacoor City, Cavite at 6:40 a.m. cell phone during the operation.

Aside from Charges for violation of the Comprehensive Dangerous Drugs Act will be filed against the suspects.

DIYARYO  
KABITENYO

ISSN 2451-821X

ARNULFO BARCO  
Publisher - EditorGENER BARCO  
Operations Manager

DIYARYO KABITENYO is published weekly and circulated throughout the province of Cavite. It has its editorial and business offices at Block 13 Lot 1, Lirayway Homes Subdivision, Anabu I-C, City of Imus, Cavite. It is registered at the Department of Trade and Industry-Region 4, P-IV-88-NR-05354. Our cellphone number is 09178499918.

Subscription Rate:  
1 month - P. 40.00  
3 months - 120.00  
6 months - 240.00

Advertising Rate:  
Commercial - P200.00/col. cm.  
Legal - 180.00/col. cm.

**papi**

Publishers Association of the Philippines, Inc.

# Age and aging have critical effects on the gut microbiome

Researchers at Cedars-Sinai have found that aging produces significant changes in the microbiome of the human small intestine distinct from those caused by medications or illness burden. The findings have been published in the journal *Cell Reports*.

"By teasing out the microbial changes that occur in the small bowel with age, medication use and diseases, we hope to identify unique components of the microbial community to target for therapeutics and interventions that could promote healthy aging," said Ruchi Mathur, MD, the study's principal investigator.

Research exploring the gut microbiome, and its impact on health, has relied predominantly on fecal samples, which do not represent the en-

tire gut, according to Mathur. In their study, investigators from Cedars-Sinai's Medically Associated Science and Technology (MAST) Program analyzed samples from the small intestine—which is over 20 feet in length and has the surface area of a tennis court—for examination of the microbiome and its relationship with aging.

"This study is the first of its kind to examine the microbial composition of the small intestine of subjects 18 years of age to 80. We now know that certain microbial populations are influenced more by medications, while others are more affected by certain diseases. We have identified specific microbes that appear to be only influenced by the chronological age of the person," said

Mathur, an endocrinologist and director of the Diabetes Outpatient Treatment & Education Center.

The 21st century has been referred to as the "era of the gut microbiome" as scientists turn considerable attention to the role of trillions of gut bacteria, fungi and viruses may play in human health and disease. The microbiome is the name given to the genes that live in these cells. Studies have suggested that disturbances in the constellations of the microbial universe may lead to critical illnesses, including gastroenterological diseases, diabetes, obesity, and some neurological disorders.

While researchers know that microbial diversity in stool decreases with age, Cedars-Sinai investigators

identified bacteria in the small bowel they refer to as "disruptors" that increase and could be troublesome.

"Coliforms are normal residents of the intestine.

We found that when these rod-shaped microbes become too abundant in the small bowel—as they do as we get older—they exert a negative influence on the rest of the microbial population. They are like weeds in a garden," said study co-author Gabriela Leite, PhD.

Investigators also found that as people age, the bacteria in the small intestine change from microbes that prefer oxygen to those that can survive with less oxygen, something they hope to understand as the research continues.

## Scientists discover 14 genes that cause obesity

Promising news in the effort to develop drugs to treat obesity: University of Virginia scientists have identified 14 genes that can cause and three that can prevent weight gain. The findings pave the way for treatments to combat a health problem that affects more than 40% of American adults.

"We know of hundreds of gene variants that are more likely to show up in individuals suffering obesity and other diseases. But 'more likely to show up' does not mean causing the disease. This uncertainty is a major barrier to exploit the power of

population genomics to identify targets to treat or cure obesity. To overcome this barrier, we developed an automated pipeline to simultaneously test hundreds of genes for a causal role in obesity. Our first round of experiments uncovered more than a dozen genes that cause and three genes that prevent obesity," said Elyse O'Rourke of UVA's College of Arts & Sciences, the School of Medicine's Department of Cell Biology and the Robert M. Berne Cardiovascular Research Center.

REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
Trece Martires City

**BDO UNIBANK, INC.**  
Mortgagee

Foreclosure Case No. F-034-20

-----  
ALEX Z. PADILLA,  
Mortgagee

X-----X  
**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **BDO UNIBANK, INC.**, with business address at BDO Corporate Center, 7009 Makati Avenue, Makati City against the Mortgagee, **ANALIE ZAFE PADILLA AS ATTORNEY-IN-FACT OF ALEX Z. PADILLA**, with residence and postal addresses at (1) 145B Runtawa St., Better Living Subd., Das Bomas, Paranaque City, and (2) Bldg. 3, Lot 39 Ph. 8, Kensington, Navarro, Gen. Trias City, Cavite, to satisfy the mortgage indebtedness as of 31 January 2020, amounts to **ONE MILLION TWO HUNDRED FIFTY THREE THOUSAND ONE HUNDRED SEVENTY TWO PESOS AND 43/100 (Php1,253,172.43)**, Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **November 25, 2021** at 10:00 o'clock in the morning at the main entrance of the Government Center Bldg. located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder of CASH and in Philippine Currency, the following described property with all the improvements thereon, to-wit:

**TRANSFER CERTIFICATE OF TITLE No. 057-2016064957**

LOT NO. 39 BLOCK NO. 3 PLAN NO. PCS-04-027575  
PORTION OF: LOTS 3635, 3640, (R5-04-062447) & LOT 3654, (R5-04-062855) ALL OF SAN FRANCISCO DE MALABON ESTATE, DECREE NO. 4270 (LRC REC. NO. 3964)  
LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON

**BOUNDARIES:**

LINE	DIRECTION	ADJOINING LOT(S)
1-2	SW	LOT 40, BLOCK 1, PCS-04-027575
2-3-4-5	NW, NE	ROAD LOT 4, PCS-04-027575
5-1	SE	LOT 37, BLOCK 1, PCS-04-027575

**AREA: SEVENTY SEVEN SQUARE METERS (77), 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 **December 16, 2021** without further notice.

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

Trece Martires City, **September 14, 2021.**

(Sgt.) **REYNALDO L. SALOMA**  
Sheriff IV

Copy Furnished:

**BDO UNIBANK, INC.**,  
RISK MANAGEMENT GROUP-REMEDIATION MANAGEMENT UNIT  
11<sup>th</sup> Floor, BDO South Tower, BDO Corporate Tower,  
7009 Makati Avenue, Makati City 0720

**ANALIE ZAFE PADILLA AS ATTORNEY-IN-FACT OF ALEX Z. PADILLA**

(1) 145B Runtawa St., Better Living Subd., Das Bomas, Paranaque City  
(2) Bldg. 3, Lot 39 Ph. 8, Kensington, Navarro, Gen. Trias City, Cavite

**WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE.**

Publication : **DIYARYO KABITENYO**  
Date : **September 20, 27 and October 4, 2021**

said date and time, it shall be held on **December 16, 2021** without further notice.

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

Trece Martires City, **September 14, 2021.**

(Sgt.) **REYNALDO L. SALOMA**  
Sheriff IV

REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
Trece Martires City

**BPI FAMILY SAVINGS BANK, INC.**  
Mortgagee

Foreclosure Case No. F-047-21

-----  
FRANCISCO STA. ANA VICTORIO A.K.A. FRANCISCO STA ANA VICTORIO,  
Mortgagee

X-----X  
**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **BPI FAMILY SAVINGS BANK, INC.**, with business address at BPI Buendia Center, 27<sup>th</sup> Flr., BPI Center Bldg. 572 Sen. Gil Puyat Ave., Brgy. Bel-Air, Makati City against the Mortgagee, **FRANCISCO STA. ANA VICTORIO A.K.A. FRANCISCO STA ANA VICTORIO**, with residence and postal addresses: (1) No. 819 Fufon St., Dagupan, Tondo, Manila and (2) Block 11 Lot 8, Phase 9, Kensington Plaza, Brgy. Navarro, General Trias, Cavite, to satisfy the mortgage indebtedness as of 27 May 2021, amounts to **EIGHT HUNDRED FORTY THREE THOUSAND EIGHT HUNDRED THIRTY FIVE PESOS AND 08/100 (Php843,835.08)**, Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **November 25, 2021** at 10:00 o'clock in the morning at the main entrance of the Government Center Bldg. located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder of CASH and in Philippine Currency the following described property with all the improvements thereon, to-wit:

**TRANSFER CERTIFICATE OF TITLE No. 057-201807840**

LOT NO. 1 BLOCK 11 PLAN NO. PCS-04-027752  
PORTION OF: LOTS 1640, SAN FRANCISCO DE MALABON ESTATE, (R5-04-062490) AND BLOCK 13 & 14, PCS-04-027752, DECREE NO. 4270 (LRC REC. NO. 3964)  
LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON

