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# The number of abortions kept rising in 2024 because of telehealth **prescriptions**, **report finds**

### By GEOFF MULVIHILL Associated Press

The number of abortions in the U.S. rose again in 2024, with women continuing to find ways to get them despite bans and restrictions in many states, according to a report out Monday.

The latest report from the WeCount project of the Society of Family Planning, which supports abortion access, was released a day before the third anniversary of the U.S. Supreme Court's ruling that overturned Roe v. Wade and ended nearly 50 years of legal abortion nationally for most of pregnancy.

Currently, 12 states are enforcing bans on abortion at all stages of pregnancy, with limited exceptions, and four have bans that kick in at or about six weeks into pregnancy — often before women realize they are pregnant.

While the total number of abortions has risen gradually over those three years, the number has dropped to near zero in some states, while abortions using pills obtained through telehealth appointments have



Abortion-rights activists holds a signs as they protest outside of the Supreme Court during a rally on March 26, 2024, in Washington.

become more common in nearly all states.

Pills are used in the majority of abortions and are also prescribed in person.

The overall number of abortions has risen, but it is below historic highs

The latest survey, released Monday, tallied about 1.1 million abortions nationally last year, or about 95,000 a month. That is up from about 88,000 monthly in 2023 and 80,000 a month between April and December of 2022. WeCount began after Roe was overturned, and the 2022 numbers don't include January through March, when abortions are traditionally Associated Press

at their highest. The number is still well below the historic peak in the U.S. of nearly 1.6 million a year in the late 1990s. The Society of Family Planning relies primarily on surveys of abortion providers and uses estimates.

Pills prescribed by telehealth now account for one-fourth of US abortions WeCount found that in the months before the Dobbs ruling was handed down, about 1 in 20 abortions was accessed by telehealth.

But during the last three months of 2024, it was up to 1 in 4.

The biggest jump over that time came in the middle of 2023, when laws in some Democratic-controlled states took effect with provisions intended to protect medical professionals who use telehealth to prescribe pills to patients in states where abortion is banned or where there are laws restricting telehealth abortion.

WeCount found that about half of the telehealth abortions last year were facilitated by the shield laws. The number of telehealth abortions also grew for those in states without bans.

WeCount is the only nationwide public source of information about the pills prescribed to women in states with bans. One key caveat is that it is not clear how many of the prescriptions result in abortion.

# Supreme Court will hear case of Rastafarian whose dreadlocks were shaved by Louisiana prison guards

### By MARK SHERMAN Associated Press

WASHINGTON (AP) — The Supreme Court agreed on Monday to hear the appeal of a former Louisiana prison inmate whose dreadlocks were cut off by prison guards in violation of his religious beliefs.

The justices will review an appellate ruling that held that the former inmate, Damon Landor, could not sue



The Supreme Court is seen on Capitol Hill in Washington, Dec. 17, 2024.

Associated Press

prison officials for money damages under a federal law aimed at protecting prisoners' religious rights.

Landor, an adherent of the Rastafari religion, even carried a copy of a ruling by the appeals court in another inmate's case holding that cutting religious prisoners' dreadlocks violates the Religious Land Use and Institutionalized Persons Act. Landor hadn't cut his hair in nearly two decades when he entered Louisiana's prison system in 2020 on a fivemonth sentence. At his first two stops, officials respected his beliefs. But things changed when he got to the Raymond Laborde Correctional Center in Cottonport, about 80 miles (130 kilometers) northwest of Baton Rouge, for the final three weeks of his term. A prison guard took the copy of the ruling Landor carried and tossed it in the trash, according to court records. Then the warden ordered guards to cut his dreadlocks. While two guards restrained him, a third shaved his head to the scalp, the records show. Landor sued after his release, but lower courts dismissed the case. The 5th U.S. Circuit Court of Appeals lamented Landor's treatment but said the law doesn't allow him to hold prison officials liable for damages. The Supreme Court will hear arguments in the fall. Landor's lawyers argue that the court should be guided by its decision in 2021 allowing Muslim men to sue over their inclusion on the FBI's no-fly list under a sister statute, the Religious Freedom Restoration Act.

President Donald Trump's Republican administration filed a brief supporting Landor's right to sue and urged the court to hear the case. Louisiana asked the justices to reject the appeal, even as it acknowledged Landor's mistreatment. Lawyers for the state wrote that "the state has amended its prison grooming policy to ensure that nothing like petitioner's alleged experience can occur." The Rastafari faith is rooted in 1930s Jamaica, growing as a response by Black people to white co-Ionial oppression. Its beliefs are a melding of Old Testament teachings and a desire to return to Africa.



## GOP tax bill would ease regulations on gun silencers and some rifles and shotguns

### By MARY CLARE JALONICK **Associated Press**

WASHINGTON (AP) - The massive tax and spending cuts package that President Donald Trump wants on his desk by July 4 would loosen regulations on gun silencers and certain types of rifles and shotguns, advancing a longtime priority of the gun industry as Republican leaders in the House and Senate try to win enough votes to pass the bill.

The guns provision was first requested in the House by Georgia Rep. Andrew Clyde, a Republican gun store owner who had initially opposed the larger tax package. The House bill would remove silencers called "suppressors" by the gun industry from a 1930s law that regulates firearms that are considered the most dangerous, eliminating a \$200 tax while removing a layer of background checks.

The Senate kept the provision on silencers in its version of the bill and expanded upon it, adding shortbarreled, or sawed-off, rifles and shotguns.

Republicans who have long supported the changes, along with the gun in-



A handgun with a silencer and two magazines are shown at a gun range in Atlanta, Jan. 27, **Associated Press** 2017.

rights. They say silencers are mostly used by hunters and target shooters for sport.

"Burdensome regulations and unconstitutional taxes shouldn't stand in the way of protecting American gun owners' hearing," said Clyde, who owns two gun stores in Georgia and often wears a pin shaped like an assault rifle on his suit lapel. Democrats are fighting to stop the provision, which was unveiled days after two Minnesota state legislators were shot in their homes, as the bill speeds dustry, say the tax infringes through the Senate. They on Second Amendment argue that loosening regu- cuts to Medicaid and ener-

lations on silencers could make it easier for criminals and active shooters to conceal their weapons.

"Parents don't want silencers on their streets, police don't want silencers on their streets," said Senate Democratic leader Chuck Schumer, D-N.Y.

The gun language has broad support among Republicans and has received little attention as House Speaker Mike Johnson, R-La., and Senate Majority Leader John Thune, R-S.D., work to settle differences within the party on gy tax credits, among other issues.

But it is just one of hundreds of policy and spending items included to entice members to vote for the legislation that could have broad implications if the bill is enacted within weeks, as Trump wants.

Inclusion of the provision is also a sharp turn from the climate in Washington just three years ago when Democrats, like Republicans now, controlled Congress and the White House and pushed through bipartisan gun legislation. The bill increased background

checks for some buyers under the age of 21, made it easier to take firearms from potentially dangerous people and sent millions of dollars to mental health services in schools.

Passed in the summer of 2022, just weeks after the shooting of 19 children and two adults at a school in Uvalde, Texas, it was the most significant legislative response to gun violence in decades.

Three years later, as they try to take advantage of their consolidated power in Washington, Republicans are packing as many of their longtime priorities as possible, including the gun legislation, into the massive, wide-ranging bill that Trump has called "beautiful."

