**The Lord is like a strong tower, where the righteous can go and be safe.**
Proverbs 18:10

ISSN: 3116-4757

# DIYARYO KABITENYO

News Publishing Service

Entered as FIRST CLASS MAIL at Imus Post Office with Business Mail Permit No. IC-19-06-249
**Vol. 29 No. 38** **November 2-8, 2026** **P 10.00**

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

# Cavite leads CALABARZON in amount of seized illegal drugs

The Cavite Police ranked first across the CALABARZON region in the amount of illegal drugs confiscated during a week-long series of anti-drug operations.

According to the police report, authorities seized a total of 703.77 grams of illegal drugs in Cavite through successive operations.

The Police Regional Office 4A reported that 225 anti-drug operations were conducted across CALABARZON within one week, resulting in the arrest of 274 individuals.

The authorities confiscated around 993.5 grams of shabu, 29.51 grams of marijuana and 10 kilos of marijuana Kush during the operations.

The total value of the seized illegal drugs reached P6,774,764.

Laguna PPO ranked second in the amount of confiscated drugs, with 157.01 grams, followed by Rizal PPO with 51.49 grams, Batangas PPO with 41.54 grams and Quezon PPO with 39.69 grams.

The operations were conducted from October 19 to October 25, 2026.




# Bacoor pet crematorium ordered closed

The Bacoor City government ordered a pet crematorium closed after the remains of 29 pets were discovered inside plastic bags dumped along a roadside in San Jose del Monte City, Bulacan.

The closure of the pet crematorium was ordered following complaints from pet owners.

Some pet owners had requested financial compensation and damages, while others planned to file complaints with police assistance.

Animal rights group Philippine Animal Welfare Society urged affected pet owners to take legal action against the crematorium. PAWS said the incident did not directly violate the Animal Welfare Act because the pets were already deceased when they were handed over to the facility.

However, the incident could involve estafa through deceit, and the crematorium could still face liability under Article 315(2)(a) of the Revised Penal Code.

"Pet parents paid for a service that was supposed to provide their beloved companions with a dignified farewell. Instead, their remains were reportedly dumped like garbage in a vacant lot," PAWS said.

The group encouraged affected pet owners to work together and preserve evidence, including receipts, cremation certificates, communications and photos, which would be needed when filing the appropriate complaints.

"Each complaint, supported by evidence, can help establish the extent of the alleged wrongdoing and prevent other grieving families from experiencing the same," PAWS said.

DIYARYO KABITENYO
News Publishing Service

ISSN: 3116-4757

**ARNULFO BARCO**
*(May 14, 1951 - September 2, 2024)*
*Founder*

**GENER BARCO**
*Publisher-Editor*

Published by **DIYARYO KABITENYO News Publishing Service**, it has its editorial and business offices at Block 13 Lot 1 Liwayway Homes Subdivision, Anabu 1-C, City of Imus, Cavite. It is published and circulated weekly, every Monday, throughout the province of Cavite. It is registered with the Department of Trade and Industry with Business Name No. 6486090. Our Telephone No. is (046) 5463975, Mobile No.: 09179496918 and email address: barcogener@gmail.com.

Subscription Rate:
1 month - P 40.00
3 months - 120.00

Advertising Rate:
Commercial - P200.00/col. cm.
Legal- 160.00/col. cm.

# Daily avocado and mango consumption improves heart health in prediabetes

Daily consumption of mangoes and avocados may provide significant, unexpected benefits for heart health, according to new research. A recent eight-week study found that adults with prediabetes who regularly included both fruits in their diets experienced improvements in blood pressure and blood vessel function, all without gaining weight or increasing their calorie intake.

These findings are particularly relevant for the 98 million Americans—one in three—who live with prediabetes, a condition characterized by elevated blood sugar levels that have not yet progressed to type 2 diabetes. Published in the Journal of the American Heart Association, the study suggests that integrating these nutrient-dense fruits into daily meals can support cardiovascular health.

Led by researchers at the Illinois Institute of Technology (Illinois Tech), the investigation focused on an Avocado-Mango (AM) diet. Participants in this group consumed one medium Hass avocado and one cup of fresh mango daily for eight weeks. For comparison, a control group followed a similar dietary plan but replaced the fruits with carbohydrate-based foods containing equivalent calories.

The results highlighted notable differences between the two groups, specifically regarding blood vessel functionality and blood pressure trends over time. One of the most distinct improvements was observed in the blood vessels' ability to expand as blood flows through them. This flexibility is crucial for maintaining healthy circulation and serves as a key indicator of cardiovascular health.

To assess this, researchers measured flow-mediated dilation (FMD), a standard test for endothelial function. The endothelium is the thin layer of cells lining the interior of blood vessels, responsible for regulating circulation by controlling the widening and narrowing of arteries.

In the group consuming avocado and mango, FMD measurements increased significantly to 6.7%. In contrast, the control group saw a decline to 4.6%. This divergence indicates that regular consumption of these fruits may enhance the effectiveness of blood vessel function.

Blood pressure readings also reflected positive changes, particularly among male participants. Men in the control group experienced an average rise of 5 mmHg in central blood pressure, whereas those in the avocado and mango group saw a decrease of approximately 1.9 mmHg.

Diastolic blood pressure, the lower number in a reading, indicates the pressure within arteries when the heart relaxes between beats. Keeping these levels healthy is vital, as high blood pressure places extra strain on the cardiovascular system. Researchers noted that if these differences persist over time, they could be clinically significant.

