

LONG PRISON TERM FOR DEFACING MONUMENTS



Trump signs executive order protecting American monuments, memorials, and statues and combating recent criminal violence

President Donald Trump, on Friday, June 26, signed an executive order protecting federal monuments and statues. The new order enforces laws prohibiting the desecration of public monuments, the vandalism of government property, and recent acts of violence, withholds federal support tied to public spaces from state and local governments that have failed to protect public monuments, and withdraws federal grants for jurisdictions and law enforcement agencies that fail to stop their desecration. It also provides assistance for protecting the federal statues.

The President's order comes after national monuments and historical statues have been toppled and defaced nationwide have been targeted and vandalized by protesters in the last several days.

"Individuals and organizations have the right to peacefully advocate for either the removal or the construction of any monument. But no individual or group has the right to damage, deface, or remove any monument by use of force," the order says.

The order also says "it is the policy of the United States to prosecute to the fullest extent permitted under Federal law, and as appropriate, any person or any entity that destroys, damages, vandalizes, or desecrates a monument, memorial, or statue within the United States or otherwise vandalizes government property."

Federal law authorizes a penalty of up to a decade in prison for the "willful injury" of federal property.

"It is the policy of the United States, as appropriate and consistent with applicable law, to withhold Federal support

tied to public spaces from State and local governments that have failed to protect public monuments, memorials, and statues from destruction or vandalism," the order continues.

An increasingly diverse set of statues has been targeted by protests that began in late May over George Floyd's death.

On Monday night, June 22, protesters tried to pull down a statue of former President Andrew Jackson, our seventh president, from its place in the center of Lafayette Square, near the White House. Protesters tore down and then set on fire a statue of Confederate Brigadier General Albert Pike, which has stood in Judiciary Square since 1901.

Authorities foiled the planned toppling of a statue of President Abraham Lincoln on Capitol Hill, which protesters say depicts a freed slave as subservient to Lincoln. Vandals also targeted the Lincoln Memorial and the National World War II Memorial, which were both spray-painted with graffiti.

In Wisconsin, a crowd toppled, decapitated and threw into a lake a statue of abolitionist Hans Christian Heg, who led an anti-slave catcher militia and died fighting for the Union in 1863. In San Francisco, protesters defaced and toppled a statue of Ulysses S. Grant, who led the Union Army during the Civil War. Protesters that same night also tore down statues of St. Junipero Serra and Francis Scott Key, who wrote the lyrics to "The Star-Spangled Banner", while in Portland, Oregon, a mob pulled down a statue of George Washington, burned an American flag over his head, and ripped down a statue of Thomas Jefferson. - INM

Statement of US Secretary of State Michael R. Pompeo on the occasion of the 122nd Proclamation of Philippine Independence Day on June 12



MICHAEL R. POMPEO
SECRETARY OF STATE

On behalf of the Government of the United States of America, I wish the people of the Republic of the Philippines a happy and prosperous independence day on June 12.

The U.S.-Philippine alliance is fortified by our shared history, rich people-to-people ties, and deep bilateral cooperation. As we stood together during World War II and in the global fight against terrorism, our nations are partnering again to contain and mitigate COVID-19. Our friendship and cooperation stand as a model for ensuring peace, stability, prosperity, and health across the Indo-Pacific.

As you commemorate your 122nd year of independence, the United States of America congratulates the people of Philippines on this joyous occasion.

Special Facebook Live event of the 122nd Proclamation of Philippine Independence

WASHINGTON, D.C. – The Philippine Embassy in Washington, D.C., together with the Philippine Consulates General in Agana, Chicago, Honolulu, Houston, Los Angeles, New York, and San Francisco, and the Philippine Permanent Mission to the United Nations in New York, commemorated the 122nd year of Philippine Independence through a Facebook Live event on 12 June 2020.

"We are marking this special occasion amidst a global health crisis that has taken more than 370,000 lives all over the world. COVID-19 has changed life as we know it, destroying livelihoods and economies, exposing deep-seated social inequalities, and stretching government resources to the point that it may take years before governments, businesses, and societies can attain full recovery," Philippine Ambassador Jose Manuel G. Romualdez said in his remarks. "But while the COVID-19 pandemic has brought fear and uncertainty into our lives, it has also brought out the best in the Filipino, particularly through the frontliners and health workers all over the world who embody the courage and resilience that were once displayed by our ancestors who fought for our nation's freedom and independence."

Ambassador Romualdez expressed appreciation to the US government and territories in the Caribbean region for their continued partnership and support for the Philippines' efforts to assist Filipinos affected by the COVID-19. He also acknowledged the Filipino communities in the US and Caribbean for their bayanihan spirit, and the dedicated service of personnel of the Philippine diplomatic and consular missions in the US. "As we navigate the 'new normal', we continue to look after each other with generosity and compassion. The road ahead will not be easy, but we will surely overcome every obstacle if we work together," the Ambassador stated.

The virtual celebration featured special greetings from U.S. Assistant Secretary of State for the Bureau of East Asian and Pacific Affairs David R. Stilwell and Manila Mayor Francisco "Isko Moreno" Domagoso.



ON PRESS FREEDOM IN THE PHILIPPINES

Statement of Morgan Ortigas, US Department of State Spokesperson: "The United States is concerned by the trial court's verdict against journalists Maria Ressa and Reynaldo Santos and calls for resolution of the case in a way that reinforces the U.S. and Philippines' long shared commitment to freedom of expression, including for members of the press."

FOUR MEN CHARGED IN FEDERAL COURT FOR ATTEMPTING TO TEAR DOWN STATUE OF ANDREW JACKSON

WASHINGTON – Lee Michael Cantrell, 47, of Virginia; Connor Matthew Judd, 20, of Washington, D.C.; Ryan Lane, 37, of Maryland; and Graham Lloyd, 37, of Maine, were charged by criminal complaint on Friday, June 26 with destruction of federal property, announced Acting U.S. Attorney Michael R. Sherwin, Special Agent in Charge of the Federal Bureau of Investigation (FBI) Washington Field Office's Criminal Division James A. Dawson, and Acting Chief of the United States Park Police (USPP) Gregory T. Monahan.

The complaint alleges that on June 22, 2020, the four men along with other unidentified individuals, damaged and attempted

to tear down the statue depicting Andrew Jackson located in Lafayette Square.

Judd was arrested on Friday and appeared in Superior Court of the District of Columbia today. The matter will be transferred to the United States District Court for the District of Columbia on Monday, June 29, 2020, where Judd will make his initial appearance before United States Magistrate Judge Robin M. Meriweather. The remaining defendants have not yet been apprehended.

The Violent Crime Task Force is charged with investigating acts of violence impacting the District of Columbia. Tips or other acts of violence can be reported to the FBI at 202-278-2000 or tips.fbi.gov.