"I'm glad the Senate is joining the House to stand up for the Second Amendment and our Constitution, and I will continue to fight for these priorities as the Senate works to pass President Trump's One Big Beautiful Bill," said Texas Sen. John Cornyn, who was one of the lead negotiators on the bipartisan gun bill in 2022 but is now facing a primary challenge from the right in his bid for reelection next year.

## Supreme Court allows Trump to restart swift deportation of migrants away from their home countries



Daisy Moran, left, and Constance Felton participate in a protest against ICE raids and deportation arrests as police block their marching route on Chamblee Tucker Road in Atlanta on Saturday, June 14, 2025.

Associated Press

### **By LINDSAY WHITEHURST Associated Press**

WASHINGTON (AP) — A divided Supreme Court on Monday allowed the Trump administration to restart swift removals of migrants to countries other than their homelands, lifting for now a court order requiring they get a chance to challenge the deportations.

The high court majority did not detail its reasoning in the brief order, as is typical on its emergency docket. All three liberal justices dissented from the order.

The high court's action came after immigration officials put eight people on a plane to South Sudan in May. U.S. District Judge Brian E. Murphy in Boston found that violated his court order giving people a chance to argue they could be in danger of torture if sent away from their

home countries.

The migrants from countries including Myanmar, Vietnam and Cuba had been convicted of serious crimes in the U.S. and immigration officials have said that they were unable to return them quickly to their home countries.

Authorities instead landed the plane at a U.S. naval base in Djibouti, where the migrants were housed in a converted shipping container and the officers guarding them faced rough conditions even as immigration attorneys waited for word from their clients.

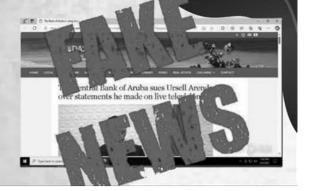
The case comes amid a sweeping immigration crackdown by Republican President Donald Trump's administration, which has pledged to deport millions of people who are living in the United States illegally.

## TUESDAY 24 JUNE 2025 U.S. NEWS



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## New York governor seeks to build the state's first new nuclear power plant in decades

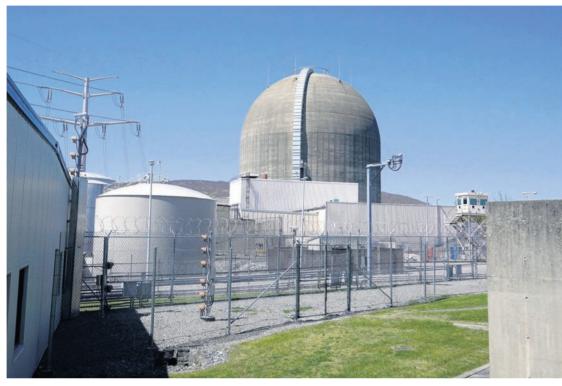
### **By PHILIP MARCELO Associated Press**

NEW YORK (AP) - New York's governor on Monday proposed the construction of the state's first new nuclear power plant in decades.

Gov. Kathy Hochul directed the state's power authority to develop an advanced, "zero-emission" facility in upstate New York that she hopes will help create a clean, reliable and affordable electric grid for the state.

She said the state power authority will seek to develop "at least" one new nuclear energy facility with a combined capacity of no less than one gigawatt of electricity. That would increase the state's total nuclear capacity to about 4.3 gigawatts.

The Democrat, speaking at the Niagara County Power Project in Lewiston, said the state needs to secure its "energy independence" if it wants to continue to at-



The Unit 2 reactor at Indian Point Energy Center in Buchanan, N.Y., is seen, April 26, 2021, almost one year after it was shut down.

that create good-paying jobs as it deactivates aging fossil fuel power plants. Acknowledging critics

nuclear power, she of

tract large manufacturers or facilities would be safer than their predecessors. "This is not your grandparents' nuclear reactor," Hochul said.

"The new plan will be a pledged the new facility model of 21st century nuhasn't decided on a potential location, but that upstate communities appear receptive, given the potential for creating 1,600 construction jobs and 1,200 permanent jobs once the facility is operational.

"Everybody is raising their hand right now," Hochul said. "It's going to be hard to decide."

Among those likely in the running is the Nine Mile Point nuclear plant in Oswego. Hochul's administration has been supportive of Maryland power company Constellation's bid to build a new nuclear reactor at the two-reactor facility.

There are 54 operating nuclear power plants in the country, according to the U.S. Department of Energy's Energy Information Administration.

**Associated Press** 

clear design with safety at

the forefront, automatic

safety systems to enhance

the containment, and rig-

orous environmental stan-

The governor said the state

dards.'

But American utilities have been broadly reluctant to launch new nuclear plants due to high cost overruns and delays on recent highprofile projects.

## Florida asks Supreme Court to reinstate immigration law as lower courts weigh constitutionality



Florida Attorney General James Uthmeier speaks during a meeting between Gov. Ron DeSantis and the state cabinet at the Florida capitol in Tallahassee, Fla., Wednesday, March 5, 2025.

Associated Press

### **By SAFIYAH RIDDLE**

Associated Press/Report For America The Florida Attorney General asked the U.S. Supreme Court on Monday to allow the state to enforce a new immigration law that makes it a misdemeanor for people living in the U.S. illegally to enter the state. The petition is the latest in a monthslong battle between Florida Attorney General James Uthmeier and district U.S. District Judge Kathleen Williams. Last week Williams held Uthmeier in contempt for instructing officers to continue enforcing the new law despite the judge's orders to stop enforcement until the courts decide whether the law is constitutional.

The attorney general's appeal to the Supreme Court said the state has a right to use the law to protect itself from the harm of illegal immigration. The legislation tracks

federal law and the injunction shouldn't cover every officer in the state "who never had their day in court," the appeal argued. Gov. Ron DeSantis signed the legislation into law in February as part of President Donald Trump's push to crack down on illegal immigration, though many of Trump's immigration enforcement efforts are mired in battles with federal judges. Immigrants rights groups filed lawsuits on

behalf of two unnamed, Florida-based immigrants living in the U.S. illegally shortly after the bill was signed into law. The lawsuit said that the new legislation violates the Supremacy Clause of the U.S. Constitution by encroaching on federal duties.

Williams issued a temporary restraining order and injunction that barred the enforcement of the new law statewide in April. 🗋



## EU finds 'indications' Israel is breaching key human rights agreement in Gaza

By SAM McNEIL and ELLA **JOYNER** 

**Associated Press** 

BRUSSELS (AP) - The European Union says there are "indications" that Israel's actions in Gaza are violating human rights obligations in the agreement governing its ties with the EU --but the block was divided Monday over what to do in response.

EU foreign policy chief Kaja Kallas presented a review of Israel's compliance with to foreign minsters of the 27-member bloc in Brussels on Monday, leading at least one country to openly propose suspending the agreement.

"There are indications that Israel would be in breach of its human rights obligations under Article 2 of the EU-Israel Association Agreement," according to the review by the EU's diplomatic corps, the European External Action Service, a copy of which was seen by The Associated Press.

The review detailed allegations by the International Court of Justice and agencies of the United Nations that Israel had likely broken international humanitarian law in Gaza on multiple levels by cutting off life-saving



People attend a protest in support of Palestinians outside a meeting of EU foreign ministers at the European Council building in Brussels, Monday, June 23, 2025.

food and supplies, targeting journalists, and attackdensely-populated ing areas with "weapons with wide area effects." Suspending ties would re-

quire a unanimous decision, which is likely impossible to obtain from countries like Austria, Germany and Hungary that tend to back Israel.

