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BILINGUAL

**LEADERSHIP
SUPPORT FOR
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*Apoyo a empresas
en dificultades*

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Paulina Ríos' story is just one example of the violation of human rights against journalists in Mexico.

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Paulina Ríos

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A VOICE FOR FREEDOM OF EXPRESSION

MEXICAN JOURNALIST PAULINA RÍOS HAD TO LEAVE HER COUNTRY DUE TO DEATH THREATS. HER STORY IS THE CENTRAL TOPIC OF THIS EDITION.

LA PERIODISTA MEXICANA PAULINA RÍOS DEBIÓ SALIR DE SU PAÍS POR AMENAZAS CONTRA SU VIDA. SU HISTORIA ES TEMA CENTRAL DE ESTA EDICIÓN.

By | Por: **FERNANDO MILLÁN** | AL DÍA News Print Editor



Paulina Ríos is part of the program "Barcelona protects journalists from Mexico".
 © Stefano Nicoli / ALDÍA News

Paulina Ríos hace parte del programa 'Barcelona protege a periodistas de México'.
 © Stefano Nicoli / ALDÍA News

ENGLISH

ESPAÑOL

The situation of journalists in Mexico is not that simple. They face constraints of illegal armed groups, the corruption of the authorities, and the difficulties to tell the truth. Since 2000, around 153 journalists have been murdered, a terrifying figure.

In this edition, the central story is Paulina Ríos, a Mexican journalist who lives in Barcelona, looking out for her safety after a strong pressure that puts her and her family's life at risk. She is part of the program "Barcelona protects journalists from Mexico".

Paulina has more than 30 years as a journalist. Her work has taken place in Oaxaca, a city in central Mexico, and 15 years ago, she began to be a victim of censorship. "Sometimes they didn't publish me, they even took away a correspondent job in the United States for publishing an article against the Governor", she said in an interview with **AL DÍA**. Besides, she had to face the circumstances of violence against journalists in Mexico, cornered in several states by drug cartels.

Under these circumstances, creating a digital newspaper with other colleagues was a solution, and this is how *Página 3* was born, in 2011. "It has been hard work, but in this newspaper we are free, and we write about what we want," Ríos states.

However, *Página 3* has received threats and the portal has been hacked several times. "I'm not going to write anything that is not the truth" is her motto; "I am also not going to look the other way and not report something I know".

THE DRAMA OF EXILE

In the Culture section, this edition has an article about *Eami*, the Paraguayan film that won the Tiger Award at the Rotterdam Film Festival. It is directed by Paz Encina, who attended an interview with **AL DÍA** from her residence in Paraguay.

The film was made entirely in the Ayoreo-Totobigode language, native to the people of Chaidí, in the Paraguayan Chaco. The main character is *Eami* (Anel Picanerai), a girl from this territory, located 600 kilometers from Asunción, the capital.

Eami was shot over six years and tells the story of uprooting. As noted in the synopsis, these indigenous people live "in an area experiencing the fastest deforestation on the planet".

To make the film, Paz Encina entered a world from which many Paraguayans feel foreign, despite being in a country with a strong indigenous legacy and bilingual: Guaraní and Spanish, as the director explains. ■

La situación de los periodistas en México no es nada fácil. Las presiones de grupos armados ilegales, la corrupción de las autoridades y una seguridad frágil para contar la verdad. Mal contados, desde el 2000 han sido asesinados 153 periodistas, una cifra aterradora.

En esta edición, precisamente, la historia central es la de Paulina Ríos, periodista mexicana que hoy está en Barcelona cuidando su vida después de fuertes presiones que pusieron en riesgo su vida y la de su familia. Hace parte del programa 'Barcelona protege a periodistas de México'.

Paulina tiene una experiencia de más de 30 años en el oficio. Su labor la ha desempeñado fundamentalmente en Oaxaca, ciudad del centro de México. Cuenta que desde hace 15 años empezó a ser víctima de la censura. "A veces no me publicaban y me quitaron una correspondencia en Estados Unidos por publicar una nota contra el gobernador", cuenta en una entrevista con **AL DÍA**. A esto se sumaron las circunstancias de violencia contra los periodistas en México, acorralados en varios estados por los carteles de las drogas.

Una manera de contrarrestar esas circunstancias fue crear un periódico digital con otros colegas. Así nació *Página 3* en 2011. "Nos ha costado mucho trabajo, pero en este periódico somos libres y escribimos de lo que queremos", dice.

Pero no es suficiente. Han recibido amenazas y el portal ha sido hackeado varias veces. "Yo no voy a escribir nada que no sea la verdad", es su máxima y advierte que "tampoco voy a mirar para otro lado y no publicar algo que sé".

EL DRAMA DEL EXILIO

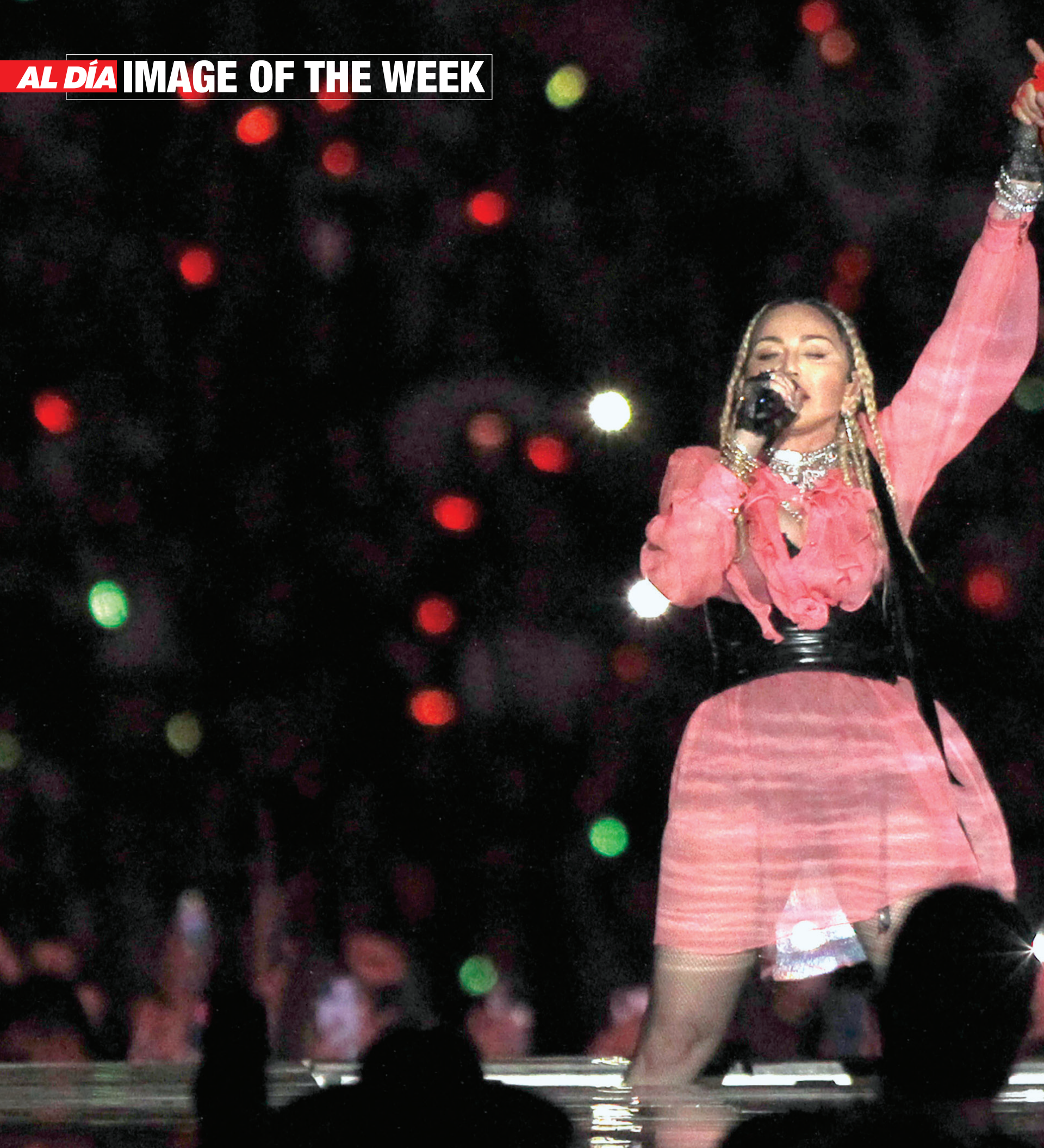
En Cultura, esta edición tiene un artículo sobre *Eami*, una película paraguaya que este año obtuvo el Tiger Award en el Festival de Cine de Róterdam. Es dirigida por Paz Encina, quien desde Paraguay atendió la entrevista con **AL DÍA**.

La película fue realizada en el idioma del pueblo ayoreo-totobigode, de Chaidí, en el Chaco paraguayo. La protagonista es *Eami* (Anel Picanerai), una niña de este territorio a 600 kilómetros de Asunción, la capital.

Eami fue rodada durante seis años y cuenta la historia del desarraigo. Como se señala en su sinopsis, ese pueblo indígena vive "en un área que experimenta la deforestación más rápida del planeta".

Paz Encina cuenta que para hacer la película entró en un mundo del que muchos paraguayos se sienten ajenos, pese a ser un país con un fuerte legado indígena y que es bilingüe: guaraní y español. ■

AL DÍA IMAGE OF THE WEEK





COLOMBIA

THE MALUMA AND MADONNA SHOW IN MEDELLIN

Almost 50,000 people saw Madonna, the queen of pop, in an unexpected closing concert of Maluma in Medellín on the stage on April 30. Precisely they interpreted the theme 'Medellín', which adds 54 million views on YouTube.. © Fredy Builes/Getty Images

Casi 50.000 personas vieron este 30 de abril en tarima a Madonna, la reina del pop, en un inesperado cierre de concierto de Maluma en Medellín. Precisamente interpretaron el tema 'Medellín', que suma 54 millones de reproducciones en YouTube. © Fredy Builes/Getty Images

SUPPORT FOR STRUGGLING BUSINESSES

THE ENTERPRISE CENTER IS CONTINUING ITS SUPPORT FOR WOMEN-LED AND DIVERSE BUSINESSES IN THE REGION.

EL ENTERPRISE CENTER CONTINÚA APOYANDO A EMPRESAS DIVERSAS, DIRIGIDAS POR MUJERES Y AFRODESCENDIENTES, QUE ATRAVIESAN DIFICULTADES.

By | Por: **TIFFANY RIVERA** | AL DÍA News Staff Writer

ENGLISH

One of the most prominent non-profit organizations in West Philly, The Enterprise Center, is launching a fund in order to help struggling businesses owned by women and people of color within the Philadelphia, New Jersey and the Mid-Atlantic area.

Many up-and-coming entrepreneurs and businesses have struggled since the COVID-19 pandemic, as well as the protests during the George Floyd riots.

The trust, which is called The Innovate Capital Growth Fund was launched to specifically use its funds to assist investments in small businesses so they could thrive.

THE INNOVATE CAPITAL GROWTH FUND

This investment was initially established two years ago and so far, it has reached \$17 million for funding. The center is hoping to see \$50 million by next year.

This program comes from a Small Enterprise Funding Firm (SBIC), which is from a privately-owned firm licensed and controlled by the US Small Enterprise Administration.

Della Clark, president of the Enterprise Center of West Philadelphia, stated that advantages haven't always been geared towards women and people of color.

"That is due primarily to structural inequities and an absence of entry to generational wealth, particularly for enterprise house owners of coloration," she stated in a press release. "Our fund is aimed immediately at this downside, offering capital for these companies to scale operations and unlock generational wealth for themselves."

The Enterprise Center also runs The Enterprise Middle, which is an extension of US Division of Commerce's Minori-

Continues in pag. 28 |



The project aims to use the funding to add more businesses and create more jobs. Depositphoto

El proyecto busca usar los fondos para abrir más empresas y crear más puestos de trabajo. Depositphoto

“The center is hoping to see \$50 million by next year.”

“El fondo espera alcanzar los \$50 millones en el próximo año.”

ESPAÑOL

Una de las organizaciones sin fines de lucro más destacadas en West Philly es The Enterprise Center y está lanzando un fondo para ayudar a las empresas en dificultades propiedad de mujeres y personas afrodescendientes en Filadelfia, Nueva Jersey y el área del Atlántico Medio.

Desde la pandemia de COVID-19 y las protestas por el caso de George Floyd, muchas empresas emergentes han tenido problemas.

El fideicomiso, que se llama The Innovate Capital Growth Fund, se lanzó para respaldar las inversiones en pequeñas empresas, para que estas puedan prosperar.

EL INNOVATE CAPITAL GROWTH FUND

Esta inversión se estableció inicialmente hace dos años y, hasta el momento, ha alcanzado 17 millones de dólares para su financiamiento. Según las metas, el fondo espera alcanzar los 50 millones para el próximo año.

Este proyecto proviene del Programa de Compañías de Inversión en Pequeños Negocios (SBIC, por sus siglas en inglés), de propiedad privada, con licencia, y controlado por la Administración de Pequeñas Empresas de Estados Unidos.

Della Clark, presidenta del Enterprise Center of West Philadelphia, afirmó que las ventajas no siempre se han orientado hacia las mujeres y las personas afrodescendientes.

“Eso se debe principalmente a las desigualdades estructurales y a la falta de acceso a la riqueza generacional, especialmente para los empresarios afrodescendientes”, dijo en un comunicado. “Nuestro fondo apunta directamente a esta desventaja, ofreciendo capital para que estas empresas escalen sus operaciones y desbloqueen la riqueza generacional para sí mismas”.

El Enterprise Center también administra The Enterprise Middle, que es una

Continúa pág. 28 |



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THE SCHOOL DISTRICT OF
PHILADELPHIA

THE DOMINO EFFECT

AMAZON, APPLE AND STARBUCKS ARE FACING THE WRATH OF A UNITED WORKFORCE, AND LOSING.

AMAZON, APPLE Y STARBUCKS ENFRENTAN LA IRA DE UNA FUERZA LABORAL UNIDA Y ESTÁN PERDIENDO.

By | Por: **BRITTANY VALENTINE** | AL DÍA News Staff Writer



Alexandria Ocasio-Cortez and Bernie Sanders have joined the fight to unionize at Amazon, and are helping momentum carry nationwide. David Dee Delgado/Getty Images.

Alexandria Ocasio-Cortez y Bernie Sanders se han unido a la lucha en Amazon para sindicalizarse y están ayudando a motivar a todo el país. David Dee Delgado/Getty Images.

ENGLISH

ESPAÑOL

On April 1, 2022, the first Amazon warehouse in the country successfully voted to unionize in Staten Island, New York City.

It was a major shift in the tide of unionization at the online retail giant, who had successfully squashed previous efforts, most notably in Bessemer, Alabama.

After workers' defeat there, which happened first in April of 2021 and then again on March 31, 2022, Amazon looked unbeatable.

