



Breves de América Latina

Latin briefs



El peso 'eclipsa' al dólar de EE.UU. y cotiza a 16.30

por los servicios de cable de El Reportero

El peso mexicano continuó su buena racha el lunes, apreciándose a su nivel más alto frente al dólar en casi nueve años.

Después de fortalecerse el viernes para cerrar a 16.46 por dólar, el peso se apreció alrededor de 1 por ciento para llegar a 16.30 por dólar el lunes, su posición más fuerte desde agosto de 2015.

Posteriormente, la moneda se debilitó ligeramente para cerrar en 16.33, según el Banco de México.

Al afirmar que el peso mexicano había "eclipsado" al dólar estadounidense en un día en el que la luna oscureció totalmente la vista del sol desde partes de América del Norte, el periódico El Financiero informó que el

Ver BREVES LATINOS página 7

Peso 'eclipsa' US dólar, trades at 16.30

by the El Reportero's wire service

The Mexican peso continued its hot streak on Monday, appreciating to its strongest level against the dollar in almost nine years.

After strengthening on Friday to close at 16.46 to the greenback, the peso appreciated around 1 percent to reach 16.30 to the dollar on Monday, its strongest position since August 2015.

The currency subsequently weakened slightly to close at 16.33, according to the Bank of Mexico.

Asserting that the Mexican peso had "eclipsed" the US dollar on a day on which the moon totally obscured the view of the sun from parts of North America, the El Financiero newspaper reported that the peso was the world's best-performing emerging market currency in Monday trading.

See LATIN BRIEFS page 3

México presentará denuncia contra Ecuador ante la Corte Internacional de Justicia

por Mexico News Daily

México presentará una denuncia contra Ecuador ante la Corte Internacional de Justicia (CIJ) por el allanamiento policial de la semana pasada a la embajada de México en Quito el jueves, dijo el presidente Andrés Manuel López Obrador (AMLO) en su conferencia de prensa matutina del miércoles.

México rompió sus relaciones diplomáticas con Ecuador el sábado después

de que la policía irrumpiera en la embajada de México el viernes por la noche para arrestar al exvicepresidente ecuatoriano Jorge Glas, quien estuvo en el cargo de 2013 a 2017 pero se le había prometido asilo en México. La embajadora Raquel Serur Smeke, a quien Ecuador declaró persona non grata antes del ataque, y otro personal diplomático regresaron a México el domingo.

Ver MÉXICO página 5

Mexico to file complaint against Ecuador with International Court of Justice

by Mexico News Daily

Mexico will file a complaint against Ecuador with the International Court of Jus-

tice (ICJ) over last week's police raid on the Mexican embassy in Quito on Thursday, President Andrés Manuel López Obrador (AMLO)

said at his Wednesday morning press conference.

Mexico severed its diplomatic relations with Ecuador on Saturday after police broke into the Mexican Embassy on Friday night to arrest former Ecuadorian vice president Jorge Glas, who was in office from 2013 to 2017 but had been promised asylum in Mexico. Ambassador Raquel Serur Smeke — whom Ecuador declared a persona non grata before the raid — and other diplomatic personnel returned to Mexico on Sunday.

Glas has been twice convicted for corruption in Ecuador and is currently facing new charges that he misused earthquake reconstruction funds. He has long claimed that the corruption charges leveled against him have been politically motivated, an allegation Ecuador's government denies.

Mexican Foreign Affairs Minister Alicia Bárcena explained that the decision to break ties with the South American nation was taken "in view of [Ecuador's] flagrant and serious violation of the Vienna Convention on Diplomatic Relations, in particular of the principle of inviolability of Mexico's diplomatic premises and personnel and the basic rules of international coexistence."

López Obrador, who called the forcible entry to the embassy "a flagrant violation of international law and Mexico's sovereignty, said Wednesday that there has been a lot of domestic and international "solidarity" with Mexico following last Friday's events.

"Our people condemn this violation of our sovereignty, the vast majority of

See MEXICO page 2

Rompiendo los estigmas culturales en torno al Alzheimer

El estigma en torno a la enfermedad de Alzheimer, la segunda causa de muerte en California - impide que muchas comunidades obtengan ayuda

por Selen Ozturk

El estigma en torno a la enfermedad de Alzheimer, la segunda causa de muerte en California,

impide que muchas comunidades obtengan ayuda.

En respuesta, el Departamento de Salud Pública de California (CDPH) está lanzando Take on Alzheimer's, una nueva campaña para reducir el estigma enseñando a los californianos cómo detectar la enfermedad y qué hacer después de un diagnóstico.

Ver ALZHEIMER página 3

Breaking cultural stigmas around Alzheimer's

Stigma around Alzheimer's disease — the second-leading cause of death in California — prevents many communities from getting help

by Selen Ozturk

Stigma around Alzheimer's disease — the second-leading cause of death in Cali-

fornia — prevents many communities from getting help.

In response, the California Department of Public Health (CDPH) is launching Take on Alzheimer's, a new campaign to reduce the stigma by teaching Californians how to spot the disease and what to do after a diagnosis.

See ALZHEIMER page 3

Una porción de vinagre de sidra de manzana al día puede contribuir a objetivos de pérdida de peso saludable, dice estudio

por Zoey Sky

Según un estudio experimental, el vinagre de manzana puede ayudar a perder peso, reducir los niveles de glucosa en sangre y reducir los lípidos en sangre (colesterol y triglicéridos).

Sin embargo, el equipo de investigación advirtió que aún es necesario hacer algo más que consumir vinagre de sidra de manzana todos los días. Los detalles del estudio se publicaron en la revista BMJ Nutrition, Prevention & Health.

El vinagre de sidra de



manzana se elabora a partir de manzanas fermentadas y tiene un alto contenido natural de ácido acético.

Este superalimento

también es popular entre los entusiastas de la salud porque ofrece varios ben-

Ver SALUD página 3

A serving of apple cider vinegar a day can support healthy weight loss goals, says study

by Zoey Sky

According to an experimental study, apple cider vinegar may help with weight loss, reduce blood glucose levels and reduce blood lipids (cholesterol and triglycerides).

However, the research team advised that you still need to do more than just consume apple cider vinegar every day. Details of the study were published in the journal *BMJ Nutrition, Prevention & Health*.

Apple cider vinegar is made from fermented apples and is natu-

rally high in acetic acid.

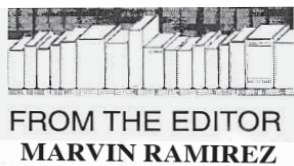
This superfood is also popular among health enthusiasts because it offers several health benefits, from antibacterial properties to antioxidant effects and the potential to help control blood sugar.

Apple cider vinegar's origins as a health tonic can be traced to Hippocrates, who used it to treat wounds, fever and skin sores.

For the experimental study, a research team in Lebanon conducted a double-blind, randomized clinical trial involving overweight

See HEALTH page 6

Editorial & Comentarios Editorial & Commentaries



La VERDADERA solución a la locura de la ONU

NOTA DEL EDITOR:

El contenido de este artículo, escrito por el periodista James Corbett, no refleja el punto de vista ni la opinión de El Reportero y su personal. Se comparte para entretener y explorar diversas ideas. - Marvin Ramírez

por Corbett |

7 de abril de 2024: Nunca adivinarás lo que acaba de suceder. ¡*Politico* publicó un artículo sobre una solución real! ¡Sí, una solución sincera! Impactante, ¿no? Aún más impactante: ¡es una solución que detalla cómo podemos liberarnos de las garras de la ONU! Y lo más impactante de todo: esta solución pro-

puesta no es un truco de "no nos arrojen al zarzal" para lograr que el público respalde algún plan alternativo para la esclavización global. Es una solución que ataca la raíz del problema y, por extensión, amenaza la propia agenda globalista.

Ahora bien, no nos dejemos llevar por esto. Naturalmente, los perros falderos del establishment en *Politico* sólo han informado sobre esta solución para menospreciar la idea y a quienes la promueven. Pero aún así, ver que se discute una solución real en una plataforma de medios de dinosaurios es en sí mismo un avance sorprendente.

Entonces, ¿qué diablos está pasando aquí? Pongámonos las gafas de lectura y echemos un vistazo.

Si sigues exclusivamente las principales noticias y la propaganda del establishment, es posible que hayas oído hablar del Acuerdo de París, el acuerdo adoptado en las conversaciones anuales sobre el clima de la "Conferencia de las Partes" de la ONU en París en 2015. Y, si sigues exclusivamente esas fuentes de desinformación, entonces tendrá una idea vaga y confusa de que el Acuerdo de París es un pergamino mágico que, mediante algún proceso místico que no puede explicar del todo, apaciguará a los dioses del clima lo suficiente como para limitar los futuros aumentos de la temperatura global a 1,5 °C. (2,7°F).

Ver EDITORIAL página 6

The REAL solution to the UN madness

NOTE FROM THE EDITOR:

The content of this article, authored by journalist James Corbett, does not reflect the view and opinion of *El Reportero* and its staff. It is shared for entertainment and to explore diverse ideas. - Marvin Ramírez

by Corbett |

Apr 7, 2024 - You'll never guess what just happened. *Politico* published an article about a real solution!

Yes, an honest-to-goodness solution! Shocking, isn't it?

Even more shocking: it's a solution that details how we can free ourselves from the clutches of the UN!

And the most shocking thing of all: this proposed solution *isn't* a "don't throw us in the briar patch" trick

to get the public to back some alternative plan for global enslavement. It's a solution that attacks the root of the problem and, by extension, threatens the globalist agenda itself.

Now, let's not get carried away here. Naturally, the establishment lapdogs over at *Politico* have only reported on this solution in order to disparage the idea and those who are forwarding it. But still, to see an actual solution being discussed on a dinosaur media platform at all is itself an amazing development.

So, what on earth is going on here? Let's put on our reading glasses and take a look.

If you exclusively follow mainstream news and establishment propaganda, you might have heard of the Paris Agreement, the accord adopted at the UN's

annual "Conference of the Parties" climate talks in Paris in 2015. And, if you do exclusively follow those sources of misinformation, then you'll have some vague, woolly-headed idea that the Paris Agreement is a magical parchment that will—through some mystical process you can't quite explain—placate the weather gods enough to limit future global temperature increases to 1.5°C (2.7°F).

If, however, you are a dedicated Corbett Reporteer, then you'll know that the so-called "Paris Agreement" is in fact the demon spawn of that linchpin of global governance, the United Nations Framework Convention on Climate Change; "The magic 1.5" goal of said agreement

See EDITORIAL page 6

Chris Hedges: Una burla a la justicia británica

Los tribunales británicos llevan cinco años negando el debido proceso a Julian Assange a medida que su salud física y mental se deteriora. Ese es el objetivo de su juicio espectáculo.

