



# You decide

tú Decides – Un Periódico Bilingüe



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September 19th, 2014



## Protect your kids

*Speak up during National Bullying Prevention Month > 19*



**IMMIGRATION:** Border Patrol: Leave law enforcement to the pros > 18



**LATIN AMERICA:** Mexico airlifts tourists after Hurricane Odile > 17



**SPORTS:** Mayweather remains unbeaten > 16



## FAMILY AND PARENTING

## Speak up during National Bullying Prevention Month

(StatePoint)

With classes, sports, homework and other activities, weekdays are action packed for kids. Unfortunately, some students deal with an unwelcome addition to their daily routine -- bullying. An estimated 13 million students are bullied annually, according to government statistics.

With online social media so widely available to kids today, bullying doesn't necessarily stop after school, and often takes place round-the-clock. The repercussions can be missed days of school, depression and even suicide.

Fortunately, kids are getting more help these days as bullying prevention efforts are growing nationwide.

Cartoon Network has been a pioneer in this space and its "Stop Bullying: Speak Up" campaign has been empowering



bystanders to put a stop to bullying since it launched in 2010. On average, more than 100,000 people visit the initiative's website monthly to learn prevention strategies.

"Speaking up to a trusted adult is the safest, most effective way for victims and bystanders to bring an end to a bullying situation," says Alice Cahn, Cartoon

Network vice president of social responsibility. "Bystanders in particular can be powerful agents for change when they report incidents."

Support for Cartoon Network's award-winning pro-social effort has come from such

diverse organizations as Facebook, Boys & Girls Clubs of America, LG Mobile, and CNN. President Obama even invited Cartoon Network to the first Bullying Prevention Summit at the White House, and later introduced the initiative's first documentary, "Speak Up."

This year, Cartoon Network's Speak Up Week (Sept. 29 - Oct. 3) kicks off National Bullying Prevention Month in October and is a great time to review ways that adults and kids can stand up to bullying:

- **Cyberbullying:** Don't contribute to the problem by sharing, saving, forwarding or reposting information. If you're on the receiving end, resist the urge to get back at the person or fix the issue online -- both can make the problem worse. Get offline and deal with it in real life. Parents can help prevent cyberbullying by monitoring kids' use of computers, mobile phones and tablets.

- **Don't stand by:** Research has found that when bullying occurs and a bystander intervenes by speaking up, more than half of bullying situations stop within just 10 seconds.

- **Share your voice:** Cartoon Network is recruiting IMM students, parents, teachers, legislators and anyone concerned about bullying prevention to submit user-generated videos that feature individuals declaring the phrase, "I Speak Up!" You can use a smartphone or go online to upload your own video to the [www.StopBullyingSpeakUp.com](http://www.StopBullyingSpeakUp.com) website.

Whether you're a victim, a bystander or a concerned adult, don't sweep bullying under the rug. By speaking out against cruelty, you can help end bullying.

## Table of Contents

- 19 FAMILY and PARENTING:** Speak up during National Bullying Prevention Month
- 18 IMMIGRATION:** Border Patrol: Leave law enforcement to the pros
- 17 LATIN AMERICA:** Mexico airlifts tourists after Hurricane Odile
- 16 SPORTS:** Mayweather remains unbeaten with decision win over Maidana
- 15 STATE:** Possible measles exposure at Seattle airport, health officials warn
- 14 SPORTS:** Seahawks beaten by San Diego 30-21
- 14 COLUMN:** From my Balcony: And why not?
- 14 COLUMN:** Climate Matters: Causes, impacts and solutions to climate change

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Albert Torres, **CEO & President**  
[Albert@tudecidesmedia.com](mailto:Albert@tudecidesmedia.com)

Ismael G. Campos, **Owner**  
[Mel@tudecidesmedia.com](mailto:Mel@tudecidesmedia.com)

Gracie Campos, **Owner**  
[Gracie@tudecidesmedia.com](mailto: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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## IMMIGRATION

## Border Patrol: Leave law enforcement to the pros

RIO GRANDE CITY, Texas (AP)

Not long ago, the U.S. Border Patrol was the only law enforcement agency monitoring the mesquite thickets and sugarcane fields along the Rio Grande, and an agent's challenge was to distinguish between an exhausted immigrant and a threat.