German Foreign Minister Johann Wadephul said Monday in Brussels that Berlin is against suspension of the agreement.

Other actions such as ending visa-free travel to Europe for Israelis, sanctioning Israeli settlers in the West Bank or halting academic partnerships could be pushed if a "qualified majority" 15 of the 27 nations representing at least 65% of the population of the EU agree.

Kallas said that trade from the parts of the occupied West Bank with "violent settlers" does not "benefit of the trade relationship the beneficial trade relationship that we have between Israel and European Union."

**Associated Press** 

Countries like the Netherlands, Ireland and Spain have been vocal in their support for the Palestinians in Gaza as Israel battles Hamas.

"When all the focus is on Iran and the escalation regarding Iran, we should not forget about Gaza," said Dutch foreign minister Caspar Veldkamp, who led the charge for the review.

The EU review "clearly showed that Israel has violated Article 2 of this agreement, which concerns respect for human rights," said French Foreign Minister Jean-Noel Barrot. "Consequences will have to be drawn at the next foreign affairs ministers meeting in July," he said.

Israel launched its military campaign in Gaza after Hamas' Oct. 7, 2023, attack on southern Israel, in which militants killed around 1,200 people, mostly civilians, and took another 251 hostages. About 56,000 Palestinians have since been killed, according to Gaza's Health Ministry, and little relatively aid has entered since Israel ended the latest ceasefire in March.

Outrage over Israel's actions in Gaza has grown in Europe as images of suffering Palestinians have driven protests in London, Berlin, Brussels, Madrid and Amsterdam.

## Indonesia arrests 285 in drug crackdown and seizes over half a ton of narcotics

### By NINIEK KARMINI and **ANDI JATMIKO**

### **Associated Press**

JAKARTA, Indonesia (AP) - Indonesian authorities said Monday they arrested 285 people suspected of drug trafficking, including 29 women and seven foreigners, and seized over half a ton of various narcotics during a twonationwide monthlong crackdown.

Indonesia is a major hub for drug trafficking in Southeast Asia despite having strict drug laws, with convicted smugglers sometimes executed by firing squad.

The head of the National Narcotic Agency, Marthinus Hukom, said the crackdown, launched between April and June across 20 provinces, also uncovered money laundering schemes by two drug syndicates and confiscated assets worth more than 26 billion rupiah (about \$1.5 million).

Thirty-six of the suspects, including 21 women, were paraded in front of reporters, along with confiscat- phetamines, adding this ed drugs, in their orange helped stop them falling prison uniforms and hands into the hands of "more handcuffed.

Hukom said the women arrested were mostly house- syndicates have used variwives.

"I call on Indonesian wom- narcotics to users via land en to be more vigilant in and sea transportation or establishing

both in the real world and in cyberspace," he said during a joint press conference with officials from the security affairs ministry and the customs office who took part in the operation. One of the agency's deputies, Budi Wibowo, said authorities seized 683,885 grams (0.68 ton) of crystal meth, marijuana, ecstasy, THC, hashish and amthan 1.3 million people."

Wibowo also said that drug ous methods to distribute friendships mail services.

The seven foreign nation- an Indian and an Austraals were an American, two lian, Wibowo said. 🗋 Kazakhs, two Malaysians,



Indonesian police officers stand guard near suspects and various drugs seized in a nationwide crackdown in the past few months, before the start of a press conference at the Indonesian Customs headquarters in Jakarta, Indonesia, Monday, June 23, 2025.

## TUESDAY 24 JUNE 2025 WORLD NEWS



## Mideast governments condemn suicide bombing of Syrian church as death toll rises to 25

### By GHAITH ALSAYED and **KAREEM CHEHAYEB Associated Press**

DAMASCUS, Syria (AP) -The death toll from a suicide bomb attack on a church in Syria at the weekend has risen to 25, state media said Monday.

The attack Sunday on the Mar Elias Greek Orthodox church during a Divine Liturgy in Dweil'a, near Damascus, was the first of its kind in Syria in years, and comes as Damascus under its de facto Islamist rule is trying to win the support of minorities. The Interior Ministry and witnesses said a gunman entered the church and opened fire on the congregation before detonating an explosive vest.

State news agency SANA, citing the Health Ministry, said 63 other people were wounded in the attack. Father Fadi Ghattas told The Associated Press that some 350 people were praying at the church.

The United States, the European Union and governments across the Middle East condemned the attack, decrying it as a terrorist attack.

"These terrible acts of cow-



Syrians gather inside Mar Elias church where a suicide bomber detonated himself in Dweil'a in the outskirts of Damascus, Syria, Sunday June 22, 2025.

ardice have no place in the new tapestry of integrated tolerance and inclusion that Syrians are weaving," said U.S. Special Envoy for Syria and Ambassador to Riyadh's rejection of "the Turkey Tom Barrack in a post on X.

"We continue to support the Syrian government as it fights against those who are seeking to create instability and fear in their country and the broader region."

Saudi Arabia's Foreign Ministry in a statement affirmed targeting of places of worship, the intimidation of innocent civilians, and the innocent bloodshed."

As President Ahmad al-Sharaa struggles to exert

authority across the country, there have been concerns about the presence of sleeper cells of extremist groups in the war-torn country.

**Associated Press** 

No group immediately claimed responsibility for the attack on the church, but the Interior Minister has blamed the extremist Islamic State group.

Syrians decried the attack, many seeing it as a blow to stability in the country after 14 years of war. Syrian Christians have appealed that the attack is not just a threat against them but to everyone in the country regardless of their religious affiliation.

"It is definitely an attack on civil peace and coexistence in this country," said Wassim Boutros, who lives in Damascus.

Wajiha umm Mohammed said that she and her daughter were devastated to learn that one of their friends was killed in the attack.

"All our lives, we've been Christians and Muslims togetherliving side by side," umm Mohammed, a Muslim, said.

"We've never let anything divide us, and we won't start now." She called for more government action to protect minorities.

" On our holiday Eid al-Adha there was a strong security presence at the mosque.

So during mass, there should also be security, with checks on who goes in and out and proper screening," she said.

## World Bank grants South Africa a \$1.5B loan for infrastructure upgrade and green energy transition

### By MICHELLE GUMEDE **Associated Press** JOHANNESBURG (AP) —

The World Bank granted South Africa a \$1.5 billion loan to upgrade transportation infrastructure and help it transition toward a low-carbon economy, the

country's National Treasury said Monday. Deteriorating rail systems, jammed ports and frequent blackouts have hindered vital industries like mining and auto manufacturing in South Africa, contributing to slow economic growth over



The cooling towers at Eskom's coal-powered Lethabo power station are seen near Sasolburg, South Africa, on Nov. 21, 2011.

**Associated Press** 

the last decade in Africa's most developed economy. South African President Cyril Ramaphosa and his coalition government have pledged to tackle corruption and decades of poor management as well as pursue reforms to get the country out of its economic rut and ease its extremely high unemployment rate. While it did not give specifics, the South African government said it expects the World Bank loan will enable inclusive economic growth and job creation by assisting in the removal of important infrastructure bottlenecks, especially in the energy and freight transportation sectors.

"This agreement reinforces the strong and constructive collaboration between the World Bank and the government of South Africa," said the National Treasury. "This partnership marks a significant step toward addressing South Africa's pressing economic challenges of low growth and high unemployment."

