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## Queen gives top award to UK's health service workers, including Filipina nurse

**L**ONDON — Britain's Queen Elizabeth II on Tuesday awarded the George Cross to the state-run National Health Service (NHS) for its work over the past 74 years and praised its COVID-19 vaccine rollout.

The George Cross is the highest non-military award for gallantry bestowed by the British government.

The queen presented the medal to health leaders from across the UK. They were joined at the ceremony by frontline workers, who nursed the country through the pandemic.

The latter included May Parsons, the Filipina nurse who delivered the first shot of the world's COVID-19 vaccine rollout.

The nurse told the queen: "We're terribly, terribly proud of the vaccination roll-out."

"Yes, it was amazing," she replied.

Britain was the first country in the world to deploy an approved COVID-19 vaccine.

The 96-year-old head of state was joined by her son and heir Prince Charles at the ceremony in Windsor Castle, the queen's residence west of London.

She has stepped back from public duties since a bout of ill health last year left her with mobility issues but she appeared well on Tuesday, albeit in need of a walking stick.

Michael Vernon, the royal official responsible for organizing ceremonial events, praised the NHS for the work it has done since it was founded in 1948.

"Over more than seven decades, and especially in recent times, you have supported the people of our country with courage, compassion and dedication, demonstrating the highest standards of public service."

"You have our enduring thanks and heartfelt appreciation," he told the ceremony.

-Agence France-Presse **INQUIRER.NET**





# Pinoy tourist 'violently assaulted' in New York — PH consulate

## ADVISORY

076-2022

15 JULY 2022

### KABABAYAN REMINDED TO REMAIN VIGILANT WHEN IN NEW YORK CITY

The Philippine Consulate General in New York advises the Filipino Community to remain vigilant after an 18-year-old Filipino tourist from Cebu was reported to have been violently assaulted near the Philippine Center in Manhattan on Wednesday. In view of this incident, the Consulate reminds members of the Filipino Community as well as kababayan visiting New York to exercise the necessary precautions while on the streets or in the subways. Based on information received by the Consulate this afternoon, the victim was walking with three other Filipinos near the corner of 6th Avenue and 46th Street when he was assaulted. The Filipino sustained facial injuries from the beating he received from the suspect who was eventually subdued and turned over to authorities. This is the 41st incident since last year that involves a Filipino who was either a victim of a hate crime or incident or a criminal act. The Consulate is in touch with the New York City Police Department to get more information on the incident. It is unknown at this point if the incident was anti-Asian-hate-related.

**M**ANILA — A Filipino man was assaulted in New York City on Wednesday, the Philippine Consulate General has said.

It was unclear as of posting time if the attack was classified as a hate crime.

The Philippine consul-general in New York said an 18-year-old male tourist from Cebu was "violently assaulted" in Manhattan on Wednesday. He sustained injuries in the face after being beaten.

"It is unknown at this point if the incident was anti-Asian-hate-related," the statement read.

The tourist was walking with three other Filipinos near the corner of 6th Avenue and 46th Street. The suspect was "subdued and turned over to

authorities."

At the time the Philippine consulate posted the advisory, Philippine authorities in New York were coordinating with authorities on the matter.

"In view of this incident, the Consulate reminds members of the Filipino Community as well as kababayan visiting New York to exercise the necessary precautions while on the streets or in the subways," the advisory read.

"The Consulate is in touch with the New York City Police Department to get more information on the incident."

So far, the Consul-General has recorded 41 cases of Filipinos being victimized by "hate crime or incident or a criminal act."

**-ABS-CBN News**

## Marcos names Sabin Aboitiz as lead for Private Sector Advisory Council to help speed up economic development and transformation

**P**resident Bongbong Marcos recently requested Aboitiz Group CEO Sabin M. Aboitiz to organize and convene the Private Sector Advisory Council (PSAC). The council is composed of business leaders and experts who will be supporting the government in meeting its economic objectives across five main sectoral groups.

Designated sector leads include Aileen Uyongco-Ongkako for Agriculture, Sabin Aboitiz for Build, Build, Build and Tourism, Joey Concepcion for Jobs to Jobs, Henry Aguda for Digital Infrastructure, and Paolo Borromeo for Healthcare.

As the Aboitiz Group undertakes its own 'Great Transformation' journey from a legacy conglomerate into a 'techglomerate' of the future, Mr. Aboitiz responded to the President's call and expressed his full commitment to supporting the new administration's business and economic aims for the country.

"The close partnership between the public and private sectors will continue to deepen with the establishment



of PSAC under President Marcos. We are optimistic that by working hand-in-hand with the government to develop the five priority areas, we will see a revitalized economy that all Filipinos will benefit from," said Mr. Aboitiz.

to bring together several of the country's brightest and boldest business minds in order to create and strengthen innovative new synergies between the private and public sectors.

The newly established council pledges to help the government deliver on its commitment to transform the Philippine economy by implementing a robust infrastructure program, creating more jobs, digitizing processes, improving agricultural productivity through the recalibration of micro, small and medium enterprises (MSMEs), and ensuring an equitable, sustainable, and inclusive business landscape for Filipinos.

PSAC's sectoral groups will regularly report to the President to provide feedback on what is happening on the ground and will make recommendations on modern policy development. In accepting the role as PSAC convenor, the Aboitiz chief hopes

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# NATION NEWS

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## PH-China Launches Samal Island-Davao City Connector Project



It is all systems go for the design and build of Samal Island-Davao City Connector Project of the Department of Public Works and Highways (DPWH).

A launching ceremony of the bridge project to be funded by Official Development Assistance (ODA) from People's Republic of China (PRC) was held Wednesday, July 6, 2022 at the Department of Foreign Affairs (DFA) Main Office in Roxas Boulevard, Pasay City.

The scale model of the 3.98 kilometers Samal Island-Davao City Connector Project was formally unveiled by visiting Chinese State Councilor and Foreign Minister Wang Yi; Ambassador Huang Xilian of the People's Republic of China in the Republic of the Philippines; DFA Secretary Enrique A. Manalo; and DPWH Secretary Manuel M. Bonoan and Undersecretary Emil K. Sadain.

The event was also highlighted by the unveiling of commemorative plaque for Samal Island-Davao City Connector Project.

City.

This means faster travel time, less traffic gridlock and improved productivity affecting around 25,000 vehicles traversing these areas on a daily basis, added Secretary Bonoan.

The Samal Island-Davao City Connector Project seeks to enhance internal mobility and external linkages to support the economic and tourist growth potential of the local region.

The project is the first loan agreement of the Government of the Philippines and the People's Republic of China for an infrastructure project under implementation of DPWH Unified Project Management Office (UPMO) Operations.

A flagship project under the Build Build Build program, the Samal Island-Davao City Connector Project is a key Government-to-Government cooperation project between the Philippines and China. Implementation will be started this year 2022 and targeted for completion by 2027.



Underscretary Sadain, in-charge of DPWH UPMO Operations, said that the bilateral relations between the Philippines and China have significantly grown especially with the completion of the two (2) China-grant bridges namely Estrella-Pantaleon and Binondo-Intramuros Bridges which has become a landmark tourist attraction because of their aesthetic and iconic design.