But with their recent defeat, and at the hands of a former employee in Christian Smalls, union organizers at Amazon and beyond are pouncing on the opportunity. Even pro-union politicians of note have taken up the challenge.

“You got to treat our people right. You can give our workers a bathroom break, you can ensure you’re treating people well and giving them solid health care benefits, and that they don’t have a three-hour commute to and from work, that they can afford a house they can live in, that people are not going to be sleeping in their cars,” said Rep. Alexandria Ocasio-Cortez, who joined Senator Bernie Sanders at a rally on Sunday, April 24, ahead of another Amazon warehouse vote in Staten Island.

APPLE, YOU'RE NEXT

A little more than two weeks after the Staten Island warehouse victory, on April 20, the Apple store in Atlanta filed a peti-

El pasado primero de abril, el primer almacén de Amazon en el país votó con éxito para sindicalizarse en Staten Island, Nueva York..

Fue un paso importante en la ola de sindicalización del gigante minorista en línea, que había aplastado con éxito los esfuerzos anteriores, sobre todo en Bessemer, Alabama.

Después de la derrota de los trabajadores allí, el 1.º de abril de 2021, y luego el 31 de marzo de 2022, Amazon parecía imbatible.

Pero con su reciente derrota, y a manos de un ex empleado de Christian Smalls, los organizadores sindicales de Amazon están aprovechando la oportunidad. Incluso destacados políticos prosindicales han aceptado el desafío.

“Tienes que tratar bien a nuestra gente. Puedes dar a nuestros trabajadores un descanso para ir al baño, puedes tratar bien a las personas y brindarles beneficios sólidos de atención médica, que no tengan que viajar tres horas hacia y desde el trabajo, que puedan pagar una casa en la que puedan vivir, pues no van a dormir en sus autos”, dijo la representante Alexandria Ocasio-Cortez, quien se unió al senador Bernie Sanders en un mitin el domingo 24 de abril, antes de otra votación sobre los almacenes de Amazon en Staten Island.

APPLE, ERES EL SIGUIENTE

Poco más de dos semanas después de la victoria del almacén de Staten Island, el 20 de abril, la tienda de Apple en Atlanta

tion to unionize. The Cumberland Mall store has been drumming up support for the union efforts for several months.

In February, The Washington Post reported that multiple Apple stores across the nation are involved in different stages of unionization efforts.

On Saturday, April 16, The Post reported that the Apple store at Grand Central Terminal in Manhattan was gathering signatures for support of a unionization effort.

In response to the Atlanta store's petition, the iPhone retailer released a predictable statement about the compensation and benefits that are already available to employees, including paid family leave, tuition reimbursement, and healthcare.

On Wednesday, the National Labor Relations Board confirmed that it received the petition from the Cumberland Mall store and is currently determining whether the union can move forward with an election.

"We work hard at Apple because we really believe in the products and the company and we want to make sure that every Apple worker is able to afford quality housing and basic living expenses," Elli Daniels, an Apple worker who is part of the union effort, said in a statement.

FRUIT STAND WORKERS UNITED

Apple store employees told The Post wages are poor and communications with management and the company's corporate offices are less than ideal.

Employees earn a minimum of \$20 per hour and are eligible for stock grants, but argue that their pay should be higher considering the company's record-breaking profits and revenue.

presentó una petición para sindicalizarse. El punto del Cumberland Mall ha estado reuniendo esfuerzos durante varios meses para cumplir con dicho objetivo.

En febrero, The Washington Post informó que varias tiendas Apple en todo el país estaban involucradas en diferentes etapas de los esfuerzos de sindicalización.

El sábado 16 de abril, The Post informó que la tienda Apple en Grand Central Terminal, en Manhattan, estaba reuniendo firmas para apoyar un esfuerzo de sindicalización.

En respuesta a la petición de la tienda de Atlanta, el vendedor de iPhone publicó una declaración predecible sobre la compensación y los beneficios ya disponibles para los empleados, incluida la licencia familiar paga, el reembolso de la matrícula y la atención médica.

El miércoles, la Junta Nacional de Relaciones Laborales confirmó que recibió la petición de la tienda de Cumberland Mall y que actualmente está determinando si el sindicato puede avanzar con una elección.

"Trabajamos duro en Apple porque realmente creemos en los productos y en la empresa, y queremos asegurarnos de que cada trabajador pueda pagar una vivienda de calidad y gastos básicos de subsistencia", dijo en un comunicado Elli Daniels, una trabajadora del sindicato de Apple.

UNIÓN DE TRABAJADORES DEL PUESTO DE FRUTAS

Los empleados de la tienda Apple le dijeron a The Post que los salarios son bajos y que las comunicaciones con la gerencia y las oficinas corporativas de la compañía no son ideales.

Los empleados ganan un mínimo de 20 dólares por hora y son elegibles para subvenciones de acciones, pero argumentan que su salario debería ser más alto, considerando las ganancias y los ingresos récord de la empresa.

Los empleados también están frustrados con el sistema de programación actual, que, al configurarse con un mes de

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“You got to treat our people right.”

“Tienes que tratar bien a nuestra gente”

Rep. Alexandria Ocasio-Cortez

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SHAPIRO'S ROADMAP

THE DEMOCRATIC PARTY'S TOP CHOICE FOR GOVERNOR SPOKE TO AL DÍA ABOUT SOME OF THE MOST PRESSING ISSUES OF THE CAMPAIGN.

LA PRINCIPAL OPCIÓN PARA GOBERNADOR DEL PARTIDO DEMÓCRATA HABLÓ CON AL DÍA SOBRE ALGUNOS DE LOS TEMAS MÁS APREMIANTES DE LA CAMPAÑA.

By | Por: **NIGEL THOMSON** | AL DÍA News Staff Writer

Pennsylvania Attorney General Josh Shapiro is the Democratic frontrunner candidate for Governor in 2022. 📧 Yesid Vargas/ALDÍA News

El fiscal general de Pensilvania, Josh Shapiro, es el principal candidato demócrata a gobernador en 2022. 📧 Yesid Vargas/Aldía News

ENGLISH

ESPAÑOL

Pennsylvania Attorney General Josh Shapiro stands alone on the Democratic side of things in the 2022 race for governor of the commonwealth.

Shapiro, who was speculated as the PA Democratic Party's choice for governor long before his official campaign announcement in October 2021, has seen his political profile grow substantially over the last 17 years.

He started back in 2005 as a member of the PA House of Representatives from Montgomery County's District 153, and served until 2011, when he was elected as Montgomery County Commissioner. From there, Shapiro went on to win the race in 2016 to be Pennsylvania's new Attorney General, where he serves to this day.

On Monday, April 18, Shapiro met virtually with **AL DÍA** to discuss some of the most pressing issues of the 2022 campaign trail.

GUN VIOLENCE SOLUTIONS

It started with gun violence, which has hit record levels in Philadelphia

and across the nation in the wake of the ongoing COVID-19 pandemic.

Shapiro called the levels of violence "unacceptable," and presented a three-pronged approach to combating the issue.

The first prong was accountability.

"If you pick up a gun, if you use it, if you deal drugs, you need to be held accountable, and you need to be prosecuted to the fullest extent of the law," he told **AL DÍA**.

The second was hiring more officers at police departments like Philadelphia's and across the state to bridge more gaps within communities long distrustful of law enforcement.

Not just in Philadelphia and Pennsylvania, but across country, police departments have struggled with morale and recruitment ever since the murder of George Floyd in May 2020 by Derek Chauvin. The tragedy was the fuse that lit a new fire under advocates across the country demanding changes to how police interact with people and communities of color.

But for the whole of law enforcement, the tragedy has had the opposite effect, as officers leave in droves and recruiting

El fiscal general de Pensilvania, Josh Shapiro, figura como única opción por parte de los demócratas en la campaña 2022 para gobernador de la mancomunidad.

Shapiro, de quien se especuló como opción para gobernador del Partido Demócrata mucho antes de su anuncio oficial de campaña en octubre de 2021, ha visto crecer sustancialmente su perfil político en los últimos 17 años.

Comenzó en 2005 como miembro de la Cámara de Representantes de Pensilvania, del Distrito 153 del Condado de Montgomery, y sirvió hasta 2011, cuando fue elegido comisionado del Condado de Montgomery. A partir de ahí, Shapiro ganó las elecciones en 2016 para ser el nuevo fiscal general de Pensilvania, cargo en el que se desempeña hasta el día de hoy.

El lunes 18 de abril, Shapiro se reunió de manera virtual con **AL DÍA** para discutir algunos de los temas más apremiantes de la campaña electoral de 2022.

SOLUCIONES A LA VIOLENCIA ARMADA

Comenzó con la violencia armada, que alcanzó niveles récord en Filadelfia y en

todo el país a raíz de la pandemia de COVID-19.

Shapiro calificó los niveles de violencia como "inaceptables" y presentó un enfoque triple para combatir el problema.

La primera vertiente fue la rendición de cuentas. "Si tomas un arma, si la usas, si traficas con drogas, debes rendir cuentas y ser procesado con todo el rigor de la ley", dijo a **AL DÍA**.

La segunda fue la contratación de más oficiales en los departamentos de policía, como el de Filadelfia, y en todo el estado para cerrar las brechas dentro de las comunidades que por mucho tiempo desconfiaron de la ley.

No solo en Filadelfia y Pensilvania, sino en todo el país, los departamentos de policía han tenido problemas con la moral y el reclutamiento desde el asesinato de George Floyd, en mayo de 2020, a manos de Derek Chauvin. La tragedia fue la gota que derramó el vaso para los defensores de las comunidades afrodescendientes, que exigen cambios en la forma en que la policía interactúa con sus habitantes.

Desde la tragedia, los oficiales se mueven en masa, así que las fuentes de reclutamiento se agotan rápidamente. En Filadelfia, debido

“It does not measure how successful a student can be and it doesn’t help teachers teach.”

“Las pruebas estandarizadas no miden qué tan exitoso puede ser un estudiante y no ayudan a los maestros a enseñar.”

AG Josh Shapiro

ENGLISH ESPAÑOL

pools run dry. In Philadelphia, due to staffing shortages, the police department recently changed its residency requirement for incoming officers. Now, officers have six months after getting hired to move to the city, rather than being required to have lived in the city a year prior to getting hired.

For Shapiro, the effect of not having enough officers is that there aren’t officers out in communities both making residents feel safe, and building valuable connections.

The third prong to combat the crisis is for the state to do more to fight some of the other underlying issues that contribute to the rise in gun violence, like systemic poverty

That systemic aspect affects everything from education and workforce development, to what resources are in place for individuals dealing with mental health issues and addiction to drugs and alcohol.

a la escasez de personal, el departamento de policía cambió recientemente su requisito de residencia para los nuevos oficiales. Antes, estos debían haber vivido un año en la ciudad antes de ser contratados. Ahora tienen seis meses para mudarse luego de que empiezan a desempeñarse en el cargo.

Para Shapiro, el resultado de no tener suficientes oficiales es que no exista la cobertura idónea en las comunidades para hacer que los residentes se sientan seguros

y construyan conexiones valiosas.

La tercera es que el Estado haga un esfuerzo mayor para combatir algunos de los otros problemas que contribuyen al aumento de la violencia armada, como la pobreza sistémica. Este aspecto afecta todo, desde la educación y el desarrollo de la fuerza laboral hasta los recursos disponibles para las personas que tienen problemas de salud mental y adicción a las drogas y al alcohol.

Continues in pag. 28 | Continúa pag. 28

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PENNSYLVANIA
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**PAULINA
RÍOS**

CHALLENGE FOR TRUTH


**THIS MEXICAN JOURNALIST NOW LIVES
IN BARCELONA, BUT HAS BEEN A VICTIM
OF MORE THAN A FEW THREATS FOR JUST
DOING HER JOB IN HER COUNTRY.**


*ESTA PERIODISTA MEXICANA VIVE AHORA EN
BARCELONA. HA SIDO VÍCTIMA DE AMENAZAS Y
BLOQUEOS PARA EJERCER EL PERIODISMO EN SU PAÍS.*

By | Por: **ESPERANZA ESCRIBANO** | AL DÍA News Writer

“ I don't sell myself, don't give me money, I only tell what happened ”

“ No me vendo, no me des dinero, yo solo cuento lo que ha pasado ”

Paulina Ríos, photographed in Barcelona.  Stefano Nicoli / ALDÍA News

Paulina Ríos, retratada en Barcelona.  Stefano Nicoli / ALDÍA News



Paulina takes refuge in Barcelona to be able to continue practicing journalism. 📷 Stefano Nicoli / ALDÍA News

Paulina se refugia en Barcelona para poder seguir ejerciendo el periodismo. 📷 Stefano Nicoli / ALDÍA News

ENGLISH From pag. 12 |

On Jan. 15, Paulina Ríos finally traveled to Barcelona. I met her two months later, and there was a pervasive sense of coldness at our first encounter. Paulina is a journalist in one of the most difficult countries to be one: Mexico. After suffering threats, she decided to participate in the program ‘Barcelona protects journalists from Mexico,’ which facilitates their stay in the city to give them a break and strengthen their professional and personal skills.

A DIFFICULT LIFE

Paulina has been a journalist for more than 30 years. She worked in media in Oaxaca, her city, in the center of the country, and sometimes collaborated with the national press. But 15 years ago, she began to encounter the first limits to her coverage because, as she defines herself, she was “a little rebellious.”

Ríos faced censorship several times.

“Sometimes they didn’t publish me, they even took away a correspondent job in the United States for publishing a note against the Governor...” she said.

With the coldness that comes from a cruelty that becomes normal, she talked about the first threat she faced from a candidate running for Governor:

“I never wrote well about him. One day he called and told me to write well about him because he was going to be Governor,” she said.

“Do you know what that means? Yes, it is a threat. And what are you going to do alone with five children?” were his words

Ríos knew he would win the elections and become Governor, but she did not change her approach to work.

Another notorious situation occurred when a state official accused of human rights violations was appointed Ombudsman of Oaxaca. Ríos researched and collected information about his wasting money and failure to defend citizens, to put in an article. Her secretary sought her out to tell her that he wanted to buy the article, but she said no.

“I don’t sell myself, don’t give me money, I only say what happened,” Ríos responded.

Her company changed her article, and it appeared edited on the cover, but still under her name. She put up with the disrespect for her children, but began to consider setting up on her own to continue practicing independent journalism.

JOURNALISM FIRST

“I am not going to write anything that is not the truth,” she said. “I am also

not going to look the other way and not report something I know.”

She does have some victories under her belt. The official lasted only a week as Ombudsman because Ríos managed to demonstrate his corruption and apathy at the office. Her journalism has always been at the service of the individuals and victims of injustice.

After so many threats and attempts to censor her, Ríos grew in a group of journalist friends as loyal to the profession as she is. One of them, Pedro Marías, was kidnapped for a day in 2008, threatened, stripped of his vehicle and thrown in a garbage dump. He had to leave the country.

