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Aquí tienes nuestras mejores lecturas de la semana, con eñes y acentos, que no encontrarás en otro lugar.*   |  | | --- | |  | |  |  |  |  | | --- | --- | | [Author Headshot](https://nl.nytimes.com/f/newsletter/iePVsMfAcb8aoZJw9gN3tg~~/AAAAAQA~/RgRnemaUP0S5aHR0cHM6Ly93d3cubnl0aW1lcy5jb20vYnkvZWxkYS1jYW50dT9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | **Por** [**Elda Cantú**](https://nl.nytimes.com/f/newsletter/iePVsMfAcb8aoZJw9gN3tg~~/AAAAAQA~/RgRnemaUP0S5aHR0cHM6Ly93d3cubnl0aW1lcy5jb20vYnkvZWxkYS1jYW50dT9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  Senior News Editor, Latin America |   Japón recibió 2024 con un terremoto en el que murieron al menos 55 personas. Al día siguiente del seísmo, un avión de la Guardia Costera del país se disponía a partir de Tokio para asistir en las labores de rescate.  Eran cerca de las 4:45 p. m. del 2 de enero y el Bombardier Canada DHC-8-315, con media decena de personas a bordo, empezó a rodar hacia la pista del aeropuerto de Haneda, según las autoridades. “Iban con un sentido determinado de misión”, diría luego el primer ministro de Japón, Fumio Kishida.  Una hora más tarde, la pequeña aeronave coincidía en la pista con el vuelo 516 de Japan Airlines (JAL), que aterrizaba con 367 pasajeros y 12 integrantes de la tripulación.  [Continue reading the main story](#a11y-skip-universal-0)   |  | | --- | |  | |  | | **ADVERTISEMENT**   |  | | --- | | [Ad](https://nl.nytimes.com/f/a/Tq4G-iyDH9CkOB3i_R4eLA~~/AAAAAQA~/RgRnemaUP0STaHR0cHM6Ly9saXZlaW50ZW50Lm5ld3lvcmt0aW1lc2luZm8uY29tL2NsaWNrP3M9MjA3NzEwJmxpPUJOJm09M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTcmcD1CTl8yMDI0MDEwNSZ0ZT0xJm5sPWVsLXRpbWVzJmVtYz1lZGl0X2JuXzIwMjQwMTA1VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | | |  | |  |   Las [**escenas de la colisión**](https://nl.nytimes.com/f/newsletter/ZpWXjHtx2Ns94eFmD0O11g~~/AAAAAQA~/RgRnemaUP0TaaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL2V4cGxvdGEtYXZpb24tamFwb24uaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) pronto le dieron la vuelta al mundo, que en gran parte seguía con la resaca de las fiestas de Año Nuevo.   |  | | --- | | https://static01.nyt.com/images/2024/01/05/multimedia/05El-Times0124-1/gpzc-jumbo.jpg | | Agence France-Presse, vía Jiji Press/Afp vía Getty Images |   “En las imágenes de video del aterrizaje”, [**escribieron desde Tokio nuestras colegas Motoko Rich y Hisako Ueno**](https://nl.nytimes.com/f/newsletter/ovFgtQx4POMz5LRfrq8Z_A~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMy9lc3Bhbm9sL2F2aW9uLWphcGFuLWFpcmxpbmVzLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~), “el avión de JAL parecía estar sumido en llamas al descender por la pista, lo que hacía difícil de creer que alguien pudiera haber salido ileso del vuelo”.  [Continue reading the main story](#a11y-skip-universal-0)   |  | | --- | |  | |  | | **ADVERTISEMENT**   |  | | --- | | [Ad](https://nl.nytimes.com/f/a/PzPj2xw9r20CsxEUJNOiVw~~/AAAAAQA~/RgRnemaUP0STaHR0cHM6Ly9saXZlaW50ZW50Lm5ld3lvcmt0aW1lc2luZm8uY29tL2NsaWNrP3M9NzU2MjYwJmxpPUJOJm09M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTcmcD1CTl8yMDI0MDEwNSZ0ZT0xJm5sPWVsLXRpbWVzJmVtYz1lZGl0X2JuXzIwMjQwMTA1VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | | |  | |  |   Cinco integrantes de la Guardia Costera que iban en la pequeña aeronave perdieron la vida en la catástrofe.  