• special in this issue •

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PART 2 OF AWEI ABAYARI'S EXCLUSIVE INTERVIEW WITH PETER VILLAR

In this second part of INM's Awei Abayari's exclusive interview the President of Villar Records International gives honor to his father, Don Manuel Villar, Sr., internationally-renowned Father of Philippine music.

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AWEI ABAYARI INTERVIEWS DR. RAQUEL RAMIREZ RAMSEY

A woman of faith, great strength, courage and exceptional qualities, Dr. Raquel Ramirez Ramsey, educator, book author, publisher and film producer in an exclusive interview with Awei Abayari shares her insights on faith, success, leadership and the deep love that she and her late husband Lt. Col. Edwin Ramsey shared.

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TAKING FLIGHT: THE NADINE RAMSEY STORY

This month's number one INM Book Choice, "Taking Flight: The Nadine Ramsey Story" by Dr. Raquel Ramsey and Tricia Aurand chronicles the story of Nadine Ramsey as she became one of 1,102 women to join the Women's Airforce Service Pilots and one of only 303 WASPs to take to the skies in military cockpits in WW II.

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PECHANGA RESORT CASINO RE-OPENS WITH LIMITED OPERATIONS

On June 1, Pechanga Resort Casino in Temecula, California, reopened to the public. The West Coast's largest casino/resort closed March 16 after a decision by Pechanga Tribal leaders was made to help stop the spread of COVID-19. Pechanga Resort Casino opened with limited operations as the facility opens in a phased, incremental approach.

Appeal for Donations HOSPICIO DE SAN JOSE

Since its foundation in 1810, Hospicio de San Jose has stood as a beacon of hope and succor for persons in poverty situations. It is the first charitable institution in the Philippines, a forerunner of social work and have been an exemplar of compassion and charity, demonstrating the Filipino people's boundless capacity for extending a helping hand to those in need.



Sr. Maria Socorro Pilar G. Evidente, DC



It has been managed by the Daughters of Charity of St. Vincent de Paul since 1865.

In 2017, Hospicio has launched to better the lives of the people under their care and to achieve financial and food sustainability:

- Sponsorship of a child or an elderly:

A donation of \$100, on a monthly basis can already provide education, food, etc. to a child and medicines and food to a special child or elderly, psycho-therapy and healing sessions for the abused children. The sponsor may choose a particular category he/she wishes to provide for.

- Sponsor a house for a homeless family. Hospicio has finished 10 housing units which have been occupied and have 24 units more waiting for sponsors.

- Food Sustainability: through organic hog-raising, organic vegetable gardening, chickens, ducks, turkeys, goats (all in Bulacan property).

- A Multi-purpose pavilion for the Street People – to provide a place for the feeding, formation sessions and emergency "night shelter" for the homeless.

- A Livelihood and Skills Training Center which will provide short courses in Baking, Cooking, Housekeeping and other skills to equip the unemployed heads of families, especially women, with skills for income generation activities.

For the readers whose hearts have been touched by our appeal and desires to sponsor a particular project, you may contact us through this email address: mssp.evidente@gmail.com or call (063-2-7342366)

Sr. Maria Socorro Pilar G. Evidente, DC
Administrator
Hospicio de San Jose
Ayala Bridge, Manila
Philippines

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IMMIGRATION UPDATE



HOSTED BY AWEE ABAYARI



JACK GOLAN

50 YEARS OF EXPERIENCE
IN U.S. IMMIGRATION LAW

Send your questions to: radiotvanchor1@gmail.com
www.youtube.com/AweeAbayari



INTERNATIONAL NEWS MEDIA



Part 2 of an Exclusive Interview by AWEE ABAYARI about MANUEL P. VILLAR, SR.

Father of Philippine Music, Pioneer in Philippine Recording
with his son, Peter Villar

President of Villar Records International based in California, USA

For more of the interview: www.youtube.com/AweeAbayari

PETER VILLAR, a man of deep faith with great strength and determination and a respected multi-talented community leader, gives honor to his father, Don Manuel Villar, Sr., internationally-renowned Father of Philippine music. Peter Villar is continuing the Villar legacy of promoting Philippine music and songs throughout the world as President of Villar Records International, based in the United States that handles manufacturing, promotion, distribution and publishing of the Villar Catalog. Like his father, Peter is an exemplary business and community leader with his guiding principles. - AA

Growing up, I've seen my father, Manuel P. Villar, Sr. worked really hard in promoting local talents in the Philippine music industry. He welcomed all genre from kundiman, patriotic, religious, folk songs, regional, love songs, novelty etc. I remember him spending countless hours in our recording studio and putting out vinyl records to musical icons such as Ruben Tagalog, Sylvia La Torre, Ric Manrique Jr., Conching Rosal, Leopoldo Silos, Pedro Concepcion and Mabuhay Singers to name a few.

His dream to share all these music to Filipinos abroad prompted his decision to assign me in America to handle distribution, marketing and publishing of the Villar Records Catalog worldwide. I am dedicated to continue his dream and legacy so that the new Filipino generation will get to know their culture through our very own traditional music. - Peter Villar

Awee Abayari: When did your father establish Villar Records?

PETER VILLAR: Early 1960's.

Awee Abayari: What was it's main objective?

PETER VILLAR: To promote Philippine music/local talents.

Awee Abayari: What was his first composition?

PETER VILLAR: Dahil sa Isang Bulaklak.

Awee Abayari: What was the topic or theme of his songs/music?

PETER VILLAR: Love songs and religious.

Awee Abayari: What was his favorite music or song from his own compositions?

PETER VILLAR: Diyos Lamang ang Nakakaalam.

Awee Abayari: What were his most popular songs and music distributed worldwide?

PETER VILLAR: Diyos Lamang ang Nakakaalam, Walang Kapantay / Di Ba't Ako'y Tao Ring May Damdamin.

Awee Abayari: Who are the most popular singer/s of Villar Recording?

PETER VILLAR: These are among the most popular: Ric Manrique Jr., Sylvia La Torre, Tres Rosas, Mabuhay Singers, Relly Coloma, Maestro Leopoldo Silos.

Awee Abayari: Tell us about your family growing up? Did your father encourage you all to learn how to play the piano or any musical instruments or sing/compose?

PETER VILLAR: Everybody in the family knows how to play musical instruments. Elder brothers Ronnie, Jun and Willie had a band called "Ronnie Villar and the Firedons". Rose studied Hawaiian, ballet, and learned violin. I studied piano, guitar and was a Glee Club member in high school.

AWEE ABAYARI: What do you remember most about your father?

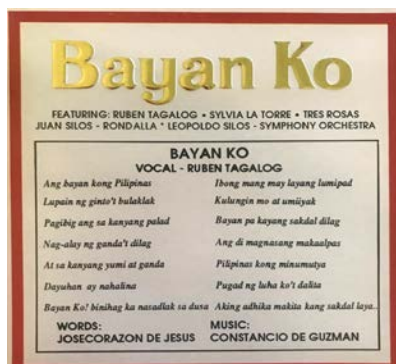
PETER VILLAR: Hardworking/ had a keen foresight on the music business/very family oriented, despite his busy schedule still managed to make time for special family gathering.