Encouraged, Marías — despite being away — him and other colleagues decided to create a digital newspaper. For months, they were pooling parts of their salaries to start it, and this is how they founded *Página 3*, in 2011.

“We have worked very hard, but in this newspaper we are free, and we write about what we want,” Ríos said emphatically.

Starting up and maintaining such a platform has been very, very difficult. The attacks moved on to the digital world, and became so unbearable, that Ríos decided to leave Mexico to be able to return with more enthusiasm and energy.

ONLINE THREATS AND ATTACKS

“Going out and seeing everything from outside is a relief,” Ríos said at first.

The journalist needed to calm down and see things from another perspective after receiving so many threats and attacks. *Página 3* has also been hacked many times.

“We have changed servers six or seven times, because those who do not want us to report them take it down,” she said. “We cannot upload news.”

During elections in Oaxaca, where she lived and worked, the attacks increased. The last one was the biggest and longest: from November 2021 to January 2022. They never know who is really behind the attacks because they use addresses from other countries.

AN ECONOMIC AND PERSONAL CRISIS

To defend *Página 3*, Ríos’ team has had to increase security on the website.

“And that also costs money,” she said.

For some time, she had to quit her job as a journalist and work with a federal agency to make a living. However, she kept taking care of *Página 3* in her spare time.

Página 3 has faced a lack of business for being critical of the government. Establishing alliances has been difficult, as has been paying reporters who make the journalism. In a country where the media is at the service of the advertisers, financing Página 3 has been an issue. They have also lost many clients for publishing notes against businessmen who advertised on the website.

“We survived, but my house doesn’t even have a front door because I haven’t had enough to put it in,” she said. “The floor is cement and I had to sell my car.”

However, those knocks were balanced out by the requests from journalists who worked at other media companies to be published in Página 3. Specifically, they wanted to see their articles that were censored at their outlets.

AN UNSUSTAINABLE SITUATION

On an emotional level, there has been a lot of wear and tear worrying about the collaborating reporters and their security carrying out the coverage.

“If one takes time to communicate, the alarm sounds, and they ask you where you are,” she explained over a coffee in a quiet street in Barcelona.

So much stress, added to the instability, caused her to faint. Her children had to take her to the hospital. Doctors told her to rest and sleep to recover. Ríos, before giving up journalism, decided to leave her federal job to return to her profession:

“If I die, let it be doing what I like,” she said.

Her reporting was at the cost of her health. A year ago, the brunt of running an independent news site overwhelmed her. The pandemic caused her even more problems and she fell into depression to the point that she did not want to live. No money, no strength, no joy.

“You are very important, and your project has to continue,” a journalist friend told her.

Thanks to her enormous work, Ríos has a network of friends who value her efforts and are there to help her. Through them, she got in touch with ‘Barcelona protects journalists from Mexico.’

Página 3 has been a home and a refuge for many journalists who needed to know that they were not alone or crazy. Ríos is the soul of the project. A month after the interview, we met again

“We have worked very hard, but in this newspaper we are free, and we write about what we want.”



In 2011, Paulina founded the website Página 3, as an independent news source. 📍 Esperanza Escibano / ALDÍA News.

En el 2011, Paulina fundó el portal Página 3, como alternativa a la censura. 📍 Esperanza Escibano / ALDÍA News.

in Barcelona for a photo session, and her situation had completely changed.

As you can see in the photos that come with this profile, Ríos shines and expresses the confidence that comes from having a mission in this life: to tell the truth, especially when it results in justice. When I ask about her plans upon her return, she has no doubt she will continue with Página 3.

“We will continue working because we want to,” was her message.

If one day Ríos quits journalism, it will not be for lack of energy. Getting here has already been very difficult. If you want to help Página 3 continue reporting, the account number of the Association of Journalists for a Free Word is 012610001122746551 at the BBVA bank in Mexico.

Meanwhile, she still has dreams of returning to the landscapes of Oaxaca. ■

THE ORGANIZATION ARTICLE 19, REPORTS 131 JOURNALISTS HAVE BEEN MURDERED IN MEXICO, BETWEEN 2000 AND AUGUST 2019.

IN THE FIRST NINE MONTHS OF 2021, 10 JOURNALISTS WERE KILLED. IN 2018, NINE CASES WERE DOCUMENTED.

2017 WAS THE MOST VIOLENT YEAR FOR JOURNALISTS IN RECENT MEXICAN HISTORY, WITH 12 DEATHS.

BETWEEN 2012 AND 2018 THERE HAVE BEEN 448 CASES OF VIOLENCE AGAINST FEMALE JOURNALISTS IN 31 OF THE COUNTRY’S 32 STATES, 11 OF THEM WERE FEMICIDES.

ESPAÑOL | Viene pág 12

El 15 de enero Paulina Ríos viajó por fin a Barcelona. Yo la conocí dos meses después, cuando aún era invierno fuera y dentro de ella. Paulina es periodista en uno de los países más difíciles para serlo: México. Después de sufrir amenazas, participa en el programa 'Barcelona protege a periodistas de México', que facilita su estancia para darles un respiro y reforzar sus capacidades profesionales y personales.

UNA VIDA DIFÍCIL

Paulina es periodista desde hace más de 30 años. Trabajaba en medios de Oaxaca, su ciudad en el centro del país y a veces colaboraba con prensa nacional. Pero 15 años atrás empezó a encontrarse con situaciones en las que querían condicionar sus notas porque, como ella misma se define, era "un poco rebelde".

Se encontró en varias ocasiones con la censura. "A veces no me publicaban, me quitaron una corresponsalía en Estados Unidos por publicar una nota contra el gobernador...", enumera. Y con la frialdad que otorga la crueldad que se convierte en costumbre, relata la primera amenaza que sufrió, la de un candidato a gobernador:

"Yo nunca escribía bien de él. Un día me llamó y me dijo que escribiera bien de él porque iba a ser gobernador. ¿Sabes qué significa eso? Sí, es una amenaza. ¿Y qué vas a hacer sola con cinco hijos?". Ríos sabía que ganaría las elecciones y sería gobernador, pero no renunció a su ética.

Otro de los casos sonados ocurrió cuando un funcionario estatal acusado de violación de derechos humanos fue nombrado ombudsman de Oaxaca. Ríos investigó y recogió en un artículo el despilfarro de dinero y la inactividad en su defensa de los ciudadanos de la región. Su secretario particular la buscó para decirle que quería comprarle la nota. Ella se mantuvo en el no: "no me vendo, no me des dinero, yo solo cuento lo que ha pasado".

Al día siguiente le habían cambiado la nota y aparecía en portada manteniendo su nombre. Todavía aguantó por los hijos que tenía que mantener, pero empezó a plantearse que tendría que establecerse por su cuenta para poder seguir practicando un periodismo independiente.

PERIODISMO, LO PRIMERO

"Yo no voy a escribir nada que no sea la verdad", mantiene. "Tampoco voy a

mirar para otro lado y no publicar algo que sé". En su haber cuenta algunas victorias. Como que aquel funcionario duró tan solo una semana como ombudsman porque Ríos consiguió demostrar su corrupción y desidia en el cargo. Su periodismo siempre ha estado junto a las víctimas individuales y grupos de las injusticias.

Después de tantas amenazas e intentos de censura, Ríos ya tenía un grupo de amigos periodistas tan leales al oficio como ella. Uno de ellos, Pedro Marías, fue secuestrado durante un día en 2008, amenazado, despojado de su vehículo y arrojado en un basureiro. Tuvo que abandonar el país.

Pero Ríos se armó de valor. Con él, aunque estuviera fuera, y otros compañeros decidieron crear un periódico digital y durante meses, ella y varios compañeros

fueron juntando una parte de su salario para ponerlo en marcha. Así empezó Página 3 en 2011.

"Nos ha costado mucho trabajo, pero en este periódico somos libres y escribimos de lo que queremos", afirma tajante. Poner en marcha y mantener un medio así ha sido muy, muy difícil. Y las agresiones se mudaron al mundo digital hasta hacerse tan insostenibles que Ríos decidió salir de México para poder volver con ganas y energía.

AMENAZAS Y AGRESIONES ONLINE

"Salir y verlo todo desde fuera es un alivio", me dice al principio. La periodista necesitaba calmarse y ver las cosas desde otra perspectiva después de haber recibido amenazas y agresiones. Página 3 fue

hackeado en varias ocasiones. "Nos hemos mudado seis o siete veces de servidor, porque quienes no quieren que informemos nos tumban la web", cuenta. "No podemos subir notas".

Cuando hay elecciones en Oaxaca, donde reside y desarrolla su trabajo, los ataques se incrementan. El último fue el más grande y duradero en el tiempo: desde noviembre de 2021 hasta enero. Nunca saben quién está realmente detrás de los ataques, porque usan direcciones desde otros países.

CRISIS ECONÓMICA Y PERSONAL

Para defender Página 3, el equipo de Ríos ha tenido que aumentar la seguridad de su página web. "Y eso también cuesta



Paulina Ríos is a Mexican journalist facing daily threats, like many other colleagues in her country. Esperanza Escribano / ALDÍA News

Paulina Ríos es una periodista mexicana amenazada, como muchos colegas en su país. Esperanza Escribano / ALDÍA News

dinero”, lamenta. Durante un tiempo tuvo que dejar su trabajo como periodista y aceptar un empleo en un organismo federal para poder vivir. Pero siguió encargándose del portal en su tiempo libre.

También se encontró con la falta de oportunidades. Su periódico no recibía convenios por ser crítico con el gobierno. Y eso derivó también en dificultades para pagarles a los compañeros que hacían el periodismo posible. En un país donde hasta los anunciantes están acostumbrados a que los medios estén a su servicio, para Página 3 era difícil financiarse con la publicidad. Han perdido a varios clientes por publicar notas contra empresarios que se anunciaban en el portal.

LA ORGANIZACIÓN ARTÍCULO 19 DENUNCIA QUE 131 PERIODISTAS HAN SIDO ASESINADOS EN MÉXICO ENTRE EL 2000 Y AGOSTO DE 2019 .

EN LOS PRIMEROS NUEVE MESES DE 2021 FUERON ASESINADOS 10 PERIODISTAS. EN 2018 SE DOCUMENTARON 9 CASOS.

2017 FUE EL AÑO MÁS VIOLENTO PARA LOS PERIODISTAS EN LA HISTORIA RECIENTE DE MÉXICO CON 12 MUERTES

ENTRE 2012 Y 2018 HA HABIDO 448 CASOS DE VIOLENCIA CONTRA MUJERES PERIODISTAS EN 31 DE LOS 32 ESTADOS DEL PAÍS, 11 DE ELLOS, FEMINICIDIOS.

“Sobrevivimos, pero mi casa no tiene ni puerta de entrada porque no he tenido para ponerla”, relata. “El suelo es de cemento y tuve que vender mi coche”. Esos disgustos los compensaba recibiendo incluso solicitudes de periodistas que trabajaban en otros medios y pedían publicar en Página 3 los artículos que sus medios les censuraban.

SITUACIÓN INSOSTENIBLE

A nivel emocional ha sido un gran desgaste estar pendiente de los colaboradores y de su seguridad en las coberturas. “Si uno tarda en comunicarse, suena la alarma, y te preguntas dónde estás”, explica tomando un café en una calle tranquila de Barcelona.

Tanto estrés, sumado a la precariedad, le provocaron un síncope. Sus hijos tuvieron que llevarla de urgencias al hospital. Los médicos le dijeron que tenía que descansar y dormir para recuperarse. Y Ríos, antes de renunciar al periodismo, decidió dejar su trabajo en el organismo oficial para volver en cuerpo y alma al oficio: “Si me muero, que sea haciendo lo que me gusta”.

Su periodismo de denuncia le estaba costando la salud. Hace un año, todo ese peso de dirigir un portal amenazado desde varios frentes, la superó. La pandemia le causó aún más problemas y entró en depresión, hasta el punto de que no quería vivir. Sin dinero, sin fuerzas, sin alegría.

“Tú eres muy importante y tu proyecto tiene que seguir”, le dijo una amiga periodista. Gracias a su enorme trabajo, Ríos tiene una red de amistades que valoran su esfuerzo y están ahí para ayudarla. Y gracias a eso se puso en contacto con ‘Barcelona protege a periodistas de México’.

Página 3 ha sido hogar y refugio para muchos periodistas que necesitaban saber que no estaban solos ni locos. Ríos es el alma de ese proyecto. Un mes después de la entrevista, volvemos a encontrarnos en Barcelona para la sesión de fotos. Y la situación había cambiado totalmente. ¿Recuerdan que en la primera línea les dije que era invierno dentro y fuera de ella?

Como podrán ver en las fotos que acompañan este perfil, Ríos desprende luz en la mirada y la confianza que otorga tener una misión en esta vida: contar la verdad, sobre todo cuando hace justicia. Cuando le pregunto qué planes tiene para su vuelta, no duda en que seguirá con Página 3 y dice: “Seguiremos trabajando porque queremos hacerlo”.

Si algún día Ríos abandona el periodismo, no será por falta de energía. Llegar aquí ya ha sido muy difícil. Si quieren ayudar a que Página 3 continúe informando, el número de cuenta de la

Asociación de Periodistas por una Palabra Libre es 012610001122746551 en el banco BBVA de México. Mientras tanto, ella ya sueña con volver a los paisajes de Oaxaca. ■



Ríos has been working as a journalist for more than 30 years. 📷 Stefano Nicoli / ALDÍA News

Ríos trabaja como periodista desde hace más de 30 años. 📷 Stefano Nicoli / ALDÍA News

“Nos ha costado mucho trabajo, pero en Página 3 somos libres y escribimos de lo que queremos.”

Edited By | **FERNANDO MILLÁN** | AL DÍA News Print Editor



LA REPÚBLICA COLOMBIA RECESSION STALKS THE UNITED STATES

The economic situation in the United States was the subject of the editorial on April 30. “It is a fact that the Federal Reserve [...] will increase its interest rate by 50 basic points in each of its next three meetings until increasing money at 3.5%, from now to the next year. The decision is made to slow down the rising bloat that seems to reach double digits in economies that had not experienced high prices in more than three decades. A couple of weeks ago, Deutsche Bank economists David Folkerts-Landau and Peter Hooper reported that the situation is set for the United States to experience a period of recession. [...] Bloomberg states that the United States will fall into recession next year, when the Federal Reserve raises interest rates to battle the rising inflation, which does not give up”.

La situación económica en Estados Unidos fue el tema de la editorial del 30 de abril. “Es un hecho que la Reserva Federal (...) aumente su tasa de interés en 50 puntos básicos en cada una de sus próximas tres reuniones hasta encarecer el dinero a 3,5%, de aquí al próximo año. La decisión se toma para romperle el espinazo a la creciente inflación que no cede y amenaza con llegar a dos dígitos en economías que no habían experimentado ese flagelo de precios altos en más de tres décadas. Hace un par de semanas, los economistas del Deutsche Bank, David Folkerts-Landau y Peter Hooper, concluyeron en un informe que la situación está servida para que Estados Unidos experimente un periodo de recesión. (...) Bloomberg, por su parte, plantea que Estados Unidos caerá en recesión el próximo año cuando la Reserva Federal aumente las tasas de interés para combatir la inflación alta y creciente, que no cede”.