Additionally, because the financing has better conditions than conventional borrowing, such as a threeyear grace period, it should reduce escalating debtservice expenses, it added. South Africa's 2025-26 budget has allocated over R1 trillion over the next three years toward critical transportation, energy, water and sanitation infrastructure while improving access to basic services.

However, real gross domestic product was revised downward to 1.4% in 2025 from 1.9% previously projected by the Finance Ministry projected in March because of the worsening global outlook and the persistence of logistics constraints and higher borrowing costs.

Finance Minister Enoch Godongwana said government debt is projected to stabilize at 77.4% of GDP in 2025/26.

Earlier this year, the dismantling of USAID by the Trump administration cut around \$436 million in annual funding to South Africa for HIV treatment and prevention, putting the program and thousands of health care jobs on the line.  $\Box$ 



## **Aruba celebrates Dera Gay!**

(Oranjestad)-Every year on June 24th, the Aruban community come together and celebrates one of our most authentic traditions: Dera Gay\*, or Dia di San Juan (St. John's Day). This is a national holiday for us, and families and friends usually spend the day visiting several places around the island to delight in traditional cuisine, music, games, ambience and the famous Dera Gay Dance.

Brief history of Dera Gay Dera Gay is a celebration with various origins and histories. The cultural festival of San Juan (St. John the Baptist), known locally as Dera Gay, dates back to 1862 and is celebrated every year on June 24th.

This holiday is rife with both pagan and Christian symbolism reflecting the influ-





ences of the Arawak natives and Spanish missionaries on the Island, respectively. The origin story of this religious and cultural festival has several versions. The religious origin is associated with the birth date of St. John the Baptist, while the cultural origin is tied to the harvest festival. Although it has a religious aspect, Dera Gay is predominantly recognized as a cultural festival featuring music, dance, and singing. The dominant colors are red and yellow. Yellow symbolizes the flowering kibrahacha tree, while red represents the candle that is lit on the eve to announce the festival of the following day.

According to tradition, the festival begins on June 23rd when people light cornstalks as a symbolic cleansing to prepare for the new harvest season. On June 24th, after sunset, the celebration of San Juan starts in different districts with Dera Gay dance, candle dance, and flag dance. The candle dance is performed for protection against illness and bad luck. The most well-known dance is the Dera Gay, where a dancer, with his eyes covered and a stick in his hand, attempts to kill the "gay" (rooster). Traditionally, a hole was dug in the ground, and a live rooster was buried



in the hole up to its neck. Blindfolded revelers would then be given three tries to decapitate the rooster with a long pole (piñata-style). (The Catholics considered this ritual to be symbolic of the decapitation of St. John the Baptist while the pagans believed that the spilling of the blood would fertilize the earth for the next growing season.) The one to carry out the deed was rewarded with bottles of alcohol and other prizes.

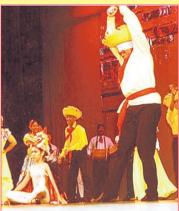
Today, a dummy is used, and the dance takes place during public festivities or neighborhood club houses. Those who still perform the dance in the fields or on the ground use a calabash. There is also a flag dance, where small flags are placed on the ground and a person with their eyes covered by a cloth searches for the flags. The ceremony is accompanied by folk music.

The prominent musical in-



struments are the fio, wiri, and tambu. The Dera Gay chant dates back to 1862. Of course, this celebration is not complete without traditional local food and drinks. The festival of San Juan and Dera Gay regained popularity in the 1970s among the local population, and schools also started paying attention to this popular festival. "San Juan is coming, San Juan is going."

\*Dera Gay: The word "gay" in Papiamento means "rooster", and is pronounced like "guy"



## Dining in? Try making a local favorite How to make "pan bati"

(Oranjestad)-If ever up for an Aruban 11/3 cup of milk snack, try making another 1 pinch of salt Aruban classic appetizer called Pan Bati. Similar to a pancake both in appearance and cooking, Instructions: this is a super easy meal Add all the dry ingredients and cover with a clean make it!

### Ingredients:

2 cups of all purpose flour 1 cup grams of fine until reached desired However, it is also casually cornmeal (we recommend consistency. the Harina PAN brand)

you're 2 tbsp baking powder 2 tbsp of granulated sugar Oil for cooking

that adults and children will in a bowl first, and stir until both enjoy. Here's how to well mixed. Then add the milk and beat until Traditionally, pan bati is cut reached a pancake-like in triangle pieces, and is consistency. If more moister often eaten as a side dish is needed, add some water with soup, fried fish or stews.

In a hot pan with oil, pour in enough batter to cover the bottom of the pan. Just like pancakes, flip the pan bati when one side turns golden brown. When your pan bati is ready, place on a plate kitchen towel.

enjoyed with some butter and cheese on top!



## TUESDAY 24 JUNE 2025

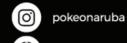




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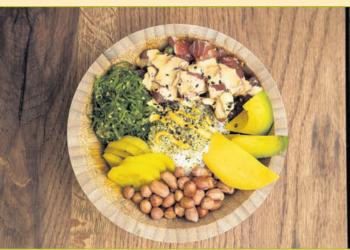
Po-Ké Ono Azure J.E. Irausquin Blvd 260, Po-Ké Ono Marketplace L.G. Smith Blvd 9, Unit 25,

## Po-Ké Ono Brings Bold Asian Fusion to Aruba's Dining Scene Innovative eatery blends island culture with modern Asian cuisine

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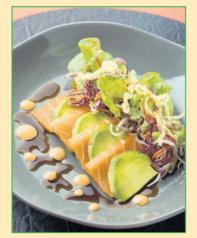
Oranjestad, Aruba - In culinary landscape а known for its diversity and creativity, Po-Ké Ono stands out as a vibrant and contemporary addition to Aruba's restaurant scene. With locations at Azure in Palm Beach and the Renaissance Marketplace in Oranjestad, the concept introduces a refreshing take on Asian fusion diningcasual in style, yet refined in execution.

Established in 2020, Po-Ké Ono was envisioned as a space where flavor, culture, and creativity intersect. The menu features an array of signature dishes including poke bowls, steamed bao, and sushi, crafted with precision and a focus on freshness. Drawing on Asian influences, the restaurant delivers bold flavors in an approachable format, appealing to a broad audience of locals and visitors alike.



Theambianceisdesigned to be welcoming and relaxed, with a philosophy centered around accessibility and enjoyment. Whether dining indoors or grabbing a quick bowl on the go, guests can expect a consistently high standard in both service and cuisine. With extensive menu options, including selections for vegan diners, Po-Ké Ono caters to a wide range of tastes and dietary preferences. While the concept leans





into fast-casual dining, the quality of ingredients and thoughtful preparation reflect fine-dining roots. Many of the restaurant's ingredients core are sourced locally, emphasizing sustainability and support for Aruba's community. agricultural The result is a dining experience that honors both the island's spirit and the culinary traditions it draws inspiration from. Open daily from 11:00

AM to 10:00 PM, Po-Ké

Ono continues to gain recognition as one of the island's premier destinations for sushi, poke, and bao. Its growing popularity is a testament to Aruba's evolving food cultureone that embraces global influence while staying rooted in community and craft.

For those seeking a modern taste of Asia in the heart of the Caribbean, Po-Ké Ono offers a flavorful and memorable experience worth exploring.



## Adriaan Laclé One of Aruba's richest men in the twentieth century

(Oranjestad)—The name Adriaan Laclé may ring a bell to locals as one of the bigger roads on the island, but about a century ago, Adriaan Laclé was a rich businessman, well-known for his generosity, wealth, and taste.