**BOUNDARIES:**

LINE	DIRECTION	ADJOINING LOT(S)
1-2	SW	LOTS, BLOCK 11, PCS-04-027752
2-3	NW	ROAD LOT 1
3-4	NE	LOT 18, BLOCK 11, PCS-04-027752
4-1	SE	LOT 7, BLOCK 11, PCS-04-027752

**AREA: FIFTY SQUARE METERS (50), 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

Copy Furnished:

**BPI FAMILY SAVINGS BANK, INC.**,  
BPI Buendia Center 27<sup>th</sup> Flr., BPI Center Bldg.,  
572 Sen. Gil Puyat Ave., Brgy. Bel-Air, Makati City

**FRANCISCO STA. ANA VICTORIO A.K.A. FRANCISCO STA ANA VICTORIO**  
(1) No. 819 Fufon St., Dagupan, Tondo, Manila  
(2) Block 11 Lot 8, Phase 9, Kensington Plaza,  
Brgy. Navarro, General Trias, Cavite

**WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE.**

Publication : **DIYARYO KABITENYO**  
Date : **September 20, 27 and October 4, 2021**

**ERRATUM**

As per Notice of Extra-Judicial Foreclosure of Real Estate Mortgage filed by **BPI FAMILY SAVINGS BANK, INC.** in Foreclosure Case No. F-047-21 published in the three (3) consecutive issues of **DIYARYO KABITENYO** dated September 20-26, 2021; September 27-October 3, 2021; and October 4-10, 2021, the name of the mortgagee should have consistently read as: **FRANCISCO STA. ANA VICTORIO A.K.A. FRANCISCO STA ANA VICTORIO** and not of his residence and postal addresses should have consistently read as: **No. 819 Fufon St., Dagupan, Tondo, Manila.**

- The Editor

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



REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
TRECE MARTIRES CITY CAVITE

RIZAL COMMERCIAL BANKING CORPORATION, (in its capacity as successor-in-interest of RCBC Savings Bank, Inc.) represented by Atty. Billy Jim T. Carangal and Ms. Shildilyn B. Tomangin,

Plaintiff-Mortgagee,

Foreclosure Case No. F-076-21

-versus-

DOMINGO A. IBARLIN JR.  
MARIA EMMEREN IBARLIN,

Respondent-Mortgagee/s,

X-----X

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3133, as amended by Act 4118, filed by Mortgagee, RIZAL COMMERCIAL BANKING CORPORATION, (in its capacity as successor-in-interest of RCBC Savings Bank, Inc.) represented by Atty. Billy Jim T. Carangal and Ms. Shildilyn B. Tomangin, 31<sup>st</sup> Floor AT Yuchengco Centre, 25<sup>th</sup> & 26<sup>th</sup> Sts., Bonifacio Global City, Taguig City against the Mortgagee, SPS. DOMINGO A. IBARLIN JR. & MARIA EMMEREN IBARLIN with residence and postal address at # BLK. 126, 1 of 24, Phase 4, Mary Cita Complex, Gen. Trias, Cavite, to satisfy the mortgage indebtedness as of 12 July 2021 amounts to ONE MILLION ONE HUNDRED FIFTY FOUR THOUSAND FOUR HUNDRED NINETY SIX PESOS & 62/100 (P1,154,496.62), Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **November 25, 2021** at 10:00 o'clock in the morning at the main entrance of the Government Center Bldg. located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder in CASH and in Philippine Currency the following described property with all the improvements thereon, to-wit:

**TRANSFER CERTIFICATE OF TITLE**  
No. 057-201914447

A PARCEL OF LAND (LOT 33, BLK. 14 OF THE CONSOLIDATION & SUBDIVISION PLAN PCS-04-026861 BEING A PORTION OF LOTS 2374-A, PLS-2048-D & LOT 2372 SAN FRANCISCO DE MALABON ESTATE & LOTS 2374-B-1 & 2374-B-2, PSD-04-030218) SITUATED IN BARANGAY OF SANTIAGO, MUNICIPALITY OF GENERAL TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON, BOUNDED ON THE SE., ALONG LINES 1-2-3 BY ROAD LOT 2; ON THE SE., ALONG LINE 3-4 BY LOT 32, BLK. 14, ON THE SW., ALONG LINES 4-3-4 BY LOT 8, BLK. 14 AND ON THE NW., ALONG LINES 6-1 BY LOT 34, BLK. 14 ALL OF THE CONSOLIDATION & SUBDIVISION PLAN, BEGINNING AT A POINT MARKED "1" ON THE PLAN, XXX CONTAINING AN AREA OF NINETY FOUR (94) SQUARE METERS, MORE OR LESS XXX

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 **December 15, 2021** without further notice.

