

Kauna-unahang Science Centrum sa MIMAROPA, pormal nang pinasinayaan



Inagurasyon ng Regional Science Centrum sa Marinduque State College (MSC) sa Boac, Marinduque



(from left to right) DOST Secretary Fortunato T. de la Pena, DOST-MIMAROPA Regional Director Dr. Ma. Josefina P. Abilay, DOST-STII Director Richard P. Burgos, and DOST-DLLO Director Lita S. Suerte

PINASINAYAAN na ng Department of Science and Technology (DOST) -MIMAROPA, sa pakikipagtulungan ng Pamahalaang Panlalawigan ng Marinduque, Office of the House Representative of Marinduque, at ng Marinduque State College (MSC), ang kauna-unahang MIMAROPA Regional Science Centrum sa noong ika—18 ng Abril ngayong taon.

Ginanap ito sa MSC kung saan nakalagak ang Science Centrum na mayroong 35 interactive exhibits na nagpapakita ng iba't-ibang konseptong pang-agham. Pinangunahan ni Dr. Diosdado P. Zulueta, Presidente ng MSC, ang nasabing inagurasyon. Aniya, nagkakaisa ang DOST, pamahalaan sa lalawigan ng Marinduque, at ang sektor ng akademya upang iangat ang kamalayan ng mga mag-aaral sa MIMAROPA sa pamamagitan ng infrastructure development program tulad

ng pagpapatayo ng Science Centrum. “Kaya po talagang napakainam na ang DOST, local government, at nang ating congressman, ay talagang nagkakaisa, at siyempre sumusunod tayo sa akademya, sapagkat sila talaga ang makatutulong sa atin, para palaguin ang Marinduque.”

Ayon naman kay Dr. Ma. Josefina P. Abilay, Regional Director ng DOST-MIMAROPA, isa sa mga nakikita nilang hamon sa kanilang rehiyon ay ang kakulangan ng oportunidad na maranasan ng mga kababayan nito ang ganda at hiwagang hatid ng siyensya sa pamamagitan ng mga exhibits. Dagdag pa niya, halos dalawang dekada na ang lumipas nang huling bumisita ang Sci Fun Caravan Science Centrum sa lalawigan pero kanya pa ring naaalala kung papaano tinangkilik ng mga estudyante at guro ang mga exhibits na dala nito. “This shows that science facilities

like the science centrum can help increase the appreciation and understanding of science, technology, and innovation among the general population.”

Binanggit naman ni House Speaker at Congressman ng Marinduque Lord Allan Jay Velasco na titingkad ang interes ng kabataan sa siyensya, matematika, teknolohiya, at iba pang kapaki-pakinabang na paksa dahil dito sa Science Centrum. “Naniniwala po ako na kung mas maraming mga kabataan ang magiging interesado at piliing tahakin ang pag aaral ng mga ito, mas marami ang magiging oportunidad na magbukas para sa kanila.”

Binigyang diin naman ni Marinduque Governor Presbitero Velasco Jr. na kasama na ang Regional Science Centrum sa ipinagmamalaki bilang kauna-unahan at natatanging science exhibit sa MIMAROPA. “Maganda po na we take pride in Marinduque, marami tayong mga distinctive na reputation like— we are the heart of the Philippines, we are one of the very few provinces which is a drug clean and has one of the lowest crime rate in the country. And second safest province in the Philippines. Other than that, we are also known as the butterfly capital of the Philippines. Ngayon naman,

we take pride in saying na we now have the only Regional Science Centrum in MIMAROPA.”

Kaugnay ng nasabing pagpapasinaya, inihayag naman ni DOST Secretary Fortunato T. de la Pena ang kahalagahan ng pagkakaroon ng mga science exhibits dahil tinutulungan nito na mas maintindihan ng madla ang mga komplikadong konseptong siyensya. Dagdag pa nya, hindi lang ang grupo ng mga kabataan ang matutulungan nito kundi pati ang mga matatanda na mababa ang interes sa larangan ng agham. “So kung sino man ang walang hilig sa science, pero kapag nakakakita sila ng interactive exhibits, naexcite sila at maaaring maging curious pa sila sa science and technology. Pero ako naniniwala po ako, dahil ang level ng science interest dito sa Pilipinas among adults is very low, pupwede rin siya (Science Centrum) pakinabangan”

Nagkaroon ng ribbon cutting ceremony at unveiling ng Regional Science Centrum marker na pinangunahan nila DOST Secretary Fortunato T. de la Pena, DOST-MIMAROPA Regional Director Ma. Josefina P. Abilay, MSC President Diosdado P. Zulueta, Marinduque Governor Presbitero J. Velasco Jr., at ni

House Speaker Lord Allan Jay Velasco.

