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tú Decides – Un Periódico Bilingüe

Vol. 10 No. 13

8220 W. Gage Blvd., #715, Kennewick, WA 99336

www.TuDecidesMedia.com

March 25th, 2016



A historic encounter

Obama wins over Cuban hearts with straight talk and humility > 19



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LATIN AMERICA

Obama wins over Cuban hearts with straight talk and humility

HAVANA, Cuba (AP)

Lucila Morales stared in amazement at the flickering image of U.S. President Barack Obama on her old TV set on Tuesday, as he extolled democracy and political freedoms in a live speech capping his historic visit to the Communist-ruled island.

Delivered from Havana's Grand Theater, the home of Cuban ballet, Obama's speech drew people to their televisions and radios across the city, impressing an audience not used to open political debate and surprised by his touches of humility.

"Now he's thrown a grenade," Morales gasped when Obama spoke of the importance of the free and open exchange of ideas, long a taboo subject in a country where dissent is stifled, access to the Internet remains limited and the media is state-controlled.

In his most pointed comments from



Friends watch the speech of U.S. President Barack Obama on a television, in Havana, Cuba, on Tuesday, March 22, 2016. **ON THE COVER:** U.S. President Barack Obama, right, and his Cuban counterpart Raul Castro wave to cheering fans as they arrive for a baseball game in Havana, Cuba, on Tuesday, March 22, 2016.

the restored theater, where President Raul Castro was seated on a balcony with his top aides, Obama said Cubans should be able to choose their governments in free, democratic elections.

"I'm with you Obama, in choosing our next president," shouted computer student Roberto Iglesias, 28, popping his

head round the door of Morales' airy 1940s-era apartment near Havana University.

Obama's two-day trip to Cuba was the first by a sitting U.S. president since Calvin Coolidge sailed to Havana on a warship in 1928. Following a 2014 detente announced by Obama and Castro, the trip was a major step toward ending half a century of cold War animosity.

Obama politely praised his hosts and accepted that before the revolution some Americans exploited Cuba. He acknowledged U.S. problems with racism but was frank about his belief in democracy's superiority over Cuba's one-party system.

His acceptance of errors at home and in Cuba contrasted with past presidents who harangued their neighbor for decades after Fidel Castro overthrew a pro-American government in 1959.

Obama vowed not to impose a different political or economic system on Cuba and instead urged Cubans to build on their own achievements, a resonant message for many young people proud of Cuba's health, education and low crime, but hungry for change.

"He is calling on the young, on the Cuban people to build, not to destroy," said Amed Chincle, 31, watching the speech with his Afro-Cuban neighbors and family in a windowless apartment lit by a single strip bulb.

Wearing a T-shirt with the logo of Hard Rock Cafe Boston, Chincle said he hoped Cuban authorities would heed Obama's advice by not assuming that every young person complaining about small injustices was trying to bring down the government.

"Lots of young people love their country and have no need to leave in search of a better system, but we should be able to speak and express ourselves without the government being uncomfortable," said Chincle, a self-employed cycle taxi rider angry at what he saw as abuse of power by the police.

"They think that every protest by young people is a threat to the government - and that's not true," he said.

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Phone: 509-591-0495
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Web Site: www.TuDecidesMedia.com

Subscriptions

Subscriptions are available for \$26 for 6 months

tú Decides is published weekly by *tú Decides Media Inc.* on every Friday. News deadline is every Monday at 12 p.m. Ad reservation deadline is Monday at 10 a.m., ad material deadline is every Monday at noon.

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INTERNATIONAL

At least 31 dead in bombings of Brussels airport, metro

BRUSSELS, Belgium (AP)

Bombs exploded at the Brussels airport and one of the city's metro stations Tuesday, killing at least 31 people and wounding dozens, as a European capital was again locked down amid heightened security threats. The Islamic State group claimed responsibility for the attacks.

The two airport blasts, at least one of them blamed on a suicide bomber, left behind a chaotic scene of splattered blood in the departure lounge as windows were blown out, ceilings collapsed and travelers streamed out of the smoky building.

