

# InLife

I N T E R I O N A L

APRIL 2022

## PROTECT YOURSELF FROM INFLATION

EIGHT SUREFIRE TIPS ON SAVING MONEY ON ENERGY, TAX AND OTHER DAILY COSTS AHEAD OF THE UPCOMING HIKE

## COPING WITH COVID

CRITICAL CONSIDERATIONS FOR BUSINESSES PREPARING FOR THE COVID AND FLU SEASON THIS WINTER

INTRODUCING

*Bryan*

LEGEND

INTERVIEW WITH THE KING OF DEFI



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# InLife

INTERNATIONAL

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## EDITOR'S NOTES

Ten years ago, the first-ever issue of InLife magazine was born while joking around at a cafe. In the beginning, it was scary because we weren't really sure we could sustain the InLife brand. We hoped our new magazine would be successful, but we had no guarantees, just dreams. It turns out that we were on the right track. With the help of our awesome team, InLife magazine eventually expanded globally. Now it seems life has strangely come full circle, as we are back in a cafe working with a much bigger team. However, our goal remains the same: to share stories promoting everyday people who have overcome hardship, reached personal and professional objectives, and given back to the community.

This issue inspires me, and I hope it will inspire you too. In this issue, the incredible Australian entrepreneur Bryan Legend is our cover story - one of the most prominent figures in the Crypto world. You'll also find articles about Covid-19, how businesses can prepare for the Covid and flu season this coming winter, and great tips for decluttering your home. Whichever room you're reading this in, know that we are grateful for your support. Stay safe, and God bless.

Sue Turner  
Editor-In-Chief

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## HOW BUSINESSES CAN PREPARE FOR THE COVID & FLU SEASON

As Australia heads towards winter, workplaces could be facing the perfect storm: the ongoing threat of COVID-19 converging with seasonal influenza. Not only can these illnesses wreak havoc on people's health, but they can severely impact businesses.

We're all aware of the widespread risks of Covid-19, but one study has found that employees who come to work sick cost employers two to three times as much in productivity losses than employees who stay home. And while some businesses may have shifted to operating remotely, unplanned employee absences due to illness can derail project timelines.

On the positive side, the precautions most companies adopted to help stop the spread of COVID-19, such as physical distancing, hand washing, and wearing masks, could lessen the impact of flu season – if they are maintained.

The raft of conflicting announcements, however, including plans to scrap COVID self-isolation and an end to masks and social distancing rules cause significant confusion. Leaders argue that the pandemic is entering a new phase and people need to "learn to live with COVID" while scientists and public health officials issue warnings that ending COVID regulations could be premature at this stage in the pandemic.

What is abundantly clear – and we don't need a politician to spell it out, is that it's critically important for organisations to maintain their viral vigilance to keep their employees safe and their business healthy.

Here are some key considerations for businesses preparing for the 'COVID and flu' season this winter:

### **Covid free surveillance testing**

Forward-thinking organisations have implemented regular surveillance testing, via Point of Care or at-home self-testing with rapid antigen kits, and those that recognise the importance of repeatability and secure reporting have bolstered their Covid-free plan by managing the program via the easily downloadable Gardian Self Check app and Test Tracker management software.

If monitoring the rapid spread of the virus internationally has taught us anything, it is that Australia is likely to have a surge of the BA.2 variant or emerging Deltacron. Having a robust Covid-19 testing program in place whereby staff can home-test, record and share their result with an employer prior to going into work is the only way to effectively stop the spread of the virus and maintain a Covid-free work environment.

### **Double down on safety**

We all know about the standard protective measures, but with COVID fatigue setting in, it's important to repeat them. Experts say colds, flu and COVID-19 are all spread by droplet transmission, and mask wearing and physical distancing work against these measures. Companies need to reinforce established safety protocols and continue to follow the cleaning and disinfecting measures outlined by State Departments of Health.



#### Educate employees

Flu and COVID-19 have some overlapping signs and symptoms, with the key difference being the loss of smell and loss of taste have not been reported with influenza. It is also possible to be infected with both flu and COVID-19 at the same time; cases of co-infection and severe illness have been documented. Educate employees on the symptoms for both illnesses and inform them about the risks.

#### Plan for absences

With both COVID-19 and influenza, businesses should prepare for the possibility that a portion of their workforce may be unable to work at any given time. A business continuity plan should cover how many absences the business can handle before operations are interrupted, and how to keep the business operating effectively. With recent government changes afoot, communicate the company's sick leave policy to employees and encourage them to stay home if they are sick.

#### Support remote work

Despite appearing to be a backward step, where possible, companies should support remote work to help stop the transmission of both COVID-19 and influenza. If the business is or has already had staff working remotely, they may have identified other benefits as well: studies have shown that when it's done right, remote work can improve employee productivity, creativity and morale. Moreover, there are cost savings of allowing employees to work at home, including savings on rent and utilities, cleaning services and food. Be sure to protect the

business from any new or increased cyber exposures as remote employees come with a new set of risks.

