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PROFESSIONAL COMPLIMENTARY PICTURES ON TUESDAY AND FRIDAY

SUNDAY: MARRYBELL MADURO SINGER 6:30 TO 8:30 P.M.	MONDAY: ANDERSON BAHAMON SINGER 6:30 TO 8:30 P.M.	TUESDAY: JEAN PAUL SAXOPHONIST 6:30 TO 8:30 P.M.	WEDNESDAY: MAILLEYN ALVARADO VIOLINIST 6:30 TO 8:30 P.M.	THURSDAY: MARRYBELL MADURO SINGER 6:30 TO 8:30 P.M.	FRIDAY: MAILLEYN ALVARADO VIOLINIST 7:00 TO 9:00 P.M.	SATURDAY: RICKY THOMAS GUITAR 6:30 TO 8:30 P.M.
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White supremacist march in D.C. just 'messy' democracy, official says

Washington, United States

A top Trump administration official on Sunday shrugged off a July Fourth parade by masked white supremacists in Washington as an example of "messy" democracy that fell under the banner of constitutionally protected free speech. "Certainly what they stand for is nothing that I could possibly agree with. But one of the foundational principles of the United States, which makes democracy messy, is free speech," Interior Secretary Doug Burgum told CNN's "State of the Union" talk show. In striking scenes as Americans celebrated the nation's 250th birthday on Saturday, hundreds of masked men carrying Confederate



Members of the white supremacist group Patriot Front ride the Washington Metro on July 04, 2026 in Washington, DC.

battle flags or U.S. flags and sporting logos of the white supremacist Patriot Front movement were seen marching through parts of Washington, shouting "Reclaim America!" Wearing a uniform of tan pants and hats and dark blue shirts, and appar-

ently led by the neo-fascist group's founder Thomas Rousseau, the masked men crowded onto the city's Metro system, gathered outside Union Station train station and marched towards Capitol Hill.

Asked by CNN whether

he would condemn the group and what they stand for, and whether he would urge President Donald Trump to do the same, Burgum couched his language carefully. "There are plenty of things that I see that I might personally find offensive, irreprehensible (sic). But in America, free speech is allowed" under the US Constitution, the interior secretary said, going on to decry progressive candidates who were running for election as "communists" in the United States. Washington's Metropolitan

Police Department said the white nationalist group marched briefly through neighborhoods around the U.S. Capitol and left the city before 11:00 am. "MPD recognizes the rights of individuals to peacefully express their views and remains committed to maintaining public safety and security for DC residents and visitors," a police spokeswoman said in a statement reported by U.S. media. Several videos have emerged online showing the Patriot Front members marching. □

Trump to meet Ukraine, Syria leaders at NATO summit: White House

Washington, United States

U.S. President Donald Trump will meet his Ukrainian and Syrian counterparts on the sidelines of the NATO summit in Turkey, the White House said Sunday, as he seeks to make headway in addressing two key conflicts. "On Wednesday afternoon, President Trump will participate in bilateral meetings with President Zelensky of Ukraine and President al-Sharaa of the Syrian Arab Republic," Deputy Press Secretary Anna Kelly said in a call with reporters. Trump's meeting with Volodymyr Zelensky in Ankara comes amid growing efforts to end the grinding, nearly stalemated invasion of Ukraine that Russia launched nearly four-and-a-half years ago. "The president's obviously getting together with him to talk about how we can end the war. That's been a priority of his for a long time," a senior US official, speaking on condition of anonymity, added about the Zelensky meeting. Trump would "follow up" with Russian President Vladimir Putin afterwards, the official said. Both Putin and Zelensky spoke by phone with Trump on Saturday in calls to mark

the 250th anniversary of U.S. independence.

Trump and Zelensky most recently met during the G7 summit in France in June, where leaders agreed to intensify pressure on Russia to end the war with Ukraine. But Trump has also had tense ties with the Ukrainian, most notably during a shouting match in the Oval Office in February 2025 when he said Zelensky lacked the "cards" to win. The meeting with Syrian President Ahmed al-Sharaa meanwhile comes after Trump repeatedly suggested that Damascus could get involved militarily in Lebanon, where Israel and Hezbollah are at war. But al-Sharaa, whom Trump hosted at the White House last year, denied in June that his country sought to intervene militarily in Lebanon, saying he was looking for "economic channels between Lebanon and Syria, not military ones." Syria had dominated its neighbor for decades following its military intervention in Lebanon's 1975-1990 civil war, withdrawing only in 2005, making any new military involvement a fraught proposition. □

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Trump hails U.S., blasts 'communists' in 250th anniversary speech

Washington, United States
U.S. President Donald Trump hailed America on its 250th birthday Saturday as the "crowning achievement" of human history, even as he used the event to renew his attack on domestic opponents he branded communists.

In a speech delayed by several hours when storms forced the temporary evacuation of crowds in Washington, Trump claimed that under his presidency the United States was "prouder than ever before."

While Trump had promised a huge political rally to stamp his brand on the national celebrations, the 80-year-old Republican largely stuck to a more traditionally patriotic script.

"For two and a half centuries, our American republic has stood as the crowning achievement of human history," Trump told tens of thousands of people on the National Mall.

On stage, he hailed also veterans from World War II and the Korean and Vietnam wars.

But he then hailed the latter two as examples of the bat-



U.S. President Donald Trump steps on stage to deliver remarks during the Independence Day events at Mount Rushmore National Memorial in Keystone, South Dakota, July 3, 2026.

tle against "communists" -- reprising his message from his speech on Friday night at the iconic Mount Rushmore monument.

"Our warriors did not fight communism on battlefields across the word, only to have that menace rear its ugly head right back here in America. We're not going to let it happen," he said.

- 'Proud to be American' -
Trump has repeatedly hammered home the theme recently ahead of November's U.S. midterm elections, after the anti-establishment left of the Democratic Party won a string of US primary victories.

"It's like a cancer, you've got to cut it out," he added.

The US leader also used the speech to boast of the recent military campaigns against Iran and Venezuela, saying Washington had "wiped out" Tehran's military.

But the speech was short by Trump's standards, at around 45 minutes long.

"We love Trump, we loved his speech," said Richard Sullivan, 70, who came

from Virginia with his wife Nancy and was wearing a Freedom 250 T-shirt.

"He went through our great history and had a word for the veterans that were here. He makes us proud to be American."

A huge fireworks display began after the speech. Trump has said it will set a record as the world's largest.

Americans braved a scorching heatwave in cities across the east of the country to celebrate the anniversary of the signing of the Declaration of Independence from Britain in 1776.

Temperatures soared to a record 103F (39.4C) in the capital -- an all-time high for July 4 -- with 160 million Americans under extreme weather warnings, according to the National Weather Service.

Inclement weather meanwhile forced fireworks in New York to be pushed earlier, and resulted in evacuations at a concert in Philadelphia and a celebration on the Charles River in Boston. □

'Catastrophic' Super Typhoon Bavi hits U.S. island of Rota

United States

A "super typhoon" with equivalent force to a category-5 hurricane made landfall on the US island of Rota in the Pacific on Monday, the National Weather Service said, warning of "catastrophic damage and (a) life threatening situation".

"The western eyewall of Super Typhoon Bavi is currently moving over the island of Rota. The latest forecast intensity is at 180 mph (290 kph) as it passes over Rota," the NWS said. "Catastrophic winds exceeding 150 mph will continue across Rota during eyewall passage."

The weather system also brought extremely strong winds and lashing rain to other parts of the Northern Marianas and the nearby separate US territory of Guam, collectively home to around 210,000 people. The island group around 6,000 miles west of the



High waves crash against the coastline at a beach as the forecasted Super Typhoon Bavi approaches in Guam on July 5, 2026.

western mainland United States was already hit by another super typhoon in April, Sinlaku, that caused widespread devastation, ripping off roofs, knocking over trees and leaving tens of thousands without power.

In 2023 another massive typhoon, Mawar, the biggest in decades, did huge damage.