Notably, these cardiovascular benefits occurred without significant changes in body weight or total calorie consumption. This implies that the nutritional quality of food can impact heart health even when weight remains stable.

"This research reinforces the power of food-first strategies to help reduce cardiovascular disease risk, particularly in vulnerable populations like those with prediabetes," said Britt Burton-Freeman, PhD, Principal Investigator and Professor at Illinois Tech. "It's an encouraging message: small, nutrient-dense additions—like incorporating avocado and mango into meals and snacks—may support heart health without the need for strict rules or major dietary overhauls."

Beyond vascular and blood pressure improvements, participants in the avocado and mango group consumed more fiber, vitamin C, and monounsaturated fats. These nutrients are linked to cardiovascular wellness and may help explain the study's benefits.

Researchers also observed improvements in certain kidney health indicators, such as estimated glomerular filtration rate (eGFR), which measures how effectively kidneys filter waste from the blood.

However, the fruits did not improve every health metric. Cholesterol levels, blood sugar markers, and inflammation indicators remained largely unchanged compared to the control group.

Although mangoes and avocados differ in flavor and nutritional composition, they offer complementary nutrients

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**Republic of the Philippines**
**Fourth Judicial Region**
**Regional Trial Court of Cavite**
**Office of the Clerk of Court & Ex-Officio Sheriff**
New Justice Hall, J.P. Rizal Avenue,
Kaybagal South, Tagaytay City
Email Address: rtc1tgtocc@judiciary.gov.ph
Contact Nos. 09676699985 / (046) 419-0464

**BDO UNIBANK, INC.,**
*Mortgagee,*

**EJF NO. TG-26-043**
**FOR:** *Extra Judicial Foreclosure of Mortgage under Act No. 3135, as Amended*

**-versus-**

**DARRYLL I. DE CASTRO,**
*Debtor/Mortgagor,*

**SPS. MA. TERESA I. DE CASTRO and RODRIGO M. DE CASTRO,**
*Co-Debtors,*
x----------x

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon extra-judicial petition for sale under Act 3135, as amended by Act No. 4118, filed by *mortgagee* **BDO UNIBANK, INC.,** a universal banking corporation duly organized and existing under the laws of the Republic of the Philippines, with principal office and place of business at 33rd Floor, BDO Corporate Center Ortigas, No. 12, ADB Avenue, Mandaluyong City, pursuant to the terms and conditions of the Uniform Loan and Mortgage Agreement executed and notarized on December 10, 2020 by *debtor/mortgagor* **DARRYLL I. DE CASTRO and co-debtors SPOUSES MA. TERESA I. DE CASTRO and RODRIGO M. DE CASTRO,** of legal age, Filipinos, and with addresses at (1) 247 Luwasan Street, Guyong, Santa Maria, Bulacan and (2) Unit 0230, Tower B Cool Suites at Wind Residences, Emilio Aguinaldo Highway, Brgy. Maharlika West, Tagaytay City, in favor of the mortgagee, over a real estate property including improvements thereon, described in and covered by **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2022000257** of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the mortgagor in the amount of **TWO MILLION SIX HUNDRED FORTY-FOUR THOUSAND THIRTEEN PESOS AND 90/100 (Php 2,644,013.90),** as of April 22, 2026, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Alex E. Martinez, will sell at public auction on **December 9, 2026** at 10:00 o'clock in the morning or soon thereafter, at the **New Hall of Justice of Tagaytay City,** to the highest bidder, for Cash or Manager's Check and in Philippine Currency, the following property with all its improvements thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE NO. 076-2022000257**
Registry of Deeds for Tagaytay City

"IT IS HEREBY CERTIFIED that the unit identified and described as:

COOL SUITES AT WIND RESIDENCES TOWER B
UNIT NO. : 0230
FLOOR LEVEL : 2ND FLOOR
UNIT TYPE : 1BR WITH BALCONY
UNIT AREA : 23.23 SQUARE METERS

*in the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on* TRANSFER CERTIFICATE OF TITLE 2012004160; 2012004161; 2015001175 which embraces and describes the land located at BRGY. SALABAN, MAHARLIKA WEST (NOW), CITY OF TAGAYTAY, PROV. OF CAVITE, with an area of THIRTY-ONE THOUSAND SEVEN HUNDRED THIRTY (31,730) Square Meter, is registered in the name of:

***Owner:*** **DARRYLL I. DE CASTRO, FILIPINO CITIZEN, OF LEGAL AGE, SINGLE**

***Address:*** 247 LUWASAN STREET, GUYONG, SANTA MARIA, BULACAN 3022

In the event the public auction should not take place on the said date, it shall be held on **December 16, 2026** without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2022000257** the encumbrances thereon, if any there be.

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

Tagaytay City, Philippines, October 9, 2026.