#### Plan for shutdowns and restarts

While the first lockdown took everyone by surprise resulting in unplanned shutdowns, businesses can use lessons learned to inform a response plan for possible additional shutdowns. Some preparation tips include securing any vacant/unoccupied building; preparing financially, such as tightening up cash flow; staying in close contact with major suppliers and customers and adapting to new timelines; and developing new revenue streams. Once again, companies will have to prepare for restarts as well, navigating everything from health and safety guidelines to safely restarting equipment.

#### Encourage vaccines

While an inherently controversial topic, the risk of co-infection is yet another reason why it's so important for people – particularly vulnerable populations – to consider flu vaccines this year. Companies can support employees in getting the flu shot by hosting on-site flu clinics for employees and their families.

While the future remains uncertain, organisations can take steps to help keep employees healthy and the business operating safely. A perfect storm may be coming but defending against it all comes down to knowledge and preparation.

Source: *Gardian* ([www.gardian.tech](http://www.gardian.tech)) - an Australian digital health company developing software and medical devices that provide a better way to care.



## 8 DECLUTTERING TIPS TO GIVE YOUR HOME A FRESH START

Our homes are a sacred place, we need to protect the energy in there and keep it stress-free, it goes without saying, but a cluttered home can be a reflection of your state of mind.

If you feel like you're struggling to declutter your home fear not, interior specialists at WeThrift have put together 8 simple tips to help and guide you through the process.

### **Free yourself from the bondage of "I'll use this someday" items**

We all have those items we hold close to our hearts that have been in the same exact spot for months or years without getting any use. It could be a treadmill that you impulsively bought on sale or a cutlery set you were given as a gift from an old friend.

Whatever it is, don't make yourself feel guilty if you need to get rid of it to clear some space, if you know it'll get better use in a new home, then do exactly that. You can list the item on the Facebook marketplace or Ebay and earn some extra pennies in the process.

### **Look through your wardrobe and reconsider some items**

The last few years have been filled with fashion trends that we are excited to leave in 2021. But just like other items in your household, it is very easy to hoard clothes. Hanging on to clothes you no longer need or wear just creates more mess that we're trying to avoid.

Don't just throw your unwanted clothes in the bin, you can sell unwanted items online, donate them to those in need, upcycle or mend older pieces to make them current and on-trend, or recycle your items responsibly. The next time you open your wardrobe, you should feel at ease knowing that everything in there has a purpose and use for you.

### **Establish a plan that you will stick to**

Sit down and have a good think about how you are going to tackle your home organisation, think about the day and time you would like to get this done. It would also be ideal to add some achievable and realistic goals, it can be as simple as scheduling 20-30 minutes to clear out a single drawer or cupboard.

This is a very productive start to a decluttered home and can help combat procrastination. We recommend starting by dividing clutter into priority categories, for example, you could start with the bathroom cupboards or your bedroom draws. Start small and build your way up.

Once you have created and established this plan, stick to it. It might be tempting to go to another room and start decluttering elsewhere but avoid this as it can decrease your chances of actually getting the job done.





Don't overwhelm yourself with the amount of work that is yet to be done, it is counterproductive to burn yourself out by trying to get too much done in one day. Most people take at least a week to completely declutter a home to their satisfaction.

#### Ask for help, you don't have to do it alone

Setting yourself the task to declutter your home can be very difficult if organising is new to you. Find comfort in knowing you can confide in close family and friends to help you to complete this.

This tip can be very helpful since your friends won't have the same attachment to items like you do, it might help you detach yourself from those said items which will ultimately speed up the process to a clutter-free home!

#### Use anything as storage

Christmas has just passed and no doubt many of us will have a few of our new gifts in all sorts of places. It's time to give them a home, find some storage boxes you might have laying around, and place the items there until you have a specific home for them.

Top tip: figure out what house furniture or decor can be used as storage e.g. using aesthetically pleasing baskets to store scarves and gloves. There are various pieces of furniture that have multiple uses especially for storing other important household items.

#### Give yourself a break

Don't overwhelm yourself with the amount of work that is yet to be done, it is counterproductive to burn yourself out by trying to get too much done in one day. Most people take at least a week to completely declutter a home to their satisfaction.

The process can be exhausting for a lot of people, so if you feel like taking the day off and picking up where you left off another time that is to be expected.

#### Donate

This is a no-brainer but donating your unwanted items not only feels good but also helps reorganise your home. You can simply pack away your old stuff into a cardboard box and give back to the community by supporting your local charity or homeless shelter.

#### Prioritise your belongings

This one requires you to be a little ruthless with yourself, start by sectioning your items in terms of importance and relevance to your lifestyle.

