

Presyo ng tasty, pandesal ibinaba

TULAD ng pasahe sa jeep at diesel, nagkaroon din ng rollback sa presyo ng loaf bread at pandesal.

Singkwenta sentimos ang tinanggal sa bawat 10 pirasong pandesal at piso naman sa bawat tasty bread.

Ayon kay Simplicio Umali ng Philippine Baking

Industry, ibinaba nila ang presyo ng loaf bread at pandesal dahil sa pagbaba rin ng presyo ng inaangkat nilang harina.

Mula sa dating P900, naging P870 na lang ang presyo ng isang salop na harina na may timbang na tig-bebeinte singko kilo.

(PIA-Calapan)

Thousands apply at DPWH job fairs

THOUSANDS of unemployed flocked to the main office of the Department of Public Works and Highways (DPWH) in Manila last week to try their luck in any of the nearly half a million job openings offered at the job fair.

Labor Secretary Mariano Roque said the DPWH job fair would open more opportunities for jobless Filipinos affected by the global economic crisis.

The DPWH is spending P60 billion, part of the P330-billion stimulus package, in the first half of the year for construction projects nationwide.

The agency hopes to generate 500,000 jobs in the construction sector for 2009.

Public Works Secretary Hermogenes Ebdane Jr.

(Turn to Page 4)

DOJ says mining ban by local gov'ts invalid

THE Department of Justice (DoJ) has declared as invalid the mining ban being issued by local governments as this restricts trade and economic progress which should be among LGUs' prime goals.

The Department of Environment and Natural Resources (DENR) cited the DoJ Opinion No. 8, series of 2005 which established that moratoriums against mining contravene the Constitution itself.

The DoJ referred to landmark Supreme Court (SC) decisions in out-ruling local government units' (LGU) ordinances. "The SC has held in their decision that for an ordinance to be valid, it must conform to substantive requirements: It must not contravene the Constitution or any statute; must not be unfair or oppressive; must

not be partial or discriminatory; must not prohibit but may regulate trade; must be consistent with public policy; and must not be unreasonable."

DENR-Mines and Geosciences Bureau Region 2 Director Jerryal Mangaoang said the DoJ opinion is aiding LGUs in issuing legal ordinances as certain mineral-rich provinces in Region 2 had

been planning to issue a mining ban.

"Moratoriums of provincial boards do not hold water because of this DoJ opinion. LGUs are now reconsidering their plans," he said.

The SC declared that while LGUs do have an autonomy in running its affairs, their powers emanate from Congress. Thus, their ordinances should not go against congressional

legislations, which obviously, are sanctioned too by the Philippine president.

"It is a heresy to suggest that LGUs can undo the acts of Congress, from which they have derived their powers in the first place, and negate by mere ordinance the mandate of the statute," the DoJ quoted SC decision in Magtajas vs. Pryce Properties Corp. DoJ



Secretary Raul Gonzalez earlier signed the opinion after the Sangguniang

(Turn to Page 3)



MULTICABS and jeepneys are the means of transport for short distance rides in Mimaropa provinces.

Presyo ng LPG, diesel pababa

BUMABA na naman ng piso kada kilo ang presyo ng liquefied petroleum gas (LPG) noong nakaraang linggo.

Ito ay ikalawang pagtapyas sa presyo ng LPG: ang unang pagbaba ng presyo ay nangyari noong Sabado.

(Sundan sa Pahina 3)

Di susunod sa baba-pasahe, binalaan

BINALAAN ng Land Transportation Franchising and Regulatory Board (Ltrfb) na paparusahan ang mga jeepney driver na hindi susunod sa pinakahuling fare rollback.

Inaprubahan noong nakaraang linggo ng Ltrfb ang 50 sentimong baba sa pasahe kasunod ng petisyon ng isang commuter's group

at pagbagsak ng presyo ng diesel sa pandaigdigang merkado.

