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tú Decides – Un Periódico Bilingüe

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September 4th, 2015



A new school year

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EDUCATION

Back-to-school tips to keep kids healthy and safe

(StatePoint)

Back-to-school prep means more than a trip to the office supply store. Help kids stay strong, healthy and safe this school year by putting wellness front and center.

“Thinking about back-to-school now can help parents keep kids on track for a healthy summer and start to school,” says Dr. Sandra Hassink, MD, FAAP, President of the American Academy of Pediatrics.

With that in mind, Hassink recommends taking the following steps.

EASE INTO THE SCHOOL SCHEDULE

Ease the back-to-school transition by keeping bedtime and meals scheduled during the summer and adjusting timing as school approaches. If your child has been going to bed later than usual, begin adjusting his or her bedtime earlier toward the end of summer. Depending on age, children and teens need between 8.5 to 9.5



hours of sleep nightly.

For young children, arranging to see their new classroom and meet their new teacher before school starts can calm first day jitters. Go over the school schedule with your child, including how she will get to school and what the plans are for after school time.

SCHEDULE A PEDIATRIC VISIT

The back-to-school season is a good time for scheduling a pediatric exam.

Create a list of items you want to discuss with your child's pediatrician. This list should include ensuring your child is up-to-date on vaccinations, a crucial part of preventive care.

It's a good idea to build a medical home with a pediatrician by sticking with one doctor or medical practice throughout childhood and adolescence. The doctor will be better informed of your child's medical history and aware

of any emerging problems.

Beyond medical testing, pediatricians are well-equipped to counsel patients and parents on emotional and social issues, as well as issues that often crop up during adolescence, such as smoking, drugs, drinking, sexual activity and depression.

“Parents can ask a pediatrician about anything related to the care of their child or teen, medical or not,” says Dr. Hassink. “The visit can be a good way to bring up these issues.”

CONSIDER SPORTS

Sports can foster confidence, cooperation and healthy habits, and the start of the school year brings many opportunities to join various programs.

Hydration, nutrition and proper conditioning are important for any sport, especially those with intense training in warm weather. Schedule a sports physical with your pediatrician to discuss your child's overall health and how to prevent injuries.

TALK SAFETY

If your child will be walking to school, travel the route with him to assess its safety. Find out about traffic patterns and crossing guards. Teach your child safety rules like looking both ways. If possible, have your child commute with an older sibling or neighbor. If your child will be riding a bike or skateboard, be sure he wears a helmet. Review basic rules for safer riding. Bus riders should also be mindful of safety rules, like remaining in one's seat and listening to the driver.

More back-to-school tips can be found at www.healthychildren.org

As a parent, you can take steps to help ensure your children are prepared for a happy, healthy school year.

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Albert Torres, **CEO & President**
Albert@tudecidesmedia.com

Ismael G. Campos, **Owner**
Mel@tudecidesmedia.com

Gracie Campos, **Owner**
Gracie@tudecidesmedia.com

Fernando Aceves, Tony Sandoval
Sales Representatives

Dr. Claudia Romay
Translations

Arlette Rodriguez
Staff Writers

Félix Connection, Isaiah Torres, Ezequiel Torres
Distribution

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STATE

Thousands mourn fallen firefighters in Washington state



A Washington State trooper salutes as he stands near a portrait of Andrew Zajac at a memorial service for three firefighters killed in a wildfire, Sunday, Aug. 30, 2015, in Wenatchee, Washington.

WENATCHEE, Washington (AP)

Several thousand people gathered Sunday to honor three U.S. Forest Service firefighters killed battling wildfires in Washington state.

“They dedicated their lives to protecting our national forests and the people in the communities surrounding them,” Forest Service Chief Tom Tidwell said in a eulogy. “And for that we should be grateful.”

The memorial service for 20-year-old Tom Zbyszewski, 26-year-old Andrew Zajac, and 31-year-old Richard Wheeler took place in Wenatchee. That’s about 90 miles south of where they died Aug. 19 near Twisp in eastern Washington when flames consumed their crashed vehicle.

More than 80 vehicles took part in a procession leading to the memorial service Sunday where more than 100 firefighters stood at attention. Dozens of civilians also took part, many holding U.S. flags and others with signs that said “You are heroes!”

Tom Zbyszewski followed in his father’s footsteps as a firefighter. He was the youngest of the three who died, and a physics major at Whitman College with an acting bent. He was due to return to school in about a week.

“Tom was the light of my life,” his father, Richard Zbyszewski, said in his eulogy.

“My path I’m afraid will always be a little bit darker because I miss him so much.”