Before the NWS had said

that a direct hit on Rota would make most of the island "uninhabitable for weeks, perhaps longer. Many non-concrete, non-reinforced homes will be destroyed, with total roof failure and wall collapse."

"Nearly all trees will be snapped or uprooted and power poles downed. Fallen trees and power poles will isolate residential areas. Power outages will last for

weeks to possibly months," it said.

"By working together and taking the necessary precautions, we can help protect our families, neighbors and community. We pray for the safety of our people," Rota Mayor Aubry Hocog had said Sunday. The small island, the southernmost of the Northern Marianas, is home to around 1,500 people.

- 'It hurts' -

Already on Sunday afternoon, there were few cars on the roads in Guam or the Northern Marianas with almost all stores closed, many of them with their windows boarded up.

Pinky Cubacub, 55, said she bought \$500 worth of plywood at a lumber store for her eatery on Guam.

"I cannot afford to lose so many days. It hurts," she told AFP.

Call center employee Arabella Paulino, 48, said: "My

girls were saying to me it's scary. But it will be okay."

"My house is concrete, so the worst that can happen is a window could blow in," she told AFP.

Japanese tourist Miku Sakurai, 25, was supposed to fly back to Tokyo with her friends but their flight was cancelled.

"We will stay in the hotel when the storm comes. I am scared," the office worker told AFP.

Around a dozen surfers, however, were making the most of the windy conditions at one beach in Guam's Talofof Bay.

"There's quite a lot of debris in the water but it's a lot of fun," said one of them.

- El Nino -

The world's oceans experienced their hottest June on record and could set fresh highs in the months ahead, the European Union's Copernicus Marine Service said. □

Taiwanese film hunters rescue ageing reels from bygone era

Taipei, Taiwan

In a dimly lit red-brick house in central Taiwan, film hunter Wang Wei and his team haul out ageing film reels, salvaging the fragile remnants of a cinema boom that nearly vanished from history.

Rare Taiwanese-language films -- known locally as "taiyupian" -- flourished briefly from the mid-1950s to the late 1960s under the Kuomintang (KMT) government, which fled to Taiwan following its defeat by the Chinese Communist Party. Until it lifted martial law in the late 1980s, the KMT promoted Mandarin as the official language of Taiwan and sidelined Taiwanese Hokkien, but independent and private producers still made the widely watched black-and-white movies.

Taiwan is now racing to restore the decades-old reels to preserve a chapter of its culture, with film preservers having salvaged fewer than a sixth of the estimated 1,200 films produced. Their value lies in existing for "such a short period", Arthur Chu, chairman of the Taiwan Film and Audiovi-



A technician at Preservation and Restoration Center inspects frames of an old film at the Taiwan Film and Audiovisual Institute in New Taipei City on June 23, 2026.

sual Institute (TFAI) told AFP, adding that they represent "an almost-voiceless post-war generation".

Wang said it is "meaningful" if the films can be rediscovered, a tribute to those "who worked so hard to make them and captured the images of Taiwan at that time".

If the rare vintage reels are discarded or deteriorate, "there's no way to bring them back", he said as he directed a team wearing

head torches to recover the reels.

"They're gone forever."

- 'Beyond saving' -

Finding Taiwanese-language films is "extremely difficult", said Wang, who has chased the vintage movies for 10 years and once discovered rare celluloids at an old theatre in Los Angeles.

He works with the government-funded TFAI, which has spent nearly two de-

cadecades tracking down surviving reels, many of which were lost or left to deteriorate in the island's hot and humid climate.

The ageing cellulose acetate films are at risk of developing "vinegar syndrome", a chemical decay that can make film brittle, warped or sticky.

The films must be kept in cold storage before they can be repaired by hand, scanned and then go through digital clean-up

and correction.

Among those helping preserve the films is 86-year-old supplier Wang Chin-ting, who began working in the movie business in 1984 and bought a film company 12 years later.

Of the hundreds of reels he collected, only a handful are Taiwanese-language ones, now stored at his ancestral home in Changhua in central Taiwan, the brick house providing naturally cool, dry storage conditions.

Wang Chin-ting lifts each reel from its flat, circular metal can and threads it through a rewinding machine, a process that helps prevent the old films from deteriorating.

At TFAI's restoration centre in New Taipei City, film restorer Wu Long-hao painstakingly repairs damaged reels by hand using tape, a scalpel and eucalyptus oil. "Some reels are in such poor condition that we have to assume they may only survive a single pass through the scanner," he said.

"If they snap, they are beyond saving." □

Madonna returns to form with dancefloor filler "Confessions II"

Paris, France

Madonna released her fifteenth album on Friday, "Confessions II", with many critics calling the 16 tracks of feel-good club vibes and classic dance music sounds her best release in decades.

The Queen of Pop, 67, has reunited with British producer Stuart Price, whom she worked with for "Confessions on a Dance Floor" in 2005 which was a global success driven by the hits "Sorry" and "Hung Up".

Many music critics from Rolling Stone, Variety to The Guardian newspaper agreed that the Confessions follow-up was her best work since then, following the lacklustre response from fans for her most recent releases "Rebel Heart" or "Madame X".

Rolling Stone called the latest release a "64-minute



U.S. pop star Madonna performs onstage during a free concert at Copacabana beach in Rio de Janeiro, Brazil, on May 4, 2024.

nonstop groove that flows like a club-DJ set, each song fading into the next, drawing from all over the history of dance music".

The Guardian said that even though it was "not quite as good as Confessions on a Dance Floor", it was unequivocally Madon-

na's best album since.

"Everyone was expecting an album of ballads, something Broadway-inspired, but not at all," said Patrick Thevenin, a journalist at French music magazine Les Inrockuptibles and an expert on the artist.

- Madonna x Sabrina - Released by record major Warner, the album is more than a string of potential dancefloor fillers.

It occasionally shifts towards pop, includes folk influences and ventures briefly into reggae with Colombian singer Feid.

It also features a collaboration with Dutch DJ Martin Garrix, a duet in which Belgian star Stromae delivers a spoken-word performance, and a track recorded with her daughter Lola Leon.

The most-talked about collaboration is with Sabrina Carpenter, who joins Madonna her on "Bring Your Love", a song the pair performed together at Coachella festival in April in a performance that quickly went viral.

The song "Danceteria" pays tribute to the legendary club where Madonna

once worked in 1980s New York.

The new album has also been accompanied by an aggressive promotional campaign that included a surprise mini-concert in New York's Times Square in early June to launch Pride Month, the annual celebration of LGBTQ rights.

She is also due to perform at the half-time show of the Football World Cup final on 19 July alongside Shakira and K-pop sensations BTS.

"There is a genuinely aggressive strategy compared with the last album -- a whole battle plan has been orchestrated. She's leaving nothing to chance," Benoit Clerc, an author whose book analysing her 305 songs will appear in October, told AFP. □

At the foot of Mount Olympus, a return to ancient Greek heritage

Litochoro, Greece

A man beats a drum while behind him women dressed in white slowly advance, holding torches and singing hymns to Zeus.

At the foot of Mount Olympus, home of the Greek Gods, these scenes are repeated during the four-day-long Prometheia Festival at the start of every summer.

For more than thirty years, hundreds of people who worship ancient Greek deities have been coming to the area to revive ceremonies whose roots stretch back to antiquity.

The events are organised by the association "Prometheus, the Fire Bringer", named after the Titan deity who, according to Greek mythology, defied Zeus,



Reenactors dressed as ancient Greeks parade with torches through Litochoro as part of the four-day Promitheia Festival honouring ancient Greek Gods, in Litochoro, northern Greece, on July 3, 2026.

the king of the gods, by stealing the sacred fire from Mount Olympus to bring it to humankind.

"Our aim is to highlight certain aspects of Greece's cultural and historical heritage," Georgia Altintasiotou, the association's presi-

dent, told AFP.

Several participants, many of whom are polytheists, adopt names inspired by figures from antiquity and take part in processions, torchlight runs and symbolic ceremonies near the archaeological site of Dion.

