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Victory at last

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Seahawks win first game of the season, 26-0 over Chicago

SEATTLE, Washington (AP)

After the Seahawks sleepwalked for a half, Tyler Lockett provided a jolt.

From there Russell Wilson, Jimmy Graham and a defense that was whole again after the return of safety Kam Chancellor took over.

Lockett returned the second-half kickoff 105 yards for a touchdown, Wilson and Graham connected on a 30-yard TD in the third quarter, and the Seahawks routed the undermanned Chicago Bears 26-0 on Sunday.

Seattle led just 6-0 at halftime after an offensive performance that led to a cascade of boos. That changed when Lockett started a huge second half running untouched on a perfectly executed return, the longest in franchise history.

It was Lockett’s second touchdown return of the season, taking a punt back 57 yards in the opener.

“We know we have a great weapon in him and we just hope we’ll continue to find ways to spring him and be a factor,” Seattle coach Pete Carroll said.

Lynch finished with 14 yards on five carries and spent half of the first quarter in the locker room before coming to the Seahawks bench.

Starting defensive tackle Brandon Mebane also suffered a groin injury in the first quarter and did not return. There was no update on Mebane’s prognosis.

Chicago (0-3) had to punt on all 10 of its possessions. Matt Forte was held to 74 yards on 20 carries and the Bears finished with just 37 yards in the second half.

“We didn’t protect real well, we didn’t execute real well in the passing game whether it was routes protection or delivery of the ball,” Chicago coach John Fox said.

Wilson finished 20 of 30 for 235 yards, while Graham had seven catches for 83 yards a week after getting just one catch. Lynch’s replacement became undrafted rookie Thomas Rawls, who flashed by rushing for 104 yards, 98 in the second half.
A
n amphibious boat’s left front axle involved in a deadly accident was “sheared off,” but federal investigators said Saturday they don’t know if it was damaged before the collision with a charter bus that killed four international university students.

Four North Seattle College students from Austria, China, Indonesia and Japan were killed.

The amphibious vehicle tours are offered throughout the United States and the world. This is the first time the National Transportation Safety has looked into a land crash of the amphibious vehicles, which critics say are too dangerous for city streets. The federal agency has scrutinized duck tour vehicles several times when they’ve been in accidents on water.

In a deadly 2010 crash near Philadelphia, a tugboat-guided barge plowed into a duck boat packed with tourists that had stalled, sinking the boat and killing two Hungarian students.

In Seattle, witnesses have said they saw the duck boat’s left tire “lock up” Thursday as it swerved into a charter bus carrying international students over a bridge.

NTSB Board Member Earl Weener said the left front axle will be sent to a federal lab for further examination.

Weener said it’s too soon to know how the axle was damaged, or if it happened before the collision.

“Time front axle was sheared off — for what reason yet, we don’t know,” Weener said at a news conference.

Investigators are also examining the charter bus and two other vehicles involved in the accident — a pickup truck and an SUV. And Weener said investigators would determine what the drivers of the duck boat and the charter bus were doing for the three days before the crash.

The federal probe is expected to take months, and Weener said “it’s way too early to say anything about a probable cause.”

The investigation is being watched by other operators of the hugely popular duck boat tours.

“Safety and security are always a concern,” said Cindy Brown of Boston Duck Tours. “When anything happens in our industry, we’re all acutely aware.”

Brown said her operation hasn’t changed any procedures, but the owners and safety team would evaluate the situation after the federal investigation is complete.

Federal investigators will spend a week or more on site.

State regulators also have opened an investigation, which entails inspecting all vehicle and driver records.

Washington Utilities and Transportation Commission spokeswoman Amanda Maxwell said the amphibious vehicle involved in the crash — known as Duck No. 6 — underwent regular annual examinations by a federally-certified inspector, most recently in 2015 and 2014, and met federal standards.

The state also reviews the company’s fleet every few years, looking for systemic problems, Maxwell said. The last review, in December 2012, focused on a sample of the company’s vehicles and did not include Duck No. 6.

Meanwhile, 15 people remain hospitalized at Harborview Medical Center, spokeswoman Susan Greggs said. One person remains in critical condition, eight are in serious condition and six in satisfactory condition, she said.

