





# Behavioral changes can lessen COVID-19 transmission by up to 96%

*(From page 1)* physical distance as it reduces the transmission of the virus which happens through close contact, while wearing eye protection is recommended as it shields the virus from entering the eyes, which is another entry point. Health Undersecretary Maria Rosario Vergeire reminded the public to remain vigilant and continue championing the BIDA solution by following the health protocols, especially when leaving the house. "Kung maaari po ay mag-stay at home na la-likha ng maayos na kondisyon ng isang tao, hindi talaga maiwasan ang paglabas, ugaliin natin na sundin ang BIDA CHECKLIST at mag-disinfect tuwing darating sa paraan para maprotektahan ang ating mga sarili, pamilya, at komunidad." Source: DOH

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## Municipality Carmona, Cavite



Mayor Ror Loyola: Sa ngalan ng inyong lingkod ay dumalo si Congresswoman Dahlia Loyola bilang isa sa PIDS-DILG Online Webinar na pinamagatang "Assessing the CBMS as a Tool in Local Development Planning." Ibinahagi niya rito ang kahalagahan ng paggamit ng Communi-

ty-Based Monitoring System (CBMS) at ang mga naitulong nito sa pagasagawa ng pamamahagi ng ayuda para sa Social Amelioration Program (SAP) beneficiaries. Programa man ng Department of Social Welfare and Development Office ang SAP, tungkulin pa rin po ng Pamahalaang Bayan na makapag-isip at magsagawa ng mga

paraang makakatulong sa maayos at matagumpay na pamamahagi nito sa mamamayan. Maraming salamat po, Philippine Institute for Development Studies – Department of the Interior and Local Government sa ibinigay ninyong pagkatakaoan upang ibahagi ang programang ito na layunin ding makatulong sa ibang bayan.

## DepEd mental wellness session led and inspired by Sec Briones

To ensure the mental stability of the top leaders at the bureau, Secretary Leonor Magtolis Briones emphasized the need of helping each other as she led the fourth and final group session of the Kaginhawaan of Top Leaders of the Department of Education (DepEd) on July 31. "I thought that we need to assure each other in the department that we are for each other and that we will hold each other's hands. That we are going to be together because that magnitude of the change that DepEd is facing is so much greater than perhaps what other departments are facing," Secretary Briones said in her inspiring message. Secretary Briones pointed out her experienc-

es during the pandemic, especially when she was infected by COVID-19, and how she carried on in leading the department's initiatives for the upcoming school year 2020-2021. "I am very happy that this little exercise that we are engaged in has really taken place and what pushed me to suggest it [Director] Roni [Co] and

*(Turn to page 4)*

# Informing Science facts is still a priority amidst pandemic

*(From page 6)* DOSTv Facebook page. Anchored by DOST Secretary Fortunato T. de la Peña, the secretary provides all the updates on the various efforts of the science department, from the area of research and development up to the technical services and consultancies. Further, Dir. Burgos also said that the information institute organized special pressers for the launching of some of the major programs of DOST for repatriated overseas Filipino workers called the iFWD Program; OneStore. Dir. Burgos emphasized that in addressing the issue of proliferating "fake news", the DOST-STII, played a proactive role, not only in promoting the efforts and noble works of our Filipino scientists and researchers, but also providing the needed clarification and explanation at this critical time so that our audience would understand the crisis better and respond appropriately. Virtual Pressers and Digital Broadcasting Director Burgos said that virtual pressers have become the new normal and tools for the Department to give the public up-to-date information about COVID-19. Since 01 May 2020, the DOST-STII has been broadcasting the weekly online news program "DOST Report" every Friday, 4:00 PM in

## WHY WE NEED TO WEAR FACE SHIELD

*(From page 6)* of using a FACE SHIELD. But more than the advantages, we should take comfort with the words of Transportation Secretary Arthur Tugade on why we are making this crucial layer of protection mandatory

tion to supplement textbooks and other learning tools. During the first semester of this year, Dir. Burgos shared that there were 320 STARBOOKS sites that were deployed all over the country, bringing the total to 4,800 since the program started in 2011. He also added that several partnerships have been formed by STARBOOKS with different organizations to promote STI. It includes the Department of Education, Philippine Rice Research Institute, FlipScienc.ph, Unilab Foundation, TriplesPH, and Carl Balita Review Center. Increasing DOST's online presence through official Facebook pages The information director also shared the significant spikes of two major Facebook pages of DOST. For DOST-Philippines, its page followers increased by 195% from August 2019 (7,541) to July 2020 (22,261). For DOST-Science and Technology Information Institute, its page followers increased by 77% from August 2019 (26,300) to July 2020 (46,600). #ScienceJournoAko webinars Since 2015, the DOST-STII visited different schools in the country to bring its #ScienceJournoAko writeshop, an ad-

episode "Bakery sa Jail" and; 3) the highest award Gandingan ng Kaunlaran: Most Development Oriented Radio/TV Station/ Online Platform. "The pandemic caught us by surprise but we quickly shifted to the new normal and became the channel for the world to feel the heartbeat, the vital signs of the DOST championing Science for the People. The winds of digital fate blew in our favor as our main sails, STARBOOKS, DOSTv, are digital native," concluded Dir. Burgos. By: Allan Mauro V. Marfal, DOST-STII