EL PAÍS URUGUAY WITH DOUBTS, THE RELATIONSHIP BETWEEN THE US AND LATIN AMERICA

This April 30, the commentator Andrés Oppenheimer wrote about the relations between the United States and the region, regarding the Summit of the Americas in June 6. “That’s great, but the fact that Washington still does not have US ambassadors in eight countries in the Western Hemisphere raises serious questions about US engagement in the region. There are no US ambassadors in Brazil, Chile, Panama, Uruguay, El Salvador and Haiti, nor in the hostile regimes of Cuba and Bolivia, according to the American Foreign Service Association. Some of these countries, like Chile, have not had a US ambassador in four years. Additionally, our ambassadors in Colombia and Ecuador have been reassigned or scheduled to leave their jobs in the upcoming months, and it is not clear when its successors will assume the power. Besides, there is no US ambassador in the Organization of American States of 34 countries, which is the group that organizes and sets up the agenda for the Summit of the Americas”.

Este 30 de abril, el comentarista Andrés Oppenheimer escribió sobre las relaciones de Estados Unidos con la región, a propósito de la Cumbre de las Américas del 6 de junio como anfitrión. “Eso es genial, pero el hecho de que Washington todavía no tenga embajadores de Estados Unidos en ocho países del hemisferio occidental plantea serias dudas sobre el compromiso de Estados Unidos con la región. No hay embajadores de Estados Unidos en Brasil, Chile, Panamá, Uruguay, El Salvador y Haití, ni en los regímenes hostiles de Cuba y Bolivia, según la Asociación Americana del Servicio Exterior. Algunos de estos países, como Chile, no han tenido un embajador de Estados Unidos en cuatro años. Además, nuestros embajadores en Colombia y Ecuador han sido reasignados o están programados para dejar sus trabajos en los próximos meses. No está claro cuándo asumirán el poder sus sucesores. Lo que es aún más crítico ahora, no hay un embajador de Estados Unidos ante la Organización de Estados Americanos de 34 países, que es el grupo que organiza y ayuda a establecer la agenda para la Cumbre de las Américas”.

EL HERALDO MEXICO ‘MEXICO: THE SHIELD OF THE UNITED STATES’

Ignacio Anaya Minjarez wrote on April 30 about relations between the United States and Mexico. “In the light of one of the greatest challenges the greatest power of the Western world faces, its best resource is not found in its powerful army or economy. It is in its southern neighbor. What do they need us for? To be their shield against waves of Central American migrants trying to reach the United States, in search of a better life. [...] The recent statements by former President Donald Trump about the government of Andrés Manuel López Obrador and the “Stay in Mexico” program [...] referred to the current condition of the country as a shield that blocks migrants. [...] even with the new administration in the United States, the strategy is still valid [...]. Mexico makes it difficult for migrants who seek to cross the southern border and cross Mexican territory”.

Ignacio Anaya Minjarez escribió el 30 de abril sobre las relaciones entre Estados Unidos y México. “Ante uno de los mayores retos que enfrenta la más grande potencia del mundo occidental, su mejor recurso no se encuentra en su poderoso ejército o en su economía. Está en su vecino del sur. ¿Para qué nos necesitan? Para ser su escudo frente a las olas de migrantes centroamericanos que intentan llegar al territorio estadounidense, en busca de una mejor vida. (...) Las recientes declaraciones del expresidente Donald Trump sobre el gobierno de Andrés Manuel López Obrador y el programa “Quédate en México” (...) remitieron a la condición actual del país como un escudo que bloquea a los migrantes. (...) con el cambio de administración en Estados Unidos la estrategia sigue vigente (...). México se encarga de complicarle la travesía a los migrantes que buscan cruzar la frontera sur y atravesar el territorio mexicano”.

LA VANGUARDIA SPAIN ‘TWITTER AND FREEDOM OF EXPRESSION’

The editorial on May 1 is about the purchase of Twitter by Elon Musk. “The main intention of the new owner of Twitter is not to earn more money [...]. He has said that what he wants is to clarify the rules that regulate this social network, bring more transparency in the algorithms it uses, users’ freedom of expression. Accordingly, his idea is to contribute to democracy. He considers that Twitter has become a kind of de facto public square. [...] from now on, it will be the richest man in the world who decides who can use Twitter, what its algorithms will be, which comments are inappropriate, how it will filter –or let spread– fake news [...]. It is not surprising that the concentration of Twitter in a single man has sowed doubts and concern among public opinion and, especially, among the Governments of the United States and Europe, which have already said that they will monitor the use of Twitter.

En su editorial de este primero de mayo se refiere a la compra de Twitter por Elon Musk. “La principal intención del nuevo propietario de Twitter no es ganar más dinero (...). Ha dicho que lo que quiere es dar más claridad a las normas que regulan esta red social, más transparencia en los algoritmos que utiliza y aumentar la libertad de expresión de sus usuarios. Pretende, en este sentido, contribuir a salvar la democracia. Considera que Twitter se ha convertido en una especie de plaza pública de facto. (...) a partir de ahora será el hombre más rico del mundo quien decida quién puede usar Twitter, cuáles serán sus algoritmos, qué comentarios son inadecuados, cómo filtrará –o dejará difundir– las fake news (...). No es extraño, pues, que la concentración de Twitter en un solo hombre haya sembrado dudas e inquietud entre la opinión pública y, especialmente, entre los gobiernos de Estados Unidos y de Europa, que ya han dicho que vigilarán el uso que se haga de dicha red social”.



EXILE AS SURVIVAL

WHAT WOULD YOU DO IF ONE DAY YOU WERE FORCED TO LEAVE YOUR HOME, AND ONCE YOU LEFT, YOU WOULD NEVER BE ABLE TO RETURN? THAT IS THE STORY OF EXPULSION AND UPROOTING PORTRAYED IN THE FILM EAMI, WINNER OF THE TIGER AWARD AT THE ROTTERDAM FILM FESTIVAL IN 2022. THE FILM IS DIRECTED BY THE LATIN DIRECTOR PAZ ENCINA.

¿QUÉ HARÍAS SI UN DÍA TE OBLIGAN A DEJAR TU HOGAR Y TE ADVIERTEN QUE AL CRUZAR LA LÍNEA NUNCA MÁS PODRÁS VOLVER? ESA ES LA HISTORIA QUE SE REPRATA EN LA PELÍCULA 'EAMI', GANADORA ESTE AÑO DEL TIGER AWARD EN EL FESTIVAL DE CINE DE RÓTERDAM. ES DIRIGIDA POR LA PARAGUAYA PAZ ENCINA.

By | Por: SANDRA RAMÍREZ ORTEGA | AL DÍA News Writer

Courtesy Paz Encina

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“Eami means ‘forest’ in Ayoreo. It also means ‘world.’ The Ayoreo-Totobigosode Indigenous people make no distinction: the trees, animals and plants that have surrounded them for centuries are all they know. They now live in an area that is experiencing the fastest deforestation on the planet.” This is the synopsis of the film directed by Paraguayan filmmaker Paz Encina.

The film, recorded entirely in the Indigenous language, follows Eami (played by Anel Picanerai), from the Ayoreo-Totobigosode people settled in Chaidí, in the heart of Paraguay’s Chaco. This arid territory is located 600 kilometers from Asunción, the capital, very close to the border with Bolivia.

Eami, awarded with the Tiger Award at the Rotterdam International Film Festival, is a complete visual poetic narrative centered on a girl facing the destruction of her community. She is forced to leave her home, the jungle, and the only place she knows, to start a journey that will lead her to salvation and survival. This journey, that wraps her in fear and uncertainty, leads her towards the white world, the same one led by people her ancestors have baptized with the name of coñone, translated to English as foolish.

The film, which has also had a special mention at the 34th edition of the Toulouse Film Festival, is currently being presented in Argentina and will have its official premiere in Paraguay in May.

FROM LOVE... TO EXILE

After having produced short films and feature films, Encina was looking for a love story worthy of being brought to the big screen.

“I wanted to do something very simple until a friend told me: ‘I know where that story is, it’s in the Ayoreo community.’ It was a story about two brothers who fall in love, but we went to Chaco and the Totobigosode told me: ‘Yes, that story exists but we are not interested in you saying that, we are interested in you talking about it,’” the director said in an interview with AL DÍA, from her residence in Paraguay.

The community’s response to her initial idea confused her, but after serious consideration, she decided to move forward.

“I thought: ‘Maybe this movie is calling me’, because it’s something I’ve always talked about: exile, diaspora, loss... I think that movies look for you because

“EAMI significa ‘bosque’ en ayoreo. También significa ‘mundo’. El pueblo indígena ayoreo-totobigosode no hace distinción: los árboles, los animales y las plantas que los han rodeado durante siglos son todo lo que conocen. Ahora viven en un área que experimenta la deforestación más rápida del planeta”. Eso dice la sinopsis de este largometraje dirigido por la cineasta paraguaya Paz Encina.

La película, hecha íntegramente en idioma indígena, tiene como protagonista a la niña Eami (Anel Picanerai), originaria del pueblo ayoreo-totobigosode asentado en Chaidí, en pleno Chaco de Paraguay. Este árido territorio está ubicado a 600 kilómetros de Asunción, la capital, muy cerca de la frontera con Bolivia.

‘Eami’ fue premiada este año con el Tiger Award en el Festival Internacional de Cine de Róterdam. Es una narración visual poética centrada en una niña que, ante la destrucción de su comunidad, se ve obligada a abandonar su hogar, la selva. Es el único lugar que conoce para empezar una proeza que la lleve a la salvación, a la supervivencia. Esta gesta, que la envuelve en miedo e incertidumbre, la dirige irremediablemente hacia el mundo de los blancos, los mismos a quienes sus ancestros han bautizado con el nombre de coñone, que en español traduce ‘insensatos’.

La cinta, que ha tenido también una mención especial en la edición 34 del Festival de Cinelatino de Toulouse, se presenta en Argentina y tendrá su estreno oficial en Paraguay en este mes de mayo.

DEL AMOR... AL EXILIO

Después de haber producido cortometrajes y largometrajes, la realizadora buscaba una historia de amor digna de ser llevada a la pantalla grande. En una entrevista con AL DÍA desde Paraguay, Paz Encina cuenta que “quería hacer algo bien simple hasta que un amigo me dijo: ‘yo sé dónde está esa historia, está en la comunidad ayoreo’. Era una historia sobre dos hermanos que se enamoran. Nos fuimos al Chaco y los totobigosode me dijeron: ‘sí, esa historia existe pero no nos interesa que cuentes eso, nos interesa que hables de esto’”.

La respuesta de la comunidad a su idea inicial la descolocó. Después de mucha reflexión decidió seguir adelante. “Puede ser que esta película me esté llamando”, pensó, porque es algo sobre lo que siempre habló: el exilio, la diáspora, la pérdida. Pienso que las películas te buscan porque son cosas que tienen que ser contadas”, manifiesta.

Sin perder el tiempo, Encina se trasladó hasta el Chaco. Estuvo guiada en todo momen-



The film EAMI tells the story of a Paraguayan girl of the Ayoreo ethnic group who, faced with the advance of deforestation caused by the white man, must look for a new home far from the jungle. 📷 Courtesy Paz Encina

La película EAMI relata la historia de una niña paraguaya de la etnia ayoreo que, ante el avance de la deforestación propiciada por el hombre blanco, debe buscar un nuevo hogar lejos de la selva. 📷 Courtesy Paz Encina

“The film, recorded entirely in the Indigenous language, follows Eami (played by Anel Picanerai).”

“La película, hecha íntegramente en idioma indígena, tiene como protagonista a la niña Eami (Anel Picanerai).”

ENGLISH

ESPAÑOL

there are things that must be told,” she said.

Without hesitation, Encina — guided by her friend José Elizeche, who has been working with the Indigenous group for 20 years — traveled to Chaco.

“Most leaders are people who were in isolation, came out of the woods, and went through a traumatic process, so it is not so simple to come and say: ‘Hello, how are you?’. The relationship was built cleanly because José was with us,” she said.

A NEW PERSPECTIVE

Supported by one of the leaders of the community, the filmmaker immersed in a world where many Paraguayans feel foreign, despite belonging to a bilingual country (Guarani and Spanish) with an indigenous legacy. “We have many prejudices about them... we believe they are slackers, that they do not want to do anything, but for them it is much more important to get up and be together before entering into a concept of productivity and production”, Encina said.

It is precisely thanks to this film, shot over six years, that Encina was able to understand how the Ayoreo view the world and their way of being, the same idiosyncrasy that marked the development of Eami from beginning to end. “The first to do the casting were José and the Ayoreo leader; after that, I shared my technical point of view. We also had to ask who wanted to be in the film, because there were people who did not want any part of it. [...] And I understand because many of them were deceived regarding money; also, they wanted to safeguard their children from whites. Besides, there is prostitution and abuse, and the cinema is very invasive because one lands and lowers the equipment like it is a normal thing for the, but it is not”, she recalled.

However, the greatest lesson for Encina has been “the importance of being where one belongs”. “We offered them what we ate and the way we lived, a room with a bed because we thought it was the best. But our food was not good for them, and they also asked for a bigger room to stay all together. The only thing they wanted was the tour to end to go back home. That way, what I learnt is the importance of respecting peoples’ right to belong to where they want”, said Encina.

A REALITY BEYOND A TREND

Many new productions about stories of the uprooting of Indigenous communities in Latin America have been released in theaters in recent years.

Beyond considering them part of a trend, Encina believes that it is the expression of cinema’s commitment to make a reality visible to society.

“We know that we are descendants of indigenous people, and that it is part of our history, of our being, of everyday life. The Spanish linguist and anthropologist Bartomeu Meliá, a staunch defender of indigenous rights in Paraguay, once said a phrase that seemed brilliant to me: ‘Paraguay’s great misfortune is that it descends from indigenous people, speaks an indigenous language, and does not want to be indigenous.’”

The director hopes Eami will be a message to the political class to guarantee the protection of the rights of Indigenous people living in voluntary isolation, and promote precautionary measures to stop the indiscriminate deforestation in their ancestral lands. ■

to por su amigo José Elizeche, quien lleva 20 años trabajando con ese grupo indígena. Comenta la directora que “la mayoría de los líderes son personas que estuvieron en aislamiento, salieron del monte, y pasaron por un proceso traumático. Por eso no es tan simple llegar y decir: ‘hola, ¿qué tal?’ La relación se construyó de manera limpia porque José estaba con nosotros”.

