

August / agosto 1, 2014

EDICIÓN NO. 451
The BILINGUAL Newspaper of the Merrimack ValleyPeruanos izaron su bandera
en Lawrence - Pg. 23(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell
(NH) Salem, Nashua, Manchester

Rivera Stresses Commitment to Healthy Active Living

| Pg. 2

iS.A.L.S.A! Alcalde Rivera Promueve Estilos de Vida Activos y Saludables

| Pg. 2

What is a Ciclovia? / ¿Qué es una Ciclovía? P.18

GLFHC corta la cinta en la clínica renovada



NECC Names Executive Director of Lawrence Campus

PAGE 5

Dr. Noemi Custodia-Lora says she just might need to invest in a new pair of sneakers. The sneakers, jokes NECC's new director of the Lawrence campus and community relations, will keep her comfortable as she visits neighborhoods, schools, and businesses throughout the Merrimack Valley region promoting the virtues of the college's ever-expanding Lawrence campus.



Como parte de la ceremonia de apertura, muchas personalidades se dieron cita en el 34 de Haverhill St.. Entre ellos, el Rep. Estatal Marcos Devers, June Black en representación de la Congresista Niki Tsongas, Robert Ingala, Director Ejecutivo y CEO de GLFHC, el Senador Barry Finegold y el Alcalde Dan Rivera.

Pg. 7

MVHP: Propietario del Mes / Home Buyer of the Month

- Pgs. 14

- 02 EDITORIAL
- 04 & 16 DALIA DÍAZ
- 21 CALENDARIO
- 22 DIRECTORIO
- 23 CLASIFICADOS



English
Tuesdays @ 10am

En Español
Sábados a las 9am

CrossOver
Rumbo on the Radio!

¡S.A.L.S.A! Alcalde Rivera se compromete a una vida activa más saludable

En Lawrence, Massachusetts casi el 45% de los niños y aproximadamente el 69% de los adultos padecen de sobrepeso u obesidad, que puede conducir a problemas de salud severos tales como diabetes, asma crónica y enfermedad cardiaca.

El Alcalde de Lawrence Daniel Rivera y la Alcaldía de Lawrence se han comprometido a hacer todo lo posible por reducir los niveles de obesidad. El Mayor's Health Task Force (Unidad Especial a Beneficio de la Salud de la Alcaldía de Lawrence), a través del Comité de Trabajo para una Vida Activa y Saludable, está encargado de conducir una evaluación de las ventajas y beneficios que existen, las necesidades de la comunidad relacionadas con la nutrición y la actividad física, y la creación de un plan para aumentar el acceso a opciones saludables y de recreación para los residentes de Lawrence.

Esto condujo a la adopción de una resolución municipal para una "Vida Activa y Saludable" el pasado otoño para definir y reconocer este problema de salud pública y determinar estrategias para reducir las tasas de obesidad en Lawrence y mejorar el entorno urbano — parques, aceras y otras comodidades — haciéndolo más fácil para que los residentes se conviertan en personas más activas y saludables. "Es una de nuestras prioridades principales el hacer de Lawrence un lugar mejor y más saludable para vivir, crecer, trabajar, aprender, jugar y envejecer" dijo el Alcalde Rivera. "Se necesita de colaboraciones multisectoriales

como estas para hacer esto posible, lo cual resulta ser de gran beneficio a toda la comunidad y fortalece nuestra capacidad para promover y mantener la salud".

Entre las prioridades señaladas en la resolución se encuentran: el mejoramiento de áreas de recreación de la ciudad para promover la actividad física; aumentar el acceso a alimentos asequibles y saludables; e implementar un programa promoviendo el bienestar de los empleados municipales.

Una importante iniciativa del Mayor's Health Task Force (MHTF) que surge de estos esfuerzos es el lanzamiento de S.A.L.S.A., una campaña de concienciación ciudadana, la cual su acrónimo se traduce a "Apoyando Estilos de Vida Activos para Todos". S.A.L.S.A. promoverá normas para vivir una vida sana a través de: mayor acceso a opciones de alimentos saludables apoyando la promoción y expansión de los mercados del agricultor y jardines comunitarios/urbanos, bajo el liderazgo de la organización Groundwork Lawrence; implementación de la iniciativa Bodegas Saludables, un programa piloto para aumentar las opciones de alimentos saludables en las bodegas en vecindarios comunitarios; y la educación de toda la comunidad sobre la importancia de comer alimentos nutritivos y mantenerse físicamente activo.

También bajo la campaña S.A.L.S.A.,

POR FAVOR VEA SALSA
CONTINÚA EN LA PÁGINA 10

Let's S.A.L.S.A! Mayor Rivera Underscores Commitment to Healthy Active Living

In Lawrence, Massachusetts nearly 45% of children and approximately 69% of adults are overweight or obese, which can lead to major health problems such as diabetes, chronic asthma and heart disease.

Lawrence Mayor Daniel Rivera has committed the city to doing all it can to reduce obesity levels here.

The City of Lawrence Mayors' Health Task Force (MHTF), through its Healthy Active Living Working Group (HALWG), has been charged with evaluating the assets and needs of the community related to nutrition and physical activity and creating a plan to increase access to health and recreation options for Lawrence residents.

This led, to the adoption of a municipal "Healthy-Active Living Resolution" last fall to define and acknowledge this public health concern and determine strategies for reducing obesity rates in Lawrence and improving the built environment - parks, sidewalks and other amenities - making it easier for residents to become active and healthy. "It is one of our top priorities to make Lawrence a better and healthier place to live, grow, work, learn, play, and age," said Mayor Rivera. "It takes multi-sectorial collaborations like this one to make this possible, which benefit the whole community and strengthen our capacity to promote and sustain health."

Among the priorities outlined in the resolution are: improving recreational areas of the city to promote physical activity; increasing access to affordable, healthy foods and implementing a municipal

employee wellness program.

A major initiative of the MHTF, springing from these efforts, is the launch of S.A.L.S.A., a public awareness campaign, which acronym stands for "Supporting Active Lifestyles for All." S.A.L.S.A. will promote standards for healthy living through: increased access to healthier food options by supporting the promotion and expansion of the Farmer's Markets and Community/Urban Garden, under the leadership of Groundwork Lawrence; implementation of the Healthy on the Corner Bodegas Saludables pilot initiative to increase healthy food options in neighborhood stores; and community-wide education about the importance of eating nutritious foods and staying physically active.