Kasama rin sa resolusyon ang paggawad ng diskwento sa pasahe sa mga senior citizen, estudyante at mga taong may kapansanan.

Mula P7.50, ang minimum na pasahe para sa unang apat na kilometro ngayon ay

P7 na lamang..

Pero ang P1.40 provisional rate para sa susunod na kilometro ay paiiralin pa rin.

Epektibo ang rollback sa buong Mega Manila, Bulacan, Pampanga, Nueva Ecija, Tarlak, Aurora, Laguna, Quezon, Rizal, Batangas, Kabite, Mindoro, Marinduque, Romblon at Palawan. (PIA-Calapan)

Sudoku Tricks

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SAGOT SA PAHINA 2

"Entered as Second Class Mail Matter" at the Calapan Post Office, Oriental Mindoro on February 27, 2008.

Journalism schools to open in June

(Basahin sa Pahina 4)

PANAHOON na naman ng Kwaresma. Sa Kwaresma, naghahanda tayo sa isang malaking bahagi sa kasaysayan ng ating kaligtasan. Ito ang kamatayan at muling pagkabuhay ng ating Panginoong Hesukristo. Karaniwan, pag dumarating ang panahong ito, ang unang pumapasok sa ating isipan ay ang pag-aabstinensiya at pag-aayuno. Ipinangangal ng ating Simbahan na ito ang panahon ng pagsasakripisyo bilang pakikiisa sa paghihirap at kamatayan ni Hesus para sa katubusan ng ating mga kasalanan.

Ngunit para saan ang pagsasakripisyong ito? Ginagawa ba natin ito para lamang sumunod sa batas ng Simbahan? Ano ang mas malalim na kahulugan nito para sa ating buhay? Ang

Kwaresma, panahon ng pagbabago

Kwaresma ay nagsisimula sa pamamagitan ng tawag tungo sa pagbabago. Ito ay nangangahulugan ng pagkakait sa ating sarili ng mga maling yaman at pagpapahalaga upang lumago tayo tungo sa tunay na maka-Kristiyanong pagpapahalaga. Ang pagbabago ay di lamang nangangahulugan ng pagwaksi sa mga kasalanan, mga bisyo at anumang uri ng pagkamakasariili. Bagamat ang pag-aabstinensiya at pag-aayuno ay mga tulong upang matuto tayong lumimot sa sarili para sa iba, nararapat lamang na ilagay natin ito sa tamang konteksto. Ang pagbabago ay nangangahulugan din ng ating pagiging puspos ng pag-asa at pag-ibig ng Diyos. Ito ay ang pagkakaroon ng pagmamahal sa katarungan,



Ni Fr. Bar Fabella, SVD

Sa Maikling Salita

pagkikiisa sa mga naghihirap at nagdadalamhati, at pagkakaroon ng pusong matulungan at magpagbigay. Ang pagbabago ay hindi isang negatibong pagkikibaka. Ito ay isang positibong karanasan. Ang dalawang magkasalungat na elemento ay di maaaring magkasama sa iisang lugar at panahon. Hindi mo masasabing ikaw ay malapit sa Diyos habang kung ikaw

naman ay nabubuhay sa kasalanan. Habang lalo nating isinasabuhay ang mensahe ni Kristo, ang buhay naman natin ay lalong nailalayo sa diwa ng kasamaan. Ito ang mensahe ng panahong ito ng Kwaresma. Ang biyaya ng muling pagkabuhay ni Hesus ay malapit na. Mabuhay tayo ayon sa Ebanghelyo at ang buhay natin ay mababago.

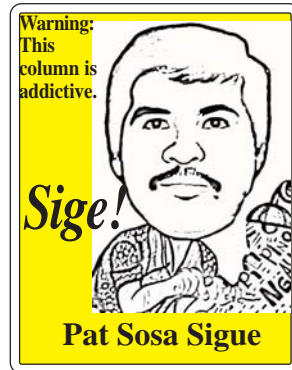
Congratulations kay Ma. Cristina Tupaz ng Paitan,

Naujan, Or. Mindoro sa kanyang pagkakapasa sa isinagawang National Board examination for Nurses noong Nobyembre 2008.

