



Design Portfolio.

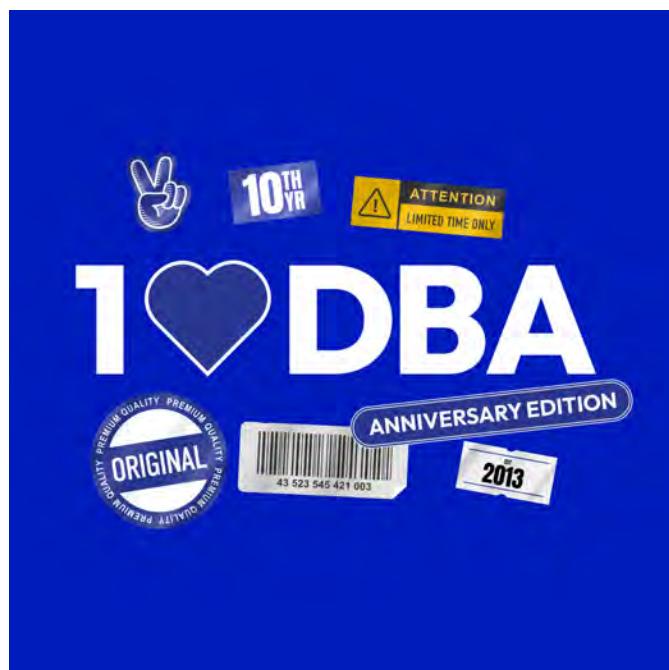


Hey, I'm Oj!

I'm a designer/front end developer with 5+ years of experience based in the Philippines, specializing in designing exceptional websites, applications, and everything in between. Currently designing websites and marketing materials for DBA.



Merch.