Also under the S.A.L.S.A. campaign, the MHTF continues to promote the Walking Markers around the parks (North and South Common) and will soon be distributing the "Spaces N Places for Recreation in Lawrence" brochure, showcasing open spaces and affordable fitness/recreation programs in the community. MHTF partners are also developing standards for a Worksite Wellness initiative that can be easily implemented by

PLEASE SEE SALSA
CONTINUES ON PAGE 10

EDITORIAL | EDITORIAL

Deben cambiar de actitud

Cuando nos mudamos a Lawrence en el año 1989, había 3 Supermercados de Market Basket en nuestros alrededores. Uno en la Essex Plaza en Lawrence, otro en la Ruta 114 en North Andover y otro en Shawsheen Plaza, en Andover, todos accesibles desde nuestro punto de residencia.

No teníamos la menor idea de quienes eran los dueños. Alguna compañía americana, pensamos. Si nos agració la idea de lo bien abastecidos que todos estaban y nos llamó mucho la atención de la forma que cada una de esas tres tiendas estaba abastecidas.

Si ibas a la tienda situada en Andover, allí encontrabas de todo menos productos latinos. Hoy esta tienda cambió de nombre, pertenece a Stop & Shop y desconocemos las razones. Por otro lado, la tienda de la Plaza Essex siempre nos pareció un almacén de productos Goya. Allí el consumidor de productos latinos no puede tener quejas. Si ibas a la tienda en la Ruta 114 encontrabas un balance bicultural en cuanto a abastos se refiere.

Aunque nos abastecímos de la tienda situada en la Ruta 114, por estar más cerca de nuestro punto de residencia, siempre nos llamó la atención al cliente que esta compañía mostraba.

A principios de residir en Lawrence, Shaw's abrió una hermosa tienda más cerca de nuestra casa, en la Plaza 114. De inmediato nos hicimos clientes de ellos aunque el estilo era parecido al de Market Basket de Andover. Esta tienda, aparentemente no tuvo la visión de atraer la clientela latina de Lawrence. Hoy el Registro de Vehículos a Motor ocupa ese espacio, el cual ocupó después que otra tienda donde el cliente tenía que traer su propio cartucho, no dio resultado.

Es triste que la gerencia de esta empresa, por pugnas familiares, esté a punto de echar por la borda la atención al cliente que hasta ahora había mostrado y que ellos merecen.

A raíz del despido del CEO Arthur T. Demoulas, es de admirar el apoyo que los empleados de la empresa le han dado al punto de negarse a trabajar para el nuevo CEO, su primo Arthur S., así como la clientela que se haya negado a comprar en sus almacenes en apoyo a los empleados.

En nuestra opinión, con este juego de actitudes por parte de todos (los dueños, los empleados y hasta los clientes) estamos contribuyendo a un desastre inevitable, a menos que una luz ilumine a los miembros de esta familia Demoulas y abandonen esta actitud hostil.

They must change their attitude

When we moved to Lawrence in 1989, there were 3 Market Basket Supermarkets around us. One in Essex Plaza in Lawrence, another on Route 114 in North Andover and one in Shawsheen Plaza in Andover, all accessible from our point of residence.

We had no idea as to who owned them. 'Some American company,' we thought. Yes, we liked the idea of how well supplied they were; also the way that each of these three stores was stocked, caught our attention.

If you were going to shop in Andover, there you would find anything but Latin products. Today this store changed hands; it belongs to Stop & Shop. The Essex Plaza store always looks like a Goya products warehouse. There, the Latino consumer has no reason for complaining. If you go to the store on Route 114 you would find a more bicultural balance in terms of supplies are concerned.

Although, we shop at the store located on Route 114, since it is closer to our point of residence, their customer service emphasis always caught our attention.

At the beginning, residing in Lawrence, Shaw's Supermarkets opened a beautiful store closest to our home at Plaza 114. Immediately we became their clients but their style was similar to Market Basket in Andover. This shop apparently did not have the vision to attract the Latino clientele from Lawrence. Today the Registry of Motor Vehicles occupies that space, after another shop where the customers had to bring their own bags, did not last long.

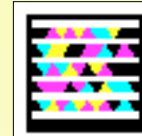
It is sad that the administration of this company, due to family feud, is about to throw away the attention to customer service they had shown so far.

Following the dismissal of CEO Arthur T. Demoulas it's admirable the support company employees have given him to the point of refusing to work for the new CEO, his cousin Arthur S., as well as the clientele who has refused to shop in their stores in support of the employees.

We believe that with this set of attitudes, (the owners, the employees and even the customers) is contributing to an inevitable disaster, unless the members of the Demoulas Family are enlightened and abandon their hostile position.

Rumbo

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Attention Patients

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(efectivo el 24 de mayo)



POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Conferencia de prensa de SALSA

El Alcalde Dan Rivera anunció el pasado lunes el nuevo esfuerzo por parte de Grupo de Trabajo de Salud de la Alcaldía. S.A.L.S.A. (Supporting Active LifeStyles for All) significa apoyar un estilo de vida activo para todos y que ha sido en preparación por más de un año.

Reúne a varias organizaciones relacionadas con la salud, tales como la YWCA de Lawrence, Merrimack Valley YMCA, el Hospital General de Lawrence y el Hospital de Holy Family en Methuen. Después que el Alcalde Rivera se dirigió a la audiencia de unas 30 personas que incluía políticos y empleados del Ayuntamiento,

Vilma Lora, coordinadora del Grupo de Trabajo de Salud de la Alcaldía y Co-Directora de los Servicios de la Mujer para la YWCA de Lawrence entró en detalles sobre la cooperación que ha tenido lugar entre todos los grupos.

Mientras que la mayoría de la audiencia recordará que el Alcalde Rivera prometió que va a perder 50 libras para finales de año, yo estuve muy impresionada escuchando cómo Vilma elogió los esfuerzos de la YMCA. Yo admiro mucho la obra que Merrimack Valley YMCA hace y me llena de orgullo que he estado involucrada con ellos durante tanto tiempo.

Limpieza de calles

La Ciudad de Lawrence volvió

a contratar algunos de los empleados despedidos cuando el Alcalde Rivera entró en el Ayuntamiento y ahora están limpiando las calles por los próximos 90 días a un costo de casi un cuarto de millón de dólares.

Estoy feliz de verlos trabajando de nuevo, pero me pregunto si era necesario. Una campaña de educación es lo que necesita la ciudad. Mientras la gente siga su comportamiento habitual, las calles seguirán con el mismo aspecto.

¿Recuerda de lo que dijo el ex Alcalde William Lantigua durante cuatro años sin resultados? "Si somos el 75% de la población, el 75% de la basura es nuestra y tenemos que aprender a recogerla."

