

Oriental Mindoro Heritage Museum, inagurahan na

CALAPAN CITY- Opisyal nang binuksan ang Oriental Mindoro Heritage Museum noong Nobyembre 15 2021, bilang pinakatampok sa selebrasyon ng ika-71 anibersaryo ng pagkatatag ng lalawigan.

“Ang inyong pagtuntong sa pintuan ng istrukturang ito ay magiging bahagi ng isang kasaysayang hindi matatapos sa gabing ito, manapa’y isang kasaysayang payayabungin pa nating lahat sa sama sama at nagkakaosang pagpupunyagi bilang isang lalawigan” ayon sa pambungad na talumapati ni Gobernador Humerlito “Bonz” Dolor sa mga dumalo ng nasabing inaugurasyon.

Ang inagurasyon ng Heritage Museum ay pinangunahan ni Gov. Dolor kasama ang ilan sa mga prominenteng personalidad

sa lalawigan gaya nila former Congressman and Governor Rodolfo G. Valencia, Joanna “Jojo” Valencia, Former Board Member and Congressman Manny Andaya, Pinamalayan Mayor Aristeo Baldos Jr., Roxas Mayor Leo Cusi, Baco Vice Mayor Eric Castillo, Pinamalayan Vice Mayor Rodel Magsino, Former Executive Assistant and Board Member Dr. Romeo Infantado, PCL Marion Marcos, mga tourism officers ng bawat bayan sa pangunguna ni Calapan City Tourism Officer Christian Gaud at Gawad Pamana Awardee Elping Mayot.

Matatandaan ding ito ang matagal nang pinapangarap ng Pamahalaang Panlalawigan na makapagtayo ng

...Continued to page 2



Inauguration Night sa bagong Museo (pic credit to PIO Oriental Mindoro)

Libreng pabahay para sa mga biktima ng landslide sa bayan ng Socorro, pinamahagi na

SOCORRO, Oriental Mindoro – Ikinatuwa ng 16 na pamilya ng Brgy. Mabuhay II sa bayan ng Socorro na naapektuhan ng landslide noong nakaraang taon nang matanggap nila ang libreng pabahay mula sa Pamahalaang Panlalawigan kahapon, Oktubre 28. Pinangunahan ni Gov. Bonz Dolor ang inagurasyon at turn-over ceremony ng mga bagong bahay sa nasabing barangay.

Matatandaan na halos isang taon na ang nakalipas nang gumuho ang lupa sa Sitio Duluhan dulot ng malakas na pag-ulan noong Disyembre 4, 2021. Ang naturang insidente ang nagbunsod sa Pamahalaang Panlalawigan upang agarang pasimulan ang isang housing project na mapaglilipatan ng lahat ng pamilyang apektado ng insidente.

“Nandito na! Ito na ang muling pagbuo ng inyong gumuhong pangarap. Bagong tahanan, bagong pag-asa na magsisilbing pundasyon sa inyong pagharap sa anumang hamon sa buhay.” ani Gov. Bonz Dolor

Dagdag pa ng Gobernador, libre ang naturang pabahay at hindi na kailangang magbayad ng anumang halaga kada buwan.

Upang mas maging kumpleto at mas magaan ang kanilang pagsisimula sa mga bagong tahanan, pinagkalooban sila ng PDRRMO ng family packs na naglalaman ng gamit sa kusina, damit, at mga hygiene kits.

Samantalang, personal namang pinagkaloob ni Gov. Bonz ang mga gas range para sa bawat pami-

lya.

Katuwang ng probinsya sa pagpapasinaya sina Provincial Social Welfare and Development Office (PSWDO) Zarah C. Magboo, Provincial Disaster Risk Reduction Management Office (PDRRMO) Vinscent Gahol, Socorro Vice Mayor Roy de Claro, Brgy Captain Gerry Landicho, mga miyembro ng Sangguniang Bayan ng Socorro, Team GSM at ilang lokal na opisyal.

Lubos naman ang kasiyahan at pagpapasalamat ng lahat ng mga benepisyaryo ng proyektong pabahay sa Pamahalaang Panlalawigan lalung lalo na si G. Alven Escritor, ang Pangulo ng Homeowners Neighborhood Association. Aniya, ito ay isang napakalaking biyaya sa bawat pamilyang apektado. (Info and pic credits to PIO Oriental Mindoro).



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Oriental Mindoro Heritage Museum, inagurahan na



Ilan sa mga exhibit na makikita sa loob ng Museo. Ang pagpasok at pagpasyal sa Museo ay libre para sa mga mamamayan ng Mindoro. (pic credit to PIO Oriental Mindoro)



Ang interiors ng Heritage Museum (pic cred PIO Oriental Mindoro)

...Continued from page 1
isang Provincial Museum na paglalagakan ng mga makukulay na kasaysayan at kultura ng mga Mindoreno. Ang matagal nang pangarap na ito ay nabigyang katuparan isang taon mula ng groundbreaking nito.