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

Trece Martires City, **September 14, 2021.**

(Sgt.) ANDRES B. ESPINA  
Sheriff IV

Copy Furnished:

RIZAL COMMERCIAL BANKING CORPORATION  
Atty. Billy Jim T. Carangal,  
Head Legal Services Div.  
Remedial Management & Services Division  
31st Floor AT Yuchengco Centre,  
25th & 26th Sts., Bonifacio Global City, Taguig City

SPS. DOMINGO A. IBARLIN JR.  
& MARIA EMMEREN IBARLIN  
Blk. 126, Lot 24, Phase 4, Mary Cita Complex, Gen. Trias, Cavite

**WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE.**

Publication: DIYARYO KABITENYO  
Dates: September 26, 27 and October 4, 2021

REPUBLIC OF THE PHILIPPINES  
FOURTH JUDICIAL REGION  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
TRECE MARTIRES CITY CAVITE

RIZAL COMMERCIAL BANKING CORPORATION, (in its capacity as successor-in-interest of RCBC Savings Bank, Inc.) represented by Atty. Billy Jim T. Carangal and Ms. Shildilyn B. Tomangin,

Mortgagee,

Foreclosure Case No. F-077-21

-versus-

JEFFSY F. ARNADO,

Defendant-Mortgagee.

X-----X

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3133, as amended by Act 4118, filed by Mortgagee, RIZAL COMMERCIAL BANKING CORPORATION, (in its capacity as successor-in-interest of RCBC Savings Bank, Inc.) represented by Atty. Billy Jim T. Carangal and Ms. Shildilyn B. Tomangin with business address at 31<sup>st</sup> Floor AT Yuchengco Centre, 25<sup>th</sup> & 26<sup>th</sup> Sts., Bonifacio Global City, Taguig City against the Mortgagee, JEFFSY F. ARNADO of legal age, Filipino, with postal address at Sitio 1, Sakal, Marikina City,

Metro Manila Philippines, to satisfy the mortgage indebtedness as of 12 July 2021, amounts to EIGHT HUNDRED FIFTY THOUSAND FOUR HUNDRED SEVENTY THREE PESOS & 79/100 (P86,473.79), Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **November 25, 2021** at 10:00 o'clock in the morning at the main entrance of the Government Center Bldg. located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder in CASH and in Philippine Currency the following described property with all the improvements thereon, to-wit:

**TRANSFER CERTIFICATE OF TITLE**  
No. 057-201914447

A PARCEL OF LAND (LOT 15, BLOCK 10 OF THE SUBDIVISION PLAN PSD-04-123864, BEING A PORTION OF LOT 316A-B, PLS-2035-D-L.R. C. REC. NO. 1 SITUATED IN THE BARANGAY OF SANTIAGO, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON, BOUNDED ON THE NE, ALONG LINE 1-2 BY ROAD LOT 10, ON THE SE, ALONG LINE 2-3 BY LOT 14, ON THE SW, ALONG LINE 3-4 BY LOT 2, AND ON THE NW, ALONG LINE 4-1 BY LOT 16, ALL OF THE BLOCK 10, ALL OF THE SUBDIVISION PLAN, BEGINNING AT A POINT MARKED "1" ON THE PLAN, XXX CONTAINING AN AREA OF FORTY SQUARE METERS & FIFTY DECIMETERS (40.50) XXX

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 **December 16, 2021** without further notice.