About an hour later, another bomb exploded on a rush-hour subway train near the European Union headquarters. Terrified passengers had to evacuate through darkened tunnels to safety.

"What we feared has happened," Belgian Prime Minister Charles Michel told reporters. "In this time of tragedy, this black moment for our country, I appeal to everyone to remain calm but also to show solidarity."



The blown out windows of Zaventem airport are seen after a deadly attack in Brussels, Belgium, on Tuesday, March 22, 2016.

Belgium raised its terror alert to the highest level, diverting planes and trains and ordering people to stay where they were. Airports across Europe immediately tightened security.

"We are at war," French Prime Minister

Manuel Valls said after a crisis meeting in Paris. "We have been subjected for the last few months in Europe to acts of war."

Added French President Francois Hollande: "Terrorists struck Brussels, but it was Europe that was targeted, and it is all

the world which is concerned by this."

European security officials have been bracing for a major attack for weeks, and warned that the Islamic State group was actively preparing to strike. The arrest Friday of Salah Abdeslam, a key suspect in the November attacks in Paris, heightened those fears, as investigators said many more people were involved than originally thought and that some are still on the loose.

The Islamic State group claimed responsibility for the Brussels attacks, saying in a posting on the group's Amaq news agency that its extremists opened fire in the airport and "several of them" detonated suicide belts. It said another suicide attacker struck in the subway.

The posting claimed the attack was in response to Belgium's support of the international coalition arrayed against the group.

Michel said there was no immediate evidence linking the attacks with Abdeslam. After his arrest, Abdeslam told authorities he had created a new network and was planning new attacks.

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FINANCIAL LITERACY

The benefits of joining a credit union

If you're tired of paying fees to cash your checks, then it may be time to consider a new direction when it comes to your money. The question is, do you choose a bank or a credit union? While many people are familiar with banks, many, still, have questions about credit unions. Are they a safe place to keep your money? How are they different from banks? Just how does one join a credit union? We've provided some answers to commonly asked questions and hope that you see the true benefits of being a credit union member.

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Credit unions have a social mission to help the communities in which their members live. Credit unions follow the "People Helping People" model. They work closely with organizations that make a difference and improve the lives of their members.

Who can join a credit union?

Anybody can join a credit union. Each credit union serves what's called their "field of membership" which is the commonality between the members. You may be eligible to join based on your employer, geographic location, family, or membership in a group. And remember – once a member, always a member! If you change jobs or even move out of the area, you can retain your membership and all of the many benefits.

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board where elected members give their time to continue the credit union movement.

Better Service – Because the purpose of the credit union is to provide its members with affordable financial services, not to maximize profits, service levels are often higher. With the member as the focus, you can trust representatives will give you the best advice on your financial options.

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POLITICS

Donald Trump's wall plan draws mixed reactions on the border

NOGALES, Arizona
(AP)

Donald Trump's ambitious plan to build a giant wall on the border hits close to home for people like Berenice Andrews.

The front door of her family's home is just feet away from a fence separating the U.S. and Mexico. The home is so close to Mexico that the sounds of schoolchildren at play south of the border can be heard. So can buses along a main thoroughfare on the Mexico side.

As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents like Andrews. For some, nothing short of a wall will do. For her, the fence that currently divides the U.S. and Mexico is a good enough barrier.

"For him to even propose something like that is complete insanity," Andrews said.

Trump has not provided specifics about the wall but says it would cost between \$10 billion and \$12 billion. He has said he would make Mexico pay for it. Mexico has scoffed at the idea.

There are already about 650 miles of fencing, including the steel fence that divides the sister cities of Nogales in Arizona and Mexico and ranges from 18 feet to 26 feet tall. Much of the border fence was built in the last 15 years as immigration surged. The cost has been in the billions.