Si Ma. Cristina ay isang katutubong nabibilang sa tribung Alangan Mangyan. Isa siya sa 39,455 mula sa 88,649 na kumuha at nakapasa sa naturang pagsusulit.

Sa isang interview na isinagawa ng TV NET, isang lokal na TV cable provider sa Calapan, ipinahayag niya ang kanyang pasasalamat sa suportang ibinigay sa kanya ng kanyang mga kasamahang katutubo, ganun din ng Mangyan Mission upang matupad ang kanyang pangarap. Ipinangangako rin niyang ang kanyang kakayanan ay gagamitin niya sa paglilingkod sa mga katutubo.

Para sa anumang komento o rekasiyon iparadala sa : ibarra_svd@yahoo.com



Tuwid na pang-unawa

MAGKASABAY na ginunita natin ang "Ash Wednesday" at "Edsa People Power."

Nagtataka lang kami kung bakit ang translation ng "dust" sa Tagalog ay "abo."

Ang paggunita, ayon sa Biblia, ay "Remember that thou arth dust and unto dust thou shall return."

Ang abo ay labi ng bagay na sinunog. Hindi naman lahat ng namamatay na Pilipino ay sinusunog. Maliban kung sa Paghuhukom, lahat ng Pinoy ay susunugin sa impyerno.

At kung ang babae ba'y hinugot sa tadyang, sa tadyang siya muling magbabalik?

Ang dahilan kung bakit halos limot na ang Edsa People Power ay sapagkat lalo pang pinasahol ng mga pumalit na pangulo kay Marcos ang buhay ng mga Pilipino.

Isa pang kapuna-puna ay ang pilit na paggamit ng salitang Congressman kaysa mas tama at pormal na katawagang Representative sa mga kintawan natin sa Kongreso.

Dahil ba sa talaga namang hindi nila ikinakatawan ang mga mamamayan kundi ang kanilang mga pansariling interest?

They are mere members of Congress and not anymore representatives of the people in Congress.

Ganito rin kamali ang aroganteng katwiran ng mga corrupt na miyembro ng Gabinete kapag hinihiniling na ang kanilang pagbibitiw.

"I serve at the pleasure of the president," gayong ang dapat nilang pinaglilingkuran ay ang taong bayan.

Tingnan din ang pagyayabang ng mga pinuno sa mga pagawaing bayan. Nakasulat pa sa tarpaulin na "Another project of President, Senator, Congressman, Governor, Mayor, etc." gayong pera ng taong bayan ang ginagastos dito.

An open letter to Bishop Warlito Cajandig

Dear Bishop Cajandig,

expression of your opinion and the stand of Catholic Church in the province, I concur with you and true enough, the issue of mining in the province is a very

serious concern that should not only be decided upon by selected group or members of the society but rather, by consultation of the entire people of the province.

The visible benefits you have mentioned as Intex Resources claimed are the corporate commitments made as part of its social development program. If these efforts of the company are considered irresponsible, it is regrettable.

Why? Because we appreciate that there is one company here that stands on providing social support and relative measures for relief and alleviation of people's sufferings.

I am modestly urging you to join them in finding the solutions to the agonizing hardships in the lives of our people. We cannot simply ignore the sufferings and the difficulties of our underprivileged brothers and do nothing. Somehow, somewhere, we must provide support and make them productive citizen of the province.

I heard from the pronouncement of the company that they have spent P20 million just to conduct extensive studies in all waterways in the entire tenement and apparently, the effect is barely one percent in the watershed areas. Plus, they have mitigation and engineering measures that

will be applied. They even suggested taking a look at the rice terraces in Banaue, it has been there for centuries and yet, was able to withstand the effects of time and weather more so today, that engineers can even make hotel at the sea.