AWEE ABAYARI: Thank you very much.

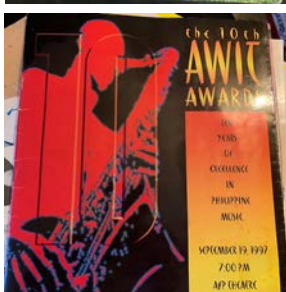
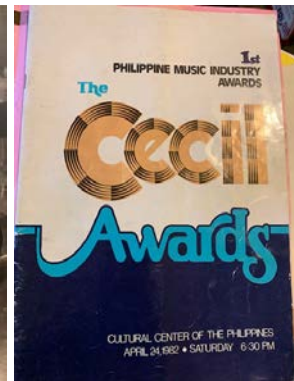
BAYAN KO

Ang bayan kong Pilipinas
Lupain ng ginto't bulaklak
Pag-ibig ang sa kanyang
palad
Nag-alay ng ganda't dilag.
At sa kanyang yumi at
ganda
Dayuhan ay nahalina
Bayan ko! binihag ka,
nasadlak sa dusa.

Ibon mang may layang
lumipad
Kulungin mo at umiiyak.
Bayan pa kayang sakdal
dilag
Ang di magnasang makaal-
pas.
Pilipinas kong minumutya
Pugad ng luha ko't dalita
Aking adhika
makita kang sakdal laya.



Peter Villar with wife Sandra and son Patrick, and his parents, Don Manuel P. Villar, Sr. and Doña Asuncion Villar.



For a list of available releases please go to www.villarmusic.com and click on VIEW ALL ARTISTS



INTERNATIONAL NEWS MEDIA

An Exclusive Interview by **AWEE ABAYARI** with **DR. RAQUEL RAMIREZ RAMSEY**

50 years in the Education profession • Honorary Cadet at the Oklahoma Military Academy
Executive Producer of her husband's documentary, "Never Surrender: The Ed RAMSEY STORY
and TAKING FLIGHT: THE NADINE RAMSEY STORY with Jane Seymour as narrator.

Author, "TAKING FLIGHT: THE NADINE RAMSEY STORY"

For more of the interview: [www.youtube.com/ Awee Abayari](http://www.youtube.com/AweeAbayari)

DR. RAQUEL RAMIREZ RAMSEY
EDUCATOR. BOOK AUTHOR. PUBLISHER.
FILM PRODUCER

"A WOMAN OF PROFOUND FAITH , GREAT STRENGTH
AND COURAGE AND EXCEPTIONAL
LEADERSHIP QUALITIES." -- AA

*"Life is a gift from God and you have to be
grateful everyday for that gift."*

*"An outstanding leader must have intelligence
and wisdom to make the right decisions for the
good of others."*

*"Success is the pursuit of a Goal and the satis-
faction of achieving it through hard work and
dedication."*

*"With Faith and Prayer, you can overcome any
challenges in Life."*

Quotes from Dr. Raquel Ramirez Ramsey

Awee Abayari: Who is Dr. Raquel Ramirez Ramsey?

Dr. Raquel Ramsey: Dr. Raquel Ramirez Ramsey
is the widow of Col. Edwin P. Ramsey, 26th Cavalry PS. She
retired from Beverly Hills High School in 2013 after teaching
for 50 years.

Awee Abayari: Define life .

Dr. Raquel Ramsey: Life is a gift from God and you
have to be grateful everyday for that gift.

Awee Abayari: What is your greatest passion in life and
why?

Dr. Raquel Ramsey: I love teaching and writing and
I have been successful in both. See the latest issue of OMA
Guidon featuring my success in publishing and documenta-
ries after I retired.

Awee Abayari: What makes you an outstanding leader?

Dr. Raquel Ramsey: I believe that making others see
the goals you set makes them admire, respect, and follow
your lead. An outstanding leader must have intelligence and
wisdom to make the right decisions for the good of others.

Awee Abayari: What have been your greatest chal-
lenges in life and how were you able to overcome them?

Dr. Raquel Ramsey: My greatest challenges in life
came from the loss of the LOVE OF MY LIFE, Col. Edwin P.
Ramsey in 2013. I was blessed to have Dr. Mel Levy, his doc-
tor and mine now and my family giving me love and support
especially my son, Doug, who calls me every night.

Awee Abayari: When was the happiest moment in your
life and why?

Dr. Raquel Ramsey: Dec. 22, 1982 when Ed and I
were married in the Catholic Church and he became a Catho-
lic. I felt he understood me and who I was.

Awee Abayari: How would you define success?

Dr. Raquel Ramsey: Success is the pursuit of a Goal
and the satisfaction of achieving it through hard work and
dedication.

Awee Abayari: Was Col Edwin Ramsey the greatest love
of your life? Why?

Dr. Raquel Ramsey: As I said earlier, Col. Ramsey is
the LOVE OF MY LIFE as he was a gift from Blessed Mother
Mary since he survived the war, 4 years behind enemy lines
and we had 34 incredible years together.

Awee Abayari : What for you are his most endearing
qualities?

Dr. Raquel Ramsey: His most endearing qualities are;
his Sincere LOVE, Constant CARE, KINDNESS, GENEROSITY and
GENUINE CONCERN FOR OTHERS.

Awee Abayari: What do you miss most about him?
What was your most recent dream about him?

Dr. Raquel Ramsey: I miss most about him, his
kisses and his companionship every evening. I dreamt of him
picking me up in school dressed in his army uniform as young
as he was in those days and the surprise in the faces of my
colleagues at Beverly Hills High School.

Awee Abayari: Name the most important and unforget-
table memories you have of him .

Dr. Raquel Ramsey: My most unforgettable memo-
ries of him were every wedding anniversary in Hawaii at the
Hale Koa Hotel and celebrating Christmas there for 20 years.



Dr. Raquel Ramsey accepting the Hero Award for her late husband Lt. Col. Edwin Ramsey during the 2013 Philippine-American Expo at the Los Angeles Convention Center.

Also his receiving the GREEN BERET in 2001 in Fort Bragg and
Salute to the Heroes Award in 2002 by the USO in Wash. D.C.

Awee Abayari: What more do you want to accomplish
for him now that he is gone? What about for yourself?

Dr. Raquel Ramsey: I am carrying his legacy and
honoring him with the Ed Ramsey Scholarship Endowment
Fund at OU and the GOLD Program Col. Ramsey Scholarship
in OMA. I also received the CONGRESSIONAL GOLD MEDAL
in 2018 presented to me by the Philippine Scouts Heritage
Society. I just completed "Taking Flight: The Nadine Ramsey
Story", keeping my promise to Ed of writing his sister's book
after my retirement. I feel that my mission is to carry both Ed
and Nadine's legacy.