With an indicative cost of ₱23.039-billion, Samal Island-Davao City Connector Project is envisioned as a modern bridge that will connect the Samal Circumferential Road in Barangay Limao, Island Garden City of Samal to Davao City in between R. Castillo-Daang Maharlika junction.

Crossing over Pakiputan Strait, Samal Island-Davao City Connector has a width of 24 meters and a vertical navigational clearance up to 47 meters and will also be supported by two (2) pylons with a height of 73 meters.



Secretary Bonoan said that the construction of toll-free, four-lane Samal Island-Davao City Connector is good news to commuters and motorists in Davao Region as it will connect in five (5) minutes the beautiful Island Garden City of Samal and the highly urbanized Davao



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## TRAVEL + LEISURE

**DOT's Philippine International Dive Expo (PHIDEX) returns to Manila next month**

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**M**ANILA — Time to gear up and get dive-ready as the Department of Tourism (DOT) stages the Philippine International Dive Expo (PHIDEX), the country's largest platform for the diving community, on August 19 to 21, 2022 at the SMX Convention Center in Pasay, Manila.

PHIDEX's third edition seeks to continue the narrative of conservation, community, and convergence within the diving community through the theme "Back into the Blue: One with the Sea".

The expo will also showcase the Philippines' readiness to welcome dive tourists from all over the globe, gathering local and international dive industry experts, dive tour operators, and partner dive businesses to share their ideas and experiences.

"The entry of international travelers is a welcome development that will lead to growth in the travel and tourism sector, restoration of jobs, and the generation of much-needed revenue for tourism-related enterprises and communities. We are optimistic that these economic benefits will also extend to dive destinations around the country. The country remains a leading dive destination,

which tourists all over the world are eager to visit after a long wait of two years," said Tourism Development Undersecretary Woodrow C. Maquiling, Jr.

"The DOT hopes to encourage divers to practice sustainability every time they dive to preserve the country's seas. Sustainable diving practices are a huge part of the reason why the country's dive destinations continue to operate despite challenges brought by the pandemic," Undersecretary Maquiling added.

PHIDEX is the only dive show in the world that combines in one event a Dive Travel Exchange (TRAVEX), a business-to-business (B2B) meeting program for local and international dive operators, dive conference and seminars, and familiarization tours to top and emerging Philippine dive destinations. Exhibition booths will showcase dive resorts and centers in different destinations, as well as top-rated dive gear and equipment.

Through conferences, participants will also have a chance to learn about new dive destinations developed during the pandemic, product updates from key dive destinations, as well as up-to-date underwater photography gear showcases. International dive operators will also get to inspect and assess top and emerging dive

destinations such as Anilao, Bohol, Camiguin, Coron, Dumaguete, Malapascua, Moalboal, Puerto Galera, Southern Leyte, and Ticao Island through familiarization tours.

At least 100 local and international dive buyers and media from the Philippines, US, France, Italy, Spain, Germany, Korea, Japan, Thailand and Singapore, are expected to attend the expo. Meanwhile, activities such as Dive TRAVEX and Dive Conference will be accessible online for participants unable to attend due to international border restrictions.

Registration as consumer and trade visitors and exhibition booth reservation will open on June 24, 2022 through <https://register.phidex.asia/>. For more information regarding the PHIDEX activities, follow Dive Philippines on Facebook (<https://www.facebook.com/DOTdivephilippines>) and Instagram (<https://www.instagram.com/dotdivephilippines/>) or email the PHIDEX Organizing Committee at [phidex@tourism.gov.ph](mailto:phidex@tourism.gov.ph).





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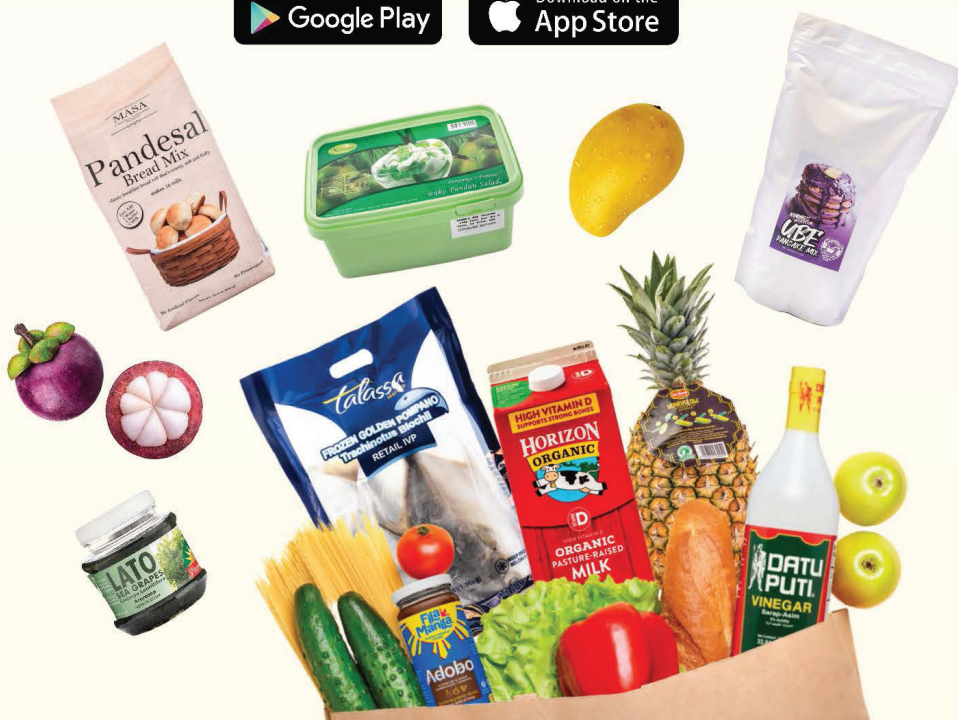


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# HEALTH & WELLNESS

## Here's Why It's Important to Keep Your Lungs Healthy and How You Can Do It

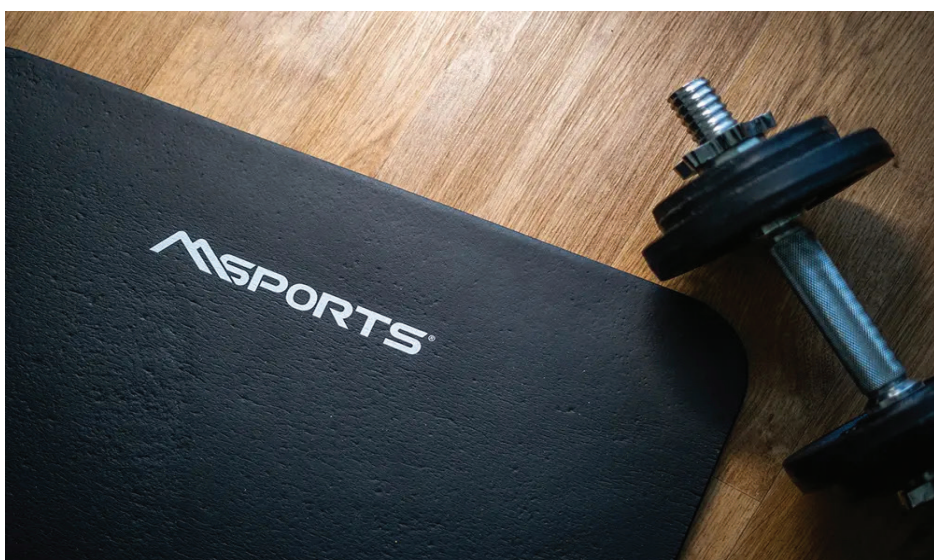
**T**he COVID-19 pandemic has shown us how important it is to keep our bodies healthy. A healthy body means a stronger immune system, which protects us from infection and diseases. We've all heard about how to protect our hearts, our vision, and our mind. Today, we're going to talk about how we can protect our lungs.