UNA NUEVA PERSPECTIVA

Apoyada también por uno de los jefes referentes en la comunidad, la cineasta se adentró en un mundo del que muchos paraguayos se sienten ajenos, pese a pertenecer a un país bilingüe (guaraní y español) de legado indígena. “Tenemos muchos prejuicios sobre ellos”, señala Enina, quien agrega que “decimos que son haraganes, que no quieren hacer nada, pero para ellos es mucho más importante levantarse y estar juntos antes de entrar en un concepto de productividad y producción”.

Y es justamente gracias a esta película, rodada a lo largo de seis años, que Encina pudo entender la cosmovisión de los ayoreo y su forma de ser; la misma idiosincrasia que ha marcado el desarrollo de ‘Eami’ de principio a fin.

Recuerda que “los primeros que hacían el casting eran José y el líder ayoreo; después yo entraba a dar mi visión técnica. También teníamos que preguntar quiénes querían salir en la película, porque había gente que no quería saber nada. Y entiendo porque muchos ya fueron engañados con respecto al dinero. Y, por otro lado, también querían salvaguardar a sus niños y niñas de los blancos. Hay mucha prostitución y abuso. Además, el cine es muy invasivo porque una va, desembarca, baja los equipos y cree y vive eso como si fuera algo normal, pero no es así”.

Sin embargo, el mayor aprendizaje para ella ha sido “la importancia de estar donde uno pertenece”. “Nosotros les ofrecíamos lo que comíamos y la forma en la que nosotros vivíamos, una habitación con cama porque pensábamos que era lo mejor: Pero a ellos les hacía mal nuestra comida y también nos pidieron una habitación más grande por estar todos juntos. Ellos lo único que querían era que terminara el rodaje para marcharse de nuevo a sus casas. Y rescato eso: darle al otro el derecho a que pueda pertenecer a donde quiere pertenecer”, advierte.

UNA REALIDAD MÁS ALLÁ DE UNA TENDENCIA

En los últimos años se han estrenado en los cines muchas nuevas producciones que relatan historias de desarraigo de comunidades indígenas de América Latina. Más allá de considerarlo parte de una moda, Encina cree que es la expresión del compromiso del cine para visibilizar una realidad ante la sociedad. Declara que “sabemos que somos descendientes de indígenas y eso forma parte de nuestra historia, de nuestro ser, de lo que es cotidiano. El lingüista y antropólogo español Bartomeu Meliá, férreo defensor de los derechos indígenas en Paraguay, dijo una vez una frase que me pareció brillante: “la gran desgracia de Paraguay es que descien- de indígenas, habla una lengua indígena y no quiere ser indígena”.

La directora espera que el trabajo del séptimo arte y muy especialmente ‘Eami’ emerja como un mensaje ante la clase política para garantizar la protección de los derechos de los indígenas que viven en aislamiento voluntario e impulsar medidas cautelares que frenen la tala indiscriminada de árboles en sus tierras ancestrales. ■



Autumnal landscape of Ribeira Sacra (Sil River Canyons) in Ourense (Galicia) Spain. The river has excavated for centuries on the rocky granite walls to shape the landscape at will natural. Beautiful place inside Galicia in rural mountain. Getty Images

Paisaje otoñal de la Ribeira Sacra (Cañones del río Sil) en Ourense (Galicia) España. El río ha excavado durante siglos en las paredes rocosas de granito para modelar el paisaje a su antojo natural. Hermoso lugar dentro de Galicia en la montaña rural Getty Images

DISCOVER SPAIN FROM YOUR SOFA

THE PANDEMIC HAS MODIFIED THE BEHAVIOR. SPORTS AND ONLINE ENTERTAINMENT CONTENT ARE EXAMPLES.

LA PANDEMIA CAMBIÓ EL COMPORTAMIENTO DE LOS SERES HUMANOS. LA PRÁCTICA DEPORTIVA Y EL ENTRETENIMIENTO ONLINE SON SOLO ALGUNOS EJEMPLOS.

By | Por: **SANDRA RAMÍREZ ORTEGA** | AL DÍA News Writer

ENGLISH

ESPAÑOL

In the middle of a health crisis, humans have learned we can travel to the most remote places in the world through the screen of our computers and cellphones. So if someone dares to say: “Tourism from the sofa is possible.” Here’s a first show to check out.

Traveling to a never before visited destination or returning to that city, that beach, that historical monument, that skyscraper or those mountains we once discovered on a vacation has never been easier thanks to the internet. In the end, this is one of the legacies of one of the most serious health crises in centuries.

Amid the COVID-19 pandemic, we learned that traveling from the com-

fort of your sofa is possible. This new situation and the multiple technological advances are being used to promote tourism in countries like Spain.

Turespaña, the national tourism body responsible for destination marketing in Spain, has teamed up with the international streaming platform Netflix to launch Spain Travel Guide.

“Just like we do with our series and movies, this guide is precisely an example of how we can go through the different territories that make our country through real stories. The stories that are born in the audiovisual space are, in addition, an opportunity to represent diversity,” said Diego Ávalos, vice president of content for Netflix in Spain and Portugal, about the project.

En plena crisis sanitaria, hemos aprendido, por ejemplo, que podemos viajar a los lugares más remotos del mundo a través de la pantalla de nuestros ordenadores o teléfonos móviles. Y si alguien se anima a afirmar que “hacer turismo desde el sofá es posible”, ¡que recomiende la primera serie!

Viajar a un destino nunca antes visitado o regresar a esa ciudad, esa playa, ese monumento histórico, ese rascacielo o esas montañas que alguna vez descubrimos en unas vacaciones, nunca ha sido tan fácil gracias a Internet. Y esto es, en definitiva, uno de los legados que nos ha dejado una de las crisis sanitarias más graves vividas en tiempos contemporáneos.

En la pandemia del COVID-19 hemos aprendido que viajar desde la comodidad desde el sofá es posible. Esta nueva coyuntura y

las múltiples ventajas que ofrecen las tecnologías de la comunicación e información están siendo utilizadas para promover el turismo en países como España.

Turespaña, el organismo nacional de turismo responsable del marketing de destino España, se ha aliado con la plataforma internacional de streaming Netflix para lanzar la guía “Spain Travel Guide”.

“Al igual que hacemos con nuestras series y películas, esta guía es, precisamente, un ejemplo de cómo podemos recorrer los distintos territorios que forman nuestro país a través de relatos reales. Las historias que nacen en el audiovisual son, además de una oportunidad para representar la diversidad”, señaló Diego Ávalos, vicepresidente de Contenido de Netflix en España y Portugal sobre el proyecto.

THE ESSENCE OF SPAIN ON SCREEN

This online compilation, available at spaintravelguide.ethic.es/mapa/, brings together all the Netflix television productions shot throughout the Iberian Peninsula, in the Balearic and Canary islands, and in the autonomous cities of Ceuta and Melilla, located in the Moroccan territory.

Thanks to this interactive map of Spain, viewers can explore the different series that hide, in their scenes, natural and urban wonders: from Galicia, in the north of the peninsula, through Madrid — the capital, in the center — and Castilla-La Mancha to Andalusia, in the south.

In addition, Netflix productions invite the public to learn about customs, traditions, history and the richness of Mediterranean cuisine, which is famous beyond its borders.

Spain Travel Guide brings together stories in 17 autonomous communities, from north to south and from east to west, plus the two autonomous cities located in the Moroccan territory (Ceuta and Melilla) and relate them to series and films produced in Spain and available on Netflix.

The digital compilation is displayed as a map, in such a way that the viewer can choose an area to access a review of its people, its customs, its traditions, its geographical charms, its gastronomy, and a fictional production that portrays some aspect of the particular area.

ONE CITY, ONE SHOW

This way viewers can travel, for example, to the north, to Galicia, and discover its nature and culture thanks to *The Mess You Leave Behind*.

“The leafy cliffs of the Ribeira Sacra or the magical forests that surround the Bande hot springs become the best accomplices to hide the harshness of a mystery that nobody wants to talk about,” reads the guide’s website.

From Galicia further down the map, viewers move to Castilla-La Mancha, land of Don Quixote, and discover unmatched cultural aspects and landscapes seen in *Cable Girls*.

Further south, in the Autonomous Community of Andalusia, is Malaga. In recent years, the city has captivated many international tech companies to the point that it has earned the name ‘Malaga Valley’ This city, located on the Mediterranean coast, known for its wonderful beaches, rich cuisine, mild climate and warm people, is the setting for the fourth season of *The Crown*. Do you want to see how fiction portrays reality? Do not miss chapter six of the series.

Outside the peninsular territory, in Morocco, there are the Spanish cities of Ceuta and Melilla. Great part of the latest Netflix productions have been shot in Ceuta, like *Warrior Nun*. If you have not had the opportunity to get to know the territory, do not miss the production.

How many times have you traveled to a place inspired by your favorite shows and movies? Now you know you can do it too, with no tickets, planes, trains or cars... just one click. ■

LA ESENCIA DE ESPAÑA EN REFLEJO VISUAL

Este compilatorio online, disponible en spaintravelguide.ethic.es/mapa/, reúne todas las producciones televisivas de Netflix rodadas a lo largo y ancho de la Península Ibérica, en las islas Baleares, Canarias y en las ciudades autónomas Ceuta y Melilla situadas en territorio marroquí.

Gracias a este mapa interactivo de España, los espectadores pueden explorar las diferentes series que esconden, en sus escenas, maravillas naturales y urbanísticas: desde Galicia, en el norte de la península, pasando por la capital Madrid -en el centro-, Castilla La Mancha hasta Andalucía, en el sur.

Además de los paisajes, las producciones de Netflix invitan al público a conocer costumbres, tradiciones, relatos históricos y la riqueza de la gastronomía mediterránea tan afamada más allá de las fronteras.

Spain Travel Guide aglutina historias que retratan las 17 comunidades autónomas, de norte a sur y de este a oeste, más las dos ciudades autónomas ubicadas en territorio marroquí (Ceuta y Melilla) y las relacionan con series y películas que se hayan producido en España, y que ya están disponibles en Netflix.

El recopilatorio digital está expuesto en forma de mapa, de tal manera que el espectador elija una zona y acceda a una reseña sobre su gente, sus costumbres, sus tradiciones, sus encantos geográficos, su gastronomía, y a una producción de ficción que retrata algún aspecto de esa zona en concreto.

UNA CIUDAD, UNA SERIE

De esta forma podemos viajar, por ejemplo, al norte... hasta Galicia y descubrir la naturaleza y la cultura gracias a “El desorden que dejas”. “Los frondosos acantilados de la Ribeira Sacra o los mágicos bosques que rodean las termas de Bande se convierten en los mejores cómplices para ocultar la crudeza de un misterio del que nadie quiere hablar”, señala la web de la guía.

Y de Galicia, más abajo en el mapa, nos podemos trasladar hasta Castilla-La Mancha, tierra de Don Quijote, y descubrir aspectos culturales y paisajes irrepitibles gracias a “Las chicas del cable”.

Más al sur, en la Comunidad Autónoma de Andalucía, se encuentra Málaga: una ciudad que en los últimos años ha cautivado a tantas empresas tecnológicas internacionales que se ha ganado el nombre de Málaga Valley. Esta ciudad, enclavada en la costa mediterránea, conocida por sus maravillosas playas, su riqueza gastronómica muy ligada al mar, su clima templado y la calidez de su gente, ha sido el escenario de la cuarta temporada de “The Crown”. ¿Quieres ver cómo la ficción retrata la realidad? No te pierdas el capítulo 6 de la serie.

Ya fuera del territorio peninsular, en Marruecos, se encuentran las ciudades españolas Ceuta y Melilla. En la primera, se ha rodado gran parte de las últimas producciones de Netflix “La monja guerrera”. Si no has tenido la oportunidad de conocer el territorio, no te pierdas esta producción.

¿Cuántas veces has viajado a un lugar inspirado por tu serie y tu película favorita? Ahora ya sabes que también puedes hacerlo, sin billetes, sin avión, sin trenes ni coches. Solo será necesario un clic. ■

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AL DÍA
BILINGUAL BRAND STUDIO

AL DÍA PHOTO ESSAY



1- AL DÍA CEO Hernán Guaracao and Global Philly's Sheila Hess cut the ribbon to officially open the fair on April 28, 2022. El CEO de AL DÍA, Hernán Guaracao, y Sheila Hess, de Global Philly, inauguraron oficialmente la feria el 28 de abril de 2022. **2-** Employers from across the Greater Philly region met with more than 100 job seekers. Empleadores de toda la región de Greater Philly se reunieron con más de 100 personas que buscaban trabajo. **3-** Job seekers of all generations were at the fair. Los buscadores de empleo de todas las generaciones estaban en la feria. **4-** AL DÍA's 2022 Career Fair was hosted at the Pennsylvania Convention Center. La Feria de Empleo 2022 de AL DÍA se llevó a cabo en el Centro de Convenciones de Pensilvania. Peter Fitzpatrick/ALDÍA News



5



6



7



8

A FAIR OF THE FUTURE

AL DÍA'S ANNUAL CAREER FAIR RETURNED IN 2022 TO HELP DIFFERENT GENERATIONS OF PHILLY'S WORKFORCE FIND THEIR FUTURES.

LA FERIA DE EMPLEO ANUAL DE AL DÍA REGRESÓ EN 2022 PARA AYUDAR A LAS DIFERENTES GENERACIONES DE LA FUERZA LABORAL DE FILADELFIA A ENCONTRAR SU FUTURO.

By | Por: **NIGEL THOMPSON** | AL DÍA News Staff Writer

ENGLISH ESPAÑOL

Of all the annual events AL DÍA has these days, its longest-running is its Career Fair. After two years off because of the COVID-19 pandemic, some 40 employers gathered to meet 100-plus job seekers representing all generations at AL DÍA's 19th annual Career Fair at the Pennsylvania Convention Center.

Since its inception, AL DÍA's Career Fair has been about bringing AL DÍA's audience, young and old, to employment opportunities across the Greater Philadelphia region.

With Latino populations rising across the city, state, region and country, employers need diverse talent to connect and stay viable. AL DÍA's 2022 Career Fair was the perfect opportunity to do that. ■

De todos los eventos anuales que tiene AL DÍA en este momento, el de mayor trayectoria es su Feria de Empleo. Después de dos años de ausencia debido a la pandemia de COVID-19, unos 40 empleadores se reunieron para conocer a más de 100 personas que buscaban trabajo y que representaban a todas las generaciones en la 19.ª Feria Anual de Empleo de AL DÍA, en el Centro de Convenciones de Pensilvania.

Desde sus inicios, la Feria de Empleo de AL DÍA se ha centrado en acercar a la audiencia de AL DÍA, jóvenes y mayores, a oportunidades de empleo en gran parte de Filadelfia.