Awee Abayari : What are your favorites : Color, Food,
Book, World Leader , Favorite Quote, Philosophy in Life, Place
to visit .

Dr. Raquel Ramsey: Color- pink; Food- Salmon;
Book- The Great Gatsby; World Leader and Why- President
Ronald Reagan as he set the stage for the tearing down of
the Berlin Wall and "Peace through Strength". Here is the
Eagle sculpture wrapped in the American flag with the
Presidential Seal and these words presented to me at the
screening of NEVER SURRENDER at the Reagan Presidential
library on May 8, 2017.

Favorite quote: CARPE DIEM, SEIZE THE DAY BY Thomas
Aquinas

Psalm 23: THE LORD IS MY SHEPHERD; I SHALL NOT
WANT

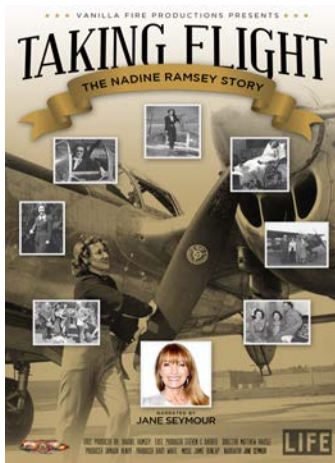
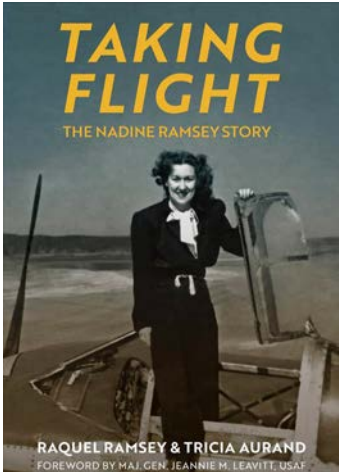
My Philosophy In Life: Place Everything in the Hands
of the Lord as he knows what's best for you. With Faith and
Prayer, you can overcome any challenges in Life.

Place to visit: Arlington National Cemetery to visit Ed's
tombstone since I have not been there since his burial on
June 28, 2013.

Awee Abayari: Finally, What is your message to our
country and to the world?

Dr. Raquel Ramsey: Amid this period of a pandemic
and chaos and riots, I turn to God and Prayer to give us
strength to fight the forces of evil in a very troubled world
and to unify our resolve that we can overcome the trials and
tribulations of this world seeking a better world through
our belief and values and principles that eventually save us.
I remember the message of our Lady of Fatima telling the
children to have FAITH and say the Rosary for the Salvation
of Mankind. We are at a crossroads right now and we better
know ourselves and stay steadfast in our belief in a power
from above and our basic values and philosophies.

Awee Abayari: Thank you very much.



Washington community celebrates Rizal's 159th Birth Anniversary with "Serving Rizal" special webinar

**"The principal thing
that should be demanded
from a Filipino of our generation
is not to be a literary man
but to be a good man, a good citizen
who would help his country progress
with his head, his heart, and if need be
with his arms."**

--Rizal to Mariano Ponce, June 1888

**Filipino food historian, Rizal biographer and
author Felice Prudente Sta. Maria is the main
speaker at the special webinar "Serving Rizal" on
19 June 2020.**



**One of the submissions for the online birthday
recipe campaign at the webinar "Serving Rizal"
held on June 19 , 2020 the 159th Birth Anniver-
sary of Philippine National Hero, Dr. Jose Rizal.**

WASHINGTON, D.C. – On 19 June 2020, Sentro Rizal Washington DC, in partnership with the National Commis-
sion for Culture and the Arts, Philippines on the Potomac Project (POPDC), US-Philippines Society, and The Rita M.
Cacas Foundation, hosted a webinar, entitled "Serving Rizal", in celebration of the 159th Birth Anniversary of Philip-
pine National Hero Jose Rizal and the 2nd Anniversary of Sentro Rizal Washington DC.

Felice Prudente Sta. Maria, author of "The Foods of Jose Rizal" and "In Excelsis: The Mission of Jose P. Rizal –
Humanist and Philippine National Hero", headlined the event.

Felice Prudente Sta. Maria delivered a presentation anchored on the question, What would I do if Jose Rizal were
to drop by for a chat?" She highlighted the various foods and meals that were present during some of the significant
moments in the hero's life, and the values that he continues to represent for the present generation of Filipinos. Ms.
Sta. Maria said Rizal believed that "Every Filipino can not only be capable of genius but capable of being honorable".

Among those who participated in the webinar include Filipino scholar and historian Dr. Bernadita Churchill,
History professor Xiao Chua, Chef and founder of the Philippine Food Heritage Movement Jam Melchor, Ambassador
John Maistor, president of the US-Philippines Society, and Philippine Ambassador to the United States Jose Manuel G.
Romualdez

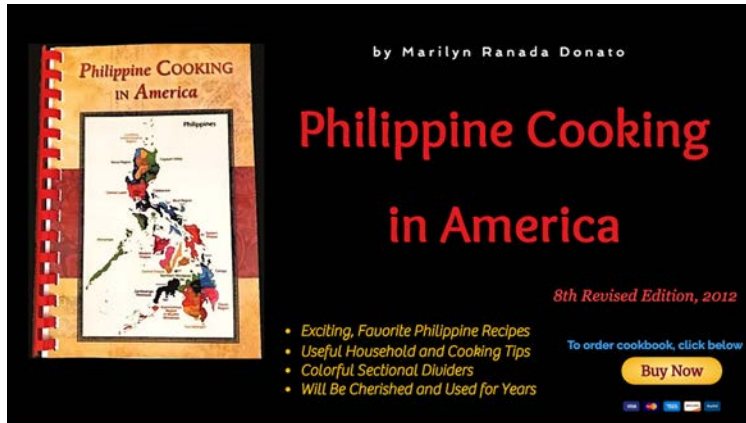
As part of the celebration, Sentro Rizal Washington DC invited the public to submit short videos of what they
would serve Dr. Rizal for his 159th birthday. Submissions were received from The Bahamas, Canada, the Philippines,
and Washington, D.C., with a variety of dishes such as champorado, pork humba, longganisa bake, coffee dalgona,
pancit, and vegan tinola.

Philippine Cooking in America

A new cookbook of unusual value and content , written for many Filipinos and their families and friends in
America, Asia , Canada , Europe and other countries !

The price of the
book is \$24.95 and
\$5.00 will be donated
to WSF (World Surgical
Foundation) . You can
purchase the book by
going to the website:
philamcookbook.com

[worldsurgical
foundation.org](http://worldsurgicalfoundation.org)



Allied for Action: Tourism's restart brings hope for millions

Global tourism has never been more united than it is now. Both in assessing the impact of COVID-19 and in looking at how we can restart tourism in a responsible way, based on the best that our sector has to offer: sustainability, innovation, collaboration and solidarity.

