Sixth District BM KERBY SALAZAR served as the story teller to articipating children during the reading camp for the children of resettlement project with the theme " TODAY A READER, TOMORROW A LEADER"



PHDMO spearheads Reading Camp for Children of Resettlements Projects

The Provincial Government of Cavite through the initiative of the Provincial Housing Development and Management Office (PHDMO), in partnership with the Provincial Library and Office of the Provincial Governor-Extension led a Reading Camp for the Children of the Resettlement Projects with the theme "Today a Reader, Tomorrow a Leader" on September 6-9, 2022 at Resettlement Projects in Toclong, Kawit and LRTA, Brgy. Santiago, Gen. Trias City, Cavite.

and LRTA, Brgy. Santiago, Gen. Trias City, Cavite. Participants and visitors were welcomed by Ms. Karen Camañag–Tupaz, head of the Provincial Housing Development and Management Office. PHDMO • 6

DENR CALABARZON Gears Up for Nationwide Simultaneous Tree Planting

The Department of Environment and Natural Resources CALABARZON gears up for the Nationwide Simultaneous Tree Planting Activity on September 13, 2022. The said activity is headed by the Department of the Interior and Local Government in collaboration with the Department of Agriculture and DENR.

The tree planting will serve as the Kick-Off Ceremony for DILG's Tree Planting Project with the theme: "Buhayin ang Pangangalaga ng Kalikasan" where **DENR** • 5



Ocular visits of DENR Officials at Brgy. Pintong Bukawe, San Mateo, Rizal (left photo) and Brgy. Taytay, Majayjay, Laguna (right photo) last September 5 and 7, 2022, respectively.

DILG conducts SGLG National Validation in PGC

The Department of the Interior and Local Government visited the Provincial Government of Cavite for the 2022 Seal of Good Local Governance national and on-site validation on September 9, 2022 at the Ceremonial Hall, Provincial Capitol Building, Trece Martires City.



Provincial Administrator for Community Affairs Mr. Alvin S. Mojica introduced the participants from the PGC and imparted that the Provincial Government had been working very hard to attain the Seal of Good Local Governance adding that it **DILG CONDUCTS • 4**

NEWS

PGC extends health care services to persons deprived of liberty in CPJ In ensuring the healthcare and wellness on persons deprived of liberty (PDL), the Provincial Government of Cavite through the Office of the Governor - Extension collaborated with the

Provincial Health Office and conducted a medical mission at the Cavite Provincial Jail on September 6 and 8, 2022.



Almost one hundred eighty (180) PDLs were catered in the said outreach program. Before proceeding to the venue, the medical mission team was subjected to antigen swab testing rendered by PESU team for the safety of everyone. Afterwards, the medical team from PHO rendered free check-

DIOCESE OF SAN CARLOS

times under President

Bongbong Marcos Jr," he

Sept. 21, 1972, Marcos

Sr declared martial law,

imposing a military dicta-

torship that would last for

claimed that the 14-year

military rule was marked

Human rights groups

more than a decade.

Fifty years ago, on

said.

up and consultation to the PDLs. The OPG-Extension staff then distributed free medicines and vitamins to them.

tivity, Cavite Provincial Jail administration ex-

At the end of the ac-

pressed gratitude to the medical mission team for extending their services. (PICAD)

Church-labor group pays tribute to heroes and victims ahead of Martial Law anniversary

Ahead of the 50th anniversary of the Martial Law declaration, an alliance of church people and labor groups is remembering those who dedicated their lives against the dictatorship of the father of the country's president, Ferdinand Marcos Jr.

The Church People-Workers Solidarity (CWS), in a statement released Monday, said it joins the millions of Filipinos in remembering "one of the darkest periods" in the country's history.

Its chairperson, Bishop Gerardo Alminaza of the San Carlos diocese, said the military rule led to the crackdown on activists, illegal arrests, detentions and torture.

With the death of thousands of human rights defenders, labor leaders, peasants and students, the bishop described Marcos Sr's government as a "brutal and murderous regime".

"As we celebrate this significant event, we remember and pay our highest tribute to thousands of men and women who defiantly faced the late dictator and offered their lives to the cause of peace, freedom, and justice," Alminaza said.

"May we learn and be inspired by their heroic sacrifices as we face simi-



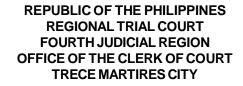
Bishop Gerardo Alminaza, chairperson of Church People-Workers Solidarity (CWS).

lar dark and uncertain by around 3,000 known extrajudicial killings, 35,000 documented tortures, 77 "disappeared," and 70,000 incarcera-

tions. But until today, the bishop said that many workers and church people continue to face red-tagging and political repression in their cause for social justice.

"They are continuously being harassed, intimidated, and illegally arrested and detained," Alminaza said.

In such situations, he said that church people are challenged to "to live out our prophetic vocation of defending the weak and standing up for the powerless and those who are silenced".



HOME DEVELOPMENT MUTUAL FUND Mortgagee,

- versus - FORECLOSURE CASE NO. F-619-22

JONARD N. JACINTO MARRIED TO FLORDELIZA C. JACINTO Mortgagor/s.

x----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND, with business address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against the Mortgagor/s, JONARD N. JACINTO MARRIED TO FLORDELIZA C. JACINTO with residence and postal address at Lot 28, Blk 13, Landmass Park Subdivision, Biga, Tanza, Cavite to satisfy the mortgage indebtedness which as of 29 July 2022 amounts THREE HUNDRED FIVE THOUSAND FIVE HUNDRED SIXTY PESOS AND 11/100 (P305,560.11), 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 set at public auction on OCTOBER 06, 2022 at 10:00 o'clock in the morning 12:00 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. T-834743

A parcel of land (Lot 28 Blk. 13 of the cons./subd. plan, Pcs-04-011238, being a portion of the cons. of lots 4 & 9, Pcs-042120-009088 & lot 25, Blk 1. Pcs-04-010794, LRC Rec No.), situated in the Brgy. of Biga, Mun. of Tanza, Prov. of Cavite. Bounded on the N., along line 1-2 by lot 27, Blk. 13 of the cons./subd. plan; on the E., along line 2-3 by Rd. Lot 9, Psd-042120-074203; on the S/E., along lines 3-4-5 by Rd. lot 32; & on the W., along line 5-1 by lot 26, Blk. 13, both of the cons./subd. Plan. Beginning at a pt. marked "1" on plan xxx containing an area of SIXTY ONE (61) SQ. METERS 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 OCTOBER 20, 2022 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 06, 2022.

(Sgd.) LUCIO C. ALEJO III Sheriff IV

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND

C/O ATTY. RAYMUNDO R. AQUINO

Anchor Collection Services Inc. Bldg. #2 Malakas cor. Mapagmahal St. Brgy Pinyahan Quezon City

JONARD N. JACINTO MARRIED TO

FLORDELIZA C. JACINTO Lot 28, Blk 13, Landmass Park Subdivision, Biga, Tanza, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication

Dates: September 12, 19 & 26, 2022

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





OPINION

<u>Editorial</u>

On the President's 65th birthday, we pray for him and wish him well

President Ferdinand Marcos Jr. marks his 65th birthday today, Sept. 13, 2022. This would perhaps be one of his most memorable birthdays as this is his first time as chief executive. This day comes exactly four months after his decisive election victory, which saw him garner an electoral majority with more than 31 million votes.

Popularly known as Bongbong or with his initials BBM (now PBBM), he was born in 1957 in the town of Batac, Ilocos Norte. An influential force in Philippine politics, his family's bailiwick in Ilocos Norte was where the young Marcos started his political career.