"It's an effort to return to our roots", explained Semeli Travlou, a writer and founding member of the association.

"We have been artificially and systematically cut off from the literature, education and thought of ancient Greece, from our ancestral gods and from our Greek vision of the divine," she said. "We have renounced our past."

Most members of the association change their first names following a ceremony and subsequently address one another using names inspired by antiquity.

"My official name is Triantafyllos, but here I've taken the name Hermodoros ("gift of the god Hermes")," said Triantafyllos Athanas-

soulas, 48, who took part in a torchlight procession.

Participants also gather on the nearby banks of the River Enipeas to pay homage to nature and invoke the Nymphs and the Nereids, divine creatures from Greek mythology.

"The gods of ancient Greece are energies that exist within us. I'm not trying to convert anyone," said Symeon Charizanos, a 53-year-old office worker.

"I'm trying to preserve the values and virtues of my ancestors, such as excellence, boldness, a fighting spirit, courage and truth," he added.

The festivities conclude with theatrical performances, dances and celebrations inspired by antiquity, held in the forests alongside the mountain. □

Four-legged rescuers lead way after Venezuela quakes

Maiquetía, Venezuela

Sisu tackles her missions in the rubble left by Venezuela's two earthquakes with the same determination and energy she uses to chase her favorite toy, an orange and blue ball.

Wearing her blue harness, this restless brown Labrador retriever ventures into the debris of buildings that collapsed in the earthquakes of June 24.

She searches for survivors with nothing but her sense of smell.

The work of dogs like Sisu, a member of the US rescue team Florida Task Force 2, has proven crucial in finding people alive in a race against time.

Eleven days after one of Latin America's worst earthquake disasters killed nearly 3,000 people, international teams are winding up their missions with little hope of finding more people alive.

But the dogs played a key role.

The animals are the first to act when teams arrive at a location where survivors are believed to be buried in the rubble. The twin quakes toppled dozens of residential complexes mostly in the coastal La Guaira area.



Silvia Arango of the Rescue Florida Task Force 2 team walks her labrador retriever dog Sisu, who participated in the rescue works, at a camp in Maiquetia, La Guaira state, Venezuela, on July 4, 2026, ten days after twin earthquakes.

"Their work is based on detecting where there are humans" by identifying the temperature, body odor, and carbon dioxide exhaled by the victims, Alexander Parada, also of Florida Task Force 2, told AFP, alongside Piper, a Labrador retriever, who rescued two people in Venezuela, her first mission.

"They do a job we can't do."

When a dog alerts to something, rescuers send a second animal to confirm the finding, said Sylvia Arango,

a canine handler since 1998 who manages Sisu.

From there, radar or cameras refine the coordinates of where the victims might be.

With their sense of smell, search dogs expedite rescue efforts by quickly inspecting large areas, Parada said, which is crucial given that the chances of finding people alive decrease as the initial 72-hour window passes.

- 'Safe' -

Sisu was one of more than

120 four-legged rescuers from a dozen countries deployed to expedite rescue efforts in several communities in La Guaira, the area most affected by the powerful 7.2 and 7.5 magnitude earthquakes.

Some, like Tsunami, a local border collie with one blue eye and one brown eye, touched Venezuelans with stories of overcoming adversity: in Tsunami's case, from being an animal rescued from abuse to saving the lives of others.

Like their human compan-

ions, they worked in 12-hour shifts on dangerous missions.

The animals operated in the high temperatures of La Guaira, exposing themselves to dehydration and abrasions to their fur, something visible on Sisu's neck.

They also made their way through the rubble, even through narrow tunnels formed in the jumble of broken walls, columns, and beams, searching for survivors.

The operations caused some of them injuries and fractures.

But risk is part of the job.

"The minute that we walk onto those rubble piles, there's no guarantee that we're going to be safe," Arango said. "We have to trust our training."

- Puppy love moments -

But what qualities must a dog have to become a rescuer? Lots of energy, but also the ability to move fearlessly in unstable environments.

Arango said it is generally strength of character and a desire to investigate.

Although the dogs on this American team are mostly Labrador Retrievers, there are also Border Collies, □

Jewelry worth millions stolen in French museum burglary

Strasbourg, France

Burglars stole millions of euros' worth of jewelry from the museum of French luxury glassmaker Lalique in a daring early-morning raid on Sunday, just months after a stunning gem heist at the Louvre in Paris.

A gang of masked thieves broke in to the museum in Wingen-sur-Moder in north-eastern France around 5:30 am (0330 GMT), forcing a door before heading for the jewelry room and smashing open six display cases, a source close to the investigation told AFP.

"Around twenty pieces of jewelry were stolen. The loss is currently being assessed but could amount to several million euros, likely close to four million," the source said.

Another source close to the



Jewelry created by French glass maker Rene Lalique are seen at the Lalique museum in Wingen-sur-Moder, eastern France on June 23, 2011.

investigation said the stolen jewelry was crystal, without precious gems, and could not be melted down.

The museum said on its website that it will be closed for several day because of the burglary.

"An alarm went off, but by

the time the security company had completed its checks, it was a cleaning lady who arrived first on the scene and called the police," the first investigation source added.

The CCTV footage is currently being examined.

The museum, dedicated to the Art Nouveau and Art Deco jeweler and glassmaker Rene Lalique, was opened in 2011 near the company's factory.

It houses over 650 "exceptional works" including Art Nouveau jewelry, Art Deco glass and contemporary crystal, according to the museum website.

- 'Well informed' -

The mayor of Wingen-sur-Moder, a town of 1,500 inhabitants about 60 kilometers (37 miles) northwest of Strasbourg, told local newspaper Les Dernieres nouvelles d'Alsace (DNA) he was angry about the burglary.

"All the alarms went off, just as they should. And then with the security company, apparently, there was a

major failure on their part: they didn't intervene right away, they didn't inform the gendarmes," Christian Dorschner said.

"They were surely well informed to carry out this job in that way; they must be ... specialists," the mayor also told DNA.

The Lalique museum was seen as a "sensitive" site, receiving special attention in the wake of the dramatic daytime heist at the Louvre museum in Paris in October last year, which put security at French museums and galleries under the spotlight.

Thieves made off with \$102 million worth of jewelry, including some of the old French crown jewels, from the Louvre in a raid lasting less than eight minutes. □

Europe's baked rice bowl seeks escape from drought

Torre Beretti, Italy

Summer came too early to Europe's most important rice growing region and weeds are taking over Sharon Angoli's parched paddies in Italy's Pavia province.

"That one is done for, no matter what happens," the 22-year-old said as she surveyed one desolate field that has been baked by what is among the most severe heatwaves to hit the continent in June.

Even abundant rains for the rest of the summer would probably not save the crop, she said. Angoli and her father, Carlo, also fear for their other fields at Torre Beretti, about 60 kilometres (35 miles) south of Milan, that should be harvested in September.

"We need about 50 millimetres (two inches) of rain, but without hail," said Carlo Angoli. "Or a big hailstorm in September and then the insurance will reimburse us," he joked.

Pavia is at the heart of Italy's rice-making industry. The province regularly produces nearly five million tonnes of the grain each year.

But this year there was not enough spring rain and its rice farmers are despondent.



Farmer Sharon Angoli, 22, inspects rice plants struggling to grow in a paddy field overrun by weeds during a drought in Torre Beretti, near Pavia, on July 3, 2026.

- Rivers on life support -

From the Alps to the Adriatic Sea, several waterways in northern Italy are in a "critical situation" because of drought, the Po River Authority (ADBPO) warned on Friday.

Lakes are being drained to feed the Po and its tributaries, but at the current rate, the reserves will run out within weeks.

The province at the foot of the Apennine mountains is used to abundant rain. The rice fields are normally lush green this time of year.

But with temperatures now rising above 30C, Sharon

Angoli has had to restrict irrigation and like other farmers fears a repeat of a devastating drought in 2022.

