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- > **11:25 PM** | RP shares keep downward trend with thin trading
- > **11:03 PM** | Power supply fully restored in northern RP after Typhoon 'Basyang'
- > **10:02 PM** | Hot money inflow into RP up 245 percent in first half
- > **9:37 PM** | Japanese abducted in Sulu
- > **9:02 PM** | Aquino to deal with tax evaders

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SUNDAY LIFE



How do you stay true to yourself?

WORDS WORTH By Mons Romulo- Tantoco (The Philippine Star) Updated June 27, 2010 12:00 AM



With our busy schedules and the challenges we face daily, we can easily get lost and forget who we really are and the true purpose of our lives.

For quite sometime, I, too, got caught up with my fast-paced life wanting to accomplish so much — always in a hurry as if there was no tomorrow. Luckily certain events in my life forced me to pause, delight in the simple joys that life has to offer and, in the process, find my true self once again.

Read on as the cast members of Atlantis Productions' hit [musical](#) Legally Blonde share with us their thoughts on how they stay true to themselves.

Nikki Gil, singer/actress

I surround myself as much as time will allow with family and friends who accept me for who I really am — a person familiar to them and not a showbiz item.

Calvin Millado, actor/host

I know my strengths and what I am capable of doing, as well as recognizing my limitations as an individual. I never pretend to be somebody I'm not and will never compromise my convictions and values in life.

Yanah Laurel, actress

I stay true to myself by maintaining a strong and loving relationship with God, my family and my dearest friends. And ultimately by maintaining my values and principles no matter what.

Cris Villonco, singer/actress

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I make sure I listen to myself and trust my inner voice.

Guji Lorenzana, actor

Prayer and self-reflection.

Jett Pangan, rock icon

By not being plastic. It's always good to be warm and friendly, but I won't cover up a bad mood or my distaste for someone.

Nyoy Volante, singer/actor

Truth to one's self critically depends on one's loyalty to the values he/she believes in. If these are

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COLUMNS

No such thing as small talk



FROM COFFEE TO COCKTAILS
By Celine R. Lopez

You look great!"

Such is life



HUMMING IN MY UNIVERSE
By Jim Paredes

Today I would like to write about life. Not just life, but Life. I can't get any broader than that, and that's its whole attraction.

The age of rant

MANO-A-MANO By Adel Tamano

uncompromised despite the opinions of your peers or even a different status quo, then you're on the right track.

Jinky Llamanzares, singer/actress

I stay true to myself with a clear conscience and a great fear for God; as long as what I do does not hurt anyone then I'm good to go.

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