"When the people of locos Norte gave Bongbong their mandate and elected him governor, his term was marked by a greater importance placed on improving the province's agriculture; support for the establishment and operation of cooperatives that promote better market opportunities to local farmers; the construction of numerous agricultural processing and storage facilities; and a policy environment that encouraged and promoted greater investments in sustainable development and renewable sources of energy," according to the presidential website.

Aside from governor, he also served as representative of the 2nd district of the province, where he advocated for the establishment of a special economic free port zone in llocos Norte to help spur economic growth and foreign investment.

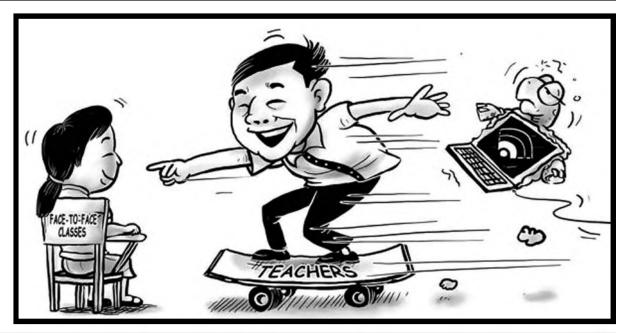
"Bongbong, having already established himself as a strong advocate for the responsible and sustainable use of natural resources and alternative or renewable sources of energy, filed House Bill No. 8617 on the establishment of a National Institute for Clean Energy Research. The bill aimed to provide Filipino scientists and engineers an environment that would support further training, research, and development of indigenous technologies that use renewable sources of power."

The website further added that due to his strong support and active push for sustainable sources of energy, this led to the development of Southeast Asia's first wind farm –



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of the Philippines, Inc.NOTE: All news articles and opinions expressed by the writers are
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Management of this Publication.



the Bangui Windmills. This "established the province and the region as a leader and champion for a broader shift to renewable energy and the sustainable use of the country's natural resources."

The President's stint as a senator was also marked by a series of accomplishments in the aspect of OFW welfare and rights, local governance (being chairman of the Senate Committee on Local Government), climate change, renewable energy, PAGASA modernization, among others.

The recent election season saw Marcos as a "unity" candidate, which he felt is something urgently needed by this nation as we recover

economically from the scourge of the long pandemic. And in his inauguration speech and State of the Nation Address (SONA), the President further echoed his call for unity not only as a tool for recovery, but also as a way to move forward

In one of the President's statements, he implored this request to the nation, "I ask you all, pray for me, wish me well. I want to do well because when a president does well, the country does well, and I want to do well for this country." On his 65th birthday, the nation prays for him, wishes him well, because his success ultimately benefits our nation and our people, especially the next generation of Filipinos.

12 Masustansyang Prutas Sa Pilipinas

eto ang mga masustansyang prutas na mabibili natin sa Pilipinas:

1) Ubas – Ang ubas ay may tannins at flavonoids na puwedeng makapigil sa kanser. Kumain ng ubas kung ika'y nagpapagaling sa sakit. At kapag kulang sa dugo at mahina ang katawan, kumain ng ubas para manumbalik ang iyong sigla.

2) Pakwan – Panlaban ang mga ito sa sakit sa bato at pantog (kidney at bladder infection). Ang pakwan at melon ay punong-puno ng vitamin C at potassium. At kapag tag-init, ang katas nito ang kailangan ng ating katawan.

3) Peras (Pears) – Ang peras ay mayaman sa fiber at sorbitol na makatutulong sa pagdumi. Ang fiber ay nagbibigay ng hugis (o bulk) sa dumi. Ang sorbitol naman ay nagbibigay ng tamis sa peras at naghahatak ng tubig sa loob ng bituka para lumambot ang dumi.

4) Suha – May tulong ang suha para makaiwas sa kanser at para sa may diabetes. Ang balat ng suha ay may sangkap na bioflavonoid. Ito'y nakatutulong sa pag-iwas sa cancer, lalo na sa breast cancer. Kung ika'y may diabetes, puwede sa iyo ang suha at mansanas. Paalala lang na 3 o 4 na hiwa lang ang kainin.

5) Strawberry – Naniniwala ang mga eksperto na panlaban sa kanser ang strawberry. Mag-ingat lang kung allergic sa strawberry. Hugasan maigi ito bago kainin.

6) Saging – Mainam ang saging sa mga nag-eehersisyo at sa may sakit sa puso dahil may taglay itong potassium. Para sa hindi makatulog at stressed sa buhay, nakapagpaparelax din ang saging dahil sa sangkap nitong tryptophan.

7) Abokado – Ang abokado ay may taglay na good fats at healthy oils. Dahil dito, nakatutulong ito sa pag-iwas sa sakit sa puso at istrok. May sangkap din itong vitamin B6 at vitamin E na nagpapakinis ng ating balat.

8) Papaya – Mataas sa vitamin A at vitamin C ang papaya kaya nakatutulong ito sa ating kutis. Ang papaya ay may papain, isang kemikal na tumutulong sa pagtunaw ng pagkain at sa pag-regular ng ating pagdumi.



9) Pineapple (Pinya) – Ang pineapple ay may bromelain na nagpapalakas ng ating resistensya. May sangkap din itong manganese at vitamin B na nagbibigay lakas sa ating katawan.

 Buko – Ang buko juice at nakatutulong sa may kidney stones (bato sa bato).

11) Mansanas – May vitamin C at anti-oxidants ang mansanas. Mahalaga na kainin din ang balat ng mansanas dahil may taglay itong pectin na nagtatanggal ng dumi sa ating katawan. Panlaban ang mansanas sa mataas na cholesterol, arthritis at sakit ng tiyan.

12) Öränge – Masagana ang orange sa vitamin C na panlaban sa sipon, ubo, hika at arthritis.

12 MASUSTANSYANG PRUTAS SA PILIPINAS



LEGAL NOTICES

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

BDO UNIBANK, INC., Mortgagee,

-versus - FORECLOSURE CASE NO. F-445-22

ROLANDO CALDOZA MADRONA JR Mortgagor/s.

ROY CALDOZA MADRONA

Co-Debtor.

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 Valero Towers (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City against the Mortgagor/s, ROLANDO CALDOZA MADRONA JR AND ROY CALDOZA MADRONA with residence and postal address at No. 75, Block 4, Zone 2, Brgy. Fort Bonifacio, Bay Breeze Village, Taguig and Block 4, Lot 16, Phase 21, Kensington, Brgy. Navarro, General Trias, Cavite to satisfy the mortgage indebtedness which as of 15 June 2022 amounts to ONE MILLION SEVEN HUNDRED SEVENTY NINE THOUSAND FIVE HUNDRED SIXTY PESOS AND 64/100 (P1,779,560.64), 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 set at public auction on 22 SEPTEMBER 2022 at 10:00 o'clock in the morning until 12:00 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. 057-2017010068

LOT NO: 16 BLOCK NO: 4 PLAN NO: PCS-04-028596 POTION OF: LOTS 1688-A, 1688-B, (LRC) PSD-8235 & LOT 1718, SAN FRANCISCO DE MALABON ESTATE, DECREE NO. N-4270; LRC REC. NO. 5964

LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON BOUNDARIES:

<u>LINE</u>	DIRECTIO	DN ADJOINING LOT(S)
1-2	SE	LOT 18, BLOCK 4, PCS-04-028596
2-3	SW	ROAD LOT 9, PCS-04-028596
3-4-5	NW	ROAD LOT 8, PCS-04-028596
5-6	NE	LOT 14, BLOCK 4, PCS-04-028596
6-1	SE	LOT 17, BLOCK 4, PCS-04-028596
AREA: N LESS	INETY T	NO SQUARE METERS (92), MORE OR

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 **06 OCTOBER 2022** 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, 19 AUGUST 2022.