GAME DAY! X

SUMMERLYMPICS_2023

SUBIC SPORTS COMPLEX
08/16

BTS' WARRIOR

14 **10** **19**

POINTS REBOUNDS ASSISTS

46% FG | 35% 3P | 86% FT

GAME DAY! X

OLIVER JOHN CRUZ OLONGAPO 2208

DBA_CERBERUS

15 **05** **09**

POINTS REBOUNDS ASSISTS

46% FG | 35% 3P | 86% FT

GAME DAY! X

CONQUEROR_KNIGHTS

OLIVER JOHN CRUZ OLONGAPO 2208

25 **04** **05**

POINTS REBOUNDS ASSISTS

46% FG | 35% 3P | 86% FT

GAME DAY! X

SUMMERLYMPICS_2023

SUBIC SPORTS COMPLEX
08/19

BENCH BUDDIES

12 **07** **07**

POINTS REBOUNDS ASSISTS

46% FG | 35% 3P | 86% FT

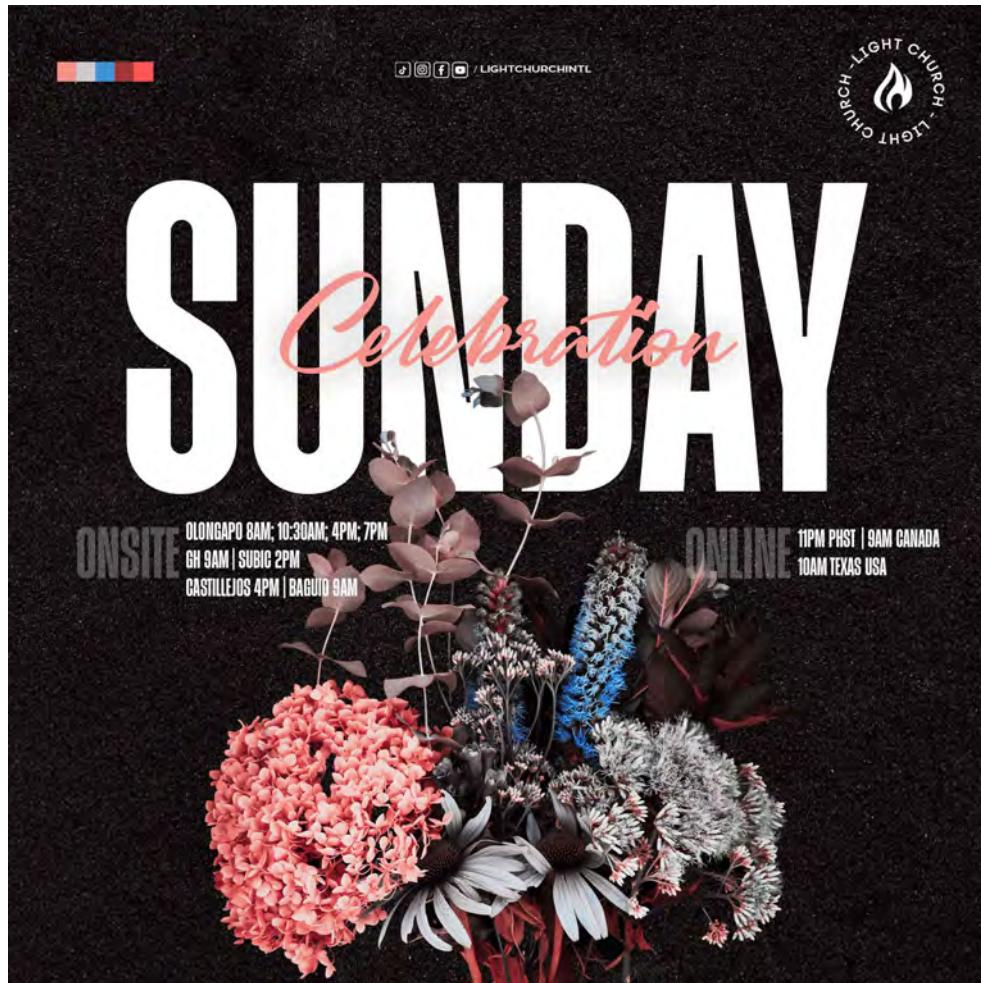






Church Media.

Sunday Posts



Sunday Posts



CELEBRATION

SUNDAY

ONSITE OLONGAPO 8AM; 10:30AM; 4PM; 7PM
GH 9AM | SUBIC 4PM
CASTILLEJOS 4PM | BAGUIO 4PM

ONLINE 11PM PHST | 9AM CANADA
10AM TEXAS USA

CELEBRATION

**SUNDAY
CELEBRATION**

sunday
celebration
online & onsite

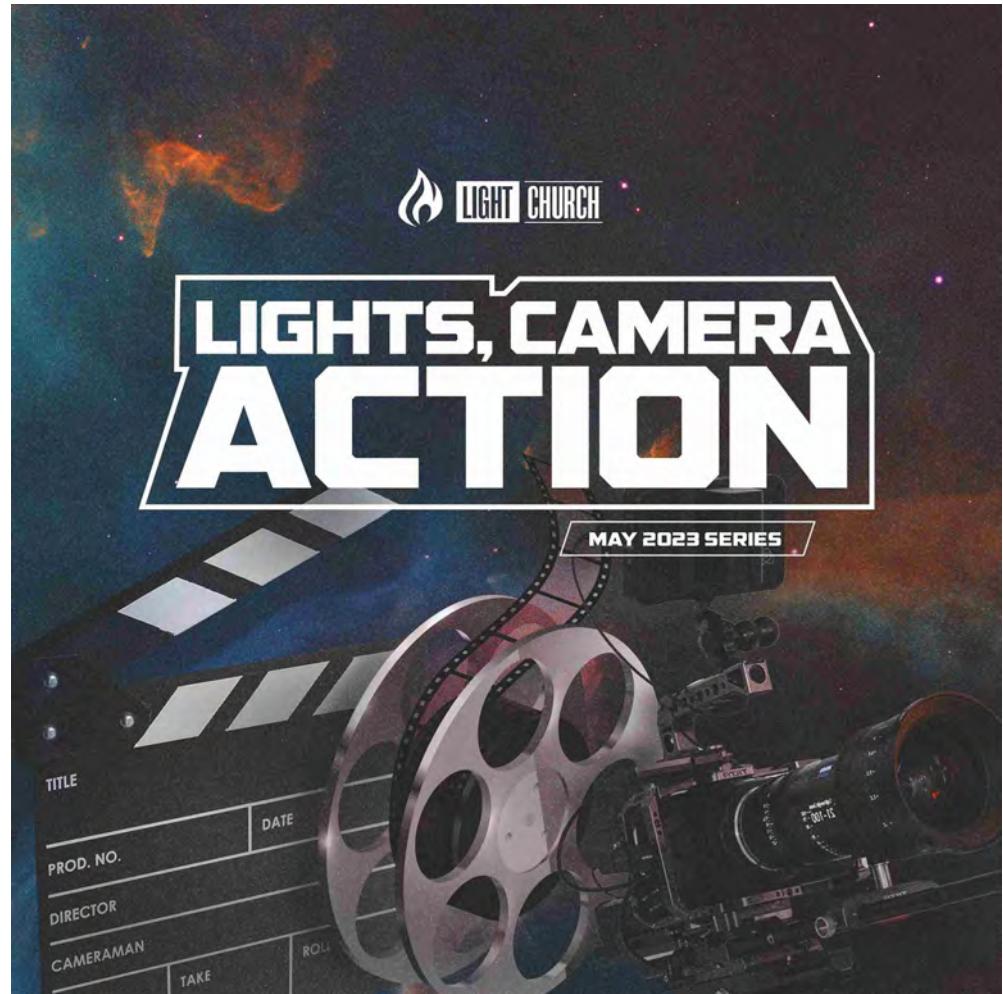
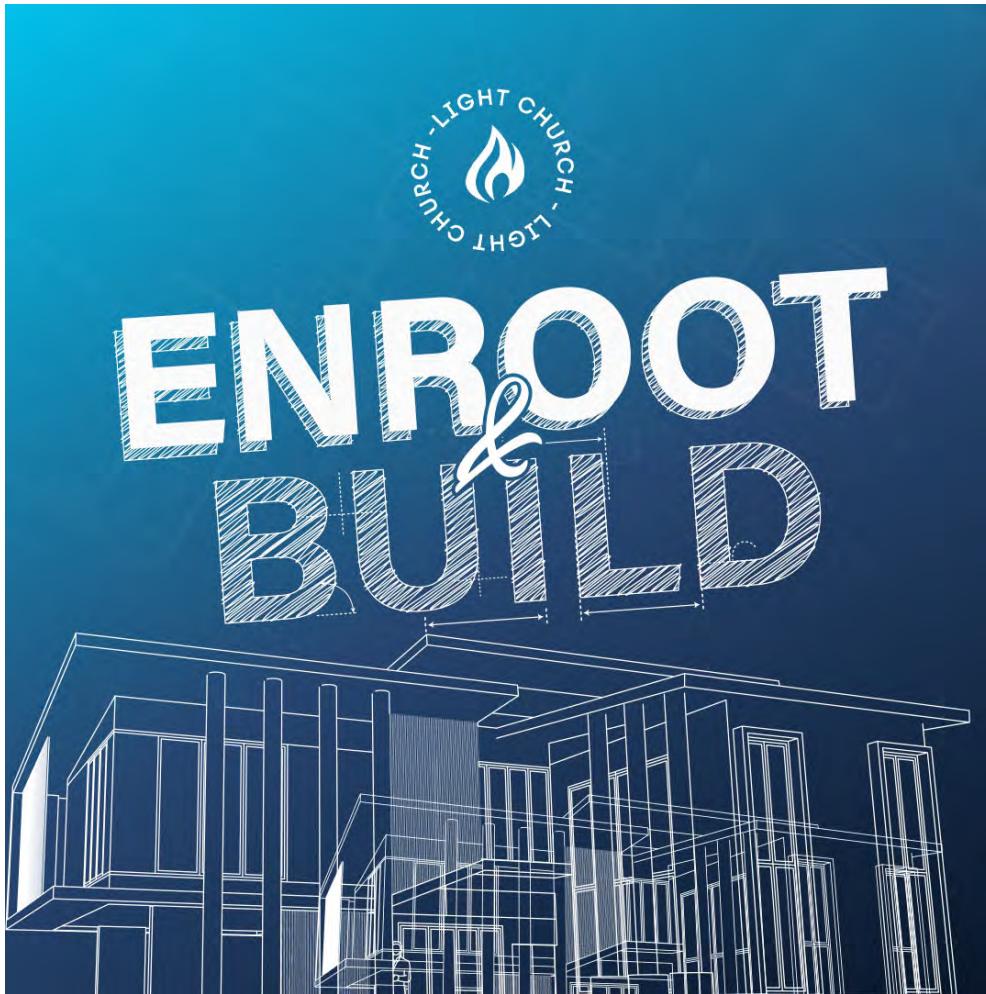
8am
10:30am
4pm
7pm