Con las poblaciones latinas en aumento en la ciudad, el Estado, la región y el país, los empleadores necesitan talento diverso para conectarse y mantenerse vigentes, y la Feria de Empleo 2022 de AL DÍA fue la oportunidad perfecta para hacerlo. ■

5- More than 40 employers were present at the fair. Más de 40 empresarios estuvieron presentes en la feria. **6-** AL DÍA News also had its own table at the fair. AL DÍA News también tuvo su propia mesa en la feria. **7-** AL DÍA's annual Career Fair has run for 19 years. La Feria de Empleo anual de AL DÍA se ha llevado a cabo durante 19 años. **8-** The fair lasted from 8:30 a.m. to 3 p.m. on April 28, 2022. La feria duró de 8:30 a.m. a 3:00 p.m., el 28 de abril de 2022. Peter Fitzpatrick/ALDÍA News

FITNESS IDEAS FOR THE ACTIVE AGING ADULT

NO MATTER HOW OLD WE GET, OUR BODIES STILL NEED DAILY MOVEMENT AND STRETCHING! FOLLOW THESE TIPS TO HELP YOU STAY ACTIVE - WHETHER YOU'RE 55 OR 85.

NO IMPORTA LA EDAD QUE TENGAMOS, NUESTRO CUERPO SIGUE NECESITANDO MOVIMIENTO Y ESTIRAMIENTOS DIARIOS. SIGUE ESTOS CONSEJOS PARA MANTENERTE ACTIVO, TANTO SI TIENES 55 COMO 85 AÑOS.



Staying active is one of the key ways to combat the natural physical changes of getting older. Depositphoto

Mantenerse activo es una de las formas clave de combatir los cambios físicos naturales del envejecimiento. Depositphoto

ENGLISH

ESPAÑOL

Routine exercise is good for people of all ages. But staying active at 55 and beyond also helps combat some of the natural physical changes that occur as we get older. If thoughts of complex workouts or costly gym memberships seem daunting, don't worry! Simply getting up and moving throughout the day to break up long periods of sitting or lounging is an excellent step in a healthier direction.

According to the Mayo Clinic, incorporating physical activity into daily routines can improve heart health, boost energy, reduce stress, strengthen bones and muscles, and enhance brain function. Follow these active aging tips and start maximizing your health and wellness while achieving your fitness goals!

Note: It's important to consult your doctor to discuss any potential limitations, risks, or restrictions you have before you begin a new or updated exercise routine.

START SLOWLY

For optimum health benefits, the U.S. Department of Health and Human Services recommends doing 150 to 300 minutes of moderate-intensity aerobic activity and two days of muscle-strengthening workouts per week. However, it's important to start new exercises slowly - especially if you've been sedentary for a while. In other words, don't enter a 5K race if you've never jogged a mile!

It's okay to start exercising for just 10 minutes a day. Taking baby steps can help prevent injuries and lead to main-

El ejercicio rutinario es bueno para personas de todas las edades. Pero mantenerse activo a partir de los 55 años también ayuda a combatir algunos de los cambios físicos naturales que se producen a medida que envejecemos.

Si pensar en complejos entrenamientos o en costosas cuotas de gimnasio te parece desalentador, no te preocupes. El simple hecho de levantarse y moverse a lo largo del día para interrumpir los largos periodos en los que se está sentado o descansando es un excelente paso en una dirección más saludable.

Según la Clínica Mayo, la incorporación de la actividad física a la rutina diaria puede mejorar la salud del corazón, aumentar la energía, reducir el estrés, fortalecer los huesos y los músculos y mejorar la función cerebral. Siga estos consejos de envejecimiento activo y co-

mience a maximizar su salud y bienestar mientras alcanza sus objetivos de fitness.

Nota: Es importante consultar a su médico para discutir cualquier limitación, riesgo o restricción potencial que tenga antes de comenzar una rutina de ejercicios nueva o actualizada.

EMPIEZA POCO A POCO

Para obtener unos beneficios óptimos para la salud, el Departamento de Salud y Servicios Humanos de EE.UU. recomienda realizar entre 150 y 300 minutos de actividad aeróbica de intensidad moderada y dos días de ejercicios de fortalecimiento muscular a la semana. Sin embargo, es importante empezar a hacer nuevos ejercicios poco a poco, sobre todo si has sido sedentario durante un tiempo. En otras palabras, no te inscribas en una carrera de 5K si nunca has corrido una milla.

ENGLISH

ESPAÑOL

taining a healthier lifestyle. Overall, moving frequently and sticking with a fitness plan is what matters.

WALKING DOES WONDERS

Walking is one of the easiest ways to get in shape. Walking works heart muscles helps with weight loss, and can brighten your mood. According to an International Journal of Behavioral Nutrition and Physical Activity study, healthy older adults should take anywhere from 2,000 to 9,000 steps a day. Wondering how to fit these steps in? At home, make multiple trips up and down the hall, do laps around your kitchen, or walk up and down the basement stairs several times a day. To get some fresh air and enjoy a change of scenery, take your dog for a walk, stroll through the park, hunt for beach treasures with a metal detector, or go on a brisk walk through the neighborhood. Walking with a friend or family member (socially distant, of course!) can also be a fun way to connect with others, relieve stress, and make every step count.

CARDIO IS CRITICAL

Aerobic activities that increase your heart rate can lower blood pressure and reduce the risk of cardiovascular disease. Therefore, cardio exercises are a critical part of any fitness program.

Pedaling a stationary bike, cycling, swimming, jogging, or playing tennis are just a few heart-healthy activities that help combat aging's adverse effects. Hiking, dancing, and water aerobics are also fun options!

BUILDING STRENGTH HAS BENEFITS

You don't have to do bench presses at the gym to build muscles. Lifting a basic set of hand weights or even cans of soup from the pantry at home at least twice a week strengthens your arms. Other exercises like squats build leg muscles, and rowing simulations strengthen your back.

Doing 10 to 15 reps of these strengthening exercises is a good starting point.

To challenge yourself, add more weight, and increase reps when your routine starts to feel too comfortable. Building strength naturally increases endurance - the more physical activity you enjoy, the stronger (and healthier) you'll be.

HOUSEHOLD CHORES ENHANCE HEALTH

If you dread housework, you're not alone. However, the upside to performing an endless list of rotating tasks like gardening, raking leaves, vacuuming, and washing windows is that these everyday household chores keep you active! Check off these to-do items and keep yourself moving, stretching, bending, and exerting energy - you're burning calories and, more importantly, staying active.

BALANCE BOOSTS BRAIN FUNCTION

Balancing exercises, such as standing on one leg, can sharpen neurological functions that decline with age. Getting up and down from the floor, sitting cross-legged, or walking with a book on your head also promotes flexibility and coordination.

Finally, you're never too old to learn something new! Try boosting your brainpower by picking up a new hobby like bird watching, geocaching, or ballroom dancing. Overall, blending exercise with recreational activities can make actively aging fun! ■

No pasa nada si empiezas a hacer ejercicio durante sólo 10 minutos al día. Dar pequeños pasos puede ayudar a prevenir lesiones y a mantener un estilo de vida más saludable. En general, lo que importa es moverse con frecuencia y seguir un plan de ejercicio físico.

CAMINAR HACE MARAVILLAS

Caminar es una de las formas más fáciles de ponerse en forma. Caminar hace trabajar los músculos del corazón, ayuda a perder peso y puede mejorar el estado de ánimo. Según un estudio del International Journal of Behavioral Nutrition and Physical Activity, los adultos mayores sanos deberían dar entre 2.000 y 9.000 pasos al día. ¿Se pregunta cómo dar esos pasos? En casa, suba y baje varias veces el pasillo, dé vueltas alrededor de la cocina o suba y baje las escaleras del sótano varias veces al día. Para respirar aire fresco y disfrutar de un cambio de aires, saque a su perro a pasear, camine por el parque, busque tesoros en la playa con un detector de metales o dé un paseo a paso ligero por el barrio. Caminar con un amigo o familiar (socialmente distante, por supuesto) también puede ser una forma divertida de conectar con otros, aliviar el estrés y hacer que cada paso cuente.

EL CARDIO ES FUNDAMENTAL

Las actividades aeróbicas que aumentan el ritmo cardíaco pueden reducir la presión arterial y el riesgo de enfermedades cardiovasculares. Por lo tanto, los ejercicios cardiovasculares son una parte fundamental de cualquier programa de fitness.

Pedalear en una bicicleta estática, montar en bicicleta, nadar, correr o jugar al tenis son sólo al-

gunas de las actividades saludables para el corazón que ayudan a combatir los efectos adversos del envejecimiento. El senderismo, el baile y los ejercicios aeróbicos acuáticos también son opciones divertidas.

DESARROLLAR LA FUERZA TIENE BENEFICIOS

No es necesario hacer press de banca en el gimnasio para desarrollar los músculos. Levantar un juego básico de pesas de mano o incluso latas de sopa de la despensa en casa al menos dos veces por semana fortalece los brazos. Otros ejercicios, como las sentadillas, fortalecen los músculos de las piernas, y los simulacros de remo fortalecen la espalda.

Hacer de 10 a 15 repeticiones de estos ejercicios de fortalecimiento es un buen punto de partida. Para desafiarte a ti mismo, añade más peso y aumenta las repeticiones cuando tu rutina empiece a parecerse demasiado cómoda. Desarrollar la fuerza aumenta de forma natural la resistencia: cuanto más actividad física realices, más fuerte (y más sano) estarás.

LAS TAREAS DOMÉSTICAS MEJORAN LA SALUD

Si temes las tareas domésticas, no eres el único. Sin embargo, la ventaja de realizar una lista interminable de tareas rotativas como la jardinería, el rastrillado de hojas, el aspirado y el lavado de ventanas es que estas tareas domésticas cotidianas le mantienen activo. Tacha estas tareas y sigue moviéndote, estirándote, agachándote y esforzándote: estarás quemando calorías y, lo que es más importante, te mantendrás activo.

EL EQUILIBRIO FAVORECE LA FUNCIÓN CEREBRAL

Los ejercicios de equilibrio, como ponerse de pie sobre una pierna, pueden agudizar las funciones neurológicas que disminuyen con la edad. Subir y bajar del suelo, sentarse con las piernas cruzadas o caminar con un libro en la cabeza también favorece la flexibilidad y la coordinación.

Por último, ¡nunca se es demasiado viejo para aprender algo nuevo! Intente potenciar su capacidad intelectual con un nuevo pasatiempo, como la observación de aves, el geocaching o los bailes de salón. En general, combinar el ejercicio con las actividades recreativas puede hacer que el envejecimiento activo sea divertido..■

Aerobic activities that increase your heart rate can lower blood pressure and reduce the risk of cardiovascular disease.

Las actividades aeróbicas que aumentan el ritmo cardíaco pueden reducir la presión arterial y el riesgo de enfermedades cardiovasculares.

SUPPORT FOR STRUGGLING BUSINESSES

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ty Enterprise Improvement Company (MBDA).

Miguel Estién, the performing nationwide director for the MBDA, said that this moment is a significant part of history, and he is excited to see the results of the new program and is happy to be a part of it.

“It is a historic achievement for a woman-led, minority enterprise capital fund — a sort of financing not simply obtainable for a lot of minority companies,” Estién stated.

MORE HELP FOR DIVERSE BUSINESSES

Just last month, The Enterprise Cen-

ter received a large grant of \$1 million for its 52nd Street Initiative.

The project aims to use the funding to add more businesses and create more jobs. Directors of the initiative are also hoping to redesign the area.

So far, there are many companies who have donated to the fund, such as Independence Blue Cross, College of Pennsylvania, and CHOP.

Clark is looking forward to seeing more companies invest in this program.

“We hope that different institutional traders will be part of us because the fund seeks to lift \$50 million to handle the capital hole confronted by quite a few minority and women-owned companies within the area,” said Clark. ■

extensión de Minority Enterprise Improvement Company (MBDA), de la División de Comercio de Estados Unidos.

Para Miguel Estién, director nacional de desempeño de la MBDA, este momento es histórico, y está emocionado de ver los resultados del nuevo programa y de formar parte de aquel.

“Es un logro histórico para un fondo de capital empresarial minoritario dirigido por mujeres, un tipo de financiación que no suele estar disponible para muchas empresas minoritarias”, dijo Estién.

MÁS AYUDA PARA EMPRESAS DIVERSAS

El mes pasado, The Enterprise Center recibió una gran subvención de 1

millón de dólares para su 52nd Street Initiative.

El proyecto tiene como objetivo utilizar los fondos para abrir más empresas y crear más puestos de trabajo. Los directores de la iniciativa también esperan rediseñar el área.

Si bien muchas empresas que han donado al fondo, como Independence Blue Cross, College of Pennsylvania y CHOP, Clark espera ver más inversionistas.

“Esperamos que diferentes comerciantes institucionales sean parte de nosotros porque el fondo busca recaudar 50 millones de dólares para manejar el agujero de capital que enfrentan bastantes empresas pertenecientes a minorías y mujeres en el área”, dijo Clark. ■

THE DOMINO EFFECT

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Employees are also frustrated with the current scheduling system that is set up a month in advance and gives employees little opportunity to modify it, if changes need to be made.

Grand Central Terminal store employees have named themselves ‘Fruit Stand Workers United.’ They want a minimum hourly wage of \$30 per hour as well as a handful of improved benefits, including more vacation time and better retirement options.

The Atlanta, Georgia store is asking

for wages to be raised to \$28 an hour, which employees say is the minimum needed to afford a one-bedroom apartment without being burdened by rent. An on-site election is proposed for May 5-7.

In Philly and elsewhere, the union push has been at Starbucks locations. As of April 13, the city now has six locations joining the national union wave, which kicked off at a store in Buffalo, New York. It was first of the more than 9,000 locations to unionize in the U.S. ■

anticipación, es difícil de modificar si es necesario hacer cambios.

Los empleados de la tienda Grand Central Terminal se han autodenominado la Unión de Trabajadores del Puesto de Frutas (Fruit Stand Workers United). Quieren un salario mínimo de 30 dólares por hora, así como un puñado de beneficios mejorados, que incluyen más tiempo de vacaciones y mejores opciones de jubilación.

La tienda de Atlanta, Georgia, está pidiendo un aumento en los salarios de

hasta 28 dólares por hora, el mínimo necesario para pagar un apartamento de una habitación sin sentir agobio, según los empleados. Se propone una elección presencial del 5 al 7 de mayo.

En Filadelfia y en otros lugares, el impulso sindical se ha dado en las ubicaciones de Starbucks. A partir del 13 de abril, seis puntos se unieron a la ola sindical nacional, que comenzó en una tienda en Búfalo, Nueva York. Fue el primero de los más de 9000 lugares en sindicalizarse en Estados Unidos. ■

SHAPIRO'S ROADMAP

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RETHINKING SCHOOL

For education, Shapiro believes the state has long not met its constitutional mandate for adequately funding its schools, including the School District of Philadelphia.

Since 2016, Pennsylvania has used its Fair Funding Formula to determine how to divide up state education funding. The formula takes into account things like the amount of students in a district, how many of them live in poverty, the median income of the households it serves, and a district’s ability to generate tax revenue,

among other factors. Shapiro believes overall, more money should be made available through the Fair Funding Formula to districts in need.

Second, he said he wants to put a mental health counselor in every school across the Commonwealth.