(Sgd.) JOANNAH AVIGAIL C. TIMKANG Sheriff IV

Copy Furnished:

BDO UNIBANK, INC.

RISK MANAGEMENT GROUP-REMEDIAL MANAGEMENT UNIT BDO Towers Valero (formerly Citibank Tower, 8741 Paseo De Roxas, Makati City REPUBLIC OF THE PHILIPPINES FOURTH JUDICIAL REGION REGIONAL TRIAL COURT OFFICE OF THE CLERK OF COURT TRECE MARTIRES CITY

BDO UNIBANK, INC., Mortgagee,

- versus - FORECLOSURE CASE NO. F-525-22

SPS. MARISSA DELA LLARTE KURATSU AND YOSHIKUNI KURATSU, AS REPRESENTATIVE BY THEIR ATTORNEY-IN-FACT, MARIA RAQUEL DELA LLARTE,

Mortgagor/s.

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 11th floor, BDO Towers Valero (formerly Citibank Tower), 8741 Paseo De Roxas, Makati City against the Mortgagor/s, SPS. MARISSA DELA LLARTE KURATSU AND YOSHIKUNI KURATSU, AS **REPRESENTATIVE BY THEIR ATTORNEY-IN-FACT, MARIA** RAQUEL DELA LLARTE, with residence and postal address at No. 08 strawberry Street, Purok 2, Brgy. Malanday, Marikina City; and Lot 95, Blk 1, Westwood, Phase 5, Brgy. Pasong Camachile, Gen. Trias, Cavite to satisfy the mortgage indebtedness which as of 30 June 2022 amounts to TWO MILLION FIFTY EIGHT THOUSAND TWENTY TWO PESOS AND 68/100 (P2,058,022.68), 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 set at public auction on 22 SEPTEMBER 2022 at 10:00 o'clock in the morning 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. 057-2021004045

LOT NO: 95 BLOCK NO: 1 PLAN NO: PCS-04-032025 PORTION OF: BLOCK 28, PCS-04-029303, BLK. 14, PCS-04-031691, LOT 1939-A & LOT 1939-D (LRA) PSD-29632, LRC. REC. NO. 5964. DECREE NO. 4270

LOCATION: BARANGAY OF PASONG CAMACHILE, CITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON BOUNDARIES:

<u>LINE</u>	DIRECTIC	<u>ADJOINING LOT(S)</u>						
1-2	NE	ROAD LOT 5, PCS-04-032025						
2-3	SE	LOT 96, BLOCK 1, PCS-04-032025						
3-4	SW	LOT 102, BLOCK 1, PCS-04-032025						
4-1	NW	LOT 94, BLOCK 1, PCS-04-032025						
AREA: SIXTY SQUARE METERS (60), 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 **06 OCTOBER 2022** 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, 19 AUGUST 2022.

ROLANO CALDOZA MADRONA JR AND ROY CALDOZA MADRONA

No. 75, Block 4, Zone 2, Brgy. Fort Bonifacio, Bay Breeze Village, Taguig Block 4, Lot 16, Phase 21, Kensington, Brgy. Navarro, General

Trias Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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



(Sgd.) JOANNAH AVIGAIL C. TIMKANG Sheriff IV

Copy furnished:

BDO UNIBANK, INC.

RISK MANAGEMENT GROUP-REMEDIAL MANAGEMENT UNIT 11th floor, BDO Towers Valero (formerly Citibank Tower), 8741 Paseo De Roxas, Makati City

SPS MARISSA DELA LLARTE KURATSU AND YOSHIKUNI KURATSU, AS REPRESENTED

BY THEIR ATTORNEY-IN-LAW FACT, MARIA RAQUEL DELA LLARTE,

No. 08 strawberry Street, Purok 2, Brgy. Malanday, Marikina Citv: and

Lot 95, Blk 1, Westwood, Phase 5, Brgy. Pasong Camachile, Gen. Trias, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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

DILG conducts

was PGC's first shot at a national validation, hence, the optimism to achieve the elusive recognition.

Participants composing the national validation team was then introduced by DILG-Cavite Provincial Focal Person, Ms. Mary Grace M. Saturno's which include LGOO VI Ma. Theresa Obatonon, SGLG Focal Person-Davao Oriental and LGOO VI Nilda Joyce Regional Cirunay, DRRMO Focal Person-Region XI with representatives from DILG Region IV-A and other DILG employees.

Čavite Governor Juanito Victor C. Remulla stated in his opening remarks that SGLG is a means of validating Cavite province's performance and commitment. It is also a measure of its performance in the past years and the years to come. Afterwards, Vice Governor Athena Bryana Tolentino remarked that mechanism such as SGLG gives greater impetus to local development and encourages local communities to engage in and sustain capacity building towards excellence and local administration. She then proposed to the DILG that the LGUs that had already passed the SGLG be encouraged to guide their fellow LGUs towards achieving the same goal.

DILG-Cavite Provincial Director Lionel L. Dalope also conveyed his hope that the NAT validators will recognize the hard work and dedication of Caviteños in public service and the leadership of the governor. An overview of the

from

page 1

province was presented by Engr. Lorna R. Leyran, Provincial Planning and Development Coordinator which was followed by a discussion of the flow of validation by Ms. Anne Minnette M. Dastas, PCG SGLG Focal Person.

The NAT assessment team reviewed and validated the documents in the ten governance areas which include Financial Administration, Disaster Preparedness, Social Protection and Sustainability, Health Compliance and Responsiveness, Sustainable Education, Peace and Order, Environmental Management, Tourism Heritage Development, Culture and the Arts, Youth Development, and **Business-Friendliness** and Competitiveness. They also conducted interview of focal persons for each governance area and onsite validation in some provincial government offices.

Thereafter, LGOO VI Ma. Theresa Obatonon pronounced that after their meticulous review, they recommend the PGC as one of the potential passers in Seal of the Good Local Governance for 2022.

In closing, Provincial Administrator for Internal Affairs Mr. Renato A. Abutan expressed his gratitude to the NAT Validators and said that based on their feedback, he remains positive that PGC will be able to obtain the much-awaited SGLG. (**PICAD**)



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

BDO UNIBANK, INC., Mortgagee,

-versus - FORECLOSURE CASE NO. F-568-22

SPS. KENNETH A. JALASCO AND JEROME M. JALASCO Mortgagor/s.

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 11th Floor, BDO Valero Towers (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City against the Mortgagor/s, SPS. KENNETH A. JALASCO AND JEROME M. JALASCO, with residence and postal address at #10A Road 3, Tanong 1803 Marikina City, and Lot61 Block 5, Kensington 8, Brgy. Navarro, General Trias, Cavite to satisfy the mortgage indebtedness which as of 30 June 20222 amounts to TWO MILLION ONE HUNDRED FOUR THOUSAND TWO HUNDRED FIFTY NINE PESOS & 93/ 100 (P2,104,259.93), 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 set at public auction on 22 SEPTEMBER 2022 at 10:00 o'clock in the morning 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. 057-2018015843

LOT NO: 1655 BLOCK NO: 5 PLAN N NO: PCS-04-027575 PORTION OF: LOTS 1655, 3040 (RS-04-002447) & LOT 1654, (RS-04-002855) ALL OF SAN FRANCISCO DE MALABON ESTATE, DECREE NO. 427; LRC REC. NO. 5964 LOCATION: BARANGAY OF NAVARRO, MUINICIPALITY OF GENERAL TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON

BOUNDARIES:

<u>LINE</u>	DIRECT	ON ADJOINING LOT (S)						
1-2	SW	ROAD LOT 16, PCS-04-027575						
2-3	NW	LOT 60, BLOCK 5, PCS-04-027575						
3-4	NE	LOT 1, BLOCK 13, PCS-04-027575						
4-1	SE	LOT 62, BLOVK 5, PCS-04-027575						
AREA: FIFTY (50), 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 and time, it shall be held on **06 OCTOBER 2022** 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, 19 AUGUST 2022.