This could be that one surfboard you bought on a holiday years ago that is catching dust. Items like these need to be in the useless category, if you can't picture yourself using the items in the next two months, it has to go.

Source: [www.wethrift.com](http://www.wethrift.com)



SNEAK PEEK: CELEBRITY HOMES UNLOCKED  
**ADAM LEVINE**

Maroon 5 leader, Adam Levine, doesn't have to sing for his dinner, though he still often does. In addition to his lucrative singing career, he has accumulated millions in real estate profits and does that often too. Married to South African supermodel, Behati Prinsloo in 2014 and now with two children, the couple continues on their whirlwind buy-and-flip homes projects and have just purchased the former Rob Lowe Montecito house on its sprawling 3.5 acres for \$52 million.

After Rob and his wife, Sheryl Berkoff, sold their longtime family home to healthcare executive Jack McGinley in 2020 for \$44.5 million, McGinley has just sold the home to Levine and Prinsloo for a nice \$7.5 million profit - in just two years. While it is likely that McGinley made some changes to the home, Levine and Prinsloo bought the house as an unadvertised pocket listing, so there is no way of knowing what changes were made during their tenure. However, knowing the frequent sales and huge profits Adam has made on his home sales (at least seven homes since 2012), there is no doubt that Adam and Behati have a plan in mind, which we will likely see in *Architectural Digest* in a year or two.

The 10,000-square-foot Georgian Colonial-style home was built in 2009 and designed by architect Don Nulty to resemble Lowe's Charlottesville, Virginia birthplace. The décor is a bright-white interior filled with California sunshine and Pacific Ocean views. The home has six bedrooms, eleven baths, large open formal rooms, a huge white-and-cheerful family kitchen, separate catering kitchen, wine room, multiple living-and-dining areas, professional theater, and an expansive master suite. Additional details like vaulted ceilings, handmade crown moldings, custom millwork, and view-framing windows add architectural charm. Also included is an office, library-music room with bar, and a family room. There are nine indoor fireplaces throughout the house with one in the master suite. Outside is a full outdoor living room with a wood-burning fireplace, koi pond, large swimming pool, a tennis court with viewing area and rolling lawns and gardens large enough for team sports with mature oak trees and a vegetable garden. Also on the grounds are a swimming pool and spa, a two-bedroom guest house, a one-bedroom pool house with staff quarters, and an outdoor kitchen.

Prinsloo came to fame as a Victoria's Secret Angel in 2009 and often opened their fashion shows on the runway. She also appeared in Maroon 5's 2018 music video *Girls Like You* with her husband, their oldest daughter, and two dozen additional female celebrities. Adam and Behati's most recent business venture is a tequila company, Calirosa, which went on the market last year. Levine, as frontman for Maroon 5, has pulled in numerous awards: three Grammys, three American Music Awards, an MTV Video Music Award and a World Music Award. Levine has taken a break from almost 10 years of work as a coach on *The Voice*.

Photo Credit: The Agency 2019 | Source: [TopTenRealEstateDeals.com](https://www.top10realestatedeals.com)









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# INTRODUCING *Bryan* LEGEND

**With widespread attention from interested parties scattered worldwide, Bryan's company, Safuu Protocol, intends to shake things up in the cryptocurrency sector and beyond.**

A veteran entrepreneur, Bryan Legend is a self-made millionaire specializing in Cryptocurrency with over eight years of experience in the e-commerce and blockchain space. He has far-reaching expertise in building businesses from the ground up with an extensive sales background and vast knowledge across all dynamics.

With widespread attention from interested parties scattered worldwide, Bryan's company, Safuu Protocol, intends to shake things up in the cryptocurrency sector and beyond. Though a relatively new concept, his Decentralised Finance concept has been gradually gathering recognition from various financial institutions. Safuu provides a decentralized financial asset that rewards users with a sustainable fixed compound interest model through its unique SAP protocol.

For the eight years that Bryan has been in Cryptocurrency, he's mastered the art and craft to near perfection. An embodiment of strategic planning and execution, he has hit gold in this field with his innate Crypto-oriented mindset, the evidence of which can be seen in the successful start-up companies he has created from scratch, complemented by his estimated net worth of roughly 26.2 million dollars. Without a doubt, Bryan is a gifted negotiator with a rare combination of management, leadership, and consulting skills.



“We are delivering exactly as promised in line with our current Roadmap allowing Safuu to expand in the years to come. We are working to achieve the vision of becoming our own Blockchain with the end goal of overtaking Ethereum as the number 1 Altcoin in the whole of Crypto.”

Inlife International recently interviewed Bryan regarding his journey in the Cryptocurrency industry, and here's what he said.

**What initially got you interested in cryptocurrency?**

I have a personal love for technology and find myself drawn to new and innovative things. This, coupled with money from a materialistic and practical point of view, only drives my passion for wanting to know more and do more. Cryptocurrency in itself is a fascinating marvel of how technology has outpaced the traditional banking system and how it is at the forefront of challenging FIAT-based government.