Zajac was the son of a Methodist minister from Downers Grove, Illinois. He was in his second year as a professional wildland firefighter for the Forest Service and earned a master’s degree in biology last year from the University of South Dakota. Zajac and his wife, Jenn, were married last year.

Jenn, in a statement read by Zajac’s mother, Mary, said, “Andrew was my calm and my strength; my belay (climbing) partner, my fishing buddy, my hiking companion, my love. Just under a year ago we made a promise until death do us part. I just never imaged it would come so soon. I’ll miss him forever.”

Wheeler, “Wheels” as his friends called him during their eulogies, was a fourth-generation firefighter as well as an avid fisherman, hiker and hunter. He was a seasonal worker with hopes of becoming a permanent wildland firefighter for the U.S. Forest Service.

Daniel Lyon, who sustained burns on more than 60 percent of his body in the fire that killed the three firefighters, on Sunday remained in serious condition at Harborview Medical Center in Seattle, where he’s had two successful burn surgeries. A spokeswoman said the 25-year-old is scheduled to undergo another operation this week.

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HEALTH LITERACY

Tri-Cities Native Returns Home

TRI-CITIES Cancer Center

How did a Hanford High/CBC Running Start/WSU Cougar wind up serving as the Chief Resident, Radiation Oncology, at the National Cancer Institute in Washington, D.C. and then return home to the Tri-Cities as the newest physician at the Tri-Cities Cancer Center?

Dr. Guy Jones left Richland 14 years ago to begin college at WSU in Pullman. After graduating summa cum laude with a degree in Chemical Engineering, he went on to study medicine at Rutgers University in New Jersey. He completed his medical internship at Sacred Heart Medical Center in Spokane, and his Radiation Oncology training at the National Cancer Institute in Washington, D.C.

Dr. Jones is a former Howard Hughes Research Scholar and was actively involved in research at the National Cancer Institute where he presented his work at the international level and was published in a number of oncology journals. He is excited to take part in the studies being carried out by the Tri-Cities Cancer Center through their Network Membership with the Seattle Cancer Care Alliance, partnering to develop tomorrow's treatment protocols today. And there's obviously a bit of Cougar engineer in him since another of his research goals is to improve both the software and the hardware of linear accelerators (the machines used in treatment of cancer with radiation).



Dr. Guy Jones (left), physician at Tri-Cities Cancer Center, visits with a patient.

Dr. Jones is looking forward to having access to the Cancer Center's newly deployed state-of-the-art Edge™ Radiosurgery System by Varian. "This tool will give our patients access to cancer care that's on par with anything in the world. We'll be able to target tumors and track their motions in real-time better than ever before, and sophisticated beam collimation lets us concentrate doses to the tumor while protecting surrounding tissues. This will also reduce the number of treatments many of our patients would otherwise have to go through since we can increase the dose per treatment with significantly fewer collateral medical concerns than in the past."

According to Dr. Jones, "In recent years, we have greatly improved screening methods for a number of cancers including lung, breast, colon and prostate which allow for early detection and greatly improved odds of survival." He recently presented the Tri-Cities Cancer Center's innovative lung cancer screening program at the

2014 American Society of Radiation Oncology's Annual Meeting. "This

screening program was one of the first of its kind and paved the way for insurance coverage of this important medical test." Dr. Jones went on to say, "Our field has made tremendous headway in improving the effectiveness and tolerability of cancer treatment. In just the last 5 years, we have seen amazing progress in reducing and managing side effects and it's exciting to have been a part of that."

Dr. Jones joins Medical Director, Dr. Sue Mandell, a former Lieutenant Commander in the U.S. Navy, and her partner Juno Choe, MD, PhD. Both are board certified radiation oncologists at the Tri-Cities Cancer Center.

Tri-Cities Native Returns Home

Dr. Guy Jones, a **Hanford High School graduate**, has just joined the medical team at your Tri-Cities Cancer Center as our third radiation oncologist.

Most recently Dr. Jones served as the Chief Resident for the National Cancer Institute (NCI) at the National Institute of Health (NIH).

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IMMIGRATION

US judge orders immigrant families released from detention

SAN ANTONIO, Texas (AP)

A federal judge in California has ordered the government to release immigrant children from family detention centers “without unnecessary delay,” and with their mothers when possible, according to court papers.

In a filing late Friday, U.S. District Judge Dolly Gee refused the government’s request to reconsider her ruling in late July that children held in family detention centers after crossing the U.S.-Mexico border illegally must be released rapidly.