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

Trece Martires City, **September 14, 2021.**

(Sgt.) ANDRES B. ESPINA  
Sheriff IV

Copy Furnished:

RIZAL COMMERCIAL BANKING CORPORATION  
Atty. Billy Jim T. Carangal,  
Head Legal Services Div.  
Remedial Management & Services Division  
31st Floor AT Yuchengco Centre,  
25th & 26th Sts., Bonifacio Global City, Taguig City

JEFFSY F. ARNADO  
Sitio 1, Sakal, Marikina City, Metro Manila

**WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE.**

Publication: DIYARYO KABITENYO  
Dates: September 26, 27 and October 4, 2021

**Republic of the Philippines**  
Province of Cavite  
Municipality of Alifan

**OFFICE OF THE MUNICIPAL CIVIL REGISTRAR**

**NOTICE FOR PUBLICATION**

In compliance with Section 3 of R.A. No. 9048, a notice is hereby served to the public that **EMELITA C. BAUTISTA** has filed with this office a petition for change of first name from **EMILIE to EMELITA** in the birth certificate of **EMILIE BICMA CABALLEDO** who was born on **August 28, 1967** at Zamora St., Alifan, Cavite, and whose parents are **Ricardo N. Caballejo and Conchita T. Digma (DVRG Copy)**/ Ricardo N. Caballejo and Conchita D. Caballejo (LCRO Copy).

Any person adversely affected by said petition may file his written opposition with this Office not later than **October 11, 2021**.

(Sgd.) TERESITA A. GALANG  
Civil Registrar

DIWARYO KABITENYO - September 27 and October 4, 2021

**AFFIDAVIT OF SELF-ADJUDICATION**

NOTICE is hereby given that the estate of the late **MARIA MYRNA G. LANGIT** (also known as **MYRNA G. LANGIT**) who died intestate on August 25, 2021 at Divine Grace Medical Center, Tagaytay, General Trias City, Cavite, described as Lot 1229-A, consisting of parcel of land without any improvements situated therein situated in Barangay Pineda, Tanza, Cavite with a total area of **ONE THOUSAND TWO HUNDRED SEVENTY NINE (1,279) SQUARE METERS**, certified by Transfer Certificate of Title No. **T-916774** has been self-adjudicated by her legal and sole heir **ELONA MARCEL NUADA** on September 21, 2021 in Tanza, Cavite, Philippines before Notary Public Atty. Julius B. Arce and entered in the Statistical Register as Doc. No. 30, Page No. A, Book No. **XLI** Series of 2021.

(Sgd.) Hedy-Alfian

Publisher: DIWARYO KABITENYO  
Date: September 27, October 4 & 11, 2021

**REPUBLIC OF THE PHILIPPINES**  
**Local Civil Registry Office**  
Municipality of Tanza  
Province of Cavite

**NOTICE OF PUBLICATIONS**

In compliance with Sec. 3 of Rep. Act No. 9048, a notice is hereby served to the public that **MA. CONSOLACION F. ALARCA** has filed with this office a petition for **CHANGE OF FIRST NAME (OCRG & LCRO Copy)** from **Maria Consolacion** to **Ma. CONSOLACION RAUTISTA** from **Maria Consolacion** to **Ma. CONSOLACION RAUTISTA** **PADUA** who was born on August 29, 1961 at Tanza, Cavite and parents were **Juan Barbachano Padua & Basilia Reyes Bautista**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **October 18, 2021**.

(Sgd.) **MA. THERESA L. CESA**  
Municipal Civil Registrar

DIWARYO KABITENYO - October 4 & 11, 2021

**Republic of the Philippines**  
Province of Cavite  
Municipality of Irosite

**OFFICE OF THE MUNICIPAL CIVIL REGISTRAR**

PUBLICATION NOTICE  
R.A. 10172

**NOTICE TO THE PUBLIC**

SEPTEMBER 16, 2021  
CC-4013-2021/R.A. 10172

In compliance with the publication requirements and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the Implementation of Administrative Order No. 1 Series of 2012 (RR on R.A. 10172), Notice is hereby served to the public that **JEFFREY LOZANO II AGO** 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 (PSA COPY ONLY) of **JEFFREY LOZANO II AGO**, who was born on **25 September 1992** at Torogan, Cavite and whose parents are **LEODORICO LINDO II AGO and BELEN ESTABON LOZANO**.

Any person adversely affected by said petition may file his written opposition with this office not later than **11 OCTOBER 2021**.