One of the fields used to produce rice for sushi has not been flooded and the weeds are the biggest beneficiaries.

Some rain has brought down temperatures in recent days, but they are predicted to rise again for the next two weeks to levels that Carlo Angoli said were "ideal for going to the beach".

"In a normal season, there would be water everywhere," said Nicola Valdi,

55, a neighbour of the Angolis. She told how it protects the rice in what is a "critical phase" of its growth and must not absorb too much toxic cadmium.

"A healthy plant would have 70 to 80 grains. This one will produce 10," she said, pointing to one shrivelled shoot.

- Water rivals -

The water shortage has left angry fallout.

Farmers in the Lombardy region, which includes Pavia, accuse those in neighbouring Piedmont of using

too much water. Farmers in the Po delta accuse all their rivals up the Po valley of leaving them with too little.

The heatwave that swept across Europe in June would have been virtually impossible without climate change, according to climatologists from World Weather Attribution.

Italian farmers say the water crisis was foreseeable, however.

Silvia Garavaglia, head of the local branch of the Coldiretti farmers union, said it had been pressing for 20 years to improve the collection of water in winter.

The Legambiente non-government group said that agricultural engineering has not kept pace with climate change and that farming needs a new transformation.

Lorenzo Baio, head of water resources for Legambiente Lombardy, said there had to be efforts "to mitigate the summer peak in water demand".

He said the area devoted to corn production had to be cut and water management for rice fields changed so that fields are flooded in spring. □

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Visit the island's popular cave sites!



(Oranjestad)—Among the endless sea of dark brown sand and cacti, there are two caves hidden in the outskirts of San Nicolas, in the north-eastern area of the island. These caves, The Quadiriki cave and The Fontein Cave are open to visitors of the Arikok National Park, so if you ever decide to take an “off-road” tour in the park, be sure to visit these prehistoric caves.

Quadirikiri Cave

Known for its two chambers accompanied by a skylight, the Quadiriki Cave is the most popular cave among locals and tourists, as it is easy to walk through and provides great lighting for pictures.

Woman in Quadirikiri Cave, Arikok National Park, Aruba As with all prehistoric or ancient sites, there is always a folk legend that adds to the lore and mystery of the site. The Quadirikiri cave is no different. The most well-known legend behind the cave could be considered as Aruba's first love story, as it tells the tale of the undying love between the chief's daughter and her beloved. As legend would have it, the chief disapproved of his daughter's choice of lover, as he thought him unworthy. Stubborn and filled with anger, the daughter refused to turn away her beloved.

So, the chief decided to lock her up in the Quadirikiri

Cave, in hopes that she would soon calm down and turn away her lover. Her beloved, in turn, was locked away in the Tunnel of Love (Now known as the Huliba Cave).

Through the pathways underneath the Tunnel of Love running up to the Quadiriki cave, the two love bird found each other, and refused to let each other go. Because of their stubbornness, they both died in the Quadiriki Cave, their ascending spirits burning two holes in the ceiling of the cave. This is why the cave has two holes through which sunlight passes through to illuminate the chamber.

Though there have been discoveries of Amerindian drawing on the wall, these have mostly been ruined by vandalism. However, the Fontein Cave further up north, provides a better glimpse in prehistoric Amerindian paintings.

Fontein Cave

Longer than the Quadirikiri Cave, the Fontein Cave contains pathways that stretch to the limestone walls further down. Here



is also where prehistoric drawings can be seen. Though this cave does not have its own legend, this was speculated to have been occupied—or at least used by prehistoric Arawak settlers on the island for rituals and other spiritual ceremonies.

The Huliba Cave/ Tunnel of Love

The Huliba Cave, formerly known as the Tunnel of Love, was once open to the public, and was the biggest and most accessible of all three caves. This cave had five chambers, including one that is heart-shaped. This cave had narrow stairs that led to long pathways deep into the cave, with a staircase leading to the exit on the other side. In one of the chambers, there used to be the carving of the

Virgin Mary, put there for the protection of the cave. However, the Huliba Cave has been permanently closed for a few years now, as a way to preserve the bat population that lives in the cave. These Long Tongue Fruit Bats and Insect Eater Bats are very important to the ecosystem of the island. Though this cave is no longer accessible to the public, it surely is interesting to learn more about the history of these caves and the Arawak tribes that resided or utilized them.

Do note that these caves are very dark, humid, hot, and are inhabited by bats. Do wear comfortable clothing and shoes, as the pathways in these caves may be rough and bumpy. Take care to not disturb the bats' habitat.





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by Ultra Cook

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Aruba's kite flying tradition

(Oranjestad)—Every year for King's Day, Arubans gather with friends and family to fly kites. Big or small, paper or plastic, blue skies fill up with these colorful flying contraptions, brightening our yearly celebration of the Dutch Monarch.

The tradition of flying kites starts at home in the weeks leading up to King's Day. These kites were traditionally made with things found in the nearby *mondi** and in the kitchen at home. Using dried up cactus sticks for the frame, old newspapers, and glue made from flour, water and salt to dry faster (some people even use cornstarch slurry as glue), kids usually make their own kites with their friends, parents or other close family members. Tails are made from old bed sheets, ripped and tied together to create a long string of fabric trailing behind the back end of the kite. To finish off the process, people used fish lines or thin rope to tie three corners of the kite together. Another long string of rope is tied in the knotted center and bundled up, used to steer the kite as it flies in the



air. Decorating the kite was especially important, and children would use paint to create their own designs—the more colorful, the better!

People usually fly their kites in big open fields, like empty soccer and baseball fields found all around the island around noon, when the sun is at its brightest. In the past few years, kite flying has become a sport in which groups of people would battle against each other to see whose kite is the biggest, the prettiest, and whose could fly flawlessly and longer in the air.

*Mondi: Aruban woods.



Dining in? Try making some local favorites!

How to make "pan bati"

(Oranjestad)—If you're ever up for an Aruban snack, try making another Aruban classic appetizer called Pan Bati. Similar to a pancake both in appearance and cooking, this is a super easy meal that adults and children will both enjoy. Here's how to make it!

Ingredients:
 2 cups of all purpose flour
 1 cup grams of fine cornmeal
 2 tbsp baking powder
 1 1/3 cup of milk

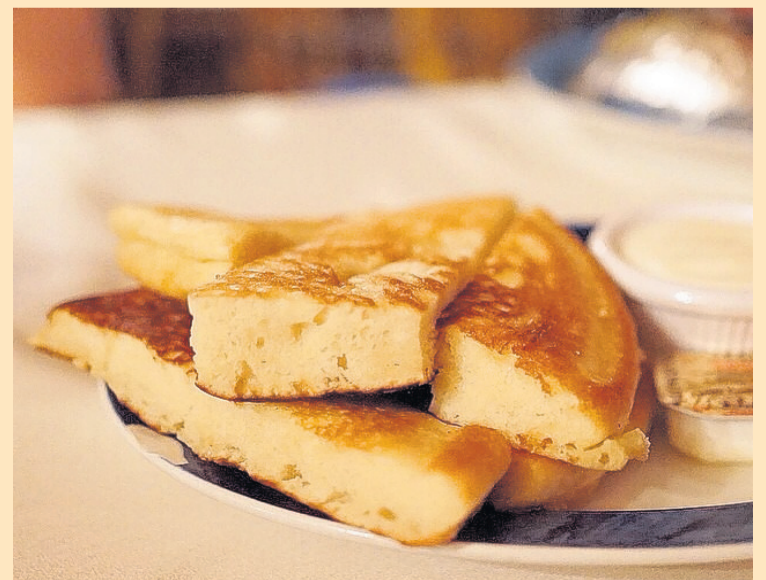
1 pinch of salt
 2 tbsp of granulated sugar
 Oil for cooking

Instructions:
 Add all the dry ingredients in a bowl first, and stir until well mixed. Then add the milk and beat until reached a pancake-like consistency. If more moisture is needed, add some water until reached desired consistency.