First off, why should we protect our lungs?

Simply put, healthy lungs help us live. The lungs provide oxygen in our bodies and we'll have a hard time breathing if they are damaged. Our lungs also keep other organs functioning by taking carbon dioxide out of our bodies. It's true that lungs lose their strength as we age and that things like genetics, disease, and the environment can affect them. There are, however, still ways for us to care for this important organ.

If you want to make sure you can do your daily tasks without running out of breath, consider these tips below:

### Exercise



Many of us know the benefits of working out: it helps maintain your weight, keeps your heart healthy, and improves your brain health. An underrated benefit is that it's good for the lungs. Regular exercise makes the lungs more efficient. That's because they work harder when you work out and your heart beats faster.

### Don't smoke



If you're a smoker, quit soon. According to the National Health Service in the United

Kingdom, smoking is the single biggest risk factor for lung cancer and is responsible for 70% of cases. Cigarettes have thousands of chemicals, many of which damage the lungs. Smoking increases mucus which makes it harder for the lungs to clean themselves. It also makes airways narrower, resulting in difficulty in breathing.

### Avoid pollutants



Pollutants such as smog, cigarette smoke, and emissions from cars can damage the lungs. It's impossible to avoid these things especially when outdoors, but changes at home can ensure that exposure to pollutants can be minimized. Try to avoid secondhand smoke, dust, and synthetic air fresheners and candles that may have chemicals. Make sure that homes are ventilated to keep the air fresh.

### Invest in supplements



There are supplements for our vision, our hearts, and our nerves, so it's no surprise that there are also products good for our lungs. To keep your lungs in tip top shape, invest in a good supplement. We're currently using Lunguard®, a natural daily vitamin for lung immunity. It has the award-winning U.S. patented Snow Pear young fruit extract, mixed with nine natural herbs and botanicals. Together, they boost lung immunity, enhance lung function, and improve breathing. What we like about Lunguard is that it's chewable, which reminds us of the flavored multivitamins we used to take as kids. The lemon mint flavor is cool, too!

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**-KOJI ARSUA**





## Taal Volcano lowered to Alert Level 1 as unrest eases further

**M**ANILA, Philippines – Taal Volcano was further downgraded from Alert Level 2 to Alert Level 1 on Monday morning, July 11, indicating low-level unrest.

The volcano in Batangas had been under Alert Level 2 since April 9, or for around three months. Before that, it was at Alert Level 3 for two weeks.

### Why the downgrade?

The Philippine Institute of Volcanology and Seismology (Phivolcs) said in a bulletin on Monday that it observed an “overall decrease in the level of monitoring parameters.”

The daily average of volcanic earthquakes dropped from seven per day between January 1 and May 31 to zero since June 13. This means that “degassing and rock-fracturing processes related to magmatic activity beneath [Taal Volcano Island] have abated” and that the possibilities of magma rising to the main crater have “significantly decreased.”

The ground deformation of the Taal Caldera and Taal Volcano Island edifices stabilized.

Sulfur dioxide emissions averaged 1,214 tons per day



between May and July, with the latest emission rates falling to 237 tons per day.

The emission of steam-rich plumes became weak. “The last significant activities from the main crater were phreatomagmatic bursts” on February 2 and 10, and on

Residents of high-risk areas in Batangas should also stay vigilant and ready “for a quick and organized evacuation” in case needed.

March 26.

### What's next?

Despite the downgrade, Phivolcs warned the public that Taal Volcano is still in an “abnormal condition.”

Alert Level 1 “should not be interpreted that unrest has ceased or that the threat of an eruption has disappeared,” the agency said.

Under Alert Level 1, the following may still occur:

- sudden steam-driven or phreatic explosions
- volcanic earthquakes
- minor ashfall
- lethal accumulations or expulsions of volcanic gas

If Phivolcs observes increasing unrest, Taal Volcano could be raised to Alert Level 2 again. If volcanic activity declines further, it may be lowered to Alert Level 0, the lowest.

Phivolcs reiterated that entry into Taal Volcano Island “must remain strictly prohibited.”

– [Rappler.com](https://www.rappler.com)

## Death of ‘Abenomics’ father may give Japan scope to curb stimulus

**T**OKYO, Japan – The death of Shinzo Abe, namesake of Japan’s “Abenomics” policy, makes any immediate challenge to his legacy highly unlikely but could eventually allow Prime Minister Fumio Kishida to phase out Abe’s government spending and monetary stimulus.

In a rare act of political violence that shocked the nation, Japan’s longest-serving prime minister was gunned down on Friday, July 8, while campaigning for the parliamentary election on Sunday, July 10, where his party’s coalition expanded their upper house majority.

Kishida is unlikely to do anything immediately that could antagonize lawmakers loyal to Abe, who led the biggest faction in Kishida’s Liberal Democratic Party (LDP) after stepping down as premier in 2020, analysts say.

But ultimately his absence and the LDP’s victory in Sunday’s election, helped by an Abe sympathy vote, could give Kishida political capital to change policy course.

Kishida’s LDP-led conservative coalition was set to increase its majority in the upper house in the election two days after Abe’s assassination.

People close to Kishida have said the premier and his aides want to move toward normalizing fiscal and monetary policies and gradually whittle down the Abenomics experiment launched nearly a decade ago.

“There likely won’t be a quick reversal of Abenomics, or an exit from ultra-loose monetary policy,” said Koya Miyamae, senior economist at SMBC Nikko Securities.

“In the long run, however, the Bank of Japan must consider some form of tweak to its monetary policy given problems such as the weak yen,” he said. “That will mean former or incumbent BOJ executives will remain strong candidates as next central

bank governor.”

Kishida, who belongs to a smaller LDP faction, remained under pressure from Abe and his supporters to maintain massive stimulus and choose a reflationist dove as the next BOJ governor in April.

Abe’s absence could change the balance of power within the party, diminishing the influence of advocates of big government

The BOJ’s massive stimulus, driven by Governor Haruhiko Kuroda, helped reverse a relentless yen rise that hurt Japan’s exporters, boost stock prices, and improve business sentiment. Economists, however, criticized a lack of a credible growth strategy and reforms to help the economy shift sustainably into higher gear.

told a television program on Sunday.

Eventually, Kishida may seek to dial back some of the radical monetary experiments put in place by Kuroda, which has strained financial institutions’ profits and crippled pricing in the bond market.

Kishida’s administration was forced to water down Japan’s budget-balancing commitment after fierce pushback from Abe and his allies. Abe’s death could pave the way for Kishida to focus more on efforts to rein in Japan’s government debt burden, the biggest in the industrial world.

“Abe was a flag-bearer of those who support fiscal expansion. Those people lost their driving force,” said Mikitaka Masuyama, professor at the National Graduate Institute for Policy Studies. “I would not say Kishida’s position within the party is rock solid, but he is now more likely than before to have better control over the party.”