Pinondohan ng pamahalaang nasyunal sa pamamagitan ng General Appropriations Act of 2020, ang lugar na ito na dating kinatatayuan ng lumang Kapitolyo sa Barangay Ibaba East ng lungsod ng Calapan ay katatagpuan noon ng Calakuta, isang abandonadong kuta o taguan noon ng mga Kastila. Pinagsamang klasiko

at modernong disenyo, may bahaging naglalarawan din ang disenyo ng “Mahal Tana”, isang tema na nagtatampok sa pangunahing simbolo ng Oriental Mindoro – ang Mangyan, Halcon, Tamaraw at Naujan Lake.

Libre namang makapasok dito ang sino man upang mag-tour sa loob ng gusali, partikular sa iba’t ibang seksyon ng mga nakalagak ditong lumang mga gamit ang mga residente ng Oriental Mindoro. Magsisilbing tagapangalaga ang museo ng mga nakalagak ditong simbolo at mga labi na mga pamanang gamit. Makikita rin dito ang mga makasaysayang

dokumento, mga cultural artifact, mga patunay ng mayamang kulturang angkin ng lalawigan mula sa iba’t ibang lugar na pinagsama-sama sa museum na ito.

Ang Oriental Mindoro Heritage Museum ang magsisilbing tunay na legasiya – isang mainam na pamamaraan upang higit na maunawaan ang naging lipunan at mga tao noon na nagbigay daan naman sa kasalukuyang henerasyon na malaman ang kahulugan ng pagdiriwang at pag-alaala ng mga pamana at kultura ng lalawigan ng Oriental Mindoro (info and pic credits to PIO Mindoro Oriental).



Ilan sa mga exhibit na makikita sa loob ng Museo. By appointment ang pagbisita sa Museo. Fully Vaxxed visitors only, minors allowed but accompanied by vaccinated adults/guardians. (pic credit to PIO Oriental Mindoro)

ORIENTAL MINDORO HERITAGE MUSEUM

PAGBUBUKAS SA PUBLIKO

ORAS NG PAGBISITA
SIMULA IKA-24 NG NOBYEMBRE 2021, ANG OMHM AY BUBUKSAN SA PUBLIKO TUWING MIYERKULES, BIYERNES AT SABADO LAMANG SA GANAP NA 10:00 NG UMAGA HANGGANG 8:00 NG GABI.

MGA KINAKAILANGAN SA PAGPAPARESERBA

- HINDI PINAPAHINTULUTAN ANG WALK-IN NA MGA BISITA. SA MGA NAGNANAIS NA BUMISITA SA OMHM, MAARING SAGUTAN ANG ONLINE APPOINTMENT FORM SA ([HTTPS://FORMS.GLE/CB51MNUBMINEESQY9](https://forms.gle/CB51MNUBMINEESQY9)). PINAPAALALAHANAN ANG MGA BISITA NA SA ARAW AT ORAS NG ITINAKDANG PAGBISITA SA MUSEO, MANGYARING MAGDALA NG KOPYA NG KUMPIRMASYON NA MANGGAGALING SA TOURISM DEVELOPMENT AND PROMOTIONS DIVISION STAFF SA PAMAMAGITAN NG ONLINE BOOKING.
- TANGING MGA FULLY-VACCINATED NA BISITA LAMANG ANG PAPAYAGANG PUMASOK SA OMHM.
- PINAPAYAGAN LAMANG PUMASOK SA MUSEO ANG MGA MENOR DE EDAD KUNG SILA AY MAY KASAMANG MAGULANG O TAGAPAG-ALAGA NA FULLY-VACCINATED.

WALANG ENTRANCE FEE PARA SA MGA BISITANG TAGA-ORIENTAL MINDORO.

PARA SA MGA KATANUNGAN UKOL SA PAGPAPARESERBA, MAARING TUMAWAG/MAGTEXT SA
(043) 288-7556, (043) 441-9133 OR +63-968-670-0754
(BUKAS ANG MGA NASABING LINYA LUNES HANGGANG BIYERNES SIMULA 8:00AM - 4:00 PM)

Salong Dagitab inilawan na!



OPISYAL nang binuksan ang Salong Dagitab sa pagbabalik nito ngayong taon sa pamamagitan ng isinagawang ceremonial switch-on ngayong gabi, Nobyembre 15.

Pinangunahan ni Governor Bonz Dolor ang opisyal na pagbubukas ng dinarayong Salong Dagitab na simbolo ng mas maagang pagdiriwang ng Pasko ng mga Mindoreño.

“Ang aking dalangin para sa bawat isang Mindoreño, mula ngayon hanggang sa darating na Pasko at sa darating pang panahon, nawa’y maramdaman natin sa kabilang ng hamon, ang Diyos [ay] kasama natin. Kung ang Diyos ay kasama natin lahat POSIBLE”, pagbibigay diin ni Governor Bonz sa kanyang maikling mensahe para sa bawat isang mamamayang Mindoreño. (Info and pic credits to PIO Oriental Mindoro).



Mga mangingisda sa bayan ng Pinamalayan at Gloria tumanggap ng ayuda mula sa Pamahalaang Panlalawigan.



Nobyembre 6, 2021 - “Mahalaga na sa araw na ito ay nararamdaman ninyo na ang inyong Gobernador ay patuloy na lapat sa tao at tapat sa serbisyo, may eleksiyon man o wala!”