Adriaan was born in 1866 of main street Oranjestad. and was the eldest of six children. Not much is it has been said that he known about his childhood upbringing or any of his earlier business ordeals, but during his hay day he often helped people get loans, was a well-established trader, and owned several plots of land. In fact, he commissioned the con-

struction of the famous La Quinta Carmen manornow a restaurant. Though he himself never lived in the beautiful manor, his own house also reflected his success and good taste. Today his house still stands in good condition and can be found in the back streets Regarding his personal life, was married twice during his lifetime. He had his first daughter during his first marriage but lost his wife soon after her birth. During his second marriage, he fathered 16 children. However, it has been said that

only 11 of those 17 made



it past 18 years of age. Perhaps two of his most well-known daughters are Maria Monica Laclé and Maria Veneranda Laclé, who went on to marry successful brothers Eloy Arends



and Maximilian Arends, respectively. Their houses are still standing; Eloy and Maria Monica's mansion functions as a townhall, used to host civil marriages, while Maximilian and Maria Veneranda's house stands on the opposite side of the road to them-though currently under renovation after years left in ruin. Source: De Kolibrie op de Rots (en meer over de geschiedenis van Aruba) by Evert Bongers.



LOCAL A9 TUESDAY 24 JUNE 2025

### Celebrating Forty Years – Weekly Free Slot or Table Play for all Qualified Club Members



## Casago Aruba: Redefining Island Stays with Full-Service Property Management

Casago Aruba was born from a shared passion for elevating the island's tourism experience. Built on a strong foundation of service, hospitality, and a keen eye for quality, the Casago team-backed by over 16 years of experience in the vacation rental and hospitality industry-is on a mission to redefine what luxury and convenience look like for travelers visiting Aruba.

But Casago is more than just a vacation rental platform. It is a full-service property management company, offering seamless experiences for both guests and homeowners alike. While travelers benefit from handpicked accommodations and personalized service, homeowners gain a reliable partner dedicated to the care and performance of their property. A Stay Tailored to You

Casago Aruba offers more than just stylish villas. Their curated portfolio includes a wide variety of condos, homes, and villas in different sizes to suit all types of



travelers-from solo adventurers and couples to large families and groups. Every stay is backed by local expertise, with concierge support, 24/7 guest assistance, and an attention to detail that consistently exceeds expectations.

Whether you're here to relax on world-famous beaches, explore Aruba's cultural gems, or discover hidden corners of the island, Casago Aruba ensures your getaway is as smooth as it is memorable. A Partner for Homeowners Behind the scenes, Casa-



go offers a robust suite of property management services designed to help homeowners maximize rental income while minimizing stress. Services include:

Promotion through Casago's professional booking platform and expert local marketing strategies

Complete management of check-ins, guest communication, cleanings, landscaping, pool maintenance, and repairs

Transparent maintenance reporting, realtime reservation tracking, and on-site security monitoring

Full handling of tax filings for both local and

state requirements

Monthly property in-٠ spections and full utility bill management

Strategic plan-• ning to help homeowners increase profitability and keep their properties in top condition

This full-service model ensures that every home is maintained to the highest standard while giving property owners full peace of mind.

Rooted in Community and Sustainability

What truly sets Casago Aruba apart is their commitment to the local community and to sustainable practices. The team works closely with local business-



es and artisans, promotes eco-conscious travel, and supports initiatives that contribute positively to the island's environment and economy.

As one of the fastest-growing vacation rental and property management companies on the island, Casago Aruba continues to expand its footprintwelcoming more travelers, partnering with more homeowners, and raising the standard of hospitality in Aruba

## Aruba to me

to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

Complete the sentence: Aruba to me is ...... Send your picture with that text (including your name and

ORANJESTAD - You are where you are from) to: its affiliated companies to back or still enjoying your news@arubatoday.com use said materials, as well vacation?... we would like and we will publish your as names, likeness, etc. for vacation memory. Isn't that a special way to keep out compensation. your best moments alive? Last but not least: check Please do note: By submit- out our website, Instagram ting photos, text or any oth- and Facebook page! er materials, you give per- Thank you for supporting mission to The Aruba Today our free newspaper, we Newspaper, Caribbean strive to make you a happy Speed Printers and any of reader every day again.

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## TUESDAY 24 JUNE 2025



### Visit the historic museum at Fort Zoutman!

(Oranjestad)-Located in the middle of downtown Oranjestad, situated right next to the government building "Cocolishi", is one of the oldest buildings of Aruba: Fort Zoutman. First constructed in 1796, this site has been used (or left unused) in many ways and have survived eras of war and attempted dismantling.

When anyone refers to Fort Zoutman, they are actually referring to two separate buildings that, over the years, have been merged: the fort and the tower. That's right, the iconic 5-story, squared tower was not part of the original structure of the fort, and is actually called "Willem III Toren". Constructed in 1867, this tower was named after the then-reigning king



of The Netherlands, Willem III. Willem III Toren was originally a light tower, but after a request from Lieutenant Governor Jan Helenus in 1866, it also became a bell tower

The fort itself was originally constructed to protect the commerce bay of

Paardenbaai from pirates and other disreputable characters roaming the Caribbean Sea. Unlike the Willem III Toren, Fort Zoutman had a more tumultuous past, including the on-and-off reception of unwanted members of the English military several times

(The Netherlands was at constant war with England back in the colonial era). Over the years, both the fort and the tower had functioned as different government center points, including a tax and stamps office. For some time these two buildings also housed a police precinct and jail, and even experienced abandonment until the Cultural Center Aruba Foundation (CCA) petitioned for its renovation in 1964, turning the site into the Historic Museum it currently is.

Despite its small size, The Historic Museum guards a rich depository of the commercial, military and social history of Oranjestad, offering a glance into how the social culture of the town came to be. If you are interested in history and want to learn more about Aruba, then Fort Zoutman should definitely be included into your itinerary.

The museum is open Monday to Friday from 9am-6pm, and Saturday from 10am-2pm.

Source: The Old Fort of Aruba by Jan Hartog.

### Up for a snorkeling adventure in Aruba? Top 3 shipwrecks to explore

not only the perfect vacation destination to sit back and relax on the sandy beaches but also has great snorkeling spots for passionate adventurers to explore. On the coast of the island, there are various shipwrecks that have become fan-favorites over the years. Here are the top 3 shipwrecks you should explore.

### SS Antilla

Dubbed "The Ghost Ship", SS Antilla is the biggest and most visited shipwreck site off the coast of the island. Located in Malmok, this 400-foot ship's story is one of capture and sabotage during WWII.

After Germany invaded The Netherlands, Dutch authorities ordered the confinement of the ship's German crew, who were ported in Aruba because it needed to find a neutral port. The Dutch ordered Under operation Neuland the ship to be confiscated, but the German crew had other plans. Taking advantage of a delay caused ernales. The ship was later by an anticipated armed cut into three sections, two resistance, the Germans of which were taken to started scuttling the ship, the US for reconstruction.

(ORANJESTAD) - Aruba is opening her seacock and The remaining part stayed setting her ablaze.

> Eventually, the crew was arrested, but SS Antilla could not be saved by the Dutch forces. The Dutch fired two rounds of their 35mm gun aboard the 'Aruba' at SS Antilla and left her to sink.

> The shipwreck can only be reached by boat. The ship is visible from the surface and during your snorkeling trip you'll be surrounded by hundreds of tropical fishes, but the shipwreck alone is already impressive enough.