(Sgd.) **ATTY. VARBRA ANN A. VARIAS-DIMAYUGA**
Clerk of Court & Ex-Officio Sheriff

(Sgd.) **ALEX MARTINEZ**
Sheriff-in-Charge

WARNING:

**IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF SHERIFF'S SALE ON OR BEFORE THE DATE OF THE AUCTION SALE UNDER THE PENALTY OF LAW**

Copy furnished:

**BDO UNIBANK, INC.,**
*Mortgagee*
33rd Floor, BDO Corporate Center Ortigas,
#12 ADB Avenue, Mandaluyong City

**DARRYLL I. DE CASTRO**
*Debtor/Mortgagor*
(1) 247 Luwasan Street, Guyong, Santa Maria, Bulacan
(2) Unit 0230, Tower B Cool Suites at Wind Residences, Emilio Aguinaldo Highway, Brgy. Maharlika West, Tagaytay City

**SPS. MA. TERESA I. DE CASTRO and RODRIGO M. DE CASTRO**
*co-debtors*
(3) 247 Luwasan Street, Guyong, Santa Maria, Bulacan
(4) Unit 0230, Tower B Cool Suites at Wind Residences, Emilio Aguinaldo Highway, Brgy. Maharlika West, Tagaytay City

Publication : DIYARYO KABITENYO News Publishing Service
Dates : October 19, 26 and November 2, 2026

**EXTRAJUDICIAL SETTLEMENT OF THE ESTATE OF THE LATE LAUREANA M. ESGUERRA**

NOTICE is hereby given that the estate of the late **LAUREANA M. ESGUERRA** who died intestate on December 7, 2008 at General Trias, Cavite, and at the time of her death, her residence was at Barangay Buenavista 2, General Trias City, **Cavite,** consisting of a parcel of agricultural land situated in the Bo. of Buenavista, Municipality of General Trias, Province of Cavite with an area of TWELVE THOUSAND FOUR HUNDRED EIGHTY THREE (12,483) square meters covered by Transfer Certificate of Title No. EP-254 under Tax Declaration No. 08-0015-06830 has been adjudicated and extrajudicially settled by and among her heirs in pro-indiviso equal shares on October 16, 2026 at Dasmariñas City, Cavite before Notary Public Atty. Miriam S. Clorina and entered in her Notarial Register as Doc. No. 75; Page No. 15; Book No. 354; Series of 2026.

(Sgd.) **All Heirs**

Publication : DIYARYO KABITENYO News Publishing Service
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***(DAILY...from page 2)***

that support metabolic and cardiovascular health.

•Mango: Provides 2g of dietary fiber per serving (7% DV; serving size: ¾ cup) and is an excellent source of vitamin C (50% DV). Vitamin C acts as an antioxidant to protect cells from damage, while fiber aids digestion, blood sugar regulation, weight management, and cardiovascular health.

•Avocado: Contains 3g of fiber per serving (11% DV; serving size: 50 g or 1/3 of a medium avocado), which helps manage cholesterol, blood sugar, and body weight. It also supplies 6g of unsaturated fats, which support heart health by lowering LDL ("bad") cholesterol when they replace less healthy fats. Additionally, avocados provide 250mg of potassium (6% DV), a mineral that helps regulate blood pressure.

Together, these fruits offer a convenient way to boost the nutritional value of everyday meals. However, the study did not determine if eating them together offers greater benefits than consuming either fruit alone.

Incorporating these fruits does not require a complex diet. Their contrasting textures and flavors make them versatile for salads, smoothies, and grain bowls. Fresh mango can add sweetness to savory dishes, while avocado provides a rich, creamy texture. Recipes such as Mango Avocado Tuna Ceviche or an Avocado and Mango Topper are easy options. More recipes and nutritional details are available at Mango.org and LoveOneToday.com.

The investigation involved 82 adults aged 25 to 60 with prediabetes and a BMI classified as overweight or obesity (25–35 kg/m2). Participants were generally healthy, non-smokers, not on specialized diets, and free of major chronic medical conditions.

Over the eight-week period, participants followed calorie-controlled plans modeled on typical American dietary patterns. The avocado and mango group received their daily fruit servings, while the control group received calorie-matched carbohydrate alternatives. To ensure consistency, researchers prepared and provided meals covering 75% of each participant's estimated daily calorie

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

**RIZAL COMMERCIAL BANKING CORPORATION *(in its capacity as successor-in-interest of RCBC Savings Bank, Inc.),***
Petitioner/Mortgagee,

**FORECLOSURE CASE NO. F-807-26**

-versus-

**FELIPE SERATUBIAS SORNEL,**
Respondent/Mortgagor.
x----------x

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **RIZAL COMMERCIAL BANKING CORPORATION (in its capacity as successor-in-interest of RCBC Savings Bank, Inc.)** with business address at A.T. Yuchengco Centre, 25th & 26th Streets, Bonifacio Global City, Taguig City, M.M. against the Respondent/Mortgagor, **FELIPE SERATUBIAS SORNEL,** with postal address at No. 138 Liroville Bldg., Leviste Street, Salcedo Village, Makati City and collateral address at Block 11, Lot 7, Road Lot 12, Camella Trece, Barangay Cabuco, Trece Martires City, Cavite, to satisfy the mortgage indebtedness which as of **August 4, 2026,** amounts to **SEVEN HUNDRED SIX THOUSAND ONE HUNDRED SEVENTY NINE PESOS and 42/100 (PhP706,179.42),** Philippine Currency, inclusive of interests and penalties as of said date but exclusive of attorney's fees and all other expenses and charges incidental to this foreclosure sale, the undersigned Sheriff will sell at public auction on **November 17, 2026** at 10:00 o'clock in the morning until 12:00 o'clock noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described properties with all the improvements thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE NO. 077-2018001661**