—por Chris Hedges

Los fiscales que representan a Estados Unidos, ya sea por intención o por incompetencia, se negaron (en la audiencia de dos días a la que asistí en Londres en febrero) a ofrecer garantías de que a Julian Assange se le concederían los derechos de la Primera Enmienda y se le evitaría la pena de muerte si era extraditado al A NOSOTROS.

La incapacidad de dar estas garantías prácticamente garantizó que el Tribunal Superior, como lo hizo el martes, permitiría a los abogados de Julian apelar. ¿Se hizo esto para ganar tiempo y que Julian no fuera extraditado hasta después de las elecciones presidenciales de Estados Unidos? ¿Fue una táctica dilatoria llegar a un acuerdo de culpabilidad?

Los abogados de Julian y los fiscales estadounidenses están discutiendo esta posibilidad. ¿Fue un trabajo legal descuidado? ¿O fue para mantener a Julian encerrado en una prisión de alta se-

guridad hasta que colapsara mental y físicamente?

Si Julian es extraditado, será juzgado por supuestamente violar 17 cargos de la Ley de Espionaje de 1917, con una sentencia potencial de 170 años, junto con otro cargo por "conspiración para cometer intrusión informática" que conllevará cinco años adicionales.

El tribunal permitirá a Julian apelar puntos técnicos menores: se deben respetar sus derechos básicos de libertad de expresión, no puede ser discriminado por su nacionalidad y no puede estar bajo amenaza de pena de muerte.

Ninguna nueva audiencia permitirá a sus abogados centrarse en los crímenes de guerra y la corrupción que WikiLeaks expuso. Ninguna nueva audiencia le permitirá a Julian montar una defensa de interés público. Ninguna nueva audiencia discutirá la persecución política de un editor que no ha cometido ningún delito.

El tribunal, al pedir a Estados Unidos garantías de que a Julian se le concederían los derechos de la Primera Enmienda en los tribunales estadounidenses y no sería sujeto a la pena de muerte, le ofreció a Estados Unidos una salida fácil: dale las garantías y

la apelación es rechazada.

Es difícil ver cómo Estados Unidos puede rechazar al panel de dos jueces, compuesto por Dame Victoria Sharp y el juez Jeremy Johnson, que emitió el martes una sentencia de 66 páginas acompañada de una orden judicial de tres páginas y una conferencia de prensa de cuatro páginas.

La audiencia de febrero fue la última oportunidad de Julian para solicitar una apelación de la decisión de extradición tomada en 2022 por la entonces ministra del Interior británica, Priti Patel, y muchas de las sentencias de la jueza de distrito Vanessa Baraitser en 2021.

Si a Julián se le niega una apelación, puede solicitar una suspensión de emergencia de la ejecución ante el Tribunal Europeo de Derechos Humanos (TEDH) conforme a la Regla 39, que se concede en "circunstancias excepcionales" y "sólo cuando existe un riesgo inminente de daño irreparable".

Pero es posible que el tribunal británico ordene la extradición inmediata de Julian antes de una instrucción de la Regla 39, o decida ignorar una solicitud del TEDH para permitir que

Ver COLUMNA página 7

Chris Hedges: A mockery of British Justice

British courts for five years have denied due process to Julian Assange as his physical and mental health deteriorates. That is the point of his show trial

—by Chris Hedges

Prosecutors representing the United States, whether by design or incompetence, refused — in the two-day hearing I attended in London in February — to provide guarantees that Julian Assange would be afforded First Amendment rights and would be spared the death penalty if extradited to the U.S.

The inability to give these assurances all but guaranteed that the High Court — as it did on Tuesday — would allow Julian's lawyers to appeal. Was this done to stall for time so that Julian would not be extradited until after the U.S. presidential election? Was it a delaying tactic to work out a plea deal?

Julian's lawyers and U.S. prosecutors are discussing this possibility. Was it careless legal work?

Or was it to keep Julian locked in a high security prison until he collapses mentally and physically?

If Julian is extradited, he will stand trial for allegedly violating 17 counts of the 1917 Espionage Act, with a potential sentence of 170 years, along with another charge for "conspiracy to commit computer intrusion" carrying an additional five years.

The court will permit Julian to appeal minor technical points — his basic free speech rights must be honored, he cannot be discriminated against on the basis of his nationality and he cannot be under threat of the death penalty.

No new hearing will allow his lawyers to focus on the war crimes and corruption that WikiLeaks exposed. No new hearing will permit Julian to mount a public-interest defense. No new hearing will discuss the political persecution of a publisher who has not committed a crime.

The court, by asking the U.S. for assurances that Julian would be granted

First Amendment rights in the U.S. courts and not be subject to the death penalty, offered the U.S. an easy out — give the guarantees and the appeal is rejected.

It is hard to see how the U.S. can refuse the two-judge panel, composed of Dame Victoria Sharp and Justice Jeremy Johnson, which issued on Tuesday a 66-page judgment accompanied by a three-page court order and a four-page media briefing.

The hearing in February was Julian's last chance to request an appeal of the extradition decision made in 2022 by the then British home secretary, Priti Patel, and many of the rulings of District Judge Vanessa Baraitser in 2021.

If Julian is denied an appeal, he can request an emergency stay of execution from the European Court of Human Rights (ECtHR) under Rule 39, which is given in "exceptional circumstances" and "only where there is an imminent risk of irreparable harm."

See COLUMN page 6

MEXICO from page 1

Mexicans don't agree with the authoritarian behavior of the government of Ecuador. ... The majority of governments around the world condemn these actions," said AMLO, who on Tuesday accused the United States and Canada of being "very ambiguous" in their positions on the incident.

U.S. National Security Advisor Jake Sullivan subsequently condemned Ecuador's actions, saying that "the Ecuadorian government disregarded its obligations under international law as a host state to respect the inviolability of diplomatic missions."

López Obrador noted that the Organization of American States — a regional body of 32 countries — also spoke out against Ecuador.

"All the governments represented — and even Secretary [General] Luis Almagro, who has had a very conservative, antidemocratic attitude — condemned the incident because the truth is, it's unjustifiable," López Obrador said.

At a meeting on Tuesday of foreign ministers of the Community of Latin American and Caribbean States (CELAC), Bárcena urged CELAC member states to "back the lawsuit that we will bring to the International Court

of Justice, as well as the letter that we will send to the UN Secretary-General condemning these appalling events."

Earlier on Tuesday, López Obrador presented security camera footage of the police raid, showing one heavily armed officer scaling the front wall of the embassy complex and several police carrying Glas out of the embassy. The former vice president had been living there since December.

Attempts by the deputy chief of mission Roberto Canseco Martínez to stop the police operation

See MEXICO page 6

El Reportero El periódico bilingüe Since 1997
The Reporter The bilingual newspaper

EDITOR IN CHIEF & PUBLISHER
Lic. Marvin Ramírez

Maynard Institute
for Journalism Education Fellow

EMERITUS ADVISOR

Lic. José Santos Ramírez Calero
12/24/16 to 6/12/04

Reporter (Volunteer)

STAFF

Calendar Editor

MAGDY ZARA

Photographer

STAFF

Translations

STAFF

Graphic Design

STAFF

Advertising

Sales

STAFF

Business Media

Accounting

MEL LEE

Distribution

JUANA

RAMIREZ

Del 12 al 19 de marzo de 2024

El propósito de *El Reportero* es informar sobre lo que afecta a los latinos en los Estados Unidos. También contiene artículos políticos y de interés general sobre cultura y eventos sociales. Lo que se publica en *El Reportero* no necesariamente refleja el punto de vista y la línea ideológica del periódico. El personal que labora en el periódico es voluntario, siendo la mayoría estudiantes de colegio con deseos de aprender periodismo o asuntos relacionados.

Para más información y para enviar artículos, ideas, anunciar sus eventos o negocio en *El Reportero*, por favor llámenos al (415) 648-3711 o envíenos un correo electrónico a: Lreportero@aol.com, o escribanos a: 2601, Mission Street, Suite 105, San Francisco, California [94110]. www.elreporteroSF.com.

El Reportero's aim is to cover people and issues that affect Latinos in the U.S. It also contains political and general interest articles on cultural and social events. What is printed in *El Reportero* does not necessarily reflect the views and opinions of the newspaper. Our staff is volunteer, being mainly students wanting to learn journalism or office skills.

For more information and to submit articles and story ideas, announce your events, or advertise your business in *El Reportero*, please call us at (415) 648-3711 or e-mail: Lreportero@aol.com or write to: 2601 Mission St., Suite 105, San Francisco, California [94110]. www.elreporteroSF.com.

Horas de oficina: L-V: 10 a.m.-5 p.m.
Office Hours: Mon-Fri: 10 am-5 p.m.

Member of the National Association
of Hispanic Journalists and
National Association of Hispanic Publications



La prohibición de los celulares móviles en la escuela trae cambios positivos para los estudiantes

—por Mark Richardson

Separar a los estudiantes de secundaria de sus teléfonos celulares podría verse como una tarea desalentadora, pero una escuela de California dijo que hacer que los estudiantes los guarden durante el día escolar ha producido algunos resultados sorprendentes.

Los administradores de High Tech High en San Diego dijeron que fomentar un ambiente escolar sin teléfonos condujo a un cambio positivo. A partir de este año escolar, High Tech High requirió que los estudiantes entregaran sus teléfonos al comienzo del día.

Colleen Glass, responsable de cumplimiento de la escuela, dijo que rastrear las percepciones de los estudiantes y observar el impacto de los teléfonos celulares en la cultura del apren-

dizaje proporciona un estudio de caso convincente.

“Donde antes estaban sentados en esos espacios y ‘con la cabeza gacha’ en su tecnología, ahora están sentados en esos espacios y conversando”, explicó Glass. “Hay mucha más participación y conversación en clase, porque los estudiantes hablan entre ellos y no escuchan sus AirPods”.

En todo el país, más de las tres cuartas partes de las escuelas públicas K-12 prohíben el uso de teléfonos móviles no académicos, según un informe del año escolar 2021-2022. Pero sólo el 43% de las escuelas secundarias públicas tienen esa norma y, a menudo, no se aplica.

Doug Keller, líder de asociaciones de la organización sin fines de lucro Youth Truth, dijo que ha estado rastreando las expe-

riencias de los estudiantes durante la última década en áreas como el compromiso, las relaciones, la cultura, los desafíos académicos y su sentido general de pertenencia. Señaló que una vez que los teléfonos desaparecieron de las clases, la mayoría de los estudiantes mostraron mejoras en varias áreas.

“Cuando implementaron la política, vimos un fuerte salto hacia arriba”, informó Keller. “Vimos un crecimiento, los estudiantes sintieron un sentido más fuerte de pertenencia a su escuela debido a esta nueva política, después de ver una disminución que coincidió con la disminución que hemos visto anecdóticamente en otros lugares”.