Calling the government’s latest arguments “repackaged and reheated,” she found the U.S. Department of Homeland Security in breach of a longstanding legal agreement stipulating that immigrant children cannot be held in unlicensed secured facilities, and gave agency officials until October 23 to comply.



Immigrants from El Salvador and Guatemala who entered the country illegally prepare to board a bus after they were released from a family detention center, on July 7, 2015, in San Antonio, Texas.

Lawyers for Homeland Security had asked the judge to reconsider her ruling, arguing that the agency was already doing its best to move families through detention quickly and that the facilities had been converted into short-term processing centers.

Attorneys for the government are

reviewing the order, said Nicole Navas, a spokeswoman for the Department of Justice, said Friday night. This is the second time Gee has ruled that detaining children violates parts of a 1997 settlement from an earlier case. The settlement requires minors to be placed with a relative or in appropriate non-secure custody within five days. If there is a large influx of minors, times may be longer, but children still must be released as expeditiously as possible, under the terms of the law.

In her order, Gee countered that immigration officials “routinely failed to proceed as expeditiously as possible to place accompanied minors, and in some instances, may still be unnecessarily dragging their feet now.”

Peter Schey, executive director of the Center for Human Rights and Constitutional Law, said that the court’s order “will protect refugee children and their mothers from lengthy and entirely senseless detention.”

The government poured millions of dollars into two large detention centers in Texas after tens of thousands of immigrant families, mostly mothers with children from Central America, crossed the Rio Grande into the U.S. last summer.

Many have petitioned for asylum after fleeing gang and domestic violence back home.

In her order Friday, Gee challenged Homeland Security’s claim that drastically limiting or ending its family detention policy could spark another surge in illegal border crossings, calling this “speculative at best” and “fear-mongering.”

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STATE

Record number of travelers strain Seattle airport

SEATAC, Washington (AP)

Four million passengers passed through Seattle-Tacoma International Airport in June, breaking a monthly record set in 2014 but straining services and creating long lines at security checkpoints.

Passenger traffic is up 13 percent so far this year, airport spokesman Perry Cooper said. The crowds could grow. Preliminary numbers show July will likely top June, and August is always a busy month of the year.

The Official Airline Guide, which collects data for the global airline industry, lists Sea-Tac as one of the fastest-growing among the top 20 airports in the U.S.

In response, the Transportation Security Administration added officers to screen departing travelers in Seattle. U.S. Customs and Border Protection has 10 new people to welcome arriving international passengers.

But travelers say it's not enough. On a recent morning, hundreds of travelers spent almost an hour shuffling through



In this Tuesday, Aug. 11, 2015 photo, travelers wait in a security line at Seattle-Tacoma International Airport, in Seattle, Washington.

the security screening rope maze to reach the machines that would search their luggage.

Anthony Kwacz, of Seattle, said he travels up and down the West Coast and believes not enough is being done to relieve the pressure in the crowded terminal.

"I fly a lot, and frequently it feels like they have the equipment here to do the screening but they don't have the people to run it," he said while standing near the end of a long line waiting to go through security. "Why don't they have more bodies?"

The lines appear daunting, Cooper said, but they actually move rather quickly,

considering how many people are passing through the airport.

TSA screened 7.2 million people at Sea-Tac in the first six months of this year, agency spokeswoman Lorie Dankers said. TSA screened more than 1.5 million people in August 2014 and expects to hit 1.7 million this month.

Unlike many U.S. airports, Sea-Tac's busiest days are not on the weekend, but during the week when business travelers and cruise ship passengers move through, Cooper said.

Amazon.com Inc., Microsoft Corp. and Boeing Co. have bases in the Seattle area. T-Mobile and Expedia Inc. also employ thousands in the region.

Sea-Tac is much smaller than airports such as those in Denver and Chicago that host tens of millions of passengers. Sea-Tac covers about 4.2 square miles, while Denver International Airport covers more than 53 square miles.

"That's one of the biggest challenges," Cooper said. "We're surrounded by three cities and have no place to expand this footprint."

SPORTS

Sounders beat Portland in front of big crowd

SEATTLE, Washington (AP)

Brad Evans and the Seattle Sounders are in an unfamiliar position. Never before has there been this much uncertainty heading into the final two months of the MLS season about whether the Sounders will make the playoffs.

"We haven't been in this position before. I haven't been in this position before," Evans said. "I told my wife with the way results are going it's definitely going to be a sprint to the finish."

That sprint started Sunday when the Sounders got an early goal from Obafemi Martins and watched Evans convert a disputed penalty kick just before halftime for a 2-1 win over the rival Portland Timbers.