Ito ang mensaheng inihatid ni Governor Bonz Dolor sa mga mangingisda ng bayan ng Pinamalayan at Gloria nang bisitahin niya ang mga ito upang magkaloob ng iba’t ibang tulong para sa kanila. tumanggap ang may 100 mangingisda ng mga nabanggit na bayan ng 119 sets na gamit pangisda, 62 Bantay-Dagat uniform, 8 flashlights, 1 motorized at 2 non-motorized banca at cash assistance mula sa Assistance to Individuals/Families in Crisis Situation (AICS) sa pamamagitan ng DSWD.

Ang gawaing ito ay kaugnay pa rin ng programa ng Pamahalaang Panlalawigan sa pamamagitan ng PAgO na magbigay ng karampatang tulong para sa mga magsasaka at mangingisda na lubos na naapektuhan ng mga nagdaang kalamidad sa lalawigan. (Info and pic credits to PIO Oriental Mindoro).

Mga magsasaka mula sa tatlong bayan, tumanggap ng abono mula sa Pamahalaang Panlalawigan



BAGAMA’T pandemya, muli nang makapagpapalago ng mga pananim ang mga magsasaka at makapagpapatuloy ng kanilang kabuhayan sa lalawigan matapos makatanggap ang mga ito ng mga abono mula sa pamahalaan Oktubre 29 hanggang Oktubre 30.

Pinamahaginan ang mga barangay ng Subaan, So-

corro; Kalinisan, Naujan at Poblacion, San Teodoro.

Ang mga ipinamahagi rito ay para sa mga naapektuhan ng bagyong Quinta noong nakaraang taon.

Umabot sa 840 bags ng abono ang natanggap ng mahigit 800 daang benepisyaryo nito kung saan nakasama rito ang 290 Urea na pampabunga sa mga pananim na

bungang-kahoy ng mga benepisyaryo magsasaka.

Maliban pa rito, nasa 328 benepisyaryo naman mula sa mga bayan ng Baco, San Teodoro, Naujan at Socorro ang nakatanggap ng cash assistance bilang ayuda.

Magpapatuloy ang pamamahagi ng fertilizers sa iba’t ibang bayan sa lalawigan sa mga susunod na araw.



Revisiting Django Unchained

THERE IS SOMETHING ABOUT HOW CHRISTOPH WALTZ works his magic in a Tarantino film, he opens his mouth and you are mesmerized. Just thoroughly immersed in this polite and articulate man either making you love him or hate and fear him. I realize it's just words, a man weaving magic with words, but you know there are actors who are so beautiful you just look at them and whole worlds are built on their beauty and then there are the actors like Waltz -- you listen to them, watch them work their literary magic and really, as with some relationships, sometimes the talk is better than the sex.

The rest of the world outside of Europe would have probably continued to have never heard of Christoph Waltz if not for Quentin Tarantino, and the actor probably sees this as both a blessing and a curse, but speaking as a fan, I am just damn grateful for the pleasure of watching Waltz perform on screen.

Django Unchained is an older film made almost ten years ago in 2012, but it seems to be trending again on Netflix. I recently rewatched it and was pleasantly surprised that I still found it fresh and I was still halfway in love with this over-the-top revenge movie that relishes in its own swagger.

As with most Taranti-

no films Django is a homage to an old film genre, in this case the old spaghetti westerns popular in the 1960s. While reading up for this article, I found some really entertaining tidbits about the movie. Such as Leonardo DiCaprio's scene where he hurt his hand actually was a real injury – he did hurt his hand in that scene. But rather than stop, he continued the scene to its end and he was later brought to hospital for stitches. Knowing this fact was a wow moment for me, like “wow, that bloody hand that he wiped on Broomhilda's face was actually real blood and the shock and horror on actress Kerry Washington's face was probably real as well”. I mean Jesus, DiCaprio is a literal maniac no?

Give that man some Respect.

I also found out too late that there is an original Django movie made in 1966 by Director Sergio Corbucci in Italy. It starred this handsome (albeit scruffy) cowboy with blinding blue eyes played by the actor Franco Nero. Said actor played a cameo in Django Unchained as the Italian slave owner named Amerigo Vesepi, who's slave lost the mandingo fight in that notoriously horrid scene. Later on, Vesepi and Django talk and when Django spells out his name for Vesepi, saying the D is silent, the Italian says “I know” and that scene was a juicy little wink to those in the audience who knew that he was in fact the original Django. I love that in Taran-



Christoph Waltz playing fan favorite Dr. King Schultz. He won his second Oscar Award for Best Supporting Actor for this role.

tino movies, it just tickles the film geek in me. It makes everything so much better when I rewatch them, and yes, I always rewatch Tarantino.

So for those who have not watched the film and would like to check it out while it's still on Netflix Asia, Django is Tarantino's take on the Western movie genre and it is a riotous revenge movie with its fantastical black protagonist playing a freed slave turned bounty hunter who becomes the fastest gun in the South. The man who frees him is a German bounty hunter named Dr. King Schultz who trains Django and becomes his mentor/partner. Dr. Schultz, played by the aforementioned Christoph Waltz is a whole other animal and I could write pages rhapsodizing about this character. There

is just something about a learned old-world gentleman being a cold blooded bounty hunting killer in the wild west that is wonderfully entertaining. Only the strange mind of Tarantino would think up such an outlandish character and somehow make him the real star of the whole film.