Keller agregó que Youth Truth encuestó a los estudiantes para medir la

Ver BREVES LOCALES page 5

ALZHEIMER de la página 1

En una sesión informativa de Ethnic Media Services, CDPH, expertos en Alzheimer y trabajadores comunitarios de todo el estado compartieron lo que han aprendido sobre cómo abordar los tabúes en torno al Alzheimer y las formas relacionadas de demencia en comunidades, incluidas las latinas, negras, AAPI y LGBT+.

Enfrentando el Alzheimer

La enfermedad es la principal causa de muerte entre adultos de 85 años o más en California, el estado con la mayor concentración de adultos mayores, “y a medida que nuestra población continúa envejeciendo, esperamos que estas cifras crezcan”, dijo la Dra. Lucía Abascal, médica clínica del CDPH. Incluso dentro de una enfermedad tan extendida, “existen grandes disparidades. Las comunidades de color tienen más probabilidades de desarrollarlo”.

Un informe reciente del CDPH encontró que para 2040, la cantidad de adultos de California que vivirán con la enfermedad habrá aumentado en un 127 por ciento, o casi 1.6 millones.

Take on Alzheimer’s, la primera campaña estatal contra el Alzheimer, tiene como objetivo “no sólo crear conciencia de que esta enfermedad es un gran problema y está aumentando, sino también cambiar las percepciones erróneas al respecto trabajando con organizaciones comunitarias en todo el estado”, continuó.

“Cuanto antes se diagnostica esta progresiva enfer-

medad, más puertas se abren para combatir sus impactos, pero muchos temen el estigma que conlleva un diagnóstico”, añadió Abascal. “El Alzheimer no es culpa de una persona y no es una parte normal del envejecimiento; es una enfermedad y debe tratarse como tal vinculando a las personas con la atención médica. No queremos que las comunidades esperen 10 años para obtener la ayuda que pueden obtener ahora”.

Estigma asiático-americano

“A menudo hay mucho estrés relacionado con el cuidado en las comunidades china y vietnamita, porque los cuidadores (generalmente hijas de entre 40 y 60 años) se ven atrapados entre el cuidado de los padres y el de sus propios hijos”, dijo la Dra. Dolores Gallagher Thompson, profesora emérita de la Facultad de Medicina de la Universidad de Stanford.

“Un sentimiento común que reportan los cuidadores asiáticos es la depresión, en parte asociada con la piedad filial”, dijo Thompson, quien ha trabajado con cuidadores asiáticos durante más de 30 años. “Es posible que los cuidadores más jóvenes y de mediana edad no respalden plenamente este concepto tradicional, porque implica conflicto al hacer malabarismos con múltiples roles... para tratar a personas con demencia, es necesario tratar a la familia como una unidad, porque la enfermedad afecta a todos”.

“Es clave educar a la familia en que la demencia es una afección neurológica, no una afección psiquiátrica”, continuó. “En la escritura

tradicional china, el carácter de ‘demencia’ es el mismo que el de ‘loco’, y esta atribución a menudo intensifica el estigma. Para combatirlo, enseñamos a los cuidadores cómo responder al comportamiento problemático de maneras menos estresantes para todos los involucrados, y cómo incluirlos en la familia enfocándonos en lo que todavía pueden hacer: si no pueden hacer arroz solos, pueden hacerlo. supervisaba o lavaba los platos”.

“A menudo, algo único en las experiencias de las comunidades vietnamitas es el trastorno de estrés posttraumático asociado a la guerra”, añadió Thompson. “Esto puede hacer que buscar y brindar atención sea aún más difícil de lo que ya es, y nuestros programas para la comunidad vietnamita los alientan a compartir sus experiencias, cómo las han afrontado y cómo esto podría afectar su prestación de cuidados”.

Estigma Latino

En la comunidad latina, “el estigma está vivo y coleando”, dijo la Dra. María Aranda, profesora de trabajo social y gerontología de la USC y directora ejecutiva de la Escuela de Trabajo Social Suzanne Dworak-Peck de la USC. “La pérdida de memoria suele ser un tema que no se conversa a la hora de cenar”.

“Existe un estigma social, donde se pone un alto precio al intelecto y la capacidad de competir de las personas, junto con un temor personal de que la persona con el diagnóstico sea tratada de manera diferente”, continuó.

Ver ALZHEIMER página 5

Breves Locales & Estatales Local & State Briefs

Banning cellphones at school brings positive changes for students

—by Mark Richardson

Separating high school students from their cellphones might be seen as a daunting task but one California school said having students stash them during the school day has brought some surprising results.

Administrators at High Tech High in San Diego said fostering a phone-free school environment led to positive change. Starting this school year, High Tech High required students to relinquish their phones at the beginning of the day.

Colleen Glass, compliance officer for the school, said tracking student perceptions and observing the impact of cellphones on the learning culture provides a compelling case study.

“Where before, they were sitting in those spaces and kind of ‘heads

down’ into their technology, they’re now sitting in those spaces and having conversations,” Glass explained. “There’s a lot more engagement and conversation in class, because students are talking to each other and they’re not listening to their AirPods.”

Across the country, more than three-quarters of K-12 public schools prohibit nonacademic cellphone use, according to a report from the 2021-2022 school year. But only 43 percent of public high schools have such a rule and it is often not enforced.

Doug Keller, partnerships lead for the non-profit Youth Truth, said it has been tracking students’ experiences over the past decade in such areas as engagement, relationships, culture, academic challenges and their

overall sense of belonging. He noted once the phones were gone from classes, the majority of students showed improvement in several areas.

“When they implemented the policy, we saw a sharp jump upward,” Keller reported. “We saw growth, students feeling a stronger sense of belonging at their school because of this new policy, after seeing a decline that matched the decline that we have anecdotally seen elsewhere.”

Keller added Youth Truth surveyed students to measure the “intersection of student voice, school improvement and key indicators of the student experience.” It also includes areas like peer collaboration and relationships with their teachers. He emphasized they will continue the study in future years.

SALUD de la página 1

eficios para la salud, desde propiedades antibacterianas hasta efectos antioxidantes y el potencial de ayudar a controlar el azúcar en sangre.

Los orígenes del vinagre de sidra de manzana como tónico para la salud se remontan a Hipócrates, quien lo usaba para tratar heridas, fiebre y llagas en la piel.

Para el estudio experimental, un equipo de investigación en el Líbano llevó a cabo un ensayo clínico aleatorio, doble ciego, en el que participaron jóvenes voluntarios con sobrepeso y obesidad de entre 12 y 25 años.

Los científicos colocaron aleatoriamente a 30 participantes en uno de cuatro grupos. Se pidió a los participantes que consumieran cinco, 10 o 15 mililitros (ml) de vinagre de sidra de manzana diluidos en 250 ml de agua todas las mañanas antes de comer algo durante 12 semanas.

El grupo de control

consumió una bebida inactiva (un placebo) hecha de ácido láctico añadido al agua para que tuviera el mismo aspecto y sabor.

Este tipo de estudio suele proporcionar evidencia de alta calidad porque puede demostrar causa y efecto de que la intervención, que es el vinagre de sidra de manzana, produce un resultado específico.

El estudio también fue doble ciego, lo que significa que ni los voluntarios ni el equipo de investigación involucrado en la recopilación de datos sabían quién estaba en qué grupo.

Después de tres meses, los datos revelaron que el consumo regular de vinagre de sidra de manzana estaba relacionado con una disminución significativa del peso corporal y del índice de masa corporal (IMC).

En promedio, los voluntarios que bebieron vinagre de sidra de manzana durante ese período perdieron de seis a ocho kilogramos

(13 a 18 libras) de peso y redujeron su IMC entre 2,7 y tres puntos, dependiendo de la dosis. Los voluntarios también mostraron disminuciones significativas en la circunferencia de la cintura y la cadera.

Además, los científicos observaron disminuciones significativas en los niveles de glucosa en sangre, triglicéridos y colesterol en los grupos que tomaron sidra de manzana, lo que coincide con estudios anteriores.

El grupo de placebo, que consumió agua con ácido láctico, tuvo menores disminuciones tanto en su peso como en su IMC. Tam-

Ver SALUD página 7

LATIN BRIEFS from page 1

Gabriela Siller, director of economic analysis at Mexican bank Banco Base, said on the X social media platform that the appreciation of the peso was due to three factors.

She cited the inflow to Mexico of foreign currencies from exports, remittances and direct foreign investment (FDI); the “expectation” that the wide gap between interest rates in Mexico and the United

States “will attract capital to Mexico”; and the “expectation” that nearshoring “will attract waves of dollars” to Mexico due to an increase in FDI and exports.

The peso also got a boost from a general weakening of the dollar, as shown by a slight decline on the DXY index, which measures the value of the greenback against a basket of foreign currencies.

The peso has benefited from an extended period from the difference between the

ALZHEIMER from page 1

At an Ethnic Media Services briefing, CDPH, Alzheimer’s experts and community workers statewide shared what they’ve learned about addressing taboos around Alzheimer’s and related forms of dementia in communities including Latino, Black, AAPI and LGBT+.

Taking on Alzheimer’s

The disease is the leading cause of death for adults 85 and older in California, the state with the largest concen-

tration of older adults — “and as our population continues to age, we expect these numbers to grow,” said CDPH clinician Dr. Lucía Abascal. Even within such a widespread disease, “big disparities exist. Communities of color are more likely to develop it.”

A recent CDPH report found that by 2040, the number of California adults living with the disease will have increased by 127 percent, or nearly 1.6 million.

See ALZHEIMER page 5

Bank of Mexico’s key interest rate — currently set at 11 percent after a 25-basis-point cut last month — and the 5.25 percent-5.5 percent rate of the United States Federal Reserve. The March 21 decision by the Bank of Mexico board to reduce rates hasn’t had an adverse impact on the peso despite a narrowing of that gap.

In fact, the peso has appreciated around 2.5 percent since the interest cut was made. Compared to the beginning of last year when one dollar was buying around 19.5 pesos, the gain for Mexico’s currency is almost 20 percent.

With inflation still above the Bank of Mexico’s 3 percent target, interest rates are expected to remain high in Mexico for some time. Inflation data for the entire month of March will be published later this week.

With reports from *El Financiero*, *El Informador*, *El País* and *Aristegui Noticias*

Crisis between Mexico and Ecuador debated by Celac foreign ministers

The regional organization chaired pro tempore by the Head of State of Honduras, Xiomara Castro, seeks to take action after the recent forced entry of Ecuadorian security forces into the facilities of the Mexican embassy in Quito to arrest the former vice president.

