



# You decide



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March 17th, 2017



# Remaining hopeful

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## LATIN AMERICA

## Deported US veterans in Mexico hope for return

TIJUANA, Mexico (AP)

After manning a machine gun on a combat helicopter as a U.S. Marine during the liberation of Kuwait, Antonio Romo came back to the United States traumatized by the death and carnage he saw.

He says he turned to alcohol and narcotics to try to quiet the nightmares, and made multiple suicide attempts. With addiction, he fell into dealing, and was arrested for selling cocaine. And after getting out of prison, Romo was deported in 2008 to Mexico, from where he had migrated to Lynwood, California, illegally at age 12.

Today he's part of a group of dozens of U.S. military veterans, most of them former legal residents but noncitizens, who were deported after criminal convictions and who for years have tried to convince multiple administrations to let them return. They acknowledge committing serious crimes such as felony drug



In this February 13, 2017 photo, U.S. veteran Hector Barajas, who was deported, adjusts his beret in his office at the Deported Veterans Support House, nicknamed "the bunker," in Tijuana, Mexico.

dealing, but argue that they did their time and being kicked out of the country amounts to being punished twice.

Now these veterans are pinning their hopes on the new administration of Donald Trump, and their cause presents a sharp conflict for two of the new president's stated priorities: Trump has promised to support the military and veterans; at the same time, he has also moved to

ramp up deportations of immigrants in the United States illegally — particularly those convicted of crimes.

"President Donald Trump has said that he supports veterans, but ..." the 48-year-old Romo said, his voice trailing off. "We are Mexicans. ... I don't know."

Either congressional legislation or a presidential executive order could open the door for Romo and the others.

A White House official declined a request for an official administration comment on the issue. The person, who was not authorized to discuss the matter

and spoke on condition of anonymity, said: "The current policy is reflective of those that have transcended administrations from both parties. I do not have any information regarding any changes to that."

In September, then-candidate Trump suggested he would be open to letting immigrants who serve stay in the U.S. even if they came illegally.

"I think that when you serve in the armed forces, that's a special situation, and I could see myself working that out," Trump said at NBC's Commander-in-Chief Forum. "Absolutely."

The United States has recruited foreign-born soldiers since the mid-19th century, and between 1999 and 2008, more than 70,000 of them enlisted, according to a report by the American Civil Liberties Union. Service has provided an expedited path to citizenship, with more than 109,000 veterans becoming naturalized Americans between 2001 and 2015, according to U.S. government statistics.

The Tijuana-based Deported Veterans Support House says it has documented at least 301 cases of veterans being deported to some 30 countries. More than 60 of them are Mexican.

Hector Barajas, a former paratrooper who was born in Zacatecas state, crossed illegally into the United States at age 7 and served in the Army from 1995 to 2001. He recalled the first time he was deported in 2004, after spending a year-and-a-half in prison for shooting at a vehicle, to Nogales, across the border from Arizona.

"I remember they took me to the border, opened a door and that was it," Barajas said. "You feel lost."

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STATE

## Senate approves plan to increase bilingual teachers and school support



Washington state senator Hans Zeiger speaks during a recent session at the capitol building in Olympia, Washington.

OLYMPIA, Washington

With increasing numbers of bilingual students in Washington state, the Senate approved last week Sen. Hans Zeiger’s legislation creating the Bilingual Educator Initiative, a program to recruit and prepare current bilingual high school students to become future teachers and counselors.

“As Washington becomes increasingly diverse with more languages spoken, it is critical for us to have a bilingual workforce in our public schools,” said Zeiger, R-Puyallup, who serves as chair of the Senate Early Learning and K-12 Education Committee. “Having teachers who can communicate and better assist students with different levels of language proficiency will improve high school graduation rates and reduce Washington’s opportunity gap.”

Under the plan the Office of the Superintendent of Public Instruction would create and implement a pilot project in four school districts throughout the state where immigrant student populations are rapidly increasing. The districts would be split with two each in Eastern and Western Washington.

The school districts would then partner

with local two- and four-year colleges to plan and implement the program with the goal of creating a student pipeline to the schools after identifying and mentoring students still in high school. Participants in a similar program in Skagit Valley called Maestros Para el Pueblo -- Teachers for the Community -- testified in public hearings about the potential benefits.

“Maestros Para el Pueblo has given me the tools and opportunities to identify what my community needs,” said Jose Cervantes, a student in the Mount Vernon School District. “We know our schools need bilingual teachers and this bill a good start. As a future teacher in Washington state, especially a bilingual one, I am happy to know that my state will support me in these goals.”