online
overseas
timeslots

11pm PHST
9am Canada
10am Texas

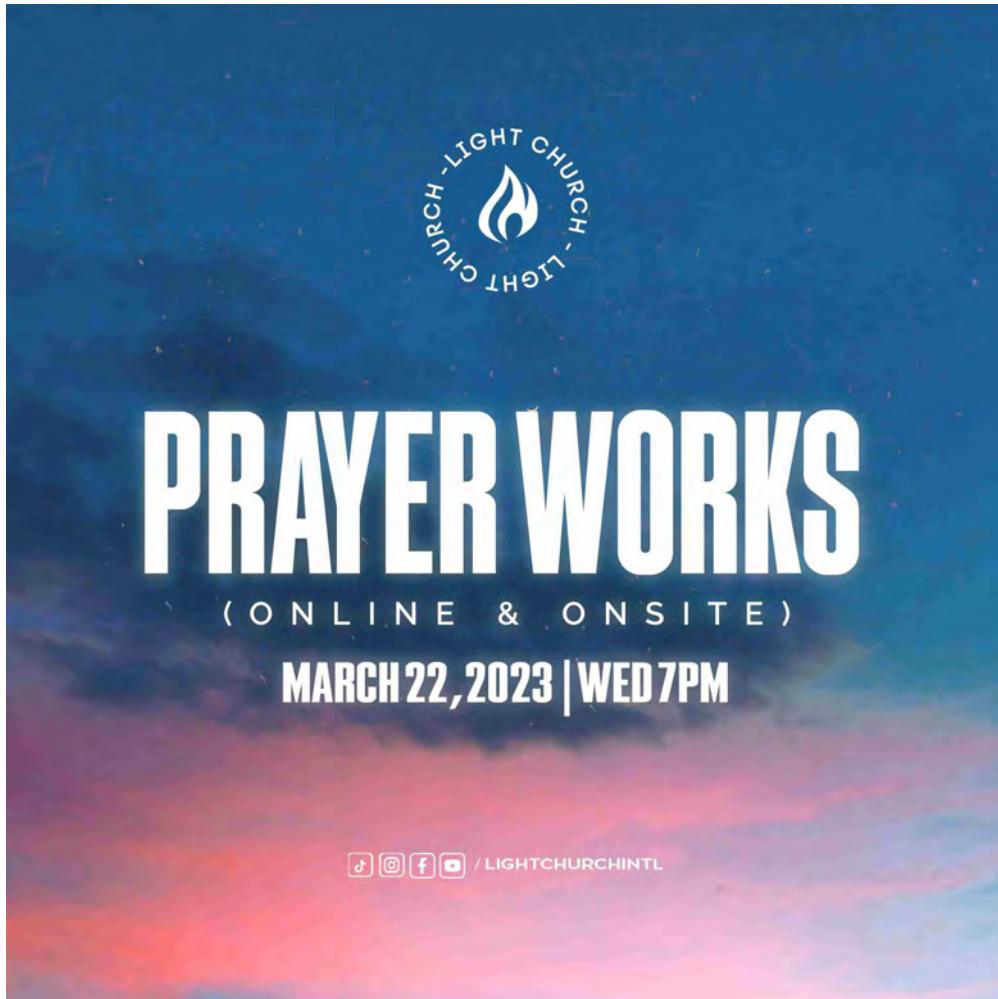
[d](#) [i](#) [f](#) [t](#) / LIGHTCHURCHINTL

Church Series





Event Posts





Web Designs.



TEAMWORK • LEADERSHIP • COMMUNICATION

Build influence with(out) authority

Dedicated to empowering biotech professionals. We believe in breaking down barriers and helping individuals unlock their full potential in the dynamic world of biotechnology.

[START LEARNING](#)

The website is displayed in a browser window. The address bar shows the URL: https://www.cruzoliverjohn.github.io/me. The page features a navigation bar with links to About, Articles, Podcast, and Contact, along with a prominent orange 'BOOK A DEMO' button. The main content area includes a headline 'Build influence with(out) authority', a brief mission statement, and a call-to-action button. Overlaid on the content are three orange hexagonal shapes of varying sizes, suggesting a dynamic or modular design element. The overall aesthetic is clean and professional, with a focus on the orange color scheme.



ICON

VISIBILITY IS KEY

We are a full service digital agency

Specialising in only the highest quality custom designed & developed online presences. Our only goal is to build something that we, yourself & your customers love. Give us a shot, let's level up your online presence!

Let's Chat?

https://www.cruzoliverjohn.github.io/me



https://www.cruzoliverjohn.github.io/me

DBA

Careers How We Hire Benefits Explore Open Roles

Be the future of professional services

Finding your dream career doesn't have to be stressful. With DBA, you can discover opportunities that will help you grow, and a job that fits your lifestyle.

Explore Open Roles Life at DBA

The website screenshot shows a landing page for DBA. At the top, there's a navigation bar with standard browser icons, a URL bar with the address https://www.cruzoliverjohn.github.io/me, and a header featuring the DBA logo and a navigation menu with links to Careers, How We Hire, Benefits, and a prominent blue 'Explore Open Roles' button. The main headline reads 'Be the future of professional services'. Below it is a subtext: 'Finding your dream career doesn't have to be stressful. With DBA, you can discover opportunities that will help you grow, and a job that fits your lifestyle.' At the bottom left are two buttons: 'Explore Open Roles' (blue) and 'Life at DBA' (white). The bottom right features a grid of six circular portraits of diverse professionals (men and women) in professional attire, arranged in two rows of three. The portraits are set against a light gray background with white circles.



NSC

National Security Policy Transparency Service Charter FOI Manual SALN Submission Help Desk

Ensuring a Bright & Secure Future

Welcome to the official website of the National Security Council (NSC), the cornerstone of safeguarding our nation's prosperity and tranquility.

Learn More

72 Years

Working tirelessly to anticipate and neutralize threats, embracing the responsibility of being your first line of defense.

https://www.cruzoliverjohn.github.io/me



Social Media.