The Associated Press interviewed people who live on the border to get their perspective on Trump's border wall plan:

GUNS AT THE READY

Everywhere Jim Chilton goes on his sprawling cattle ranch along the Mexican border in Arizona, he has a gun at the ready. Guns at his front door. Guns in his pickup truck. Guns on his horse's saddle. For Chilton, illegal immigration and



In this January 4, 2016 photo, a U.S. Border Patrol agent drives near the U.S.-Mexico border fence in Santa Teresa, New Mexico.

drug smuggling isn't just something he hears about on the news. He lives with it every day as smugglers routinely cross the border on his property. He supports just about anything to stop it, including Trump's plan to build a wall from one end of the border to the other.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

While Chilton has not decided who he will vote for in the presidential election, he certainly supports the idea of building a wall.

CONFLICTED REPUBLICAN

Hector Orozco has a unique perspective on the border debate because of his occupation and past party affiliation.

He manages a manufacturing company south of the border with offices on the American side, making campaign debates about foreign trade especially relevant. He is also an immigrant from Mexico who became a U.S. citizen and traditionally voted Republican.

As of late, though, Orozco said he can't get behind the party and its ideology. To him, America's biggest challenge is the deficit and the economy, not illegal immigration.

And he said a wall wouldn't resolve immigration problems in any way.

"People will find a way to improve their lives," Orozco said. "Regardless of how big the wall is, they're gonna look for a way because they're gonna want to make a better life for their family. Not all who cross are criminals."

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5 SUPERIOR COURT OF CALIFORNIA, COUNTY OF SONOMA

6
7 In re the Matter of the Petition of:) Case No.
8 ADRIANA SIETE To declare) 72654
9 AMARELY ESTELA TOLENTINO) CITATION TO PARENT
10 Free from the Custody and Control of)
11 LENIN TOLENTINO MANON)

12
13
14 THE PEOPLE OF THE STATE OF CALIFORNIA

15 TO: LENIN TOLENTINO MANON

16 By order of this court you are hereby advised that you may appear before the Judge
17 presiding in Department 22 of this court on 4-6-16 at 8:30 a.m. at
18 the Civil and Family Law Courthouse, 3055 Cleveland Avenue, Santa Rosa, California, then and
19 there to show cause, if any, why AMARELY ESTELA TOLENTINO should not be declared
20 free from your custody and control.

21
22 The following information concerns rights and procedures that relate to this proceeding
23 from the termination of custody and control of AMARELY ESTELA TOLENTINO as set forth
24 in Family Code Section 7800, et seq.

25 1. At the beginning of the proceeding the court will consider whether or not the interests
26 of AMARELY ESTELA TOLENTINO require the appointment of counsel. If the court finds
1 that the interests of AMARELY ESTELA TOLENTINO do require such protection, the court
2 will appoint counsel to represent her, whether or not she is able to afford counsel. AMARELY
3 ESTELA TOLENTINO will not be present in court unless the court so orders.

4 If a parent of AMARELY ESTELA TOLENTINO is without counsel and is unable to
5 afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and
6 intelligently waives the right to be represented by counsel. The court will not appoint the same
7 counsel to represent both AMARELY ESTELA TOLENTINO and her parent.

8 3. The court may appoint either the public defender or private counsel. If private counsel
9 is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount
10 of which will be determined by the court. That amount must be paid by the real parties in
11 interest, but not by the minor, in such proportions as the court believes to be just. If, however,
12 the court finds that any of the real parties in interest cannot afford counsel, the amount will be
13 paid by the county.

14 4. The court may continue the proceeding for not more than 30 days as necessary to
15 appoint counsel and to enable counsel to become acquainted with the case.

16 Dated: FEB 23 2016

17 ERICA BARBA

18 DEPUTY CLERK

SPORTS

Sounders still winless after 2-1 loss to Vancouver

SEATTLE, Washington (AP)

Pedro Morales scored twice on penalty kicks to give the Vancouver Whitecaps their first victory of the season, 2-1 over the winless Seattle Sounders on Saturday night.

Vancouver (1-2-0) won after losing consecutive games to start a season for the first time in its five MLS campaigns.