Además, la campaña por la radio dice: "La ciudad más limpia no es la que más se limpia sino la que menos se ensucia."

Los jóvenes hispanos son frecuentemente obesos y enfrentan más riesgos de enfermedades cardíacas

Informe de la publicación de acceso rápido de la American Heart Association

La obesidad es común entre los hispanos de los EE.UU. y es especialmente grave entre los jóvenes hispanos, según investigaciones publicadas en el Journal of the American Heart Association (JAHA).

La primera colección de datos a gran escala del índice de masa corporal (Body Mass Index, BMI) y de factores de riesgo de enfermedades cardiovasculares entre las comunidades hispanas/latinas de los EE.UU. sugiere que la obesidad grave puede estar asociada con un riesgo excesivo considerable de enfermedades cardíacas.

En el caso de los hispanos de los EE.UU., la obesidad epidémica "no tiene precedente y está empeorando", afirmó el Dr. Robert Kaplan, autor principal y profesor de epidemiología y salud pública en el Albert Einstein College of Medicine de Nueva York.

"Ya que los adultos jóvenes obesos tienen mayor probabilidad de padecer más enfermedades a medida que envejecen y de tener, además, costos más altos de atención médica, deberíamos invertir fuertemente en la investigación y prevención de la obesidad como si el futuro de nuestra nación dependiera de ello."

Los investigadores revisaron datos de un estudio de 16,344 personas hispanas de diversos orígenes nacionales en cuatro ciudades de los EE.UU. (Bronx, Chicago, Miami y San Diego). El promedio de edad de los hombres era de 40 años, y de 41 en el caso de las mujeres. Las personas de origen mexicano eran el grupo más grande (cerca del 37 por ciento de los sujetos), seguidas de las de origen cubano (20 por ciento) y portorriqueño (16 por ciento).

En términos generales, el 18 por ciento de las mujeres y el 12 por ciento de los hombres del estudio mostraban niveles de obesidad que señalan una preocupación especial acerca de riesgos de salud, definida por un BMI mayor de 35 (el BMI se calcula

en función del peso y la estatura). El tipo de obesidad más grave ($BMI >40$, o más de 240 libras [109 kg] para una persona de 5'5" [1,65 m]) aparecía con mayor frecuencia en adultos jóvenes de 25-34 años; en este grupo de edad afecta a uno de cada veinte hombres y a aproximadamente una de cada diez mujeres. Más de la mitad de esas personas tenían niveles dañinos de colesterol HDL (el colesterol "bueno") y de inflamación, medidos con un marcador denominado proteína C-reactiva, afirmó Kaplan. Cerca del 40 por ciento tenía alta presión arterial, y más de una cuarta parte padecía diabetes.

"Es una carga muy pesada para estos jóvenes, quienes deberían estar en la flor de la vida", dijo Kaplan. "Los jóvenes, y en particular los hombres (que en nuestro estudio alcanzaron el nivel más alto de factores de riesgo de futuras enfermedades cardiovasculares), son precisamente las personas que tienden a ignorar la necesidad de tener chequeos médicos regulares, adoptar un estilo de vida saludable y buscar la ayuda de los profesionales de salud."

El estudio también reveló que las mujeres hispanas tienen una mayor probabilidad que los hombres de encontrarse en el nivel de obesidad más grave.

No obstante, en comparación con las mujeres, la alta presión arterial y la diabetes (en ambos casos, factores de riesgo de enfermedades cardíacas y de derrame cerebral) parecen estar más estrechamente vinculadas con la obesidad grave en los hombres.

Los resultados referentes a los jóvenes hispanos en edad de procrear, sugieren a Kaplan que los profesionales de salud deberían adoptar una estrategia integral y familiar para el control del peso. Una multitud de factores biológicos y sociales que afectan al peso de los padres también podrían repercutir en sus hijos, afirmó Kaplan.

Los coautores del estudio son M. Larissa Avilés-Santa M.D., Ph.D.; Christina M. Parrinello, M.P.H.; David B. Hanna,

Ph.D.; Molly Jung, M.P.H.; Sheila F. Castañeda, Ph.D.; Arlene L. Hankinson, M.D., M.S.; Carmen R. Isasi, M.D., Ph.D.; Orit Birnbaum-Weitzman, Ph.D.; Ryung S. Kim, Ph.D.; Martha L. Daviglus, M.D., Ph.D.; Gregory A. Talavera, M.D., M.P.H.; Neil Schneiderman, Ph.D.; y Jianwen Cai, Ph.D. Las declaraciones con respecto a los autores aparecen en el manuscrito.

El Estudio de salud pública hispana/Estudio de latinos (Hispanic Community Health Study/Study of Latinos) recibió apoyo del National Heart, Lung, and Blood Institute.

NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencias de servicio social y organizaciones de salud, está buscando voluntarios para llevar a ancianos a citas al médico y otras citas de calidad de vida a través del Programa de Friends in Deed de Elder Services of the Merrimack Valley. Si usted puede, aunque sea ocasionalmente, por favor, llame a Jerry Proulx, reclutador de voluntarios, al 1-800-892-0890 ext. 463 (y mencione Interfaith Caregivers.)

Gracias de parte de Interfaith Caregivers y los muchos ancianos que necesitan de los servicios de choferes voluntarios para poder permanecer independientes en su propio hogar.



ANUNCIO PAGADO
Cuando pensamos en el fraude de seguros generalmente pensamos en accidentes preparados y con lesiones falsas. Las compañías de seguros piensan en un fraude de primas cuando piensan en fraude. Fraude Premium es el fraude cuando una persona compra un seguro, pero no dice toda la verdad en la aplicación con fines de bajar el costo. ¡El fraude no paga!

SEGURO DE AUTOS:

Fraude es no decir que su hijo tiene una licencia de conducir a la hora de comprar seguro porque usted no quiere que su tarifa suba. El estado dice que debe agregar a su hijo a su póliza en un plazo de 60 días luego que su hijo(a) obtenga su licencia. Fraude es no listar a su esposo(a) o familiar porque ellos tienen puntos en su licencia aun cuando ellos manejan el auto. Fraude es decir que vive en una ciudad diferente para que su tarifa sea menos. Fraude es mentirle a la compañía en el momento de hacer un reclamo. Si el operador del vehículo involucrado en un accidente no está listado en la póliza de seguro (aún no sea culpa de este) su compañía de seguro puede negarse a pagar por los daños a su vehículo, pueden bajar los daños a la propiedad a \$5,000 y pueden bajar coberturas opcionales si ellos pagan un reclamo. Fraude es reportar su vehículo robado cuando no lo está. El 85% del fraude es cometido por los dueños. No participe de fraude para ayudar a nadie.