**LOT NO.** 7 **BLOCK NO.** 11 **PLAN NO.** Pcs-04-029126
**PORTION OF:** The consolidation of Lot Nos. 1-16, Blk. 2; 1-28, Blk. 3; 1-23, Blk. 4; 1-8, Blk. 5; 1-13, Blk. 6; 3-32, Blk. 7; 1-28, Blk. 8; 1-8, Blk. 9; 1-25, Blk. 10; 1-15 7 & 9, Blk. 34; 1-13, 5-11, Blk. 35; 18-22, Blk. 36; 27-31, Blk. 37; Road Lot 9, 10, 11, 12, 13, 23 & 34 (LRC) Psd-45360; Block 34, Pcs-04-011061
**LOCATION:** Barangay of Quintana, City of Trece Martires, Province of Cavite, Island of Luzon
**BOUNDARIES:**

| LINE | DIRECTION | ADJOINING LOT (S) |
|---|---|---|
| 1-2 | SW | Road Lot 12, Pcs-04-029126 |
| 2-3 | NW | Lot 8, Block 11, Pcs-04-029126 |
| 3-4 | NE | Lot 19, Block 11, Pcs-04-029126 |
| 4-5 | | Lot 20, Block 11, Pcs-04-029126 |
| 5-1 | SE | Lot 6, Block 11, Pcs-04-029126 |

**AREA: FIFTY FOUR SQUARE METERS (54), 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, it shall be held on **November 24, 2026** without further notice.

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

Trece Martires City, October 20, 2026.

(Sgd.) **RICARDO A. TOLEDO**
Sheriff IV

Copy furnished:

**RIZAL COMMERCIAL BANKING CORPORATION**
Legal Services and Documentation Department
A.T. Yuchengco Centre, 25th & 26th Streets, Bonifacio Global City, Taguig City, M.M.

**MR. FELIPE S. SORNEL**
(1) No. 138 Liroville Bldg., Leviste Street, Salcedo Village, Makati City
(2) Block 11, Lot 7, Road Lot 12, Camella Trece, Barangay Cabuco, Trece Martires 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 News Publishing Service
Dates : October 26, November 2 & 9, 2026

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

**RIZAL COMMERCIAL BANKING CORPORATION,**
Petitioner/Mortgagee,

**FORECLOSURE CASE NO. F-808-26**

-versus-

**SPS. SHERILYN A. LUMAWIG AND JASON B. LUMAWIG, for himself and as Atorney-in-Fact of Sherilyn A. Lumawig,**
Respondents/Mortgagors.
x----------x

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **RIZAL COMMERCIAL BANKING CORPORATION** with business address at A.T. Yuchengco Centre, 25th & 26th Streets, Bonifacio Global City, Taguig City, M.M. against the Respondents/Mortgagors, **SPS. SHERILYN A. LUMAWIG AND JASON B. LUMAWIG,** *for himself and as Attorney-in-Fact of Sherilyn A. Lumawig,* with postal address at Lot 21, Block 8 Sineguelas Street, Golden Acres Subdivision, Talon 1, Las Piñas City and collateral address at Block 18 Lot 34 Bel-Air Central Anyana Subd., Antero Soriano Highway, Brgy. Mulawin, Tanza, Cavite, to satisfy the mortgage indebtedness which as of **August 4 2026,** amounts to **ONE MILLION SEVEN HUNDRED SEVENTY FOUR THOUSAND NINE HUNDRED FOUR PESOS and 33/100 (PhP1,774,904.33),** Philippine Currency, inclusive of interests and penalties as of said date but exclusive of attorney's fees and all other expenses and charges incidental to this foreclosure sale, the undersigned Sheriff will sell at public auction on **November 17, 2026** at 10:00 o'clock in the morning until 12:00 o'clock noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE NO. 057-2023053469**

**LOT NO.** 34 **BLOCK NO.** 18 **PLAN NO.** Pcs-04-032313
**PORTION OF:** Consolidation and subdivision of Lots 1026-A & 1026-B, both of (LRA) Psd-E2016007004, 1027-DD-2 (LRA) Psd-E2016003356, 1029-A & 1029-B, both of (LRA) Psd-E2016004559, 1031, FRS-04-006030 & 1032-A & 1032-B, both of Psd-04-247824, LRC Record No. 6832
**LOCATION:** Barangay of Mulawin & Sanja Mayor Municipality of Tanza, Province of Cavite, Island of Luzon
**BOUNDARIES:**

| LINE | DIRECTION | ADJOINING LOT (S) |
|---|---|---|
| 1-2 | SE | Lot 23, Block 18, Pcs-04-032313 |
| 2-3 | SE | Lot 24, Block 18, Pcs-04-032313 |
| 3-4 | SW | Lot 33, Block 18, Pcs-04-032313 |
| 4-5 | NW | Road Lot 26 (8.00 m wide) Pcs-04-032313 |
| 5-1 | NE | Lot 35, Block 18, Pcs-04-032313 |

**AREA: ONE HUNDRED (100) SQUARE METERS, 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, it shall be held on **November 24, 2026** without further notice.

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

Trece Martires City, October 20, 2026.

(Sgd.) **ANDRES B. ESPINA**
Sheriff IV

Copy furnished:

**RIZAL COMMERCIAL BANKING CORPORATION**
Legal Services and Documentation Department
A.T. Yuchengco Centre, 25th & 26th Streets, Bonifacio Global City, Taguig City, M.M.

**SPS. SHERILYN A. LUMAWIG & JASON B. LUMAWIG**
(1) Lot 21, Block 8 Sineguelas Street, Golden Acres Subdivision, Talon 1, Las Piñas City
(2) Block 18 Lot 34 Bel-Air Central Anyana Subd., Antero Soriano Highway, Brgy. Mulawin, Tanza, Cavite

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

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***(DAILY...from page 3)***

needs. Participants independently chose their remaining foods, allowing some flexibility while helping researchers limit dietary differences and encourage adherence.