Now the thick brush is teeming with hundreds of state troopers, National Guardsmen and civilian militia members, all heavily armed and often wearing tactical vests and camouflage.

Since illegal immigration spiked in the Rio Grande Valley this summer, the Border Patrol has dispatched more agents, the Texas Department of Public Safety has sent more troopers and Gov. Rick Perry deployed as many as 1,000 guardsmen to the area. Officials have refused to release exact numbers, but Texas is spending \$1.3 million a week on state troopers and about \$12 million a month on the guardsmen.

Field communication among the various armed agents is fragmented, and a recent friendly fire incident involving a militia

member prompted the Border Patrol this week to urge that law enforcement be left to the professionals. Meanwhile, in border communities, some locals fear that the increased security presence is more of a threat.

Coordination is challenging among the law enforcement entities alone. They use different radio equipment, which complicates direct communication in the field. So their representatives sit side by side in a 24/7 command center to avoid surprises — “deconfliction” in law enforcement parlance. Each shift of Border Patrol agents is briefed on the presence and activities of other entities before going into the field.

Armed civilian militias, which have joined the fray in unknown numbers, further complicate the effort.

“Sometimes it can be dangerous, because you have all these (non-law enforcement) people out there running around the border,” said Kevin Oaks, the Border Patrol's chief in the Rio Grande Valley. “There are cartel members that carry assault weapons and camouflage, and then there's others that may be under



In this Sept. 5, 2014 photo, a U.S. Customs and Border Protection Air and Marine agent peers out of the open door of a helicopter during a patrol flight near the Texas-Mexico border near McAllen, Texas.

the auspices of whatever group, may look very similar, and we have no idea who those people are. My fear is that these things clash and eventually there will be a very bad outcome.”

That was nearly the case Aug. 29, when a Border Patrol agent pursuing a group of immigrants near the Rio Grande east of Brownsville spun around to find a man in civilian clothes holding a rifle. The agent fired several shots but didn't hit the man, who was patrolling with a citizens' militia group.

The National Guard's deployment so far has barely registered with area residents. Soldiers circulate mostly between their hotels and border observation points. State troopers, patrolling in their black and white vehicles, have been far more visible.

On a recent evening, 15 troopers could be seen driving from one side of Rio Grande City to the other. They were among 31 units seen on a 35-mile stretch of border highway between Escobares and Penitas.

Rio Grande City Mayor Ruben Villarreal is philosophical about the troopers lining his main street and the guardsmen filling his Holiday Inn. Border towns are often buffeted by decisions made in far off capitals on both sides of the border, and they learn to adapt and persevere over time.

“Living along the border has made us so resilient,” Villarreal said. “If we want a sense of security in the nation — because it's not just security for Rio Grande City or Texas, it's for the nation — we have to understand there are going to be compromises.”

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## LATIN AMERICA

## Mexico airlifts tourists after Hurricane Odile

CABO SAN LUCAS, Mexico (AP)

The Mexican government began airlifting the first of thousands of stranded tourists out of the hurricane-ravaged resort area of Los Cabos on Tuesday, as residents picked up the pieces of shattered, flooded homes.

The Interior Ministry said military and commercial planes were carrying travelers out through the Los Cabos international airport, which remained closed to commercial flights due to damage suffered when Hurricane Odile tore through the area late Sunday and Monday.

Images on Mexican television showed the terminal full of debris, but Ministry official Jose Maria Tapia told Milenio Television earlier that the runway was usable and work was nearly complete to make the control tower operable.

Travelers were being flown free of charge to airports in Tijuana, Mazatlan, Guadalajara and Mexico City to catch connecting flights and, in the case of foreigners, receive consular assistance.

Thousands in the state of Baja Califor-

nia Sur remained without electricity, water or phone service. A boat was on its way with humanitarian aid, and authorities were working to restore utilities.

President Enrique Pena Nieto was scheduled to tour the area later, after presiding over an independence day military parade in the capital.