**What do you look for in strong projects?**

Firstly, transparency; secondly, a legitimate leadership team capable of delivering results; thirdly, fundamental utility with actual use cases; and last but not least, a thriving and positive community behind it.

**Do you think regulations will change the way founders develop cryptocurrencies?**

Regulation is mostly seen as a negative word as the 'regulators' intent is mostly to apply restrictions by reigning in the harnesses of consumer habits. Regulation can be a good thing, however, and I believe it is somewhat inevitable for it to push us all into a world where cryptocurrencies and the traditional world will co-exist in an elegant framework together. The cryptocurrency realm needs to be more mature both from a consumer standpoint and from the regulators. I believe that we will start to see the narrative change from the wild-wild-west to a more acceptable fabric by reducing the grey area that currently exists.

**Can you tell us about Safuu?**

Safuu is a truly revolutionary DeFi protocol that offers high-interest yields that have never been previously attempted or achievable for all users. Safuu has a guaranteed yield structure that produces staggering results for all investors who participate in up to 383.025% APY. This percentage figure is mind-boggling at first glance, but the

results are indeed unquestionable, with over 130,000 individuals now taking part by investing and collecting their rewards as promised. The easiest way to know more about Safuu is to check out the official website: [Safuu.com](https://safuu.com)

**Do you really think DeFi will change the world, if so how?**

Decentralized Finance empowers the many instead of the few and puts the onus on each other, rather than relying on a centralized authority. With this personal responsibility comes its own challenges but presents unbounded possibilities for generating wealth by enriching the lives of the risk-tolerant. DeFi awards the ability to break the chains of the normal 9-5 job by offering core protocol fundamentals that go far beyond the reach of traditional asset potentials.

**In your own personal view what will make Safuu better than all the forks or better than other DeFi coins?**

Safuu was born out of the need to offer people the chance to earn money from their investments with a guaranteed outcome in percentage yield. The interest yield awarded is paid as Safuu Tokens for which the value is derived from the open market, but the interest rate cannot be changed or amended, which produces the yield and is why we can promise and guarantee the outcome. There will always be forks, but as Safuu has the first-mover advantage, the financial backing, and the community behind it - it will be extremely hard for any competitor to be seen as anymore but a second wavering thought.

**Where do you see Safuu in 5 years?**

We are delivering exactly as promised in line with our current Roadmap allowing Safuu to expand in the years to come. We are working to achieve the vision of becoming our own Blockchain with the end goal of overtaking Ethereum as the number 1 Altcoin in the whole of Crypto.

**Where can people learn more about you?**

You can reach me on Twitter: [@BryanLegendCEO](https://twitter.com/BryanLegendCEO) or YouTube: [BryanLegend](https://www.youtube.com/BryanLegend)

## 4 WAYS TO TRANSFORM LEFTOVER FOOD INTO TASTY MEALS

By: Chi De Jesus

These days bring truth to the old saying – “Necessity is the mother of invention.” Because during these times of lockdowns and quarantines, we must be smart and creative with our choices. Thousands of people are getting laid off and the working populace getting pay cuts due to all businesses going on a downward spiral.

The kitchen is the heart of the home and also one of the major sources of our daily expenditures and food is on the top of that list which, sadly, is also the source of a lot of wastage. So before you chuck all those uneaten food in the bin, check out what The Australian Filipina has listed down here to give you an idea or at least inspire you to make your own concoctions. Please note that the list is in order of the most used and also most thrown away.

### RICE

If your taste buds haven't totally forgotten the wonderful comfort that cooked rice provides us as the canvass for all the delectable viands that we eat, then for sure it's always present on the dining table. It's also good that it's very versatile. Here are ways to re-invent left-over rice:

- Take out the clumps, season with salt or soy sauce, and fry in olive oil and garlic to make fried rice. To jazz it up a little, add slivers of seaweed sheets or minced carrots and peas and top it up with scrambled egg and left-over bacon. If you want to make it healthier, sprinkle a tablespoon of turmeric to help you with your gout problems or sore muscles.

- Now that winter is coming, you can use your left-over rice to make rice porridge – add chicken to make heart-warming “Arroz Caldo.”

- You can also compress your rice with cheese and bread crumbs, dip it in whisked egg for nice rice balls, reminiscent of the Italian Arancinis.

### BREAD

Another source of carbs that usually goes to waste when we forget it is the bread tin or the ref. Now, don't worry when it turns rock hard. There are ways to revive your bread to avoid the bin sentence:

- Get your hardened bread and slice them into smaller pieces to fit into your food processor. This can be used as a topping on your baked dishes and a thickening agent for heavy sauce dishes.

- If your kids don't like eating the bread edges, you can gather them and store them in the refrigerator. When making salads, you can cut them into pieces and fry them in light olive oil and serve them as croutons.