Arte & Entretenimiento Arts & Entertainment



Claire Dunn y su arte sensorial: “Estudio la relación entre el cuerpo y el mundo”

La artista argentina ha vivido en San Francisco desde 2021. Su niñez entre Buenos Aires y Córdoba; la unión de la psicología con el arte, y un viaje a Inglaterra - que le cambió la vida -, han sido los factores para inyectar un estilo innovador a su arte, y además desarrollando un contacto con la Ciudad

—por Jonathan Raed

Claire Dunn nació en Buenos Aires hace 28 años, en Pilar, una localidad ubicada en el cordón urbano que rodea a la Capital Federal. Allí vivió sus primeros años con sus padres Jonathan y Carolina, y con su hermano Michael.

Sus abuelos paternos, Denis y Margaret, están en Córdoba, provincia considerada parte del corazón de Argentina. “He pasado mucho tiempo por allá haciendo arte con mi abuela Margaret, que también era artista”, contó Claire en una entrevista cedida a El Reportero SF.

Claire estudió psicología y eso la llevó de intercambio a Inglaterra. “Tenía 22 años y ese viaje

fue crucial para mi práctica artística. Hasta entonces no me animaba a asumirme como artista, aunque hacía arte todo el tiempo”, agrega.

Ese contacto con el mundo que la rodea se convirtió en esencial para sus expresiones artísticas. De la misma forma, ocurrió con la psicología: “La psicología y el arte están íntimamente relacionados. Me fascina estudiar la relación entre ambos. En mi tesis de psicología, estudié mucho ese vínculo y cómo el arte puede ser una vía para la salud mental. El estudio requirió trabajar con muchos artistas y me encantó esa búsqueda. Lo estudiado inspira e informa todo lo que hago”.

Su llegada a Estados Unidos en 2021, fue con el objetivo de hacer una maestría de arte en San Francisco y para lograr una conexión con el lugar, caminó por muchas horas alrededor de la ciudad para lograr entender a los habitantes del área de la bahía de California.

El arte de Claire es singular y las calles de SF fueron clave para su desarrollo, pues caminando fue encontrando “cortezas de árboles y hojas caídas en la vereda

que me iban llamando la atención”, para poder coser, bordar y unir las cortezas recolectadas hasta lograr el objetivo de darle sentido a lo vivido durante el día.

El arte de Claire Dunn se ha exhibido en Argentina y en EE.UU., incluido el Museo de Arte de Fort Wayne, Berkeley Art Center, Minnesota Street Project, Palo Alto Art Center y la Embajada de Argentina en Washington DC. Es gracias a su corriente de expresión que Dunn ha sido artista residente en La Flecha del Arte en Argentina, y ha logrado ganar el Premio de Residencia Monson Arts Abbott Watts en Maine y el Recology AIR en San Francisco.

El trabajo de Claire es interdisciplinario. Abarca desde la escultura y la pintura, hasta fotografía experimental, instalaciones inmersivas y herramientas inventadas. “Mi práctica comienza conectando a mi cuerpo con mi ubicación, enfocándome en las cualidades únicas de cada lugar: el clima, el suelo, las plantas y las personas, todo lo

Ver ARTES página 7

Claire Dunn and her sensory art: I study the relationship between the body and the world”

The Argentine artist has lived in San Francisco since 2021. Her childhood lived between Buenos Aires and Córdoba; The union of psychology with art, and a trip to England - which changed her life - have been the factors to inject an innovative style into her art, and also developing a contact with The City

—by Jonathan Raed

Claire Dunn was born in Buenos Aires 28 years ago, in Pilar, a town located in the urban area that surrounds the Federal Capital. There she lived her early years with her parents Jonathan and Carolina, and with her brother Michael.

Her paternal grandparents, Denis and Margaret, are in Córdoba, a province considered part of the heart of Argentina. “I have spent a lot of time there making art with my grandmother Margaret, who was also an artist,”

Claire said in an interview with El Reportero SF.

Claire studied psychology and that took her on an exchange to England. “I was 22 years old and that trip was crucial for my artistic practice. Until then I did not dare to assume myself as an artist, although I made art all the time,” she adds.

That contact with the world around her became essential for her artistic expressions. In the same way, it happened with psychology: “Psychology and art are closely related. I am fascinated by studying the relationship between the two. In my psychology thesis, I studied that link a lot and how art can be a path to mental health. The studio required working with many artists and I loved that pursuit. What I have studied inspires and informs everything I do.”

His arrival in the United States in 2021 was with the aim of doing a master’s degree in art in San

Francisco and to achieve a connection with the place, he walked for many hours around the city to understand the inhabitants of the Bay Area. California.

Claire’s art is unique and the streets of SF were key to her development, as while walking she found “tree barks and fallen leaves on the sidewalk that were catching my attention,” so she could sew, embroider and join the barks collected until achieve the objective of giving meaning to what was experienced during the day.

Claire Dunn’s art has been exhibited in Argentina and the US, including the Fort Wayne Museum of Art, Berkeley Art Center, Minnesota Street Project, Palo Alto Art Center, and the Argentine Embassy in Washington DC. It is thanks to her current of expression that Ella Dunn has been an artist in residence at La Flecha del Arte in Argentina,

See ARTS page 5

Calendario & Turismo Calendar & Tourism



Jet Martínez. Studio photo by L. Herrada-Ríos

Heron Arts presenta *Un Lenguaje de Flores*

—por Magdy Zara

Heron Arts anuncia la nueva exposición individual del reconocido pintor Jet Martínez, quien presenta *Un Lenguaje de Flores*, una serie de trabajos que comprende 20 pinturas con una amplia variedad de estilos y gradaciones.

Jet Martínez, es un pintor y muralista de técnicas mixtas originario de Cuernavaca, Morelos, México, quien ahora reside en Oakland, California.

Con relación a *Un Lenguaje de Flores*, se conoció que hace referencia a la inspiración del artista en la floriografía, un método destinado a comunicar significado con tipos de flores y arreglos florales para transmitir sentimientos difíciles de expresar con palabras.

La exposición *Un Lenguaje de Flores* está abierta desde el pasado 9 de abril y finaliza el próximo 11 de mayo, a las 6:00 p.m. Los horarios y las citas varían según la exposición y las entradas son completamente gratis.

Heron Arts se encuentra ubicado en 7 Heron Street, San Francisco.

King Liz una obra que no debes perderte

La obra de teatro *King Liz*, dirigida por el veterano de El Teatro Campesino Kinan Valdez, trata de una agente deportiva que debe trabajar muy duro hacer brillar su carrera y la de un talentoso y rebelde atleta.

King Liz, es una obra de Fernanda Coppel, en la que deja en evidencia que los agentes deportivos veteranos saben que tienen que luchar para mantenerse en la cima, pero si se es mujer, es doblemente difícil.

Liz Rico (protagonista) se enfrenta a la superestrella del baloncesto de la escuela secundaria Freddie Luna, quien con su pasado turbulento y un temperamento tan apasionado como su talento, él podría hacer su carrera y la de ella si ella puede mantener las cosas bajo control.

La obra se exhibe desde este 11 de abril hasta el próximo 3 de mayo. Para mayor información al cltc.org/king-liz

Los boletos tienen un costo que oscila entre los \$38 y \$60.

Lugar Compañía de Teatro City Lights 529 S. Second St., San José.

Foto Leyenda: La apasionada agente deportiva Liz (Damaris Divito, centro), con la joven estrella del baloncesto Freddie (Davied Morales, izquierda) y la ambiciosa asistente de Liz, Gabby (Alycia Adame).

Bachata junto a las uvas

Caty’s Vineyard, tiene programada unas clases llamadas *Bachata a Lodi*, que son una serie de clases de bachatas con una hermosa vista de los viñedos junto con la impresionante puesta de sol del valle de Lodi.

Las clases de baile las impartirá Edna Ramírez y serán los días 5, 12 y 26 de abril. El 3 de mayo se tendrá la última clase para luego dar inicio a una fiesta social de baile de 8:30 p.m. a 11:30 p.m., con la participación del Dj TX209 con los mejores éxitos de bachata, salsa, merengue y cumbia.

El curso completo

Ver CALENDARIO page 5

Heron Arts presents *A Language of Flowers*

—by Magdy Zara

Heron Arts announces the new solo exhibition of renowned painter Jet Martínez, who presents *A Language of Flowers*, a series of works comprising 20 paintings with a wide variety of styles and gradations.

Jet Martínez, is a mixed media painter and muralist originally from Cuernavaca, Morelos, Mexico, who now resides in Oakland, California.

In relation to *A Language of Flowers*, it was learned that it refers to the artist’s inspiration in floriography, a method intended to communicate meaning with types of flowers and floral arrangements to convey feelings difficult to express with words.

The *Un Lenguaje de Flores* exhibition has been open since April 9 and ends on May 11, at 6:00 p.m. Times and appointments vary depending on the exhibition and tickets are completely free.

Heron Arts is located at 7 Heron Street, San Francisco.

Campesino veteran Kinan Valdez, is about a sports agent who must work very hard to make his career and that of a talented and rebellious athlete shine.

King Liz is a work by Fernanda Coppel, in which she makes it clear that veteran sports agents know that they have to fight to stay at the top, but if you are a woman, it is doubly difficult.

Liz Rico (protagonist) faces off against high school basketball superstar Freddie Luna, who with his troubled past and a temperament as passionate as her talent, he could make his career and hers if she can keep things together. under control.

The work is exhibited from April 11 to May 3. For more information at cltc.org/king-liz

Tickets range in price from \$38 to \$60.

Location City Lights Theater Company 529 S. Second St., San José.

Photo Caption: Passionate sports agent Liz (Damaris Divito, center), with young basketball star Freddie (Davied Morales, left) and Liz’s ambitious assistant Gabby (Alycia Adame).

Bachata with grapes

Caty’s Vineyard has scheduled classes called *Bachata a Lodi*, which are a series of bachata classes with a beautiful view of the vineyards along with the impressive sunset of the Lodi valley.

The dance classes will be taught by Edna Ramírez and

See CALENDAR page 7

EL TOMATE
RESTAURANTE

+1 415 401 8766
2904 24th Street,
San Francisco, California

Instagram: [eltomaterestaurant](#)
Facebook: [eltomaterestaurant](#)

Fish tacos, Crab enchiladas (in red or green sauce), Mole, Chile relleno, Chimichanga, deliciosos platillos de carne, pollo y puerco y ricos Caldos

King Liz a work that you should not miss
The play *King Liz*, directed by El Teatro

MÉXICO de la página 1

Glas ha sido condenado dos veces por corrupción en Ecuador y actualmente enfrenta nuevos cargos por malversación de fondos de reconstrucción tras el terremoto. Durante mucho tiempo ha afirmado que los cargos de corrupción presentados en su contra tenían motivaciones políticas, una acusación que el gobierno de Ecuador niega.