SEGURO DE CASA

Fraude es no decir que usted tiene un perro en el seguro de casa, seguro de renta, o seguro de condominio. Algunos perros no son aceptados por compañías de seguro porque estos pueden morder. Fraude es comprar una póliza de propietario de casa cuando usted no vive en la casa. Seguros para propietarios es solo para las personas que ocupan esa propiedad. Fraude es no admitir que hay un daño o problema existente o que su compañía actual ha sometido una orden de cancelación. Fraude es tener un negocio en su hogar y decirle a la compañía de seguro que ese no es el caso. Fraude es añadir un apartamento sin decirle a su compañía de seguro. Si usted miente, su seguro puede ser cancelado por fraude.

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ANUNCIO PAGADO

NECC Names Executive Director of Lawrence Campus



Fellow - one of only 47 in the country and the only community college representative. For this past year, she has been "on loan" to Lesley University in Cambridge where she has worked on a number of special projects.

"I have consistently been impressed by Noemi, and I believe she is ideally suited to take on this new role," said NECC President Lane Glenn. "She will be overseeing our expansion in Lawrence, forming new partnerships with community, government, education, and business leaders in the city, and participating in a number of economic development initiatives."

Some of Custodia-Lora's accomplishments, according to Glenn, include securing a \$1.24 million grant from the Massachusetts Life Science Center to build and renovate science labs on both the Haverhill and Lawrence campuses; being the key architect in the creation of the college's Applied Science Degree in Lab Science; and forging partnerships with public schools designed to promote science fields, especially among Latinos.

Over the past five years from the fall of 2008 to the fall of 2013, the number of Lawrence residents attending Northern Essex has increased 43% from 1,406 to 2,013. The college has expanded in the city in response to surging enrollments, opening the Dr. Ibrahim El-Hefni Allied Health & Technology Center on 414 Common

Street last January and 420 Common St, a public/private partnership featuring a community bookstore, café, and bank as well as college classrooms.

Other Lawrence locations include the John R. Dimitry Building, 45 Franklin St.; iHealth, 52 Franklin St.; the Louise Haffner Fournier Education Center, 78 Amesbury St.; and NECC Riverwalk, 360 Merrimack St.

Before joining the Northern Essex faculty in 2003, Noemi was a post-doctoral fellow at Tufts Medical School in Boston. She holds a bachelor's in biology from the Universidad de Puerto Rico and a PhD in physiology-endocrinology from Boston University. She was raised in Puerto Rico but both her parents are from the Dominican Republic.

Dr. Custodia-Lora is eager to connect with Lawrence partners and can be reached at ncustodialora@necc.mass.edu

Dr. Noemi Custodia-Lora, a native of Puerto Rico and a scientist with a Ph.D. from Boston University, will be the new face of Northern Essex Community College in Lawrence.

Custodia-Lora has been appointed executive director of Northern Essex Community College's Lawrence campus and community relations, effective immediately.

Custodia-Lora joined Northern Essex in 2003 as a faculty member of the Natural Sciences Department. She taught Nutrition, Human Biology, and Anatomy & Physiology before becoming the coordinator of the Applied Sciences Associate Degree of Science in Lab Science Program which welcomed its first class in the fall of 2009. Developed in collaboration with area employers, this program provides three areas of study: biotechnology, chemical analysis, and environmental sciences, and has received the highest endorsement-a gold level-from the Massachusetts Life Science Education Consortium (MLSEC).

In 2011, she was appointed assistant dean of Foundational Studies and Liberal Arts & Sciences.

In addition, Custodia-Lora is a founding member of the ESL Social/Learning Club which is an initiative aimed at attracting more English as a Second Language students into the disciplines (and ultimately careers) of STEM.

A resident of Haverhill, Custodia-Lora just completed an academic year as an American Council on Education (ACE)

"I have consistently been impressed by Noemi, and I believe she is ideally suited to take on this new role,"
NECC President Lane Glenn.



El cáncer no conoce fronteras, por lo que hemos ampliado las nuestras.

Anunciamos Dana-Farber Community Cancer Care. Cuidado de Hematología-Oncología ahora en 8 lugares en el este de Massachusetts.

Si usted o un ser querido ha sido diagnosticado con un cáncer o un trastorno de la sangre, Dana-Farber Community Cancer Care puede ayudarle. Nuestros especialistas se han unido a Commonwealth Hematology-Oncology para proporcionarle expertas opciones de tratamiento y selectos ensayos clínicos de Dana-Farber Cancer Institute. Con localizaciones en los alrededores donde usted vive, estamos aquí para servirle.

Para una cita o más información, visite: dana-farber.org/communitycare



DANA-FARBER
COMMUNITY CANCER CARE

"Rat Pack is Back" Tickets Still Available

With more than half the tickets to "The Rat Pack is Back" already sold, Northern Essex Community College has begun its final ticket promotion. Don't miss the music and feel of old Las Vegas when this Rat Pack nostalgia group performs at the Collins Center for the Performing Arts at Andover High School in Andover on Saturday, Sept. 20.

This is the 10th annual signature event of the Northern Essex Community College Foundation, Inc., the Women of NECC, and the NECC Alumni Association. Proceeds from this event benefit NECC's Endowment Fund.

For more information and ticket prices, see page 26.

FIRE CHIEF SEARCH

Search Committee for Recruitment

Mayor Dan Rivera has named the members of his Fire Chief Search Committee, and began the first stages of the search process this week. The search committee, which is made up of nine members, includes residents and city officials that will play a key role in the process to conduct a search for the next Lawrence Fire Chief. "The Fire Chief Search Committee has a big job ahead of them," said Mayor Rivera. "They will be responsible for recruiting the most impressive candidates, and narrowing down the selection. The end result will be a Fire Chief that is qualified and committed to the safety of our city and its residents."

The Search Committee kicked off their

effort with a meeting this week to outline a process and timeline for their work. This included reviewing the City Ordinance related to the Fire Chief and the duties associated with the position, developing a strategy to recruit a robust pool of candidates, and determining clear evaluation criteria by which to rate candidates. In addition, the Committee will consider holding a forum at a later stage in the process so that the public has an opportunity to question the final candidates and weigh in on the process. The Mayor anticipates a four to six month process to recruit and hire the next Fire Chief to Lawrence.