My favorite scene with Dr. Schultz is the tense encounter with a town's Marshall and its citizens right after he kills their Sheriff in the middle of the street in front of everybody. Schultz's verbose way of explaining the Sheriff's murder to the whole town as if it's the most normal and logical occurrence, with him audaciously telling the Marshall that they in fact owe him \$200 for killing their beloved Sheriff (who turns out is a wanted criminal) is



The runaway slaves Django and his wife Broomhilda, played by actors Jaime Foxx and Kerry Washington.



Samuel L. Jackson as the awful head house slave Stephen.

such a “fuck you” moment, it is breathtaking. One practically feels the movie’s glee in building up this scene up to the point where the audience realizes that this strange professorly German, who speaks perfect english, is the baddest badass in the west.

As Django himself says with awe at the end of this scene: “God damn.”

The second half of the film is where the revenge comes in, with Django and Dr. Schultz attempting to rescue Django’s wife (another fan-

tastical character here, a black slave woman who speaks german named Broomhilda von Shaft) from CandyLand, the plantation of racist par excellence Calvin Candie played by Leonardo DiCaprio. This is the part where the cynical bounty hunter Schultz is revealed to be a man with a heart of gold, risking his own life for an endeavor that really shouldn’t involve him at all.

Needless to say, this second half is more of the same fun, funny and swaggering violence typical of a Tarantino film. Many re-

views of the film have critiqued Django Unchained for its problematic rendering of slavery and racism. I won’t delve into that any longer, I tend to agree with most of the critiques of the film but this isn’t that review. With this re-watch, I am shamelessly just here for the popcorn munching fun of a Tarantino film in all its glorious kitschy self reflexivity.

This part of the movie will introduce you to other gems such as Don Johnson playing the character Big Daddy, that funny idiot of a plantation owner who is one of Django’s more gratifying kills. I especially love the skit where Big Daddy and his Ku Klux Klan thugs argue during a raid over not being able to see through the slits in their ridiculous cheese cloth masks, a riotous exposition on racists being a bunch of feckin imbeciles.



Calvin Candie and the runaway slave D’Artagnan a moment before the most abominable scene in the movie where this poor man was later fed to a pack of dogs.



In this intense scene, Leonardo DiCaprio hurt his hand for real but he continued the scene and had to get stitches in a hospital afterwards.

And then there is Samuel L. Jackson playing a parody of a Head house slave (the lowest of the worst kinds of “negro” according to Django). For this role Jackson seems to have enjoyed becoming the “most hated negro in cinematic history.” His character Stephen dies in a burst of flames at the end of the movie screaming “Django!!!” while Django himself gets his revenge and his wife back in his arms. His horse dancing its way to their happy ending.

Of course, the icing on this cake will always be Calvin Candie. He is a belly-full goodness of a villain, wonderfully hateful and just as articulate as our charming Dr. Schultz. Watching DiCaprio play this racist monster to the hilt is a work of art. Candie is a man who would feed his runaway slave to a pack of dogs without blinking. And we see someone like

Schultz (who kills people for a living) react with a subdued kind of dread to Candie’s racism and it is as if we are Schultz himself, an outsider forced to reckon with all the bloody horror that is slavery in the American south of the 1800s.

Later on, we see the extent of Schultz’s contempt for Candie and the kind of slaver he embodies -- because indeed, he is such a despicable sadist of a man, Dr. Schultz would rather shoot him than shake his hand to close a deal.

Before Dr. Schultz is himself shot to death (as a result of having killed Calvin Candie), he turns toward Django apologizing with a shrug and a nonchalant “I’m sorry, I couldn’t resist.”

What did I tell you, a badass ‘til the bloody end.

Kilalanin ang Gamaleya Sputnik Covid 19 Vaccine

FREQUENTLY ASKED QUESTIONS (FAQS)

1. ANO ANG GAMALEYA SPUTNIK V COVID-19 VACCINE?

Ang Gamaleya Sputnik V ay isang bakuna kontra COVID-19 na kasalukuyang pinag-aaralan sa clinical trials. Pinahintulutan ng FDA ang emergency use ng bakunang ito upang maprotektahan ang mga indibidwal na 18 taong gulang pataas mula sa COVID-19.

2. ANO ANG EMERGENCY USE AUTHORIZATION (EUA)?

Ang EUA ay maaaring maibigay sa mga bakuna kahit na ito ay kasalukuyang pinag-aaralan at iniimbestigahan. Ang layunin nito ay mapabilis ang access sa mga bakuna sa panahon ng public health emergency. Maaaring magbigay ng EUA kung napatunayan na ang bakuna ay ligtas at epektibo bilang proteksyon mula sa COVID-19, at kapag walang ibang aprubadong produkto ang sapat para sa kasalukuyang pangangailangan. Ang EUA ay HINDI isang marketing authorization, na nagpapahintulot na mabenta ang mga bakuna sa general public. Bago mabigyan ng marketing authorization, ang bakuna aykailangan munang makumpleto ang Phase IV clinical trials at tatlong taon ng monitored release.