Seattle (12-13-2) picked up its second victory of the season over its Cascadia rival, but more importantly got a needed three points in the Western Conference playoff race before 64,358 fans, the fourth-largest crowd for an MLS game in Sounders' history. Seattle started the day in seventh place and outside of the playoff picture, but pulled into a tie with San Jose for sixth with



Seattle Sounders midfielder Brad Evans fights for the ball against a Portland Timbers player, during an MLS match on Sunday, August 30, 2015, in Seattle, Washington. **Photo by Braulio Herrera**

the victory.

Seattle won for just the third time in its last 10 MLS matches and could have injured forward Clint Dempsey (hamstring) back next week against Toronto.

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POLITICS

Birthright citizenship debate a distraction, GOP rivals say



Republican presidential candidate, Wisconsin Gov. Scott Walker, speaks at the Alabama GOP summer luncheon as he tours the South, Saturday, Aug. 22, 2015, at the International Sports Hall of Fame in Talladega, Alabama.

MIAMI, Florida (AP)

The debate over a controversial proposal to end the automatic granting of citizenship to children of people in the U.S. illegally is a distraction from what the nation really needs to do to stem the tide of illegal immigration, several Republican presidential candidates said Sunday.

On the television network news talk shows, the GOP hopefuls said enforcing U.S. immigration laws would resolve the problem of “birthright citizenship” without having to go through what they see as an impractical effort to end it with a constitutional amendment.

Every campaign, candidates “hold up some bright, shiny object_’Oh, let’s talk about birthright citizenship,” Carly Fiorina said on NBC’s “Meet the Press.” “Let us focus our political energies on doing what the government is responsible for doing, secure the border, and fix the legal immigration system.”

The former Hewlett-Packard CEO said the federal government cannot keep track of foreign visitors who overstay visas and has failed at putting into place a system for employers to verify the legal status of prospective workers.

Appearing on CBS’s “Face the Nation,” New Jersey Gov. Chris Christie, who opposes amending the Constitution over birthright citizenship, echoed Fiorina. He said the issue is “an applause line.”

“Let’s talk about the things that we can fix and fix simply without having to amend the Constitution,” said Christie.

Native-born children of immigrants—

even those living illegally in the U.S.—have been automatically considered American citizens since the adoption of the 14th Amendment in 1868. Donald Trump further roiled the waters of the Republican campaign when he called for repealing the amendment.

Wisconsin Gov. Scott Walker, who has gone back and forth on amending the Constitution over birthright citizenship, told ABC’s “This Week” that he’s against any such repeal.

The call to secure the border as a first priority is a familiar one in the GOP field. It has at times become a way to avoid taking a stand on more contentious immigration issues, such as whether the millions of people in the country illegally should be offered a path to citizenship or at least legal status.

Dr. Ben Carson, who is black, speaking on CNN’s “State of the Union,” dismissed the idea that the controversial use of the term “anchor baby”—a child born in the United States to parents in the country illegally—was a racial slur. “It’s silly political correctness,” he said.

Carson said last week that “if somebody comes here for the purpose of having a baby, so that they have an anchor baby, we should keep that family together and send them back where they come from.”

Texas Sen. Ted Cruz said enforcing existing immigration laws would solve the problem without having to amend the Constitution, a process he said would take years to accomplish.

Former Florida Gov. Jeb Bush and Ohio Gov. John Kasich last week spoke in favor of leaving the constitutional protection in place.

From my balcony

Shall we talk?

Dr. Lorena Barboza
lorena.barboza@gmail.com

We live in an “Information Society,” that phenomenon caused by the creation of new technologies that would have us believe that all machines that have been invented have been beneficial to society. We can admit that this is in part true. However, the abuse of many new technologies is affecting the way in which we relate personally with others, and sadly, many people don’t see any need to leave their house anymore in order to obtain information, or in order to have a relationship with someone, since they can easily communicate via their handheld device.



► Lorena Barboza

Unfortunately, we have become prey to Technophilia, the dependence on the Internet and technology, and we have many phenomena derived from it. In an earlier column, I referred to the nomophobia, and now bring to your attention one of the worst consequences of cellular phone obsession: “Phubbing”, short for the English words to phone (phone) and snubbing (underestimating) coined by Alex Haigh, age 23.

Conversation is an art form, and good manners are truly a treasure. Both are in danger of extinction! So-called “phubbing” is the art of ignoring others while drinking a cup of coffee, while walking in the park, while at a party... only paying attention to your phone and being completely rude to others!

Let’s not allow Technophilia to make us into people who lack goals, have no personal relationships, have poor social skills, are shy of others, lonely or have low self-esteem.