Third, Shapiro said the state needs to do away with standardized testing as a way to measure student achievement in school.

“It does not measure how successful a student can be and it doesn’t help teachers teach,” he said. ■

REPENSAR LA ESCUELA

En cuanto a la educación, Shapiro cree que el Estado no ha cumplido durante mucho tiempo con su mandato constitucional de financiar adecuadamente sus escuelas, incluido el Distrito Escolar de Filadelfia.

Desde 2016, Pensilvania ha utilizado su Fórmula de Financiamiento Justo para determinar cómo dividir los fondos estatales para la educación. La fórmula considera aspectos como la cantidad de estudiantes en un distrito, cuántos de ellos viven en la pobreza, el ingreso medio de los hogares a los que sirve y la capacidad de

un distrito para generar ingresos fiscales, entre otros factores. Shapiro cree que, en general, se debe disponer más dinero para los distritos necesitados, a través de la Fórmula de Financiamiento Justo.

Por otro lado, Shapiro afirmó su deseo de disponer de un consejero de salud mental en todas las escuelas de la mancomunidad.

Finalmente, el candidato dijo que el Estado debe eliminar las pruebas estandarizadas como una forma de medir el rendimiento de los estudiantes en la escuela. “No miden qué tan exitoso puede llegar a ser un estudiante y no ayudan a los maestros a enseñar”. ■

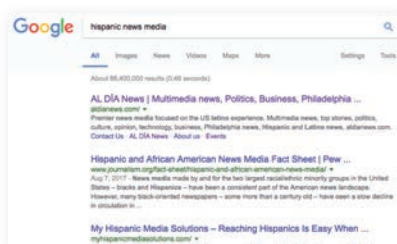
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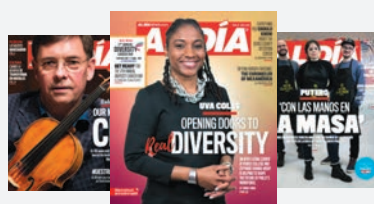
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SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION,CAMDEN COUNTY, DOCKET NO. F00523121 at Public Venue on WEDNESDAY the 25th Day of MAY, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.

<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in the TOWNSHIP OF GLOUCESTER, County of Camden, State of New Jersey. Name of Sale: THE FIRST NATIONAL BANK OF ELMER VS AMA PROPERTY HOLDINGS LLC

Street No.: 731 GRAISBURY AVENUE, BLACKWOOD, NJ 08012 Municipality : TOWNSHIP OF GLOUCESTER

County: CAMDEN COUNTY State : NEW JERSEY

Tax Lot and Block Nos.: LOT 26 BLOCK 10401 The Dimensions: 92.70' x 106.61' x 82.59' x 90.00' No. of feet to the Nearest Cross Street: APPROXIMATELY 164.81 FEET TO CEDAR AVENUE

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$278,055.22
TWENTY PERCENT DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, thereremains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.

The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Note: The Sheriff reserves the right to adjourn this sale without further notice through advertisement.

Seized as the property of: AMA PROPERTY HOLDINGS LLC, PRAKASH VASA; MITALI VASA; STATE OF NEW JERSEY and taken in execution of THE FIRST NATIONAL BANK OF ELMER

GILBERT L. "WHIP" WILSON SHERIFF

Sheriff's Number: 22000792 Dated: April 27, May 4, 11, 18, 2022

EISENBERG, GOLD & AGRAWAL, 1040 NORTH KINGS HIGHWAY

SUITE 200 CHERRY HILL, NJ 08034

\$152.64

SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION,CAMDEN COUNTY, DOCKET NO. F2425516 at Public Venue on WEDNESDAY The 1st Day of JUNE, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.

<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in the municipality of BOROUGH OF MERCHANTVILLE, County of Camden, State of New Jersey.

Premises commonly known as: 25 EUCLID AVENUE, MERCHANTVILLE, NJ 08109

Being Tax Lot: 6.01 in Block: 4

Dimensions approximately: 60' X 100'

Nearest Cross Street: W MAPLE AVENUE

As the above description does not constitute a full legal description, said full legal description is annexed to that certain mortgage recorded in the Camden County Clerk's office in Book 8692 at Page 1491. et seq.: New Jersey, and the Writ of Execution on file with the Sheriff of Camden County.

The Sheriff hereby reserves the right to adjourn this sale without further notice through publication.

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$530,477.44
TWENTY PERCENT DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.

The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Seized as the property of: JAMES R. WALKER, ET AL, and taken in execution of MTGLQ INVESTORS, L.P.

GILBERT L. "WHIP" WILSON SHERIFF

Sheriff's Number: 20000399 Dated: May 4, 11, 18, 25, 2022

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SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F01492617 at Public Venue on WEDNESDAY The 18th Day of MAY, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.
 https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/
 Property to be sold is located in the municipality of CITY OF CAMDEN, County of Camden, State of New Jersey.
 Premises commonly known as: 19 TERRACE AVENUE, CAMDEN, NJ 08105
 Mailing Address: 19 TERRACE AVENUE, CAMDEN, NJ 08105-2644
 Being Tax Block: #1061, Lot #8
 Nearest Cross Street: FEDERAL STREET
 Dimensions approximately: 18' x 99' M124
 A FULL LEGAL DESCRIPTION OF THE PREMISES CAN BE FOUND IN THE OFFICE OF THE SHERIFF OF CAMDEN COUNTY
 The property is sold subject to unpaid taxes, and any other municipal liens or assessments, including but not limited to Certificate No. 20-01406 sold on June 22, 2020 with an approximate redemption amount of \$727.12 as of January 31, 2022 and Certificate of Sale no. 21-01112 sold on December 13, 2021 with an approximate redemption amount of \$162.38 as of January 31, 2022
 The amount due can be obtained from the local taxing authority. Pursuant to N.J.S.A 46:88-21 the sale may also be subject to the limited lien priority of the Condominium / Homeowner Association liens which may exist.
 All interested parties are to conduct and rely upon their own independent investigation to ascertain whether any outstanding interests remain of record and/or have priority over the lien being foreclosed and, if so, the current amount due thereon.
 ** If the sale is set aside for any reason, the Purchaser at the sale shall only be entitled to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee or the Mortgagees attorneys.
 ADDITIONAL REQUIREMENTS: Purchaser must certify that Purchaser is not employed by the Toronto-Dominion Bank, or any of its subsidiaries or affiliated corporations (the "Bank"), nor is Purchaser related in any way with solicitors or agents retained by or on behalf of the Bank in relation to the property that is subject of this transaction and confirming that Purchaser is dealing at arm's length with the aforementioned parties.
 The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$106,377.80
TWENTY PERCENT
DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.
 The Sheriff or other person conducting the sale will have information regarding the surplus, if any.
 Seized as the property of: KAREN MALDONADO A/K/A KAREN IDALIZ MALDONADO; MR. MALDONADO HUSBAND OF KAREN MALDONADO A/K/A KAREN IDALIZ MALDONADO; THE STATE OF NEW JERSEY; THE NEW JERSEY HOUSING AND MORTGAGE FINANCE AGENCY; THE CITY OF CAMDEN; FEDERAL HOME LOAN BANK NEW YORK; AND CREDIT ACCEPTANCE CORPORATION and taken in execution of TD BANK, N.A., SUCCESSOR BY MERGER TO COMMERCE BANK, N.A.
 GILBERT L. "WHIP" WILSON
 SHERIFF
 Sheriff's Number: 22000715
 Dated: April 20, 26, May 4, 11, 2022
 DUANE MORRIS LLP
 30 SOUTH 17TH STREET
 9TH FLOOR
 PHILADELPHIA, PA, 19103

\$244.8

SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F02121618 at Public Venue on WEDNESDAY the 1st Day of JUNE, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.
 https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/
 Property to be sold is located in the BOROUGH OF GIBBSBORO, County of Camden, State of New Jersey.
 Premises commonly known as: 60 HOLLY ROAD, GIBBSBORO, NJ 08026
 Tax Lot #1.04; BLOCK #87
 Dimensions approximately: 183 X 100
 Nearest Cross Street: JACKSON AVENUE
 A full legal description can be found at the Office of the Register.
 Taxes and Other Encumbrances: 2nd Quarter of 2022 open balance in the amount of \$1,603.65*
 Taxes are current through 4 quarter of 2021*
 *Plus interest on these figures through date of payoff and any and all subsequent taxes, water and sewer amounts.
 SUBJECT TO: SUCH FACTS AS AN ACCURATE SURVEY AND PHYSICAL INSPECTION OF THE PREMISES MAY REVEAL, EASEMENTS AND RESTRICTIONS OF RECORD, IF ANY; UNPAID TAXES, ASSESSMENTS, WATER AND SEWER LIENS, IF ANY RIGHTS OF TENANTS AND OCCUPANTS IF ANY; STATE AND MUNICIPAL ORDINANCES, STATUTES AND REGULATIONS, INCLUDING ZONING ORDINANCES; ANY OUTSTANDING TAXES, WATER AND SEWER WITH INTEREST THROUGH THE DATE OF PAYOFF; IF THE SALE IS SET ASIDE FOR ANY REASON, THE PURCHASER AT THE SALE SHALL BE ENTITLED ONLY TO A RETURN OF THE DEPOSIT PAID. THE PURCHASER SHALL HAVE NO FURTHER RECOURSE, INCLUDING ANY COSTS AND EXPENSES, INCLUDING ATTORNEYS' FEES, FOR BIDDING UPON THE PROPERTY AGAINST THE MORTGAGEE OR THE MORTGAGEE'S ATTORNEY; THE OUTSTANDING TAXES, LIENS AND/OR ENCUMBRANCES DISCLOSED IN THIS PUBLICATION ARE ACCURATE AS OF THE DATE OF SUBMISSION TO THE SHERIFF ONLY. IT IS THE RESPONSIBILITY OF ANY POTENTIAL BIDDER AT SALE TO THE AMOUNT DUE, WHICH CAN BE OBTAINED FROM THE LOCAL TAXING AUTHORITY. PLAINTIFF HAS NO OBLIGATION TO FURTHER INVESTIGATE, PUBLISH OR ANNOUNCE ANY SUBSEQUENTLY ACCRUING TAXES, LIENS AND/OR ENCUMBRANCES. THIRD PARTY BIDDERS EXPRESSLY AGREE AND RECOGNIZE THAT THEY WILL TAKE TITLE SUBJECT TO THE EXISTENCE OF ANY SUBSEQUENTLY ACCRUING TAXES, LIENS AND/OR ENCUMBRANCES AND ABSOLUTELY AND UNEQUIVOCALLY RELEASE ANY RIGHT TO CHALLENGE THE VALIDITY OF THE SALE, BASED ON THE EXISTENCE OF SAME.
 THE SHERIFF HEREBY RESERVES THE RIGHT TO ADJOURN THIS SALE WITHOUT FURTHER NOTICE THROUGH PUBLICATION.
 A FULL LEGAL DESCRIPTION OF THE PREMISES CAN BE FOUND IN THE OFFICE OF THE SHERIFF OF CAMDEN COUNTY.
 The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$184,475.41
TWENTY PERCENT
DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.
 The Sheriff or other person conducting the sale will have information regarding the surplus, if any.
 Seized as the property of: BRIAN MORRIS, HIS HEIRS, DEVISEES AND PERSONAL REPRESENTATIVES AND HIS OR ANY OF THEIR SUCCESSORS IN RIGHT, TITLE AND INTEREST AND, ET. AL and taken in execution of LIMOSA, LLC
 GILBERT L. "WHIP" WILSON
 SHERIFF
 Sheriff's Number: 22000803
 DATED: May 4, 11, 18, 25, 2022
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 SUITE 407
 CHERRY HILL, NJ 08034

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By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F01739718 at Public Venue on WEDNESDAY the 18TH Day of MAY, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.
<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

All that certain land and premises situated in the CITY OF CAMDEN, County of Camden, State of New Jersey, being more particularly described as

Lot : 134; Block: 1285 on the Tax Map of the CITY OF CAMDEN
 Approximate Dimensions: 100.00 FT X 15.00 FT X 100.00 FT X 15.00 FT

Nearest Cross Street: KENWOOD AVENUE
 Being more commonly known as: 1321 PARK BOULEVARD, CAMDEN, NJ 08103

Pursuant to a municipal tax search dated March 14, 2022. Subject to:

2022 1st quarter taxes due 2/1/2022, \$553.43 OPEN PLUS PENALTY

2022 2nd quarter taxes due 5/1/2022 \$553.42 OPEN CCMUA: Acct 080180060, \$54.75 OPEN PLUS PENALTY, \$254.18 OPEN PLUS PENALTY; OWED IN ARREARS
 Vacant Lot Charge: To: 3/21/2022 \$500.00 OPEN AND DUE 3/21/2022

Water/Sewer: Acct, 77-0463109-7, \$249.55 OPEN PLUS PENALTY Subject to Final Reading
 SUBJECT TO TAX SALE. SUBJECT TO ADDITIONAL FEES
 The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$141,140.39
TWENTY PERCENT
DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money. The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Note: The sheriff reserves the right to adjourn this sale for any length of time without further advertisement.

Seized as the property of: JOHN E. RAGIN; WILLIEAN FRANK, and taken in execution of WILMINGTON SAVINGS FUND SOCIETY, FSB, AS TRUSTEE OF UPLAND MORTGAGE LOAN TRUST
 GILBERT L. "WHIP" WILSON
 SHERIFF

Sheriff's Number: 19004338
 Dated: April 20, 27, May 4, 11, 2022
 HILL WALLACK LLP
 21 ROSZEL ROAD
 P.O. BOX 5226
 PRINCETON, NJ 08543

\$178.56

SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F00038720 at Public Venue on WEDNESDAY The 11th Day of MAY, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.

<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in the municipality of TOWNSHIP OF GLOUCESTER, County of Camden, State of New Jersey.

Premises commonly known as: 1008 ABERDEEN LANE
 Being Tax Lot: 8001; Lot 1Qual C1008
 Dimensions approximately: CONDO
 Nearest Cross Street: WIMBLETON WAY

For interested parties regarding Sheriff's Sale, please contact Auction.com at (800) 793-6107

Contact local tax office for any upcoming/overdue amounts owed. Subject to any unpaid taxes, municipal liens or other charges, and any such taxes, charges, liens, insurance premiums or other advances made by plaintiff prior to this sale.

The amount due can be obtained from the local taxing authority. Pursuant to NJSA 46:8B-21 the sale may also be subject to the limited lien priority of any condominium/home-owner association liens which may exist
****All interested parties are to conduct and rely upon their own independent to ascertain whether or not any outstanding interest remain of record and/or have priority over the lien being foreclosed and, if so the current amount due thereon**

Successful Bidder will be responsible for the \$350 fee to fund the NJ Foreclosure Intervention Fund.

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$223,616.19
TWENTY PERCENT
DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money. The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Note: The Sheriff hereby reserves the right to adjourn this sale without further notice through publication.