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 and cover with a clean kitchen towel.

Traditionally, pan bati is cut in triangle pieces, and is often eaten as a side dish with soup, fried fish or stews. However, it is also casually enjoyed with some butter and cheese on top!



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Blackstone Beach

(Oranjestad)—Named after its most recognizable feature, the Blackstone Beach almost represents the opposite of the typical Aruban beaches. For one, it has black sand and is covered in black smooth stones. Secondly, it lies on the northern side of the island, away from the white sandy beaches of in the southern region. So, if you feel up for something different—or if it's opposite day, visit the Blackstone Beach. Blackstone Beach shows the more natural side of Aruba; the stones that cover the beach and the shape of it has been crafted for thousands of years through volcanic eruptions, coral reef movements and wave activity of the rural northern part of the island.

Located further east to the Natural Bridge and Andicuri Beach, the Blackstone Beach is relatively easy to access. Once you get passed the Ayo Rock Formation, take the Andicuri road leading up to Andicuri Beach. There, you can park your car and take a 1km hike towards Blackstone Beach. Despite being called a beach, do note that it is not advised to swim in the water, as the current is very strong and can easily stray you further in the wild ocean. However, you can still enjoy a spectacular view of the stones and the northern ocean that stretches out in front of the beach and take a picture with your friends or family!



PSA from the Aruba Conservation Foundation: How to behave when you see a "lora"

(Oranjestad)— The conservation of the Yellow-Shouldered Amazon, also known as the 'Lora,' relies on how we act as humans. We've seen many hikers who've encountered the 'Lora' in our protected nature areas and we can certainly imagine the pride and joy it brings to any Aruban. However, not everyone may know how to behave when encountering these clever and social birds. This guide is here to explain the behaviors that will most effectively help us in our efforts to conserve the 'Lora.' Please, don't just read but also follow these guidelines so we can ensure the survival of these birds for future generations.



No interfering, please Please refrain from interfering with the "Lora". The Lora is a highly intelligent

and social animal, perhaps slightly too friendly because they have gotten used to the rangers as they prepared for their re-introduction. However, it is our collective responsibility to help them adapt to the wild once again. Please play your part by not interfering

(calling, provoking etc.) with the Lora. Simply enjoy their beauty from a safe distance.

Be respectful and keep cats and dogs away Pets and strays such as cats and dogs are prone to attacking other animals,

especially birds, as part of their natural instincts. Please make sure your pets are kept inside of your yard or are kept on a leash when going out for a walk.

Do not feed them food or water You may think that giving

the any food or water is doing a good deed, but it actually does not contribute to them developing survival skills in the wild. By interfering with the survival instincts of wild animals, we are doing the opposite of helping. Therefore, please do not attempt to give the Loras food or water.

Capturing a Lora is against the law!

The biggest threat to the Lora before their extinction in 1947 was caused by human activities including poaching and killing of the Lora. Let's work collectively to prevent this from happening again. So when you see the Lora, enjoy their beauty from a distance and admire them as they flourish in the wild.

Fruit Loose & Veggie Boost Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mango's 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, phos-

phorous, 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.

Concomber 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. Concomber 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 health-conscious. 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 Aruba is Sopi 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.

Get to know the history of the gold industry on Aruba

(Oranjestad)— We have talked about the Bushiribana Gold Mill Ruin before and its brief history during the gold industry on Aruba, but get to know a little more about the history of the “Aruban Gold Rush.”

The first hint of gold on Aruba actually dates back to 1725, when rumors about gold being found in dug up treasure chests of the Spanish colonial era prompted the first official exploration for gold on the island, commissioned by the Dutch West India Company. Under the leadership of Mr. Paulus Printz, a three-year search was conducted on Aruba, to no avail. Though they found some specks of gold, it was not enough to motivate a further search, and the assignment was discontinued by Printz himself.

It wasn't until 100 years later, in 1824, when a young farmer boy named Willem Rasmijn found a lump of gold while out herding his father's sheep in the area of Rooi Fluit on the north coast. His father took it to a local merchant who then sold the lump for \$70. Unbeknownst to the boy and his father, they quite literally struck gold, and as word got out, a gold fever spread among the locals who started searching for more gold.

When the colonial governor in Curacao, Governor Cantz'laar, heard about the news, he sent his adjutant, Capitan van Raders, to start harvesting gold. This was in July 1824. In August of that same year, the governor followed suit to the island, accompanied by high-ranking military officials. When citizens started swarming the area in search for gold, The Netherlands sent more troops to safe guard the gold.

Prominent places where gold was found was in Daimari, Wacobana, Arikok, Rooi Fluit, Hadicouradi and later West punt, where gold ore was found. Because of a lack in advanced technology and materials to harvest the

gold, the process took a more primitive approach: Clay rocks containing traces of gold were left to dry in the sun. Then, workers would start chipping the clay away on a large canvas to catch the gold particles that were left behind after the wind blew away the dust from the clay.

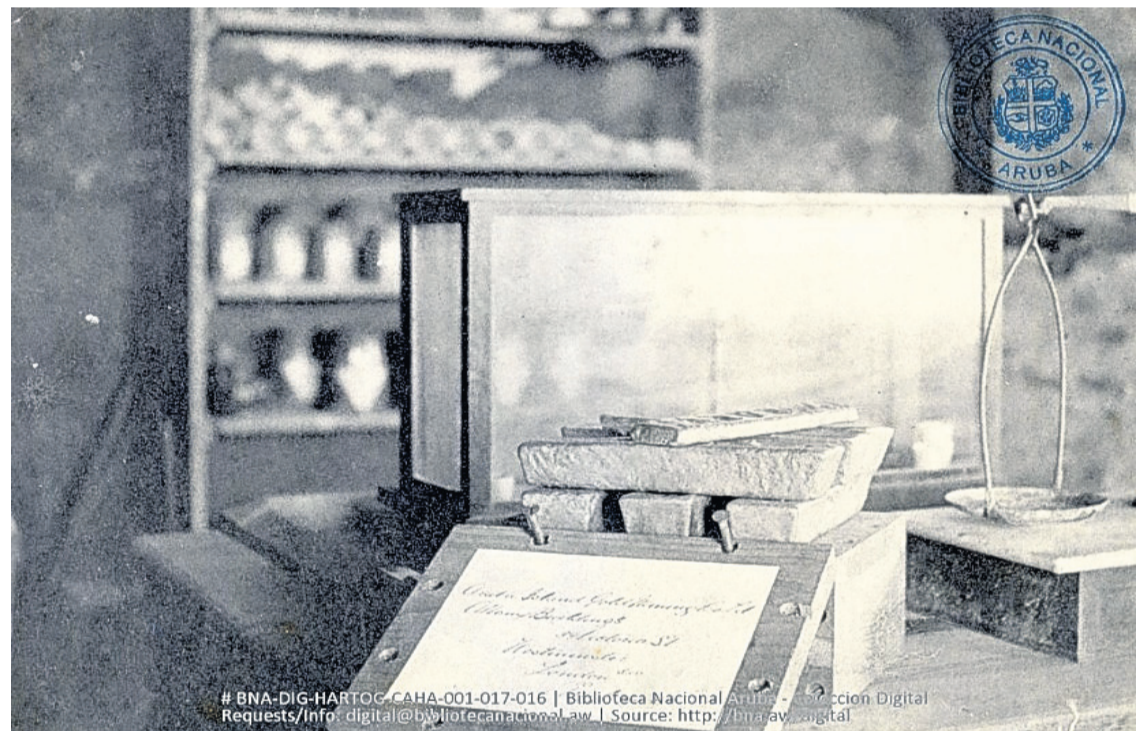
In the harvest period of 1824-1825, there was a total of 71,000 kilos collected through commissioned harvesting. Locals themselves reportedly found about 25 pounds worth of gold in the nearby rivers. The following years after that first big harvest, commission work fell off, and in 1828, the director of the goldmines, Johan Gravenhorst, decided to halt harvesting.