3. SINO ANG DAPAT MAKATANGGAP NG GAMALEYA SPUTNIK V COVID-19 VACCINE?

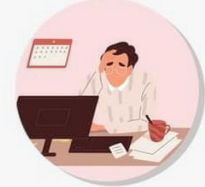
Pinahintulutan ng Philippine FDA ang emergency use ng Gamaleya Sputnik V COVID-19 vaccine para sa mga indibidwal na 18 taong gulang at pataas.

4. SINO ANG HINDI DAPAT MAKATANGGAP NG GAMALEYA SPUTNIK V COVID-19 VACCINE?

Hindi ka dapat tumanggap ng Gamaleya Sputnik V COVID-19 Vaccine kung ikaw ay mas mababa sa 18 taong gulang. Hindi ka din dapat makatanggap ng bakunang ito kung ikaw ay buntis at nagpapasuso, o kung ikaw ay dating nagkaroon ng malubhang allergic reaction sa nakaraang dose ng bakunang ito, o kung ikaw ay allergic sa kahit anong sangkap ng bakuna, o dati nang nabakunahan ng ibang COVID-19 vaccine na hindi Gamaleya (Sputnik V Gam-COVID-Vac). Hindi ka din dapat tumanggap ng Gamaleya Sputnik V COVID-19 Vaccine kung ikaw ay dating nakaranas ng major blood clotting, kasabay ng low blood platelet count, pagkatapos makatanggap ng kahit anong COVID vaccine.



SOURCE: DOH



SOURCE: DOH

FREQUENTLY ASKED QUESTIONS (FAQS)

5. ANO ANG DAPAT MONG BANGGITIN SA IYONG TAGAPAG-BAKUNA BAGO KA MABIGYAN NG GAMALEYA SPUTNIK V COVID-19 VACCINE?

Sabihin sa iyong tagapagbakuna kung ikaw ay mayroong (1) anumang allergy sa pagkain, itlog o gamot, (2) lagnat, (3) mga sintomas gaya ng sipon, ubo, pananakit ng lalamunan, atbp, (4) mga sintomas nang dahil sa ibang sakit (comorbidity), (5) may exposure sa isang confirmed o hinihinalang kaso ng COVID-19 sa nakaraang dalawang linggo, (6) dating nagkasakit o nagamot para sa COVID-19, (7) buntis o may planong magbuntis, (8) nagpapasuso, (9) nakatanggap ng kahit anong bakuna sa nakaraang dalawang linggo, (10) may mga sakit sa immune system o kasalukuyang gumagamit ng gamot na nakaapekto saiyong immune system. Depende sa resulta ng health screening ng iyong tagapag-bakuna, maaaring mapaliban ang iyong bakuna para sa ibang araw, o baka kailanganin mo ng medical clear bago mapayagang magbabakuna.

6. PAANO BINIBIGAY ANG GAMALEYA SPUTNIK V COVID-19 VACCINE?

Iniksyon sa braso ang bakunang Gamaleya Sputnik V. May dalawang components ang bakunang ito - Component I at Component II. Ang Component I ay ibibigay bilang first dose ng bakuna, at pagkatapos ng 21 araw, ang Component II naman ay ibibigay bilang second dose. Kung nakatanggap ka ng Gamaleya Sputnik V COVID-19 vaccine bilang first dose, dapat ka ding makatanggap ng Gamaleya Sputnik V COVID-19 vaccine bilang second dose pagkalipas ng 3 linggo upang makumpleto ang seryeng pagbabakuna.

7. ANO ANG MAARING BENEFISYO NG SPUTNIK V COVID-19 VACCINE?

Pinapasigla ng bakunang Gamaleya Sputnik V ang immune system, na siyang nag-uudyok sa katawan na gumawa ng sariling proteksyon (antibodies) laban sa virus. Sa hinaharap, ito ay makakatulong na maprotektahan ka mula sa COVID-19. Mayroon itong 91.6% efficacy laban sa symptomatic COVID-19, at 100% efficacy laban sa moderate/severe COVID-19. 21 araw pagkatapos ng unang dose. Ang tagal ng proteksyon laban sa COVID-19 pagkagamit ng bakuna ay sa kasalukuyang hindi pa alam. Ito ay hindi live virus at hindi makakapagdulot ng COVID-19 sa taong nabakunahan.

8. ANO ANG MGA MAAARING PANGANIB NG GAMALEYA SPUTNIK V COVID-19 VACCINE?

Mga naiulat na mga side effects: Pananakit, pamumula, o pamamaga sa lugar kung saan ibinigay ang iniksyon, lagnat, pananakit ng ulo, kasukusan o kalamnan, nakakaramdam ng pagod, pagkawalang gana kumain, ubo, diarrhea, sipon, o barado ang ilong, pananakit ng lalamunan, pananakit ng tiyan, at paglaki ng kulani (lymphadenopathy). Kung may nararamdaman o reaksiyon kasunod ng iyong bakuna, tumawag sa lokal na hotline, o sumangguni sa iyong doktor o pinakamalapit na health facility. Mayroon din maliit na posibilidad na ang Gamaleya Sputnik V COVID-19 vaccine ay magdulot ng malubhang allergic reaction. Kung makaranas ng malubhang mga sintomas tulad ng paghihigpit ng lalamunan o paghirap sa paghinga, agad na sumangguni sa pinakamalapit na ospital. Hindi lamang ito ang maaaring epekto ng bakuna. May posibilidad na magkaroon ng iba pang hindi inaasahan at malubhang side effects. Ang Gamaleya Sputnik V COVID-19 vaccine ay pinag-aaralan pa sa mga clinical trials.