### SS Pedernales

Like the Antilla, the story of SS Pedernales dates to WWII. Pedernales was used as a lake tanker between Venezuela and Aruba, and sailed under British Flag. At this time, The US and Britain were using Aruba and Curacao as fuel stations for the war ships.

(disruption of British and American oil sources), Germany fleets bombed Ped-

in Aruba and was used as target practice. Eventually, the ship became a snorkeling site that has attracted many visitors throughout the years.

Pedernales lies on the north-west coast of Aruba, and is no more than 10 feet under water, making it an ideal site for snorkelers and divers of all levels.

Jane Sea Wreck The Jane Sea Wreck lies near Palm Island at 100 feet underwater. Jane's story is heavily speculated, making her origin a tale of legends.

Launched in 1959, the 190feet ship was initially called "Blackthorn". Her last owner, S&D Shipping Ltd. named her Jane Sea. Jane was a cement freighter between Venezuela and Aruba.

The story goes that the Jane Sea arrived one day at the Barcadera Harbor, where Aruban customs discovered several tons of cocaine. The ship was confiscated and petitioned went out for her owner to claim her. However, several years went by and no one came forward to claim the ship, so dive operators decided to sink her as an artificial reef. This happened in 1988. Jane Sea earned the nick name Jane C, because of the illicit white powder discovered on board.

Jane is now beautifully overgrown with coral and is home to a diverse set of marine life, like turtles, octopus, crabs and sometimes even nurse sharks.

The stories behind these shipwrecks enriches their exploration and offers snorkelers and divers a glance into the past, as well as the beautiful marine life that have molded these wrecks into their home. So, grab your equipment and discover another side of what Aruba has to offer!

We highly recommend you embark on your adventure with the guide of a professional and be sure to take of yourself and Aruba's precious nature.





LOCAL A11 TUESDAY 24 JUNE 2025

## Fruit Loose & Veggie Boost: Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mangoes hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

### Mispel

This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

### Kenepa

Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system.



Season: the fruit typically ripen during the summer.

### Druif

There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

#### Shimarucu

Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true

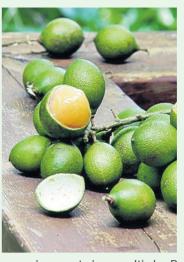


vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan). Tamarind

A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system. Start the day with a 'batida' (smoothie) enriched with a local veggie touch or select your restaurant that offers local vegetable dishes to get the real pure taste of it.

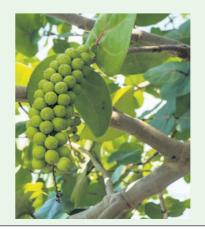
Comcomber chiquito This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Comcomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The



veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year- round. Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the healthconscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round. Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture-more so than snap beans-and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and







salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pompuna, don't

dish in Aruban restaurants is Sopa Di Pompuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups.

## A12 SERVICE

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### A X Y D L B A A X R is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

### 6-28 CRYPTOQUOTE

CG, NX. YHMLSHX ECPIU QHFHX

UHBOQH YGRS'L MHOQD LROU

MHSYHHQ ZCPX GHRXS RQU

NOQH. — RIOLCQ JXRPLL Cryptoquote: SEIZE THE MOMENTS OF HAPPINESS, LOVE AND BE LOVED! THAT IS THE ONLY REALITY IN THE WORLD, ALL ELSE IS FOLLY. — LEO TOLSTOY

### Cruise ship Schedule: June 01 - 27 2025

		ARR	DEPT BERTH
SUN 01	SILVER SHADOW FREEWINDS - Dept.	08.00 ****	23.00     C     1       22.30     E     -
WED 04	RHAPSODY OF THE SEAS	08.00	23.00 C 1
TUE 10	CARNIVAL HORIZON CARNIVAL MARDI GRAS	09.00 13.00	23.00 C 1 23.00 I 1
TUE 17	ADVENTURE OF THE SEAS CARNIVAL VISTA	07.00 13.00	16.00     B     1       23.00     C     1
WED 18	CARNIVAL CELEBRATION RHAPSODY OF THE SEAS OASIS OF THE SEAS	08.00 08.00 07.00	22.00     C     1       23.00     B     1       16.00     I     1
TUE 24	CARNIVAL HORIZON	09.00	23.00 C 1
FRI 27	SEVEN SEAS MARINER	10.00	21.00 C 1

## Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basicbut important information that we think may come in handy to Aruba's visitors.

### Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

### Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

### Supermarket hours

Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.

### Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.





## Health insurers promise to improve coverage reviews that prompt delays and complaints



A Medicare Advantage PPO card rests on top of a Medicare card in Portland, Ore., June 10, 2024.

**Associated Press** 

### By TOM MURPHY and **AMANDA SEITZ Associated Press**

The nation's major health insurers are promising to scale back and improve a widely despised practice that leads to care delays and complications.

UnitedHealthcare, CVS Health's Aetna and dozens of other insurers say they plan to reduce the scope of health care claims subject to prior authorization, standardize parts of the process and expand responses done in real time. Prior authorization means insurers require approval before they'll cover medical care, a prescription or a service like an imaging exam. Insurers say they do

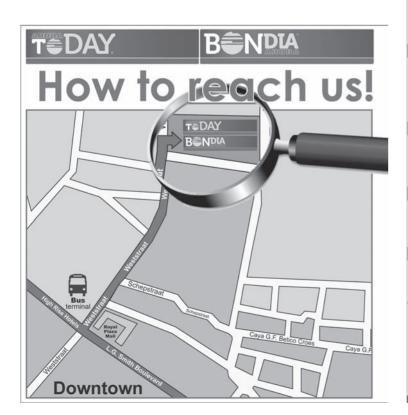
overuse and to make sure patients get the right treatment. But doctors say the prac-

this to guard against care

tice has grown in scope and complication, leading to frequent care delays. The fatal shooting of UnitedHealthcare CEO Brian Thompson in December prompted many people to vent their frustrations with coverage issues like prior authorization.

Major health insurers have promised to overhaul the propaperwork-laden cess before, but little has changed

Dr. Mehmet Oz, who now oversees the Centers for Medicare and Medicaid Services, said on Monday



that insurers are motivated to make something stick this time around.

"There's violence in the streets over this," Oz said during a news conference Monday, hours after meeting with most major U.S. insurers. "Americans are upset about it."

Insurers said Monday that they will standardize electronic prior authorization by the end of next year to help speed up the process. They will reduce the scope of claims subject to medical prior authorization, and they will honor the preapprovals of a previous insurer for a window of time after someone switches plans. They also plan to expand the number of real-time responses, and they say they will ensure that claims denied for clinical reasons will continue to get reviews by "medical professionals."



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## HEALTH A13 TUESDAY 24 JUNE 2025

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San Nicolas Imsan 24 hours Tel.524 8833

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OTHER Dental Clinic 587 9850 Blood Bank Aruba 587 0002 Urgent Care 586 0448 Walk-In Doctor's Clinic +297 588 0539

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100		
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527 3200		
527 2900		
584 5000		
11141		
911		
115		
582 2219		

### TAXI SERVICES

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Prof. Taxi	588	0035	
Taxi D.T.S.		2300	
Taxi Serv. Aruba	583	3232	
		2828	

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Aruba Food Bank Tel. 588 0002 FAVI- Visually Impaired Tel. 582 5051 Alcoholics Anonymous Tel. 736 2952 Narcotics Anonymous Tel. 583 8989 Fundacion Contra Violencia Relacional Tel. 583 5400 Centre for Diabetes Tel. 524 8888 Child Abuse Prevention Tel. 582 4433

Quota Club Tel. 525 2672

### **General Info**

Phone Directory Tel. 118



## TUESDAY 24 JUNE 2025 BUSINESS



## How to take care of yourself and your finances when you've experienced a layoff

### By ADRIANA MORGA **Associated Press**

NEW YORK (AP) - Recent layoffs from technology and media companies and government agencies might have you thinking about job security.