Almost 40 years later, the London-based Aruba Island Gold Mining Company Ltd. was granted concession. The firm built their gold mines on Bushiribana, and in the port of Oranjestad a long road that connected the gold mill to the port. The ores themselves came from Sero Plat en Sero Cristal.

By this point, workers were still using primitive methods to harvest the ores. For example, when someone had to go into the mines, there were no stairs or lifts; the person had to be brought down in a big bucket, with two or more workers holding the bucket by a thick rope above ground.

Aruba Island Gold Mining Company Ltd. reportedly operated until 1899, and right after the Aruba Gold Concession Ltd. was established, coincidentally also based in London. This time, the gold mill in Balashi was built, and more mines were dug up all around the island. The gold ores that were found were transported via track engine, locally called the “trekinchi”. Despite being more equipped for the job, the Aruba Gold Concession Ltd. could not produce any real profit, and so the concession was terminated just eight years later, in 1908.

A local firm, the “Aruba Goud Maatschappij” (Aruba Gold Company)



took over the concession, along with all the materials and equipment. In the beginning, the company saw good profit, and for a while, the island's economy depended primarily on the mining and harvesting of gold. But just like its predecessors, the streak of luck for the Aruba Gold Company came to an end when WWI broke out.

The main reason why production stopped this time was reportedly because of a lack in dynamite for extracting the ores from the mines, as well as a lack in raw materials like German cyanide for the refining process. By the time the war ended, the equipment

that was left at Balashi were too old to use again. After the war, gold production on the Aruba was left to a standstill.

According to an issue in Aruba Esso News paper in 1953, Henny Eman wanted to start up digging again, this time using independent miners. He argued that there was proof of more gold to be discovered. Plus, hiring independent miners would boost the island's employment rate.

When it was proven that gold was in fact still present, the executive board on the island promised to fund the project only if the gold dug up proved to be valuable. However, noth-

ing else was reported after this, so it could be concluded that there was no real profitable market on the island anymore.

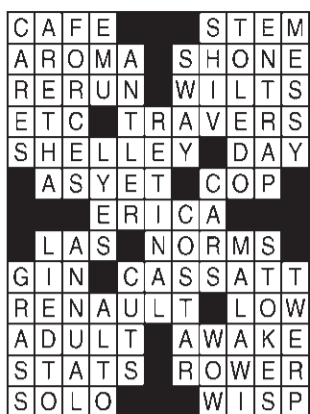
The ruins of the Bushiribana and Balashi Gold Mills are still standing, and open for the public to visit. These structures offer a glance into the past, to a time where Aruba experienced one of its first wave of industrialization. Today, these structures are persevered as historical monuments.

Source:

1. “De Kolibrie op de Rots (en meer over the geschiedenis van Aruba)” by Evert Bongers.
2. Aruba Esso News, 1953 is-

CROSSWORD

By THOMAS JOSEPH

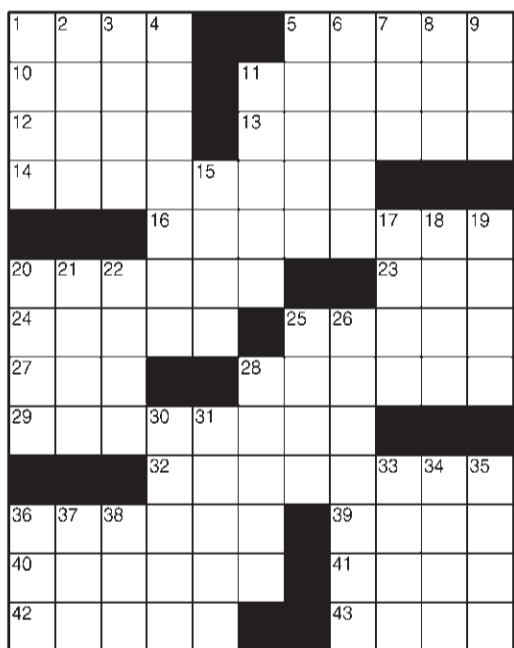


ACROSS

- 1 Borscht veggie
- 5 True
- 10 Different
- 11 Not round-about
- 12 Government agent
- 13 On cloud nine
- 14 Many a Manx
- 16 Table protector
- 20 Sign up
- 23 Injury soother
- 24 Track contests
- 25 Divine nourishment
- 27 Can. neighbor
- 28 Fat pig
- 29 Boater, e.g.
- 32 Booster of bad cholesterol
- 36 Shade trees
- 39 Valiant sort
- 40 Relaxed
- 41 Singer Redding
- 42 Brewing need
- 43 Bankrolls

DOWN

- 1 "Little Women" sister
- 2 Sailors' saint
- 3 Jacob's twin
- 4 Sawbuck
- 5 Sachet scent
- 6 Give a speech
- 7 Nonetheless
- 8 King's topper
- 9 British co. abbr.
- 11 Car sticker
- 15 Building wings
- 17 Stole stuff
- 18 Skin woe
- 19 Sign of sorrow
- 20 Aussie birds
- 21 High home
- 22 Bring up
- 25 Sound of agony
- 26 Gallery event
- 28 Aspect
- 30 One of the Titans
- 31 Take by force
- 33 Goat cheese
- 34 Like the Kalahari
- 35 Throw
- 36 Spring month
- 37 Piggid out
- 38 Stew sphere



3-9

A XYDLBAAXR
is LONGFELLOW

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.

3-9

CRYPTOQUOTE

SYV'GK AYZ ZY OVFD YTT

BPNTTL XPP ZIK ZNFK XHM

WVNPM SYVJ CNHAL YH ZIK

CXS MYCH. — JXS WJXMWVJS

Cryptoquote: A GOOD WRITER POSSESSES NOT ONLY HIS OWN SPIRIT BUT ALSO THE SPIRIT OF HIS FRIENDS. — FRIEDRICH NIETZSCHE

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 basic—but 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 occur, so keep yourself and your belongings safe.

JULY CRUISE SHIP SCHEDULE

07 TUE	CARNIVAL HORIZON Arrival: 8:00 Departure: 22:00 Berth: B GRANDEUR OF THE SEAS Arrival: 8:00 Departure: 23:00 Berth: C
08 WED	FREEWINDS Arrival: 6:00 Departure: Berth: E
12 SUN	FREEWINDS Arrival: Departure: 24:00 Berth: E
14 TUE	GRANDEUR OF THE SEAS Arrival: 8:00 Departure: 23:00 Berth: B ADVENTURE OF THE SEAS Arrival: 11:30 Departure: 23:00 Berth: C CARNIVAL VISTA Arrival: 13:00 Departure: 23:00 Berth: I
15 WED	ALLURE OF THE SEAS Arrival: 7:00 Departure: 16:00 Berth: I FREEWINDS Arrival: 6:00 Departure: Berth: E
19 SUN	FREEWINDS Arrival: Departure: 24:00 Berth: E
21 TUE	CARNIVAL HORIZON Arrival: 8:00 Departure: 22:00 Berth: B GRANDEUR OF THE SEAS Arrival: 8:00 Departure: 23:00 Berth: C

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

	2			9	1			
6	3		8	5				
1		5						2
			7					
5		3				8	9	
4	6					2	3	7
		6	1	7	9	4		
2	1	7	6	3	4		5	8
	4			2	8		7	1

Difficulty: ★

7/6

Answer to previous puzzle

7	8	2	3	1	9	4	6	5
9	6	4	7	5	8	1	3	2
3	5	1	4	6	2	9	7	8
8	1	5	2	9	6	3	4	7
6	4	7	5	8	3	2	1	9
2	9	3	1	7	4	8	5	6
5	3	9	6	2	1	7	8	4
4	7	8	9	3	5	6	2	1
1	2	6	8	4	7	5	9	3

Difficulty: ★★★★★

7/5

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'Privileged' Del Toro wins Tour de France stage, Pogacar up to 2nd

Barcelona, Spain

Mexican Isaac Del Toro won the second stage of the Tour de France ahead of reigning champion Tadej Pogacar in Barcelona on Sunday as Jonas Vingegaard maintained his overall lead.