Students involved in the program would receive loans for college tuition, fees and books, following high school graduation. If they earn the necessary degree and teaching or guidance counselor certification and serve in those roles for at least five years the loans would not need to be repaid.

The legislation, which passed unanimously, now moves to the House of Representatives for its consideration on the 59th day of the 2017 legislative session.

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## FINANCIAL LITERACY

### 4 Tips for Starting an Emergency Fund

**H**ow would you cope if you lost your job tomorrow or had a medical emergency that left you owing thousands of dollars? Many people would turn towards family or even credit cards for help. What's the best solution? Having an emergency fund available to use when you need it most.

While no one would dispute that it is smart save for an emergency, this is a habit that not many people possess. If you are finding it difficult to save, try these easy tips to set yourself on a path toward good saving habits.

**Pay yourself first.** While your primary instinct is to pay everyone else first, it's vital that you get into the habit of saving – even if it's just a small amount every month. Consider your emergency fund just as important as rent and the utilities.

**Create a budget.** This may seem like an obvious step, but it's alarming how many families do not have a budget in place. Start by first tracking all your expenses for a month. This gives you a chance to take a closer look at where you are spending your money and cut back. Try searching online for budget tracking tools and find one that you feel most comfortable with.

**Save Automatically.** An easy way to remember to save for emergencies is to set up a direct deposit or automatic transfer into your savings account. Also, be sure to check with your employer. Many companies will automatically deduct from your paycheck and de-

posit to your savings if you ask.

**Get rid of items.** Take inventory of your home and offload old clothes or household items you no longer use. Try hosting a yard sale or post items online and deposit the money earned in your emergency fund.

**How much should you save?**

Most experts agree you should have an emergency fund with to three to six months of living expenses. Creating your monthly budget not only helps you from over spending, but you can use these numbers to determine how much you should keep in your emergency account. And remember, every little bit makes a difference. Don't be discouraged if you have to start small.

**Where to keep your savings?**

Make sure you keep your money in safe place. Consider opening a savings account at a local credit union. A basic savings account provides liquidity – meaning that your money is always available for use. The funds you deposit are federally insured and remain safe from theft and fires. Another benefit to savings is your cash is easily accessible. You can make withdrawals at any time and



unions is club or holiday savings accounts. Many financial institutions offer a special account to encourage saving for a holiday or special vacation. These accounts often pay a higher interest rate than a regular savings and are great ways to help get you get started.

Utilizing these tips will help you develop the habit of saving and give you the cash needed to be prepared for a financial emergency. If you are looking for more information on savings options, visit your local credit union to determine what the most appropriate strategy is for you and your family.

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## IMMIGRATION

## February marks fewest arrests at border in recent years

WASHINGTON (AP)

Arrests of people crossing the border illegally dropped roughly 44 percent during President Donald Trump's first month in office, according to Homeland Security data.

The Border Patrol reported that about 23,500 people were arrested trying to cross the border illegally in February, compared to about 42,500 arrests in January.

The February figures, which also include significant drops in the arrests of families and children trying to cross the border alone, are the lowest monthly tallies since at the least the start of the 2012 budget year.

It is not clear exactly what prompted the steep declines.

The number of people caught crossing the border illegally in the winter typically is lower than during warmer summer months, though Trump has also made clear he intends to take a hard line on illegal immigration. The president has pledged to build a massive wall along the

Mexican border and hire at least 5,000 new Border Patrol agents, though that hiring process is likely to take at least several years and may face some logistical hurdles as the agency tries to ease polygraph exams for certain applicants.

Homeland Security John Kelly credited Trump's executive orders on immigration calling for the wall, hiring thousands of immigration agents and cracking down on immigrants living in the country illegally for the steep declines.

"This trend is encouraging because it means many fewer people are putting themselves and their families at risk of exploitation, assault and injury by human traffickers and the physical dangers of the treacherous journey north," Kelly said in a statement issued late Wednesday.

Kelly, in a meeting with reporters earlier this week in Dallas, said smugglers



Local residents watch as U.S. workers replace fencing with a higher new metal wall along the border between Ciudad Juarez, Mexico and El Paso, Texas, on September 12, 2016.

have also increased prices to get immigrants from Central America — including Honduras, El Salvador and Guatemala — across the border since Trump took office. He said the prices have gone from about \$3,500 to about \$8,000. Though he didn't disclose the latest border arrest figures, Kelly suggested that many would-be border crossers couldn't afford the higher smuggling fees.