DBA

Together we can forge women's equality.
Collectively we can all #EmbraceEquity



International Women's Day

#EmbraceEquity
#IWD2023

DBA

Together we can forge
women's equality.
Collectively we can all
#EmbraceEquity.



 internationalwomensday.com







AussieLegal Popular Legal Kits & Services #AussieLegal

5 MINUTES AGO



AussieLegal Popular Legal Kits & Services #AussieLegal

5 MINUTES AGO

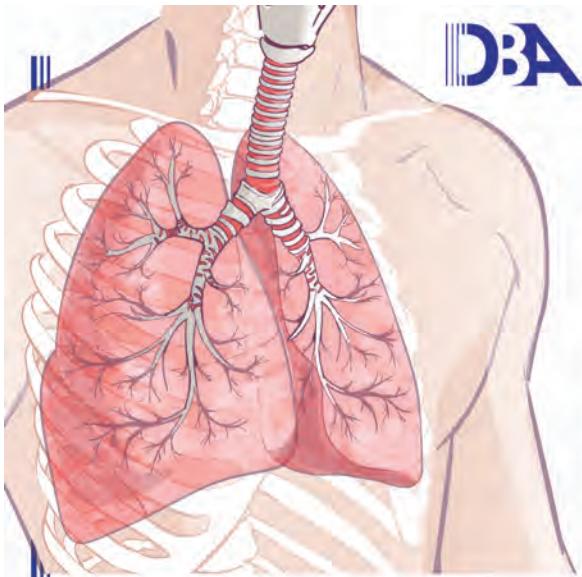


AussieLegal Popular Legal Kits & Services #AussieLegal

5 MINUTES AGO



Infographics.



DBA

What are the symptoms of TB?

Indications of TB disease depend on the site of the body where the bacteria is proliferating but usually, the symptoms are:



How can I prevent TB?

Remember, latent TB infection is easily cured, and only active TB is contagious.

When tested positive with latent TB, do the following to reduce your risk of developing active tuberculosis:

- Isolate.** Ensure other people's safety by staying at home and sleeping in a room without anyone's company.
- Ventilate.** Closed space allows germs to spread faster so try to open the windows and use fan to for air to circulate.
- Cover your mouth.** Use a clean piece of cloth or tissue anytime you laugh, sneeze or cough then put it in a sealed bag before throwing it.
- Wear a face mask.** Wearing a face mask diminishes the risk of transmitting TB, especially if you are in the first three weeks of treatment.
- Finish medication.** Follow the prescription of the doctor to protect yourself from developing drug-resistant strains of TB.

HEALTH ADVISORY

YES! We can end TB!

World Tuberculosis Day

10.6 Million

Estimated number of new & relapse cases reported to WHO in 2021

6M Men

were recorded to have TB in 2021

3.4M Women

were reported to have TB in 2021

1.2M Children

were recorded to have TB in 2021

MDR-TB

Multi-drug-resistant TB (MDR-TB) refers to public health terms used to describe severely ill TB.



Only about 1 in 5 persons with drug-resistant TB received treatment in 2021

Ending TB epidemic by 2030 is one of the 17 Sustainable Development Goals (SDGs)

TB is curable and preventable.

How can TB be acquired?

- TB is spread through the air when an infected person with lung TB coughs, sneezes, or spits.
- When another person became in contact with the droplet or inhaled the air containing the germs, they become susceptible to infection.
- People infected with TB bacteria have a 5-10% lifetime risk of falling ill with TB.
- Individuals with compromised immune systems, such as people living with HIV, malnutrition or diabetes, or people who use tobacco, have a higher risk of having TB.

Who is at most risk of having TB?

- All age groups are at risk for TB.
- Immunocompromised people are more likely to have TB.
- People who are infected with HIV are 10 times more likely to develop active TB.
- Alcohol use disorder and tobacco smoking increase the risk of TB.

When to be checked?

In deciding whether you need to be checked by a medical professional for TB, consider the following situations:

- If you experienced any manifestation of the symptoms.
- If you have been exposed to or became in contact with a person with TB.
- Have HIV/AIDS.
- Use IV drugs.
- Residing in a country where TB is common.
- Live or work in areas where TB is common, e.g., prisons or nursing homes.
- Work in health care and treat people with a high risk of TB.
- Children exposed to adults who are at risk of TB.



19TH NATIONAL DENTAL HEALTH MONTH

Ngiting Protektado, Ngiting Panalo DFA

Facts about Oral Health:

Oral health is essential to general health and well-being.

Tobacco use and diabetes are two risk factors for gum disease.

Oral disease can cause pain and infections that may lead to problems with eating, speaking, social interaction, and employment potential.

Oral diseases affect nearly 3.5 billion people worldwide and are more deadly in men than women.

5 out of 10 Filipinos have gum or periodontal disease.



1,561 new cases of Lip and Oral Cavity cancer were reported in the Philippines in 2020.

People who smoke are 3 times more likely to lose all of their teeth—4 in 10 adults.

7% of people aged 20+ worldwide suffer from total tooth loss.

87.4%

of Filipinos suffer from tooth decay or dental cavities.

19%

of the global adult population (over 1 billion cases) suffer from severe periodontal diseases.