Key measurements included FMD (a noninvasive assessment of blood vessel response to increased circulation), blood pressure, blood sugar, metabolic indicators, inflammation, kidney function, and dietary nutrient intake.

Despite the addition of fruits, the avocado and mango group did not show significant changes in body weight or overall calorie intake. This suggests that adding nutrient-dense foods to a balanced diet may improve cardiometabolic health without causing weight gain.

The study's strengths include its controlled feeding approach, parallel comparison groups, and focus on whole fruits rather than isolated nutrients or supplements.

However, researchers acknowledged limitations. The eight-week intervention duration means it is unclear if improvements persist long-term. Additionally, the participant pool was narrow—adults with prediabetes and overweight or obesity—so findings may not apply to other populations.

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**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-849-26**

-versus-

**MARY CYCLUS NARITO CAÑEDO,**
Debtor/Mortgagor
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 33rd Floor, BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City against the Debtor/Mortgagor, **MARY CYCLUS NARITO CAÑEDO,** represented by her Attorney-in-Fact, **Jovan Varona Neala,** with postal addresses at (1) #561 Amarianhagul Franco, Tondo, Manila (occupied by third party); (2) #103-A Building 109, Trinity Street, Ermita, Manila (Occupied by third party); and (3) Lot 12, Block 9, Phase 2, Kensington, Barangay Navarro, General Trias, Cavite (currently occupied), to satisfy the mortgage indebtedness which as of **August 21, 2026** amounts to **NINE HUNDRED NINETY THOUSAND SEVEN HUNDRED NINETY PESOS and 6/100 (PhP990,790.06),** Philippine Currency, including interest, penalties and other charges as of said date but exclusive of all other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **November 17, 2026** at 10:00 o'clock in the morning until 12:00 o'clock noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE No. 057-2016048995**

A parcel of land (Lot 12, Blk. 9 of the subdivision plan, Psd-04-221810, being a portion of Lot 1671-A-2 (LRC) Psd-11152), situated in the Barangay of Navarro, Municipality of Gen. Trias, Province of Cavite, Island of Luzon. Bounded on the NE., along line 1-2 by Lot 14, Block 9; on the SE., along line 2-3 by Road Lot 17; on the SW., along line 3-4 by Lot 10, Block 9; and on the NW., along line 4-1 by Lot 13, Block 9, all of the subdivision plan. Beginning at a point marked "1" on plan **x x x containing an area of FIFTY (50) SQUARE METERS, more or less x x x**

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 **November 24, 2026** 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, October 20, 2026.

(Sgd.) **RICARDO A. TOLEDO**
Sheriff IV

Copy furnished:

**BDO UNIBANK, INC.,**
CONSUMER REMEDIAL MANAGEMENT
33rd Floor, BDO Corporate Center Ortigas
No. 12, ADB Avenue, Mandaluyong City

**MS. MARY CYCLUS N. CAÑEDO**
**MR. JOVAN V. NEALA**
(1) # 561 Amarianhagul Franco, Tondo, Manila
(2) #103-A Building 109, Trinity Street, Ermita, Manila
(3) Lot 12, Block 9, Phase 2, Kensington, Barangay 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 News Publishing Service
Dates : October 26, November 2 & 9, 2026

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

**MAYBANK PHILIPPINES, INC.,**
Petitioner/Mortgagee,

**FORECLOSURE CASE NO. F-864-26**

-versus-

**SPS. JONATHAN T. PRADES and**
**MERRY GRACE L. PRADES,**
Respondents/Mortgagors.
x----------x

**NOTICE OF EXTRA-JUDICIAL SALE**

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Petitioner/Mortgagee, **MAYBANK PHILIPPINES, INC.** with business address at Maybank Corporate Center 7th Avenue corner 28th Street, Bonifacio Global City, Taguig City, against the Respondents/Mortgagors, **SPS. JONATHAN T. PRADES and MERRY GRANCE L. PRADES,** signing for herself and as Attorney-in-Fact of **Jonathan T. Prades,** with given address at B5, L8 Opal St., P3, Perpetual Vill 7, Bacoor, Cavite and collateral address at Block 13, Lot 14 Phase 2, Mesina St., Giardino Residences, Brgy. Buenavista,, Gen. Trias, Cavite, to satisfy the mortgage indebtedness which as of **September 21, 2026** amounts to **ONE MILLION SIX THOUSAND SIX HUNDRED FOURTEEN PESOS and 30/100 (PhP1,006,614.30),** Philippine Currency, inclusive of interests and penalties, service charge, attorney's fees as of said date but exclusive of all other charges incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **November 17, 2026** at 10:00 o'clock in the morning until 12:00 o'clock noon, at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE 057-2022033275**

A parcel of land (Lot 14, Block 13 of the cons-subd. Plan, Pcs-04-0245413 being a portion of the cons. of Lots 1, 2, and 3, Pcs-04-023353, L.R.C. Rec. No. 5964), situated in the Brgy. of Buenavista, Mun. of Gen. Trias, Province of Cavite, Island of Luzon. Bounded on the E., along line 1-2 by Lot 13; on the S.E., along line 2-3 by Lot 12, both Block 13; on the S.W., along line 3-4 by Road Lot 18 (8.00 meters wide); and on the N.W. along line 4-1 by Lot 16, Block 13, all of the cons-subd. Plan. Beginning at a point marked "1" on plan **x x x containing an area of ONE HUNDRED (100) SQUARE METERS x x x**

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 time and date, it shall be held on **November 24, 2026** 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, October 20, 2026.