Isa sa mga exhibits na matatagpuan sa Regional Science Centrum ay ang “Dancing Worm” kung saan ipinapaliwanag kung papaaano gumagana ang magnetic fields. Isa rin sa mga exhibits ang “Watch me pedal” kung saan ipinapakita ang mekanismo ng ating mga buto at kasukasan kapag tayo ay gumagalaw. Ang lahat ng exhibits ay na-curate sa tulong ng Philippine Foundation of Science and Technology (PFST). Kasama rin sa mga exhibits sa naturang Science Centrum ay ang dalawang unit ng DOST developed Science and Technology Academic and Research-Based Openly Operated Kiosk Stations (STARBOOKS) na makakapag bigay ng libu-libong digitalized science and technology resources na maaaring ma-access kahit walang koneksyon sa internet.

Sa ngayon ay nakatakda na ang pagbukas ng Regional Science Centrum para sa mga mamamayan maging sa mga turista ng Marinduque at rehiyon ng MIMAROPA. Kaakibat din sa proyektong ito ang Department of Education- Marinduque upang maihatid ito sa mga guro at estudyante sa lalawigan.



Ribbon cutting ceremony and unveiling of marker ng Regional Science Centrum

THE TAMARAO JOURNAL

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THE TAMARAO JOURNAL IS A WEEKLY NEWSPAPER CIRCULATING IN THE PROVINCE OF ORIENTAL MINDORO, ISSUED EVERY WEDNESDAY. OFFICE: IBABA WEST, CALAPAN CITY, OR. MIN. CONTACT: 09175668361 EMAIL ADD: TAMARAOJOURNAL@GMAIL.COM



TINGNAN: Pormal nang iprinoklama ng Provincial Commission on Elections (COMELEC) ang mga nagwagi sa mga pang probinsyang level na mga posisyon noong Mayo 10 ng hapon sa Benigno S. Aquino Jr. Legislative Building, Batasang Panlalawigan matapos ang ginanap na National and Local elections.



Group picture at the proclamation of winners



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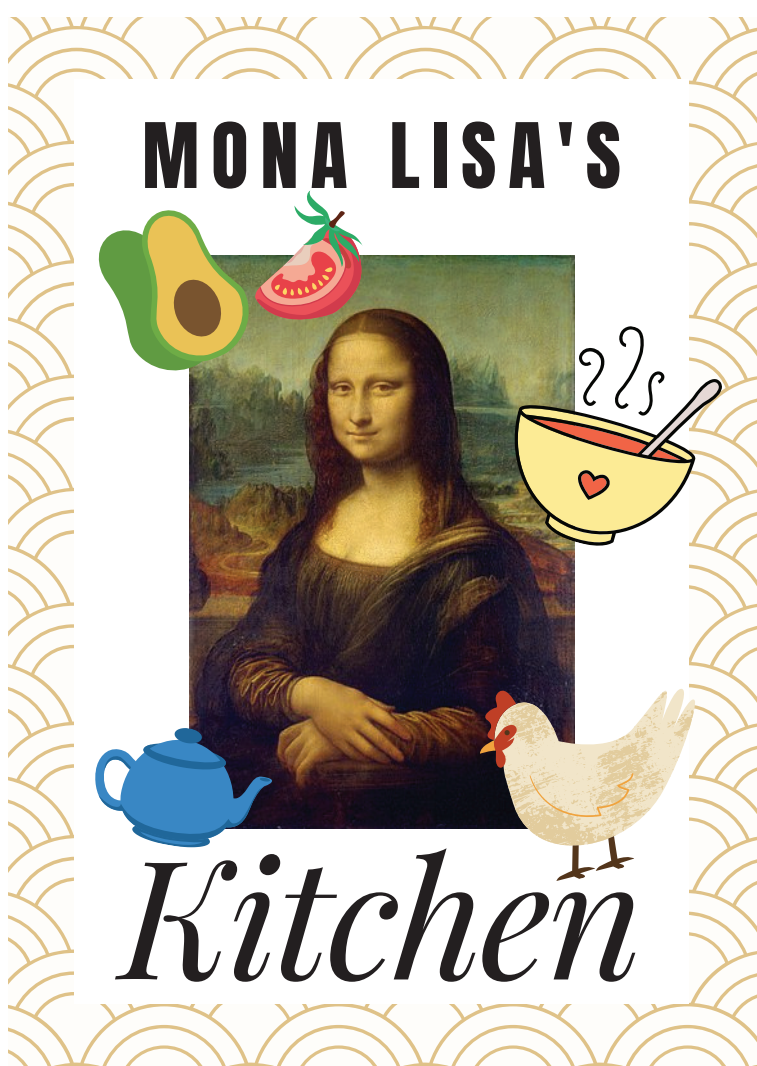
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MAKING SPAGHETTI WITH MEATBALLS