(Sgd.) REYNALDO L. SALOMA Sheriff IV

Copy Furnished:

BDO UNIBANK, INC.

RISK MANAGEMENT GROUP-REMEDIAL MANAGEMENT UNIT 11TH floor, BDO Valero Towers (formerly Citybank Tower), 8741 Paseo de Roxas, Makati City

SPS KENNETH A. JALASCO

AND JEROME M. JALASCO

#10A Road 3, Tanong 1803 Marikina City, and Lot 61 Block , Kensington 8, Brgy. Navaro, General Trias, Cavite REPUBLIC OF THE PHILIPPINES FOURTH JUDICIAL REGION REGIONAL TRIAL COURT OFFICE OF THE CLERK OF COURT TRECE MARTIRES CITY

BDO UNIBANK, INC., Mortgagee,

-versus - FORECLOSURE CASE NO. F-493-22

DANJO FRANCISCO TANEO,

Debtor/Mortgagor,

----- x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filled by Mortgagee, BDO UNIONBANK, INC., with business address at 11th Floor, BDO Towers Valero, 8741 Paseo de Roxas, Makati Citv against the Mortgagors, DEMETRIO PODEROSO VILLASANA, JR as Atty.-In-Fact of DANJO FRANCISO TANEO, with residence and postal address at Block 3, Lot 8, Phase 2, Camella Homes, Anahaw Street Bacoor, Cavite and Block 16, Lot 18, Somerset 11, Brgy. Navarro, Gen. Trias, Cavite to satisfy the mortgage indebtedness which as of 30 June 2022 amounts to TWO MILLION NINE HUNDRED THIRTY FOUR THOUSAND EIGHT HUNDERED FOURTEEN PESOS & 54/100 (P2934,814.54), 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 set at public auction on SEPTEMBER 22, 2022 at 10:00 o'clock in the morning 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. 057-2019003785

LOT NO: 18 BLOCK NO: 16 PLAN NO: PCS-04-028597 PORTION OF: LOT 2451-N, (RS-04-004515) LOT 2461, (RS-04-002445), LOT 246, (RS-04-002445), LOT 2463, (FRS-04-005172), LOT-2464, (RS-04-002484) BLOCK 9, & BLOVK 10, PCS-04-02846, ALL OF SAN FRANCISCO DE MALABON ESTATE, DECREED NO. 4270, LRC. REC. NO. 5934.

LOCATION: BARANGAY OF NAVARO, MUNICIPALITY OF GEN. TRIAS PROVINCE OF CAVITE, ISLAND OF LUZON BOUNDARIES:

LINE	DIRECT	ION ADJOINING LOT(S)
1-2	NW	ROAD LOT 23, PCS-04-028597
2-3	NW	LOT 20, BLOCK 16, PCS-04-028597
3-4-5	NE	LOT 35, BLOCK 16, PCS-04-028597
5-6	SE	LOT 21, BLOCK 16, PCS-04-028597
6-7	SE	LOT 19, BLOCK 16, PCS-04-028597
7-8	SW	LOT 38, BLOCK 16, PCS-04-028597
8-1	SW	LOT 16, BLOCK 16, PCS-04-028597
		· · · · · · · · · · · · · · · · · · ·

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 **06 OCTOBER 2022** 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, 19 AUGUST 2022.

(Sgd.) ANDRES B. ESPINA Sheriff IV

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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

LEGAL NOTICES

Copy furnished:

BDO UNIBANK, INC. Risk Management Group-Remedial Management Unit 11th Floor, BDO Towers Valero 8741 Paseo de Roxas, Makati City, 0726

DANJO FRANCISCO TANEO /

DEMETRIO PODEROSO VILLASANA, JR Block 3, Lot 8, Phase 2, Camella Homes, Anahaw Street, Bacoor, Cavite Block 16, Lot 18, Somerest 11, Brgy. Navarro, Gen. Trias, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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more than 8,000 seedlings and bamboo planting stocks are expected to be planted in the CALABARZON Region by participating Government Agencies, Civil Society Organizations, and other volunteers.

Meanwhile, DENR Regional Executive Director Nilo B. Tamoria, visited proposed sites in the Region for an ocular inspection such as Brgy. Pintong Bukawe, San Mateo, Rizal, and Brgy. Taytay, Majayjay, Laguna in preparation for the activity. Other identified tree planting sites in CALABARZON include Trece Martirez City in Cavite, Kinalaglagan Mataas na Kahoy in Batangas, and Brgy. Sta.

Lucia, Dolores, Quezon. Proposed site for the national level is at Brgy. Pintong Bukawe, San Mateo, Rizal inside the Upper Marikina River Basin Protected Landscape. "Makabuluhan po ang ating gagawing tree planting dahil ang napiling site ay dating Sanitary Landfill. Malaki po ang maitutulong ng ating pagtatanim para sa patuloy na pagrehabilitate ng site", RED Tamoria stressed.

from

page 1

The Provincial and Community Environment and Natural Resources Offices (PENROs and CENROs) in Cavite, Laguna, Batangas, Rizal, and Quezon are continuously coordinating with Provincial DILG and DA counterparts for the site preparations.

For groups and organizations interested to volunteer for the activity, you may coordinate with the nearest DENR Office in your area.



Strike a pose with this Giant Popcorn Bucket at SM City Molino located at the second level near Cinema Lobby. This IG worthy backdrop will surely be a hit for you and your family.



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

HOME DEVELOPMENT MUTUAL FUND Mortgagee,

- versus - FORECLOSURE CASE NO. F-452-22

MA. FE NESTLY F. TRANGIA

Mortgagor/s.

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND, with business address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against the Mortgagor/s, **MA. FE** NESTLY F. TRANGIA with residence and postal address at LOT 30, BLK 6 KENSINGTON PH-2, BRGY. NAVARRO, GEN. TRIAS, CAVITE to satisfy the mortgage indebtedness which as of 30 May 20222 amounts to EIGHT HUNDRED FIFTY FIVE THOUSAND SIX HUNDRED SIXTY NINE PESOS & 05/ 100 (P855,669.95), 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 set at public auction on SEPTEMBER 22, 2022 at 10:00 o'clock in the morning until 12:00 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. 057-2016026487

LOT NO: 30 BLOCK. NO: 6 PLAN NO: PSD-04-221811 PORTION OF: LOT 1670 SAN FRANCISCO DE MALABON ESTATE RS-04-002851

LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GEN. TRIAS PROVICE OF CAVITE, ISLAND OF LUZON BOUNDARIES:

LINE	DIRECTIO	ON ADJOINING LOT(S)						
1-2	NW	ROAD LOT 14, PSD-04-221811						
2-3	NE	LOT 31, BLOCK 8, PSD-04-221811						
3-4	SE	LOT 1682, SAN FRANCISCO DE						
		MALABON ESTATE						
4-1	SW	LOT 29, BLOCK 6, PSD-04-221811						
AREA: FIFTY SQUARE METERS (50), MOTR OR LESS								

All sealed bids must be submitted to the undersignied 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 **06 OCTOBER 2022** without further notice.

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

Trece Martires City, 19 AUGUST 2022.

(Sgd.) RICARDO A. TOLEDO Sheriff IV

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND C/O ATTY SIMEON P. MADRID

S.P. Madrid and & Associaties Unit 2010 20/F Herrrera Tower, V.A. Fufino cor. Valero Streets, Makati City

MA. FE NESTLY F. TRANGIA

Lot 30, Blk 6, Kensington Ph-2, Brgy. Navarro, Gen. Trias, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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

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

HOME DEVELOPMENT MUTUAL FUND Mortgagee,

- versus - FORECLOSURE CASE NO. F-486-22

JOSE O. NAVIDAD JR., MARRIED TO DAISY NAVIDAD Mortgagor/s.