Common Oral Health Problems

1. Dental Caries (tooth decay)

- risk factors: unhealthy diet high in free sugars or high daily sugar intake
 - plaque forms on the surface of a tooth and converts the free sugars contained in foods and drinks into acids that destroy the tooth over time.

2. Periodontal (gum) disease – risk factors: poor oral hygiene and tobacco use

- affects the tissues that both surround and support the teeth.
- bleeding or swollen gums (gingivitis), pain and sometimes bad breath.

3. Edentulism (Total tooth loss)

- risk factors: advanced tooth decay and severe gum disease
 - Losing teeth is generally the end point of a lifelong history of oral disease and can be psychologically traumatic, socially damaging and functionally limiting.

4. Oral cancer – risk factors: tobacco, alcohol, and areca nut (betel quid) use, HPV infection

- includes cancers of the lip, other parts of the mouth and the oropharynx and combined rank as the 13th most common cancer worldwide.

HEALTH ADVISORY

How to Prevent Oral Complications:



eat a well-balanced diet low in free sugars and high in fruit and vegetables.



choose water (or fluoridated water) as the main drink over sugary drinks —e.g., soda, iced tea, etc.



quit smoking or chewing of areca nuts.



reduce alcohol consumption.



twice-daily tooth brushing with fluoride-containing toothpaste (1000 to 1500 ppm).



floss daily at least once to remove dental plaque between the teeth.



visit your dentist at least once a year.



REFERENCE: <https://www.mayoclinic.org/diseases-conditions/hemophilia/symptoms-causes/syc-20373327> | <https://www.cdc.gov/nccbdd/hemophilia/facts.html> | <https://www.hemophilia.org/bleeding-disorders-a-z/types/hemophilia-a> | <https://www.hemophilia.org/bleeding-disorders-a-z/types/hemophilia-b>

National Hemophilia Awareness Month

What is Hemophilia?

- A bleeding disorder in which the blood cannot clot properly.
- It is a rare genetic disorder, but it can also develop later in life.
- Hemophilia can cause prolonged and spontaneous bleeding following an injury or surgery.
- This can also happen internally when an uncontrollable internal bleeding (hemorrhaging) in different parts of the body happens.

Types of Hemophilia

Hemophilia A or Classic Hemophilia

- Caused by missing or defective clotting protein factor VIII (FVIII).
- More than half of people diagnosed with hemophilia A have the severe form.
- Most common type of hemophilia—occurs every 1 in 5000 males.

Hemophilia B or Christmas Disease

- Caused by missing or defective clotting protein factor IX (FIX).
- People with hemophilia B experience less spontaneous bleeding.
- Less common—only affects 1 in every 25000 males.

Signs and Symptoms

HEALTH ADVISORY

Sign/Symptom	Description
Bleeding into the joints, which cause swelling and pain or tightness.	
Bleeding into the skin (bruising) or muscle and soft tissue.	
Bleeding of the mouth and gums, and bleeding that is hard to stop after losing a tooth.	
Bleeding after having shots, such as vaccinations.	
Blood in the urine or stool.	
Frequent and hard-to-stop nosebleeds.	

Facts About Hemophilia

Hemophilia is the most prevalent bleeding disorder worldwide.	Males are more likely to have hemophilia than females.
WFH estimates around 10,000 Filipinos with undiagnosed hemophilia.	There is no prevention and cure for hemophilia but there are several treatments available.

The World Hemophilia Federation (WFH) reported 1,604 Filipinos to have hemophilia in 2020.



Understanding Blood Pressure

Blood pressure is the force of blood pushing against blood vessel walls.

It is written like:

112 → The top number is the systolic pressure, which pertains to the pressure when the heart beats.

78 → The bottom number is the diastolic pressure, which is the pressure when the heart rests between beats.

When the pressure in your arteries is higher than it should be, it means you have high blood pressure (HBP).

Hypertension

- Also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure.
- Termed as "Silent Killer" because there are no symptoms.
- It is a major cause of premature death worldwide.
- It can increase the risk of heart, brain, kidney, and other diseases.

Symptoms of Increase in Blood Pressure:

Take note that hypertension itself has no symptoms, but increase in blood pressure has, which are:

- severe headache
- shortness of breath
- nosebleed
- severe anxiety
- feeling of pulsations in the neck or head

HEALTH ADVISORY

In 2023, 1.28 billion adults aged 30-79 years old worldwide have hypertension.

46% of adults with hypertension are unaware of their condition.

In 2021, hypertension prevalence increased to 37% in the Philippines.