- If you're feeling a little posher, use your left-over flatbread in making French onion soup.

- If you want to prepare something for an afternoon snack, transform left-over bread to a savoury pudding.

### MEAT

Since we eat our meats already subjected to different cooking styles based on the dish, it's hard to dissect the dish and separate the ingredients so, I sought the recommendation of a food expert – Century Pacific's Test Kitchen Head, Chef Donna Morales [IG: @danutbai]. These are some of her suggestions:

- For any meat dish with tomato sauce or gravy, top over rice then add melting cheese and some parsley on top, bake until heated through to create baked rice deluxe.





– For left-over rotisserie chicken, flake chicken meat then add to macaroni soup or chicken noodle soup. Mix with mayonnaise, celery, onions, salt, and pepper, fill into bread or flour tortilla with lettuce to create a simple chicken salad sandwich or chicken salad tortilla wrap. You can also add these shreds to boiled and diced potatoes to create chicken potato salad – just add mayo, chopped scallions, and season with salt and pepper.

– Left-over fried or grilled fish can be flaked and mixed with chopped carrots, scallions, oyster sauce, flour or cornstarch, egg oyster sauce, and sesame oil. Fill into spring roll wrappers, fry, and serve with sweet chili dip or sriracha to make Asian fish rolls.

My mom would usually fry leftover milkfish from a “paksiw” dish (fish in sour soup) and the result would always be a savoury sour fried bangus that’s good with fried rice. Always remember that meat bones can all be used to create stock. Just put all the bones and discarded parts in a pot of boiling water and let it boil to get the essence of the bones. Doing this saves you from buying bouillons or packed stocks from the grocery.

#### VEGETABLES

This is a bit tricky because veggies lose their crunchiness and texture when cooked. I sought insights from an old friend, who’s trained in sustainable farming, a home cook, and a food blogger, Mia Estolano-Levert (IG: @be\_with\_mia/website: bewithmia.com) for her, proper handling of produce is a must in keeping the integrity of the veggies. Here are some of her ideas:

– Add soy sauce, hoisin or teriyaki sauce, sesame oil, or even honey to lightly stir fry left-over veggies. Then put them on top of your rice to create a quick rice bowl.

– If you’re a fan of scrambled eggs, you can toss all your left-over veggies in an oven-proof saucepan or a well-seasoned cast-iron skillet until they are soft. Then pour in a mixture of mixed eggs and grated cheese over the sautéed veggies. When the sides are setting put it in the oven at a low-temperature setting for at least 2 minutes or fill the top turns golden brown. The result is a savoury frittata. This is a good dish for left-over veggies that have already been cooked.

– If you’re a fan of instant ramen you can add your left-over veggies on top of your noodles, add a hard-boiled egg for a full meal, and a much healthy treat.

– Mia says she’s also fond of making “garbage soup” where she chops and dices all left-over veggies and drops them in a broth (chicken, beef, veggie) for a healthy soup. You can also add tomato sauce, cream/milk, and cheese to make it healthier.

This reminds me of the history of one of my favourite pasta dishes, the puttanesca. Restaurant owners in Italy used to put cook their left-overs together and add to their left-over pasta which they serve to prostitutes roaming the streets going home after a day of hard “work.”

To make sure that all your left-overs are in good condition, always use serving spoons when eating, and immediately store them in leak-proof containers so you can use them when the need comes. This also allows you to delay food runs to the grocery to replenish your food supplies saving you from possible exposure to the virus and from spending more money on food.

Source: *The Australian Filipino*



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## RAVE REVIEWS: THE VERDICT ON GHOSTBUSTERS: AFTERLIFE

Sequels are more often than not derivative stand-ins for the, usually, superior predecessor films; incapable of being surpassed much less properly followed up. "Ghostbusters" is a timeless classic; following a formula no continuing sequel or ill-fated all-female reboot could duplicate successfully. For years, people eagerly awaited the third entry to close out the trilogy but that day and film never came, and eventually; Harold Ramis passed and it seemed like all hope was lost for a proper cap off to such an iconic franchise. Things remained dead and dormant until low and behold; Jason Reitman, son of the original film's director; Ivan Reitman, took it upon himself to craft the ultimate love letter and cinematic send-off to his father's flawless work with "Ghostbusters: Afterlife."

Set many years after the dissolvent of the original Ghostbusters team, a mother (Carrie Coon) and her children; Phoebe and Trevor (Mckenna Grace and Finn Wolfhard) lose their home and are forced to move to a dilapidated house; left to them by their deceased grandfather, in the middle of nowhere to try and make a fresh start. While discovering long-forgotten secrets about their family, Phoebe and Trevor inform their teacher (Paul Rudd) about strange goings-on at their house and in town. Soon, an ancient evil from the Ghostbusters' past becomes unearthed and now a new generation of Ghostbusters must take on the proton streaming mantle and stop this threat before the world is engulfed by the dead rising from the graves once again.