I was saddened by your pronouncement of doubt and skepticism to the government officials that are prone to abuse of power, bribe, graft, due to the influence of prevailing corruption. In this case, it is now the issue of deterioration of the moral fiber of society, that with or without mining, this impression or act of wrongdoing will never end and that, if no one would not dare stand against corruption, we will all end up "losers for a fight we never fought."

I would not know if this letter will merit your time to read, but as a citizen of the province, somehow, in my own little way, I raised these issues to your office because I used to be an anti-mining advocate. But from the day I lost my farm from the peril of floods, I now weigh issues and tried to listen to both sides and from there, I come up in the initiative of knowing better how this mining may potentially improve the silted riverbeds in high hope to recover what I lost if flood ceases to hit my farm.

I fear no more in the flood because even with or without mining, floods come. Perhaps, the only hope for me today is pray that somebody will provide relief to the lingering problem of seasonal flooding.

Maybe, it is more important to determine the true culprit of massive flooding before and today in the province. I understand that there are reports and records that the loggers during the 1960s and 1970s viciously raped our forest cover without reforestation. Now comes second or third growth shrub forests, which are actually vulnerable to erosion and flooding.

I truly respect your move to go against mining. You and I have equal right. By all means, everyone is entitled of this right to believe and stand to one's conviction. But before you go on abhorrence of mining, may I ask you?

Have you find time to listen to the engineers or expert in mining?

If not yet, then, I humbly encourage you to ask the mining company for one presentation at your office, you can have all your queries asked in this activity. Then, at the end of the discussion, you have the free hand to make your decision, not by words of influence from others but directly from your good self's understanding.

I pray to God that people in our province will have time to study the details of mining and be not blinded by the bad publicity because we cannot really get away using mined products in our daily lives.

I remain very respectful of your Godliness,

A Concerned Citizen
From Naujan

FOUNDED JANUARY 1969



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Panaligan to DPWH

Fast-track repairs of damaged SRNH

ORIENTAL Mindoro Gov. Arnan C. Panaligan last week directed the Department of Public Works and Highways (DPWH) to fast-track the repair of the damaged 23-kilometer Calapan South Road (CSR) to avoid inconvenience and dangers to travellers using the Strong Republic Nautical Highway (SRNH).

He called the attention of officials of the first Mindoro Oriental Engineering District, headed by District Engineer Simplicio D. Gonzales, after receiving complaints from travellers, traders, and transport groups of the inconvenience and delayed travels caused by huge potholes and bumps in areas covered by the towns of Naujan, Victoria and Socorro.

Gonzales reported that temporary repair works are now ongoing on the damaged portion of the 23-kilometer highway in preparation for its concreting at the start of the second quarter of this year.

While islanders said the DPWH maintenance crew are responsibly doing their job even during rainy days, it is only during the summer season like the months of March, April and May, when

the DPWH has the chance to repair damaged portions of the national highway.

The highway portion, particularly in the towns of Victoria and Socorro, is "notorious" because of its irregular weather conditions where rainfalls occur even during the summer season.

It was practically raining the whole of December and January of this year making it very hard for the DPWH crew to repair the damaged roads from Malinao, in Naujan, to Catinangan, in Socorro."

Gonzales explained that although it is the national government's responsibility to maintain the national highway, the DPWH, in particular, the governor closely monitors and regularly gives directives to the DPWH for the immediate and effective implementation of various road concreting and maintenance projects."

The governor said people come to his office, not to the DPWH, to air their complaint. He added that a well-maintained national highway is very important since Oriental Mindoro is a major thoroughfare of the Strong Republic Nautical Highway, which is very

PRESYO...
(Buhat sa Pahina 1)

Bukod sa mababang world price, sinabi ng mga independent retailer na ang mataas na supply sa merkado ang humahatak pababa sa presyo ng LPG.

Una rito, binawasan ng mga retailer nang talong piso kada kilo ang halaga ng LPG noong Sabado.