## Disiplina Muna 101

Nahirapan ka bang huminga kapag nagsusuot ng face mask? Bumili ng mask na tama ang sukat sa iyo para matakpan ng buo at maayos ang iyong ilong, bibig at baba.

Hindi nakakabawas ng OXYGEN ang pagsuot ng face mask.



DISIPLINA MUNA SOLUTION SA COVID-19 IN PARTNERSHIP WITH AdaptPH

# PLEASE WEAR MASK




## Sabayang Patak Kontra Polio

ALAMIN: Magsasagawa ang mga Barangay Health Station ng City Health Office at Department of Health ng "Sabayang Patak Kontra Polio" para sa mga batang edad 0 - 59 months mula August 17 to 30, 2020. Makipag-ugnayan sa inyong barangay para sa schedule.



### Abangan ang pagbabakuna sa inyong lugar!

**August 17-30, 2020**



**Sabayang Patak Kontra Polio**

**REGION IV A**

- Cavite
- Rizal

**Para sa mga magulang, tagapag-alaga ng mga bata, at mga health workers, huwag kalimutan ang mga panuntunan para sa ligtas na pagbabakuna:**

- ✓ Magsuot ng face mask
- ✓ Sundin ang physical distancing at magkaroon ng 1 meter o mahigit na pagitan sa isa't isa
- ✓ Maghugas ng kamay o gumamit ng alcohol-based hand sanitizer

**Bawat patak, dagdag na proteksiyon para sa inyong anak!**



## DepEd mental wellness session led and inspired by Sec Briones

(From page 2)  
the others is that I was also undergoing the same, if not much more, intense degree of anxiety, of fear and insecurity as DepEd has been adjusting and planning, and trying to make sure that education continue even as we have this pandemic," she added.

The event, spearheaded by the Disaster Risk Reduction and Management Service (DRRMS), served as a culminating activity for the series of psychosocial support activities held for the members of the Management Committee (ManCom) to make sure that their psychosocial well-being and mental health are taken care of. In the session entitled "Isolated but not alone: "Hindi ka nag-isa", Dr. Lourdes Ladrado-Igna-

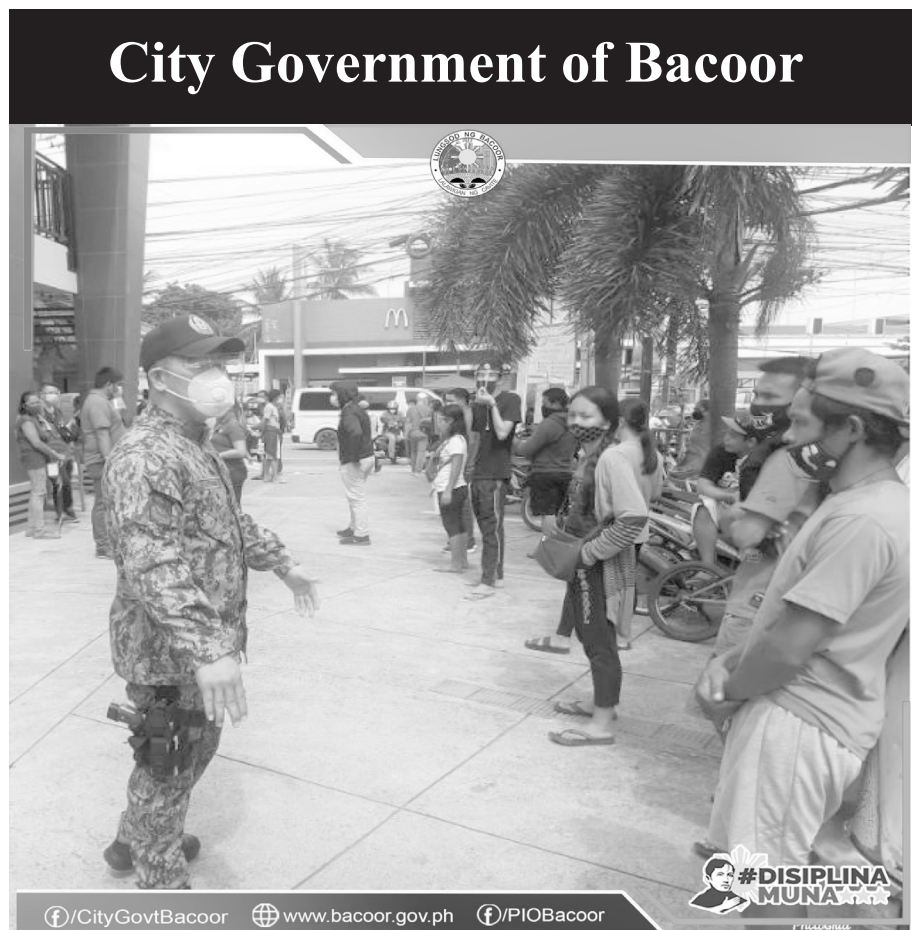
cio, a Professor Emeritus at the University of the Philippines, discussed various concept inclined with mental health and said that social and spiritual needs are ought to be fulfilled to have a healthy life.