Downgraded to a tropical storm, Odile continued to soak parts of the Baja California Peninsula, and forecasters said it was still capable of unleashing dangerous flash floods and mudslides.

In Los Cabos, Enrique Cota wept as he stood in murky, ankle-deep water and surveyed the destruction at his home. On the kitchen wall, a muddy mark nearly waist-high showed how deep the floodwaters got.

"We'll have to start over, little by little," Cota said, "because the stove, the refrigerator, the television, the kid's computer — it's all ruined."



A man walks on a street where most power lines and light posts have been knocked down by Hurricane Odile, in Los Cabos, Mexico, Monday, Sept. 15, 2014.

He rode out Odile's landfall in a shelter with firefighters, and said he hadn't slept for two days.

Homes, stores and resorts along Los Cabos' famed hotel row all suffered severe damage, with room windows shattered, facades crumbled and lobbies full of debris.

Authorities said about 30,000 tourists, 26,000 of them foreigners, were being put up in temporary refuges or hotel areas converted to shelters.

Luis Felipe Puente, national coordinator for Civil Protection, said the airlift would prioritize the elderly and people with health problems.

For some, it was a dream vacation turned nightmare.

Charly Park, 52, flew in from Los Angeles with his wife on Sunday, but they never even got to check into their room. Instead, they were put directly into the hotel shelter where they spent a hot, cramped night as the hurricane raged outside.

"It's a horrible experience, no air conditioning, no fans ... the power lines all fell down," Park said.

He was considering renting a car to drive to Tijuana, a little over 1,000 miles (1,600 kilometers) to the north, and cross the border back into California.

Emergency officials in Baja California reported that 135 people were treated for minor injuries from flying glass or falling objects.

But surprisingly for a hurricane of this intensity — it made landfall as a monster Category 3 storm — there were no reports so far of fatalities directly related to Odile.

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## SPORTS

# Mayweather remains unbeaten with decision win over Maidana

LAS VEGAS, Nevada (AP)

Floyd Mayweather Jr. refused to allow Marcos Maidana to turn their rematch into a brawl, boxing masterfully to win a 12-round unanimous decision Saturday night in their welterweight title fight.

Mayweather remained unbeaten in 47 pro fights, drawing upon his 18 years of experience and frustrating Maidana the entire night. The fight was a marked contrast to their first bout in May, when Maidana roughed Mayweather up in a close fight.

Two ringside judges scored it 116-111 for Mayweather, while the third had it 115-112. The Associated Press had it 117-110.

"I felt sharper in the first fight, my rhythm was off," Mayweather said. "I got hit with some shots tonight I shouldn't have gotten hit with. But that comes with the sport."

The fight was held up momentarily



Floyd Mayweather punches Marcos Maidana, left, during their title boxing bout Saturday, Sept. 13, 2014, in Las Vegas.

in the eighth round when Mayweather complained that Maidana bit him on the wrist while the two were tied up. Maidana was penalized for tripping Mayweather in the 10th round.

Mayweather complained long after the

first fight in May that Maidana was a dirty fighter, and complained even more when Maidana seemed to try to hit him below the belt in a clinch in the eighth round, then apparently tried to bite him.

Mayweather immediately

jumped back and gestured to referee Kenny Bayless that Maidana bit him on the wrist. He went to his corner and showed Bayless where the bite was, then went over to the Showtime announcers

table to complain.

"He bit me!" Mayweather yelled.

Maidana would later be penalized a point for tackling Mayweather as he tried desperately to find something that would work against the undefeated champion.

By the end of the ninth round, though, Maidana was so out of sorts he went to the wrong corner when the bell rang.

"I thought I won the fight," Maidana said.

Mayweather earned at least \$32 million for the rematch, bringing his total purses to more than \$100 million in the last year. Though he wasn't marked up, he was upset over the alleged bite to the wrist.

"We were tangled in the center of the ring and I didn't realize what it was. Then I saw that he bit me," Mayweather said. "After the eighth round my fingers were numb, I couldn't use my left hand."

Maidana denied after the fight that he bit Mayweather.