No obstante, 379 personas descendieron del avión que se incendiaba utilizando los toboganes de emergencia. La evacuación demoró 18 minutos, según dijo un portavoz de la aerolínea en rueda de prensa. En ese lapso, la aeronave se deslizó aproximadamente un kilómetro por la pista hasta que pudo detenerse y desplegar los toboganes de emergencia.  Anton Deibe, un estudiante sueco de 17 años, viajaba en el avión con su familia, que iba repartida en distintas filas. El chico [relató al Times](https://nl.nytimes.com/f/newsletter/Mu2KnzZS5RK94CxO7Q8OVg~~/AAAAAQA~/RgRnemaUP0TnaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vMjAyNC8wMS8wMy93b3JsZC9hc2lhL2phcGFuLXBsYW5lLWZsaWdodC01MTYtcGFzc2VuZ2VyLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) que poco antes del aterrizaje, cuando se agachó a buscar su mochila, sintió mucho calor en la parte de su rostro que iba cerca de la ventanilla. Luego vio fuego y humo.   |  | | --- | | https://static01.nyt.com/images/2024/01/05/multimedia/05El-Times0124-2-gjvf/05El-Times0124-2-gjvf-jumbo.jpg | | Imagen de un video publicado en las redes sociales de los pasajeros a bordo del avión de JAL. vía Reuters |   “Entonces el avión empezó a temblar, como si hubiera una fuerte turbulencia. Al mismo tiempo se puso muy caliente adentro y todas las luces se apagaron”, dijo. “Ni siquiera las luces de emergencia brillaron. Solo la luz del incendio”.  Cualquier persona que haya volado ha escuchado las instrucciones de seguridad en caso de emergencia. Son obligatorias en el protocolo para volar. La mayoría de viajeros rara vez presta atención al mensaje. Pero los tripulantes hacen simulacros con frecuencia y constantemente actualizan su entrenamiento.  El personal del vuelo 516 fue “muy profesional, pero se podía ver en sus ojos que estaban asustados”, dijo Anton, quien recordó que los pasajeros, a pesar de la preocupación, se comportaron con calma. En esos minutos, la voz de un menor se alzó por la conmoción de la cabina para pedir que los dejaran salir rápidamente. La crónica de Motoko e Hisako relata que, a pesar del miedo, ese pedido infantil fue formal y cortés. “Nadie corrió para salvarse. Todos esperaron instrucciones”, recordó Anton.  Aún se desconocen las causas exactas de la colisión, pero los expertos en aeronáutica coinciden en que las repercusiones fueron menores de lo que podría esperarse por distintos motivos. Explicaron que el diseño y los materiales modernos del jet, así como su piloto y personal experimentados ayudaron. Pero también señalaron que “la relativa ausencia de pánico a bordo durante el procedimiento de emergencia probablemente fue lo que más ayudó”.  Varios pasajeros dijeron que descendieron por los toboganes solo con sus teléfonos celulares.  Esta semana, los detalles de este incidente han resonado en mí como una suerte de advertencia de año nuevo: a veces hay situaciones catastróficas inevitables. Pero enfrentarlas de manera sensata y cuidando a los demás puede ser crucial para sobrevivirlas. No es un mal consejo para 2024.   |  | | --- | |  | |  |   *Si alguien te reenvió este correo, puedes hacer* [*clic aquí*](https://nl.nytimes.com/f/a/OGJZ1-jnY6IF7oz7OAiYNA~~/AAAAAQA~/RgRnemaUP0TAaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vbmV3c2xldHRlcnMvZWwtdGltZXM_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) *para recibirlo tres veces por semana.