After the awful, disastrous bomb that was Paul Feig's "Ghostbusters," the story and the legacy desperately needed a fresh start. "Afterlife" is, in many ways, not just a continuation of the original story but a genuine love letter to the actors, the fans, and to the reunion that we all hoped we could see but was sadly denied. This is very much a family story; right down to the lineage connecting the director's love for his father's work. There are so many callbacks from signature sounds, signs, dialog, and imagery that lovingly take us back to everything that came before while still crafting a new story with new characters that fit into the narrative without being carbon copies of Spengler or Venkman.

While the nostalgia factor plays high with the ghosts featured here, they're given new takes and new approaches that keep them from being rehashed golden oldies so old and new fans will definitely appreciate them. I cannot begin to describe how pleased I was to see practical effects returning in this modern-day blockbuster. Watching Paul Rudd wrestling with a terror dog face to face while gawking at miniature Stay Puff Marshmallow men in a Walmart brought me more joy and satisfaction than I ever thought possible. Speaking of joy, kudos and much applause are deserved by Mckenna Grace; easily the best character in the film. She may be young but she carries the film with effortless grace (pun intended); nailing every intentionally bad joke and providing an adorable sense of weirdness that perfectly fits in this kind of framework.

Finn Wolfhard is always a welcomed presence though personally, I felt this film could have used more of him and a more developed role outside of "car guy," same could be said for his would-be girlfriend who got even less but deserved more. Time management seems to be the biggest problem for Jason Reitman's nostalgia wave to overcome. It takes a bit too long for the new crew to catch their first ghost (though when they do it's definitely one of the biggest highlights of the film) and other elements including further exploring Ivo Shandor feel rushed for the sake of time. The film wants you to get a feel and sense of who these characters are and how their family is going to hit you in the feels and funny bones then mix in the ghostbusting and try to make it all work cohesively together. For the most part, it works but not quite all the way.

In a lot of ways, "Ghostbusters: Afterlife" relies too heavily on callbacks and fan service to feel like a complete film. This feels like an apologetic reunion to give the fans and Harold Ramis what they always wanted to see happen but spends a bit too much time doing that instead of paving the way for a proper passing of the torch generational send-off. However, while not every new character in the film gets proper in-depth examination, the ones that do excel in personality creativity and genuine comedic spontaneity. Grace and Rudd expand the universe brilliantly with their chemistry and comedy and the stellar ghost hunting sequences are a true spooktacular spectacle to behold when they do occur. There's room to grow and room for more beyond a fond farewell to Harold Ramis's legacy and I hope we won't have to wait another decades-long wait for more.

**We give "Ghostbusters: Afterlife" 3 stars out of 4 stars**

Editorial credit: Sarunyu L / Shutterstock.com

**GHOSTBUSTERS**  
AFTERLIFE



## HIGHLY-ANTICIPATED SERIES IS BACK PRIMA DONNAS BOOK 2

The family drama that charmed GMA NETWORK viewers into the heart-warming story of Donna Marie, Donna Belle, and Donna Lyn is back and bigger than before in 'Prima Donnas Book 2.'

The all-star cast excitedly returns to reprise their roles and once again step into the lives of the characters that Filipinos worldwide have come to love.

Bannered the show are three of GMA Network's brightest and talented teen stars: Jillian Ward as Donna Marie, Althea Ablan as Donna Belle, Sofia Pablo as Donna Lyn – now heiresses to the Claveria family and are more than ready to showcase a different side to the beloved sisters.

Playing their well-loved characters once more are seasoned and highly-talented actors Katrina Halili as Lillian, Wendell Ramos as Jaime, Chanda Romero as Lady Prima, Benjie Paras as Agaton, James Blanco as Ruben, and the newest addition to the cast – Ms Sheryl Cruz as Bethany Howards. The top-rated series promises more interesting twists, family revelations, and scenes that will leave viewers on the edges of their seats.

Back for vengeance is one of the industry's formidable and multi-awarded actresses Ms. Aiko Melendez Kendra Fajardo.

Also returning to the highly-successful series are fast-rising teen stars Elijah Alejo as Brianna, Will Ashley as Nolan, Vince Crisostomo as Cedrick, Allen Michael Ansay as Fonsie, Bruce Roeland as Hugo.

The first season left its audience raving for more as it ended on a shocking note – Kendra is alive. Now that she's back, she will do everything in her power to ruin Lillian and Jaime's relationship, as well as take back the life that the three Donnas now enjoy. More secrets will be unraveled, new characters will come into light, and the endless pursuit of happiness for the Claveria family lingers. How will they remain strong amidst the many challenges life throws at them?