Mexican Foreign Minister Luis Videgaray rejected Kelly's comments. "A figure

for one month cannot be analyzed as if it was a trend," he said at a press conference at the Mexican embassy in Washington. "We will be able to have an opinion if this figure becomes a trend over the next months. Today is just a figure of a specific month."

Trump has struck a decidedly stricter tone on his approach to immigration enforcement though so far there have been very few direct changes to enforcement along the border. Kelly confirmed last week that his agency was considering separating children and parents caught crossing the border as part of a broader effort to deter families from making the dangerous trek from Central America across Mexico. A final decision has not been made on that issue.

Nonetheless, thousands fewer children and families were caught at the border in February, compared to January. Tens of thousands of children and families have fled violence and poverty in Central America in recent years, with the wave of people at times overwhelming border security authorities.



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The City of Richland and Tri City HOME Consortium Draft CAPER on its use of 2016 Community Development Block Grant and HOME funds is available for a fifteen (15) day public review and comment period prior to submission to HUD on March 30, 2017. The report contains a summary of resources and program accomplishments, the status of action taken during the prior year's annual plan, identifies how federal funds were used, what impacts the activity realized, and a selfevaluation of progress made to meet community needs for low and moderate income people as identified in the 2015-2019 Tri-Cities Consolidated Plan.

Copies of the report are available at Richland City Hall, the Richland Public Library, Union Street and Dayton Street Mid-Columbia Libraries and the Kennewick and Pasco Housing Authorities. The report may also be viewed on the City of Richland's website under Community Development Block Grant. Comments should be addressed to Michelle Burden, Block Grant Coordinator, City of Richland, 505 Swift Blvd., MS-19, Richland, WA 99352 and must be received prior to 5:00 p.m., March 29, 2017. For further information or to request special accommodations to participate in the public comment process, contact City of Richland at (509)942-7580, Telecommunication Relay Service, Dial 711.

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# BUB'S FREE READER

## HEALTH

## Pediatric sleep recommendations promoting optimal health



DARIEN, Illinois (HISPANICIZE WIRE)

For the first time, the American Academy of Sleep Medicine (AASM) has released official consensus recommendations for the amount of sleep needed to promote optimal health in children and teenagers to avoid the health risks of insufficient sleep.

The recommendations in the consensus statement are as follows:

-- Infants four to 12 months should sleep 12 to 16 hours per 24 hours (including naps) on a regular basis to promote optimal health.

-- Children one to two years of age should sleep 11 to 14 hours per 24 hours (including naps) on a regular basis to promote optimal health.

-- Children three to five years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health.

-- Children six to 12 years of age should sleep nine to 12 hours per 24 hours on a regular basis to promote optimal health.

-- Teenagers 13 to 18 years of age should sleep eight to 10 hours per 24 hours on a regular basis to promote optimal health.

The AASM consensus statement is published in the June issue of the Journal of Clinical Sleep Medicine and will be discussed this week during SLEEP 2016,

the 30th Anniversary Meeting of the Associated Professional Sleep Societies LLC (APSS) in Denver.

“Sleep is essential for a healthy life, and it is important to promote healthy sleep habits in early childhood,” said Dr. Shalini Paruthi, Pediatric Consensus Panel moderator and fellow of the American Academy of Sleep Medicine. “It is especially important as children reach adolescence to continue to ensure that teens are able to get sufficient sleep.”

The recommendations follow a 10-month project conducted by a Pediatric Consensus Panel of 13 of the nation's foremost sleep experts, and are endorsed by the American Academy of Pediatrics, the Sleep Research Society and the American Association of Sleep Technologists. The expert panel reviewed 864 published scientific articles addressing the relationship between sleep duration and health in children, evaluated the evidence using a formal grading system, and arrived at the final recommendations after multiple rounds of voting.

The Pediatric Consensus Panel found that sleeping the number of recommended hours on a regular basis is associated with overall better health outcomes including: improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health.

## OUR FAITH

## The future belongs to multicultural leaders

By Dr. Joseph Castleberry

**T**hen Pharaoh gave this order: ... “Throw every newborn Hebrew boy into the Nile River” ... About this time, a ... woman from the tribe of Levi ... gave birth to a son. She ... kept him hidden for three months. But when she could no longer hide him ... she put the baby in [a] basket and laid it among the reeds along the banks of the Nile River ... Soon Pharaoh's daughter came down to bathe in the river... When the princess saw the basket among the reeds, she sent her maid to get it for her ... 10 [She] adopted him as her own son [and] named him Moses.—Exodus 1:22-2:10, NLT

International adoption has always existed and continues in our time as a form of immigration. The phenomenon stirs the emotions: it always begins with the tragedy of parents losing the privilege of raising their child (sometimes because they have lost their own lives). In the majority of cases, it includes an impressive heroism on the part of the adoptive parents.

