



Tatiana Andia and her husband, Andrés Molano, last year. After a cancer diagnosis, she decided to publicly chronicle her death.

She Took Her Country Along for Her Last Journey

Overcoming Colombia’s Barriers to Assisted Death

By STEPHANIE NOLEN

CARTAGENA, Colombia — The crowd was expectant when Tatiana Andia took the microphone: She was a hero to many in the room, the woman who negotiated cheaper drug prices for Colombia. But that day, at a conference for policymakers and academics on the right to health in Latin America, there was an intimate topic she wanted to discuss.

“A year ago I was diagnosed with a terminal lung cancer,” she began, “one that’s incurable, catastrophic, all the terrible adjectives.” She gave a small laugh, acknowledging the whole thing sounded preposterous.

The air in the packed conference room went still.

Ms. Andia, 44, a professor and a former official in Colombia’s health ministry, said she was going to speak not as an expert, but from a different perspective, one

THE FINAL CHOICE

A National Conversation

newly acquired — that of a patient. A particular health rights issue preoccupied her these days, she said: the right to death.

No one, she went on, wants to talk to me about dying.

She began to speak faster and faster, and her hands fluttered around her face like small birds.

People in the audience looked at the floor, the ceiling, their laps.

“How come we can’t talk about having a dignified death when we talk about the right to health?” she demanded.

On that day a year ago in Cartagena, Ms. Andia concluded her presentation without going into details about how and when she would die. But she had been making plans for months.

Colombia has allowed physi-

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Another Workday Was Ending.

The Horror Was Just Beginning.

This article is by Michael Wilson, Maureen Farrell and Chelsia Rose Marcus.

A group from the finance firm Blackstone gathered for a mixer off the lobby of 345 Park Avenue last Monday evening. Across the big, airy space a Blackstone senior executive, Wesley LePatner, 43, was passing through after a day of meetings upstairs. She was a mentor to young women who oversaw a real estate team that had injected tens of billions of dollars into their portfolio.

A busy Monday, nearing its end. There was the lobby’s security guard — friendly and popular. He stepped outside every day to buy a lottery ticket from the news stand on Lexington Avenue. Today’s my day, he would joke with the young vendor. I’ll win big and solve all my problems.

Darin Laing, 37, in finance, passed him by as he left with a colleague to grab a quick dinner across the street.

None of them noticed a dark BMW pull up on Park Avenue and double park. The driver stepped out. It was a hot day, the beginning of a heat wave that gripped the city. So the lobby’s big blinds were lowered against the sun, masking his approach to the building.

Just before 6:30 p.m., the driver, a slim young man wearing sunglasses, entered the lobby with an assault rifle in his right hand.

Much would be learned about that man in the hours and days to follow — and about the four others who would ultimately lose their lives. But at that moment and for a long stretch that followed, he was an anonymous, terrifying, unfolding threat. One that New Yorkers have seen play out all over America, and now had come to their door.

Interviews with building employees and law enforcement officials tell the story of those harrowing minutes.

A police officer working securi-

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Handling Hawaiian History

Archaeologists and others are working to save items, like temple bells, above, that survived the 2023 Lahaina wildfires. Page C1.

10,000 Steps? A Nice, Round Number, but Not the Magic One.

By SIMAR BAJAJ

Walking 10,000 steps a day has long been a fitness cliché. But new research suggests that the health benefits of walking ramp up until about 7,000 steps, before leveling out. And as daily goals go, that’s a little more attainable.

The analysis, published this month in the medical journal The Lancet Public Health, examined data from 57 studies and found

that even moderate amounts of walking were associated with a lower risk of dementia and cardiovascular disease, among other conditions, adding to a wide body of research tying walking to longevity. People who walked 7,000 steps a day (roughly three miles) also had a 47 percent lower risk of death compared with those who walked 2,000 steps, the analysis found.

“It is just as important to walk

Study Says We Benefit Well Before Then

7,000 steps a day as it is to take your pills,” said Dr. Joshua Knowles, a cardiologist at Stanford Health Care.

Decades of research shows that walking improves metabolic health, making the heart stronger

and more efficient while also reducing weight, cholesterol and blood sugar levels, said Keith Baar, a physiologist at the University of California, Davis.

While most scientific reviews have looked at how higher step counts are linked to lower risk of cardiovascular disease and death, the new analysis examined associations across a much broader range of conditions. For example,

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China’s Workshops Struggling

The trade cease-fire left exporters with onerous tariffs, worsening a slowdown for light-industry factories. PAGE B1

Perils of Meddling With Data

After the head of the labor bureau was fired, economists said unbiased reporting was necessary to set policy. PAGE B1

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China Curbs Workers’ Travel

Even low-level government employees like schoolteachers and nurses have been ordered to hand in their passports, to enforce “discipline.” PAGE A4

Stifling Russia’s Internet

A state-approved messaging app has raised fears that Moscow may block WhatsApp and Telegram. PAGE A8

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Country Music Trailblazer

Jeannie Seely, 85, broke the gingham-clad mold for women and was the first female Grand Ole Opry host. PAGE B5



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Figures around the league reflect on the good, the bad and the odd from a season during the Covid lockdown. PAGE D1

An Ending Is Also a Beginning

Carlos Correa’s exit from the Twins began with a candid talk about the future. The team is rebuilding. PAGE D2

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Texas Democrats Leave State

The walkout was a sharp escalation in a partisan clash over a congressional redistricting requested by President Trump aimed at switching seats to Republicans. PAGE A11

Miami Republicans Called Out

“Deporting immigrants is cruel,” some of the ads against Cuban Americans in Congress read. Michael B. Fernández, a billionaire, said he wanted to “wake up” Miami’s conscience. PAGE A14

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‘King of the Hill’ Returns

Hank and Peggy are retired and Bobby is a chef in an aged-up series revival, a return made bittersweet by the deaths of several former cast members. PAGE C1