La ministra de Relaciones Exteriores de México, Alicia Bárcena, explicó que la decisión de romper vínculos con la nación sudamericana se tomó "ante la flagrante y grave violación [por parte de Ecuador] de la Convención de Viena sobre Relaciones Diplomáticas, en particular del principio de inviolabilidad de las instalaciones diplomáticas de México". y personal y las normas básicas de convivencia internacional".

López Obrador, quien calificó el ingreso forzoso a la embajada como "una violación flagrante del derecho internacional y de la soberanía de México", dijo el miércoles que ha habido mucha "solidaridad" nacional e internacional con México luego de los eventos del viernes pasado.

"Nuestro pueblo condena esta violación a nuestra soberanía, la gran mayoría de los mexicanos no estamos de acuerdo con el comportamiento autoritario del gobierno de Ecuador. ... La mayoría de los gobiernos de todo el mundo condenan estas acciones", afirmó AMLO, quien el martes acusó a Estados Unidos y Canadá de ser "muy ambiguos" en sus posiciones sobre el incidente.

Posteriormente, el asesor de seguridad nacional de Estados Unidos, Jake Sullivan, condenó las acciones de Ecuador y dijo que "el gobierno ecuatoriano ignoró sus obligaciones en virtud del derecho internacional como Estado anfitrión de respetar la inviolabilidad de las misiones diplomáticas".

López Obrador señaló que la Organización de Estados Americanos, un organismo regional de 32 países, también se pronunció contra Ecuador.

"Todos los gobiernos representados, e incluso el secretario [general] Luis Almagro, que ha tenido una actitud muy conservadora y antidemocrática, condenaron el incidente porque la verdad es injustificable", dijo López Obrador.

En una reunión este martes de cancilleres de la Comunidad de Estados Latinoamericanos y Caribeños

(CELAC), Bárcena instó a los Estados miembros de la CELAC a "respaldar la demanda que llevaremos ante la Corte Internacional de Justicia, así como la carta que presentaremos". enviar al Secretario General de la ONU condenando estos atroces acontecimientos".

Más temprano el martes, López Obrador presentó imágenes de la cámara de seguridad de la redada policial, mostrando a un oficial fuertemente armado escalando la pared frontal del complejo de la embajada y a varios policías sacando a Glas de la embajada. El exvicepresidente vivía allí desde diciembre.

Los intentos del subjefto de misión Roberto Canseco Martínez por detener el operativo policial fueron infructuosos. La policía lo inmovilizó y agredió en repetidas ocasiones.

Glas, quien fue vicepresidente durante los gobiernos de los ex presidentes ecuatorianos Rafael Correa y Lenín Moreno, fue llevado en uno de los dos vehículos que ingresaron al complejo de la embajada.

"Esto es lo que se va a informar [a la CIJ]", dijo López Obrador a los periodistas al final del video.

Sullivan dijo que el gobierno de Estados Unidos ha revisado las imágenes y cree que las acciones de Ecuador fueron incorrectas y violaron la Convención de Viena sobre Relaciones Diplomáticas. También dijo que el gobierno de Estados Unidos había solicitado a Ecuador trabajar con México para encontrar una solución a la disputa entre ambos países.

El miércoles, López Obrador agradeció al presidente estadounidense Joe Biden por "rectificar" la posición del gobierno estadounidense con la "declaración más contundente" emitida por Sullivan. Agregó que estaba esperando una medida similar de Canadá, el otro socio comercial de México en América del Norte bajo el pacto de libre comercio USMCA.

El gobierno canadiense dijo el sábado que estaba "profundamente preocupado por la aparente violación por parte de Ecuador de la Convención de Viena sobre Relaciones Diplomáticas de 1961 al ingresar a la Embajada de México sin autorización".

López Obrador dijo el martes que no estaba contento con el uso de la palabra "aparente" por parte de Canadá.

"No permitimos eso; No lo aceptamos", dijo.

A principios de esta semana, la candidata presiden-

ALZHEIMER from page 3

Take on Alzheimer's, the first-ever statewide Alzheimer's campaign, aims "not only to raise awareness that this disease is a big problem and getting bigger, but also to shift misperceptions around it by working with community organizations statewide," she continued.

"The earlier this progressive disease is diagnosed, the more doors it opens to combat its impacts, but many fear the stigma a diagnosis comes with," Abascal added. "Alzheimer's is not a person's fault and it's not a normal part of getting old — it's a disease and must be treated as such by linking people to care. We don't want communities to wait 10 years to get the help they can get right now."

Asian American stigma
"There's often much stress involved with care in Chinese and Vietnamese communities, because caregivers — typically daughters aged 40 to 60 — are sandwiched between caring for the parent as well as their own children," said Dr. Dolores Gallagher Thompson, professor emerita at the Stanford University School of Medicine.

"A common feeling reported by Asian caregivers is depression, partly associated with filial piety," said Thompson, who has worked with Asian caregivers for over 30 years. "Younger and middle-aged caregivers may not fully endorse this traditional concept, because it involves conflict in juggling multiple roles ... to treat individuals with dementia, you need to treat the family as a unit, because the disease affects everyone."

"Educating the family that dementia is a neurological condition, not a psychiatric condi-

tion, is key," she continued. "In traditional Chinese writing, the character for 'dementia' is the same as that for 'crazy,' and this attribution often escalates the stigma. To fight it, we teach caregivers how to respond to problem behavior in ways less stressful for everyone involved, and how to include them in the family by focusing on what they can still do — if they can't make rice alone, they can make it supervised or wash the dishes."

"Often unique to the experiences of Vietnamese communities is war-associated PTSD," Thompson added. "This can make seeking and giving care even harder than it already is, and our programs for the Vietnamese community encourage them to share their experiences, how they've coped with them, and how it might impact their caregiving."

Latino stigma
In the Latino community, "stigma is alive and well," said Dr. María Aranda, USC professor of social work and gerontology, and executive director of the USC Suzanne Dworak-Peck School of Social Work. "Memory loss is typically a topic that does not make dinner conversation."

"There's societal stigma, where there's a high price put on people's intellect and ability to compete, alongside a personal fear that the person with the diagnosis will be treated differently," she continued.

"This stigma prompts a 'cocoon experience' where Latino families protect the individual against more stigma so much that they miss out on an early diagnosis of dementia, and getting the care they need," said Aranda.

SALUD de la página 3

poco hubo disminuciones significativas en su nivel de glucosa y lípidos en sangre.

Consideraciones antes de tomar vinagre de manzana
Antes de tomar vinagre de sidra de manzana, tenga en cuenta que es ácido y existe la preocupación de que pueda erosionar el esmalte dental.

Esto puede ser un problema con otras bebidas ácidas, incluidas las bebidas gaseosas y los refrescos, el agua con limón y el jugo de naranja.

Para reducir el riesgo de erosión ácida, algunos dentistas recomiendan lo siguiente después de beber bebidas ácidas:

- Utilizar una pajita para reducir el contacto

LOCAL BRIEFS from page 3

"intersección de la voz de los estudiantes, la mejora escolar y los indicadores clave de la experiencia estudiantil". También incluye áreas como la colaboración entre pares y las relaciones con sus profesores. Enfatizó que continuarán el estudio en años futuros.

directo con los dientes.

- Enjuagar posteriormente la boca con agua del grifo.

- Masticar chicle sin azúcar después de beber bebidas ácidas para estimular la producción de saliva.

- No cepillarse los dientes inmediatamente después de beber porque podría dañar la capa superior reblandecida de los dientes.

"Due to less access to timely, accurate information to prevent and manage memory declines, especially among monolingual Spanish speakers, there's a polarized spectrum where Alzheimer's is seen as part of a severe psychiatric disorder like psychosis on the one hand, and as apart of normal aging on the other," she added. "While age is the biggest risk factor, it doesn't mean everyone who reaches a certain age will have it."

Black stigma
Older Black Americans are twice as likely to have Alzheimer's or another form of dementia compared to older whites.

Both stigma and the belief that memory loss is a natural part of aging prevents them from seeking the care they need, said Petra Niles, senior manager of education & outreach for African Americans at Alzheimer's Los Angeles.

Although 65 percent of Black Americans say that they know somebody with Alzheimer's or dementia, half report experiencing discrimination while seeking care for someone who has it; only 53 percent believe that a cure would be distributed fairly, without regard to race or ethnicity; and 55 percent think that significant loss of cognitive abilities is a natural part of aging rather than a disease.

ARTS from page 4

and she has managed to win the Monson Arts Abbott Watts Residency Award in Maine and the Recology AIR in San Francisco.

Claire's work is interdisciplinary. It ranges from sculpture and painting, to experimental photography, immersive installations and invented tools. "My practice begins by connecting my body with my location, focusing on the unique qualities of each place: the climate, the soil, the plants and the people, all of which generate changes within me and bring new knowledge. Through sensory research, I study the relationship between the body and the world," she detailed.

Claire puts her all into her works. Her own DNA: "These days I'm working a lot on my frames. I explore the patterns and tex-

tures of terrestrial matter in different places and how they show us their celestial properties. They are a combination of my analog macro-photographic documentations of patterns in nature, objects found in the forest, combined with my own DNA (like my own hair and saliva) and small broken mirrors that have my own fingerprints on them."

About her tools, she said: "When I paint, I do it with hand-carved tools that I created from sticks lifted from the ground as well; generally, from the tree called Redwood."

Finally, she spoke about her future: "I learned how to curate exhibitions. I love asking questions or opening dialogue with other artists. My dream is to be able to continue traveling, see the world and continue making art, meeting incredible people along the way," she concluded.

ALZHEIMER de la página 3

"Este estigma genera una 'experiencia capullo' en la que las familias latinas protegen al individuo contra un mayor estigma hasta el punto de perder un diagnóstico temprano de demencia y la atención que necesitan", dijo Aranda.

"Debido al menor acceso a información oportuna y precisa para prevenir y gestionar el deterioro de la memoria, especialmente entre los hispanohablantes monolingües, existe un espectro polarizado en el que el Alzheimer se considera parte de un trastorno psiquiátrico grave como la psicosis, por un lado, y como parte de lo normal, el envejecimiento, por el otro", añadió. "Si bien la edad es el mayor factor de riesgo, no significa que todas las personas que lleguen a cierta edad la tendrán".

Estigma negro
Los estadounidenses de raza negra de mayor edad tienen el doble de probabi-

lidades de sufrir Alzheimer u otra forma de demencia en comparación con los blancos de mayor edad.

Tanto el estigma como la creencia de que la pérdida de memoria es una parte natural del envejecimiento les impide buscar la atención que necesitan, dijo Petra Niles, gerente senior de educación y extensión para afroamericanos en Alzheimer's Los Angeles.