The committee members are listed below:

Council President.....	Modesto Maldonado
Lisa Torrisi.....	Chief of Staff
Mark Ianello.....	Finance Director
Frank Bonet.....	Personnel Director and Resident
Richard Shaffer.....	Former Lawrence Fire Chief and Resident
Manny Gonzalez.....	Lawrence Firefighter and Resident
Lesly Medina	Resident
Tom Murphy	Resident
Cesar Camargo.....	Business Owner and Resident

PARA TODO TIPO DE SEGURO



Yomari, Elizabeth, Nini, Joan y Carla

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Unión de Crédito de los Empleados Postales de Lawrence se une a MVFCU

Merrimack Valley Credit Union se complace en anunciar que Lawrence Postal Employees Credit Union (LPECU) se ha unido a Merrimack Valley Credit Union. La fecha de conversión oficial y el primer día de negocios para la entidad combinada fue el 1ro de julio de 2014.

La LPECU ha servido a los trabajadores postales de Lawrence desde 1929. Hasta la fusión, era el sindicato más pequeño de crédito postal en los Estados Unidos. Orgullosa de su patrimonio y entorno cercano de la familia, la junta directiva de LPECU quería encontrar un socio a quien unirse que proporcione el mejor valor, conveniencia, y el cuidado de sus miembros. La historia financiera sólida de Merrimack Valley Credit Union, con su amplia gama de productos y servicios competitivos hizo que fuera una opción atractiva. Sin embargo, fue la misión de la Unión de Crédito de

servir con pasión a sus miembros todos los días que finalmente lo convirtió en el socio adecuado para Lawrence Postal Employees Credit Union.

"Estamos muy contentos de que la junta directiva de la Unión de Empleados Postales, la gerencia y la membresía tuvo a bien escoger Merrimack Valley Credit Union como su futura institución financiera. Sabemos que hay muchos otros socios de la fusión disponibles, y estamos agradecidos de tener la oportunidad de servir a los trabajadores postales de Lawrence", comentó Peter Matthews, Presidente y CEO Merrimack Valley Credit Union.

Para cualquier pregunta o preocupación acerca de la fusión, por favor póngase en contacto con Merrimack Valley Credit Union llamando al 800-356-0067 ó 978-975-4095, opción 1.

Lawrence Postal Employees Credit Union Finds Member Value

Merrimack Valley Credit Union is pleased to announce that Lawrence Postal Employees Credit Union has merged into Merrimack Valley Credit Union. The official conversion date and the first business day for the combined entity was July 1, 2014.

Lawrence Postal Employees Credit Union (LPECU) has served the postal workers of Lawrence since 1929. Until the merger, it was the smallest postal credit union in the United States. Proud of its heritage and close family environment, LPECU's board of directors wanted to find a merger partner that would provide the best value, convenience, and care for its members. Merrimack Valley Credit Union's solid financial history with its wide array of competitive products and services made it an appealing option. However, it was the Credit Union's mission to passionately serve its members every day that ultimately made it the right merger partner for Lawrence Postal Employees Credit Union.

"We are happy that the Lawrence Postal Employees Credit Union Board, Management, and membership saw fit to choose Merrimack Valley Credit Union as its future financial institution. We know there are many other available merger partners, and we are thankful to have the opportunity to serve the postal workers of Lawrence," commented Merrimack Valley Credit Union President and CEO Peter Matthews.

For any questions or concerns about the merger, please contact Merrimack Valley Credit Union by calling 800-356-0067 or 978-975-4095, Option 1.

Merrimack Valley Federal Credit Union is a \$516 million asset not-for-profit community credit union serving anyone who lives, works or worships in the Merrimack Valley region with branch locations in Haverhill, Lawrence, Methuen, and North Andover, MA and Plaistow, NH.

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GLFHC corta la cinta en la clínica recientemente renovada

Después de casi siete meses de construcción, reconstrucción y pequeños inconvenientes el 30 de julio, 2014, funcionarios del Greater Lawrence Family Health Center (GLFHC) se unieron a los dignatarios locales y estatales para la ceremonia oficial de corte de cinta del proyecto de renovación del Centro de Atención Primaria localizado en el 34 de la calle Haverhill.

"Partiendo de un proceso de registro más fácil a los servicios de farmacia expandidos, los pacientes de GLFHC notarán una diferencia en el momento que entren en el sitio recién renovado", afirmó Bob Ingala, presidente y CEO de GLFHC. "Este proyecto de renovación es fundamental para nuestro continuo compromiso no sólo con nuestros pacientes, sino también para con el Programa de Residencia de Medicina Familiar de Lawrence, que se encuentra en nuestro sitio de la Calle Haverhill y la celebración de los 20 años entrenando a médicos en este lugar en 2014."

En total, 9,700 metros cuadrados de espacio, restaurado, permiten al GLFHC la capacidad para tratar a 4000 pacientes adicionales al año, debido a la adición de

seis salas de tratamientos. El sitio de la calle Haverhill contribuyó al 23% de las casi 240,000 visitas de pacientes a GLFHC el año pasado. Habitaciones de examen adicionales permitirán un grupo de examen adjunto para nuestros programas de grupos. Esto incluye prenatal, materna e infantil, las enfermedades crónicas y los grupos de obesidad pediátrica.

La farmacia familiar, que asiste a casi el 65% de la población de pacientes GLFHC, aumentó la capacidad como resultado de la renovación, a casi 1,300 metros cuadrados. Esto le permitirá acomodar mejor el promedio de 900 recetas emitidas diariamente en la clínica.

\$340,000 fueron recaudados para ayudar a compensar el costo del proyecto, financiado en parte con fondos de las organizaciones Stevens Foundation, Amelia Peabody Charitable Gift Fund y Lawrence General Hospital.

El Greater Lawrence Family Health Center es según su capacidad, el segundo centro de salud comunitario independiente en Massachusetts, sirviendo a 53,000 pacientes al año en ocho lugares en Lawrence y Methuen.

GLFHC cuts ribbon on newly renovated clinic

Almost seven months of construction, reconstruction and minor inconveniences came to a culmination today as officials from Greater Lawrence Family Health Center (GLFHC) joined local and state dignitaries for an official ribbon cutting ceremony, unveiling the completed Haverhill Street Primary Care Site renovation project.

"From a more streamlined registration process, to expanded pharmacy services, GLFHC patients will notice a difference the moment they walk in to the newly renovated site," states Bob Ingala, GLFHC President and Chief Executive Officer. "This renovation project is critical to our continued commitment not only to our patients, but also to the Lawrence Family Medicine Residency Program, which is located at the Haverhill Street site and celebrating 20 years of training physicians at this location in 2014."

Overall, 9,700 square feet of space was renovated, allowing GLFHC the capacity to treat an additional 4,000 patients annually due to the addition of six treatment rooms.