"How can he say I bit the glove with my mouthpiece?" Maidana asked. "I'm not a dog."

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## STATE

# Possible measles exposure at Seattle airport, health officials warn

SEATTLE, Washington (AP)

Health officials in Washington state on Sunday warned people who used Seattle-Tacoma International Airport this month that they could have been exposed to measles after a passenger was confirmed to be carrying the virus.

The passenger was at the airport on Sept. 6 during a period when the illness is contagious, and can spread easily through the air by breathing, coughing or sneezing, Public Health -Seattle & King County said in a news release.

"The traveler was likely exposed to measles outside of the United States," the agency said.

The passenger used the airport's north satellite terminal, the inter-terminal train and the baggage claim, and also dined at a restaurant at the Courtyard Seattle Federal Way hotel that evening, the agency said.

Measles is a highly contagious and potentially severe respiratory disease. Symptoms begin seven to 21 days after exposure and include high fever, rash,

cough, and red, watery eyes.

People who might have been exposed would likely become sick between Sept. 13 and 27, health officials said.

Health officials advised those with possible exposure to seek immediate medical attention. But in order to avoid possibly spreading measles to other patients, people were instructed not to go to a clinic or hospital without calling to request an evaluation.

A measles outbreak in Ohio earlier this year sickened nearly 400 people ranging in age from 6 months to 53 years, authorities said.

The majority of those who fell ill were



Passengers wait in line passing through security at Seattle-Tacoma International Airport.

unvaccinated, health officials said.

People at the highest risk from exposure to measles include those who are not vac-

inated, pregnant women, infants under 6 months of age and those with weakened immune systems.

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## SPORTS

## Seahawks beaten by San Diego 30-21



San Diego Chargers tight end Antonio Gates, right, scores past Seattle Seahawks outside linebacker K.J. Wright during the second half of an NFL football game on Sunday, Sept. 14, 2014, in San Diego, California.

SAN DIEGO, California (AP)

**P**hilip Rivers has been throwing passes to Antonio Gates for nine seasons now, so games like Sunday's are bound to happen.

It wasn't quite like sandlot ball, but with these two guys, it might as well have been.

Gates had three touchdown catches, including a spectacular, one-handed grab, and the Chargers controlled the tempo to keep Russell Wilson and Marshawn Lynch off the field to beat the Seahawks 30-21 on Sunday.

The 34-year-old Gates scored on catches of 8, 8 and 21 yards.

"He doesn't surprise me, but I will say all three touchdown catches, for the most part, didn't come up exactly like they were drawn up," Rivers said. "They're a little bit backyard. We ended up close to the spots we were trying to do, but just

a little bit different based on technique. They were obviously huge plays."

Rivers has thrown 65 touchdown passes to Gates, the most in NFL history between a quarterback and a tight end.

"He definitely capitalized on every opportunity he had and he showed why he is an All-Pro tight end," Seattle safety Kam Chancellor said.

Seattle (1-1) was efficient when it had the ball, but it just didn't have it enough as the Chargers (1-1) dominated time of possession and wore out the Seahawks' vaunted defense on a steamy afternoon at Qualcomm Stadium.

"They did a real good job on third down when they had the ball," Wilson said. "They just sustained drives and kept us off the field offensively."

Seattle returns home to take on the Denver Broncos on Sunday in a rematch of last season's Super Bowl, which the Seahawks dominated 43-8.

## Oportunidad de Empleo

Técnico de Programa del Condado: Grant County FSA busca un empleado trabajador completo. Posición ubicada en Ephrata, WA. Aviso de trabajo abierto el 11 de septiembre, 2014 y cierra el jueves, 25 de septiembre, 2014. Toda la información sobre la posición y la aplicación puede ser encontrada en línea via USAJOBS en: <https://www.usajobs.gov/GetJob/ViewDetails/380782100>. Contacte a la Directora de Préstamos de Granja, Libby Anderson al 509-754-2463 para preguntas. USDA es un Empleador de Igualdad de Oportunidad

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## From my balcony

### And why not?

Dr. Lorena Barboza Ch.  
lorena.barboza@gmail.com

One of the greatest rights women have gained is the right to vote. With that, our decision-making ability was finally recognized by all.