(Sgd.) MARIFTAR LOZANO  
Municipal Civil Registrar

DIWARYO KABITENYO - September 27 and October 4, 2021

**REPUBLIC OF THE PHILIPPINES**  
PROVINCE OF CAVITE  
MUNICIPALITY OF MENDEZ-NUPREZ  
OFFICE OF THE LOCAL CIVIL REGISTRAR

**NOTICE TO THE PUBLIC**

CC-0910-2021 RA 10172

In compliance with the publication requirements and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the Implementation of the Administrative Order No. 1 Series of 2012 (RR on R.A. 10172), Notice is hereby served to the public that **NELIA F. OCTAVIANO** has filed with this Office a petition for Correction of Clerical Error in the Date of Birth from **SEPTEMBER 16, 1953** to **SEPTEMBER 14, 1953** in the certificate of Live Birth of **NELIA PEÑANO** at Mendez, Cavite and whose parents are **VEDAL PEÑANO and NICOLASA ERMI**.

Any person adversely affected by said petition may file his written opposition with this office not later than **October 18, 2021**.

(Sgd.) REYNALDO E. RACOS  
Municipal Civil Registrar

DIWARYO KABITENYO - October 4 & 11, 2021

**EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS**

NOTICE is hereby given that the estate of the late **MOWENA SANTOS MANALILI** who died intestate on March 28, 2019 at Pasay, Pasay, Iloilo City, Cavite, consisting of a personal property with license number 2793 of City of Iloilo, Cavite particularly described as follows:

MAKE	Honda TMS219
DENOMINATION	Tricycle
PLATE NO.	W309704
ENGINE NO.	KR3996242149
CHASSIS NO.	KR398624243
MV FILE NO.	6412-00003147294

Has been adjudicated and extra-judicially settled by and between her heirs, that **KATRINA BEA S. MANALILI** hereby WAIVES, RENOUNCES and QUITS CLAIMS heretofore, whenever SEIZURE, RIGHT, INTEREST, OWNERSHIP, and PARTICIPATION she has in the above described personal property in favor of **ROBERTO C. MANALILI JR.** on October 26, 2020 at the City of Iloilo, Cavite, Philippines before Notary Public Atty. Raul S. Sual and entered in the Statistical Register as Doc. No. 222, Page No. 60, Book No. VIII, Series of 2020.

(Sgd.) **ROBERTO C. MANALILI JR. and KATRINA BEA S. MANALILI** assisted by her Father

Publisher: DIWARYO KABITENYO  
Date: October 4, 11 & 18, 2021

**Low-cost, portable device could diagnose heart attacks in minutes**

Researchers at the University of Florida have developed a sensor that could diagnose a heart attack within minutes, according to a study published in *Lab on a Chip*.

Currently, it takes health-care professionals hours to diagnose a heart attack. Initial results from an echocardiogram can quickly

show indications of heart disease, but to confirm a patient is having a heart attack, a blood sample and analysis is required. Those results can take up to eight hours.

"The current methods used to diagnose a heart attack are not only time intensive, but they also have to be applied within a certain window of time to get accurate results," said Pinar Zorlutuna, the Sheehan Family Collegiate Professor of Engineering

at Notre Dame and lead author of the paper. "Because our sensor targets a combination of miRNA, it can quickly diagnose more than just heart attacks without the timeline limitation."

# Blood marker could help ID those at risk of debilitating

To track cardiovascular health, doctors measure blood pressure, cholesterol levels and blood sugar, among a number of other cardiovascular disease risk factors. Such measures can help predict whether a person is at risk of heart attack or stroke. But there is no blood test that can accurately assess the degree to which a person's arteries may be narrowing or at risk of blockage.

Now, researchers at Washington University School of Medicine in St. Louis have shown that high levels of a specific protein circulating in the blood accurately detect a severe type of peripheral artery disease that narrows the arteries in the legs and can raise the risk of heart attack and stroke. The protein, called circulating fatty acid synthase (cFAS), is an enzyme that manufactures saturated fatty

acids. Until recently, fatty acid synthase was thought to be found only inside cells. The new study suggests that fatty acid synthase also circulates in the bloodstream and may have an important role in the plaque formation characteristic of cardiovascular disease.

About 12 million people in the U.S. have some form of peripheral artery disease, a narrowing of the arteries in the legs, and about 1 million of these patients develop a severe form called chronic limb-threatening ischemia. These patients often undergo vascular surgery to open up their peripheral arteries in an effort to improve blood flow to the legs. In severe cases, patients may need to have the diseased leg amputated.