Seized as the property of: JOSEPH M. STRANO, HIS HEIRS, DEVISEES AND PERSONAL REPRESENTATIVES AND HIS/HER, T OR ANY OF THEIR SUCCESSORS IN RIGHT TITLE AND INTEREST, ET AL, and taken in execution of LOANCARE, LLC
 GILBERT L. "WHIP" WILSON
 SHERIFF

Sheriff's Number: 22000648
 Dated: April 13, 20, 27, May 4, 2022
 MCCABLE, WEISBERG & CONWAY, P.C.
 216 HADDON AVENUE
 SUITE 201
 WESTMONT, NJ 08108

\$195.84

SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F00915618 at Public Venue on WEDNESDAY The 11th Day of MAY, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.

<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in the municipality of BOROUGH OF LAUREL SPRINGS, County of Camden, State of New Jersey.

Premises commonly known as:
 7228 WALNUT AVENUE, LAUREL SPRINGS, NJ 08109
 Number of Feet to Nearest Cross Street: APPROXIMATELY 225 FEET NORTHERLY FROM THE NORTH WESTERLY LINE OF PARK AVENUE

Tax Lot and Block NO.: LOT 34: BLOCK 3205. TOWNSHIP OF PENNSAUKEN, County of Camden.

Dimensions approximately: 60 FEET WIDE BY 225 FEET LONG
 Amount Due for Taxes: Taxes due in the approximate amount of \$1,942.86 as of 02/07/22

Sale may be subject to subsequent taxes, liens utilities and interest since 02/07/22

As the above description does not constitute a full legal description, said full legal description is annexed to that certain mortgage recorded in the Camden County Clerk's office in Book 10277 at Page 1018, et seq.: New Jersey, and the Writ of Execution on file with the Sheriff of Camden County.

Subject to: All unpaid municipal taxes, assessments and liens; Any set of facts of which an accurate survey would disclose; Any restrictions or covenants on record which run with the land; Rights of the United States of America, if any; Any Condominium lien priority, pursuant to NJSA 46:8B-21, if any; Any outstanding PUD or Homeowner's Associations due or fees if any; Any occupants or persons in possession of the property, if any; Additional municipal charges, liens, taxes or tax sale certificates and insurance, if any; and any such taxes municipal liens or other charges, liens, insurance premiums or other charges can be obtained from the local taxing authority. All interested parties are to conduct and rely upon their own independent investigation to ascertain whether or not any outstanding interest remain of record and/or have priority over the lien being foreclosed and, if so, the current amount due thereon. **

if the sale is set aside for any reason, the Purchaser at the sale shall be entitled only a return of the depository paid. The Purchaser shall have no further recourse against the Mortgagor, Mortgagee or the Mortgagee's Attorney.

The Sheriff hereby reserves the right to adjourn this sale without further notice through publication.

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$252,567.61
TWENTY PERCENT
DEPOSIT REQUIRED

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money. The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Note: The Sheriff hereby reserves the right to adjourn this sale without further notice through publication.

Seized as the property of: ELAINE R. AUGUSTINE, ET AL and taken in execution of THE MONEY SOURCE INC.
 GILBERT L. "WHIP" WILSON
 SHERIFF

Sheriff's Number: 18003939
 Dated: April 13, 20, 27, May 4, 2022
 GROSS POLOWY, LLC
 2500 PLAZA S
 SUITE 2548
 JERSEY CITY NJ 07311

\$227.52

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SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F00381021 at Public Venue on WEDNESDAY the 11TH Day of APRIL, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4. <https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in WINSLOW TOWNSHIP, State of New Jersey.

Premises commonly known as: 57 ABERDALE LANE, SICKLERVILLE, NJ 08081 Being Tax Lot: 26 Block: 11701 FKA 61 Dimensions approximately: 75 FEET WIDE BY 150 FEET LONG Nearest Cross Street: ARBOR MEADOW DRIVE

The Sheriff hereby reserves the right to adjourn this sale without further notice through publication.

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$136,996.93
**TWENTY PERCENT
DEPOSIT REQUIRED**

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.

The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Seized as the property of: JOSEPHINE CHAN HIS/HER HEIRS, DEVISEES, AND PERSONAL REPRESENTATIVES, AND HIS, HER, THEIR OR ANY OF THEIR SUCCESSORS IN RIGHT, TITLE AND INTEREST, ET AL, and taken in execution of MIDFIRST BANK

GILBERT L. "WHIP" WILSON SHERIFF
Sheriff's Number: 22000689
Dated: April 13, 20, 27, May 4, 2022

KML LAW GROUP, PC
MELLON INDEPENDENCE CENTER
SUITE 5000
PHILADELPHIA, PA 19106

\$141.12

SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F01836214 at Public Venue on WEDNESDAY The 18th Day of MAY, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.

<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in the municipality of TOWNSHIP OF PENNSAUKEN, County of Camden, State of New Jersey.

Premises commonly known as:
4620 ROOSEVELT AVENUE, PENNSAUKEN, NJ 08109
Tax Block: 5712 f/k/a 4 & 14A

Dimensions approximately:

122.90' x 111.01' x 65.87' x 95.00'

Nearest Cross Street: TERRACE AVENUE

"THE SHERIFF HEREBY RESERVES THE RIGHT TO ADJOURN THIS SALE WITHOUT FURTHER NOTICE THROUGH PUBLICATION"

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$61,948.89
**TWENTY PERCENT
DEPOSIT REQUIRED**

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.

The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Seized as the property of: JULIO RIVERA, ET AL. and taken in execution of FEDERAL NATIONAL MORTGAGE ASSOCIATION BY ASSIGNEE WILMINGTON SAVINGS FUND SOC FSB, D/B/A CHRISTIANA TRUST, NOT INDIVIDUALLY BUT AS TRUSTEE FOR PRETIUM MORTGAGE ACQUISITION TRUST
GILBERT L. "WHIP" WILSON
SHERIFF

Sheriff's Number: 19004441
Dated: April 20, 27, May 4, 11, 2022
PLUESE, BECKER & SALTZMAN

20000 HORIZON WAY
SUITE 900
MT. LAUREL, NJ 08054

\$152.64

SHERIFF'S SALE

By virtue of a Writ of execution, to me directed, issued out Of the SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION, CAMDEN COUNTY, DOCKET NO. F00885519 at Public Venue on WEDNESDAY the 1st Day of JUNE, 2022 A.D. at 12 o'clock, LOCAL TIME, noon of said day, at the Camden County College, Blackwood, 200 College Drive, Blackwood, NJ 08012 in the Connector Building, Civic Hall (105) Parking Lots 3 and 4.

<https://www.camdencc.edu/about-1/contact-ccc-blackwood-directions/>

Property to be sold is located in the TOWNSHIP OF CHERRY HILL, County of Camden, State of New Jersey. Commonly known as: 1142 CHANTICLEER, UNIT 11422, TOWNSHIP OF CHERRY HILL, NJ 08003

Tax Lot #1 in Block #: 520.04 Qual C1142

Dimensions (Approx.): CONDO

Nearest Cross Street: REYNARD CT

IMPORTANT: Indicate lien information, if any, to be advertised pursuant to the Supreme Court decision of 10/28/99 - Summit Bank vs. Dennis Thiel (A-58-98).

Sheriff: kindly advertise the following: N/A

By: /s/ Adam J. Friedman, Esq.

The judgment sought to be satisfied by the sale is:

"APPROXIMATELY"
\$217,847.06
**TWENTY PERCENT
DEPOSIT REQUIRED**

SURPLUS MONEY: If after the sale and satisfaction of the mortgage debt, including costs and expenses, there remains any surplus money, the money will be deposited into the Superior Court Trust Fund and any person claiming the surplus, or any part thereof, may file a motion pursuant to Court Rules 4:64-3 and 4:57-2 stating the nature and extent of that person's claim and asking for an order directing payment of the surplus money.

The Sheriff or other person conducting the sale will have information regarding the surplus, if any.

Seized as the property of: KWANGSOO KIM; THE COMMONS AT CHANTICLEER CONDOMINIUM ASSOCIATION, INC.; FIRST AMERICAN TRUST LLC; SAM CHEUNG INC D/B/A SAM'S LIQUOR; WESCO INSURANCE COMPANY, SUBROGEE KIN YEUN CHEUNG; SANTANDER BANK NA F/K/A SOVEREIGN BANK NA; JSM AT CHRIS GAUPP LLC; SO H. AN A/K/A AN SO HYUN; TRUE WORLD FOODS INC. D/B/A NEW YOURK FISH HOUSE INC. COLORADO CAPITAL INVESTMENTS; MIDLAND FUNDING LLC; MIDLAND FUNDING LLC, ASSIGNEE OF CITIBANK SOUTH DAKOTA NA and taken in execution of U.S. BANK TRUST NATIONAL ASSOCIATION, AS TRUSTEE OF DWELLING SERIES IV TRUST
GILBERT L. "WHIP" WILSON
SHERIFF

Sheriff's Number: 22000824
Dated: May 4, 11, 18, 25, 2022
FRIEDMAN VARTOLO LLP

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Op-Ed

WEEKLY SECTION



HEALTH FIRST

The Latin American scene regarding public spending on health because of the pandemic, what needs to be done?

El panorama de América Latina a propósito del gasto público en salud a raíz de la pandemia. ¿Qué falta por hacer?

DepositPhoto

By **GOE ROJAS HERNÁNDEZ***
AL DÍA THOUGHT LEADERS

ENGLISH | ESPAÑOL

We are optimistic that the world has made progress in reducing premature deaths and transmitted diseases by increasing life expectancy, according to the World Health Statistics 2020 report: monitoring health for the SDG (Sustainable Development Goals, from the World Health Organization [WHO]).

However, we also find how risk factors like obesity, unfavorable conditions due to environmental pollution, mental health carelessness, the increase in violence, natural disasters, among others, have also grown. In that way, we need in-depth work to mitigate these problems because they directly affect people's quality of life.

In line with the National Association of Entrepreneurs (ANDI in Spanish) and the University of Antioquia in Colombia, while Uruguay, Costa Rica, Colombia and Argentina prevented their citizens from incurring big expenses during the pandemic, Mexico, Peru, Ecuador and Brazil registered people who sold their properties to cover those expenses.

As defined in the study, it is discussed "how, in Latin American countries, the problem of the pandemic has been faced in terms of expenses, especially in relation to Government spending and out-of-pocket expenses".

Accordingly, the WHO points out that in Latin America, while 12% of

the population spends 10% of their family budget on health services, for some families such care meant falling into extreme poverty.

The ANDI and the University of Antioquia state that public spending in Colombia was addressed to the adequacy of the hospital sector, Covid-19 patients' care and vaccination.

Therefore, it is not surprising the World Bank states high-income countries have 15 times more doctors than low-income countries, where there are gaps in the professionals of related careers in terms of the relevance of their skills.

We were able to conclude that the path to proper health management requires more than adequate technology. An ecosystem adapted to needs, robust information systems, and trained talent in areas like administration, marketing, statistics, finance, engineering, and communications with emphasis in health; professionals capable of innovating for the sustainability and equity of the system are fundamental.

Another factor that must be resolved also referred to in the ANDI study has to do with the vaccination programs in children and chronic patients' care, as they were relegated by the pandemic, excluding services and key procedures for population health. ■

() Doctor in Pedagogy. Rector of the Colombian School of Rehabilitation (ECR). goe.rojas@ecr.edu.co*

Con optimismo vemos que el mundo ha avanzado en la disminución de muertes prematuras y enfermedades transmisibles aumentando la esperanza de vida, según el informe de Estadísticas sanitarias mundiales 2020: monitoreando la salud para los ODS (Objetivos de Desarrollo Sostenible, de la Organización Mundial de la Salud (OMS).

Con un poco de reserva encontramos cómo también han crecido factores de riesgo como la obesidad, las condiciones desfavorables por la contaminación del medio ambiente, el descuido de la salud mental, el aumento de la violencia, desastres por amenazas naturales, entre otros. Hace falta una labor de fondo para mitigarlos porque inciden directamente en la calidad de vida de hombres y mujeres.

Es asombroso que, según la Asociación Nacional de Empresarios de Colombia (ANDI) y la Universidad de Antioquia en Colombia, mientras Uruguay, Costa Rica, Colombia y Argentina evitaron que sus ciudadanos incurrieran en gastos catastróficos en salud durante la pandemia, México, Perú, Ecuador y Brasil registraron personas que llegaron a vender sus propiedades para poder cubrir dichos gastos.

Como lo dice en uno de sus apartes el estudio realizado desde Colombia y publicado en febrero, se examina "cómo, en los países de América Latina, se ha afrontado la problemática de la pandemia en términos de gastos, especialmente con relación al gasto gubernamental o público y al gasto de bolsillo".

En este sentido, la OMS señala que en América Latina mientras el 12% de la población gasta 10% de su presupuesto familiar

en servicios de salud, para algunas familias buscar dicha atención ha significado caer en la pobreza extrema.

Entre las conclusiones de la ANDI y de la Universidad de Antioquia se destaca que el gasto público en la región se concentró mayoritariamente en la adecuación del sector hospitalario, en atender a los pacientes afectados por Covid-19 y en poner en marcha la vacunación.

Por eso, no sorprende que el Banco Mundial indique que los países de ingresos altos tienen 15 veces más médicos que los países de ingresos bajos, donde existen deficiencias en los profesionales de carreras afines en cuanto a la pertinencia de sus competencias.

Logramos concluir que el camino a la gestión apropiada de la salud requiere no solo de adecuada tecnología, de un ecosistema adaptado a las necesidades, de sistemas de información robustos, sino también de talento formado en áreas como administración, marketing, estadística, finanzas, ingeniería, comunicaciones con especialización en el sector salud; profesionales capaces de innovar para la sostenibilidad y la equidad del sistema.

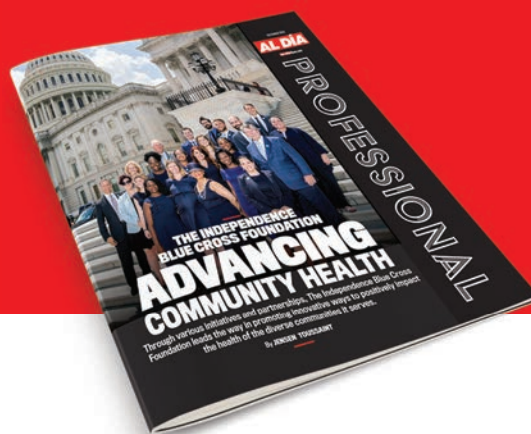
Otro de los factores que deberá resolverse también referidos en el estudio de la ANDI tiene que ver con recuperar el impulso en programas como la vacunación a niños y la atención a los pacientes crónicos, que quedaron relegados por la pandemia, sin contar más servicios y procedimientos clave para la salud de la población. ■

() Doctora en Pedagogía. Rectora de la Escuela Colombiana de Rehabilitación (ECR). goe.rojas@ecr.edu.co*

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