Aunque el 65 por ciento de los afroamericanos dicen conocer a alguien con Alzheimer o demencia, la mitad informa haber experimentado discriminación mientras busca atención para alguien que la padece; sólo el 53 por ciento cree que una cura se distribuiría de manera justa, sin distinción de raza o etnia; y el 55 por ciento piensa que la pérdida significativa de capacidades cognitivas es una parte natural del envejecimiento más que una enfermedad.

"Es importante que esta comunidad tenga una buena relación con un médico en el que confíen, que responda a sus inquietudes y no se limite a decir que la demencia es una parte normal del envejecimiento", explicó Niles. "Hay señales de advertencia como pérdida de memoria, perderse, problemas económicos, repetición de historias. No debería tener que esperar a que estos síntomas empeoren para buscar ayuda".

CALENDAR from page 4

tiene un costo de \$50, para mayor información a través del siguiente enlace: <https://bachatabythegrapes.eventbrite.com>

El viñedo de Caty se encuentra ubicado en 11815 N Davis Rd Lodi.

PANCHO VILLA TAQUERIA
3071 16th Street @ Valencia St., SF
(415) 864-8840

EL TORO TAQUERIA
598 Valencia Street, SF
(415) 431-3351

PANCHO VILLA TAQUERIA
365 "B" Street, San Mateo
(650) 343-4123

Los Panchos

Restaurante

Mexican & Salvadorian Food

Pupusas **Steak Ranchero**

415-285-1033 **Carne Asada**

3206 Mission St., San Francisco (at Valencia St)
Open 7 days - Abierto los 7 días

UNIVERSAL Bakery

and restaurant guatemalteco

Exquisitos platillos de la cocina Guatemalteca

dos localidades
3458 Mission St
San Francisco
415-821-4971
2803 Geneva Ave
Daly City
415-656-1592
universalbakeryinc.com

PAN FRESCO SALIDO DEL HORNO TODOS LOS DÍAS

COLUMN from page 2

But it is possible the British court could order Julian's immediate extradition prior to a Rule 39 instruction, or decide to ignore a request from the ECtHR to allow Julian to have his case heard there.

Julian has been engaged in a legal battle for 15 years. It began in 2010 when WikiLeaks published classified military files from the wars in Iraq and Afghanistan — including footage showing a U.S. helicopter gunning down civilians, including two Reuters journalists, in Baghdad.

Julian took refuge in the embassy of Ecuador in London for seven years, fearing extradition to the U.S. He was arrested in April 2019 by the Metropolitan Police, who were permitted by the embassy to enter and seize him. He has been held for nearly five years in HM Prison Belmarsh, a high-security prison in southeast London.

The case against Julian has made a mockery of the British justice system and international law. While in the embassy, the Spanish security firm UC Global provided video recordings of meetings

between Julian and his lawyers to the C.I.A., eviscerating attorney-client privilege.

The Ecuadorian government — led by Lenin Moreno — violated international law by rescinding Julian's asylum status and permitting police into their embassy to carry Julian into a waiting van.

The courts have denied Julian's status as a legitimate journalist and publisher. The U.S. and Britain have ignored Article 4 of their Extradition Treaty that prohibits extradition for political offenses.

The key witness for the U.S., Sigurdur Thordarson — a convicted fraudster and pedophile — admitted to fabricating the accusations he made against Julian in exchange for immunity for past crimes.

Julian, an Australian citizen, is being charged under the U.S. Espionage Act although he did not engage in espionage and was not based in the U.S. when he was sent the leaked documents.

NOTE: This article

See COLUMN page 7

HEALTH from page 1

and obese young volunteers aged 12 to 25 years old.

The scientists randomly placed 30 participants in one of four groups. The participants were instructed to consume either five, 10 or 15 milliliters (mL) of apple cider vinegar diluted in 250 mL of water every morning before they ate anything for 12 weeks.

The control group consumed an inactive drink — a placebo — made from lactic acid added to water to look and taste the same.

This sort of study usually provides high-quality evidence because it can demonstrate cause and effect that the intervention, which is apple cider vinegar, results in a specific outcome.

The study was also double-blinded, which means neither the volunteers nor the research team involved with collecting the data knew who was in which group.

After three months, data revealed that the regular consumption of apple cider vinegar was linked with a significant decrease in body weight and body mass index (BMI).

On average, the volunteers who drank apple cider vinegar during that period lost six to eight kilograms (13 to 18 pounds) in weight and reduced their BMI by 2.7 to three points, depending on the dose. The volun-

teers also showed significant decreases in the waist and hip circumference.

Additionally, the scientists observed significant decreases in levels of blood glucose, triglycerides and cholesterol in the apple cider groups, which echoes previous studies.

The placebo group, who consumed water with lactic acid, had smaller decreases in both their weight and BMI. There were also no significant decreases in their blood glucose and blood lipids.

Considerations before taking apple cider vinegar

Before you take apple cider vinegar, keep in mind that it is acidic and there are concerns that it may erode tooth enamel.

This can be an issue with other acidic beverages, including fizzy drinks and sodas, lemon water and orange juice.

To reduce the risk of acid erosion, some dentists recommend the following after drinking acidic drinks:

- Using a straw to reduce direct contact with the teeth.
- Rinsing out your mouth with tap water afterward.
- Chewing sugar-free gum after drinking acidic beverages to stimulate saliva production.
- Not brushing your teeth immediately after drinking because it might damage the teeth's softened top layer. *Food.news.*

the anti-establishment mood of the average voter and are deciding to cosplay as crusading anti-globalist populists in order to win votes.

Specifically, this UNFCCC withdrawal strategy — first reported on by *E&E News* — sources back to "Mandate for Leadership: The Conservative Promise," a "policy roadmap" put together by an organization called Project 2025.

Project 2025 describes itself as a "broad coalition of conservative organizations that have come together to ensure a successful administration begins in January 2025." It is being spearheaded by The Heritage Foundation and bankrolled by the likes of Leonard Leo and Pierre Omidyar, among many others.

As an elitist group of Beltway insiders funded by questionable Deep State operatives, you might expect that they have embedded a booby trap in their policy roadmap . . . and you'd be correct. You see, Project 2025 isn't actually advocating for the US to reject the Paris Agreement and

the UNFCCC and the entire climate hoax narrative. Instead, it's merely complaining that the agreement is "inimical to the prosperity of the United States."

No, Project 2025 doesn't want to question the climate narrative itself and consign the entire \$100 trillion house of cards that is the green swindle to the dustbin of history. They just want to negotiate a bigger slice of that \$100 trillion pie for Uncle Sam.

Lest there be any doubt on this point, Project 2025 member Mandy Gunasekara recently explained to *E&E News* what the group wants to see happen with this climate deal in the future:

Let's create a better agreement that's focused more on tangible solutions and expanding the reach of innovative technology, instead of the current Paris climate accord and the UNFCCC that has China designated as a developing country permanently.

NOTE: Due to lack of space this article was cut. To see the full piece see the editorial section at www.elreporteroSF.com.

MEXICO from page 2

were fruitless. He was restrained and assaulted by police on repeated occasions.

Glas, who was vice president during governments led by former Ecuadorian presidents Rafael Correa and Lenin Moreno, was taken away in one of two vehicles that entered the embassy complex.

"This is what is going to be reported [to the ICJ]," López Obrador told reporters at the conclusion of the video.

Sullivan said that the U.S. government has reviewed the footage and believes that Ecuador's actions were wrong and violated the Vienna Convention on Diplomatic Relations. He also said that the U.S. government had asked Ecuador to work with Mexico to find a solution to the dispute between the two countries.

On Wednesday, López

Obrador thanked U.S. President Joe Biden for "rectifying" the U.S. government's position with the "more forceful declaration" issued by Sullivan. He added that he was waiting for a similar move from Canada, Mexico's other North American commercial partner under the USMCA free trade pact.

The Canadian government said on Saturday that it was "deeply concerned at Ecuador's apparent breach of the 1961 Vienna Convention on Diplomatic Relations by entering the Embassy of Mexico without authorization."

López Obrador said Tuesday that he wasn't happy with Canada's use of the word "apparent."

"We don't allow that; we don't accept it," he said.

Earlier this week, opposition presidential candidate Xóchitl Gálvez weighed into the debate over the raid on

EDITORIAL de la página 2

Sin embargo, si usted es un reportero dedicado de Corbett, entonces sabrá que:

- el llamado "Acuerdo de París" es de hecho el engendro demoníaco de ese eje de la gobernanza global, la Convención Marco de las Naciones Unidas sobre el Cambio Climático;

- El objetivo "mágico 1.5" de dicho acuerdo es, de hecho, una tontería arbitraria y poco científica; y
- el concepto mismo de temperatura global promedios en sí mismo un engaño.

Pero, te guste o no, a menos que seas residente de Irán, Libia o Yemen (los únicos tres estados-nación del planeta que no han ratificado este compromiso de muerte neta cero), estás sujeto a este acuerdo.

Entra Trump. En 2017, Trump anunció la retirada de Washington del Acuerdo de París. Sin embargo, por una extraña coincidencia, la fecha más temprana en la que Estados Unidos pudo retirarse del tratado fue el 4 de noviembre de 2020, el día después de las elecciones presidenciales estadounidenses. Y, como todos sabemos, Sleepy Uncle Joe ganó las elecciones y rápidamente firmó que Estados Unidos se reincorporara al acuerdo.

Entonces, ¿qué lecciones podemos aprender de esta terrible experiencia? Dado el hecho de que esta farsa de retirada intermitente no logró precisamente nada, ¿cómo podemos asegurar que un intento de retirada posterior realmente funcione?

Bueno, podríamos optar por creer que el Hombre Naranja es nuestro salvador MAGA y, para acabar con todas las tonterías climáticas para siempre, ¡los estadounidenses tendrán que votar aún más fuerte en 2024!

. . . Pero se trata de una actitud agresivamente estúpida, que malinterpreta fundamentalmente la realidad de la situación y, por tanto, llega a una "solución" que no es solución en absoluto. Incluso si uno cree que Trump está realmente en contra de los globalistas (lo cual es, ni hace falta decirlo, una mentira fácilmente demostrable), entonces lo único que demuestra la fallida retirada de Estados Unidos de París es que lo que puede ser derribado arbitrariamente por un presidente puede ser resucitado arbitrariamente por otro.

Imaginemos un universo en el que las máquinas de votación hubieran declarado ganador a Trump en 2020 y

la retirada de Estados Unidos del Acuerdo de París se hubiera estancado. Los estadounidenses estarían hoy exactamente en el mismo barco que entonces: esperando que el sucesor designado por Trump gane las próximas elecciones para mantener a Estados Unidos fuera de París.