It's more than three months since the World Health Organization declared the COVID-19 pandemic. The crisis continues to threaten jobs and livelihoods in tourism and beyond.

Changing gears to #RestartTourism

The UNWTO led Global Tourism Crisis Committee supported our guidelines to restart tourism, and we are now transforming this determination into concrete actions for recovery.

Our efforts are being rewarded at the highest level, from heads of state to landmark support from the Secretary-General of the United Nations. Antonio Guterres identified the sector as a pillar of economic growth, recognizing UNWTO's leadership as he told the citizens of the world that "tourism can be a platform for overcoming the pandemic".

Now, as each of the UNWTO Regional Commissions is coming together virtually during these weeks, we will pool our expertise and influence to restart tourism and so get the Decade of Action towards the Sustainable Development Goals back on track.

This round of meetings enjoyed the strongest possible start as Ministers of Tourism from across Africa met to back our plan for action. The UNWTO Agenda for Africa has been realigned to mitigate

the impact of COVID-19 and to accelerate recovery. Building on this, ahead of their Regional Commission meeting this week, members from across the Americas will further their determination to advocate for tourism as a pillar of post-COVID-19 recovery.

We are always #StrongerTogether

Such a commitment to international cooperation will be important as we move forward and rebuild confidence and trust. The World Committee on Tourism Ethics, an independent body convened by UNWTO, has stressed the importance of safeguarding the Global Code of Ethics for Tourism as travel restrictions are eased. Restarting our sector must be done in a timely and responsible manner, avoiding at all costs coming at the expense of fair and equal treatment of tourists.

As we join the world in celebrating this year's Sustainable Gastronomy Day, chefs from all every global region have given us a first taste of what to expect when we travel again, and highlighted the unique potential of gastronomy tourism to preserve unique culture and create opportunities for rural communities.

At the same time, our celebration of innovation and entrepreneurship makes clear that this restart offers the opportunity to reimagine not only how we travel, but how tourism can help build a better future for people and planet.

ZURAB POLOLIKASHVILI
SECRETARY-GENERAL

RESTRICTIONS ON TRAVEL EASING AS EUROPE LEADS CAUTIOUS RESTART OF TOURISM

Restrictions on travel, introduced in response to the COVID-19 pandemic, are slowly being eased, allowing tourism to restart in a growing number of destinations. The latest research by the World Tourism Organization (UNWTO) shows that 22% of all destinations worldwide (48 destinations) have started to ease restrictions, with Europe leading the way.

At the same time, however, 65% of all destinations worldwide (141 destinations) continue to have their borders completely closed to

international tourism.

As the United Nations specialized agency for tourism, UNWTO has been monitoring responses to the pandemic since the start of the current crisis.

This latest update, the fifth edition of COVID-19 Related Travel Restrictions: A Global Review for Tourism, shows that the sector is slowly restarting, though this restart is significantly more pronounced in some global regions. - UNWTO

Franchise opportunities highlighted in PITC's "Trabaho, Negosyo, Kabuhayan" webinar series in the United States



The Philippine Trade and Investment Center heads in the United States with the panelists.

WASHINGTON, D.C. – The Philippine Trade and Investment Centers in Washington D.C., New York, San Francisco, and Los Angeles, hosted on 4 June 2020 the third in a series of Trabaho, Negosyo, Kabuhayan (TNK) webinars aimed at providing our Overseas Filipino Investors and Filipino-Americans with ideas and opportunities in investing in the Philippines.

Entitled "Franchise Opportunities in the Philippines", the online event was headlined by Ms. Bing Sibal-Limjoco and Mr. Chris Lim of the Philippine Franchise Association (PFA). Ms. Sibal-Limjoco keyed the event and provided an overview of the franchising sector in the Philippines.

The main speaker, Mr. Lim, discussed investing in the right franchise, noting that franchising has a 90% success rate versus 25% in traditional retail. He also discussed the benefits

of franchising, and the right questions to ask a franchisor, and even oneself as a franchisee. According to the PFA, there are currently around 1,200 franchise systems in the Philippines.

Member-companies of the PFA also presented franchising opportunities in both the Philippines and the United States starting with Ms. Velle Cacha, who discussed how U-Franchise can assist in finding the right franchise; followed by Ms. Kathryn Manalo of Potato Corner; Ms. Cheryl Carino of Mister Donut; and Ms. Jen Sagadraca of Quicklean, who provided specific information on how to invest in their franchises.

Officials of the Philippine Embassy and Consulates General across the United States, including Consul General Adelio Angelito S. Cruz of the Philippine Consulate General in Los Angeles, participated in the webinar.

"YOUNG PEOPLE OUGHT TO BE AT THE FOREFRONT OF DEFINING THE COUNTRY AND WORLD THEY WANT TO LIVE IN."

-AMBASSADOR MFEKETO, SOUTH AFRICAN EMBASSY USA



Sp Adobe Spark

Belgium and the other EU member states adopt new Council conclusions on the fight against terrorism

Minister of Foreign Affairs and Defense Philippe Goffin welcomes the adoption of new conclusions of the Council of the European Union concerning the external dimension of preventing and combating terrorism and violent extremism on June 15.

The fight against terrorism is a priority of Belgian foreign policy, both for international security and for the Security of our fellow citizens. It is also one of the central themes of our mandate as a non-permanent member of the United Nations Security Council for the years 2019 and 2020. Belgium defends a global and inclusive approach in its fight against the scourge of terrorism and is delighted by the fact that this is fully reflected in these conclusions.

These new conclusions, in addition to those adopted in 2015 and 2017, strengthen and adapt the EU's tools for action in the field of counterterrorism to the evolving threat and phenomena that we must combat.

They take into account the successes that we have known in recent years, such as the territorial defeat of Daesh, but also new challenges such as the rise of instability in regions of Africa and Asia.

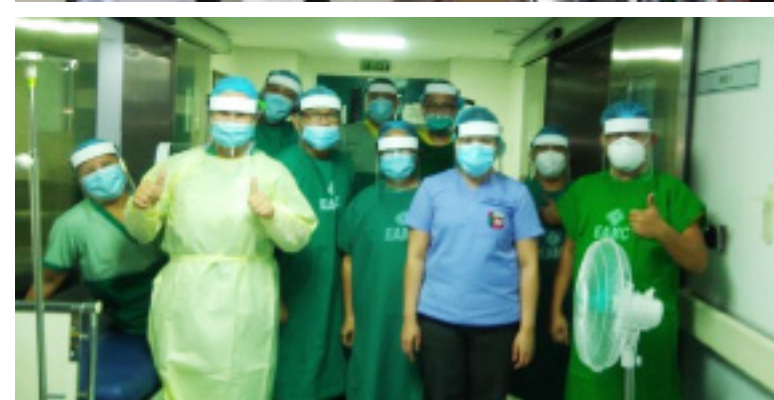
Appeal for help from worldsurgicalfoundation.org

Dear All,

Please continue to support our efforts to help our front liners and families in need during this Pandemic. \$12.00 can feed a family of 4 for 1 week.