*   |  | | --- | |  | |  |  |  | | --- | |  | |  | | **…Y AQUÍ ALGO PARA TU FIN DE SEMANA** | | |  |  | | --- | --- | | [Emergency works carrying the body of a man to a vehicle.](https://nl.nytimes.com/f/newsletter/0XigJafp06NltZ3pX5Bs_g~~/AAAAAQA~/RgRnemaUP0TsaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wNS9lc3Bhbm9sL2V4cGxvc2lvbmVzLWlyYW4tZ3VlcnJhLW1lZGlvLW9yaWVudGUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [Sare Tajalli, via Agence France-Presse — Getty Images](https://nl.nytimes.com/f/newsletter/0XigJafp06NltZ3pX5Bs_g~~/AAAAAQA~/RgRnemaUP0TsaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wNS9lc3Bhbm9sL2V4cGxvc2lvbmVzLWlyYW4tZ3VlcnJhLW1lZGlvLW9yaWVudGUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | [**Dos ataques complican el panorama bélico en el Medio Oriente**](https://nl.nytimes.com/f/newsletter/0XigJafp06NltZ3pX5Bs_g~~/AAAAAQA~/RgRnemaUP0TsaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wNS9lc3Bhbm9sL2V4cGxvc2lvbmVzLWlyYW4tZ3VlcnJhLW1lZGlvLW9yaWVudGUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [El asesinato de un alto líder de Hamás y las recientes explosiones en Irán aumentan los temores de una guerra regional que podría involucrar a Estados Unidos.](https://nl.nytimes.com/f/newsletter/0XigJafp06NltZ3pX5Bs_g~~/AAAAAQA~/RgRnemaUP0TsaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wNS9lc3Bhbm9sL2V4cGxvc2lvbmVzLWlyYW4tZ3VlcnJhLW1lZGlvLW9yaWVudGUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [**By Eric Schmitt, Julian E. Barnes, Helene Cooper and David E. Sanger**](https://nl.nytimes.com/f/newsletter/0XigJafp06NltZ3pX5Bs_g~~/AAAAAQA~/RgRnemaUP0TsaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wNS9lc3Bhbm9sL2V4cGxvc2lvbmVzLWlyYW4tZ3VlcnJhLW1lZGlvLW9yaWVudGUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | | | |  |  | | --- | --- | | [A person wearing a jacket with a hood walks on a grassy field toward a tree.](https://nl.nytimes.com/f/newsletter/BmEAHKefq0B7qXWl-rN2kA~~/AAAAAQA~/RgRnemaUP0TdaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL211ZXJ0ZS1hc2lzdGlkYS1jYW5hZGEuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [Ian Willms for The New York Times](https://nl.nytimes.com/f/newsletter/BmEAHKefq0B7qXWl-rN2kA~~/AAAAAQA~/RgRnemaUP0TdaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL211ZXJ0ZS1hc2lzdGlkYS1jYW5hZGEuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | [**La muerte asistida podría ser una realidad para personas con trastornos mentales en Canadá**](https://nl.nytimes.com/f/newsletter/BmEAHKefq0B7qXWl-rN2kA~~/AAAAAQA~/RgRnemaUP0TdaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL211ZXJ0ZS1hc2lzdGlkYS1jYW5hZGEuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [Hay división en el país por una ley que permitiría a los pacientes que padecen enfermedades mentales solicitar la muerte asistida por un médico.](https://nl.nytimes.com/f/newsletter/BmEAHKefq0B7qXWl-rN2kA~~/AAAAAQA~/RgRnemaUP0TdaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL211ZXJ0ZS1hc2lzdGlkYS1jYW5hZGEuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [**By Vjosa Isai**](https://nl.nytimes.com/f/newsletter/BmEAHKefq0B7qXWl-rN2kA~~/AAAAAQA~/RgRnemaUP0TdaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL211ZXJ0ZS1hc2lzdGlkYS1jYW5hZGEuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | | | |  |  | | --- | --- | | [A spare landscape with rows of metallic structures.](https://nl.nytimes.com/f/newsletter/aGRnay2BhGf3C0XILVAEcA~~/AAAAAQA~/RgRnemaUP0TlaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL2NyaXB0b21pbmEtc2VjcmV0by10ZXhhcy1jaGluYS5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxN1cDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~)  [Paul Ratje para The New York