Following the talk, an activity called 'Ginhawa: Well-being in Everyday Life', which was led by Dr. Henrietta Espanola, an Associate Professor at the West Visayas State University, was conducted to focus on finding silence through Zen meditation.

All of the participants were advised to do the proper posture, relaxation and breathing techniques as they were encouraged to lend time for themselves to meditate or find peace as a form of break and to take care of their mental health amidst

the challenges the Department is facing because of the pandemic. The previous sessions covered various topics and activities such as understanding the different dimensions of psychosocial well-being, how to achieve kaginhawaan (wellness) in one's daily life and its relationship to the core essentials of leadership, Zen meditation, self-care techniques, application of arts-based coping strategies, and other concepts related to psychosocial recovery, resilience, and wellness.

The Kaginhawaan for Top Leaders of DepEd sessions is part of the Mental Health and Psychological Support Services (MHPSS) initiatives of the Department of Education that was commenced last May 6. Source: DepEd



Nag-ikot ang PNP at CICU sa mga money remittance centers upang suriin ang sitwasyon ng ating mga kababayan na kumukuha ng SAP sa mga lugar na ito. Sinisigurado nila na maayos ang mga pila sa mga money remittance centers at madisiplina na ipanapatupad ang physical distancing at ang pagsuot ng face mask ng mga Bacooreño sa mga lugar na ito. Photo and caption: CityGovtBacoor

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-071-20

RACHELLE GLEMAO MONREAL  
Mortgagor.

-----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; Law Firm located at The Petron Mega Plaza Building, No. 358, Sen. Gil Puyat Ave., Makati City against the Mortgagors, RACHELLE GLEMAO MONREAL, of legal age, Filipino, with postal address at I-D, Bayview Subdivision, Amaya I, Tanza, Cavite and/or Lot 30 Blk 36 Ph-2 Sunrise Place, Brgy. Tres Cruces, Tanza, Cavite, to satisfy the mortgage indebtedness as of February 21, 2020 amounts to TWO HUNDRED EIGHTY FIVE THOUSAND THREE HUNDRED FORTY SIX PESOS & 87/100 (Php285,346.87) Philippine Currency, including interest, penalties and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on OCT 15 2020 at 10:00 o'clock in the morning at the main entrance of the Government Center Bldg. located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency the following described property with all the improvement thereon, to wit:

TRANSFER CERTIFICATE OF TITLE  
No. 057-2015001224

A PARCEL OF LAND (LOT 30, BLOCK 36 OF THE CONSOLIDATION SUBDIVISION PLAN PCS-04-024575, BEING A PORTION OF LOTS 2677, 2678, (FLS-325), & 2679 (RS-04-002668, ALL OF STA. CRUZ DE MALABON ESTATE, AND BLOCK 31, PCS-04-023349, L.R.C. RECORD NO. 6832), SITUATED IN BARANGAY TRES CRUCES, MUNICIPALITY OF TANZA, PROVINCE OF CAVITE ISLAND OF LUZON, BOUNDED ON THE NE ALONG LINE 1-2 BY LOT 29, BLOCK 36; ON THE SE ALONG LINE 2-3 BY LOT 28, BLOCK 36; ON THE SW ALONG LINE 3-4 BY ROAD LOT 24 (10:00 M WIDE R.O.W.); AND ON THE NW ALONG LINE 4-1 BY LOT 32 BLOCK 36; ALL THE CONSOLIDATION AND SUBDIVISION PLAN, BEGINNING AT A POINT MARKED "1" on plan xxx Containing an area of 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 on OCT 22, 2020 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, JULY 30 2020

REYNALDO L. SALOMA  
Sheriff IV

Copy Furnished:  
c/o ATTY. ROLANDO S. SANTOS  
Atty-in-fact  
4F DM Bldg, Visayas Ave. cor.  
Congressional Ave. Quezon City

RACHELLE GLEMAO MONREAL  
I-D, Bayview Subdivision, Amaya I, Tanza, Cavite  
2, Lot 30 Blk 36 Ph-2 Sunrise Place, Brgy. Tres Cruces, 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

Publication: Cavite Digest Dates: Aug 3, 10 & 17, 2020

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-069-20

JO-ANN DUENAS DELA CRUZ married to  
ROGER M. DELA CRUZ  
Mortgagors.