Losing your job is a difficult thing to process and you might feel the impact in several parts of your life. But there are things you can do to alleviate some of the stress and anxiety.

If you've been laid off, experts recommend that you first take a moment to process and then move on with a plan for your job search.

"A layoff can feel so personal but it's not a reflection of your value or what you contributed. Especially in the U.S., the work we do is so tied to our identity," said Lindsay Bryan-Podvin, a financial therapist.

Here are some expert recommendations to help you take care of your finances and your mental health if you've lost your job:

Take a break to process Losing your job can cause a lot of stress and financial anxiety, so it's important that you take time to emotionally process.

"Acknowledge and nor-



In this, Monday, Dec. 12, 2016, photo a woman types on her laptop, in Miami.

malize that they're going If you have a budget, take to feel a range of emotions, whether it's anger or sadness," Bryan-Podvin said.

Whether you are feeling sadness, shock, anger or even relief, taking a moment to feel those emotions can help you move forward

### Review your current financial situation

To make plans for the future, it's essential that you review your current financial situation, said career coach Marlo Lyons.

a closer look and review whether you have expenses that you can temporarily cut to save money. Lyons recommends that you know how long your severance package will last if you're receiving one.

Applying for unemployment benefits as soon as possible can help alleviate some of the financial stress of a layoff. While the amount you get for unemployment might not be as a "non-financial asset list." much as your salary, it can "If I were doing a non-fi-

**Associated Press** 

help you to stay afloat for some time, Lyons said. The Labor Department has tips on applying for unemployment.

### Remember that you are not your job

Getting laid off from a job can affect your selfesteem, so Bryan-Podvin recommends that you create a list of good qualities about yourself that add to your overall value as a person. Bryan-Podvin calls this

nancial asset list on myself I might say I'm a pretty good partner and a fun aunt," she said.

When working with her clients, Bryan-Podvin recommends that they create this list to remind them that their self-worth is part of their net worth.

### Adjust spending

If you lose your job, you'll need to be more strategic about your spending, said Jesse Mecham, founder of the money management app YNAB.

"In a layoff, it becomes even more imperative that you treat every dollar with more attention than you have in the past," Mecham said. Part of YNAB's budgeting strategy is giving each dollar a job, whether it is to pay rent, buy groceries or add to your savings account.

When adjusting your Bryan-Podvin spending, also recommends that you approach this with some compassion.

Since cutting back can bleed into not doing activities that make you happy, she recommends reminding yourself that this is a temporary pause rather than a permanent change in your lifestyle.

## With its stock in sharp decline, Trump's media company will buy \$400 million of its own shares



President Donald Trump speaks from the East Room of the White House in Washington, Saturday, June 21, 2025, after the U.S. military struck three Iranian nuclear and military sites, directly joining Israel's effort to decapitate the country's nuclear program.

**Associated Press** 

NEW YORK (AP) - President Donald Trump's media company plans to buy back up to \$400 million of its stock, which have lost 46% of their value this year.

Trump Media and Technology Group, which operates the Truth Social media platform, said Monday that the acquisition will improve its financial flexibility. It will retire the shares after they are purchased, meaning these particular shares can't be reissued.

Companies can drive their stock higher by acquiring or removing the number of company shares outstanding. Trump is the largest stakeholder in Trump Media, with about 114 million shares.

Shares of Trump Media rose just over 2% Monday. But the shares appeared to peak about a month after the company went public in late March. Shares have been on a steady, downward trajectory since.

The company said early this year that it lost \$400.9 million in 2024 and its annual revenue declined 12% to \$3.6 million.

After winning the U.S. presidential election in November, Trump transferred all of his shares in the company worth around \$4 billion on paper as a gift to the Donald J. Trump Revocable Trust. Trump's shares amounted to more than half of the company's stock.

The company said Monday that it will fund the buyback separately from its Bitcoin treasury strategy. Under that plan, institutional investors will buy \$2.5 billion in the company's stock with the proceeds going to build up a bitcoin reserve.

Trump Media joins other companies with similar cryptocurrency strategies, including cloud and mobile software developer MicroStrategy, which is building a reserve containing billions worth of bitcoin.



## Tommy Fleetwood closer than ever at Travelers but still looking for first PGA Tour victory

### By JIMMY GOLEN **AP Sports Writer**

CROMWELL, Conn. (AP) -Tommy Fleetwood has never come closer to his first PGA Tour victory.

The 34-year-old Englishman led by three strokes with four holes to go in the Travelers Championship on Sunday and still had a onestroke lead on No. 18 before two-putting from inside seven feet and watching Keegan Bradley steal the win.

"I'm upset now; I'm angry," Fleetwood said calmly. "I would love to, you know, just go and sulk somewhere and maybe I will but there's just no point making it a negative for the future, really. Just take the positives and move on."

Fleetwood has seven European Tour victories and been on two winning Ryder Cup teams, scoring the clinching point at Marco Simone two years ago. He has top five finishes in in all four majors, including runner-ups in the 2018 U.S. Open and the 2019 British. But he's 0 for 84 in regular



Tommy Fleetwood, of England, hits out of a bunker on the first hole during the final round of the Travelers Championship golf tournament at TPC River Highlands, Sunday, June 22, 2025, in Cromwell, Conn.

PGA Tour events, earning it will be very, very sweet." the unwelcome distinction Fleetwood's previous close of being the best player on calls also include the 2023 tour without a victory. He is Canadian Open, when the only player with to earn he lost to Canadian Nick more than \$30 million on Taylor, and the 2019 British, tour without a win.

"Search goes on, I guess," he said. "When it happens,

when he lost to Irishman Shane Lowry at Royal Portrush in Northern Ireland.

On Sunday, he lost to the U.S. Ryder Cup captain

**Associated Press** 

and native New Englander - in front of a crowd chantina "U-S-A! U-S-A!" "If there's one guy around

here that you're going to go against, obviously, Keegan's going to get the majority of support," Fleetwood said

Fleetwood had two eagles in the span of three holes on Friday to share the second-round lead with Scottie Scheffler and Justin Thomas. The Englishman was alone atop the leaderboard heading into the final round, three strokes ahead.

He started Sunday with three bogeys on the first four holes but gained some distance with birdies on Nos. 11 and 13.

He was two shots ahead when Bradley made bogey on the 14th to fall three back. (Fleetwood missed a 6-foot birdie putt on No. 14 that could have further distanced him from the field.) Fleetwood still led with one hole to go when he left his approach on No. 18 on the front fringe.

He putted to seven feet, with a chance to guarantee no worse than a playoff. But the par putt took a little jump after it appeared to hit a ball mark and rolled 14 inches past the hole.

## Storm's Nneka Ogwumike, WNBA players union president, speaks out on CBA negotiations

### **By ANDREW DESTIN AP Sports Writer**

SEATTLE (AP) — As president of the WNBA's players union, Seattle Storm forward Nneka Ogwumike has been asked time and again about the league's collective bargaining agreement discussions.