Noong nakaraang Disyembre, tumaas ang demand sa LPG kaya naging pahirapan ang supply.

Dahil dito, umabot nang hanggang Php600 kada tangke ang halaga ng LPG noong mga panahong iyon. Samantala, halos sabay-sabay nagbaba ng presyo ng diesel ang Petron Corporation, Caltex Chevron, PPTT Philippines Corporation, Seoil Philippines at Pilipinas Shell.

Piso kada litro ang ibinaba ng presyo ng diesel ngayong araw na ito.

Tinatayang nasa pagitain ng Php 22.24 at Php 28.45 kada litro ang presyo ng diesel.

Naiulat na napuwera ang ilang mga outlet ng mga malalaking kumpanya ng langis na magbaba na presyo dahil sa mababang presyong inaalok ng mga maliit na oil players.

Nakatulong din ang mababang presyo ng finished diesel products sa pandaigdigang merkado sa kasalukuyang pagprepresyo sa diesel. (PIA-Calapan)

Hog farmers to hold covention & trade exhibit on April 23-25

THE National Federation of Hog Farmers, Inc. (NFHFI) will hold its 18th Annual Hog Convention & Trade Exhibits on April 23 to 25 at the World Trade Center-Metro Manila at the corner of Sen. Gil Puyat Avenue and Diosdado Macapagal Blvd., Pasay City.

NFHFI president Albert R.T. Lim Jr. said that the convention's theme is

"Leading the way to self-sufficiency and sustainability in hog production."

The convention is the longest-running trade exhibition focusing on the hog industry. It will be a gathering of hog farmers, both commercial and backyard, from all over Luzon, Visayas and Mindanao.

It will also feature the 2nd Backyard Hog Farmers Congress, showcasing new technologies to further enhance the backyard hog raisers.

On the other hand, the corn farmers under the umbrella of Philmaize, National Corn Competitiveness Board, the feed millers and the members of the Cold Chains Association will also be joining as partners in the industry.

These representations complete the "From Farm to Plate" concept of the convention.

This year's trade exhibits will have a total of 180 booths and will showcase the latest veterinary products and innovative equipment. It will also feature live hog exhibits from different breeding companies here and abroad.

For the first time, there will be international pavilions which will feature veterinary and equipment companies from the United States, Germany, Great Britain, France, China, Vietnam and others.

The three-day event is open free to the public and will also have a series of seminars on such subjects as swine management, prevention and

eradication of common swine diseases, swine genetics as well as a forum to be participated in by the hog and corn farmers as well as feed millers and cold chain members.

NFHFI is the largest hog farmers group with 48 affiliated hog farmers associations all over Luzon, Visayas and Mindanao.

The convention and trade exhibits is part of NFHFI's mission to protect and promote the interest of the hog farmers as well as

enhance the opportunities for growth, efficiency, equity and sustainability of the P150-billion hog industry.

NFHFI is the country's leading organization of hog farmers, both large and small scale. It has been holding its annual convention and trade exhibits in different parts of the Philippines to enable as many people as possible to join it.

Those interested to participate should e-mail hogfederation@globelines.com.ph or the events manager at e-mail: visualcore.inc@gmail.com.



THE Department of Agriculture (DA) and the Department of Health (DOH) announce in a press conference at the DA, February 23, the results of tests done by the Research Institute of Tropical Medicine (RITM) and the US Centers for Disease Control and Prevention (CDC) on pig and human samples collected since the start of the Ebola Reston investigation.

DA Secretary Arthur Yap (3rd from right) says quarantine is now lifted in Pangasinan as results show past infection with recovery was the case in the province while in Bulacan, there is ongoing viral transmission.

DOH Secretary Francisco Duque III (3rd from left), on the other hand, said all workers in farms and slaughterhouses should wear personal protective equipment to include gloves, mask, boots and apron.