While the BOJ is unlikely to reverse ultra-loose monetary policy anytime soon, the fading influence of pro-growth lawmakers could also affect Kishida’s choice of BOJ governor.

The prime minister has the final say in who will succeed Kuroda, handpicked by Abe to deploy a monetary bazooka to eradicate deflation, when his second five-year term ends.

Masayoshi Amamiya and Hiroshi Nakaso, career central bankers, are considered among strong candidates, with Amamiya seen as taking a more dovish stance than Nakaso – who had cautioned about the drawbacks of prolonged monetary easing.

“Abe was said to have favored a reflationist-minded person head the BOJ. The change in the ruling party’s power balance could affect the choice of BOJ governor,” said Aoki of UBS Sumi.

– [Rappler.com](https://www.rappler.com)



spending and ultra-loose central bank policies.

“Abe led a group of reflationist-minded ruling party lawmakers favoring big spending, so his absence will have a huge impact on the party’s power balance,” said Daiju Aoki, chief Japan economist at UBS Sumi Trust Wealth Management.

Power balance shift

Backed by huge public support for his campaign to pull Japan out of chronic deflation, Abe deployed in 2013 his “three arrows” – aggressive monetary easing, flexible fiscal spending, and a long-term growth strategy.

So far, Kishida has stuck with Abenomics, deploying big spending packages to cushion the economic blow from the COVID-19 pandemic and recently to soften the impact of soaring energy and raw material costs.

He has also endorsed the BOJ’s ultra-low interest rate policy, even as other central banks raises rates, sending the yen to two-decade lows.

“When we look at Japan’s gross domestic product, corporate profits, and job conditions, it’s clear Abenomics has produced great results. What’s important now is to generate wage growth,” Kishida



# "Darna" official trailer earns 4 million views in less than 24 hours



**T**he official trailer for ABS-CBN Entertainment's much-awaited series, "Mars Ravelo's Darna," officially dropped Thursday (July 7) night, raking in over 4 million views across social media platforms and earning praises from netizens who exclaimed the series is truly "worth the wait."

The over 3-minute clip earned over one million views on Facebook four hours after launch and continues to generate clicks with over 3 million views in less than 24 hours after the premiere. It also has over 700,000 views on Twitter and another 700,000 views on YouTube as of writing.

The much-anticipated trailer gave a peek into Jane De Leon's younger life as Narda, her training under her mother and First Darna Leonor, played by Iza Calzado, and her journey towards

becoming the iconic Pinay superhero. The hashtag #DarnaTrailer meanwhile immediately topped Twitter Philippines' trending list and has continued to trend the following day. Other keywords related to the show also trended, such as Joshua Garcia, Janella and Valentina, and Iza Calzado.

Positive reactions from netizens likewise dominated social media upon the trailer's release. Twitter user @lovemehorhateme said, "Ganda... pinaghandaan tlga... worth it sa paghihintay sa #Darna." Another Twitter account, @pcspaule, posted, "Iba din ang #DarnaTrailer. Aabangan ito. Jane De Leon is perfect for the role, galing ng casting. Ang Iza Calzado, wow!"

Over on Facebook, the trailer's visuals generated praises. KPex Official said, "All the hype leading to this trailer makes sense. The cinematic visuals, the intense drama, the handsomely-

choreographed action sequences, & the entire new vision of this new adaptation simply make Darna extraordinary."

Netizens on YouTube also gave the trailer thumbs up and even commended the character of Narda that the trailer teased. Master Bait commented, "Narda pa lang palaban na... not the usual Narda na mahirap, mahina, may kapansanan...the modern Narda . . . And this series really gives our frontliners their time to shine!"

A day before the trailer dropped, netizens similarly hailed the "Hollywood-like" Darna teaser poster for drawing heightened anticipation to the show. Dan Ramirez wrote on Facebook, "Can we talk about this Hollywood caliber poster??? ABS-CBN ate and left no crumbs???? The Darna silhouette??? The snake foreshadowing Valentina??? The ruins

resembling Darna's head dress?!?!"

The series, helmed by Master Director Chito S. Roño, Avel Sunpongco, and Benedict Mique under ABS-CBN's JRB Creative Production unit, is set to premiere in August.

Meanwhile, Jane is set to take flight in TOYCON PH 2022 alongside co-stars Joshua Garcia and Zaijian Jaranilla. They will grace the last day of the event this Sunday (July 10), 2:30 pm at the Megatrade Hall of SM Megamall.

Catch the latest updates on "Darna," follow JRB Creative Production on Facebook and Twitter @JRBcreativeprod and on Instagram @JRBcreativeproduction. For other news on ABS-CBN, follow @absnpr on Facebook, Twitter, TikTok, and Instagram or visit [www.abs-cbn.com/newsroom](http://www.abs-cbn.com/newsroom).



## "Lunch Out Loud" and "It's SHOWTIME" go back-to-back to bring noontime entertainment on A2Z, Kapamilya Channel, and TV5

Double the fun and surprises from ABS-CBN Entertainment, Brightlight, TV5, Zoe Broadcasting Network, and TV5



**F**ilipino viewers are getting twice the fun and entertainment every day at noon as "Lunch out Loud" and "It's SHOWTIME" air back-to-back on A2Z, Kapamilya Channel, and TV5 starting July 16 (Saturday).

A new viewing experience awaits viewers who will enjoy four hours of noontime entertainment, beginning with "Lunch Out Loud" from 11 am until 12:45 pm, followed by "It's SHOWTIME" from 12:45 pm until 3 pm.

The tropang LOL will enjoy the fun and games in

"Lunch Out Loud" that will surely brighten their days, such as "H.O.P.E." dating game, "Maritest" showbiz quiz, "Beat The 2" battle of the wits, "Pera Usog" cash prizes, and "Sagot Mo, Sagot Ko" that fulfills viewers' wishes.

"It's SHOWTIME" will also continue to bring happiness and hope as the noontime companion of the Madlang Pipol. For the past 13 years, viewers have proudly witnessed the incredible talent of Filipinos through "Tawag ng Tanghalan." The show also brings out delightful, heartwarming, and inspiring stories of contestants in

various segments like "Sexy Babe," "ReINA ng Tahanan," "Miss Q and A," and "MiniMe." The fun and camaraderie of the hosts of "It's SHOWTIME" will continue to be felt as they remain committed to serving our Kapamilya, Ka-A2Z, and Kapatid audiences.

The collaboration among ABS-CBN Entertainment, Brightlight Productions, Zoe Broadcasting Network, and TV5 provides Filipino viewers with more fun and entertainment and brings an extended and enjoyable midday TV viewing experience.

**ABS-CBN**

## iWantTFC explores the foibles and follies of YOLO in the new summer series, "Beach Bros", starting July 16

**S**AN FRANCISCO, CA, July 14, 2022 – "YOLO – You Only Live Once". Chill, Drake, you did not invent the acronym, you just popularized it via "The Motto" in 2011. But reality TV personality Adam Mesh in 2004 and celebrated indie group The Strokes in 2006 had already mentioned YOLO in their respective works. In fact, as early as 1993, a company selling t-shirts, tank tops, hats and sweaters filed an application to obtain a trademark for YOLO but abandoned it a year later.