Eggs Benedict



EGGS BENEDICT IS SAID TO HAVE ORIGINATED IN NEW YORK in the 1800s at the famous Delmonico's Restaurant which was then under the helm of Chef Charles Ranhofer. As the story goes, Ranhofer invented the dish because one of their regular clients, a Mrs. LeGrand Benedict got tired of everything on the menu and wanted to try something new. Ranhofer came up with a poached egg on English muffin topped with ham and hollandaise sauce. He named it Eggs Benedict after his customer and the recipe was published in Ranhofer's cookbook 894. However, another version of its history says it was actually invented and was made famous at the Astoria Waldorf where a young chef named Lemuel Benedict supposedly invented the dish one morning when he was trying to relieve a hangover, the maître d' Oscar of the Waldorf loved the dish and had it added to the menu and it became famous. Either, whatever the true origin of this dish, one thing we can all agree on is that it remains famous and well-loved the world over because it is damn delicious.

It is a simple enough dish, and if you prepared it with the freshest ingredients, it is unforgettable indeed.

One thing to take note of here is that you make the hollandaise sauce with egg yolks and a lot of people sometimes worry about salmonella infection from cooking with or eating raw eggs. However, as I said, make sure to cook with the freshest eggs, and prepare your sauce well so as to avoid a "raw" hollandaise sauce. You need to cook it slowly on low fire so as to avoid curdling and ensuring a smooth and creamy sauce.

My son first started experimenting with eggs benedict for a school project, he tried several times and some of the first dishes made were yummy but not yet good enough. Sometimes the sauce was too runny or sometimes the eggs weren't poached well enough. A few more tries and he got the recipe down pat. According to him, more than the hollandaise sauce, the hardest part of this dish was learning how to poach eggs because the whites always separated from the rest of the egg. However, everything became better when he made sure to use fresh eggs. So really, the so-called "secret" to poaching eggs is simply fresh eggs and lots of practice. Finally, we believe the clincher to a successful Eggs Benedict is the hollandaise sauce, if you fail the sauce then it is all for naught. So be patient with the sauce and do it right.

Overall, just don't be intimidated with Eggs Benedict, it sounds fancy but is, in fact, a simple dish -- teenagers do this well enough and so will you. If you learn this dish, you'll have bragging rights over your loved ones (or it may be a way to impress a new love interest or their folks) and you don't have to spend a lot on ordering it from a high-end hotel or your favorite brunch restaurant.

INGREDIENTS

- 2 English muffins
- 4 large eggs
- 4 slices Canadian bacon
- Vinegar, just a splash

HOLLANDAISE SAUCE

- 4 Tablespoons butter
- 4 egg yolks
- 1-2 Tablespoons lime juice
- 1 Tablespoon heavy whipping cream
- salt and pepper (to taste)

INSTRUCTIONS

- Melt the butter in a small saucepan. In a separate small bowl, beat the egg yolks. Mix in lime juice, whipping cream, and salt and pepper.
- Add a small spoonful of the hot melted butter to the egg mixture and stir well.
- Repeat this process adding a spoonful at a time of hot butter to the egg mixture. Adding the butter slowly, a spoonful at a time, will temper the eggs and ensure they don't curdle.
- Once the butter has been incorporated, pour the mixture back into the saucepan. Cook on low heat, stirring constantly, for just 20-30 seconds. Remove from heat and set aside.

TO ASSEMBLE:

Toast the English muffin. Top each toasted side with a slice or two of Canadian bacon, and then a poached egg. Top with hollandaise sauce. You can garnish the top with a sprig of parsley to add color if you like.

LOOK! Construction of Calapan City Convention Center underway!

Construction of Calapan City Convention Center in Bgy. Tawiran is nearing completion, this will be the first convention center in Oriental Mindoro. When normalcy returns, the convention center will be a venue for conventions, meetings, assemblies and exhibitions and will promote tourism in Calapan City and in the whole province of Oriental Mindoro. In times of calamity, this convention center can also be used as an evacuation facility and an emergency field hospital. The construction of the convention center began in 2019 before the pandemic happened. .



OMPH Molecular Lab balik operasyon, resulta ng RT-PCR test mapapabilis na



...Continued from page 8

pagpapasinaya ng naturang gusali, aktwal na tinawagan ng Gobernador ang Department of Health (DOH) upang i-follow up ang may mahigit ng isang taong hinihintay na pangako sa Pamahalaang Panlalawigan na RT PCR machine upang ganap na makapagserbisyo hindi lamang sa mamamayang Mindoreno kundi sa mamamayan ng mga karatig lalawigan na maaaring makinabang din sa serbisyo nito

“Nananawagan tayo DOH, sa central office sana po ideliver na ang RTPCR machine upang maidagdag doon sa mga machines natin na gumagana na. Pag nadeliver na ang RT-PCR machine ay hindi lang specimen dito sa

Gabay sa pakuha ng National ID

Ikaw ba ay hindi pa nakakapagpa-register sa PhilSys?