Times](https://nl.nytimes.com/f/newsletter/aGRnay2BhGf3C0XILVAEcA~~/AAAAAQA~/RgRnemaUP0TlaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL2NyaXB0b21pbmEtc2VjcmV0by10ZXhhcy1jaGluYS5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxN1cDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~) | [**Un estudiante mantuvo en secreto una criptomina de 6 millones de dólares**](https://nl.nytimes.com/f/newsletter/aGRnay2BhGf3C0XILVAEcA~~/AAAAAQA~/RgRnemaUP0TlaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL2NyaXB0b21pbmEtc2VjcmV0by10ZXhhcy1jaGluYS5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxN1cDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~)  [Una disputa legal en un pequeño pueblo de Texas revela inesperadamente cómo los ciudadanos chinos pueden mover dinero a Estados Unidos sin llamar la atención de las autoridades de ninguno de los dos países.](https://nl.nytimes.com/f/newsletter/aGRnay2BhGf3C0XILVAEcA~~/AAAAAQA~/RgRnemaUP0TlaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL2NyaXB0b21pbmEtc2VjcmV0by10ZXhhcy1jaGluYS5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxN1cDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~)  [**By Michael Forsythe and Gabriel J.X. Dance**](https://nl.nytimes.com/f/newsletter/aGRnay2BhGf3C0XILVAEcA~~/AAAAAQA~/RgRnemaUP0TlaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL2NyaXB0b21pbmEtc2VjcmV0by10ZXhhcy1jaGluYS5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxN1cDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~) | | | |  |  | | --- | --- | | [The ruins of a cultural center in Gaza City after Israeli attacks.](https://nl.nytimes.com/f/newsletter/ldh4hZ7sBzEUv937haVGsg~~/AAAAAQA~/RgRnemaUP0ThaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNy9lc3Bhbm9sL29waW5pb24vZ2F6YS1ndWVycmEtaXNyYWVsLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [Montaser Alsawaf/Anadolu via Getty Images](https://nl.nytimes.com/f/newsletter/ldh4hZ7sBzEUv937haVGsg~~/AAAAAQA~/RgRnemaUP0ThaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNy9lc3Bhbm9sL29waW5pb24vZ2F6YS1ndWVycmEtaXNyYWVsLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | [Ensayo invitado](https://nl.nytimes.com/f/newsletter/ldh4hZ7sBzEUv937haVGsg~~/AAAAAQA~/RgRnemaUP0ThaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNy9lc3Bhbm9sL29waW5pb24vZ2F6YS1ndWVycmEtaXNyYWVsLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [**Soy el alcalde de la Ciudad de Gaza y solo veo devastación**](https://nl.nytimes.com/f/newsletter/ldh4hZ7sBzEUv937haVGsg~~/AAAAAQA~/RgRnemaUP0ThaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNy9lc3Bhbm9sL29waW5pb24vZ2F6YS1ndWVycmEtaXNyYWVsLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [La devastación de sus símbolos icónicos, el paseo marítimo, sus bibliotecas y archivos me parte el corazón.](https://nl.nytimes.com/f/newsletter/ldh4hZ7sBzEUv937haVGsg~~/AAAAAQA~/RgRnemaUP0ThaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNy9lc3Bhbm9sL29waW5pb24vZ2F6YS1ndWVycmEtaXNyYWVsLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [**By Yahya R. Sarraj**](https://nl.nytimes.com/f/newsletter/ldh4hZ7sBzEUv937haVGsg~~/AAAAAQA~/RgRnemaUP0ThaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNy9lc3Bhbm9sL29waW5pb24vZ2F6YS1ndWVycmEtaXNyYWVsLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | | | |  |  | | --- | --- | | [An illustration of a large, white antibiotic pill floating among other pills, bacteria and virus shapes that are orange and pink on a dark