The history goes farther back, but you get the point: YOLO is not a new concept but has countless iterations. Generations of people have found allure (and many times, regret) in living only in the present and doing your best to have fun with what life presents you. And they have expressed this mindset in multifarious ways.

iWantTFC, the leading global Filipino streaming platform, explores YOLO circa 2022 among a group of male Filipino teens in its new original summer series, "Beach Bros", coming out on July 16.

The series boasts of breakout stars Kyle Echarri and Chie Filomeno from the hit series, "Pinoy Big Brother Kumunity Celebrity Edition". Joining them are promising young talents Brent Manalo, Raven Rigor, Sean Tristan and Lance Carr with Kira Balinger and Angelica Lao.

The male talents comprise the "Baler Boys" in the series -- a group of happy-go-lucky young guys who work hard (and have fun) as waiters and pool boys at a luxury beach resort to fulfill their dreams of moving to the big metropolis and living life to the fullest. Then they meet the young ladies with complicated backgrounds



who seem determined to out-YOLO them all.

The boys' lives will change when they get entangled in the affairs of Nicole (Chie), an alluring, mysterious young woman who will seemingly help them navigate through their teenage crises.

As Nicole gets closer to the boys, especially to Dave (Kyle) who falls in love with her, they will soon find out that Nicole has a hidden agenda all along.

The boys will find themselves going on a crazy adventure as a series of revelations, betrayals, and mishaps ultimately test their maturity, and most importantly, their friendship.

They will also discover that the better part of YOLO is not to live your life recklessly, but extraordinarily.

"Beach Bros," which is directed by Victor Villanueva, will be available for free streaming on the iWantTFC app (iOS and Android) and website (iwanttfc.com) beginning this July 16, available with a Premium subscription for only \$12.99 a month in the U.S. New eligible users can also enjoy a free trial.

Watch iWantTFC on a larger screen with select devices, including VEWD, ROKU, and Amazon Fire streaming devices, Android TV, select Samsung Smart TV models, Telstra TV (in Australia), and VIDAA in select countries. Additionally, iWantTFC is available via Chromecast and Airplay.

Visit <https://iwanttfc.com/help#tfc-on-smart-tv> for a complete list of compatible devices, sign-in instructions, and account activation.

For updates, like [www.facebook.com/iWantTFC](https://www.facebook.com/iWantTFC) and follow @iwanttfc on Twitter and Instagram and subscribe to [www.youtube.com/iWantTFC](https://www.youtube.com/iWantTFC). For inquiries and concerns about the service, users can also send a message on iWantTFC's Facebook page or e-mail [support@iwanttfc.com](mailto:support@iwanttfc.com).

**-NERISSA FERNANDEZ**



# “PBB” alumni step up to showcase acting chops for Star Magic’s 30th anniversary

STAR MAGIC VENTURES INTO MOVIE MAKING WITH DEBUT FILM “CONNECTED”



**S**tar Magic continues to shine brighter as it celebrates its 30th anniversary by producing its first movie titled “Connected” featuring popular reality TV stars from recent seasons of Pinoy Big Brother, which will be streaming starting July 22 (Fri).

Top billed by former “PBB” housemates Amanda Zamora, Chico Alicaya, Gail Banawis, Ralph Malibunas, Kobie Brown, Andi Abaya, and Richard Juan, “Connected” is a youth-oriented movie that tackles young love and the struggle to combat feelings of isolation in a connected world.

The former “PBB” housemates will star as seven young adults with different personalities, but are all looking for attention, a sense of purpose, and love.

“Connected” will also serve as the realization of Star Magic Studios’ vision to produce movies that will showcase its stars’ talents. In February 2022, Star Magic and ABS-CBN Entertainment Production head Laurenti Dyogi mentioned Star Magic Studios as one of the exciting plans for Star Magic’s 30th year.

Theodore Boborol, the director of “Vince & Kat & James,” “Finally Found Someone,” and “Just The Way You Are,” returns with “Connected,” his first film since “James & Pat & Dave” in 2020.

How will fate bring their hearts together?

Don’t miss “Connected” by streaming it on KTX, iWantTFC, TFC IPTV video-on-demand, and SKY Cable pay-per-view distributed by Cine Express starting July 22. Don’t miss the cast of “Connected” during their mall shows in Robinsons Metro East (July 9), Robinsons Galleria (July 10), SM Las Pinas (July 16), Robinsons Antipolo (July 17), and Robinsons Las Pinas (July 23). Fans can also catch the red carpet premiere of the movie on July 21 at (venue) or stream it live via Kumu.

Star Magic has been the home and training ground for the biggest and brightest names in Philippine entertainment for three decades. It has provided workshops in acting, dance, art, script appreciation, styling, voice production, as well as physical fitness training in order to develop disciplined, well-rounded and world-class performers. Star Magic artists are also encouraged to use their influence for good by supporting ABS-CBN Foundation’s advocacies.

Follow @StarMagicPhils on Facebook, Twitter, and Instagram and subscribe to the Star Magic official YouTube channel for latest updates on Star Magic’s upcoming events and collaborations for its 30th anniversary.

For more news on ABS-CBN, follow @ABSCBNPR or visit [www.abs-cbn.com/newsroom](http://www.abs-cbn.com/newsroom).  
**-NERISSA FERNANDEZ**





# SPORTS NEWS

## Magsayo seeks knockout in first world title defense

MANILA, Philippines – Mark Magsayo said he's ready to knock Rey Vargas out in their battle for the World Boxing Council (WBC) featherweight belt on Saturday, July 9 (Sunday, July 10, Philippine time) at the Alamodome in San Antonio, Texas.

"I've worked on a lot of different things with Freddie Roach to make sure that we're ready for anything Vargas brings. If he wants to come toe-to-toe as he said, then I'm ready to end this fight with a knockout," said Magsayo, who is defending the 126-pound crown for the first time.

"He always goes backward all fight. I hope this coming fight he's not gonna run too much. There's gonna be a knockout if he's not gonna run too much," promised Magsayo, who totes a 24-0 card with 16 knockouts.

The Mexican challenger responded with swagger.

"I have an ace up my sleeve, and when that happens, I'm tearing his head off. His confidence may be in the clouds, but the fall is going to hurt," said Vargas, the former WBC super bantam champion, who's 35-0 with 22 knockouts.

"Magsayo may want to exchange blows so badly because that may be the only thing he knows how to do. He doesn't know how to fight otherwise. We will dominate him and take the belt."

More experienced, taller and longer, Vargas has been



installed the slight pick (-115) to beat Magsayo (+100). Meaning a \$115 bet on Vargas earns \$100. For Magsayo it's even, \$100 for \$100.

At 5-foot-10 1/2, Vargas towers over Magsayo by 4 1/2 inches and enjoys a 3-inch reach advantage.

That's why MP (Manny Pacquiao) Promotions president Sean Gibbons made sure Magsayo got tall spar mates at Hall of Fame trainer Freddie Roach's Wild Card Gym in

Hollywood.

Roach tapped 5-foot-8 1/2 Juan Carlos Burgos, 5-foot-9 Eduardo Baez, 5-foot-11 Bryan Chevalier, and 5-foot-10 Dominique Crowder to emulate Vargas' style.

Manning Vargas' corner is the legendary 82-year-old Nacho Beristain.