(Sgd.) **RICARDO A. TOLEDO**
Sheriff IV

Copy furnished:

**ATTY. MELVIN C. MALABANAN**
Counsel for the Mortgagee
c/o Maybank, Second Floor, Legaspi Towers 300
(11) Ocampo St. Corner Roxas Blvd, Malate, Manila

**SPS. JONATHAN T. PRADES & MERRY GRACE L. PRADES**
(4) B5, L8 Opal St., P3, Perpetual Vill 7, Bacoor, Cavite
(5) Block 13, Lot 14 Phase 2, Mesina St., Giardino Residences, Brgy. Buenavista,, 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 News Publishing Service
Dates : October 26, November 2 & 9, 2026

*(DAILY...from page 4)*

The study measured indicators rather than cardiovascular risk long-term outcomes like heart attacks or strokes. Larger, longer-term studies are needed to determine if these changes lead to lasting reductions in cardiovascular disease risk.

Publication Notice
R.A 10172

**Republic of the Philippines**
**Local Civil Registry Office**
**Province: Cavite**
**City of: Cavite**

**NOTICE TO THE PUBLIC**

**Date: October 19, 2026**

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 2012 (IRR on R.A 10172), Notice is hereby served to the public that **RONIEL G. VINARAO** has filed with this Office, a petition for **correction of clerical error in the entry of sex** from **"FEMALE"** to **"MALE"** in the certificate of live birth of **RONIEL G. VINARAO** at Cavite City and whose parents are RUBEN B. VINARAO AND LIBERTY P. GARCIA.

Any person adversely affected by said petition may file his written opposition with this office.

(Sgd.) **FLORDELIZA M. ALEJO**
OIC-City Civil Registrar

Publication : DIYARYO KABITENYO News Publishing Service
Dates : October 26 and November 2, 2026

Republic of the Philippines
**OFFICE OF THE MUNICIPAL CIVIL REGISTRAR**
Indang, Cavite

Publication Notice
R.A. NO. 10172

**NOTICE TO THE PUBLIC**

**CCE-0095-2026**

*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 2012 (IRR on R.A. 10172), Notice is hereby served to the public that* **RAQUEL C. LUHOT** *has filed with this Office,* a petition for ***correction of entry in the date of birth*** from **December 31, 1966** to **October 4, 1966** in the **Certificate of Live Birth** of **RACQUEL G. CRYSTAL** at Indang, Cavite and whose parents are **Alejandro Crystal** and **Trinidad Gatdula.**

Any person adversely affected by said petition may file his/her written opposition with this Office not later than **November 9, 2026**.

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

Publication : DIYARYO KABITENYO News Publishing Service
Dates : October 26 and November 2, 2026

**Publication Notice**

**Republic of the Philippines**
**Province of Cavite**
**Municipality of Maragondon**
**-o0o-**
**Office of the Municipal Civil Registrar**

**NOTICE TO THE PUBLIC**

CFN-003-2026

Date: October 20, 2026

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 2012 (IRR on R.A. 10172), Notice is hereby served to the public that the Name of Document Owner has filed with this Office, a petition for the **Change of First Name** from **GAVINO** to **SANTIAGO JR.** in the certificate of live birth of **GAVINO MAGTIBAY ANGUE** who was born on October 25, 1963 at **Maragondon, Cavite** and whose parents are **SANTIAGO LOYOLA ANGUE and FELICIDAD PUNONGBAYAN MAGTIBAY**.

Any person adversely affected by said petition may file his written opposition with this Office not later than **November 9, 2026**.

(Sgd.) **HELEN P. UMALI**
Municipal Civil Registrar

Publication : DIYARYO KABITENYO News Publishing Service
Dates : October 26 and November 2, 2026

**RA10172 Form 10.1**

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

**NOTICE FOR PUBLICATION**

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 2012 (IRR on RA10172), Notice is hereby served to the public that **ROSEBERT L. MONTANO** has filed with this Office, a petition for **correction of clerical error to correct the child's sex** from **FEMALE** to **MALE** in the Certificate of Live Birth of **ROSEBERT LIWAGON MONTANO** who was born on 14 August 2004 at Naic, Cavite and whose parent/s is/are LIWAGON, ROSE JANE and MONTANO, ROBERTO.

Any person adversely affected by said petition may file his written opposition with this Office not later than **09 November 2026**.

(Sgd.) **MARGARITA ACOSTA CATIBAYAN**
C/MCR or D/CR

Publication : DIYARYO KABITENYO News Publishing Service
Dates : October 26 and November 2, 2026

**RA9048 Form 10.1**

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

**NOTICE FOR PUBLICATION**

In compliance with Section 5 of RA9048, a notice is hereby served to the public that **MA. LUZVIMINDA B. ARESGADO** has filed with this Office, a petition for **Change of First name** from **LUZVIMINDA** to **MA. LUZVIMINDA** in the birth certificate of **LUZVIMINDA GERVACIO BUENCONSEJO** who was born on 09 June 1968 at Rosario, Cavite and whose parent/s is/are GERVACIO, JUANITA PASOTES and BUENCONSEJO, JOVENCIO ARAGON.