X----X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND, with business address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against the Mortgagor/s, JOSE O. NAVIDAD JR., MARRIED TO DAISY NAVIDAD with residence and postal address at 361-E Mabini St., Sangley Point, Cavite City and Lot 4, Blk 2, Fidgie Subdivision, Bo. San Agustin, Trece Martires City, Cavite to satisfy the mortgage indebtedness which as of 29 July 20222 amounts to ONE HUNDRED THOUSAND NINE HUNDRED FOUR PESOS AND 21/100 (P100,904.21), 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 set at public auction on SEPTEMBER 22, 2022 at 10:00 o'clock in the morning until 12:00 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. (T-32488) T-75336

A parcel of land (Lot 4, BLk. 2 of the subd. Plan Psd-04-045051, being a portion of Lot 2178-New S.C.M. Estate, LRC Rec. No.), situated in the Bo. San Agustin, City of Trece Martires, Is. Of Luzon. Bounded of the NE., along line 1-2 by Lot 2; on the SE., along line 2-3 by Alley 1 (4.00 m. wide)., along line 3-4 by Lot 6; on the NW., along line 4-1 by Lot 3, all of the subd. Plan. Beginning at a pt. marked "1" on plan XXX containing an area of **ONE HUNDRED TWO (102) SQ. METERS** XXX

All sealed bids must be submitted to the undersignied 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 **06 OCTOBER 2022** without further notice.

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

Trece Martires City, 19 AUGUST 2022.

(Sgd.) REYNALDO L. SALOMA Sheriff IV

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND

C/O ATTY. RAYMOND R. AQUINO ANCHOR COLLECTION SERVICES INC Blg. #2 Malakas cor. Mapagmahal St.

Brgy. Pinyahan Quezon City

JOSE O. NAVIDAD JR., MARRIED TO DAISY NAVIDAD 361-E Mabini St., Sangley Point, Cavite City Lot 4, Blk 2 Fidgie Subdivision, Bo. San Agustin, Trece Martires City, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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

LEGAL NOTICES

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

HOME DEVELOPMENT MUTUAL FUND Mortgagee,

-versus - FORECLOSURE CASE NO. F-487-22

MACARIO L. TRINIDAD, JR. married to ELIZA M. TRINIDAD Mortgagor/s.

x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND, with business address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against the Mortgagor/s, MACARIO L. TRINIDAD, JR. married to ELIZA M. TRINIDAD with residence and postal address at LOT 10 BLK 12, PH 2, MARY CRISCOMPLEX, ALANG ILANG, GEN. TRIAS, CAVITE to satisfy the mortgage indebtedness which as of 29 July 20222 amounts to TWO HUNDRED EIGHTY NINE THOUSAND ONE HUNDRED EIGHTY FIVE PESOS & 25/100 (P289,185.25), 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 set at public auction on SEPTEMBER 22, 2022 at 10:00 o'clock in the morning until 12:00 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. T-1121964

A PARCEL OF LAND (Lot 10, BLock. 12 of the subdivision plan Psd-04-093013, being a portion of Lot 2533 SFD MALABON EST, situated in the barrio of ALANG-ILANG, municipality of GEN. TRIAS, provin ce of CAVITE, island of LUZON. Bounded on the SW., along line 1-2 by Lot 33 Block 12, on the NW., along line 2-3 by Lot 11 Block 12; on the NE., along line 3-4 by Lot ALLEY21, and on the SE., along line 4-1 by Lot 9, Block 12, all of the subdivision plan. Beginning at a point marked "1" on plan XXX containing an area of **THIRTY SIX (36) SQ. METERS** XXX

All sealed bids must be submitted to the undersignied 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 **06 OCTOBER 2022** without further notice.

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

Trece Martires City, 19 AUGUST 2022.

(Sgd.) ANDRES B. ESPINA Sheriff IV

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND C/O ATTY. RAYMOND R. AQUINO ANCHOR COLLECTION SERVICES INC Blg. #2 Malakas cor. Mapagmahal St. Brgy. Pinyahan Quezon City

MACARIO L. TRINIDAD married to ELIZA M. TRINIDAD Lot 10, Blk 12 Ph-2, Mary Cris Complex Alang Ilang, Gen. Trias, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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

LEGAL NOTICES

Republic of the Philippine 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

BDO UNIBANK, INC., Mortgagee,

- versus -

EJF NO. TG-22-064 FOR: Application for Extra-judicial Foreclosure of Mortgage [Under Act No. 3135, As Amended]

Spouses EFREN DELOS SANTOS TALISAYON and ANNABEL SERDON TALISAYON,

Debtors/Mortgagors, x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure 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 11F BDO Towers Valero (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City, pursuant to the terms and conditions of the Real Estate Mortgage ("MORTGAGE") executed and notarized on September 6, 2019 by Debtors/ Mortgagors, Spouses EFREN DELOS SANTOS TALISAYON and ANNABEL SERDON TALISAYON, both of legal age, Filipino citizens, with postal addresses at (1) Blk. 12, Lot 11, Anonas Drive cor. Guyabano St., Sta. Isabel Village, Tayabas, Quezon Province and (2) Unit 0GF-0014, Ground Floor, Building 1, Pine Suites Tagaytay, Silang Junction West, Tagaytay City, Cavite in favor of the Petitioner/ Mortgagee, over a real estate property including improvements thereon, described in and covered by CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2019000848 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors/Borrowers in the amount of FOUR MILLION TWENTY NINE THOUSAND NINE HUNDRED FIFTEEN PESOS AND 25/100 (Php4,029,915.25) inclusive of interest, penalties and other charges, as of July 15, 2022, 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 October 6, 2022 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:

CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2019000848

Registry of Deeds for Tagaytay City

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

PINE SUITES TAGAYTAY	- BUILDING 1
FLOOR:	- 01 GROUND FLOOR -
UNIT NO.	- 0GF-0014
UNIT DESCRIPTION:	- RESIDENTIAL
UNIT TYPE:	- 2 BEDROOM
RES FLOOR AREA:	- 40.15 SQUARE METERS
BALCONY:	- 8.64 SQUARE METERS
UNIT INFORMATION:	
DRYING CAGES:	- 3.00 SQUARE METERS
TOTAL FLOOR AREA:	- 51.79 SQUARE METERS

in the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on **TRANSFER CERTIFICATE OF TITLE 2013006014** which embraces and describes the land located at TAGAYTAY CITY with an area of **TEN THOUSAND** (10,000) Square Meter, is registered in the name of: **Owner: SPOUSES ANNABEL SERDO**

TALISAYON AND EFREN DELOS SANTOS TALISAYON FILIPINOS

Address: ANONAS DENE COR. GUYABANO ST., STA. ISABEL VILLA TAYABAS CITY 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

BDO UNIBANK, INC.,

Mortgagee,

- versus - EJF NO. TG-22-022 FOR: Application for Extra-Judicial Foreclosure of Mortgage [Under Act No. 3135, As Amended]

WINSTON M. JARDIN,

Debtor/Mortgagor,

SECOND NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure 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 BDO Towers Valero (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City, pursuant to the terms and conditions of the Mortgage Loan Agreement ("MORTGAGE") executed and notarized on August 26, 2014 by Debtor/Mortgagor, WINSTON M. JARDIN, of legal age, Filipino, with residence and postal addresses at (1) Lot 37, Blk. 15 Guadalajara St., South Forbes Villas Subd., Inchican, Silang, Cavite and (2) 107 Provence St., Phase 4A, Sta. Rosa Village 2, Don Jose, Sta. Rosa, Laguna in favor of the Petitioner/Mortgagee, over a real estate property including improvements thereon, described in and covered by TRANSFER CERTIFICATE OF TITLE NO. 076-2014004926 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagor/Borrower in the amount of THREE MILLION SEVEN HUNDRED SIXTY ONE THOUSAND FIFTY SIX PESOS AND 38/100 (Php3,761,056.38) inclusive of interest, penalties and other charges, as of August 26, 2014, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court

In the event the public auction should not take place on the said date, it shall be held on **October 13, 2022**, without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2019000848** 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, August 31, 2022.