Power-wise, Magsayo has the edge with a 66.66 knockout percentage. Although Vargas isn't too far behind with a 62.85 knockout rate, it must be pointed out that the Mexican has failed to stop an opponent in his last seven fights.

In contrast, Magsayo stopped Pablo Cruz and knocked out Julio Ceja, respectively, before grabbing the title from Gary Russell last January 22.

During the official weigh-in on Friday, Magsayo showed he is determined to dispose of Vargas, making a quick slit-throat gesture before they left the stage. They both checked in at 125.5 pounds.

Magsayo is the lone Filipino boxing champion left following Nonito Donaire's knockout loss to Naoya Inoue in their bantamweight unification rematch in Saitama, Japan on June 7, and Rene Mark Cuarto's split decision loss to Daniel Valladares in their International Boxing Federation (IBF) minimumweight title fight in Nuevo Leon, Mexico on July 1.

– [Rappler.com](https://www.rappler.com)

## Bolden's second half show keeps Pinays unbeaten in AFF

**M**ANILA (UPDATED) – Playing from behind for the first time in the tournament, the Philippine women's national football team produced an emphatic response to clobber Indonesia, 4-1, on Sunday night at the Rizal Memorial Football Stadium.

A howler by veteran goal-keeper Inna Palacios saw the Filipinas give up their first goal of the 2022 AFF Women's Championship, as Carla Bio Pattinasarany pounced on a stunning error by the Filipina No. 1 to put Indonesia ahead in the 38th minute.

But the Filipinas showed tremendous resolve and came back with renewed energy in the first half, where they put four goals into the back of the net to take the fight out of the Indonesians. The star of the show was Sarina Bolden, who netted a hat-trick much to the delight of the 1500-strong crowd at the Rizal Memorial.

"You have to give credit to Indonesia," said Philippines coach Alen Stajcic after the match. "They deserved the lead at halftime. They looked hungrier, their counter-attacks were threatening."

"But for us not to play our best game, and to come back in the second half and show our resilience is a really good quality," he added. "It's amazing resilience from the group, and in that respect, I'm really happy."

With the win, the Filipinas now have 12 points from four matches in Group A, and are safely through to the semifinals of the AFF tournament.

Stajcic made three changes at the half, sending in Katrina Guillou, Jaclyn Sawicki, and Sara Eggesvik. The switch paid off almost immediately: playing at a faster pace, the Filipinas dominated possession early and it paid off with a strike from skipper Tahnai Annis that leveled the match in the 48th minute.

From there, the Filipinas were on a roll. Eggesvik continued her fine form, finding Bolden with a

superb cross to put the PWNFT ahead, 2-1, in the 57th. Seven minutes later, it was Sawicki's turn to swing in a ball for Bolden for another strike that beat Indonesia's Prihatini.

Bolden didn't have to wait long for her hat-trick: off a counter-attack, her initial attempt was rebuffed by the Indonesia 'keeper, but the striker would not be denied as she was first to the rebound and put it in the back of the net for 4-1.

"It's really special," Bolden said of scoring a hat-trick. "It's not every day that you get a hat-trick at home. I'm really proud of that, and really proud of my teammates for not giving up."

Bolden took her tally to 14 international goals for the Philippines. She now has five in the tournament, tying her with Australia's Amy Sayer in the Golden Boot race.

The Filipinas will wrap up their Group A schedule against Thailand, in a match that will decide their seeding for the semifinal.

Thailand currently have 10 points after routing Malaysia, 4-0, at the Binan Football Stadium.

Earlier Sunday, Australia kept its hopes of making the semifinal alive after beating Singapore, 4-1, also at the Rizal Memorial.

– [Camille B. Naredo](https://www.rappler.com)

ABS-CBN





# TRENDING & FEATURES

## “I Am Not Going to Die Yet”: Enrile Tests Positive for COVID-19

**J**uan Ponce Enrile announced on Facebook yesterday (June 27), that he tested positive for COVID-19. He addressed not only his online friends but also his critics and foes. “To all my FB friends, critics, and enemies: Please bear with me. I am in the hospital. To my critics and enemies: Do not clap with glee. I am not going to die yet. Far from it. God gave me very good doctors. He [wants] me, I humbly think, to stay here for some time more to engage you to help clear and clean up, if possible, your distorted narrative of our history for the benefit of the uninformed innocent people,” Enrile wrote.

Born in 1924, Enrile is now 98 years old. Apparently, he has tested positive for COVID-19 and has been confined at the Makati Medical Center for quite a while now. “Since three (3) days ago, after I entered Makati Med, when I was diagnosed ‘positive’ for COVID virus, I never had



any discomfort. No chills. No fever. No headache. No malaise. My body temperature ranges from 36 [degree Celsius] to 36.8 [degree Celsius]. My body oxygen ranges from 96 to 99. All my physical vital signs and blood chemistry readings were normal. The only thing I had was dry intermittent, sometimes intense, coughing. The CT-SCAN showed that I had mild COVID-19 pneumonia,” he shared.

Enrile is the incoming Presidential Legal Counsel for President-elect Ferdinand Marcos Jr. However, he has asked permission to skip the inauguration on June 30. He stated, “I informed the Executive Secretary the Hon. Victor E. Rodriguez, about it and requested him to inform the President and ask him that I, be excused from attending the oath-taking ceremonies of the President and the Vice President on June 30th at noon because I will still be in the hospital by then to complete the Anti-viral regimen prescribed by my doctors.” During the term of Ferdinand Marcos Sr., Enrile was justice secretary and defense minister.

**-GIZELLE CAOILE**

## Disqualified Miss Philippines Earth Contestant Due to Height Clarifies Org’s Decision

**M**iss Philippines Earth has disqualified three candidates ahead of finals night after failing to meet the minimum height requirements.

The three candidates were Michele Angela Okol of Surigao Del Norte, Cess Cruz of Antipolo City, and Renee Coleen Sta. Teresa of Batangas. They were still able to participate in the preliminary competitions but had been booted out of the competition only a day prior to the announcement of the Top 20 finalists.

It was Michele Angela who had been disqualified first, revealing the Miss Philippines Earth organization’s decision in a social media post.

“Many have been sending messages and well wishes regarding the Top 20 announcement for Miss Philippines Earth tomorrow. However, I, unfortunately, have to tell you all that I will no longer be able to push through with this journey,” she began.

“My family, team, and I have worked hard to build up all the materials and requirements for this pageant since earlier this year. However, we seem to have forgotten about one factor – my height. I was told that my height does not fit their pageant’s standards and that their organization would get bashed if they let someone below 5’4 push through the Top 20, hence, being grounds for disqualification. Had we been measured earlier on and that this was the case, it would have been much easier to figure out what to do since we’ve already prepared all that was sent as requirements for both our online and face-to-face competition. Nevertheless, I hold nothing against Miss Philippines Earth’s environmental advocacies and queens, and I am still grateful for the opportunity given to me.”

Many netizens proceeded to criticize the

MPE organizers for the decision. Michele Angela then released a separate statement in the comments section to clarify the disqualification and to defend the organizer on their ruling.

“I have nothing against being disqualified because when we measured before the pageant, what our team saw on our end was very close to 5’4, and honestly decided to

and the other girls affected by this. Furthermore, my team and I are personally affected by the manner in which it was explained to me. I will no longer disclose more details on that except for what I have written in my previous statement.”