Send your tax deductible donation to: WSF, P.O. Box 1006, Camp Hill, PA 17001 or go to our website worldsurgicalfoundation.org/ donate.

Thank you and God Bless.
Sincerely,
Dom Alvear



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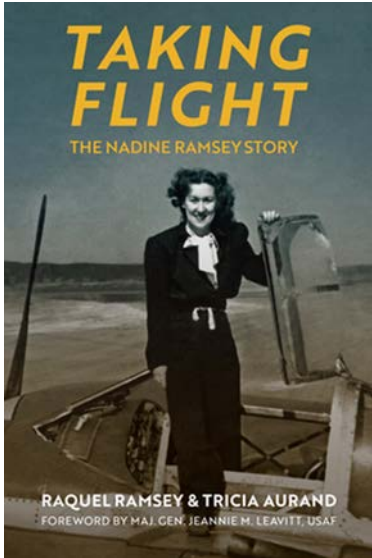
INM Book Choice

Taking Flight: The Nadine Ramsey Story

by Raquel Ramsey & Tricia Aurand

In October 1944 Nadine Ramsey was thirty-three and she was flying the cutting-edge P-51 Mustang to New Jersey, its last stop before heading to the war in Europe. The irrepressible young woman from Wichita had long been determined to fly and the gathering storm clouds of World War II had provided an unexpected opportunity. Taking Flight is the inspiring story of a girl from Depression-era Kansas who overcame tremendous challenges and defied convention to become an elite pilot—one of the few American women to fly fighter aircraft during World War II.

Taking Flight follows Nadine as she became one of 1,102 women to join the Women's Airforce Service Pilots and one of only 303 WASPs to take to the skies in military cockpits, transporting aircraft to bases across the nation for use in the theaters of war. This book marks her milestones: the first Kansas woman to earn a commercial pilot license; among the earliest women to fly the US Air Mail; one of only 26 WASPs who flew the Lockheed P-38 Lightning, a fighter aircraft—and the first woman to own one; the only woman in the country to instruct male pilots to fly fighter planes after the war. Disbanded in late 1944 to make



way for male pilots and barred from piloting for commercial airlines, the WASPs spent the next three decades fighting to win veteran status.

Taking Flight: The Nadine Ramsey Story is a profile in courage of a woman who helped clear the flight path for today's female combat and commercial aviators.

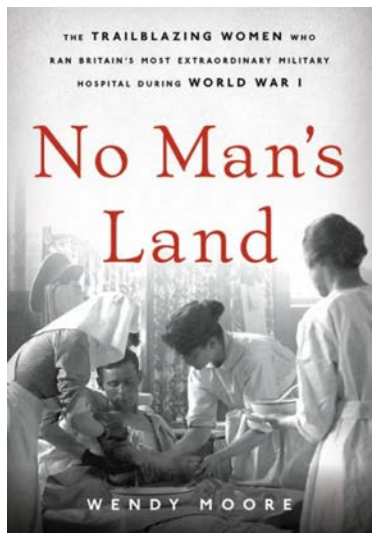
No Man's Land: The Trailblazing Women Who Ran Britain's Most Extraordinary Military Hospital During World War I

by Wendy Moore

The "absorbing and powerful" (Wall Street Journal) story of two pioneering suffragette doctors who shattered social expectations and transformed modern medicine during World War

A month after war broke out in 1914, doctors Flora Murray and Louisa Garrett Anderson set out for Paris, where they opened a hospital in a luxury hotel and treated hundreds of casualties plucked from France's battlefields. Although, prior to the war and the Spanish flu, female doctors were restricted to treating women and children, Flora and Louisa's work was so successful that the British Army asked them to set up a hospital in the heart of London. Nicknamed the Suffragettes' Hospital, Endell Street soon became known for its lifesaving treatments.

In No Man's Land, Wendy Moore illuminates this turbulent moment of global war and pandemic when women were, for the first time, allowed to operate on men.



Their fortitude and brilliance serve as powerful reminders of what women can achieve against all odds.

Discover the potential immune-system benefits of Vitamin D

A healthy immune system is important at all times, but especially so in these days of the novel coronavirus and heightened awareness about the spread of germs. You can support a healthy immune system by eating well, getting plenty of sleep, and exercising. Supplements with vitamins that support the immune system, such as vitamin D, may help, too.

Sunlight remains a key source of vitamin D, but supplements may be increasingly beneficial as people are less able to get outside. This is especially true for those who live in the northern hemisphere.

Vitamin D has the science to back up its potential as an immune-system support. In 2017, the British Medical Journal published a meta-analysis of 25 studies in which vitamin D showed the potential to protect against acute respiratory tract infections, especially among individuals who were also deficient in vitamin D.

In addition, Dr. Tom Frieden, former director of the Centers for Disease Control and Prevention, said in an interview with Fox News in March that taking a multivitamin containing vitamin D or a vitamin D supplement was good practice for overall health, and it certainly couldn't hurt when it comes to helping to boost immune resistance to infection. However, not all vitamin D supplements are created equal. A vitamin D supplement must be easily absorbed by the body in order to provide much value.

Many vitamin D supplements offer poorly absorbed forms of vitamin D in doses far too low to replenish a vitamin D deficit, much less offer therapeutic benefits for the immune system. It's best to choose a supplement that includes vitamin D3, which is the most easily absorbed form of vitamin D, as well as Vitamin K2. Vitamin D3 supplements can also help the body absorb calcium and build stronger bones to help prevent osteoporosis.

Vitamin D even plays a role in regulating mood and helping to reduce seasonal depression. For more information about vitamin D and other ways to improve your health and boost your immunity, visit findyourhealthyplace.com.

- NewsUSA

BENEFITS OF AEROBIC ACTIVITIES

- Aerobic activities make you breathe harder and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity levels, and range from 60-85% of your maximum heart rate. A general guide to use: For moderate activities you can talk, but you can't sing. With vigorous activities, you can only say a few words without stopping to catch your breath.

- Muscle-strengthening activities make your muscles stronger.
- Bone-strengthening activities make your bones stronger and are especially important for children and adolescents, as well as older adults.
- Balance and stretching activities enhance physical stability and flexibility, which reduce the risk of injuries.



COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

Public Affairs

with AWEE ABAYARI



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INTERNATIONAL NEWS MEDIA

Why a Roth IRA maybe ideally suited for millenials

When it comes to saving, a Roth IRA may be a Millennial's best friend. Unlike traditional IRAs or even workplace 401(k) plans, Roth money is tax-free in retirement. And even as the account ideally grows fatter over the years—helped in part by a wondrous thing called compound interest—the original contributions can be withdrawn at any time, for any reason, with no taxes or penalties assessed. That's right, any time. For any reason.