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

(Sgd.) ALEX E. 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 11F BDO Towers Valero (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City

SPOUSES EFREN DELOS SANTOS TALISAYON AND ANNABEL SERDON TALISAYON, Mortgagors

 (1) Bik. 12, Lot 11, Anonas Drive cor. Guyabano St.,
Sta. Isabel Village, Tayabas, Quezon Province
(2) Unit 0GF-0014, Ground Floor, Building 1, Pine Suites Tagaytay, Silang Junction West, Tagaytay City, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: September 5, 12 & 19, 2022



of Cavite thru her deputy, Oliver N. Mendoza, will sell at public auction on October 20, 2022 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. 076-2014004926 Registry of Deeds for Tagaytay City

"IT IS HEREBY CERTIFIED that certain land situated in BARANGAY INCHICAN, MUNICIPALITY OF SILANG, MUNICIPALITY OF SILANG, PROVINCE OF CAVITE, bounded and described as follows: A PARCEL OF LAND (LOT 37 BLOCK 15 OF THE SUBDIVISION PLAN PSD-04-180338, BEING A PORTION OF BLOCK 33, PCS-04-020895, LRC REC. NO.), SITUATED IN THE BARANGAY INCHICAN, MUNICIPALITY OF SILANG, PROVINCE OF CAVITE, ISLAND OF LUZON, BOUNDED ON THE SW., ALONG LINE 1-2 BY LOT 38 BLK 15; ON THE NW., ALONG LINE 2-3 BY LOT 24 BLK 15; ON THE NE., ALONG LINE 3-4 BY LOT 36 BLK 15 AND ON THE SE., ALONG LINE 4-1 BY ROAD 11 (12.00 M. WIDE), ALL OF THE SUBD. PLAN. BEGINNING AT A POINT MARKED "1" ON PLAN, BEING N. 74 DEG. 37' E., 8389.11 M. FROM BLLM # 1, CAD. 452-D, SILANG CADASTRE; THENCE N. 44 DEG. 14' W., 15.00 M. TO POINT 2; THENCE N. 45 DEG. 46' E., 10.03 M. TO POINT 3; THENCE S. 44 DEG. 14' E., 15.00 M. TO POINT 4; THENCE S. 45 DEG. 46' W., 10.00 M. TO POINT OF BEGINNING, CONTAINING AN AREA OF ONE HUNDRED FIFTY (150) SQUARE METERS. ALL POINTS REFERRED TO ARE INDICATED ON THE PLAN AND ARE MARKED ON THE GROUND BY P.S. BEARING TRUE DATE OF ORIGINAL SURVEY, JULY 19, 2005 AND THAT OF THE SUBD. PLAN EXECUTED BY RAYMUND ARNOLD S. ALBERTO, GEODETIC ENGINEER ON AUGUST 15-30, 2005 AND WAS APPROVED ON SEPT. 16, 2005. is registered in accordance with the provision of the Property Registration Decree in the name of Owner: WINSTON M. JARDIN, SINGLE, OF LEGALAGE, FILIPINO Address: 107 PROVENCE ST., PHASE 4A, STA. ROSA VILLAGE 2, BRGY. DON JOSE, STA. ROSA CITY, LAGUNA"

In the event the public auction should not take place on the said date, it shall be held on **October 27, 2022** without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **TRANSFER CERTIFICATE OF TITLE NO. 076-2014004926** 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, September 8, 2022.

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

> (Sgd.) OLIVER N. MENDOZA Sheriff-In-Charge

WARNING: IT IS ABSOLUTELY PROHIBITEDTO 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.

BDO Towers Valero (formerly Citibank Tower) 8741 Paseo de Roxas, Makati City

WINSTON M. JARDIN

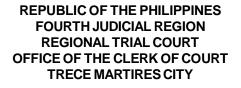
 Lot 37, BIK. 15, Guadalajara St., South Forbes Villas Subd., Inchican, Silang, Cavite
107 Provence St., Phase 4A, Sta. Rosa Village 2, Don

Jose, Sta. Rosa, Laguna Publication: PMC Pulso ng Makabagong Caviteño News Publication

Publication: PMC Pulso ng Makabagong Caviteno News Publication Dates: September 12, 19 & 26, 2022



LEGAL NOTICES



METROPOLITAN BANK & TRUST COMPANY Mortgagee.

- versus - FORECLOSURE CASE NO. F-456-22

JULIUS ELY B. EULALIO

Mortgagor/s. х----х

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, METROPOLITAN BANK & TRUST COMPANY., with business address at Metrobank Plaza Building, Sen. Gil J. Puyat Avenue Ext. City of Makati against the Mortgagor/s, JULIUS ELY B. EULALIO, with residence and postal address at Lot 29 Block 5, Brighton Phase 1, Gen. Trias City, Cavite and 4030 Kaimito Extension, Napico, Manggahan, Pasig City to satisfy the mortgage indebtedness which as of 15 June 2022 amounts to TWO MILLION THREE HUNDRED TWENTY THOUSAND FOUR HUNDRED TWENTY FOUR PESOS AND 31/100 (P2,320,424.31), 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 set at public auction on 22 SEPTEMBER 2022 at 10:00 o'clock in the morning 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-<u>2019035025</u>

LOT NO. 29 BLOCK NO. 5 PLAN NO. PCS-04-029303 PORTION OF: LOTS 1934; 1935; 1937; SFDM ESTATE. LOT 1938-A; 1938-B; LOT 1938-C; 1938-D; PSD-04-039215 (OLT); LOT 1843-K-1; LOT 1843-K-2, PSD-04-214642; LOT 1843-L, BSD-04-002119 (OLT); LOT 1843-M-1; LOT 1843-M-2; PSD-04-156470 & BLOCK 18. PCS-04-029302, DECREED NO. 4270, LRC RECORD NO. 5964 LOCATION: BARANGAY OF TAPIA, MINICIPALITY OF GENERAL TRIAS, PROVINCE OF CAVITE,

BOUNDARIES:

<u>LINE</u>	DIRECTION	ON ADJOINING LOT(S)
1-2	NW	LOT 18, BLOCK 5, PCS-04-029303
2-3	NE	LOT 30, BLOCK 5, PCS-04-029303
3-4	SE	ROAD LOT 18, PCS-04-029303
4-1	SW	LOT 28, BLOCK 5, PCS-04-029303

AREA: SEVENTY ONE SQUARE METERS (71), MORE OR LESS

All sealed bids must be submitted to the undersignied 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 06 OCTOBER 2022 without further notice.

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

Metrobank Plaza Building, Sen. Gil J. Puyat Avenue Ext. City

No. 88 N. Jacinto Street, BF Classic Homes Village,

Trece Martires City, 19 AUGUST 2022.