Del Toro led home his UAE team leader Pogacar on the short, steep climb to the finish at Montjuic, with Olympic champion Remco Evenepoel taking third just ahead of Vingegaard.

"It means really everything," said Del Toro, who is making his Tour debut having finished second at the Giro d'Italia last year.

"I'm a very privileged guy. You cannot believe how much work it took to get here," added the 22-year-old.

Pogacar took six bonus seconds at the finish to move up to second in the yellow jersey standings at just six seconds behind Vingegaard, with Evenepoel now third at 15sec.

Vingegaard could not quite keep up with lead duo in the sprint finish but managed to clock the same time.

"I followed (Pogacar) on the climb. Of course, on the last sprint, it's very anaerobic and that's not my strength.

"To be honest, I can be happy with how it played out."

With such a punchy, hilly finish in Barcelona at the end of a 169km stage from Tarragona, fireworks were expected amongst the overall favourites.

Del Toro's UAE upped the pace once the peloton arrived on the finishing circuit around Barcelona, quickly reducing the front group to around 30 riders.

That was thinned out even more on the third and final ascent of the Montjuic hill, where the Barcelona Olympic stadium stands.

Del Toro moved to the front in the final 700 metres with Pogacar right behind him. And with Vingegaard and Evenepoel unable to force their way ahead, world



UAE Team Emirates - XRG's Mexican rider Isaac Del Toro cycles to the finish line to win the 2nd stage of the 113th edition of the Tour de France cycling race, 168,5 km between Tarragona and Barcelona in northeastern Spain, on July 5, 2026.

champion Pogacar looked around repeatedly -- seemingly holding something back -- before letting his team-mate take the glory.

- 'Everything's insane' - That helped Del Toro move up to fourth overall at 16sec, with Spaniard Juan Ayuso fifth at 19sec.

The Mexican also leads the green points jersey and young rider standings.

"I cannot believe what I just did," said Del Toro.

"It's just really like full emotions, and you cannot believe how it feels now for me, and especially for my country," added Del Toro,

with Mexico due to play England in a World Cup last 16 clash in Mexico City later on Sunday.

"Everything that's going on is just insane!"

Pogacar even celebrated Del Toro's victory by waving a Mexican flag as he warmed down on the rollers after the stage.

"Tadej is a great guy and I think it's very generous of him to give a stage to a teammate," said Vingegaard.

"But also, (Del Toro) really deserves it, to be honest.

"He's a super big talent and very, very strong. It was an impressive ride by both him

and also Pogacar today." Teenage French prodigy Paul Seixas came home in a group of nine riders three seconds back and he is now sixth overall at 42sec. □

ARUBA TODAY

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Alcoholics Anonymous
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Against Domestic Violence(FCVR)
Tel. 583 5400

Centre for Diabetes
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Child Abuse Prevention
Tel. 582 4433

Quota Club Tel. 525 2672

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Phone Directory Tel. 118

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ARUBA TODAY NEWS

Judge, Trout among MLB All-Star Game starter selections

New York, United States

New York Yankees slugger Aaron Judge and Los Angeles Angels star Mike Trout were among those named as starters on Saturday for the 96th Major League Baseball All-Star Game.

Top players from the National and American leagues will meet in the annual showdown of superstars on July 14 at Philadelphia.

The American League leads the all-time rivalry 48-45 with two drawn after the NL won 7-6 last year in Atlanta.

Starting position players for both teams were selected in two rounds of fan voting. Japanese star Shohei Ohtani of the Los Angeles Dodgers was the top overall NL vote-getter in round one to claim a designated hitter spot earlier while Toronto's Ernie Clement took the AL starting spot at sec-



Aaron Judge #99 of the New York Yankees looks on from the dugout during the game against the Minnesota Twins at Yankee Stadium on July 05, 2026 in New York City.

ond base.

Players vote for a remaining 17 players -- eight pitchers and nine position reserves -- for each team while MLB commissioner Rob Manfred selects four pitchers and two position players for each team.

Joining designated hitter Ohtani as an NL starter were outfielders Brandon Marsh of Philadelphia,

Andy Pages of the Dodgers and Juan Soto of the New York Mets.

NL infield starters included Dodgers first baseman Freddie Freeman -- chosen for his 10th career All-Star contest -- and third baseman Max Muncy, Atlanta second baseman Ozzie Albies and catcher Drake Baldwin and Washington

shortstop CJ Abrams.

In the American League, Los Angeles Angels outfielder Trout was selected to his 12th career All-Star Game. He has a hamstring injury but hopes to recover in time to play less than an hour's drive from his New Jersey hometown.

Joining Trout in the AL outfield starting lineup were New York Yankees slugger Judge and Minnesota's Byron Buxton.

The infield includes Clement, Tampa Bay third baseman Junior Caminero, Toronto first baseman Vladimir Guerrero Jr., Kansas City's Bobby Witt Jr. and Athletics catcher Shea Langeliers, whose team is in the process of moving to Las Vegas.

Houston's Yordan Alvarez was voted the AL designated hitter.

NL pitchers selected included Milwaukee's Jacob Misiorowski, Philadelphia's

Christopher Sanchez, 10th-time All-Star Chris Sale of Atlanta, Pittsburgh's Paul Skenes and Japanese hurler Yoshinobu Yamamoto of the Dodgers.

AL pitchers included Cam Schlichter of the Yankees, Toronto's Dylan Cease and Boston's Aroldis Chapman. Hitting and pitching star Ohtani, who led the Los Angeles Dodgers to World Series titles the past two years with two of his four league Most Valuable Player seasons, has a biceps injury and is not expected to be available to pitch in the All-Star clash.

Ohtani's strong performance on the mound as well as at designated hitter saw him selected for both roles in the All-Star Game. Ohtani is 8-2 on the mound this season with a 1.79 earned-run average and 95 strikeouts in 85 2/3 innings. At the plate, □

Djokovic makes history, Osaka sends Sabalenka crashing out of Wimbledon

London, United Kingdom

Novak Djokovic enjoyed another slice of Wimbledon history as the Serbian star broke Roger Federer's singles match-win record on Sunday, while Japan's Naomi Osaka stunned world number one Aryna Sabalenka to reach the quarter-finals for the first time.

Djokovic's 7-6 (8/6), 6-3, 3-6, 6-3 victory over Russian qualifier Roman Safiullin in the fourth round took the seven-time Wimbledon champion past Federer to 106 men's match-wins at the grass-court Grand Slam. Only Martina Navratilova (120) has won more singles matches at the All England Club across the men's and women's events. The 39-year-old is through to his 17th Wimbledon quarter-final and his ninth in a row. In his record-extending 66th Grand Slam quarter-final, Djokovic will play Canadian third seed Felix Auger-Aliassime or Spanish 22nd seed Alejandro Davidovich Fokina.



Japan's Naomi Osaka celebrates beating Belarus's Aryna Sabalenka during their women's singles round of 16 tennis match on the seventh day of the 2026 Wimbledon Championships at The All England Lawn Tennis and Croquet Club in Wimbledon, southwest London, on July 5, 2026.

Djokovic's win kept him on course for a blockbuster semi-final showdown with defending champion Jannik Sinner, who faces Japanese qualifier Shintaro Mochizuki in the last 16 later on Sunday. "Survive to thrive, that's how I feel. So hopefully the thriving part is

coming," Djokovic said. "Our mind wanders all the time, it's very hard to keep it in the present moment, whoever does that is a winner." Djokovic has a 100 percent record in 20 Wimbledon matches against players outside the top 100, winning all 34 matches he

has played against qualifiers at the Grand Slams. After dropping a set in two of his first three matches at the All England Club this week, Djokovic again looked out of sorts at times but did enough to keep his bid for tennis immortality on track. The Serb is aiming to win a record 25th Grand

Slam singles crown, which would break a tie with Margaret Court and take him level with Federer on eight Wimbledon titles.