background.](https://nl.nytimes.com/f/newsletter/NDz93lD1-37cwx6As7y6SA~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yOS9lc3Bhbm9sL25lY2VzaXRvLWFudGliaW90aWNvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [Petra Eriksson](https://nl.nytimes.com/f/newsletter/NDz93lD1-37cwx6As7y6SA~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yOS9lc3Bhbm9sL25lY2VzaXRvLWFudGliaW90aWNvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | [**Cómo saber si en realidad necesitas ese antibiótico**](https://nl.nytimes.com/f/newsletter/NDz93lD1-37cwx6As7y6SA~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yOS9lc3Bhbm9sL25lY2VzaXRvLWFudGliaW90aWNvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [Se calcula que el 28 por ciento de los antibióticos recetados a niños y adultos son innecesarios. En esta temporada, aprende cómo usarlos (y cuándo es mejor evitarlos).](https://nl.nytimes.com/f/newsletter/NDz93lD1-37cwx6As7y6SA~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yOS9lc3Bhbm9sL25lY2VzaXRvLWFudGliaW90aWNvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [**By Dawn MacKeen**](https://nl.nytimes.com/f/newsletter/NDz93lD1-37cwx6As7y6SA~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yOS9lc3Bhbm9sL25lY2VzaXRvLWFudGliaW90aWNvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | | | |  |  | | --- | --- | | [A portrait photograph of three generations of the Pellarin family in a family home.](https://nl.nytimes.com/f/newsletter/dceAOYx-_mP8WrBU6TeE3Q~~/AAAAAQA~/RgRnemaUP0TgaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMy9lc3Bhbm9sL2FwZWxsaWRvLWJlYmUtbWFkcmUtcGFkcmUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [Travis Dove para The New York Times](https://nl.nytimes.com/f/newsletter/dceAOYx-_mP8WrBU6TeE3Q~~/AAAAAQA~/RgRnemaUP0TgaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMy9lc3Bhbm9sL2FwZWxsaWRvLWJlYmUtbWFkcmUtcGFkcmUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | [**¿Cuál será el apellido del bebé? No necesariamente el del padre**](https://nl.nytimes.com/f/newsletter/dceAOYx-_mP8WrBU6TeE3Q~~/AAAAAQA~/RgRnemaUP0TgaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMy9lc3Bhbm9sL2FwZWxsaWRvLWJlYmUtbWFkcmUtcGFkcmUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [Considerar un apellido distinto del paterno brinda la oportunidad de destacar los vínculos que realmente les importan a las parejas.](https://nl.nytimes.com/f/newsletter/dceAOYx-_mP8WrBU6TeE3Q~~/AAAAAQA~/RgRnemaUP0TgaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMy9lc3Bhbm9sL2FwZWxsaWRvLWJlYmUtbWFkcmUtcGFkcmUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [**By Claire Cain Miller**](https://nl.nytimes.com/f/newsletter/dceAOYx-_mP8WrBU6TeE3Q~~/AAAAAQA~/RgRnemaUP0TgaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMy9lc3Bhbm9sL2FwZWxsaWRvLWJlYmUtbWFkcmUtcGFkcmUuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | | | |  |  | | --- | --- | | [Ana Ofelia Murguia holds a golden statuette for an award. She has a slight smile and is wearing a black and silver floral printed dress with pearl earrings and a pearl necklace.](https://nl.nytimes.com/f/newsletter/Lf5wUkh6yiIq6jLARGD_Dw~~/AAAAAQA~/RgRnemaUP0TeaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL2FuYS1vZmVsaWEtbXVyZ3VpYS1jb2NvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [Alejandro Godinez/Clasos.com, vía LatinContent, vía Getty Images](https://nl.nytimes.com/f/newsletter/Lf5wUkh6yiIq6jLARGD_Dw~~/AAAAAQA~/RgRnemaUP0TeaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL2FuYS1vZmVsaWEtbXVyZ3VpYS1jb2NvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | [**Ana