Esteemed director Gina Alajar shared that while the story continues, it will be significantly different from the first season. "Of course hindi maaalis yung awayan nina Lillian at Kendra. Hindi rin siyempre mawawala yung awayan nina Lillian at Bethany played by Sheryl Cruz," she said. "Magkakaroon din ng awayan ang mga bata, Si Brianna at si Mayi, mayroon. Hindi natin sure kung alin doon ang susundan ng viewers but we make it a point na maging iba 'yung show sa mga nagawa na namin."

She further emphasized that they will delve more into the complexity of Kendra as the antagonist, "Mas ipapaliwang din dito kung saan 'yung pinanggagalingan ng galit ni Kendra. Kung bakit gusto niya makuha 'yung crown ni Lady Prima, bakit hindi niya ma-give-up 'yung pagmamahal ni Jaime kahit na harap-harapan na sinasabi sa kanya na 'hindi kita mahal.' Lahat iyon, malinaw at inisa-isa namin dito sa book 2."

This original series is headed by the SVP for Entertainment Group Lilybeth G. Rasonable, VP for Drama Cheryl Ching-Sy, Senior Program Manager Redgynn S. Alba and Executive Producer Erwin Hilado.

The show's award-winning creative team is composed of Creative Director Aloy Adlawan; Creative Unit Head Dode Cruz; Creative Consultant Kit Langit; Concept Creator Maria Zita Garganera; Headwriter Luningning Interino-Ribay; writers Renato Custodio, Jr., Kenneth Angelo Enriquez, and Wiro Michael Ladera.



## THE PERFECT SIDE HUSTLE FOR YOU ACCORDING TO YOUR STAR SIGN



By Michelle Baltazar

Are you destined to be an influencer? Hint: Your side hustle might be written in the stars.

Ever wondered why some people just ease into podcasting while others make ideal virtual assistants? Our personality can dictate which side hustle will come naturally while others are a pain.

For example, if you're a perfectionist, video live-streaming will just do your head in. But if you've got a sense of adventure, you've got YouTube written all over your future digital career.

To find out your perfect side business according to your star sign, check out these fun musings from *Psychic World* and you decide:

### **Aquarius (Jan 20 – Feb 18): Become a freelance blogger/ghostwriter**

The best writers are those who tell a story with their thoughts, in a uniquely identifiable way. That's what makes Aquariuses perfect for the job of freelance bloggers or ghostwriters – they are rebellious, free-spirited, eccentric, and revolutionary.

### **Pisces (Feb 19 – Mar 20): Become a graphic designer**

The ethereal Pisces will love to be able to make money from a creative side gig. Their love of escaping reality through art/design can translate into a great moneymaking side project.

### **Aries (Mar 21 – April 19): Become a streamer/YouTuber**

Rams will be up for anything adventurous. An Aries is a self-driven natural leader so will thrive at the chance to create their own content online. Whatever the theme, their playful personas are bound to attract interest from the get-go.

### **Taurus (April 20 – May 20): Invest in stocks**

Tauruses are laid-back but resilient. They like to play the long game, and their focus won't falter as they fine-tune the perfect stock investment technique.

### **Gemini (May 21 – June 20): Livestream virtual events and games**

These social butterflies will be feeling the impact of social distancing. What better way to stay connected with friends, millions of others and earn from it? Grab one device to play with, another to video chat with, and get playing!

### **Cancer (June 21 – July 22): Become an online tutor/teacher**

With the Easter break coming up, there will be many people with a lot of spare time: cancers will jump at this opportunity to help. Their compassion means they are well-suited to become an online tutor, helping children who are off school and those wanting to learn something new.

### **Leo (July 23 – August 22): Become a TikTok/Social media influencer**

The coronavirus lockdown is the perfect opportunity for Leos to refine their already influential online presence! These theatrical divas love to be front and centre – and the opportunity to earn from the comfort of their own home is a persuading factor.

### **Virgo (August 23 – September 22): Become a virtual assistant**

More than ever before, companies need help to stay afloat. Becoming a virtual assistant for struggling businesses will work in favour of Virgo's hardworking, systematic and methodical nature.

### **Libra (September 23 – October 22): Teach a language**

The exquisite taste of a Libra needs an exquisite side job to match. Teaching a language is an intellectual fit that also fulfills their need to please and help others.

### **Scorpio (October 23 – November 21): Write eBooks**

Often misunderstood and extremely enigmatic, a true Scorpio's thoughts would make a fascinating eBook to read, and a perhaps lucrative online side hustle to have!

### **Sagittarius (November 22 – December 21): Become a podcaster**

The Sagittarius has had a few adventures in their lifetime, and always has a million stories to tell. What better way to entertain listeners, and earn themselves money, than re-telling these stories on a podcast?

### **Capricorn (Dec 22 – Jan 19): Learn to code and build websites**

The strong Capricorn can conquer anything before them. Their unwavering focus, and (slightly obsessive) workaholic tendencies mean the technical challenge to learn how to code can make for potentially high yields.