By Anton Viktor Dela Pena Landicho

THIS SPAGHETTI AND MEATBALLS RECIPE is a really flavorful and tasty dish to make for family dinners! It's easy to make and is a delicious dish that your family and/or friends will surely enjoy! I learned this recipe from my Tito Dennis, in one of his visits he decided to make dinner for us on a whim and ended up making sensational spaghetti with meatballs that the whole family loved.

Short summary of the recipe:

For the meatballs, we used a kilo of beef and mixed it with some soaked bread crumbs, a few pinches of salt, pepper, msg, and garlic powder. For the tomato sauce, we started by sauteing some minced garlic and onions in the pan along with some sliced mushrooms and some fresh diced tomatoes. Next, put in your tomato paste, let it brown, put in your canned diced tomatoes, plus tomato sauce and season with some Italian herb seasoning or fresh herbs if you have them on hand (basil, italian oregano, rosemary), salt, and pepper.

Ingredients:

For meatballs

- 1-kilo ground beef
- 1 cup of panko bread crumbs
- 1 egg



Seasonings:

- 3 large pinches of salt (or salt to taste)
- 2 teaspoons of pepper
- 3 tsp of garlic powder
- 3 tsp of msg (optional)

Procedure:

Soak the breadcrumbs in some water and form somewhat of a paste

Set aside your paste

Mix your beef with your seasonings

Mix your breadcrumb paste into your beef until well spread out and incorporated

Put in your eggs and mix with the beef

Let your beef rest for 10 minutes in the refrigerator

Once rested form into balls

Then sear only until browned and set aside

Ingredients for your tomato sauce:

- ¼ cup olive oil
- 4 cloves minced garlic
- 1 large red onion

- 1 can of mushrooms(sliced)
- 3-4 medium sized tomatoes(diced)
- 1 pack tomato paste
- 1 can diced or crushed tomatoes

Seasonings:

- 1 large pinch of salt (salt to your taste)
- ½ tablespoon of pepper
- 1 tablespoon of italian herb seasoning

Procedure for Sauce:

Saute your garlic and onions on the same pan where the meatballs were seared

Put in the mushrooms

Put in your diced tomatoes and let it cook off while the mushrooms and garlic brown and the onions sweat

Put in your tomato paste and let it brown slightly

Mix in your canned tomatoes

Put in your seasoning

let it simmer for about 15 minutes

Put in some pasta water, your pasta, and toss. When my Tito Dennis visited, we used fresh pasta for this dish and it made extra spectacular but you can use dry pasta or any preferred pasta.



THE TAMARAO JOURNAL

VOLUME I No. 27

May 16, 2022 - May 22, 2022



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Garden Meditations

By Raia Jennifer Dela Pena Landicho



Garlic Vines



THE FIRST TIME I SAW GARLIC VINE FLOWERS LIGHT PINK AND OVERFLOWING OVER A WALL, I was so overwhelmed with how beautiful they were I promised myself I would find out its name and procure some for my garden. This was way back when we were still mostly focusing on my veggie patch and I did not really buy ornamentals for the garden. But I was sure I wanted garlic vines so when we built a bamboo trellis over the compost pit where we kept our African nightcrawler worms, I bought a couple of garlic vine plantings (for a whopping P250 each!) and planted them on the trellis. Garlic vines are slow growers, it took maybe almost two years before we had them lush and flowering over the bamboo trellis but when they started blooming, I tell you, it was worth the wait! When my garlic vines are in bloom, it is always the star of the garden and the neighborhood (with neighbors always commenting on how beautiful it is).

Aside from being such a beauty, this vine has medicinal properties (it is used to treat arthritis, colds and flu in its native South America) and is believed to drive away bad luck in a home. It is also known as an effective snake repellent in the garden/farm.

I also read that the flowers of the garlic vine can be cooked similar to zucchini blossoms, fried to a crisp and stuffed with ricotta cheese. I might try this the next time my garlic vine blooms. In the meantime here are pics of my lovely vines.