The life of Moses began with the atrocity of the Pharaoh's genocide against the Hebrews and includes the heroism of his mother in preserving his life. The princess of Egypt, who rescued Moses and shared custody of him with his mother, will be seen as admirable or as guilty of the kidnapping of a child, depending on the trajectory of the person who considers the case. International adoption continues to be controversial for many people.

In whatever case, we know that Moses remained loyal to the Hebrew people. In

reality, the circumstances of his raising formed in him a multicultural identity. Moses spoke the Egyptian language and understood the culture of the governing class of Egypt. In Midian, he was taken for an Egyptian (Exodus 2:19). He also knew the Hebrew language and culture, and later, he married a Midianite woman, learning her language and customs. His linguistic and cultural skills equipped him greatly for the future leadership that God planned in his destiny.

In today's multicultural world, where migration has created a permanent mix of races, cultures, and nations, multicultural persons have an indispensable leadership role. Indeed, business and governmental leadership today demands the ability to move seamlessly between cultures.

Indeed, the future belongs to the multicultural leader, and immigrants who choose such an identity will gain many great opportunities. In international adoptions, the formation of a multicultural identity presents a promising challenging to both the parents and the children.

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Dr. Joseph Castleberry is President of Northwest University in Kirkland Washington. He is the author of *Your Deepest Dream: Discovering God's Vision for Your Life and The Kingdom Net: Learning to Network Like Jesus*. Follow him on Twitter at @DrCastleberry and at <http://www.facebook.com/Joseph.Castleberry>.

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SPORTS

# Seahawks sign RB Eddie Lacy to 1-year deal

RENTON, Washington (AP)

The Seattle Seahawks are hoping Eddie Lacy can be motivated by a one-year contract to rediscover the form that made him the 2013 Offensive Rookie of the Year.

The Seahawks and Lacy agreed to terms on a one-year deal Tuesday, providing Seattle a big body for a run game that was once the best in football but lagged last season following the retirement of Marshawn Lynch.

“I like that we’re bringing in a big, tough guy that’s going to send a message the way he plays the game,” Seattle coach Pete Carroll said in an interview with KIRO-AM, the Seahawks flagship station, on Tuesday.

Lacy was the top offensive rookie four years ago when he rushed for 1,178 yards and 11 touchdowns. He also ran for



In this August 18, 2016, file photo, Green Bay Packers running back Eddie Lacy (27) rushes against the Oakland Raiders during the first half of an NFL preseason football game in Green Bay, Wisconsin.

more than 1,100 yards in 2014, but has since been slowed by injuries and lost favor with Packers coach Mike McCarthy at times.

Last season, Lacy played in only five games, sidelined by ankle problems, and finished with only 360 yards rushing and no touchdowns. Weight has also been an issue for Lacy, but Carroll said he would expect the running back to play in the range of 240-250 pounds.

“He’s a big guy. There is nothing wrong with that,” Carroll said. “There will be a real concerted effort to make sure he’s at his very best. This is a hard time for him because he’s working some rehab right now, but he is well aware of our expectations and the standards that we are setting.”

Dave Says

## The problem with being impulsive

Dear Dave,

I have a problem with impulse spending. I switched to a debit card so that the money comes straight out of my checking account, but I still buy things I know I shouldn’t. Should I stop using the card?



— Lauren

Dear Lauren,

Debit cards are great. You can’t spend money you don’t have with them like you can with a credit card, but you’ve still got to budget carefully and give a name to every single penny of your income. Otherwise, you can still overspend.

When I made the decision to get intentional with my money, I just used cash. It’s hard to spend it when you don’t have any on you. It’s a tough thing, I know, but you have to make a conscious decision to start living differently. You have to get mad at the things that steal your money a dollar or two at a time, and you have to put your foot down.

Try looking at your life as a whole, not a moment at time. All the moments you’re living right now will have either a positive or negative effect on your future. I decided I wanted the greater, long-term good, so I gave up on the short-term stuff.

Trust me, Lauren. The greater good is worth the sacrifice. But until you make that decision for yourself, you won’t do it. — 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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