"These patients are at risk of losing

their legs, which is devastating to quality of life," said senior author Mohamed A. Zayed, MD, PhD, an associate professor of surgery and of radiology. "They lose their capacity to walk, and about half of them die within the next two years. We need to identify these patients sooner, so we can help treat them aggressively much earlier in the disease course. Our data suggest that levels of cFAS in the blood could be an accurate predictor for which patients are at high risk of the severe forms of this condition."

Zayed and his colleagues collected blood samples from 87 patients before they underwent vascular surgery to treat chronic limb-threatening ischemia. The researchers found that cFAS levels in the blood were

independently associated with the disease. A diagnosis of Type 2 diabetes and smoking status also were strongly and independently correlated with chronic limb-threatening ischemia. When all three of these factors were considered together, they could predict the presence of the disease with 83% accuracy.

The researchers also found that cFAS levels in the blood were associated with the fatty acid synthase content of plaque sampled from the femoral artery, the main vessel supplying blood to the legs. In addition, the researchers found that cFAS circulates through the bloodstream while bound to LDL, the so-called "bad" LDL cholesterol, which raises an intriguing question.

" Oftentimes, I will see patients in my practice who have high LDL but are otherwise healthy

individuals—they don't have evidence of disease in their arteries," said Zayed, who is also a vascular surgeon at Barnes-Jewish Hospital. "We've scratched our heads at this. Do we put these patients on cholesterol-lowering medication? Are they still at high risk of cardiovascular disease? Our guidelines

tell us to be aggressive in treating these patients. But my suspicion is the problem is not just LDL. Rather, the problem is enzymes that are attached to LDL that are conferring the cardiovascular disease that we see, particularly in the peripheral arteries, as well as the coronary arteries that deliver blood to the heart and the carotid arteries that deliver blood to the brain."

The researchers have found that LDL is more abundant than

cFAS in the blood, so the key measure may not be LDL itself, but how much of the LDL is carrying cFAS along with it.

In past work, Zayed and his colleagues showed that blood cFAS levels also are elevated in patients with plaque buildup in the carotid arteries, which supply blood to the brain. That work also showed that the cFAS circulating in the blood originates from the liver. The evidence suggests that LDL serves as a delivery vehicle for cFAS that then contributes to the formation of plaque in key arteries throughout the body.

Zayed and his colleagues also are investigating cFAS as a possible target of new drug therapies that could slow plaque buildup and treat or prevent cardiovascular disease.



# What our wandering thoughts can teach us about mental health

Where does your mind wander when you have idle time? A new study published in Scientific Reports may offer some clues, and the findings reveal a surprising amount about our mental health.

78 participants were trained to voice their thoughts aloud for 10 minutes while sitting alone in a room without access to electronic devices. Researchers used audio equipment to record those thoughts, then transcribed the recordings and analyzed them for content. In total, more than 2,000 thoughts were analyzed.

"We wanted to mimic the small breaks we have throughout the day, such as when waiting in line at a café, taking a shower, lying

in bed at night and so on. There are all times during which external demands are minimal and internal thoughts tend to creep in," said first author Quentin Raffaelli, a graduate student in the UArizona Department of Psychology.

Most psychology research addressing human thought either tells people what to think about, asks participants to remember what they were thinking about minutes before, or uses self-report questionnaires to capture frame-frame snapshots of thoughts at different moments in time, according to the authors.

"While insightful in its own right, this snapshot approach doesn't tell us much about how thoughts unfold and transition

over time -- features of thinking that we think are important for our mental health. To capture these dynamic properties of thinking, we need a method that records thoughts in real time and for extended periods," said co-author Jessica Andrews-Hanna, an assistant professor of psychology who oversaw the research in her lab.

Other co-authors include Caitlin Mills, an assistant professor at the University of New Hampshire, as well as UArizona associate professors of psychology Mary-Frances O'Connor, Matthias Mehl and Matthew Grilli, graduate student Eric Andrews, undergraduates Kate Chambers, Natalia-Annis de Stefano and Surya Fitzgerald, lab coordinator Ramsey

Wilcox, as well as Kalina Christoff, a professor at the University of British Columbia.

The researchers sought to measure patterns of thinking. They were especially interested in capturing ruminative thinking, continuously thinking about the same negative thoughts, which is a common symptom of depression.

"Whereas most participants spent the 10 minutes thinking about the present or the future in an emotionally neutral way, participants who scored high on a rumination questionnaire experienced thoughts that were more past-focused and negative," Raffaelli said. "Ruminative individuals were also more likely to think about themselves."