Maaari na po kayong magtungo sa Fixed Registration Center sa Nuciti Central Mall Calapan bilang walk-in applicant.

Magdala lamang po ng valid at original na supporting document. Magsuot ng face mask at face shield. Bilang pagsunod sa health protocols, hindi pinapagayan ang pagpasok ng mga bata edad 18 pababa at matatanda edad 65 pataas.

Sa kasalukuyan, mayroong anim na PhilSys registration centers sa Oriental Mindoro:

1. Nuciti Central Mall
2. Naujan Municipal Gymnasium
3. Barangay Pula Covered Court, Pola
4. JMSM Gym Pinamalayan
5. Municipal Conference Hall, Gloria
6. Bongabong Municipal Gymnasium
7. Bulalacao Municipal Gymnasium

Kaugnay nito, maaari nang makapag-schedule ng kanilang Step 2 appointments ang mga naninirahan sa Calapan City sa Nuciti Central Mall PhilSys Registration Center. Mga taga-Calapan lamang muna ang makakapag-set ng online appointment booking. Abangan ang anunsyo sa karagdagang Registration Centers na bubuksan para sa Online Registration sa mga susunod na linggo.

Magkakaroon din ng ibang LGU-based registration centers sa ibang munisipyo ng Oriental Mindoro ngayong taon.

Oriental Mindoro ang ating matetest pati na rin ang mga manggagaling ng Occidental Mindoro, Roblon, at mga kalapit natin na lalawigan, di lang COVID-19 ang pwedeng itest dito pati yung iba't ibang klase pang viruses. Yun ang advantage na mayroon tayong sariling COVID-19 laboratory,” aniya.

Sakasalukuyan, ang ginagamit sa naturang laboratoryo ay ang Gene Expert Machine na gumagamit pa ng cartridges para sa pagpoproseso ng resulta ng inilalaboratoryong specimen dito.

Matatandaang ang naturang laboratoryo na nagsimulang mag-operasyon noong Setyembre 2020 ay pansamantalang ipinatigil ng DOH noong nakaraang buwan dahil sa ilang pasilidad na kulang dito. Upang hindi magtagal ang pagkaantala ng naturang serbisyo, kaagad na kumilos si Gob. Bonz Dolor upang punan ang P4.6milyon halaga ng

mga pasilidad na kulang pa sa naturang laboratoryo at maiayon sa pamantayan ng DOH sa pamamagitan ng pakikipag-ugnayan niya sa mga pribadong institusyon na lubhang nakatulong sa pamahalaan upang makumpleto ito.

Inaasahang mas mapapalakas pa ang testing capacity ng lalawigan sa nakatakdang pagbubukas ng pangalawang Molecular Laboratory sa Oriental Mindoro Southern District Hospital (OMSDH) sa susunod na taon.


Samantala masaya namang ibinalita ni Gob. Bonz na sa mga kasalukuyang health preventive measures na ipinatutupad ng Pamahalaang Panlalawigan, sa pinakahuling ulat sa kanyang tanggapan, bumababa na ng may 20 porsiyento ang bilang ng mga nagpopositibo sa COVID-19 sa lalawigan, mula 876 noong Oktubre 19, ay bumaba ito 792 nitong Oktubre 25. (PIO Oriental Mindoro).

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Mindoreño Student wins 2nd place in International Art Competition!

MR. BIRNEL A. PANGANIBAN of Canubing National High School in Calapan City won 2ND place at the 3rd International Loving Peace Art Competition of the International Women's Peace Group, an international NGO with a special consultative status with the United Nations Economic and Social Council (UNECOSOC).

The IPW conducted the virtual awards ceremony of the "International Loving Peace Art Competition," which celebrated its 3rd anniversary this year, on November 6, 2021.

The event was attended by the winners and hundreds of women members from all over the world, sending congratulatory messages and encouragement to all the children and youth participants in the art competition.

Under the theme of "Cessation of global war, Coexistence, Communication, and Restoration of Humanity,"

three pieces from each country that passed the preliminary stage competed in the finals.