She then noted that she has “nothing against what Miss Philippines Earth stands for” and hopes that everyone would focus their attention

I’m ineligible before the announcement of the Top 20 delegates tomorrow, is disheartening. I deeply apologize for not meeting everyone’s expectations, and I respect their final decision. Nevertheless, I wish my fellow eco-sisters the best, and may the best woman bring honor to our country! I will be supporting them from afar,” she added.

Ayn Bernos, who competed alongside Michele Angela in the Miss Universe Philippines 2021 pageant, called out the organizers for “rejecting” the contestants “for something out of their control.”

“I find it ironic that an organization claiming to advocate for the flora and fauna of the Earth can’t hold the same compassion towards the women that walk their stage and promote their cause. How many more years of this – limiting the opportunities of women simply because of GENETICS? Because of what’s NATURAL to them?” she expressed. “Angela is a beautiful, intelligent, and compassionate soul, and she deserves her hard work to be recognized. She deserves respect.”

Miss Philippines Earth organizer Lorraine Schuck soon after released a statement to ABS-CBN News standing firm on their decision.

“I am sad at nakakahinayang talaga kasi ang gaganda nila (and it’s such a shame because they’re so beautiful) and they’re bright but we also have to be fair with other candidates who have complied with the requirements,” she stated.

**-THERESE ASEOCHE**



round up (of course, now that I’m no longer in the running – this has been proven otherwise on their side). Expecting that there would be a screening process, we patiently waited for the organization’s reply. We didn’t expect it to be an initial online screening, too; thus, I take account for overlooking this matter with the organization when I officially got accepted,” she said.

“We just wish the matter was settled sooner, even before the pre-pageant activities started, saving us all time, effort, and resources. It is a genuine concern, which I believe is valid for me

on supporting the Miss Philippines Earth finalists.

Meanwhile, Cess Cruz revealed that she had been disqualified for measuring 5’3.5” despite being measured at the minimum 5’4” in her past commercials and projects. “I am still at a loss for words as this is my first national pageant, and I tried—did my best, and have come this far. It was the advocacy of Miss Earth that inspired me to put my passion for environmental change into action. The time, costs, and efforts I’ve dedicated up to now, only to be told that



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English, Tagalog, and Ilocano - Speaking

"Immigration cases only"



## GINATAANG SITAW AT KALABASA WITH CRABS RECIPE

**T**here's Ginataang Sitaw at Kalabasa is a vegetable dish composed of Calabaza squash and string beans. The vegetables are cooked in coconut milk or coconut cream.

Different kinds of seafood — sometimes meat is used to cook this dish to add more flavor. There are many different variations of Ginataang Sitaw at Kalabasa, but this one is my favorite — because of the crabs. I like this dish better with alimasag (blue crabs); the flavor of the crabs blends well with the vegetables and coconut milk.

Everytime I cook this vegetable and crab recipe, I make sure to cook an extra cup of rice because the wonderful flavor of this dish always increases my appetite. I must control my rice intake though, so I limit myself to 2 cups of rice.

### INGREDIENTS:

- 4 lbs fresh blue crabs alimasag
- 1 lb squash calabaza, sliced into cubes



- 1 bunch string beans about 3 to 4 cups, cut into 2.5 inch length
- 3 1/2 cups coconut milk
- 1 1/2 tablespoons fish sauce
- 1 teaspoon ground black pepper
- 1 medium onion sliced
- 2 teaspoons garlic minced
- 2 tablespoons cooking oil

### INSTRUCTIONS:

1. Heat a cooking pot and pour cooking oil.
2. Saute garlic and onion.
3. Add fish sauce and coconut cream, and then let boil.
4. Put-in the ground black pepper, and then cook for 10 minutes in medium heat until the liquid reduces.
5. Put-in the crabs and stir.

Cook for 10 minutes.

6. Add the squash (kalabasa) and cook until the squash becomes a little soft.
7. Add the string beans, stir, and cook for 3 to 5 minutes.
8. Turn the heat off and transfer to a serving plate.
9. Serve with hot steamed rice.
10. Share and enjoy!

**Panlasang Pinoy**

### Blessings

Ang dami plang blessngs kpag tumatanda! May SILVER sa buhok GOLD sa ipin STONES sa kidney SUGAR sa dugo OIL sa mukha GAS sa tiyan! At plake sa PUSO...!

### Till Death Do Us Part

a married couple died in a car crash... in heaven, wife sees her husband w/ another girl... wife: "what r u doing w/ that girl?" husband: "huh! it was only 'til death do us part di ba?"

### Pang8 Pag Walang B-Pen

pag walng bolpen, wlang notes  
pag walng notes, wlng pag aaral  
pag wlng pag aaral, wlng diploma  
pag walng diploma, wlng trabaho  
pag walng trabaho, walng pera  
pag walng pera, walng pagkain

## JOKESPINOY

BY: [WWW.JOKESPINOY.COM](http://WWW.JOKESPINOY.COM)

pag walng pagkain, magugutom ka  
pag nagutom ka, papayat  
pag pumayat, papang8 ka  
pag pumang8, wlng syota  
pag walng syota, walng asawa  
pag walng asawa, wlng anak  
pag walng anak, madidipres ka  
pag na depres ka, makakasak8 ka  
pag nagkasak8, mamatay ka  
pag namatay ka, wla ka na  
kaya ingatan ang mga bolpen hah xD

### Tatlo Na Tayo

Misis: Hon, magiging tatlo na tayo!

Mister: Ha?! Ako ata ang .

pinakamasayang tao sa buong mundo!

Misis: Salamat naman at ganyan ang pakiramdam mo! Dito na titra ang nanay ko!

### Basag

teacher: ok cla\*s, only Juan got 99/100...  
Juan: oha! Ano kau ngaun?! Mamundok nlang kau! Magtanim nlang kau ng kamote mga bobo! Mga walang pnag aralan, mga ubod ng tanga! Bkit hndi p kau mgpakamatay?!

Teacher: the rest got 100.

### Ang sulat

Dear tatay,  
Padalhan nyo po ako ng isang dosenang itlog at isang sakong bigas dahil wala na akong pero.  
ang iyong anak, malaki.  
yun ang sulat na ipinadala nya sa kanyang katulong, ngunit nabasa ang sulat at minadali isinulat ulit ng katulong nya, ang nakalag\*y:  
dear bigas,  
Padalhan nyo po ako ng isang dosenang anak at isang sakong pera dahil wala na akong tatay.  
ang inyong itlog, malaki.





**Aries**  
Mar 21 - Apr 19

July asks you to nurture your dreams and emotions, dear Aries, as the sun continues its journey through Cancer and your solar fourth house. These sentiments will be exaggerated beginning on July 4, when your ruling planet Mars enters Taurus, bringing a stabilizing energy that inspires you to invest in yourself and your goals.



**Taurus**  
Apr 20 - May 20

July brings you opportunities to make new friends and feed your curious side, dear Taurus, as the sun travels through Cancer and your solar third house. This cosmic climate makes it easier for you to let down your guard, since connecting on an emotional level is more organic, especially after Mercury joins the sun under the sign of the Crab on July 4. Mars enters your sign on that day as well, so your passions could be elevated, helping you connect with your motivation and lust for life.