I am not against technology, but only against abusing and the negative use of it. We must continue to cultivate conversation and use new technologies to become better people, and not to weaken us as human beings.

Have a happy week, and God Bless!

Dr. Barboza invites you to visit her blog: hablandonosentendemos.podbeam.com

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Dave Says

The best medicine

Dear Dave,

I’ve worked in a hospital as a nurse for 10 years. I make good money working long hours. The problem is that it seems to disappear, and I’m left trying to stretch those last few dollars to the end of the month. I know I eat out a lot. I grab quick meals between shifts and on the way home because I’m too tired to cook. I think I spend more than I should on other things, too. Do you have any tips for someone who wants to get control of their money, but has very little free time?



Dave Ramsey

— Amy

Dear Amy,

Sometimes the medicine that works the best tastes the worst. This is true for both physical and financial health.

That’s why, no matter how tired you are or how little free time you seem to have, you must make time do a written budget every month. This is essential, and it really doesn’t take long. When you sit down and commit a plan to paper, giving every dollar a name before the month begins, you’re taking control of your money instead of allowing a lack of it to control you.

Start with the income you know is predictable. If this isn’t possible, look back over the last several months and find the minimum amount you brought home during a month over that period of time. This will be the basis for your budget. Once you’ve established a baseline income, you can prioritize expenses. But remember, restaurants are not a priority!

When you start telling your money what to do ahead of time, you’ll have more ability to do what’s needed with what you’ve earned. It’s empowering and energizing, and it gives you the chance to make your Total Money Makeover a reality!

— Dave

* Dave Ramsey is America’s trusted voice on money and business. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Dave’s latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.



LABOR DAY SAVINGS

ROCK BOTTOM PRICES!

Only at Fiesta Foods



Value Pack, Beef, New York Steaks
Bistec de lomo de res, paquete económico
\$3.98 LB



Value Pack, Boneless & Skinless, Fresh Chicken Breast
Pechuga de pollo fresca sin cuero y hueso, paquete económico
\$1.68 LB



12 oz., Bar-S Hot Dogs
Salchichas, paquete de 12 onzas
68¢ EA
Limit 2 / Límite 2
Additional \$5.00 EA / Adicional \$5.00 C/U



10 lb. Bag, Russet Potatoes
Papas, bolsa de 10 libras
99¢ EA
Limit 2 / Límite 2



Local, Sweet Yellow Onions
Cebollas amarillas y dulce
38¢ LB
Limit 10 / Límite 10



Green Cabbage
Repollo verde
19¢ LB
Limit 10 Bags / Límite 10 Bolsas



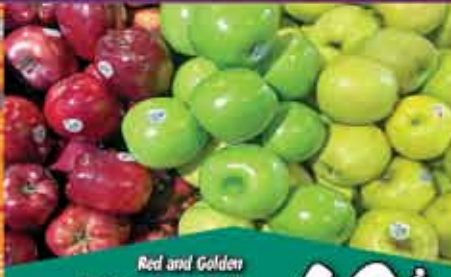
30 oz., Best Foods Mayomaise
Mayonesa, bote de 30 onzas
2 FOR \$5



24 pk., 12 oz. Can, Pepsi Products
Refresco, paquete de 24, latas de 12 onzas
\$5.98 EA
Limit 2 / Límite 2



2 lb. Block, Bonito, Medium Cheddar Cheese
Queso, paquete de 2 libras
\$4.98 EA
Limit 2 / Límite 2



Red and Golden Delicious, Granny Smith Apples
Manzanas rojas, golden delicious, y granny smith
48¢ LB



Whole Adobado or Rotisserie Chicken
Pollo entero rotizado o adobado, vaso de 16 onzas de arroz y frijoles, 1 docena de tortillas
\$10.00 EA
Limit 2 / Límite 2
Additional \$12.99 EA / Adicional \$12.99 C/U



Pork Baby Back Ribs
Costillas de puerco
\$2.98 LB



Fresh, Whole Atlantic Salmon
Salmon entero y fresco
\$3.98 LB



8" Double Layer, Chocolate Cake
Pastel de chocolate de 8 pulgadas
\$11.98 EA



2.5 oz. Bag, Durito Wheels
Bolsa de 2.5 onzas
98¢ LB



12 pk., Jumex Fridge Pack Fruit Nectar
Jugos, paquete de 12
\$4.48 EA

Prices effective the week of September 2nd - September 8th, 2015
Open Every Day 6:00 AM - Midnight
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Summyside..... 509-836-2257
Yakima 509-654-7500

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Prices valid at our Pasco, Summyside and Yakima locations