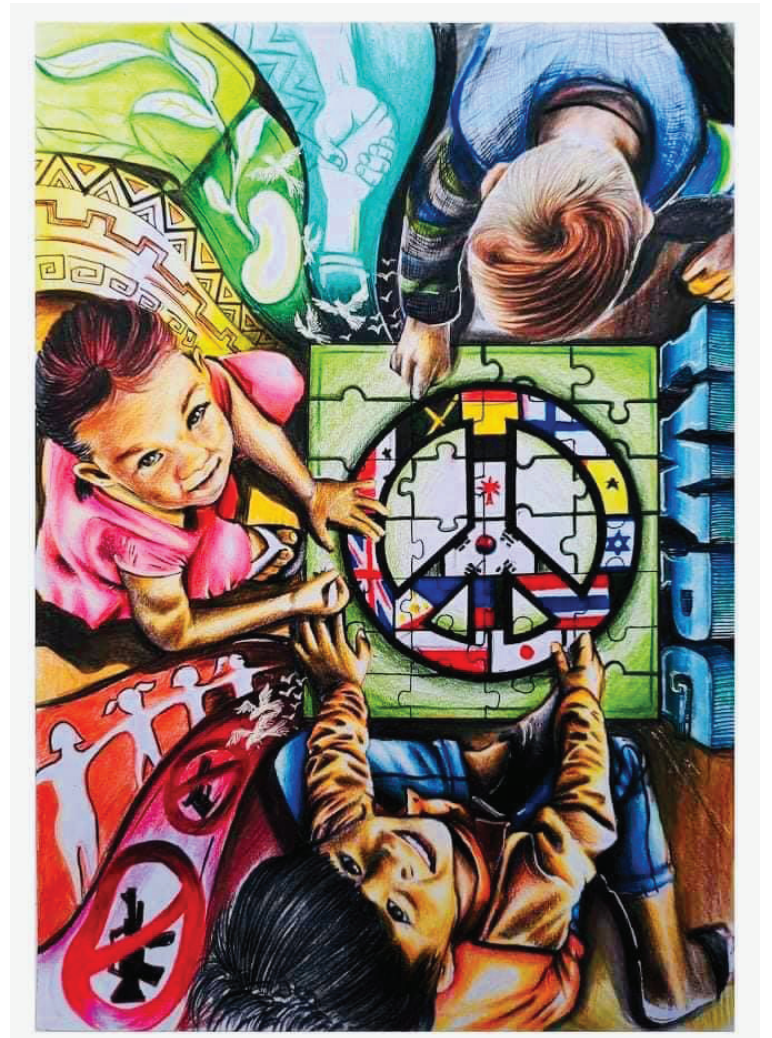
Hanbit Oh (Gyeonggi Munsu Middle School, aged 15), who received the grand prize, described her piece, "I tried to express how everyone welcomes a peaceful world without discrimination of race, culture, or the rich or poor." The judges evaluated the grand prize, saying, "The expression of the world peace dove flying in the blue sky with the flags of all nations in their beaks is impressive." The grand prize was presented with an award and a scholarship of 1 million Korean Won.

For the 2nd place, three students—Franceska Gabriela Sherleen Pagardian from Indonesia (Elementary School), Dollaya Ploysumrit (Middle School) from Thailand, and Birnel A. Panganiban (High School) from the Philippines, received a certificate and a scholarship of 200,000 KRW each as a prize.

For the 3rd place, six students—Patcharin Jantanarak from Thailand and Bujinlham from Mongolia in the High School division, Kennard Dwiandra Putra and Sherly Vermont Kwerni from Indonesia in the Middle School division, Arin Nam from Korea and Michelle Fiona from Indonesia for the Elementary School division—received a certificate and a scholarship of 100,000 KRW each as a prize.

The competition is a peace cultural event designed to develop children and youth, the protagonists of the future, into leaders of the peace culture. It was participated in by about 5,000 children and youth, while preliminaries were held in 98 cities throughout 28 countries of the world from June to August.

Lee Yang-hyeong, chairman of the judging committee (standing advisor to the Korean Art Association), said, "The evaluation was made in a fair and strict



This is the winning artwork by Mindoreño student MR. BIRNEL A. PANGANIBAN, which won 2nd prize in an international art competition

manner based on creativity and artistry, suitability to the theme for peace, color and completeness of the work."

Hyun Sook Yoon, Chairwoman of IWPG, said,

"This event was planned in the hope that not only adults but also our children and young people would think about the end of war and peace together."

OMPH Molecular Lab balik operasyon, resulta ng RT-PCR test mapapabilis na

CALAPAN CITY – Muling nagbalik operasyon ang Molecular Laboratory sa Oriental Mindoro nang naayon sa hinihinging

pamantayan ng Department of Health (DOH) matapos pangunahan ng Pamahalaang Panlalawigan ang pagpapasinaya sa gusali ng

naturang laboratoryo, kasama ang pamunuan ng Oriental Mindoro Provincial Hospital (OMPH) na si Chief Dr. Dante Nuestro noong Oktubre 26. Dahil dito, hindi na kinakailangan pang dalhin sa Maynila ang mga specimen ng mga suspected COVID patients at maghintay ng apat hanggang limang araw bago makuha ang resulta, dahil sa laboratoryong ito na ipoproseso pagkuha ng resulta at mapapabilis na ang pag-release nito na tatagal na lamang ng hanggang 24 na oras.

"Finally, sa pinagsama-samang effort ng Pamahalaang Panlalawigan at ng OMPH muli nang magbubukas molecular lab sa



bago at mas pinalaki nitong gusali," ani Governor Dolor. Ayon kay OMPH Chief Dr. Dante Nuestro, maingat ditong ipoproseso at isasagawa ang balidasyon ng mga datos na aambag sa magiging resulta bago pa opisyal na mai-release nila ang pinal na resulta ng gagawing eksamen sa isang pasyente. Ang RT-PCR o Reverse Transcription

Polymerase Chain Reaction Test ang nakapagbibigay ng pinakamaasahang resulta ng eksamen kung positibo o negatibo sa COVID-19 virus ang isang may sintomas nito. May kakayahan ang laboratoryong magproseso ng hanggang 184 specimen sa isang araw.

Sa ginanap na

...Continue to page 7



Ribbon cutting sa pagbubukas ng OMPH Molecular lab