It's the first time Seattle (0-3-0) has started a season with three straight losses. The Sounders lost their first two matches as part of a 0-2-2 start in 2011.

Morales scored his second goal in the 74th minute to make it 2-1 in front of a crowd of 40,012 at CenturyLink Field. Chad Marshall received a yellow card for a slide tackle against Blas Perez in the



Vancouver's Gerson Koffie is restrained by his teammates after going after Seattle's Clint Dempsey during the first half of an MLS match on Saturday, March 19, 2016, in Seattle, Washington.

penalty box to set up Morales' third goal of the season.

Clint Dempsey had six shots in the first half as Seattle outshot the Whitecaps 11-4. But five shots by the Sounders were off target, four were blocked and two were saved.

Seattle returns to action on April 2 when they host the Montreal Impact.

OUR FAITH

The Clouds and the Fire

By Dr. Joseph Castleberry

Then Moses climbed up the mountain, and the cloud covered it. And the glory of the Lord settled down on Mount Sinai, and the cloud covered it for six days. On the seventh day the Lord called to Moses from inside the cloud. To the Israelites at the foot of the mountain, the glory of the Lord appeared at the summit like a consuming fire. Then Moses disappeared into the cloud as he climbed higher up the mountain. He remained on the mountain forty days and forty nights.— Exodus 24:15-18, NLT



When Moses left the elders behind to get even closer to God's presence, which was at the top of the mountain, the Bible says: "To the Israelites at the foot of the mountain, the glory of the Lord appeared at the summit like a consuming fire." From afar, the holiness of God seemed like a terrible fire. But to Moses, the holiness of God seemed like refreshing clouds. To the human being, fire represents terror, but clouds bring delight.

Your concept of God also depends on your condition. When you stay far away, God seems like a terror and a threat. Those who draw near find that God seems like clouds of glory. In the process of your migration, draw near to God and be refreshed.

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Dr. Joseph Castleberry is president of Northwest University in Kirkland, Washington. He is the author of *The New Pilgrims: How Immigrants are Renewing America's Faith* (Worthy Publishing). Follow him on Twitter @DrCastleberry and at <http://www.facebook.com/Joseph.Castleberry>.

Not all of the movement embraced by God's immigrants goes horizontally from country to country. Sometimes they must make vertical moves. For Moses to guide the people of Israel into the Promised Land, he had to go up into the presence of God. In Exodus 19:11, God invited all the people to enter God's presence, but the Israelites were terrified by the holiness of God and God's voice. So, they pleaded with God to speak only to Moses.

So Moses went up to the encounter with God, accompanied by the 70 elders that had received the Holy Spirit (Numbers 11:25). The concept that no one can see God and live notwithstanding, the Bible reports: "There they saw the God of Israel. Under his feet there seemed to be a surface of brilliant blue lapis lazuli, as clear as the sky itself. And though these nobles of Israel gazed upon God, he did not destroy them. In fact, they ate a covenant meal, eating and drinking in his presence!" (Exodus 24:10-11, NLT).

What a glorious thing Moses and the elders gained by climbing the mountain! What a terrible loss the people suffered by asking God not to speak to them!



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STATE

2 Washington hospitals urge HIV tests after syringe swap

SEATTLE, Washington (AP)

Two hospitals in Washington state are the latest to urge nearly 1,500 patients to get tested for hepatitis and HIV after a former surgery technician was charged with stealing and swapping a syringe in Colorado.

Rocky Allen, 28, has pleaded not guilty to federal charges that he took a syringe of painkillers and replaced it with one containing another substance at a Denver-area hospital in January. Prosecutors have said he has a history of moving from hospital to hospital and lying about his past to steal drugs.

Allen has been fired from at least four medical centers in four different states, according to court records and the hospitals. Facilities in Arizona, California and Colorado have in recent weeks offered free testing to its patients as a safety precaution, but public health officials say there is a low risk of exposure to blood-borne pathogens such as HIV.



Rocky Allen, a former surgery technician charged with stealing and swapping syringes in Colorado.