SEATTLE, Washington (AP)
This is an exciting time to be talking about breast health in our community. A little over two years ago, the Tri-Cities Cancer Center partnered with Lourdes Health Network to pilot a Breast Oncology Program with the intent of achieving accreditation by the National Accreditation Program for Breast Centers (NAPBC) as a Breast Center of Excellence.

Today, our program includes over twenty area physicians from the Tri-Cities Cancer Center, Kadlec Regional Medical Center, Lourdes Health Network, and Trios Health, each specializing in breast cancer. Appropriate patients enrolled in this program will have their case reviewed in a group setting by these board-certified providers. This group setting is referred to as a multidisciplinary conference, which includes: Breast Surgeons, Radiologists, Pathologists, Radiation Oncologists, Medical Oncologists, a Plastic Reconstructive Surgeon, Nurse Navigators, a Genetic Counselor, Clinical Research Coordinators & Psychosocial Support Professionals.

The goals of the program are to shorten time to treatment and improve outcomes for patients. This is achieved as the different specialists mentioned above give their professional opinion regarding the best course of treatment for each patient. The value to patients is that physician specialists from four different organizations are providing input for their treatment and care. It is the equivalent of getting multiple second opinions without having to leave the community. To achieve national accreditation as a Breast Center of Excellence, our program must operate at the top 25% of participating cancer treatment facilities in the country and provide the following:

- A multidisciplinary, team approach to coordinate the best care and treatment options available
- Access to breast cancer-related information, education, and support
- Breast cancer data collection on quality indicators for all subspecialties involved in breast cancer diagnosis and treatment
- Ongoing monitoring and improvement of care
- Information about clinical trials and new treatment options.

According to NAPBC, “Accreditation by the NAPBC is granted only to those centers that are voluntarily committed to providing the best possible care to patients with diseases of the breast. Each breast center must undergo a rigorous evaluation and review of its performance and compliance with NAPBC standards.”

Full accreditation takes a minimum of three years to complete. It is an arduous process that is well worth the effort. Through the hard work of our participating physicians and ancillary staff, we have reduced the time from screening to treatment by 30%. This is exciting news, but there is more work to be done as we continually endeavor to improve care coordination between physician specialists for the benefit of our patients. We have a great team of physician leaders providing exceptional care for patients entered into our Breast Oncology Program. Our pursuit of accreditation as a Breast Center of Excellence is providing the tools to create a truly integrated system of care.
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In Congress and at a parish school, at the United Nations and a city jail, Pope Francis spent a whirlwind U.S. visit bridging the realms of the disadvantaged and elite, trying to turn the attention of the mightiest nation on earth away from ideological battles and toward a world he said desperately needs help.

From his very first appearance, he wove together issues that are rarely linked in American public life.

At the White House with President Barack Obama, he upheld religious freedom while seeking urgent action to ease climate change. Addressing Congress, he sought mercy for refugees, while proclaiming a duty “to defend human life at every stage of its development,” a challenge to abortion rights.

His moral challenge could be seen in the complex heroes he held up in his speech to Congress: Abraham Lincoln; the Rev. Martin Luther King Jr.; Thomas Merton, the Trappist monk who condemned war and advocated interfaith cooperation; and Dorothy Day, founder of the pacifist Catholic Worker Movement that helped and advocated for the homeless.

“Recalibration and reorientation are good words to describe it,” said John Green, a specialist in religion at the Bliss Institute of Applied Politics at the University of Akron in Ohio. “The pope is very adept politically. Even people who ended up disagreeing with him on certain points find him a very attractive and persuasive man. I thought he was quite inspiring.”

So did many others. Tens of thousands of cheering, flag-waving people lined the streets in Washington, New York and Philadelphia to greet Francis, some waiting for hours to catch a glimpse of the wildly popular pope.

Pope uses popularity to chart new direction for church & US


AP

El programa E-Cycle del Estado de Washington ofrece reciclaje responsable gratis de computadoras (portátiles, tabletas y PC’s), monitores, TVs y lectores electrónicos. El reciclaje es gratis para casas habitación, negocios pequeños, escuelas, oficinas de gobierno pequeñas y beneficiencias. Busque centros de acopio autorizados.