He noted six human blood samples were found to be positive for IgG antibodies. Also present at the press conference were World Health Organization (WHO) representative to the Philippines Dr. Soe Nyuit-U (extreme left), Dr. Enriquez Tayag (2nd from left) of DOH's National Epidemiology, Mr. Kazuyuki Tsurumi, representative of FAO to the Philippines and DA Director of Animal Industry Davinio Gathagan (2nd from right).

DOJ SAYS ...
(From Page 1)

Panlalawigan of Capiz and other LGUs including Mindoro, Eastern Samar, and Iloilo issued moratoriums on mining.

Without a lifting of the moratorium, a large nickel project by Crew Minerals can be adversely affected in Mindoro and trade and livelihood opportunities there halted. Bulacan has also reportedly issued a mining ban as miners applied for permits to explore iron, copper, gold, and manganese.

The DoJ indicated that while Congress strengthened LGUs' authority and

autonomy under the Local Government Code of 1991, Congress still has sovereignty over LGU concerns "The national legislature is still the principal of LGUs which cannot defy its will or modify or violate it. This freedom to exercise contrary views does not mean that LGUs may enact ordinances that go against laws enacted by Congress such as Republic Act (RA) 7942," said DoJ. RA 7942 is the Philippine Mining Act of 1997 whose constitutionality was affirmed with finality by the SC.

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PALAY PROCUREMENT IN ORIENTAL MINDORO. Jaime Hadlocon, National Food Authority General Manager for Oriental Mindoro (center) has announced recently in a local press forum that palay procurement in the province has increased dramatically due to incentives such as the cooperative development incentive fee being offered by the government to farmers. With Hadlocon is Island Observer contributor Jerry Alcayde (left) and Joe Leuterio of the Mindoro Bulletin (extreme right).

Tawa-Tawa Bulaklak ng Saya

Kahit mahirap ang buhay dahil sa pandaigdigang krisis pangkabuhayan na nararanasan ngayon, harapin natin ang Taong 2009 na nakangiti.

Hindi magastos
MAY isang Pinoy na nagpunta sa China for business trip. Pagdating nya sa airport, nakakita siya ng magandang babae. Niyaya niya ito sa hotel at dun ay may magandang nangyari. (Alam mo na yun).

Makalipas ang isang linggo sumakit ang kanyang titi. Nagpatingin siya sa isang American doctor. Malubha na ang sakit mo, Monggolian ang tawag sa sakit mo at wala pang gamot diyari, sabi ng doctor. Ang tanging lunas daw ay putulin na ito.

Ang sagot niya sa doctor, "I will ask for a second opinion." Nagpunta siya sa Pinoy doctor. Ipinakita niya ang kanyang ari. Ni hindi nagulat ang Pinoy doctor.

Ang sabi nito, "Yan ang sakit na Monggolian at wala pang gamot dyan." Sagot niya sa Pinoy doctor, "Doc alam ko na yan. Yan din ang sabi sa aking ng American doctor walang gamot kung hindi puputolin ang titi ko.

Biglang tumawa ang Pinoy doctor. Ganyan lahat ang

U can send in ur jokes n dis corner.

American doctors, puro putol at opera para kumita lang sila ng malaki.

Tanong ng lalaki sa Pinoy doctor: "So doc, hindi na kailangan putolin ang titi ko?"

Sagot ng Pinoy doctor: "Hindi na kailangang putolin yan. Hintayin mo lang ang isang linggo at kusa na lang babagsak ang titi mo."

Pekeng DVD (daw)
Isang Mangyan ang bumili ng DVD sa vendor. Kinabukasan nagbalik ito para isoli ang binili.

"Bakit," tanong ng vendor. "Anong problema?"

Mangyan: "La picture, la pa sounds."

Vendor: "Ano bang title?"

Mangyan: "Lens Cleaner."

Tatay ko yan
Nagparamihan ng anak ang Amerikano, Hapon at Pilipino. Ginanap ito sa Areneta Coliseum with over 15,000 audience!