Ofelia Murguía, actriz mexicana y voz de ‘Coco’, fallece a los 90 años**](https://nl.nytimes.com/f/newsletter/Lf5wUkh6yiIq6jLARGD_Dw~~/AAAAAQA~/RgRnemaUP0TeaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL2FuYS1vZmVsaWEtbXVyZ3VpYS1jb2NvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [Su trayectoria de 60 años en cine, televisión y teatro marcó “toda una época” y la convirtió en una de las actrices más aclamadas de México.](https://nl.nytimes.com/f/newsletter/Lf5wUkh6yiIq6jLARGD_Dw~~/AAAAAQA~/RgRnemaUP0TeaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL2FuYS1vZmVsaWEtbXVyZ3VpYS1jb2NvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)  [**By Yan Zhuang**](https://nl.nytimes.com/f/newsletter/Lf5wUkh6yiIq6jLARGD_Dw~~/AAAAAQA~/RgRnemaUP0TeaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMi9lc3Bhbm9sL2FuYS1vZmVsaWEtbXVyZ3VpYS1jb2NvLmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | | | |  |  | | --- | --- | | [A woman wearing heavy eye makeup is laying on a wrestling mat and wincing in pain as her head is wrenched up and back by a woman who is on top of her and upside down.](https://nl.nytimes.com/f/newsletter/pdrFnPyRjilfcz9vU668vw~~/AAAAAQA~/RgRnemaUP0TjaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL3N1a2ViYW4tbHVjaGEtbGlicmUtamFwb25lc2EuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | [**‘¡Esto es Sukeban!’. La lucha libre femenina de Japón llega a EE. UU.**](https://nl.nytimes.com/f/newsletter/pdrFnPyRjilfcz9vU668vw~~/AAAAAQA~/RgRnemaUP0TjaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL3N1a2ViYW4tbHVjaGEtbGlicmUtamFwb25lc2EuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [Este espectáculo mezcla moda y teatralidad para atraer incluso a quienes no son aficionados al deporte.](https://nl.nytimes.com/f/newsletter/pdrFnPyRjilfcz9vU668vw~~/AAAAAQA~/RgRnemaUP0TjaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL3N1a2ViYW4tbHVjaGEtbGlicmUtamFwb25lc2EuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)  [**By Katie Van Syckle, Alison Kreuger and Martina Tuaty**](https://nl.nytimes.com/f/newsletter/pdrFnPyRjilfcz9vU668vw~~/AAAAAQA~/RgRnemaUP0TjaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8zMC9lc3Bhbm9sL3N1a2ViYW4tbHVjaGEtbGlicmUtamFwb25lc2EuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTdXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD) | |   El desafío de la energía en 6 días   |  | | --- | | A 3D illustration of a person in a home office setting, sitting backwards on a chair, draped over its back. A gray cat sits smiling on top of the person's head. On the desk behind them is a computer, an apple, a potted plant and a carafe of orange juice. | | Sean Dong |   ¿Cansancio? ¿Desgana? ¿Agotamiento? Los expertos han identificado cinco áreas de la vida que podrían afectar tu vitalidad. [**Te invitamos a tomar este test para identificar cuál de ellas te deja sin baterías**](https://nl.nytimes.com/f/newsletter/c2ctKpIjOObQXVrGdnwD3g~~/AAAAAQA~/RgRnemaUP0ToaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvaW50ZXJhY3RpdmUvMjAyNC8wMS8wMy9lc3Bhbm9sL3Rlc3QtZW5lcmdpYS1wZXJzb25hbC5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxN1cDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~).  Y luego, tal vez quieras sumarte al desafío de Well, la sección de bienestar del Times, que incluye algunas [**estrategias sencillas para sentirse renovado**](https://nl.nytimes.com/f/newsletter/pCwHNHDn6ph9VkAPoiJH-Q~~/AAAAAQA~/RgRnemaUP0TbaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMS9lc3Bhbm9sL2Rlc2FmaW8tZW5lcmdpYS0yMDI0Lmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~).  