Of course, there are always exceptions to the rule. If you want to be a podcaster, YouTuber, graphic designer, and blogger, go for it!

Source: *The Australian Filipino*

## EXPERTS SHARE HOW TO SAVE MONEY AS INFLATION SURGES DOWN UNDER

Inflation surges in Australia, climbing by 3.5 percent, meaning you may have to pay an extra \$500 every month for your mortgage.

With the cost of petrol and building materials soaring, Westpac, Australia's second-largest bank, is also forecasting six RBA rate rises within the next two years.

Nick Drewe, money-saving expert at Australian discounts platform, WeThrift, shares his top tips on saving money on energy bills, tax, and other daily costs including supermarket shopping and travel and ahead of the upcoming hike.

**1. Keep checking your bills regularly:** Whilst some energy suppliers have been known to either make changes to tariffs or make mistakes when charging customers, it's always a good idea to check your regular household bills.

With winter approaching, those who continue to work from home or have flexible conditions may opt to stay at home, therefore bills for water, energy, and mobile data are likely to increase.

**2. Research before choosing a supplier:** While many billpayers may instinctively choose an energy supplier they are familiar with, this may not always be the most cost-effective option. Really delve into a wide range of energy suppliers available and compare their prices.

Also note, if you are looking to switch energy suppliers, be sure to analyse each company's exit fees, and opt for one that won't charge the earth if you want to leave.

**3. Understand your energy bill:** Whilst there are often a lot of terms and conditions to read, attempting to understand the information related to your energy tariff and household consumption could help you keep the costs of your bills down.

The personal projection on the bill is the amount your household is expected to spend over the next 12 months, and the tariff comparison rate figure helps you understand how much you're spending per kilowatt-hour of gas and electricity.

Knowing this information will make it easier when comparing energy deals if you are planning to switch to a cheaper one, or help you monitor your current energy consumption.

**4. Book travel tickets early:** If you're someone who likes to plan ahead for the coming months, then this could help you make significant savings when it comes to booking your rail travel. Securing your train tickets between one and three months ahead of time could benefit you hugely when it comes to saving pennies.

If possible, always try to book train times that don't clash with rush hour periods too (06:30 – 09:30 and 15:30 – 18:30)."

**5. Look for discounts codes before ordering takeaways:** If you're treating yourself to a well-deserved takeaway, before clicking 'checkout' on sites like Deliveroo or Menulog, it's always worth a search on voucher sites for any discount codes or free delivery incentives that could knock your basket price down.

Also, always check your emails for any promotional vouchers that may have been sent following your last order. Often delivery couriers will offer customers small incentives ahead of their next purchase to retain their loyalty and avoid them being tempted to order elsewhere.

Deliveroo customers have the option to 'Refer a friend, which will secure both of you \$10 off your next order.'

**6. Find the best exchange rates:** With foreign travel allowed once again, many are looking for a last-minute getaway to enjoy some much-needed sand and sunshine.

Despite booking a last-minute trip, when it comes to gathering your currency, it is best not to exchange your money last minute at the airport. This is because the rates are generally much less favourable than online or high-street alternatives, therefore preparation is key.

When booking a last-minute break, try to order your euros for collection in advance of your travel dates to take advantage of the best possible rates.

Getting yourself a money travel card will help you get the best rates and whilst it doesn't fully replace having currency in hand, once you are there you can use these at no cost for spending or withdrawing from a cash machine."

**7. Time your grocery trips wisely:** Try to time your grocery trips for when your local stores are likely to have just added yellow 'reduced' stickers to stock that needs to be sold that day. Making the most of these heavily discounted deals will help you to fill your freezer up with discounted meat, fish, and freezer meals for cheaper food options in the coming days and weeks.

Normally workers will start discounting products that are about to pass their sell-by-date later on in the afternoon or early evening, so a food shop after work is the perfect time to grab a bargain.

Many supermarkets also have clearance sections where products that cannot be sold at their RRP or may have damaged packaging can be found. Just make sure to check you are happy with the item and that the goods aren't compromised before heading to the checkout."

**8. Cancel any unnecessary direct debits:** Now is the perfect time to log on to your online banking and scour your direct debits and standing orders to see if you can cancel anything that's become an unnecessary spend.

Whether it be a gym membership you aren't quite getting your money's worth for, or a streaming service you signed up for during lockdown that you no longer make the most of, cutting these small outgoings will make a difference to your bank balance in the long run.

Also, make sure all of your monthly direct debits look correct, and if there is any questionable outgoings from your account to immediately notify the bank.

Source: [www.wethrift.com/tag/australia](http://www.wethrift.com/tag/australia)



A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with ruffles, and brown leather boots, is sitting on a sand dune. She is holding a brown leather crossbody bag and sunglasses. The background shows a beach with wooden posts, waves, and a blue sky with light clouds.

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