No, dejar la participación de Estados Unidos (o de cualquier otro país) en la estafa climática al capricho de los caprichos de un posible gobernante no es solución alguna.

Entonces, ¿cómo puede Estados Unidos salir definitivamente de París?

Entra Político. A principios de este mes, el periódico propagandístico de Washington publicó un artículo sobre "Cómo Trump pudo salir de París y lograr que se mantenga", que pretende revelar una nueva idea ideada por "conservadores prominentes":

La idea, incluida en un informe político de 920 páginas, es sacar a Estados Unidos del tratado de 1992 que sustenta el acuerdo de París, conocido como la Convención Marco de las Naciones Unidas sobre el Cambio Climático. Sería un paso importante más allá de lo que hizo Trump durante su primer mandato, cuando abandonó el Acuerdo de París pero siguió enviando delegaciones a las conversaciones anuales sobre el clima de la ONU.

Si bien un presidente puede reincorporarse unilateralmente al acuerdo de París (como lo hizo el presidente Joe Biden), reincorporarse a la convención subyacente podría requerir una mayoría de dos tercios de los votos en el Senado, una tarea difícil.

El "podría" de la última frase supone mucho trabajo, pero por el momento tomemos la idea al pie de la letra: volver a unirse a la CMNUCC después de retirarse de esa convención requeriría una mayoría (difícil de obtener) de dos tercios. Votación del Senado.

A primera vista, proponer que Estados Unidos se retire de la CMNUCC parece una idea refrescante y radical. ("Radical" en comparación con los habituales clichés y gestos sin sentido que generalmente acompañan a las campañas políticas estadounidenses). Sin duda, esta sugerencia está más cerca de ser una solución al problema de la creciente tiranía climática de la ONU que la farsa de retirada que

Ver EDITORIAL página 7

the Mexican Embassy. The candidate condemned "what happened in Ecuador" before declaring that "[Mexican] embassies in my government won't be caves for criminals."

"I wouldn't give asylum to anyone accused in the Odebrecht case, for example," she said, referring to corruption scandals involving the Brazilian construction company and ex-officials in

several Latin American countries, including Glas in Ecuador and former Pemex CEO Emilio Lozoya in Mexico.

On X social media platform, Morena presidential candidate Claudia Sheinbaum said that seeing the video López Obrador made public "provokes enormous indignation" and supported

MEXICO from page 7

CONNY PRADO



PREPARACIÓN DE
IMPUESTOS INCOME TAX

MATRIMONIOS/BODAS
PRIVATE & CONFIDENTIAL
MATRIMONIES

3462 Mission St. SF 415-94110 - 415-826-1530

MÉXICO de la página 5

cial de la oposición, Xóchitl Gálvez, intervino en el debate sobre el allanamiento a la Embajada de México. El candidato condenó "lo ocurrido en Ecuador" antes de declarar que "las embajadas [mexicanas] en mi gobierno no serán cuevas para criminales".

"No daría asilo a nadie acusado en el caso Odebrecht, por ejemplo", dijo, refiriéndose a los escándalos de corrupción que involucran a la constructora brasileña y a exfuncionarios de varios países latinoamericanos, incluido Glas en Ecuador y el ex director ejecutivo de Pemex, Emilio. Lozoya en México.

En la plataforma de redes sociales X, la candidata presidencial de Morena, Claudia Sheinbaum, dijo que ver el video que López Obrador hizo público "provoca una enorme indignación" y apoyó la decisión de

México de cortar relaciones diplomáticas con Ecuador. La oficina del presidente ecuatoriano, Daniel Noboa, dijo en un comunicado emitido poco después del allanamiento del viernes por la noche que "ningún criminal puede ser considerado un perseguido político" y que "la misión diplomática que alberga a Jorge Glas" había "abusado de las inmunidades y privilegios" otorgados a y le otorgó

al exvicepresidente "asilo diplomático contrario al marco legal convencional". Por esos motivos, las autoridades procedieron a la "captura" del exfuncionario, señala el comunicado.

COLUMN de la página 2

Julian sea escuchado allí. Julián lleva 15 años inmerso en una batalla legal. Comenzó en 2010, cuando WikiLeaks publicó archivos militares clasificados de las guerras en Irak y Afganistán, incluidas imágenes que mostraban a un helicóptero estadounidense disparando a civiles, incluidos dos periodistas de Reuters, en Bagdad.

Julian se refugió en la embajada de Ecuador en Londres durante siete años por temor a ser extraditado a Estados Unidos. Fue arrestado en abril de 2019 por la Policía Metropolitana, a quien la embajada permitió ingresar y arrestarlo. Ha estado recluido durante casi cinco años en HM Prison Belmarsh, una prisión de alta seguridad en el sureste de Londres.

El caso contra Julian ha convertido en una burla el sistema de justicia británico y el derecho internacional. Mientras estaba en la embajada, la firma de seguridad española UC Global proporcionó grabaciones de video de las reuniones entre Julián y sus abogados a la CIA, destripando el privilegio abogado-cliente. El gobierno ecuatoriano, encabezado por Lenín Moreno, violó el derecho internacional al rescindir el estatus de asilo de Julián y permitir que la policía ingresara a su embajada para llevar a Julián a una camioneta que esperaba.

Los tribunales han negado la condición de Julian como periodista y editor legítimo. Estados Unidos y Gran Bretaña han ignorado el artículo 4 de su Tratado de Extradición que prohíbe la extradición por delitos políticos.

El testigo clave para Estados Unidos, Sigurdur Thordarson, un estafador y pedófilo convicto, admitió haber fabricado las acusaciones que hizo contra Julian a cambio de inmunidad por crímenes pasados. Julian, un ciudadano australiano, está siendo acusado bajo la Ley de Espionaje de Estados Unidos, aunque no participó en espionaje y no estaba radicado en Estados Unidos cuando le enviaron los documentos filtrados.

NOTA: Este artículo fue cortado por falta de espacio para esta edición impresa. Puede leer el artículo completo en www.elreporteroSF.com en la sección Columna. (Chris Hedges es un periodista ganador del Premio Pulitzer que fue corresponsal extranjero durante 15 años para The New York Times, donde se desempeñó como jefe de la oficina del periódico en Medio Oriente y jefe de la oficina en los Balcanes. Anteriormente trabajó en el extranjero para The Dallas Morning News, The Christian Science Monitor y NPR. Es el presentador del programa "The Chris Hedges Report").

dad por crímenes pasados. Julian, un ciudadano australiano, está siendo acusado bajo la Ley de Espionaje de Estados Unidos, aunque no participó en espionaje y no estaba radicado en Estados Unidos cuando le enviaron los documentos filtrados.

NOTA: Este artículo fue cortado por falta de espacio para esta edición impresa. Puede leer el artículo completo en www.elreporteroSF.com en la sección Columna. (Chris Hedges es un periodista ganador del Premio Pulitzer que fue corresponsal extranjero durante 15 años para The New York Times, donde se desempeñó como jefe de la oficina del periódico en Medio Oriente y jefe de la oficina en los Balcanes. Anteriormente trabajó en el extranjero para The Dallas Morning News, The Christian Science Monitor y NPR. Es el presentador del programa "The Chris Hedges Report").

El peso era la moneda de mercado emergente con mejor desempeño del mundo en Negociación del lunes. Gabriela Siller, directora de análisis económico del banco mexicano Banco Base, dijo en la plataforma de redes sociales X que la apreciación del peso se debió a tres factores. Citó el ingreso a México de divisas provenientes de exportaciones, remesas e inversión extranjera directa (IED); la "expectativa" de que la amplia brecha entre las tasas de interés en México y Estados Unidos "atraiga capitales a México"; y la "expectativa" de que el nearshoring "atraiga oleadas de dólares" a México debido a un aumento de la IED y las exportaciones.

El peso también recibió un impulso por un debilitamiento general del dólar, como lo demuestra una ligera caída en el índice DXY, que mide el valor del dólar frente a una canasta de monedas extranjeras. El peso se ha beneficiado durante un período prolongado de la diferencia entre la tasa de interés clave del Banco de México (actualmente fijada en 11 por ciento después de un recorte de 25 puntos

8:30 p.m. to 11:30 p.m., with the participation of DJ TX209 with the best bachata, salsa, merengue and cumbia hits. The complete course costs \$50, for more information

through the following link: <https://bachatabythe grapes.eventbrite.com> Caty's Vineyard is located at 11815 N Davis Rd Lodi.

al exvicepresidente "asilo diplomático contrario al marco legal convencional". Por esos motivos, las autoridades procedieron a la "captura" del exfuncionario, señala el comunicado.

MEXICO from page 6

the decision for Mexico to cut diplomatic ties with Ecuador. The office of Ecuadorian President Daniel Noboa said in a statement issued shortly after the Friday night raid that "no criminal can be considered a politically persecuted person" and that "the diplomatic mission harboring Jorge Glas" had "abused the immunities and privileges"

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

BREVES LATINOS de la página 1

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

COLUMN from page 6

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

granted to it and gave the former vice president "diplomatic asylum contrary to the conventional legal framework." For those reasons, authorities proceeded with the "capture" of the ex-official, the statement said. "Ecuador is a sovereign country, and we're not going to allow any criminal to go unpunished," Noboa's office said. With reports from La Jornada, El Universal and Reuters.

CALENDAR from page 4

will be on April 5, 12 and 26. On May 3, the last class will be held and then a social dance party will begin from

8:30 p.m. to 11:30 p.m., with the participation of DJ TX209 with the best bachata, salsa, merengue and cumbia hits.

The complete course costs \$50, for more information

through the following link: <https://bachatabythe grapes.eventbrite.com>

Caty's Vineyard is located at 11815 N Davis Rd Lodi.

Mission Council on Alcohol for the Spanish Speaking

Concilio de la Misión sobre abuso de Alcohol

Concilio de la Misión ha ofrecido el servicio de consejería en Abuso de Drogas y Tratamiento de Alcohol a la comunidad latina por más de 30 años

Ofrecemos los siguientes servicios:

- * Personal profesional que habla Español
- * Servicios confidenciales
- * Terapias a familia, individuales y de grupos
- * Evaluaciones sobre alcohol y drogas
- * Para clientes con más de un diagnóstico: Abuso de drogas, problemas de salud mental, SIDA, o alguna otra condición médica.

No rechazamos a nadie por falta de fondos

Mission Council recibe sus fondos de Department of Public Health, Community Behavioral Health Services

Mission Council is funded by the Department of Public Health, Community Behavioral Health Services

Mission Council

Adult Services

Servicio para adultos

154-A Capp St. (entre las calles 16 y 17) San Francisco, CA 94110 Tel. 415-826 6767 Fax: 415-826 6774

* Nuestras horas de oficina son:

de Lunes a Viernes de 9:00 a.m. a 9:00 p.m

y sábado de 8:30 a 4 p.m.

