

# Pagtatapos ng Pagdiriwang ng ika-500 Taon ng Pagdating ng Kristiyanismo sa Pilipinas, ginanap sa Puerto Galera



*PAGTATAPOS NG PAGDIRIWANG NG IKA-500 TAON NG PAGDATING NG KRISTIYANISMO SA PILIPINAS, GINANAP SA PUERTO GALERA - kasama ang pamunuan ng Bayan ng Puerto Galera sa pangu- nguna ni Mayor Rocky Ilagan dumalo si Mayor Arnan C. Panaligan ng Calapan City sa Misa at Palatun- tunan ng Pagtatapos na ginawa sa Muelle Bay. Ang Misa at Palatuntunan ay pinangasiwaan ni Apostolic Administrator Very Rev. Fr. Nestor Adalia at mga kaparian ng lokal na simbahan at nilahukan ng iba't ibang sektor.*



# THE TAMARAO JOURNAL

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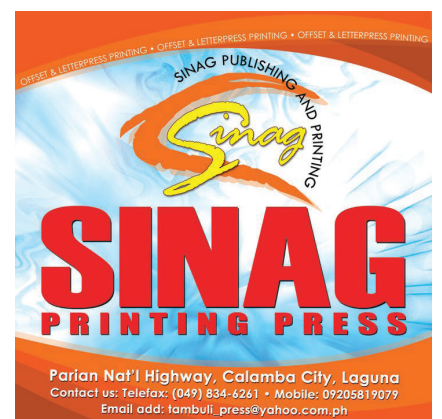


*City Project: Barangay Multi-Purpose Building in Bgy. Sta. Maria Village - pinangunahan ni City Mayor Arnan C. Panaligan ang pagpapasinaya sa bagong multi-purpose building ng Bgy. Sta. Maria Village na ipinagawa ng City Government at landscaped plaza. Kasama sa okasyon sina Bgy. Chairman Dave Cabrera at mga barangay officials at staff ng barangay. Kasama rin sa dumalo si Engr. Jojo Reyes, ang City Housing and Urban Settlements Officer at Program Manager for Flagship Infrastructure Projects.*

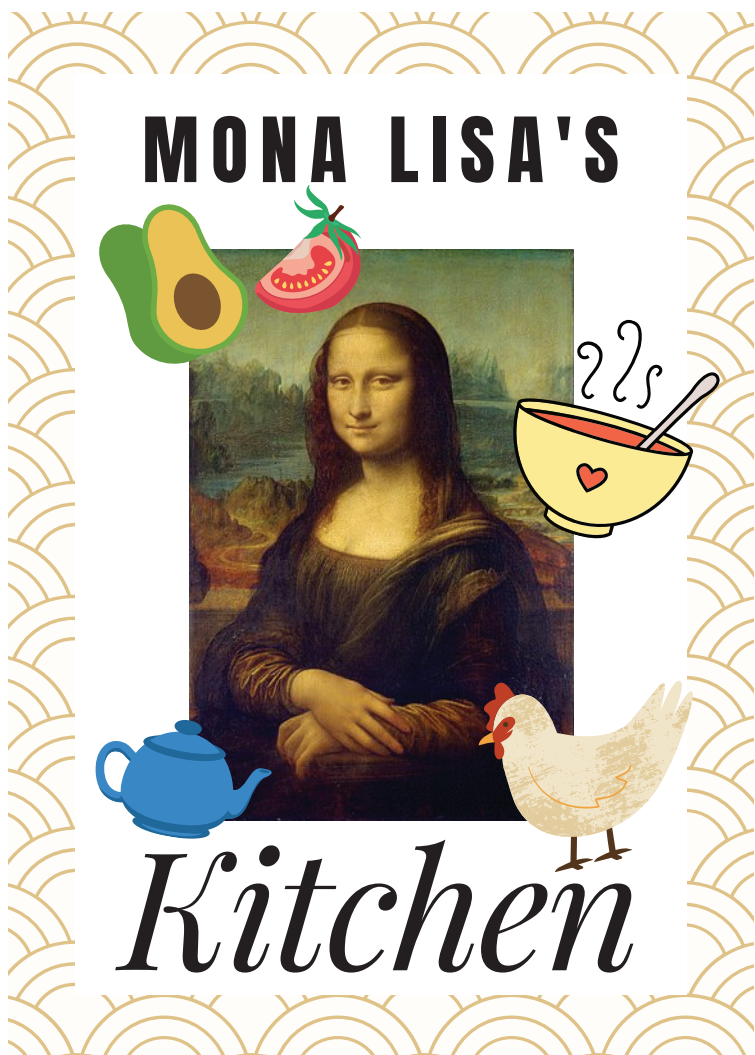


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by Anton Viktor D. Landicho

# Making homemade fresh pasta



*My first successful home made pasta wa made with the help of my Tito Dennis Longid*