METROPOLITAN BANK & TRUST COMPANY

(Sgd.) JOANNAH AVIGAIL C. TIMKANG Sheriff IV

Copy Furnished:

LOCK LAW OFFICE

Parañague City

of Makati

Lot 29 Block 5, Brighton Phase 1, Gen. Trias City, Cavite and 4030 Kaimito Extension, Napico, Manggahan, Pasig City

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

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

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

METROPOLITAN BANK & TRUST COMPANY Mortgagee,

- versus - FORECLOSURE CASE NO. F-608-22

SPS. MARIA EPIFANY F. STA. MARIA AND LOUIE FRANCIS T. STA. MARIA Mortgagor/s.

x----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, amended by Act 4118, filed by Mortgagee, METROPOLITAN BANK & TRUST COMPANY., with business address at Metrobank Plaza Building, Sen. Gil J. Puyat Avenue Ext. City of Makati against the Mortgagor/s, SPS. MARIA EPIFANY F. STA. MARIA AND LOUIE FRANCIS T. STA. MARIA with residence and postal address at 29-A Pinagtipunan St., Brgy. Bagong Silang, Mandaluyong City and Lot 14, Blk 13, Kensington 6, Brgy. Navarro, Gen. Trias, Cavite to satisfy the mortgage indebtedness which as of 30 June 2022 amounts to **ONE MILLION TWENTY SIX** THOUSAND FIVE HUNDRED SIXTY PESOS AND 49/100 (P1,026,562.49), 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 set at public auction on OCTOBER 06, 2022 at 10:00 o'clock in the morning until 12:00 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-<u>2016067427</u>

LOT NO. 14 BLOCK NO. 13 PLAN NO. PCS-04-027966 PORTION OF: LOT 1666, SAN FRANCISCO DE MALABON ESTATE (RS-04-002133) & LOT 1667-A, PSD-04-224902; LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GENERALTRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON BOUNDARIES:

LINE DIRECTION ADJOINING LOT(S) 1-2 NE LOT 13, BLOCK 31, PCS-04-027966 2-3 SE LOT 12, BLOCK 31, PCS-04-027966 3-4 SW ROAD LOT 17, PCS-04-027966 4-1 NW LOT 16, BLOCK 31, PCS-04-027966

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 said date and time, it shall be held OCTOBER 20, 2022 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 06, 2022

(Sgd.) LUCIO C. ALEJO III Sheriff IV

Copy furnished:

METROPOLITAN BANK & TRUST COMPANY

JULIUS FLY B. FULALIO

Dagang Tagalungsod". Sixth District Board Member Kerby J. Salazar also served as

story teller to participating children last September 9, 2022.

Around one-hundred children received reading and art materials, school supplies, raincoat and slippers during the four-day event.

Medicines and vita mins were also distributed to 190 children and adults during the first three days of the reading camp by the staff from OPG-extension.

On the fourth day, a medical consultation was conducted in LRTA, Brgy. Santiago, Gen.

Metrobank Plaza Building, Sen. Gil J. Puyat Avenue Ext. City of Makati

ATTY. LUCAS R. VIDAD 117 C.C Santos St., BF Homes, Paranaque City

SPS. MARIA EPIFANY F. STA. MARIA AND LOUIE FRANCIS T. STA. MARIA

29-A Pinagtipunan St., Brgy. Bagong Silang, Mandaluyong City Lot 14, Blk 13, Kensington 6, Brgy. Navarro, Gen. Trias, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: September 12, 19 & 26, 2022

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

EXTRA JUDICIAL SETTLEMENT OF THE ESTATE with POWER OF ATTORNEY

NOTICE is hereby given to the public that the estate of the late MILAGROS M. PARAS, who died intestate on May 13, 2021 at Imus, Cavite, and left without any will nor debts but at the time of her death left a Bank Account at **SECURITY BANK**, Aguinaldo Hi-way, Imus Cavite Branch Account Number 0000019633157 with the amount of FOUR HUNDRED FORTY THREE THOUSAND ONE HUNDRED EIGHTY SIX & 60/100 (P443,186.60) Pesos, more or less in which the undersigned legal heirs have agreed to settle, adjudicate and divide among themselves in equal shares proindiviso the said amount and appoint Ronaldo M. Paras as their lawful attorney-in-fact for the aforementioned bank account at Security Bank in the manner provided therein before Notary Public Atty. Hobert N. Lluz as per Doc. No. 163, Page No. 34, Book No. 09, Series of 2022.

Publication: PMC Pulso ng Makabagong Caviteño News Publication Dates: August 29, September 5 & 12, 2022

PHDMO

The event was high-Trias by the Medical lighted by storytelling acteam from General tivities conducted by the Emilio Aguinaldo Memostaff from the PHDMO rial Hospital led by Dr. Marie Ann Sy with the and Provincial Library. assistance of Internal Among the stories told Medicine doctors, Dr. were "Ang Leon at Ang Lamok", "Ang Dalawang Ariana Coleen M. Kambing na Sutil", "Ang Colobong, Dr. Melisse Aso at ang Kanyang Margore L. Edaño and Anino", and "Ang Dagang Dr. Hannah Christine P. Taganayon at Ang Catamain to 99 children and adults who were also given corresponding medicines and vitamins. went screening process

and antigen swab testing prior to medical consultation and distribution of medicines. Minimum

safety health protocols were also strictly observed during the conduct of the event.

Beneficiaries under-

from

page 1

Ms. Jonah Joy Rosarda, Librarian III, of the Provincial Library gave the closing message expressing gratitude to the organizers, participants, HOA officers and sponsors who made the event a success. (PICAD)





MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Taglay mo ang talas ng isip, kung saan agad mong mahahalata ang may hindi magandang motibo na magtatangkang mandaya sa iyo. Ito ang mensahe ng kapalaran mo. Masuwerteng kulay-red. Tips sa lotto-18-20-21-24-28-33.

TAURUS (Apr. 20-May 20) - Tutukan mo ngayon ang iyong pinagkakakitaan nang sa gayun ay mas mabilis ang iyong pag-unlad. Puwede kang magsakripisyo muna na huwag nang pagkaabalahan pa ang ibang mga bagay. Masuwerteng kulay-blue. Tips sa lotto-16-24-25-38-39-42.

GEMINI (May 21-June 20) - Ibinalik na ng langit ang mga araw kung kailan suwerte ka sa anumang pakikipagsapalaran. Mananalo ka at ito ay tiyak. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-silver. Tips sa lotto-17-22-28-31-41-42.

CANCER (June 21-July 22) - Hindi makakabuti sa iyo ang mabilis na pagpapalit ng isip. Mamahinga at huminga ka muna nang malalim kapag nahaharap ka sa kritikal at maselang pagdedesisyon sa kung ano ang tama para sa iyo. Masuwerteng kulaygreen. Tips sa lotto-12-14-16-27-34-36.

LEO (July 23-Aug. 22) - Magbigay ka sa kapwa mo na manghihingi sa iyo. Kapag ikaw ay may hiningi sa langit, walang pag-aalinlangan na ikaw ay pagbibigyan din. Ito ang sikreto ng iyong kapalaran ngayon. Masuwerteng kulay-yellow. Tips sa lotto-13-20-21-23-27-39.

VIRGO (Aug. 23-Sept. 22) - Ihanda mo ang iyong sarili dahil malalaking prayoridad ang lalagay sa iyong harapan. Lakas ng katawan at ang masidhing hangarin na umasenso ang iyong kailangan. Masuwerteng kulay-orange. Tips sa lotto-11-15-25-27-33-37.

LIBRA (Sept. 23-Oct. 22) - Saya ang kailangan mo. Kaya magsaya ka dahil kung iyong maaalala, ang mga suwerte ay dadapo sa iyo sa mga panahon na ikaw ay masaya. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-violet. Tips sa lotto-18-22-23-28-30-31.

SCORPIO (Oct. 23-Nov. 21) - Iwasan mong mainis at magalit. Para magawa mo ito, simple lang ang kailangan. Lumayo ka muna sa mga sitwasyon at tao na alam mong maiinis o magagalit ka. Hindi makakaganda sa kapalaran mo ang inis at galit. Masuwerteng kulay-black. Tips sa lotto-10-12-21-22-26-29.