PROTECT YOUR HEART FROM THE SILENT KILLER

Hypertension Awareness Month

Blood Pressure Range

BLOOD PRESSURE CATEGORY	SYSTOLIC (UPPER NUMBER)	DIASTOLIC (LOWER NUMBER)
NORMAL	< 120	< 80
ELEVATED	120-129	< 80
STAGE 1 HYPERTENSION	130-139	80-89
STAGE 2 HYPERTENSION	140 OR HIGHER	90 OR HIGHER
HYPERTENSIVE CRISIS	HIGHER THAN 180	HIGHER THAN 120

NOTE: A DIAGNOSIS OF HIGH BLOOD PRESSURE MUST BE CONFIRMED WITH A MEDICAL PROFESSIONAL.

Hypertension Risk Factors

OLDER AGE GENETICS OVERWEIGHT LACK EXERCISE HIGH SALT DIET TOO MUCH ALCOHOL

When to know if Emergency Care is needed

blood pressure above 180/120 severe headache shortness of breath chest pain trouble speaking

Observe Hypertension Day, Every Day

- Spread the word.**
People who have hypertension are usually unaware of their condition. Try to raise awareness about this disease to encourage individuals to get their blood pressure tested regularly.
- Control your blood pressure.**
Observe your diet and try to minimize or remove unhealthy habits as they increase the risk of high blood pressure or hypertension.
- Prevent hypertension.**
Since hypertension doesn't show any symptoms, it's vital to check if you have it. After that, follow the primary prevention of hypertension.

DBA



DBA Club of Downtown Olongapo 

www.dbaadvisory.com

**Bridging excellence,
one local at a time.**

Iba, Zambales
H&J De Guia Bldg, #48 Rizal Street, Palanginan, Iba, Zambales

Subic Bay
DBA Napier House, Block 2 Lot 79, Waterfront Road corner Washington Street, Subic Bay Freeport Zone, Philippines

Bataan
2F Unit 202-205, Casa Legre Arcade, Capitol Drive, City of Balanga, Bataan

Clark
Clark Tech Hub 2-2 GF Unit Loc. B2-110a, SM City Clark, MA Roxas Highway, Malabanas, Clark, Pampanga

Tarlac
2F Aquino Center & Museum, Luisita Industrial Park Road, Tarlac City, Tarlac

Scan the QR code or visit www.dbaadvisory.com/careers

 DBA is an independent member of TGS, an international network of business advisors.

 INSTITUTE OF
INTERNATIONAL
BUSINESS
ADVISORS

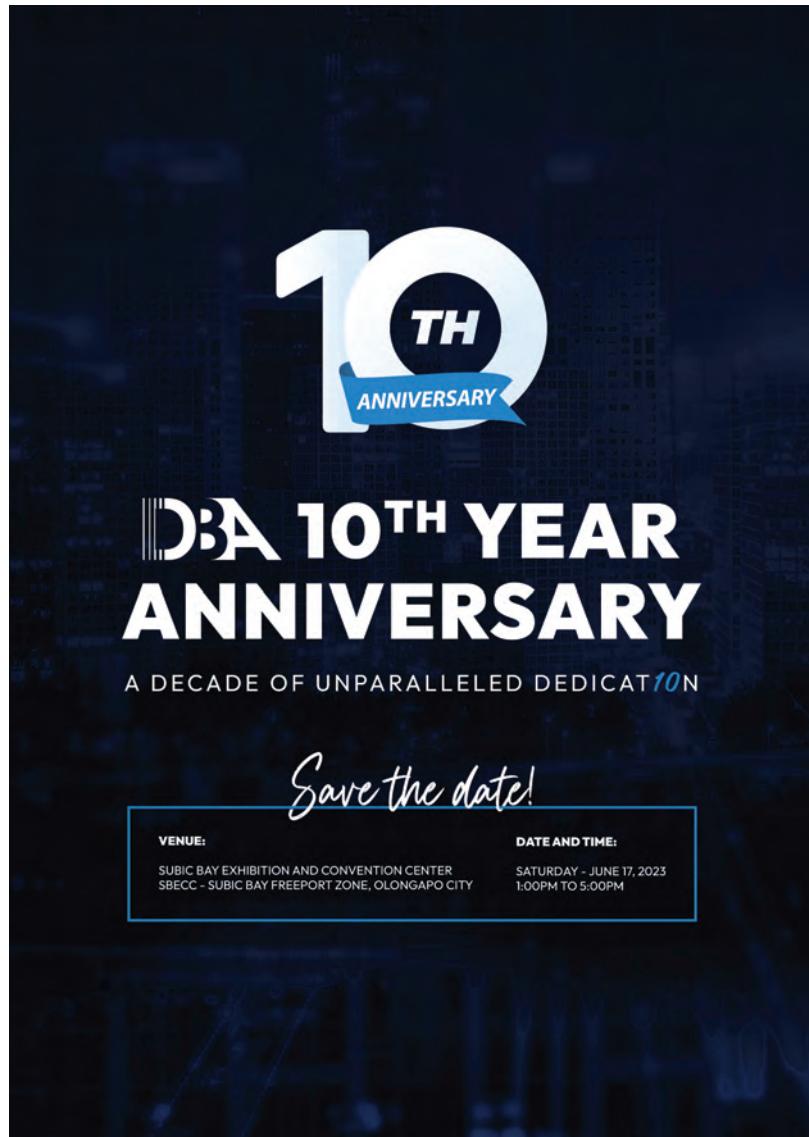
 CPA
AUSTRALIA

 BUSINESS
PARTNER

A stylized map of the Philippines is shown in the background, with various locations marked by blue diamond icons corresponding to the service centers listed.