The WNBA is bringing in more money than ever from sponsors and ticket sales, and will bring in much more from its 11-year media rights deal, worth around \$200 million per creased drastically in recent years. In light of other players around the WNBA speaking out, Ogwumike addressed the matter of player salaries following the Storm's 89-79 win over the New York Liberty on Sunday.

"We have women out here who know the business. And we understand where our league has been and where it's going," Ogwumike said. "And, we're prepared. We're prepared. And we want to be able to come out here and represent ourselves and our value the same way we do on the court, in our contracts, in our facilities, in the standards of the resources that are available to us."

Ogwumike said the players union received a response year starting in 2026 — yet from the league, which seen a lot of growth replayer salaries haven't in- she considered a "good" development. In October, WNBA players opted out of their collective bargaining agreement. The current CBA still covers the 2025 season.

The next step from the union's standpoint is for contracts to be more representative of the league's growth. The current collective bargaining agreement was signed before the 2020 season.

"Everybody wants to go to the same place. Everyone just has a different idea of how we get there," Ogwumike said. "But it definitely starts with valuing the players in a way that makes sense for what we're doing out here, and also makes sense for the people that follow us and the fans that are supporting us. We've cently, so we have to see that being reflected in how we're compensated to continue to give you guys games like this every night." Ogwumike added that she is looking forward to whatever meeting between the WNBPA and the league is to come over the next

25 days. In the past, other players have said they are willing to sit out games if negotiations don't lead to a pay structure they feel is fair.

Ogwumike is grateful for

the support the players union has already received ahead of and amid these negotiations.

"I'm appreciative to our player body, our player reps and the women that



Seattle Storm forward Nneka Ogwumike (3) talks with guard Skylar Diggins (4) as they lead the New York Liberty during the final seconds of the second half of a WNBA basketball game Sunday, June 22, 2025, in Seattle.

**Associated Press** 

## A16 SPORTS

## The NBA offseason is officially here. It's been going on for some time, actually

### By TIM REYNOLDS **AP Basketball Writer**

Kevin Durant already has been traded to Houston. The New York Knicks are looking for a coach. Cooper Flagg is about to become the No. 1 pick in the draft. Expansion plans likely will take a big step forward in a few weeks. The Los Angeles Lakers just got sold.

The NBA offseason officially has started. In reality, it's been going for a few weeks already.

There's a parade in Oklahoma City on Tuesday to celebrate the newly crowned champion Thunder, and in every other NBA city there's going a parade of movement some of which already has started over the coming weeks to try to catch the champs.

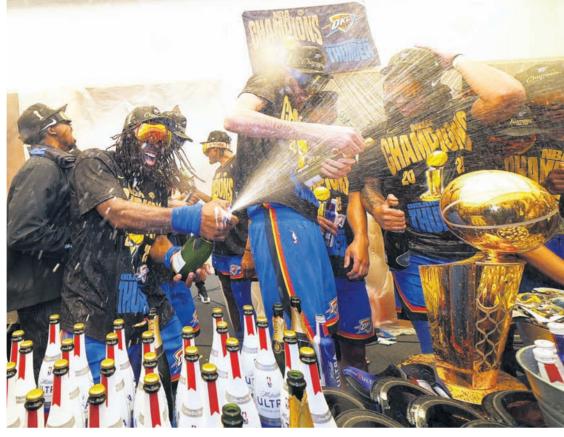
"These are difficult equa-Golden State tions," coach Steve Kerr said as the Warriors were starting their summer more than a month ago.

"You look around the league, and you see some teams that have mortgaged their future, and they're in some trouble. There are other teams that have done so, and they're championship contenders."

Outside of Oklahoma City where virtually the entire rotation is expected to be back, led by MVP, Finals MVP, scoring champion and NBA champion Shai Gilgeous-Alexander, who just put together one of the best individual seasons of all time there are plenty of questions everywhere. Among them:

• Will the Spurs get Victor Wembanyama back at full strength after he missed the last two months of the regular season with deep vein thrombosis in one of his shoulders? (The answer is believed to be yes.)

• How will Boston, Milwaukee and Eastern Conference champion Indiana fare now that Jayson Tatum, Damian Lillard and



Oklahoma City Thunder guard Luguentz Dort, left, celebrates with teammates in the locker room after winning the NBA basketball championship with a Game 7 victory against the Indiana Pacers Sunday, June 22, 2025, in Oklahoma City

Tyrese Haliburton are set to miss most, if not all of, next season with Achilles tendon injuries? (The answer is probably not great.)

• Who will New York get to replace the fired Tom Thibodeau? (The answer is anyone's guess, especially after multiple teams refused to let their under-contract coaches

interview for that gig.) The injury situations for the Celtics, Bucks and Pacers certainly have teams thinking that the East could be more of a wide-open race in 2025-26. Orlando made a big move earlier this month, landing Desmond Bane from Memphis to play with Paolo Banchero and Franz Wagner. And the Magic made that move knowing it would take them into the luxury tax, but that's the price The Durant trade was they're willing to pay to try to win now.

"We put our foot on the gas here," Magic president Jeff Weltman said. "So, as I've always said, that train is coming for everybody. We prob-

here and I hope that our team is good enough to merit where the finances will take us."

finished Houston 16 games behind Oklahoma City in the Western Conference and still got the No. 2 seed for the playoffs. The Rockets are hoping to close that gap now that they've added one of the greatest scorers in league history in Durant who was the subject of trade talks for some time.

"Being part of the Houston Rockets, I'm looking forward to it," Durant said in an interview with Fanatics at Fanatics Fest, where he was on stage for a scheduled discussion when the news broke Sunday. "Crazy, crazy couple of weeks, but I'm glad it's over with."

probably the biggest in 1'm seeing now my body the NBA since the Lakers and family reacts, too." landed Luka Doncic ear- The Lakers struck a deal lier this year. The team last week for Mark Walter that traded Doncic was to become the majorthe Dallas Mavericks; ity owner, a move that they went on to win the would end a 46-year run draft lottery and the right of team control by the ably skipped a station to land Flagg, the one- Buss family. There are

### **Associated Press**

and-done star out of Duke.

Flagg will be the No. 1 pick on Wednesday night, just like LeBron James was 22 years ago. James has a decision to make on his player option for next season with the Lakers in the coming days, though all signs point to him returning and becoming the first 23-season player in NBA history.

"At this point of my career, you think about when the end is. That's human nature," James told The Associated Press last week in an interview promoting his partnership with Amazon. "You think: Is it this year? Or next year? Those thoughts always creep into your mind at this point of the journey. But I have not given it a specific timetable, date.

sales pending for the Minnesota Timberwolves (which is expected to be done in the next few days, with Marc Lore and Alex Rodriguez set to finally close on that agreement) and the Celtics as well. There likely will be discussions on both at the board of governors meeting in Las Vegas next month, and that's also where the NBA is expected to officially open a process of exploring possible expansion.

"It will be on the agenda to take the temperature of the room," Commissioner Adam Silver said. "We have committees that are already talking about it.

But my sense is at that meeting, they're going to give direction to me and my colleagues at the league office that we should continue to explore it."

Free agency starts in earnest on June 30, summer leagues in Utah and California open a few days later and then the every-team-goes NBA Summer League in Las Vegas where Flagg likely will debut as a Mavericks player opens July 10. There will be a schedule release likely in August, then camps open in late September.

It is the offseason. Nobody is really off, at least not for a few more weeks anyway.

"You get away from the game a little bit," Warriors guard Stephen Curry said. "And then you're rebuilding everything for another great run."