SAGITTARIUS (Nov. 22-Dec. 21) -Nagpapatuloy ang paglitaw ng mga bulalakaw sa kalangitan. Ibig sabihin, nagpapatuloy pa rin ang pagkakataon na kapag humiling ka sa langit ay tiyak na pagbibigyan ka. Masuwerteng kulay-purple. Tips sa lotto-16-24-25-37-40-41.

CAPRICORN (Dec. 22-Jan. 19) - Lumayo ka sa mga hindi maganda. Lumayo ka sa mga bisyo, taong masasama ang ugali at pagkain na makakasama sa katawan at kalusugan mo. Gawin mo at siguradong gaganda ang takbo ng iyong buhay at kapalaran. Masuwerteng kulay-maroon. Tips sa lotto-4-14-25-28-30-32.

AQUARIUS (Jan. 20-Feb. 18) - Malamig na ang simoy ng hangin. Ito ay nagbibigay ng mensahe na ang kapalaran mo ay kikilos nang pabor sa mga gusto mong mangyari sa iyong buhay. Palagi kang magpasalamat sa nasa itaas. Masuwerteng kulaygold. Tips sa lotto-9-16-17-28-38-42.

PISCES (Feb. 19-Mar. 20) - Taas-baba ang mga alon sa dagat. Ganundin ang kapalaran mo, ngunit patuloy ito sa paggalaw at nagsasabi na ang patuloy na paggalaw ng iyong kapalaran ay palagi nang papunta pag-unlad. Masuwerteng kulay-gray. Tips sa lotto-15-20-23-25-33-36.

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Did You Know?



ONE MAN SURVIVED BOTH THE ATOMIC BOMBING OF HIROSHIMA AND THEN LATER NAGASAKI

Tsutomu Yamaguchi was a 29-year-old Naval Engineer on a threemonth business trip to Hiroshima. On August 6, 1945, the Enola Gay dropped its atomic payload on the city.

Yamaguchi was less than 2 miles from ground zero and was thrown into a potato patch.

He survived the blast and was able to make a perilous journey through the devastated city to the railway station.

Board Games														
Τ	R	S	Ε	T	S	Α	Т	Α	Α	Ε	Ι	Ε	Ι	BATTLESHIP
Ε	R	W	Т	В	С	Ι	W	Α	S	Ε	С	Η	Е	LUDO
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THE NEW WORKWEAR AT SM STORE

Workwear has evolved through the years from Wall Street pinstripes to Silicon Valley casual. With many more heading to the office after two years of WFH arrangements, welcome to the new world of workwear at SM Store.



Smart and Mainstreet blazer, pants, and Baleno tee paired with jacket, Mainstreet pants, a Salvatore Mann duffle bag, Hush Puppies loafers and leather shoes. All and a watch from SM Ac- available at SM Store's cessories

Preppy. Cool and casual. Baleno Dress up for work comfortsports shirt, Code Blue Salvatore Mann Sling bag Men's Department.

ably and confidently with this SM Woman sleeveless blouse, vest, mini skirt matched with, a Parisian cross body bag and platform shoes, and a watch from SM Accessories.

Like the new way of going to work, dressing up for the office is in a sensehybrid. Some brands call it "power casual" or "business comfort". Heels are lower, silhouettes are more relaxed, and Silicon Valley execs are said to be wearing graphic tees under blazers.

And it's the perfect time to give your office wardrobe a reboot and refresh with three new looks that from the SM Store that cross fashion boundaries – Minimalist, Preppy, and Workleisure.

Minimalist looks are best for more traditional office arrangements. It combines simplicity with elegance like SM Woman's Prima collection worn with Parisian's heels, pumps, bags and Raya's set of earrings and necklaces. For men, there are dress shirts and pants from Baleno, Smyth, and Mainstreet; as well as shoes and bags from Milanos and Salvatore Mann.

Preppy styles, on the other hand, highlight business comfort. Think relaxed cardigans and jackets, and slacks paired with sling bags, backpacks, duffle bags, leather shoes, loafers and watches for men. There are also casual dresses, vests, and coordinates best paired with accessories watches, platform shoes, backless loafers, crossbody, sling and shoulder bags.

Workleisure outfits underscore how lines have blurred between working and living by combining corporate style with an athleisure attitude many have embraced work. Think of women wearing blazers with sports bras, as well as more denim and sneaker sightings in the workplace.

Check out the new WorkWear at all SM Stores nationwide.

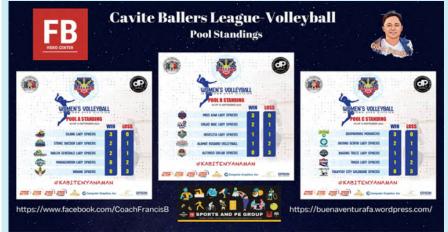


DICKIES - one of the trendiest fashion store in the comfy fashion scene is now open at SM City Bacoor. Youngsters and young at hearts can now choose from a wide range of streetwear and workwear styles perfect for men and women on the go. You" definitely love your OOTD's with their graphic hoodies, work pants and tees. Visit Dickies at Upper Ground Level of SM City Bacoor.



Cavite Ballers League-InterTown Women's Volleyball

i there once again. Today we will continue with the piece that helped me get into the United States Sports Academy for the Master of Science in Sports Coaching. But before we get into that, allow me to share



what's happening in the volleyball scene of Cavite.

Did you guys know that we have Cavite Ballers League-Inter Town Womens Volleyball Tournament? The "open" tournament has a total of fifteen (15) participating teams from around the province and is now in the last few elimination round games. Check out the Win-Lose Standings as of September 12:

On top of each pile are Silang, Imus and Dasmarinas with three wins in as many games for Pools A, B and C respectively. CBL is touring and they might be playing in your neighborhood next. Watch out for the games and support our homegrown talents!

And now we move to the second part of "My Life in Sports."

Basketball was and is a big sport in the Philippines. So in fourth grade, I tried to join our school's team but did not make the cut. The basketball coach

asked some of us to stay and play volleyball with other kids. The following week, I was part of the training pool and by the end of the month, I was part of the reserve-training team. The following year, after almost a school year of volleyball training, I received my very first athlete's school uniform. I remember keeping that uniform up until college. We were City



champions for three years up until I finished grade school.

All the while, I kept playing all sorts of organized sports because of my membership with the local church's Altar Boys. This club allowed me to play football, swimming, basketball, and chess with other church's altar boys group. My grade school life!

Then high school came or grade seven. I knew I can make it to the reserve team for high school and I did. In fact, the seniors of the team were eyeing me to become part of the high school team at thirteen years old. Unfortunately, we transferred to a neighboring suburb going into 9th grade. So the two years of work with the team were really wasted. I wish there was someone who could have guided me and my parents as well-but there wasn't any.

The new school I got into did not have the same sports program for the students, adding to the fact the peer pressure of fitting into a new environment. I knew I could play sports in the new school but I chose not to competitively.

Instead, I focused on gaining new friends and trying their "hobbies". They were into rock music, malling, and all sorts of parties. During this time, I picked up the guitar and learned all the chords but I knew my brain for music isn't as good as I'd like them to be.

It was also in the 9th and 10th grades that I did a lot of table tennis or ping I discovered how this game will allow me to chat with my op and get to know him or her more-while playing to score. Nice right?

Then college life arrived.

Had the best time doing competitive basketball. It was also this time that I developed stronger jumping muscles and stable shooting. At eighteen, I remember clearly how I could tap the ring and lay up the ball with my left and right hand.

In college, I took up Occupational Therapy and learned about anatomy and kinesiology. Although sports rehab and bodybuilding ideas were very much part of the course, I did not find bodybuilding to be attractive, in fact, I found it boring.

To be continued next week.