Even though our situation has improved, the truth is, at home, nothing or hardly anything has changed. We're still living in ancient times when women were always in charge of those everyday chores. Nowadays it's still us, even though we now work alongside men in the workforce like never before. We are always busy!

About 700 thousand years ago, man learned how to create fire to make his life easier. Afterwards he would take it a step further by learning how to make use of the land and grow crops and raise animals. Homosapiens truly used their intelligence.



► Lorena Barboza

Let us think for a second, how is it possible that for thousands of years, one half of our species has been able to discriminate against the other half? Perhaps it was due to educating ourselves amongst ourselves (men among women and women among men.)

We know that education always made women feel inferior. We were taught that men were simply better-prepared to take on challenges and make decisions, and an eternal blah, blah, blah. All of the contrary has been shown, even though there continues to be certain social roles that apply to each gender, for example, the way that we dress our children "according to their sex": girls in pink and boys in blue.

Scientifically-speaking, it's proven that women have more connections between both sides of the brain; we utilize both sides at the same time, compared to men that are only capable of doing one thing at a time. This is why I always say that this isn't up for debate. Men and women can do the same jobs. So then, shouldn't we be more flexible and willing to help each other doing household chores? And why not?

Have a happy week, and God Bless!

**Dr. Lorena Barboza invites you to visit her blog:** [hablandonosentendemos.podbeam.com](http://hablandonosentendemos.podbeam.com)

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## Climate Matters

### Causes, impacts and solutions to climate change

Most of us tend to like summer, so the thought of longer summers has great appeal. In fact, that's exactly what climate change has in store for us over the coming decades. But while it might seem like a wish come true, such a change will have a significant impact on agriculture.

Longer summers mean a longer growing season. Our growing season in the Northwest has increased by about 24 days since 1895, and it is projected to increase by that much again in the next four decades. Even larger increases (ca. 40 days) will occur west of the Cascades.

Impacts will include a shift in the demand and availability of water, greater heat stress felt by crops, and reductions in winter chilling, which is needed to set fruit for vineyard and orchard crops—all resulting in changes in the varieties and types of crops grown.

Water storage in snowpack will decrease, just as water demand for irrigated crops increases. In the Yakima basin, for example, snowpack has already decreased by about 30%; this decrease will more than double by the 2080's. And, with more winter rain and less snow, peak streamflow in the Yakima River will shift by about two months, from May to March, leaving less water for summer irrigation.

Heat stress during the longer, hotter summers also affects crop production. In Washington state, for example, this summer's heat wave significantly affected potatoes and winter wheat, decreasing total production, quality, and market value.

Insufficient winter chilling changes the time of blooming, decreases the amount and quality of fruit that is set, and ultimately decreases the amount of product that can be brought to market. While some crops, such as apples, will likely be able to adjust, others, such as Concord grapes, cannot.

Loss of winter chilling in California will cause many of the orchard crops currently grown there to migrate north. However, the success of this crop migration will depend on the availability of water. In the decades ahead the competition for water will only increase, particularly as more water is needed for energy production, thus favoring the highest-value crops.

With the longer growing season, two things are certain: Agriculture in the Northwest will change significantly, and producers will need to adapt continually to the new challenges presented.

*Lora Rathbone is a natural scientist who focuses on environmental issues. Jim Amonette is an earth scientist. Both are volunteers with the Tri-Cities, Washington chapter of Citizens' Climate Lobby, [www.citizensclimatelobby.org](http://www.citizensclimatelobby.org)*



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## Chorizo Breakfast Burrito

Treat your family to a rich authentic Mexican experience with our easy to follow Chorizo Breakfast Burrito Recipe.