The Haverhill Street site contributed to 23% of the nearly 240,000 patient visits to GLFHC last year. Additional exam rooms will allow for a unique group visit room with an attached examination room for our group programming. This includes prenatal, maternal and child health, chronic disease and pediatric obesity groups.

The Family Pharmacy, which supports nearly 65% of the GLFHC patient population, increased capacity as a result of the renovation, to almost 1,300 square feet. This will allow it to better accommodate the average of 900 prescriptions filled per day at the clinic.

\$340,000 was raised to help offset the cost of the project, supported in part by funding from the Stevens Foundation, the Amelia Peabody Charitable Gift Fund and Lawrence General Hospital.

Greater Lawrence Family Health Center is the second largest independent community health center in Massachusetts, serving 53,000 patients annually at eight locations in Lawrence and Methuen.

NEWS & EVENTS IN HAVERHILL

Fiorentini y Rivera piden a la MVRTA cambiar su política de bolsas

El Alcalde James J. Fiorentini y el Alcalde Daniel Rivera anunciaron que el MVRTA ha aceptado su petición de cambiar temporalmente su política de bolsas de pasajeros de 2 bolsas a 4 bolsas, debido a la reciente batalla de Market Basket, que ha dejado sus supermercados con las estanterías vacías. El Alcalde Fiorentini y el Alcalde Rivera pidieron al MVRTA hacer un cambio temporal a sus políticas para dar a los residentes de Haverhill y Lawrence la oportunidad de tomar el autobús y comprar en otro lado y ser capaz de llevar todo su equipaje en el autobús para viajar de regreso a casa. Haverhill tiene 3 supermercados de Market Basket y la gente necesita un lugar para hacer compras para sus familias.

El Alcalde Fiorentini dijo: "Mi prioridad es solamente nuestros residentes; tenemos opciones y flexibilidad a la hora

de proporcionar las necesidades básicas de nuestras familias, como comestibles. Cuando hay una necesidad crítica, es importante ser flexible y resolver el problema. Agradezco el apoyo de la MVRTA con su rápida respuesta a nuestra petición. Son un verdadero amigo en nuestra ciudad y su apoyo a nuestros residentes es tremendo".

El Alcalde Dan Rivera declaró: "En nuestra ciudad de 6.7 millas cuadradas, muchos de nuestros residentes dependen del transporte público como medio para hacer sus diligencias diarias. Nuestros residentes tienen que ser capaces de utilizar el transporte público independientemente de las bolsas que llevan. Agradezco al MVRTA por su apoyo mientras Market Basket resuelve su problema".

Mayor Fiorentini and Mayor Rivera Push MVRTA to Change Bag Policy

Mayor James J. Fiorentini and Mayor Daniel Rivera announced that the MVRTA has agreed to their request of temporarily changing their passenger bag policy from 2 bags to 4 bags due to the recent Market Basket battle that has left their supermarkets with empty shelves. Mayor Fiorentini and Mayor Rivera pushed the MVRTA to make a temporary change to their policies to give residents of Haverhill and Lawrence the opportunity to take the bus and shop elsewhere and be able to bring all of their bags onto the bus to travel back home. Haverhill has 3 Market Basket Supermarkets and people need a place to shop for their families.

Mayor Fiorentini stated: "My priority is solely our residents; we need options and

flexibility when it comes to providing the basic needs for our families, like groceries. When there is a critical need, it is important to be flexible and solve the problem. I appreciate the support of the MVRTA with their quick response to our request. They are a true partner in our city and their support of our residents is tremendous."

Mayor Dan Rivera stated: "In our 6.7 square mile City, many of our residents rely on public transportation as a means of running their daily errands.

"Our residents need to be able to utilize public transportation regardless of the bags they carry. I thank the MVRTA for their support as Market Basket resolves their problem."

Mayor Names Andrew Vanni as new Finance Director

Today, Mayor James J. Fiorentini announced that he has appointed Andrew Vanni to fill the position of Finance Director. Mr. Vanni will also supervise the IT department for the city of Haverhill—the IT Department has been largely outsourced for the past two years. He will be paid a total salary of \$111,000, which includes \$102,000 as Finance Director, a \$1,000 signing bonus and a stipend of \$5,000 to supervise the largely outsourced IT Department and \$3,000 to serve on the Haverhill Retirement Board.

In making the appointment, Mayor Fiorentini called the position of Finance Director a "critical position for the city of Haverhill."

As Finance Director, Mr. Vanni will be the city accountant and auditor and will supervise the Auditing, Purchasing, Treasurer and Assessing offices in the city of Haverhill. He will also serve on the Retirement Board. As Finance Director, he will be responsible for putting together a city budget, and balancing the city books at the end of the year.

Andrew Vanni brings over thirty (30) years of accounting experience to the job. In the past fifteen years, he served as CFO/Town Accountant for the Town of

Middleton. Prior to that, he held positions with the Town of Bolton as their Principle Assessor and with the Raytheon Company as a Tax Manager.

Mr. Vanni is a Certified Governmental Accountant and Massachusetts Accredited Assessor. He obtained his Bachelor degree in Business Administration in Accounting at the University of Massachusetts at Amherst, and a Master of Science Degree in Taxation from the University of Hartford. He resides with his family in Medford, Massachusetts. Mr. Vanni will begin his new position on August 18th.

Mayor Fiorentini stated: "I am pleased to have Mr. Vanni join our administration. He impressed all of us on the interview committee with his depth of experience and thorough knowledge of financial management in a municipality. His proven leadership in his past position along with his breadth of knowledge in the financial field made him the clear choice for the position."

Andrew Vanni stated: "I am happy and excited to be joining the City of Haverhill and look forward to working with the Mayor, City Council, staff, residents, and taxpayers."

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Lawrence YMCA receives \$25,000 for free swim lessons this summer

Last year the Lawrence YMCA received a Swim Lesson Access Project grant from the YMCA of the USA (Y-USA) as part of an effort to provide free swim lessons to children from low-income communities that have a large Hispanic/Latino and African American population. Close to 400 children benefitted from this program. This summer, Y-USA has renewed its commitment to the Lawrence YMCA with a \$25,000 grant to continue to teach even more children to swim. In addition to providing free swim lessons the Lawrence YMCA will also engage parents of participating swimmers and work with a number of different community partners to reach target populations.

Statistically, most children who drown have been out of sight less than five minutes while in the care of one or both parent at the time. This makes parent engagement key in the success of this program. The YMCA will engage parents in water safety instruction and effective strategies for supervising children around water.