It's the flexibility of Roth IRAs over the shorter term—and what that means for two of Millennials' most pressing issues—that doesn't always get the attention it deserves:

- Buying a home.** The homeownership rate among Millennials, age 25 to 34, is about 8 percent lower than that of Gen Xers and Baby Boomers at the same point in their lives, according to CNBC.

Now, remember what we said about original Roth contributions being tax- and penalty-free? With rare exceptions—and this is one of them—that doesn't apply to any investment gains withdrawn before age 59?

Yes, thanks to this carve-out, first-time homebuyers (as well as those who haven't

owned a home for at least two years) may also be able to withdraw up to \$10,000 of those gains and still not pay any tax or penalty as long as they've held the account for at least five years.

- Education.** And why aren't as many Millennials buying homes? One of the biggest reasons: crushing student-loan debt.

In another of those Millennial-friendly exceptions, Roth money can be tapped to pay for qualified educational expenses like college or graduate school for yourself, your spouse, or your children. Unlike with homes, though, you'll only beat the penalty—not the tax—on any earnings you withdraw when following the same five-year rule. There's evidence that Millennials are getting the message about Roths.

Fidelity, which has tools and scenarios to help pick which IRA is right for you—as well as advice on specifically saving in a Roth during your 20s and 30s—says 80 percent of Millennials' contribution dollars at the firm are going into Roths.

One of the great things about being a Millennial is that they have time and the power of compound interest on their side. - NewsUSA

Covid-19 impacts intercountry adoptions

Because of the current coronavirus (COVID-19) pandemic, the US Citizenship and Immigration Services has received numerous inquiries from concerned parents who are at various stages of adopting children from abroad and bringing children to the United States.

Some parents have inquired about the use of parole for adoptive children to enter the United States. USCIS, in a statement said it may use its discretion to authorize parole on a case-by-case basis for urgent humanitarian reasons or a significant public benefit. “However, we rarely approve parole requests for adoption-related cases because parole does not provide the same procedural safeguards for prospective adoptive children, prospective adoptive parents, and birth parents that exist in regular adoption-based immigration avenues, such as determinations that a child is an orphan or available for intercountry adoption,” the statement added.

Parole does not afford children the U.S. immigration status protections that regular adoption-based immigration avenues provide.



For example, a child who is paroled has not been formally admitted into the United States for purposes of immigration law and would have to take additional steps in order to become a lawful permanent resident (LPR) and a U.S. citizen. The child would not be admitted as an LPR and would not automatically acquire U.S. citizenship as other children entering on the basis of adoption normally do. -- *Public Engagement Division, USCIS*

Email Phishing on the Rise During Coronavirus Pandemic

Be alert for scammers trying to cash in during the coronavirus pandemic by sending phishing emails to steal your personal and financial information.

In the Email Phishing Scam, fraudsters pose as health authorities including the World Health Organization and Centers for Disease Control and Prevention.

They send phishing emails that could load malware onto your devices and steal your information, including passwords and usernames.

TIPS:

- Verify the validity of companies, charities or individuals sending you information about the coronavirus. Inspect all URLs carefully to see if they are from legitimate websites.
- Be suspicious of anyone emailing you offers for supplies or treatments for coronavirus or who requests your personal information. Look out for typos and grammatical errors.
- Keep anti-malware and anti-virus software updated on your computer.
- Report suspected fraudulent activity to law enforcement.

Source: Los Angeles District Attorney's Office

WORLD ELDER ABUSE AWARENESS DAY

June 15 is World Elder Abuse Awareness Day, which is dedicated to raising awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. The FBI works throughout the year to educate seniors and their loved ones on elder fraud scams and prevention.

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams, to name a few. Criminals will gain their targets' trust and may communicate with them directly via computer, phone, and the mail; or indirectly through the TV and radio.

Seniors are often targeted because they tend to be trusting and polite. They also usually have financial savings, own a home, and have good credit—all of which make them attractive to scammers.

Additionally, seniors may be less inclined to report fraud because they don't know how, or they may be too ashamed at having been scammed. They might also be concerned that their relatives will lose confidence in their abilities to manage their own financial affairs.

With the elderly population growing and seniors racking up more than \$3 billion in losses annually, elder fraud is likely to be a growing problem.

Common Elder Fraud Schemes

- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers



gain remote access to victims' devices and sensitive information.

- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a “fee.”

- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.

- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

- **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

COPING WITH DEBT

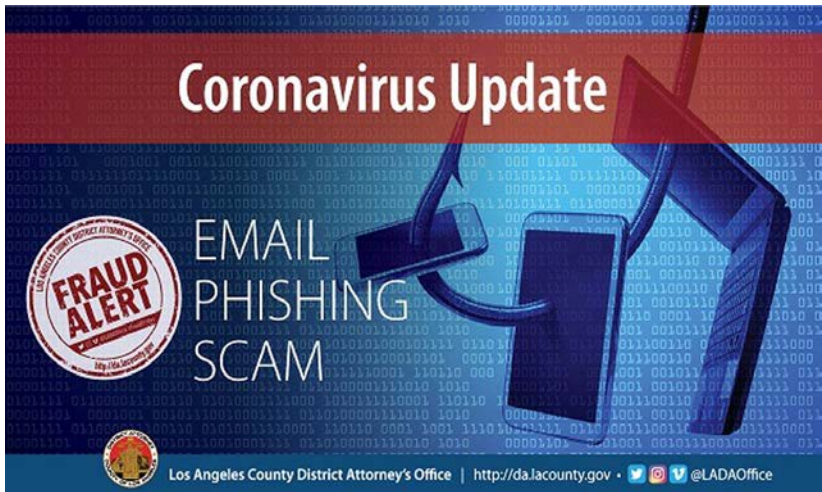
The first step toward taking control of your financial situation is to do a realistic assessment of how much money you take in and how much money you spend. Start by listing your income from all sources. Then, list your “fixed” expenses — those that are the same each month — like mortgage payments or rent, car payments, and insurance premiums.

Next, list the expenses that vary — like groceries, entertainment, and clothing. Writing down all your expenses, even those that seem insignificant, is a helpful way to track your spending patterns, identify necessary expenses, and prioritize the rest.

The goal is to make sure you can make ends meet on the basics: housing, food, health care, insurance, and education. You can find information about budgeting and money management techniques online, at your public library, and in bookstores. Computer software programs can be useful tools for developing and maintaining a budget, balancing your checkbook, and creating plans to save money and pay down your debt.

Contacting Your Creditors

Contact your creditors immediately if you're having trouble making ends meet. Tell them why it's difficult for you, and try to work out a modified payment plan that reduces your payments to a more manageable level. Don't wait until your accounts have been turned over to a debt collector. At that point, your creditors have given up on you. --*FTC*



- Protect Yourself**
- Recognize scam attempts and end all communication with the perpetrator.
 - Search online for the contact information (name, email, phone number, addresses) and the proposed offer.
 - Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
 - Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
 - Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
 - Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
 - Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software.
 - Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.
 - Take precautions to protect your identity if a criminal gains access to your device or account. Contact your financial institutions to place protections on your accounts.