Si ya lo estás siguiendo, [cuéntanos cómo ha sido tu experiencia en la sección de comentarios](https://nl.nytimes.com/f/newsletter/3ahHAcTad5Y177ljNmtZ1g~~/AAAAAQA~/RgRnemaUP0TtaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMS9lc3Bhbm9sL2Rlc2FmaW8tZW5lcmdpYS0yMDI0Lmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3I2NvbW1lbnRzQ29udGFpbmVyVwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~).   |  | | --- | |  | |  |   Comentarios y opiniones  Compartimos algunas reflexiones que nuestros lectores han dejado en la sección de comentarios en los últimos días, ligeramente editadas por claridad y espacio.   |  | | --- | | https://static01.nyt.com/images/2024/01/05/multimedia/05El-Times0124-3-kqtb/05El-Times0124-3-kqtb-jumbo.jpg | | Michael Dwyer/Associated Press |  |  | | --- | | * “Hace algunos años se proyectó la película *Her*, en la que un hombre desolado compra un software con el cual puede interactuar. Al ir acumulando información de su personalidad, el software termina por ‘seducirlo’ y el protagonista se enamora. Al parecer, la inteligencia artificial (IA) está entre nosotros desde hace mucho tiempo, más del que nos imaginamos, y en 2023 solo irrumpió de manera abrumadora. Ya con internet había sucedido algo similar. Una de las preguntas que surge es: ¿qué se viene para la humanidad, o está sucediendo ya, que no nos hemos percatado?”. —*Luis Ovidio Ramírez A., Colombia, en* [*un ensayo de opinión sobre la IA*](https://nl.nytimes.com/f/newsletter/-V3m8lO51R4iwmDsqPBHGw~~/AAAAAQA~/RgRnemaUP4QAAWh0dHBzOi8vd3d3Lm55dGltZXMuY29tL2VzLzIwMjMvMTIvMTIvZXNwYW5vbC9vcGluaW9uL2ludGVsaWdlbmNpYS1hcnRpZmljaWFsLXJpZXNnb3MuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTcjY29tbWVudHNDb250YWluZXJXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD). * “Lo importante en la vida es poder transmitir la luz en cada momento y ser portadores de una buena actuación en cada día, verle a la vida en cada momento un motivo de felicidad, y para eso hay que llenarse de amor, perdón y así enseñarles a los demás que la luz, como dice este texto, existe y es necesaria vivir con ella”. —*Luz Maria Court, Caracas, Venezuela, en un* [*ensayo de opinión sobre encontrar alegría en un mundo en guerra*](https://nl.nytimes.com/f/newsletter/VNaRdvFFlOttBdNE0YKQLw~~/AAAAAQA~/RgRnemaUP0T9aHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8xNy9lc3Bhbm9sL29waW5pb24vY29tby1tYW5lamFyLWFuc2llZGFkLWd1ZXJyYS5odG1sP2NhbXBhaWduX2lkPTQyJmVtYz1lZGl0X2JuXzIwMjQwMTA1Jmluc3RhbmNlX2lkPTExMTc0MCZubD1lbC10aW1lcyZyZWdpX2lkPTkyNDQ5MDQ5JnNlZ21lbnRfaWQ9MTU0MzI0JnRlPTEmdXNlcl9pZD0zZTllNTEzODczMjM2YmI1NzU0ZDdjMzc0MTQ3ZGMxNyNjb21tZW50c0NvbnRhaW5lclcDbnl0QgpllJThl2U89DJlUhthcm9tYXNkZWNvbG9tYmlhQHVuZS5uZXQuY29YBAAAAAM~)*.* * “He dejado el cigarrillo después de 20 años. Me siento feliz y renovado. El no fumar me alejó del alcohol. Ha sido mágico este cambio. Sí se puede. Solo se requiere amor propio”. *—Alex Velásquez, Bogotá, Colombia, en* [*nuestro ejercicio sobre lo mejor del año pasado*](https://nl.nytimes.com/f/newsletter/opOZ9X-eMPplieKYREPXFA~~/AAAAAQA~/RgRnemaUP0TmaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyMy8xMi8yNi9lc3Bhbm9sL21lam9yLWRlLTIwMjMuaHRtbD9jYW1wYWlnbl9pZD00MiZlbWM9ZWRpdF9ibl8yMDI0MDEwNSZpbnN0YW5jZV9pZD0xMTE3NDAmbmw9ZWwtdGltZXMmcmVnaV9pZD05MjQ0OTA0OSZzZWdtZW50X2lkPTE1NDMyNCZ0ZT0xJnVzZXJfaWQ9M2U5ZTUxMzg3MzIzNmJiNTc1NGQ3YzM3NDE0N2RjMTcjY29tbWVudHNDb250YWluZXJXA255dEIKZZSU4ZdlPPQyZVIbYXJvbWFzZGVjb2xvbWJpYUB1bmUubmV0LmNvWAQAAAAD)*.