During swim lessons at the Y, children will be taught basic swimming skills in a safe and welcoming environment. "The goal of the program is to create awareness of the water and to build swimming and safety skills," said Kate D'Ambrosio, Aquatics Director at for the Merrimack Valley YMCA. "It is important for children to learn to swim as a survival skill. This is a valuable investment that could save a child's life." By the end of the summer, the Merrimack Valley YMCA will help many children experience the joy and benefits of swimming, so they can be healthy, confident

and secure in the water.

The Lawrence YMCA is kicking off this effort through partnerships with several local community organizations. These organizations include: Greater Lawrence Community Action Council, Groundwork Lawrence, Roberto Clemente Baseball League, Lawrence Public School enrichment programs and the Lawrence Recreation Department. By the end of the summer, the Lawrence YMCA and its partners expect to provide swim lessons to over 500 children.

To learn more about the Lawrence YMCA's swim programs, please contact Kate D'Ambrosio or Julian Villegas at 978-686-6191.



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Danny García desde la
República Dominicana



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Upcoming courses and activities at Middlesex Community College

Earn a Degree at a Time that Works for You with MCC's Weekend College

Earn the degree you need at a time that works for you with Middlesex Community College's Weekend College program. Registration is now open for fall-semester courses, which run Sept. 6 through Dec. 20. Classes meet Saturdays on the Bedford and Lowell campuses.

Weekend College classes are available on Saturdays in a 15-week, or an accelerated 10-week format. This program offers students additional opportunities to take prerequisites for admission to selected programs. Credit for prior learning, training, work or life experience may be granted. Additionally, up to 45 transfer credits may be awarded to students with previous college experience. Saturday advising is available, as well as financial aid for those who qualify.

For more information or to register for Weekend College, call 1-800-818-3434, or visit, <https://www.middlesex.mass.edu/weekendcollege/>.

Middlesex Offers Technical Writing Certificate Program

Middlesex Community College's Writing Technical Information Certificate program provides students with the tools and skills necessary to write technical documents and effectively communicate about technical information. Classes are held from 5:45 to 9:45 p.m., Thursdays on the Bedford campus. Applications for the

fall-semester program are being accepted now through Aug. 19. Fall semester courses begin Thursday, Sept. 4.

This 120-hour, post-graduate noncredit certificate program is a career enhancement opportunity for individuals with well-developed writing skills, a bachelor's degree and at least three years of work experience.

Students will learn how to conduct audience and task analysis, work with subject matter experts, understand product documents and the product development cycle, write clear procedures, review and revise technical information, manage projects and make content useable. Markup languages, such as HTML and SML, and technical skills in programs such as FrameMaker, RoboHelp and DITA will be learned in class. Students will also learn to use tools for authoring information for electronic and print distribution. Through lecture, online learning and projects, students will create a portfolio featuring samples of their work.

Solid MS Windows and MS Word skills, access to an MS Windows Operating System, and an aptitude for learning new technology are required.

The cost of MCC's Writing Technical Information Certificate program is \$1,499, plus textbook fees. Courses are not eligible for waivers or vouchers.

For more information about the Writing Technical Information Certificate program, or to apply, contact Sheila Morin at morins@middlesex.mass.edu or visit <https://www.middlesex.mass.edu/>

[careertraining/techwrite.aspx](#)

Earn a Business Degree in 17 Months with MCC's Weekend College

Registration is now open for Middlesex Community College's Weekend College Accelerated Business Degree Program. Classes meet Saturdays, from 8 a.m. to 3 p.m. in 10-week sessions on the Lowell campus, and run Aug. 2 through Oct. 4.

By combining Saturday and online courses, students can earn an associate degree in Business Administration Transfer in just 17 months. The program includes a hybrid of face-to-face classroom time with online learning.

Credit for prior learning, training, work or life experience may be granted. Additionally, up to 45 transfer credits may be awarded to students with previous college experience. Saturday advising is available, as well as financial aid for qualified students.

For more information about MCC's Weekend College Accelerated Business Degree program, call 1-800-818-3434 or visit www.middlesex.mass.edu/weekendcollege/.

Middlesex Community College Offers SHRM® HR Essentials Course

Interested in starting a career in human resources? Registration is now open for Middlesex Community College's

Community Education & Training noncredit Society for Human Resources Management (SHRM®) Human Resource Essentials course. Classes meet Saturdays from 9 a.m. to 2 p.m. on the Bedford campus, and run Oct. 18 through Nov. 1.

This 15-hour, noncredit introductory course offers a comprehensive overview of human resource roles and responsibilities. It will provide participants with critical knowledge to help reduce potentially costly lawsuits and improve the ability to handle challenging HR issues. This course is ideal for those who are just starting out in the human resource profession, small business owners, or those who are looking for an effective way to improve their employee management skills.

Topics covered include, human resources management, employment law, recruitment and selection, compensation and benefits, employee development, and performance management.

In cooperation with SHRM®, 1.5 CEUs and a certificate will be awarded upon successful completion of all hours. Partial credit is not awarded. The cost of this course is \$595 and includes all SHRM® study materials. Course is eligible for Commonwealth of MA employee tuition waiver for tuition fee only. The deadline to register is Tuesday, Oct. 7.

For more information or to register for this course, call Shelia Morin at 781-280-3608 or visit <https://www.middlesex.mass.edu/careertraining/shrme.aspx>.

Finegold visita comercios de Lawrence



El Senador Barry Finegold visitó un vecindario de Lawrence y sus comercios a lo largo de Lawrence St.

El Senador Finegold fue recibido por amistades, personas que apoyan su campaña y líderes comunitarios antes de dirigirse al área de Lawrence de residentes con bajos recursos. Esta es donde se encuentran más de negocios propiedad de latinos que están ayudando a reavivar la economía local y proveer para sus familias. El Senador Finegold estaba feliz de estar en Lawrence, una ciudad con la cual él ha trabajado desde sus días como selectman.

La caminata fue organizada por Rafael Guzmán (más conocido como Danielito) quien aparece en la foto con el Senador.

Senator Barry Finegold visited a Lawrence neighborhood and businesses along Lawrence Street.

Senator Finegold was greeted by friends, supporters and community leaders before being led on a tour through one of Lawrence's low-income areas. This area is also home to over 20 Hispanic-owned local businesses helping revive the local economy and provide for their families. Senator Finegold was thrilled to be in Lawrence, a city that he has worked with since his days as a state selectman.

The walk was organized by Rafael Guzmán, (better known as Danielito) who appears in the picture with the Senator.