The authors followed certain thoughts over time, measuring how long they lasted and how narrow or broad in focus they were. Ruminative individuals had negative thoughts that lasted longer than positive thoughts, and those negative thoughts became progressively narrower in topic over time.

"We were able to witness how some people became trapped in perseverative cycles of thinking," Andrews-Hanna said. "We recruited a random group of people without knowing if they were diagnosed with any clinical condition for this study, yet it's striking that in just 10 minutes of down time, we can capture thought processes that speak to many different mental

health conditions."

Some people, on the other hand, found the 10 minutes to be productive and inspirational.

"Some participants thought about positive topics or goals they wanted to reach," Andrews-Hanna said. "Other people's thoughts were quite creative. Many participants found that the exercise offered a refreshing break from the busy world around them."

The exercise wasn't designed for any therapeutic potential, yet many people viewed it as a therapy session with themselves.

"There is research on the power of externalizing our inner thoughts via journaling or sharing thoughts with others that I think this study taps into indirectly," Andrews-Hanna said.

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Vol. 24 No. 33 October 4-10, 2021 P. 10.00

# Revealing the logic of the body's 'second brain'

Researchers at regular duties even if not electrically active, Michigan State Uni- they somehow became which has made it versity have made a disconnected from the more challenging for surprising discovery central nervous-sys- researchers to decipher about the human gut's tem. And the number what these cells do. One enteric nervous system of specialized nervous of the leading theories that itself is filled with system cells, namely was that glial cells pro- surprising facts. For neurons and glia, that vide passive support for matters, there's the fact live in a person's gut is neurons. that this "second brain" roughly equivalent to the number found in a cat's brain.

"Most people don't even know that they have this in their guts," said Brian Gubbrussen, MSU Foundation Professor at the College of Human Sciences's Department of Physiology. "It's like this second brain is our gut," Gubbrussen said. "It's an extensive network of neurons and glia that line our intestines."

Neurons are the more familiar cell type, famously conducting the nervous system's electrical signals. Glia, on the other hand, are

not electrically active, which has made it more challenging for researchers to decipher what these cells do. One of the leading theories was that glial cells provide passive support for neurons.

Gubbrussen and his team have now shown that glial cells play a much more active role in the enteric nervous system. In research published online on Oct. 1 in the Proceedings of the National Academy of Sciences, the Spaniards revealed that glia act in a very precise way to influence the signals carried by neuronal circuits.

## Paradigm shift in treatment of type 2 diabetes to focus on weight loss

An international panel of experts from four renowned diabetes research centers, including UT Southwestern Medical Center, has reviewed current literature and is recommending a pivotal change in treatment of Type 2 diabetes to focus on obesity first and glucose control second.

"It's known that obesity contributes to the progression of diabetes. What's new is that instead of focusing exclusively on lowering blood sugar, we recommend the primary approach to the treatment of Type 2 diabetes be on the treatment of obesity," said first author Hádco Lingvay, M.D., M.P.H., M.S.C.S., Professor of Internal Medicine and Population and Data Sciences at UT Southwestern, ranked as one of the nation's top 25 hospitals for diabetes and endocrinology care.

The researchers state that dropping 15% or more of body weight can have a disease-modifying effect in Type 2 diabetes, an outcome that is unattainable by any other glucose-lowering intervention. The new focus would require updating current treatment guidelines and providing significant provider education, they note.

The researchers

not offer an opportunity to reverse the disease," said Dr. Lingvay, who leads an active clinical research program in the Division of Endocrinology at UT Southwestern. "We propose using a proactive approach. Let's address the cause of the disease — obesity."

This latest finding continues Dr. Lingvay's career-long effort to investigate the best means to provide the most effective clinical care to patients with Type 2 diabetes. As an early-career faculty member in 2005, Dr. Lingvay participated in UT Southwestern's first class of the Clinical & Translational Research Scholars Program, a rigorous multiyear program designed for clinical research fellows and junior faculty who are on track to obtain extramural grant funding and who show great promise toward becoming independently funded investigators.

The current approach to diabetes treatment relies on clinical studies from the 1980s, which found that lowering blood sugar results in fewer complications from the disease. These early results supported treating blood glucose as the key target, said Dr. Lingvay.

"The problem with this approach is that it doesn't address the core problem and does