**Gemini**  
May 21 - Jun 20

You'll be feeling generous this month, dear Gemini, because Cancer season activates your solar second house, inspiring you to show love through the material realm. However, there's a big cosmic lesson for you about using your resources wisely, making it important that you outline a reasonable budget for the month before you start spoiling your nearest and dearest with surprises and gifts. You'll also want to keep an eye on your emotional expenses. Give your energy only to those who would provide you with the same amount of support. You'll notice a shift when your ruling planet Mercury enters Cancer on July 4, bringing a grounded yet sensitive energy to the table. This planetary placement gives you a chance to process your feelings in a calm and methodical way, as long as you give yourself the space to sort through your psyche and are willing to have honest conversations.



**Cancer**  
Jun 21 - Jul 22

This month brings many blessings your way, dear Cancer, as the sun continues its journey through your sign, boosting your popularity, energy level and sense of self. Good vibes continue to flow once Mercury enters Cancer on July 4, elevating your wit and mind over the next several weeks. Use this cosmic climate to your advantage by asking for the things you want in both your personal and professional lives. The energy surrounding you can work to your benefit, but only if you lean into your voice and intellect.



**Leo**  
Jul 23 - Aug 22

You'll feel things more deeply than usual this month, sweet Leo, as the sun continues its journey through sensitive Cancer, activating the sector of your chart that governs the subconscious and all things hidden. You'll have an opportunity to fully explore your heart and mind through quiet introspection, though your desire for solitude could make your friends wonder where you went. Unfortunately, socialization might lose some of its appeals because you could be highly sensitive to the emotions and thoughts of those around you. Juicy gossip or unexpected news could begin to emerge after Mercury moves into Cancer on July 4, exposing information that your friends or family members might have tried to conceal. Unfortunately, this planetary placement could also coax a few skeletons out of your own closet, but taking accountability for your past can help you execute any damage control. Luckily, your elevated intuition can help you better understand what it is that others need to hear right now, giving you an opportunity to speak mindfully and with grace.



**Virgo**  
Aug 23 - Sep 22

Emotional bonds can form quickly for you this month, dear Virgo, as the Cancer sun illuminates your solar eleventh house. Though this luminary placement is certainly beneficial when it comes to making friends, you'll want to be mindful of how deeply you confide in someone who's new to your circle. You might also feel inspired to let down your guard on social media, especially once Mercury enters Cancer on July 4. Airing your personal drama on such platforms should be avoided, especially if you're in the middle of a conflict or falling out.



**Libra**  
Sep 23 - Oct 22

You'll learn a few lessons about emotional boundaries this month, dear Libra, as the sun continues its journey through Cancer and your solar tenth house. This luminary placement will take you on a journey filled with ups and downs, helping you identify what you will and won't put up with from other people, especially during the Capricorn full moon on July 13. This cosmic event could inspire you to lay low for the day as the Universe pushes you to unplug socially and recharge spiritually. You'll feel a shift when Venus enters Cancer on the seventeenth, turning your focus to financial and professional matters over the next several weeks. However, you'll need to open up your heart to the idea of success. Trust that you're worthy of occupational triumph and that the Universe will help you achieve it. These vibes could also bring a new crush to the workplace, but you'll want to proceed with caution if you start to develop feelings for a colleague.



**Scorpio**  
Oct 23 - Nov 21

Cancer season, when the sun illuminates your solar ninth house, is one of the most spiritual times of the year for you, dear Scorpio. This cosmic climate will open you up to messages from beyond the veil, especially when Mercury joins the sun under the sign of the Crab on July 4. Make the most of these vibes by implementing a consistent practice of meditation or prayer. Doing so will surely strengthen your connection to the other side, and it will come in handy whenever you're in need of support or guidance from the Universe. Meanwhile, your planetary ruler Mars enters Taurus that same day, filling you with passion while opening your heart to love in all its forms.



**Sagittarius**  
Nov 22 - Dec 21

You could find yourself in a transactional headspace this month, dear Archer, as the Cancer sun illuminates your solar eighth house. This luminary placement is great for helping you identify imbalances in your emotional connections as you examine who in your life gives as much as you do. Unfortunately, you'll also feel a touch more sensitive than usual, which could result in obsessive, possessive or jealous behavior if you're not careful. Nostalgia might also creep in at any moment, though you should resist the temptation to snoop on past romantic or platonic partners, no matter how tempting it might be.



**Capricorn**  
Dec 22 - Jan 19

Cancer season is one of the most romantic times of the year for you, dear Capricorn, as the sun makes its way through the sector of your chart that governs matters of the heart. Whether you're single or in a relationship, the air fills with a certain sweetness that's hard to deny as the Universe asks you to open yourself up to love in all its forms. Meanwhile, you could begin to notice a shift within yourself once Mercury enters Cancer on July 4, helping you let down your guard with little to no effort.



**Aquarius**  
Jan 20 - Feb 18

You'll be in a compassionate and nurturing mood this month, dear Aquarius, as the Cancer sun illuminates the sector of your chart that governs service. Though you'll feel more sensitive to the needs of those around you, don't abandon your own desires while you're catering to others' or you could lose touch with your emotions. Luckily, you'll have an opportunity to hold on to clarity and a desire for wellness beginning when sharp-witted Mercury enters Cancer on July 4. This planetary placement allows you to intuitively tap into what your mind, body and soul crave, though you'll need to be proactive about attaining such comforts.



**Pisces**  
Feb 19 - Mar 20

While you're often comfortable playing the role of a wallflower, you'll be in a more open and extroverted mood as the Cancer sun travels through your solar fifth house this month. This luminary placement lights a fire within as the Universe pushes you to pursue the things that bring you passion and excitement, though moments of solitude will still be welcome. When you do carve out time for yourself, try to spend hours working on a passion project or creative endeavor. You'll find that an artistic outlet can bring major healing to your heart during this time. The Capricorn full moon on July 13 could have you pondering your role in society, inspiring you to seek a bit of notoriety in your community. This is a great time to get involved in causes that are near and dear to your heart and elevate both your soul and reputation.

# HOROSCOPE

BY WWW.HOROSCOPE.COM

## Philippine peso drops to 56.06 vs US dollar

**M**anila: The Philippine peso dropped 56.09, resulting in an average of 55.909. further on Thursday (July 7), closing at Bangko Sentral ng Pilipinas data showed volume Php56.06 against the US dollar from reached \$1.11 billion. its previous close of Php55.67: \$1 Analysts point to the drop of the country's foreign

Wednesday. It means remitters, among them millions of overseas Filipino workers (OFWs), now get an extra Php665 for every \$100 they send home, compared to the July 7, 2021, when the rate was \$49.41 vs \$1.

Lates gold and forex rates are here.

It was the lowest close since September 27, 2005, when the peso hit \$56.295.

Trading opened at 55.9, from 55.42 start the previous day. Intra-day trading band was between 55.78 and



exchange reserves (gross international reserves, or GIR) to \$101.98 billion as of end-June 2022 and a stronger US dollar, upon the release of the minutes of meeting of the Federal Open Market Committee (FOMC) for June 2022.

The decline is cushioned by the softening of oil prices in the global market, alongside expectations of rate increases by the Bangko Sentral ng Pilipinas (BSP).

**-Gulf News Report**





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