THINGS TO KNOW ABOUT WORK-AT-HOME BUSINESSES

When money's tight, a work-at-home opportunity might sound like just the thing to make ends meet. Some even promise a refund if you don't succeed.

But the reality is many of these jobs are scams. You end up paying for starter kits or certifications that are useless, find your credit card is charged without your permission, or get caught up in a fake check scam.

Other work-at-home offers just don't deliver on their promises. The ads don't tell you that you may have to work a lot of hours without pay, or don't disclose all the costs up-front. You might spend money based on promises you'll quickly earn it back — but you don't. People tricked by work-at-home ads have lost thousands of dollars, not to mention their time and energy. - *FTC*



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Pechanga Resort Casino opens with limited operations



Pechanga guest has temperature scanned before going inside on June 1.

On Monday, June 1 at 12 p.m., Pechanga Resort Casino, located just outside of Temecula, Calif., reopened to the public. The West Coast's largest casino/resort closed March 16 after a decision by Pechanga Tribal leaders was made to help stop the spread of COVID-19. Pechanga Resort Casino opened with limited operations as the facility opens in a phased, incremental approach. Only half of Pechanga's slot machines (approximately 2,500) are available to guests with every other game switched on. Table games offer fewer gaming seats and guests will see plexiglass safety shields between them, other players and the dealer. Five of Pechanga's 13 restaurants, as well as three stations within the six dining options at its food court, are open with limited capacity to serve guests.

The following are some of the main differences guests will see, as well as safety rules Pechanga guests must follow when visiting during its initial opening phases:

- Smoking not permitted inside for initial reopening phase.
- Guests will pass through a temperature screening kiosk at one of four available entrances.

- Face coverings will be required.
- Every other slot machine will be in use to allow for proper physical distancing.
- Reduced number of table games. Plexiglass safety shields at games in use.
- Approximately 50% of normal seating capacity at restaurants initially open.
- Six-feet of physical distance between each guest required where line queuing is needed.
- No concerts or major events to be held in the near-term.

All shows that were scheduled for performance at Pechanga Resort Casino for June 2020 have been postponed. All previously booked concerts for June will be rescheduled with artists and their management for dates beyond 2020 as calendar and artist availability allows.

Pechanga's hotel is currently accepting reservations for July 1 and beyond, though is currently not open.

Pechanga Bingo and Poker, Spa Pechanga, The Cove pool complex, Eagle's Nest Nightclub, and the Pechanga Comedy Club remain closed during this initial opening phase.

DOT welcomes PH 'Rising Stars in Travel' citation by Forbes.com

The Department of Tourism welcomes the latest tourism-related distinction received by the country, having been recently named as one of the "Rising Stars in Travel" by Forbes.com, the website of the respected American business and financial news publication.

In a recently published article by travel writer Jared Rananhan, the Philippines was named among seven countries that "have potential to become major tourist destinations in a post-Covid world." The list also included Ethiopia, Iran, Myanmar, Georgia, Slovenia, and Tunisia.

Rananhan said these countries all possess the qualities needed to become world-class destinations, as they have "pristine natural beauty, historic ruins, and fascinating cultural experiences can be encountered in abundance."

In naming the qualities that can boost the Philippines' standing in the international tourism market, the article recognized the variety of travel experiences that



visitors can enjoy across our islands, "this massive archipelago has something to offer for even the most finicky of tourists," began the portion on the Philippines. It praised the exciting mainstream cultural scene of Metro Manila, and also put the spotlight on popular beach destinations such as Palawan and Boracay. To entice environmentally conscious travelers, the article also praised the rich diversity of the country's flora and fauna.

MGM Resorts International announces nationwide mask policy

LAS VEGAS-- MGM Resorts International (NYSE: MGM) on June 24 announced that it will require masks for all guests and visitors inside public spaces at every MGM Resorts property in the United States. The Company previously required all employees to wear masks, while guest and visitor mask requirements were based on local regulations.

MGM Resorts released the following statement:

"As part of our work to continually update and evolve our health and safety policies, we are now requiring masks for all guests and visitors inside public spaces. This will apply to all MGM Resorts properties across the United States and will become effective by Friday. If a guest is in need of a mask, we will provide one. We hope that our guests will do their part to help the collective efforts to curtail the spread of the virus. Guests who do not wish to comply will be asked to leave the property.

It is clear that the coronavirus still presents a significant public health threat, and masks have proven to be one of the best ways to curtail the spread. We want guests and employees to feel comfortable that we are putting their health and safety first."

SPORTS

Office of Governor, Dallas Cowboys linebacker releases new Covid-19 PSA

The Office of the Governor and Dallas Cowboys Linebacker Jaylon Smith recently released a new public service announcement (PSA) entitled, "Wear A Mask On And Off The Field."

In the PSA, Smith urges Texans to wear a mask to protect themselves and others and follow other important health and safety guidelines like washing your hands and practicing social distancing.



The annual celebration of sport and Olympic values brings together Olympians from around the world



Olympic Day 2020 saw Olympians, athletes and fans all over the globe get active in the world's largest 24-hour digital Olympic workout. Twenty-three Olympic athletes have already joined the recording of an official Olympic Day workout video, and on Olympic Day, athletes from around the world led live workouts across 20 time zones on @olympics Instagram live.



"The Tokyo Games in 2021 will be a new adventure"

Benjamin Toniutti, who passed the 300-appearance mark for the French volleyball team in 2019, has been the national captain for seven years and is one of the best setters in the world. He has been taking the positives out of the postponement of the Tokyo Games, for which "Les Bleus" qualified in style, and is excited at the prospect of a new adventure with his team-mates in the summer of 2021.



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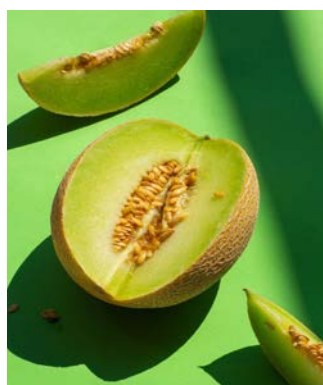
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MANGO



ORANGE



PAPAYA



PERSIMMON



PINEAPPLE



STRAWBERRY



WATERMELON

IN GENERAL:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

FOR THE BEST NUTRITIONAL VALUE:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

AT MEALS:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, mix fresh fruit with plain fat-free or low-fat yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include orange sections or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots

or mangoes.

- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.

AS SNACKS:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top plain fat-free or low-fat yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

MAKE FRUIT MORE APPEALING:

- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try unsweetened applesauce as a lower calorie substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

FRUIT TIPS FOR CHILDREN:

- Set a good example for children by eating fruit every day with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up

fruits.

- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches instead of soda or other sugar-sweetened beverages.
- Look for and choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice in fast food restaurants.
- Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks.

KEEP IT SAFE:

- Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.