* Office Hours:

Monday through Friday

from 9:00 a.m. to 9:00 p.m.

Ofendedor DUI Habitual

DUI for Multiple Offender

Open 6 days a week

DUI PROGRAM FOR MULTIPLE OFFENDERS
Do you have multiple offenses of DUI (2 or more)?
Have you lost your driver license for more than one DUI?
Call DRY ZONE to help you to recover your license back.

415-920-0722 or 415-920-0721

- * Mission Council has been providing substance abuse / alcohol treatment to the Latino community for over 30 years
- Services provided:
- * Spanish Speaking bilingual professional staff
- * Confidential services
- * We offer family, individual, and group treatment
- * Assessments and evaluations for dual diagnosed clients.

No one is turn away for lack of funds

Mission Council

Family Services

Servicios para familias

Tel. 415- 864 0554 Fax: 415-701 1868

* Nuestras horas de oficina son:

de Lunes a Viernes de 9:30 a.m. a 7:30 p.m. y los Sábados

de 7:00 a.m. a 1:00 p.m.

* Office Hours:

Monday through Friday

from 9:30 a.m. to 7:30 p.m. and

Saturday from 7:00 a.m. to 1:00 p.m.

EDITORIAL from page 6

Trump provocó al público durante su administración.

Pero el diablo, como siempre, está en los detalles. Tras una inspección más detallada, resulta que esta "retirada" es, exactamente como la acción ineficaz de Trump, parte de un juego de salón jugado por el establishment político.

Esta vez, los globalistas de derecha están leyendo el sentimiento antisistema del votante promedio y están decidiendo disfrazarse de populistas antiglobalistas en cruzada para ganar votos.

Específicamente, esta estrategia de retirada de la CMNUCC (sobre la que informó por primera vez E&E News) se remonta a "Mandate for Leadership: The Conservative Promise", una "hoja de ruta política" elaborada por una organización llamada Proyecto 2025.

El Proyecto 2025 se describe a sí mismo como

ARTES de la página 4

cual genera cambios dentro de mí y aporta nuevos conocimientos. A través de la investigación sensorial, estudio la relación entre el cuerpo y el mundo", detalló.

Claire pone todo de sí en sus obras. Hasta su propio ADN: "En estos días estoy trabajando mucho en mis fotogramas. Exploro los patrones y texturas de la materia terrestre en dife-

una "amplia coalición de organizaciones conservadoras que se han unido para garantizar que una administración exitosa comience en enero de 2025". Está encabezado por The Heritage Foundation y financiado por personas como Leonard Leo y Pierre Omidyar, entre muchos otros.

Como grupo elitista de personas con información privilegiada de Beltway financiado por cuestionables agentes del Estado Profundo, se podría esperar que hayan incluido una trampa explosiva en su hoja de ruta política.

Fácil, seguro y para todos: Lo esencial a la hora de abrir una cuenta bancaria

Patrocinado por JPMorgan Chase & Co.

Hay muchas razones para abrir una cuenta bancaria. Desde depositar un cheque hasta realizar una transferencia, trabajar con un banco facilita la administración de su dinero de forma segura.

Abrir una cuenta bancaria también facilita pagar facturas a tiempo, abrir una tarjeta de débito, depositar y retirar dinero de un cajero automático y realizar transferencias desde una aplicación, entre muchas otras cosas.

Ya sea que abra una cuenta bancaria en línea o en una sucursal bancaria, es importante prepararse y anticipar qué información se le solicitará.

Cuenta de cheques personal

Si está abriendo una cuenta corriente personal, deberá completar un formulario de solicitud y proporcionar los siguientes documentos:

1. Identificación: No necesita ser ciudadano estadounidense para abrir una cuenta, pero necesita documentos para verificar su identidad. Estos pueden variar ligeramente de un banco a otro, pero los documentos válidos suelen incluir:

- Una identificación con fotografía emitida por el gobierno. Podría ser una licencia de conducir, por ejemplo, o una identificación estatal.
- Pasaporte con fotografía y partida de nacimiento para menores de edad.
- Tarjeta de Seguro Social o ITIN (Número de Identificación Individual del Contribuyente). El Servicio de Impuestos Internos (IRS) emite este número de identificación para quienes no tienen un Número de Seguro Social. No es obligatorio tener un



Número de Seguro Social para abrir una cuenta bancaria. Algunos bancos y cooperativas de crédito pueden aceptar documentos, como una tarjeta de identificación consular con una fotografía para verificar la identidad.

2. Comprobante de domicilio: Documento actualizado y válido en el que conste el nombre y domicilio del cliente. Esta información se puede encontrar en una factura de servicios públicos o de cable, por ejemplo (cualquier documento de pago que proporcione ambos datos) o incluso en el contrato de alquiler del apartamento donde reside.

3. Dinero: Al abrir la cuenta es necesario realizar un depósito inicial, que puede ser el mínimo requerido por la institución o más. Puedes depositar en efectivo, cheque o transferencia.

Cuenta bancaria para negocios

Si la cuenta bancaria es para su negocio, prepare la siguiente lista:

1. Documentos relativos a la estructura de su negocio y que detallen quien está a cargo de las finanzas y cómo funciona. En caso de corporaciones o LLC se aportarán los estatutos sociales o la escritura de constitución, respectivamente. Todo lo que se refiere al nombre, propósito, estructura y administración básica de la empresa.
2. El acuerdo de propiedad en el que se reconocen los derechos y responsabilidades de cada propietario del negocio.
3. Certificado con el nombre legal del negocio.
4. Licencia de negocio si es necesaria para operar legalmente.
5. Identificación personal del dueño del negocio,

similar a los necesarios para la cuenta personal.

6. Número de identificación del empleador que emite el IRS.

7. Dinero para un depósito inicial.

¿Qué tiene que preguntar en el banco cuando abra la cuenta?

Antes de acudir a una sucursal bancaria, tenga preparada una lista de preguntas que le ayudarán a determinar qué cuenta funcionará mejor para usted y sus necesidades financieras. Algunas de esas preguntas pueden ser:

1. ¿Cuáles son sus tarifas de mantenimiento mensuales y cómo puedo evitarlas?
2. ¿Existen cargos asociados con diferentes servicios, incluidos cargos de cajeros automáticos dentro y fuera de la red, o cargos por sobregiro, y cómo se pueden reducir o eliminar?

3. ¿Cuál es su proceso para acceder a fondos del exterior?

4. ¿Tienen ofertas o descuentos vigentes con apertura de cuentas o tarjetas de crédito?

5. ¿Cuál es su tasa de interés actual para depositar en una cuenta de ahorros?

6. Para una cuenta bancaria comercial, ¿cuáles son los límites de transacciones mensuales? ¿Y a qué servicios bancarios adicionales tendría acceso, incluidos préstamos, tarjetas de crédito y línea de crédito?

¿Qué pasa si quieres ahorrar durante unos años a partir de ahora?

Ya sea para prepararse para la jubilación o maximizar el rendimiento del efectivo para el pago inicial de una casa, muchos bancos cuentan con expertos financieros que pueden recomendar diferentes estrategias y productos de in-

versión para hacer crecer su dinero a lo largo de los años.

Elija trabajar con un asesor financiero con quien pueda crear una relación sólida y con quien se sienta cómodo expresando inquietudes y expectativas. Tenga en cuenta que, en algunos casos, los asesores financieros pueden recibir una comisión deducida de un porcentaje de los activos que administran para sus clientes y/o cobrar tarifas de transacción.

Todos los bancos ofrecen acceso en línea, pero no todos los bancos tienen sucursales. Si bien la banca digital, ya sea en línea o con una aplicación, hace que administrar sus finanzas sea conveniente, tener acceso a una sucursal física donde pueda sentarse con alguien para discutir sus necesidades financieras personales o comerciales puede marcar la diferencia.

Easy, safe, for everyone: The essentials of opening a bank account

Sponsored by JPMorgan Chase

There are many reasons for opening a bank account. From depositing a check to making a transfer, work-



ing with a bank makes it seamless to manage your money in a safe way.

Opening up a bank account also makes it easier to pay bills on time, open a debit card, deposit and withdraw money from an ATM, and make transfers from an app, among many other things.

Whether you're opening a bank account online or at a bank branch, it's

important to prepare and anticipate what information you will be asked for.

Personal Checking Account

If you're opening up a

ample, or a state ID. Passport with photograph and birth certificate for minors. Social Security card or ITIN (Individual Taxpayer Identification Number). The

ment showing the customer's name and address. This information could be found in a utility or cable bill, for example—any payment document that provides both pieces of information—or even the rental agreement for the apartment where you reside.

Money: When opening the account, you need to make an initial deposit, which can be the minimum required by the institution or more. You can deposit with cash, a check, or a transfer.

Business Bank Account

If you're opening a bank account for your business, make sure you prepare and bring the following documents with you:

1. Documents regarding the structure of your business detailing who is in charge of finances and how it operates. For corporations or LLCs, this may include articles of incorporation or articles of organization—anything about the company's name, purpose, structure, and basic administration.
2. Ownership agreement outlining the rights and responsibilities of each business owner.
3. A certificate with the legal name of your business.

4. A business license if it is necessary to operate legally.

5. Personal identification of the business owner, similar to those required for individual accounts.

6. Employer Identification Number issued by the IRS.

7. Money for an initial deposit.

What questions should you ask the bank when opening an account?

Before walking into a bank branch, have a list of questions prepared to help you determine which account will work best for you and your financial needs. Some of those questions may be:

1. What are your monthly maintenance fees, and how can I avoid those fees?
2. Are there any fees associated with different services, including ATM fees within and outside the network, or overdraft fees, and how can they be reduced or eliminated?
3. What is your process for accessing funds from abroad?
4. Do you have any current offers or discounts with opening accounts or credit cards?
5. What is your current interest rate for depositing into a savings account?
6. For a business banking account, what are the

monthly transaction limits? And what additional banking services would I have access to, including loans, credit cards and line of credit?

What if you want to save for a few years from now?

Whether it's to prepare for retirement, or maximize the return on cash for a down payment on a house, many banks have financial experts who can recommend different strategies and investment products to grow your money over the years.

Choose to work with a financial advisor who you can create a strong relationship with and are comfortable expressing concerns and expectations. Keep in mind in some cases, financial advisors may receive a commission deducted from a percentage of the assets they manage for their client and/or charge transaction fees.

All banks offer online access, but not all banks have branches. While digital banking, whether online or with an app, makes managing your finances convenient, having access to a physical branch where you can sit down with someone to discuss your personal or business financing needs may make all the difference.