### INGREDIENTS:

- 5 Eggs, Beaten
- 1 lb. Chorizo
- 1/4 White or Yellow Onion, Diced

### DIRECTIONS:

Place Chorizo in a large frying pan over medium to medium-high heat. As it begins to cook gradually break up the chorizo into small bite size pieces. Once the chorizo has finished cooking combine the eggs, onion & stir long enough for the eggs to cook. Once the scrambled egg mixture has finished cooking, cover & set aside. Take a few minutes to warm your tortillas (being careful not to dry them out); once warmed place 1-3 teaspoons of Oaxaca sour cream in the center of the warmed tortilla, followed by the egg mixture & fresh Pico de Gallo. Finish it off by folding the tortilla into a burrito. For an extra kick add one of our many fresh made salsas from our Deli Department.

As always if you have any questions about the ingredients, great cooks that can be found in our Deli Department!

Prices effective the week of September 17<sup>th</sup> - September 23<sup>rd</sup>, 2014

**Open Every Day 6:00 AM - Midnight**

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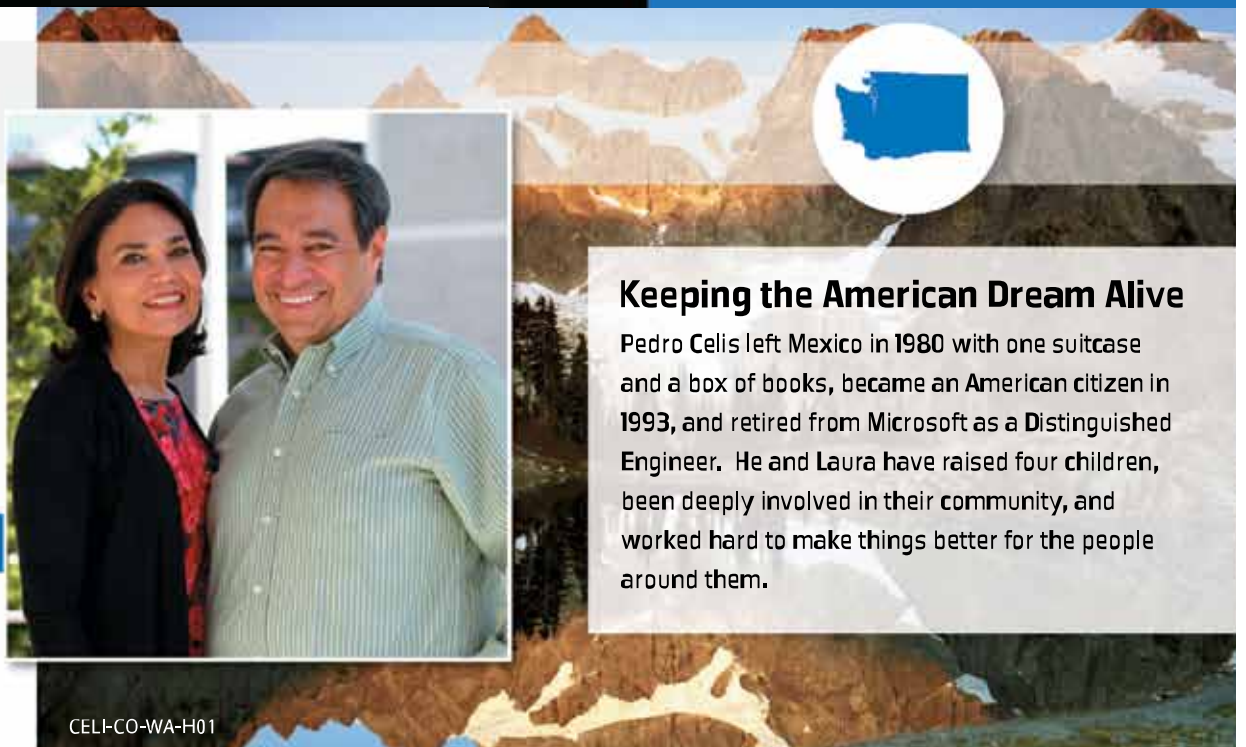
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### Keeping the American Dream Alive

Pedro Celis left Mexico in 1980 with one suitcase and a box of books, became an American citizen in 1993, and retired from Microsoft as a Distinguished Engineer. He and Laura have raised four children, been deeply involved in their community, and worked hard to make things better for the people around them.

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