E-Cycle Washington is a free program that provides responsible recycling of computers (including laptop and “tablet” PC’s), monitors, TVs and e-readers in our state. Recycling is provided free of charge to households, small businesses, school districts, small governments and charities at authorized collection sites.
Mars appears to have flowing rivulets of water, at least in the summer, scientists reported Monday in a finding that boosts the odds of life on the red planet.

“Mars is not the dry, arid planet that we thought of in the past,” said Jim Green, director of planetary science for NASA.

Scientists in 2008 confirmed the existence of frozen water on Mars. Now instruments aboard NASA’s Mars Reconnaissance Orbiter have yielded what researchers said is the strongest evidence yet that water in liquid form trickles down certain Martian slopes.

And because liquid water is essential to life, the finding could have major implications for the possibility of microscopic life forms on Earth’s next-door neighbor.

“it suggests that it would be possible for there to be life today on Mars,” NASA’s science mission chief, John Grunsfeld, said at a Washington news conference.

The rivulets — if that’s what they are, since the evidence for their existence is indirect — are about 12 to 15 feet wide and 300 feet or more long, scientists said. They apparently consist of wet soil, not standing water.

The water is believed to contain certain salts — not ordinary table salt, but magnesium perchlorate, magnesium chlorate and sodium perchlorate. Like road salt used to melt ice and snow on Earth, such compounds can prevent water from freezing at extremely low temperatures.

That would explain how water could exist in liquid form on Mars, which has an average temperature of minus 85 degrees Fahrenheit.

In addition to supporting life, the presence of liquid water could make things easier for astronauts visiting or living on Mars. Water could be used for drinking and for creating oxygen and rocket fuel. NASA’s goal is to send humans there in the 2030s.

Michael Meyer, lead scientist for NASA’s Mars exploration program, said the only definitive way for now to determine whether there’s life on Mars is to collect rocks and soil for analysis on Earth, something a U.S. lander set for liftoff in 2020 will do.

“Water is one of the most precious resources necessary for a human mission to the red planet,” Rep. Lamar Smith, R-Texas, chairman of the House science, space and technology committee, said in a statement. “The more evidence we find of it, the more encouraged I am for future Mars missions.”

Alfred McEwen of the University of Arizona at Tucson, a scientist on the project, said he, for one, believes the possibility of life on Mars to be “very high.”

The source of the briny water is a mystery. Scientists said it could be melting ice, an underground aquifer, water vapor from the thin Martian atmosphere, or some combination.
LATIN AMERICA

Relatives of 43 missing Mexican students tour ‘crime scene’

IGUALA, Mexico (AP)

Hundreds of people led by the parents and relatives of 43 missing students on Sunday toured various sites in southern Mexico linked to the disappearance of the young people just over a year ago.

The march came a day after the anniversary of the Sept. 26, 2014 disappearance of the students from Ayotzinapa teachers’ college in southern Guerrero state. The crime sparked protests across Mexico, and thousands of people marched in Mexico City on Saturday to demand justice.

On Sunday, demonstrators visited each of the main sites in Guerrero linked to the disappearances. Some were marked with flowers, another with a triangular monolith with its point in the earth, symbolizing how the victims were seeds of a social movement, said its architect, Frumencio Ramirez.

"More than a year later we are still here," said Meliton Ortega, father of one of the missing youths. "We cannot remain silent."

The 43 students from a radical teachers’ college disappeared after a clash with police in the city of Iguala. Six other people were killed at the hands of the police during the disturbances. The bodies of only two students have been identified by DNA analysis of charred bone fragments.

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It is the policy of Columbia Basin College to provide a working and learning environment free from discrimination, harassment and retaliation. This policy prohibits conduct that discriminates against individuals based on their race, color, creed, religion, national origin, sex, sexual orientation, and/or gender identity, age, marital status, disability, honorably discharged veteran or military status.

This policy also prohibits retaliation as a result of an individual filing a report of discrimination or harassment or participating in an investigation of a claim of discrimination or harassment.

This policy applies to all programs and facilities, including, but not limited to, admissions, educational programs and employment. Columbia Basin College complies with all Washington State anti-discrimination laws (Chapter 49.60 RCW) and the following federal laws relating to equal opportunity: Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans with Disabilities Act of 1990.

Columbia Basin College is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. The College will take steps to ensure that the lack of English language skills will not be a barrier to admission and participation in vocational education programs.