Events.









EDMs.



barestep

NOW IS YOUR CHANCE
LOW STOCK ALERT!

SALE
10% off
EVERYTHING
USE PROMO CODE
ACTIVE

SALE
DON'T LET THIS SLIP
GRAB A PAIR NOW

30-Day Trial Guarantee

Free Easy Returns

Free 1-3 Day Delivery

barestep

WE ARE
RUNNING OUT OF
STOCK!

65% off everything

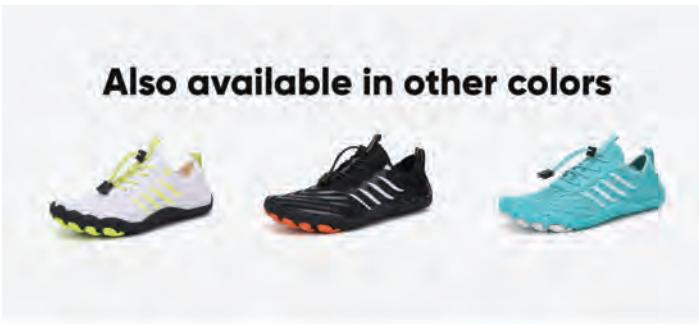
If you've been eyeing these game-changers, hurry! now's your moment.

ORDER NOW

30-Day Trial Guarantee

Free Easy Returns

Free 1-3 Day Delivery



Also available in other colors



WITH OVER **6,000+** VERIFIED
REVIEWS AND COUNTING!



Rohan
924

Definitely worth it

Definitely worth it, I struggled with major leg muscle pain for some time, maybe over 3 years, and after 5 days of wearing the Barestep, I can actually feel a positive difference, my strides are shorter than with normal shoes, and much more control is evident, I haven't taken them off since I got them. Regarding service; absolutely no issue there and only a pleasure to deal with the Barestep team, Swift, and Effective.

Date of experience: July 26, 2023

ORDER NOW



30-Day Trial
Guarantee



Free Easy
Returns



Free 1-3 Day
Delivery



barestep
CHECK OUT
WHO'S ROCKIN
OUR SHOES!



Mariam | South Africa
Absolutely love them! Comfortable and good looking!
Barestep Active White
[BUY THIS](#)



Alan | South Africa
The shoes look and do exactly as advertised!
Barestep Active Grey
[BUY THIS](#)



Wilson | United States
Excellent product, very comfy and I got the look when I am in the shop!
Barestep Active Black
[BUY THIS](#)



Claudia | South Africa
Thank you for a super awesome product we are hooked!
Barestep Active Blue
[BUY THIS](#)

Don't miss out
on the comfort!

GET BARESTEP

barestep



Tired of Feet & Leg Muscle Pains?

You need shoes because you need protection, comfort and support. But there's a problem: the modern shoe creates a lack of natural movement, an over-reliance on cushioning while fundamentally changing the way you walk.

CHECK OUT **Barestep Actives**

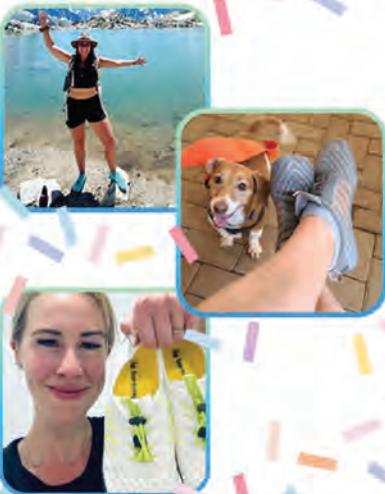
Unbelievable comfort meets extreme versatility, this is the barefoot revolution.



SHOP NOW



Don't just take our word for it
– hear it straight from those who have
experienced the positive impact
themselves.



Brendan
📍 South Africa

Amazing shoe!

Well worth the wait! Light weight and incredibly comfortable! Exceeded my expectations and have ordered 3 more pairs!



Rated 4.7 out of 5!

with over 6,000+
verified reviews & counting!

[SHOP NOW](#)



30-Day Trial
Guarantee



Free Easy
Returns



Free 1-3 Day
Delivery

barestep

EXPECT MORE & PAY LESS!



R2,890
**R1,189
only!**

We believe that everyone deserves affordable comfort. Barestep Active is designed to deliver unmatched comfort without breaking the bank.

[SHOP NOW](#)