- **'So special'** - Osaka avenged a straight-sets defeat against Sabalenka in the French Open last 16 in June by eliminating her fellow four-time Grand Slam champion with a superb 6-2, 7-6 (7/2) victory on Centre Court. It is five years since Osaka lifted her most recent Grand Slam trophy at the Australian Open. Osaka is yet to drop a set across her opening four matches at Wimbledon. Seeded 14th, she is finally finding her groove on grass, helped by the eye-catching outfits she arrives on court wearing. Her walk-on costumes have included a kimono, a bomber jacket with a long train and a cloak that looks like an open kimono. Once again the 28-year-old treated fans to a memorable outfit before delivering a tailor-made. □

FIFA clear U.S. star Balogun to play after Trump call

Washington, United States

FIFA cleared U.S. star striker Folarin Balogun to play in the World Cup co-hosts' showdown with Belgium despite his red-card ban after a personal phone call from President Donald Trump, it emerged Sunday, igniting a furious row that has rocked the tournament.

Balogun had been set to miss Monday's last-16 clash with the Belgians after receiving a straight red card following video review for stepping on the foot of a Bosnian defender in a round-of-32 clash that the U.S. won 2-0.

Under FIFA rules, a straight red card automatically triggers a one-game ban, which cannot be appealed by the player's team.

But world football's governing body FIFA said Sunday the ban will now be suspended for a year, in a stunning move for which no specific explanation was offered.

A source familiar with the matter told AFP that Trump personally called FIFA President Gianni Infantino last week asking him to review Balogun's punishment.

"Thank you to FIFA for doing what was right, and reversing a great injustice!" Trump wrote on his Truth Social platform.

FIFA's decision was immediately slammed by Belgian football officials, who released a statement saying they are "astonished" by a move that is in "direct contradiction" with FIFA's own rules.

The Royal Belgian Football Association is "investigating all potential options" to "safeguard the legitimate rights of all participating teams and to protect the fundamental principles of fair play in our sport," it said.

"I didn't know that at the FIFA World Cup, the 5th of July is now the 1st of April, and that it's April Fool's Day," added Belgium coach Rudi Garcia, at a press conference.

The decision to suspend the ban was taken by FIFA's dmittee.



Folarin Balogun #20 of the United States fouls Tarik Muharemovic #4 of Bosnia and Herzegovina which is later reviewed by VAR and awarded as a red card foul a during the FIFA World Cup 2026 Round of 32 match between USA and Bosnia and Herzegovina at San Francisco Bay Area Stadium on July 01, 2026 in Santa Clara, California.

It came after U.S. Secretary of State Marco Rubio publicly called for the card to be rescinded.

- 'Boost' -

Top scorer Balogun has been key to the USA's progress in the tournament, netting three times, and his absence against Belgium

would have been a blow to the team in the game in Seattle.

The stake are huge for the co-hosts. Playing on home

soil, a strong US start to the tournament has raised expectations to fever-pitch levels among the American public.

The co-hosts are targeting a historic run to at least the quarter-finals, which they have not reached since 2002, or even further.

Balogun himself had said Friday the red card ban was "something I have to just accept."

In its statement, FIFA pointed to "article 27 of the FIFA disciplinary code" which allows the suspension to be "suspended for a probationary period of one year." Balogun would serve the ban only if he commits another similar foul in the next year, it said.

There is some precedent for the decision.

Portugal superstar .□



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Create precious memories in the heart of Costa Linda Beach Resort; Water's Edge Restaurant offers the complete vacation



(Palm Beach) – Consider your family dinner plans taken care of at Water's Edge. Located in the heart of the Costa Linda Beach Resort and on the shores of the world-famous Eagle Beach in Aruba, Water's Edge offers an elegant yet cozy dining experience that the entire family can enjoy. Whether you're craving Steak, Seafood, International Dishes or a bit of the Caribbean flare, Water's Edge caters to all your culinary needs, all the while offering you a cozy and flexible service with a spectacular view of Aruba's top-rated sandy beaches.

Water's Edge's new menu has a great variety of appetizers, main courses and delicious desserts all on one menu specially made just for you. From the minute you arrive there will be a great staff welcoming you with the most contagious smiles and warmth. Flexible and professional service allows you to enjoy your meal in the cool and elegant indoor dining area, on the sandy, breezy beaches of Eagle Beach or by the open bar outside. Serving breakfast, lunch and dinner, Water's Edge has it all for you, any time of the day.

Start your day off with a hearty breakfast. Water's Edge offers a variety of delicious breakfast items, including their house specialties of Avocado Toast, Chicken & Waffles made with homemade Belgium waffles and topped with a gorgeous hot honey sauce. If you want something on the sweeter side, try their Crème Brûlée French Toast, served with an in-house mascarpone whip cream and topped with fresh fruit and powdered sugar. Or maybe the Traditional American Breakfast is more to your liking, complete with any kind of serving of eggs, bacon, sausage and toast, served with a side of hash browns.

For lunch, keep it easy with their handheld items like their Bacon and Cheddar Burger, Mediterranean Quesadillas or Street Tacos. Want a taste of the Caribbean? Try the Grouper Reuben; A local twist to the traditional Reuben, complete with rye bread, in-house 1000 island dressing, sauerkraut and grilled grouper, served with a side of Cajun Fries.

Dinner plans are set with Water's Edge mouthwatering dinner menu. Start your gastronomic journey with a scrumptious appetizer such as the Maryland Crab Cakes, maybe the Crispy Calamari or the delectable Coconut Shrimp. You can also opt for their Water's Edge House Wedge Salad or freshly made Shrimp Louie Salad, made with poached shrimp, tossed in Louie dressing, fresh avocados and vine ripe tomatoes. For something a bit heartier, try their classic French Onion Soup, Lobster



Bisque or Crab and Corn Chowder.

Follow your appetizers with your choice of Seafood, Chicken or Pasta dishes. Enjoy their succulent Shrimp and Clam Sauce with Angel Hair Pasta, a nice plate of Chicken Francese or explore the Water's Edge Fish Market—your pick of Mahi Mahi, Snapper, Grouper or Salmon, served with homemade mashed potatoes, sauce of choice and fresh herbs and vegetables.

Meat Lovers will have their fix with choices of Steak, including a Petite Filet, French Rack of Lambs or their famous 14oz pan-seared Pork finished with a fantastic apple glaze. All our steaks options are seasoned with a blend of kosher salt and freshly cracked black pepper. Served with homemade mashed potatoes, seasoned vegetables and a choice of red wine reduction, green peppercorn demi-glace, mushroom sauce, chimichurri or bacon blue cheese butter. Enjoy it with a side of fresh asparagus, seasonal vegetables, and four different

types of fries. Combine your meal with your personal choice of international and exclusive wines.

Kids will enjoy every item of the specially compiled Kids Menu and there are also optional dishes for all vegans, vegetarians and gluten-free guests.

End the culinary voyage with some luscious sweetness. Choose from a variety of dessert options, including a piece of coconut flan, NY cheesecake, carrot cake, chocolate brownie or our classic Tiramisu with kahlua and amaretto served with chocolate sauce and coffee jelly. Not to mention the fresh and light piece of key lime pie.

Live entertainment

For seven nights a week, there is live entertainment by the best local artists for you to enjoy. Whether you're in a romantic mood, or more in a swinging mood, every night is a relaxing experience under the stars, where you can combine great music with delicious cocktails. In addition, Water's Edge offers

three daily Happy Hours from 12pm-1pm, 4pm-6pm and again from 9pm-10pm with all premium brands specially priced.

Water's Edge prides itself on bringing elegance and comfort to your dining experience, offering personalized service fit for everybody's needs.

Water's Edge is open daily from 8am – 11pm

To reserve your table please call +297 583 8000 Ext. 8106 or + 297 586 9494 (direct), or reserve your table online at reservations@watersedgearuba.com. For more information about the menus, entertainment and hours, please visit the website watersedgearuba.com