Any person adversely affected by said petition may file his written opposition with this Office not later than **09 November 2026.**

(Sgd.) **MARIA ROSARIO CONVENTO SORIANO**
C/MCR or D/CR

Publication : DIYARYO KABITENYO News Publishing Service
Dates : October 26 and November 2, 2026

Republic of the Philippines
**OFFICE OF THE MUNICIPAL CIVIL REGISTRAR**
Indang, Cavite

BAGONG PILIPINAS

Publication Notice
R.A. NO. 10172

**NOTICE TO THE PUBLIC**

**CCE-0097-2026**

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 2012 (IRR on R.A. 10172), Notice is hereby served to the public that **ZAIDE T. HILARIO** filed with this Office, a petition for ***correction of entry in sex*** from **MALE** to **FEMALE** in the Certificate of Live Birth of **ZAIDE P. TELMO** at Indang, Cavite and whose parents are **Sergio P. Telmo** and **Yolanda Panganiban.**

Any person adversely affected by said petition may file his/her written opposition with this Office not later than **November 16, 2026**.

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

Publication : DIYARYO KABITENYO News Publishing Service
Dates : November 2 & 9, 2026

BAGONG PILIPINAS

Republic of the Philippines
Province of Cavite
**MUNICIPALITY OF MENDEZ-NUÑEZ**
**OFFICE OF THE MUNICIPAL CIVIL REGISTRAR**

**CFN-0009-2026 RA 9048**
**CCE-0054-2026 RA 10172**

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guideline in the Implementation of the Administrative Order No. 1 Series of 2012 (IRR on RA 10172), Notice is hereby served to the public that **FELICISIMA FERMA DIMAPILIS-BAYBAY** has filed with this Office, a petition for **Change of First Name** from **FILICISIMO** to **FELICISIMA,** and **Correction of Clerical Error in Gender** from **MALE** to **FEMALE** in the Certificate of Live Birth of **FILICISIMO DIMAPILIS** at Mendez, Cavite and whose parents are **ELPIDIO DIMAPILIS** and **AUREA FERMA.**

Any person adversely affected by said petition may file his written opposition with this office not later than **November 16, 2026.**

(Sgd.) **NOREN A. PEROLA**
*Municipal Civil Registrar*

Publication : DIYARYO KABITENYO News Publishing Service
Dates : November 2 & 9, 2026

# Scientists discover a surprising clue to autism's origins hidden in the placenta

Scientists are still working to understand why autism develops. Genetics are known to play a major role, but researchers have also found that conditions during pregnancy can influence the likelihood of autism spectrum disorder.

A new study from Cold Spring Harbor Laboratory (CSHL) has uncovered a surprising connection between inflammation during pregnancy, changes in the placenta, and the development of autism-like traits in male mice. The findings suggest that certain developmental disruptions may begin much earlier than previously recognized, potentially offering new clues about autism's origins.

"To truly understand autism spectrum disorder, we have to look beyond the brain," CSHL Associate Professor Lucas Cheadle says. "Our work suggests that maternal immune activation and changes within the placenta are a gateway to autism for some unique individuals." To investigate how inflammation affects fetal development, Cheadle and his colleagues triggered an immune response in pregnant mice at different stages of pregnancy. They used a substance that mimics the immune system's reaction to a viral infection without actually introducing a virus.

The researchers discovered that mouse fetuses were especially vulnerable when inflammation occurred 12.5 days into pregnancy. According to Irene Sanchez Martin, a postdoctoral researcher in Cheadle's laboratory, approximately one-third of the fetuses showed developmental abnormalities within just 24 hours. Scientists have investigated the effects of maternal immune activation for decades, but these findings reveal signs of developmental disruption earlier than researchers had previously observed.

Even more striking was the difference between male and female fetuses. Across every experiment, autism-like traits appeared only in males, while females continued developing normally.

This unexpected distinction could provide insight into why autism is diagnosed substantially more often in boys than girls.

# A simple blood test could reveal Alzheimer's risk 10 years before symptoms

A simple blood test could help identify people at increased risk of Alzheimer's-related cognitive decline years before they experience any noticeable problems with memory or thinking. In a large international study, researchers found that older adults with very high levels of a particular blood biomarker faced a 38% chance of developing cognitive impairment within five years. Over 10 years, the estimated risk rose to 78%, although the longer-term findings were based on substantially less data.

The findings offer new insight into the potential of blood tests to predict future cognitive problems in people who currently show no signs of impairment. The research was led by scientists at the Mass General Brigham Neuroscience Institute and involved teams working across three continents. The results were presented at the Alzheimer's Association International Conference and simultaneously published in JAMA.

The study focused on phosphorylated tau 217 (p-tau217), a blood biomarker associated with Alzheimer's disease. A test measuring this marker recently received federal clearance, raising hopes that blood testing could make Alzheimer's detection more accessible. However, an important question has remained: Can these tests reliably predict whether someone with normal cognitive function will eventually develop symptoms?

To investigate, researchers combined information from six observational studies and clinical trials conducted in North America, Japan, and Australia. Together, these studies included 2,684 older adults who showed no signs of cognitive impairment when they entered the research. At enrollment, participants provided blood samples that were analyzed for p-tau217. They also underwent positron emission tomography (PET) brain scans, allowing researchers to establish baseline measurements of brain health. Annual follow-up assessments were then used to monitor changes in memory, thinking, and other cognitive abilities.

The combined data covered an unusually long period. Some participants entered one of the studies as early as 2004, while the most recent follow-up assessments took place in 2025.

Across the studies, approximately 478 participants eventually developed cognitive impairment. When researchers compared these outcomes with the original blood test results, they found a strong relationship between higher p-tau217 levels and the likelihood of future cognitive problems.

Among people with very high biomarker levels, the estimated probability of developing cognitive impairment reached 38% within five years. By 10 years, that figure increased to 78%. However, the researchers emphasized that substantially fewer observations were available for the 10-year period and beyond, making those longer-term predictions less certain.