MAKING FRESH PASTA IS A REALLY GREAT WAY TO PRACTICE YOUR CULINARY SKILLS, impress your friends, and is a great bonding activity to do with your loved ones. It seems to be a common misconception that homemade pasta is a really hard thing to make, but it really isn't. It's so simple and so worth it to make, homemade pasta isn't like just any other store-bought pasta that you can get. It's a lot more absorbent, rubbery (in a good way), and flavourful but not only that, it's also very enjoyable to make. I tried doing this with my friends and at first, they had absolutely no interest in helping me but when I forced them to help and see the pasta being rolled out they became so fascinated and wanted to try it out, even those who had never made homemade pasta in their life had a rather easy time rolling the pasta and turning it into fettuccine. So whenever I make pasta this is the recipe that works for me...

## Ingredients:

- 200 grams of all-purpose flour or 00 flour
- 2 eggs
- Extra virgin olive oil
- Salt

## Materials:

- Cling wrap
- Rolling pin
- Pasta roller
- Knife or bench scraper
- Large pot



*Finished products: Carbonara and spaghetti with meatballs using fresh home made pasta*



*It only takes one to two minutes to cook fresh pasta!  
Just wait for it to float!*

## Procedure:

1. So to start, get your flour and drop it into your countertop or your kneading board. And form a well with the flour using your hands (claw position) or a small bowl.
2. Drop the eggs in and start to beat them without ruining the well, add your Extra virgin olive oil (you can opt to put some salt in this stage but I don't...), then slowly start incorporating the flour with the eggs.
3. Once the ingredients are well incorporated and you have your pasta dough this is when you start to knead.  
To Knead you simply need to grab your dough, fold it in on itself, and press forward. When it comes to kneading your dough you cannot be impatient with it, knead your dough until it's bouncy(as in when you poke it the dough should "bounce" back – kind of like memory foam) and has a smooth surface, this might take a while...
4. Form a ball with your dough, wrap it with cling wrap to avoid having the dough dry out, and let it rest for an hour
5. Once rested you can cut the dough into four balls with a bench scraper or a knife

6. Put some flour on the dough so it doesn't stick to your work surface then flatten the dough with your hands and a rolling pin until thin enough to put through the pasta roller
7. Roll the dough in the thickest setting, then fold, then roll in the same setting once more(make sure to flour the dough if it gets too sticky). At this stage its also best to start letting your water boil, don't forget to salt it like the ocean!
8. After that roll through each setting at least once until you achieve your desired thickness
9. If the dough is too long you can cut it in half, flour the dough, then put it through the pasta cutter. If you don't have a pasta cutter you can roll your sheet of pasta into a little stick and cut it into little noodles

## Without a pasta roller:

- Now if you don't have a pasta roller, I have seen Erwan Eusssaff in his show FEATR simply making the dough and instead of using a pasta roller he just uses a rolling pin to make his pasta sheet.
10. Once you have your pasta noodles prepped you should be able to start boiling it, for an al dente all you need to do is wait for the pasta to start "floating" in the boiling water, this should only take around a minute or two. Strain your pasta and you're done!

# PRC Mobile Services isinagawa ng Pamahalaang Panlalawigan



TINATAYANG NASA HUMIGIT KUMULANG SA 1,400 PROFESSIONALS ang nakapag-renew ng kanilang PRC licensed kabilang na ang filing ng LEPT examination at iba pang mga kaugnay na serbisyo sa ginaganap na 2-day PRC Mobile Services ng Professional Regulations Commission (PRC) at Provincial Government of Oriental Mindoro (PGOM) sa City Mall Calapan City na nagsimula noong Mayo 1 hanggang Mayo 2.

Matatandaang nasa ikalawang bugso ito ngayong taon ng pakikipagtuwang ng PGOM sa PRC upang tulungan ang mga Mindoreño na makapag proseso sa naturanbg ahensya na hindi na kailangan pang gumugol ng malaking pamasahé patungo sa NCR. Matatandaan ding patuloy ang pagsisikap ng Pamahalaang Panlalawigan upang tuluy-tuloy ang pag-alalay sa mga katulad na serbisyo.

Ayon kay EESD Staff at kinatawan ni EESD Chief Antonio Magnaye, Jr. Shasha Matchimura-Cruz, patuloy aniya, ang paglalaan ng kanilang tanggapan ng pondo para sa ganitong gawain upang patuloy na matulungan ang Oriental Mindoreños na nangangailangan ng ganitong serbisyo (PIO Oriental Mindoro).



*FROM CALAPAN CITY - Congratulations to the new police officer, a graduate of the Philippine National Police Academy (PNPA), Police Lt Arianne Kytel Acedera Barcelona, from Bgy. Ibaba East, Calapan City. Lt Barcelona finished Number 11 in the graduating PNPA Class of 2022. She is the daughter of Alberto A. Barcelona and Maria Eliza A. Barcelona.*