In Washington, Northwest Hospital and Medical Center in Seattle and Lakewood Surgery Center say they were testing affected patients to be safe. Northwest notified 1,340 people who had surgery in early 2012 in an operating room where Allen may have worked. Lakewood said it is alerting 135 patients.

"We characterize the risk to any patient as low, in part because we don't have con-

firmed evidence of (a drug) diversion at Northwest Hospital," said James Apa, a spokesman with the Seattle-King County Public Health.

A spokeswoman with the Centers for Disease Control and Prevention also said the risk is likely low.

Allen's attorney, Timothy O'Hara, has said his client is a Navy veteran who suffers from post-

traumatic stress disorder. Allen served as a medical worker in Afghanistan and he started using drugs after witnessing horrors there, O'Hara said. Messages left with the attorney were not immediately returned Wednesday.

Allen worked at three facilities in Washington, including Naval Hospital Bremerton, state health officials said.

Dave Says

Never take an adjustable rate mortgage

Dear Dave,

Should I ever consider a 5/1 adjustable loan if I'm buying a house and plan to pay it off in five years?

— Anonymous



Dave Ramsey

Dear Anonymous,

No! The reason is you can never be assured that you're going to pay it off in five years. If you go into it with that mindset, then you're basically saying you can predict the future will be exactly how you want it to be. That's pretty naive. Your future will never be what you think it will be. It's either going to be better or worse, but your future will never turn out exactly the way you plan for it to be.

If you can't buy a home with cash, you need the stability of a 15-year, fixed rate mortgage in your life. We're living in the lowest mortgage interest rate environment in about 50 years. I saw a 3.02 percent 15-year fixed rate mortgage just the other day.

For those of you who have not refinanced, if you're staying in your home or you're sitting on an adjustable rate, this is a great time to change that. Still, people are sitting around yawning like these kinds of rates are going to be around forever. It's gone on for a while now, but don't let that fool you into thinking those kinds of rates are normal. They're not going to last forever.

No, I would never under any circumstances take an adjustable rate mortgage. Was that unclear? I hope not!

— Dave

* Dave Ramsey is America's trusted voice on money and business, and CEO of Ramsey Solutions. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 11 million listeners each week on more than 550 radio stations and digital outlets. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

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Precio después de la venta \$2.98 lb



Bone-In, Beef
Rib Steaks
Bistec de res con hueso

\$3.98
LB



4 lb., Boneless, Our Farm
Ham
Jamón, sin hueso

\$6.98
EA



Ripple Creek, Sliced
Spiral Ham
Jamón rebanado

\$1.68
LB



Whole, Large
Pineapple
Piña entera

2 FOR \$5

Limit 2 / Límite 2



Broccoli Crowns
Brócoli

88¢
LB

Limit 10 lbs / Límite 10 libras



Cauliflower
Coliflor

88¢
LB

Limit 10 lbs / Límite 10 libras



24 pt., 12 oz. Can,
Pepsi Products
Refresco, paquete de 24, latas de 12 onzas

\$5.98
EA

Limit 1 / Límite 1



25 lb., Maseca
Corn Masa
Bolsa de 25 libras

\$11.98
EA

Limit 1 / Límite 1



1 doz., Oakdell Medium
Eggs
Blancillos medianos, paquete de 1 docena

50¢
EA

Limit 1 / Límite 1

EASTER MEAL DEAL

ALL FOR ONLY \$19.99
PLU 1999

- 4 lb Our Farm Boneless Ham
- 10 lb Bag Russet Potatoes
- 2 cans Western Family Canned Veg 14.25 oz (Corn, Creamed Corn, Cut Green Beans, Sliced Green Beans)
- 12 ct Dinner Rolls
- Western Family Butter 16 oz
- Bonerts Apple Pie
- Oakdell Medium Eggs 2.5 dozen



A Whole New Savings Experience!



APP ON YOUR SMART PHONE



FIND US ON

Prices effective the week of March 23rd - March 29th, 2016
Open Every Day 6:00 AM - Midnight

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