One of the most important findings was that p-tau217 provided information about future cognitive decline beyond what could be explained by other established risk factors. The biomarker remained significantly associated with cognitive impairment even after researchers accounted for amyloid-beta plaques, which are abnormal protein deposits in the brain that can be detected with PET imaging. Its predictive value also extended beyond known genetic risk factors (such as APOE4).

This suggests that a relatively simple blood test could eventually provide doctors with additional information when estimating an individual's likelihood of developing cognitive difficulties.

"This is a critical step toward better understanding what p-tau217 can tell us about a person's risk for cognitive impairment," said lead author Rachel F. Buckley, PhD, a cognitive neuroscientist with the Mass General Brigham Neuroscience Institute. "What really sets this work apart is that it estimates an individual's level of risk for cognitive impairment. We harmonized data across six cohorts, creating a large and varied data set, and still found consistent results showing how p-tau217 informs risk over time."

Rather than simply identifying biological changes associated with Alzheimer's, the research helps estimate how those changes translate into the probability of developing symptoms over a specific period.

Despite the promising results, the researchers caution that blood tests are not currently recommended for routine Alzheimer's risk screening in people without symptoms.

One major reason is that preventive treatments capable of changing the course of the disease have not yet been established for otherwise healthy individuals identified as being at elevated risk.

"We do not yet have disease-modifying treatments for people who find out they are at high risk for developing cognitive impairment due to Alzheimer's disease, which is why we don't recommend currently available blood tests for asymptomatic individuals.

DIYARYO KABITENYO
News Publishing Service
Vol. 29 No. 38 November 2-8, 2026 P 10.00

# Electric implant offers new hope for type 2 diabetes by directly eliminating excess sugar

An experimental electronic implant developed by researchers led by Martin Fussenegger at ETH Zurich offers a novel approach to treating type 2 diabetes by using electricity to convert excess blood sugar into gluconate, a substance the body eliminates through urine, a method that successfully regulated blood sugar and induced weight loss in early tests with diabetic mice.

Unlike conventional treatments such as insulin injections, which allow muscle cells to absorb glucose but do not eliminate the underlying problem of excess energy that can be converted into fat, this inorganic, living-cell-free device uses a graphite felt catalyst coated with gold and platinum clusters to automatically transform glucose when levels rise.

The system operates via closed-loop control, where a conventional sensor measures glucose concentrations and communicates via Bluetooth to activate the implant's wireless power reception at 13.56 MHz, ensuring the catalyst only engages when necessary to prevent dangerous drops in blood sugar.

Following successful laboratory experiments in a 5-liter nutrient solution and six weeks of reliable, well-tolerated testing in diabetic mice, Fussenegger emphasizes the paradigm shift this technology represents. "For decades, we have treated diabetes by telling the body how to manage glucose.

We are now showing that we can take control of glucose directly, using electronics rather than drugs," he says, noting that "the catalyst only activates when glucose levels are too high."

While the device uses biocompatible materials and operates at low voltages with no evidence of tissue damage, it has not yet been tested in humans, and the team's next objective is to refine the implant for clinical testing, potentially leveraging commercially established wireless power and digital health technologies to reduce reliance on traditional medications.

# Eating too much sugar on antibiotics could squash helpful gut bacteria

While a spoonful of sugar might help us gulp down a bitter-tasting antibiotic, it also may increase the damage that these drugs cause to the gut microbes. In patients being treated for blood cancers, eating sugary items during antibiotic treatment was linked to a greater reduction in gut bacteria diversity than taking the antibiotics alone. The combination was also tied to the growth of gut bacteria associated with hard-to-treat infections, researchers report September 30 in Nature.

Cancer patients have lots of variation in their diets and take medications that can damage their microbiome. So, these patients provide a unique opportunity to study dramatic gut changes "that we believe are also relevant in the healthy context," says Jonas Schluter, a microbiologist at NYU Langone Health.

Previous evidence separately suggested that antibiotics and sugars can disrupt the gut microbiome. But their combined effects, particularly in people at greater risk of infection, was unclear.

Researchers closely tracked more than 9,000 meals eaten by 173 people hospitalized in a treatment center to undergo blood-forming stem cell transplants. "Diet records are one of the biggest black boxes in a lot of diet microbiome studies," since meals are often self-reported, says Tiffany Weir, a microbiologist at Colorado State University in Fort Collins, who was not involved in the research.

Standardized hospital meals allowed researchers to measure multiple days' worth of food intake down to the gram, then compare the amounts of various nutrients eaten with bacterial diversity data obtained from stool samples. For every additional 100 grams of sugar (the equivalent of 2.5 cans of Coke) that patients on antibiotics ate in the two days before sampling, the team found a 24 percent decrease in bacterial diversity. Consuming sweets and sugary beverages during antibiotic treatment was also associated with blooms of Enterococcus bacteria, which can be drug-resistant and are linked to difficult-to-treat infections associated with longer hospital stays and higher mortality.

"Some bacteria, sometimes, survive antibiotics, or perhaps more dangerously, they are resistant to [them]," Schluter says. By giving these bacteria the "universal resource for life, which is simple sugars, we are exacerbating their dominance. It's almost like burning down the rainforest with a lot of fire, and then trying to extinguish the flames by putting in more petrol."

The researchers also exposed mice on standard or sucrose-rich diets to a single dose of antibiotics. They found that the sugar exacerbated the enterococcal abundance after antibiotic exposure.