Coordination of the compliance efforts of Columbia Basin College with respect to equal opportunity and disability accommodation regulations is under the direction of Camilla Glatt, Vice President for Human Resources & Legal Affairs, Columbia Basin College, 2600 N. 20th Avenue, Pasco, WA 99301, telephone (509)542-5548.

From my balcony

Pope Francis: A courageous man

Dr. Lorena Barboza
lorena.barboza@gmail.com

Regardless of my creed, I must admit that the work that has been carried out by Pope Francis, since being elected, has filled me with hope. He is a man who denounces, speaks clearly and is trying to bring order not only in the Vatican but also in the world. Without distinction between religions, Pope Francis seeks justice, stirring the hearts and calling for reflection.

His recent visit to some countries in the Americas showed that his message is one of love, peace and justice. He draws attention to our weaknesses without attacking, without rudeness and violence. For me, the message shared in the United States Congress is a jewel that shines. He said things directly, without fear and advocating equality among human beings. He did so with a firm but calm tone, with a respectful vocabulary and beautiful gestures of humility and simplicity.

His mission is not easy at all; he faces many interests of all kinds: political, economic, religious, territorial interests. These are the ones that turn the world upside down, in which there is a deficit of love and solidarity. However, the Pope does not stop. He marches on calling for understanding, communication and compassion.

Upon returning to Europe, he leaves my heart full of hope. I hope that, at last, those who have power and control open their hearts and begin to do things right. I hope that Pope Francis has sown in them the seeds of goodness, justice and development.

Have a happy week, and God bless!

Dr. Barboza invites you to visit her blog: hablandonosentendemos.podbeam.com and to listen to “Creciendo con CBC” every Wednesday at 5:00 p.m. on “Mi Favorita” 92.5FM

It doesn’t erase your credit history

Dear Dave,

I recently tried to cancel a credit card, and the customer service representative told me that doing this would cancel out my entire 14-year credit history. Is this true? — Keri

Dear Keri,

No, it is not true. The rep you spoke with is either a moron or a liar.

Canceling a credit card doesn’t erase a person’s entire credit history, and it doesn’t erase their credit history with that company or their card, either. And by the way, your credit history doesn’t last 14 years. It lasts seven years, but all the information on your record that is older than that — except for Chapter 7 bankruptcy — comes off your credit bureau report. A Chapter 7 filing stays on your report for 10 years.

So, you don’t have a 14-year credit history. Sorry. It’s just not there. And if you talk to this company again, you really need to find an educated rep to speak with. This one doesn’t have a clue! — 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.

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You Decide – A Bilingual Newspaper
NASA says Mars appears to have flowing water

CAPE CANAVERAL, Florida (AP)

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The source of the briny water is a mystery. Scientists said it could be melting ice, an underground aquifer, water vapor from the thin Martian atmosphere, or some combination.

COMMUNITY

Free dental, vision and medical services offered at giant health clinic

SEATTLE, Washington

People in need of dental, medical and vision services may receive them free of charge at the largest free health clinic ever organized in the State of Washington, Seattle/King County Clinic, Oct. 22 – 25, in KeyArena at Seattle Center.

Now in its second year, Seattle/King County Clinic brings together over 100 healthcare organizations, civic agencies, nonprofit entities, private businesses and thousands of volunteers with a goal of providing over $2.5 million in services to underserved and vulnerable populations. This extraordinary free clinic offers a broad range of medical, dental, and vision care with an expectation of helping as many as 4,000 people in need over the four-day period.

Seattle/King County Clinic transforms the form and function of KeyArena. The licensed healthcare professionals and general support volunteers who staff it donate their time and expertise. Patients receive real, and in many instances, extensive care including dental fillings and extractions, comprehensive eye exams and free prescription eyeglasses, physical exams, Pap smears, mammograms, EKGs, x-rays, lab tests, flu vaccines, foot care, acupuncture and much more.

Organizing and implementing an event on this massive scale represents the serious dedication of a caring community to make a difference for the most vulnerable among us. By meeting immediate healthcare needs and providing connections for ongoing care, it is hoped that this event will positively impact the health of the entire region and raise awareness of the scale of those left out of the current healthcare system. Learn more about Seattle/King County Clinic at: www.seattlecenter.org or by calling 206-684-7200.