Emcee: Amerikano! 43 ang anak. Palakpakan ang mga tao.

Emcee: Hapon, 67 ang anak. Mas malakas ang palakpakan ng mga tao.

Emcee: Pilipino!
Sumigaw lahat ang tao sa Araneta nang sabay-sabay, "Tatay! Tatay! Tatay!"

Walang laman
Holdaper: Mamili ka... wallet mo o pasabugin ko ang utak mo?

Doro: Bahala ka, basta parehong walang laman yan.

Journalism schools to open in June

THE Department of Education and Culture will open in June pilot schools for journalism in the 17 regions to harness the journalistic potentials of students in high school, according to Jose Tuginayo Jr., education program specialist of the Bureau of Secondary Education.

He said that the four-year piloting of specialization in journalism of students with journalistic potentials follow the same program of training for special education, arts, science and technology that are already in place in several public secondary schools all over the country.

Tuginayo said the DepEd subsidizes accredited public schools with institutionalized specialization classes with P500,000 a year assistance.

The journalism specialization is the newest addition to the four existing special education trainings.

There will be one pilot school each region. Tuginayo said the pilot journalism special education will be given alongside the regular curriculum provided for the secondary education but would entail an additional two hours of classes for selected students who will be screened from among the students in the pilot schools.

He said the special journalism education will be institutionalized after the fourth pilot year when the DepEd would have enough data on its adoption.

Limit eating saturated fats, DOH urges public

AFTER announcing the release of a set of nutritional guidelines for fastfood establishments, the Department of Health (DOH) has also offered a list of nutritional tips for low-fat, low-salt and high-fiber diet to decrease the risk of non-communicable diseases such as diabetes, heart diseases and cancer.

Health officials said it is wise for consumers to limit intake of saturated fats as they increase the level of cholesterol in the body.

Saturated fats can be found in animal sources such as meat, internal organs, whole milk and milk products such as cheese and

THOUSANDS... (From Page 1)

said about 1,500 people found jobs in the construction sector just a few hours after the fair at the DPWH main office opened. Some 30 contractors participated in the fair.

Ebdane said the employment initiative was part of President



WELCOME TO MINDORO. An elderly barangay tanod welcomes United Opposition and Makati Mayor Jejomar C. Binay during the latter's recent visit to Occidental Mindoro. The opposition stalwart has been invited by the provincial government and school officials to talk on his program for education. Under Binay's leadership, the city provides free uniforms, school supplies and textbooks to primary and secondary public school students and heavily subsidized tertiary education at the city-owned University of Makati.

Photo courtesy of Makati Village Voice



MEDIA FELLOWSHIP. Press Secretary Cerge Remonde shakes hands with Juan P. Dayang, president of the Publishers Association of the Philippines (PAPI), after keynote address to the recent PAPI fellowship dinner tendered in his honor with media colleagues and friends at the Makati Sports Club in Makati City.

We are read worldwide. We send our copies to big associations of Mindoreños abroad through the electronic mail ...And now our Website is on test



We are centrally located in the province along the Strong Republic Nautical Highway at Brgy. G. Antonino (katabi ng Smart Tower),

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butter.

"Use poultry, fish and vegetables such as legumes, beans, peas, nuts and seeds to replace red meat whenever possible. Remove skin and all visible fat from meat or poultry before cooking. Cook on a rack so that fat will drain off," health officials said in their advisory released recently.

"Limit intake of egg yolk to two to three times a week and minimize frying foods. Avoid dripping and gravy because of its high fat content," they added.

Health officials recommend the use of corn, coconut, soybean, olive, canola and sunflower oil for frying.

Gloria Macapagal-Arroyo's program to mitigate the effects of the global economic crisis on the Philippines. The event is cosponsored by the Department of Labor and Employment, National Constructors Association of the Philippines and Philippine Constructors Association. (PIA-Calapan)