-----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 Ave., Makati City against the Mortgagors, JO-ANN DUENAS DELA CRUZ married to ROGER M. DELA CRUZ, with residence and postal address at Blk 18 Lot 17 Ph-2 Mary Cris Complex, Brgy. Pasong Camachile 2, Gen. Trias, Cavite, to satisfy the mortgage indebtedness which as of February 21, 2020 amounts to THREE HUNDRED SIXTY ONE THOUSAND FOUR HUNDRED THIRTY AND 88/100 (P361,430.88) 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 OCT 15 2020 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 improvement thereon, to wit:

TRANSFER CERTIFICATE OF TITLE  
NO. T-1329903

A parcel of land (Lot 18, Blk 18 of the subd. Plan. Psd-04-093013, being a portion of Lot 2533 SFD Malabon Est., situated in the Bo. of Alang Ilang, Mun. of Gen. Trias, Prov. of Cavite, Is. of Luzon. Bounded on the SE., along line 1-2 by Lot Alley 14; on the SW along line 2-3 by Lot 19, Blk. 18; on the NW., along line 3-4 by Lot 40 Blk. 18; and on the NE., along line 4-1 by Lot 17 Blk. 18; all of the cons/subd. Plan. Beginning at a point marked "1" on plan xxx containing an area of THIRTY SIX (36) SQUARE 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 OCT 22, 2020 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, JULY 30 2020

LUCIO C. ALEJO III  
Sheriff IV

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND  
c/o ATTY. ROLANDO S. SANTOS  
4F DM Bldg, Visayas Ave. cor. Congressional Ave. Quezon City

JO-ANN DUENAS DELA CRUZ married to  
ROGER M. DELA CRUZ  
Blk 18 Lot 17 Ph-2 Mary Cris Complex,  
Brgy. Pasong Camachele 2, 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: Cavite Digest  
Dates: August 10, 17 & 24, 2020

### EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER

Notice is hereby given that the estate of the deceased **DIONESIA SABALZA LINA** who died on March 18, 2020 at Binakayan Hospital Center Kawit, Cavite left a Bank Account maintained with BANK OF THE PHILIPPINE ISLANDS, Bacoor Branch code 0843 under Savings Account, No. 8433-098774 has been extrajudicially settled with waiver as per Doc. No. 298; Page No. 61; Book No. 1; Series of 2020, executed before Notary Public ATTY. ANTONIO T. NICOLAS of Bacoor, Cavite.

CD- Aug 10, 17 & 24, 2020

REPUBLIC OF THE PHILIPPINES  
REGIONAL TRIAL COURT  
FOURTH JUDICIAL REGION  
BRANCH 23  
TRECE MARTIRES CITY

IN RE: PETITION FOR THE INSCRIPTION OF FULL TECHNICAL DESCRIPTION OF LOT NO. 2007 OF SAN FRANCISCO DE MALABON IN TRANSFER CERTIFICATE OF TITLE NO: 3756 OF THE REGISTRY OF DEEDS FOR THE PROVINCE OF CAVITE

LRC CASE NO. 6832-035-13

SPS. CONRADO B. CAJULIS AND CLEOFE CAJULIS,  
Petitioners,

-----X-----

ORDER

This is a verified petition for inscription of full technical description of Lot No. 2007 of San Francisco de Malabon in Transfer Certificate of Title No. T-3756 of the Registry of Deeds for the Province of Cavite in the name of petitioner, the registered owner.

Finding the aforementioned petition to be sufficient in form and substance, the same is hereby set for initial hearing on November 16, 2020 at 8:30 in the morning, where any and/or all parties interested may oppose the said petition.

Let a copy of this Order be published at least once a week for three (3) consecutive weeks in a newspaper of general circulation within the Province of Cavite and posted at the Bulletin Board of Government Center Building Trece Martires City, Public Market Municipal and Barangay Hall, where the property is situated as well as on the land itself located at Barangay Punta, Municipality of Tanza, Province of Cavite, and other copies together with the petition be furnished the Register of Deeds for the Province of Cavite, Land Registration Authority, Office of the Land Management Bureau, Office of the Solicitor General, petitioner and their counsel.

In view thereof, the petitioner or his/her duly authorized representative is hereby directed to immediately coordinate with the sheriff of this Court as regards the posting of this Order on the land which is the subject of this petition.

SO ORDERED

Trece Martires City, July 13, 2020

PURIFICACION A. BARING TUVERA  
Presiding Judge

CD-Aug. 10, 17 & 24, 2020