* * “Muy interesante para comenzar un nuevo año pensando en buscar un tiempo de bienestar mental y físico. En la loca carrera por la vida olvidamos que si no paramos un momento y respiramos, cerramos nuestros ojos, y solo escuchamos el sonido del silencio podemos explotar en cualquier momento. Gracias”. *— Aracelis de la Rosa, República Dominicana,* [*en el Desafío de la energía*](https://nl.nytimes.com/f/newsletter/3ahHAcTad5Y177ljNmtZ1g~~/AAAAAQA~/RgRnemaUP0TtaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vZXMvMjAyNC8wMS8wMS9lc3Bhbm9sL2Rlc2FmaW8tZW5lcmdpYS0yMDI0Lmh0bWw_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5sPWVsLXRpbWVzJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3I2NvbW1lbnRzQ29udGFpbmVyVwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~)*.* |   —Patricia Nieto y Sabrina Duque producen y editan este boletín.   |  | | --- | |  | |  |   *Que tengas un fin de semana estupendo. Si te gustó este boletín, compártelo con tus amigos, colegas y seres queridos (y no tan queridos). Y por favor,* [*cuéntanos*](mailto:comentarios@nytimes.com) *qué te parece.*   |  | | --- | |  | |  | | |  |  | | --- | --- | | Una selección semanal de historias en español que no encontrarás en ningún otro sitio, con eñes y acentos. | ***El Times***  *Una selección semanal de historias en español que no encontrarás en ningún otro sitio, con eñes y acentos.*  [*Recíbelo en tu bandeja de entrada*](https://nl.nytimes.com/f/a/aovfhmN5_4n3sP_fVZRZJg~~/AAAAAQA~/RgRnemaUP0TeaHR0cHM6Ly93d3cubnl0aW1lcy5jb20vbmV3c2xldHRlcnM_Y2FtcGFpZ25faWQ9NDImZW1jPWVkaXRfYm5fMjAyNDAxMDUmaW5zdGFuY2VfaWQ9MTExNzQwJm5ld3NsZXR0ZXJfc2lnbnVwPXRydWUmbmw9ZWwtdGltZXMmcHJvZHVjdF9jb2RlPUJOJnJlZ2lfaWQ9OTI0NDkwNDkmc2VnbWVudF9pZD0xNTQzMjQmdGU9MSZ1c2VyX2lkPTNlOWU1MTM4NzMyMzZiYjU3NTRkN2MzNzQxNDdkYzE3VwNueXRCCmWUlOGXZTz0MmVSG2Fyb21hc2RlY29sb21iaWFAdW5lLm5ldC5jb1gEAAAAAw~~) | | |  |   [Continue reading the main story](#a11y-skip-universal-0)   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | https://liveintent.newyorktimesinfo.com/imp?s=124580800&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580801&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580802&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580803&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580804&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580805&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580806&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580807&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580808&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580809&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580810&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580811&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580812&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580813&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580814&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580815&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580816&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580817&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580818&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | https://liveintent.newyorktimesinfo.com/imp?s=124580819&sz=2x1&m=3e9e513873236bb5754d7c374147dc17&p=BN_20240105&li=BN | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | ¿Necesitas ayuda? 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