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CONTINUA DE LA PAGINA 2

GALA

el MHTF continúa promoviendo los marcadores de caminar alrededor de los parques Common (norte y sur de Lawrence) y pronto estará repartiendo el folleto "Espacios y Lugares de Recreación en Lawrence", promoviendo espacios abiertos y los programas de ejercitación y recreación asequible en la comunidad. Los socios del MHTF también están desarrollando estándares para una iniciativa de bienestar en lugares de trabajo que pueden ser fácilmente implementadas por las organizaciones participantes. Además, El Comité de Trabajo para una Vida Activa y Saludable del MHTF trabajó de manera colaborativa el pasado junio para poner en marcha el primer Festival S.A.L.S.A. de la ciudad, el cual reunió a aproximadamente 20 diferentes organizaciones comunitarias, quienes se comprometieron a educar y facilitar el poder vivir una vida sana. El festival atrajo cerca de 800 visitantes.

Además, como parte de la campaña S.A.L.S.A. estaremos llevando a cabo la primera Ciclovía de Lawrence, la cual se celebrará el domingo, 3 de agosto en el centro de Lawrence, de 1:00-5:00pm. Ciclovía es el cierre de una carretera o calles principales a todo tipo de tráfico de vehículo motorizado, permitiendo a los peatones, corredores y personas que utilizan medios no motorizados de transporte (ej. patines, patinetas, etc.) para moverse libremente y con seguridad.

"Como una coalición, seguimos buscando maneras creativas para promover

la salud y el bienestar en Lawrence, mediante iniciativas que han demostrado ser exitosas en comunidades similares," dijo Vilma Lora, Co-Directora de los Programas de Servicios para la Mujer de la YWCA y coordinadora del Mayor's Health Task Force. "Estos eventos son realmente un gran respaldo a lo que significa nuestra identidad y quienes somos como comunidad".

Otro ejemplo del compromiso del Alcalde Rivera para trabajar en colaboración con organizaciones locales para apoyar la Resolución para una Vida Activa y Saludable" es la asociación con Merrimack Valley YMCA para promover el bienestar en centros laborales. La rama de la YWCA de Lawrence ahora ofrece membresías a empleados de la ciudad de Lawrence y escuelas públicas, así como al Departamento de Policía de Lawrence. La YMCA también facilitó su establecimiento para llevar a cabo el evento cultural de la Noche Dominicana como parte del evento Semana Hispana 2014 y con el apoyo del MHTF ofreció membresías de verano gratis a todos los que asistieron.

"Los esfuerzos colaborativos de nuestros socios comunitarios han permitido lograr avances significativos hacia el aumento de las oportunidades para la actividad física y el acceso a opciones saludables," dijo Stephen Ives, Presidente y CEO de Merrimack Valley YMCA. "Esto pone a la ciudad de Lawrence en buena posición para impactar la salud y el bienestar de sus residentes".

National Night Out In Lawrence 2014

Neighborhoods in Lawrence are invited to come together on August 4th and 5th to mark the annual National Night Out.

Each year, communities throughout the nation come together to mark National Night Out—a crime and drug prevention event. Last year in the US, over 37 million people participated. The event is designed to heighten crime and drug prevention awareness, generate support for and participation in local anti-crime programs, and to strengthen neighborhood spirit and police-community partnerships.

The introduction of National Night Out in 1984 began an effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and send a message to criminals letting them know that neighborhoods are organized and fighting back. NATW's National Night Out program culminates annually, on the first Tuesday of August.

"National Night Out is an opportunity for our community to come together," said Mayor Dan Rivera. "We have power in numbers, and our numbers are saying that we want to make Lawrence better together. I invite all residents and friends of the City of Lawrence to come out and celebrate with us as we continue to make our streets safer."

Acting Lawrence Chief of Police Jim Fitzpatrick also encourages residents to come out for a fun, community building evening, stating, "I believe National Night Out is a great opportunity for the police, neighborhoods, and the entire community to come together for a common cause—safety."

The event will be split across two nights. The first evening will begin at 4:00pm on Monday August 4th, and will be located in Campagnone Common Park in Lawrence (Haverhill/Jackson St side). The second night begins at 5:00pm on Tuesday August 5th, and will be at various locations throughout Lawrence (see below for specific locations).

National Night Out is coordinated locally by the Lawrence Methuen Community Coalition (LMCC) with support from the Community Development Block Grant program (CDBG) along with generous support from local businesses and organizations.

**Citywide National Night Out
Block Party Locations**

Date: Tuesday, August 5th – Time: 5:00pm-8:00pm

Public Safety Motorcade through the Neighborhoods (leaves City Hall at 5:15pm)

1. Scarito Park Brook St. (Lawrence/Comm. Works & Groundwork Lawrence)
2. Manchester St. Park (Arlington Comm. Trabajando & Groundwork Law.)
3. Arlington District 550 Broadway St. (Loft-Five Fifty, Lawrence Training School & L/MCC
4. Sacred Heart/Brookfield St. Neighborhood Association (Chester St.)
5. Colonial Heights Neighborhood (Cutler & Durso Ave.)
6. Storror Park (High /Pleasant Sts.)
7. Mt. Vernon Neighborhood Association (Genesee & James Sts.)
8. Prospect Hill/Back Bay Neighborhood Assoc. (Rollins School, Howard St.)
9. District A Neighbors and LMCC (E. Haverhill St Area)
10. Cronin Park Neighbors and Lawrence Youth Team (Alder St.)
11. Gen. Donovan Neighborhood & YouthBuild Lawrence (Tremont/Franklin Sts.)
12. Tower Hill Neighborhood (Reservoir)
13. Head Start program (Lawrence Boys' and Girls' Club)

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CONTINUES FROM PAGE 2

SALSA

participating organizations. In addition, the MHTF's HALWG worked in June to launch the city's very first S.A.L.S.A. Festival, which brought together almost 20 different community organizations all committed to educating and facilitating healthy living. The festival attracted nearly 800 visitors.

Also underway as part of the S.A.L.S.A. campaign is the Lawrence Ciclovía, to be held in downtown Lawrence on Sunday, August 3rd, 1-5 pm. A Ciclovía is the closing of a major thoroughfare to motorized vehicular traffic, allowing pedestrians, runners and people using non-motorized forms of transportation to move around freely and safely.

"As a coalition, we continue to search for creative ways to promote health and wellness in Lawrence, using initiatives that have proven to be successful in similar communities," said Vilma Lora, Coordinator for the Mayor's Health Task Force and Co-Director of Women's Services at the YWCA of Greater Lawrence. "These events are really a great endorsement of

what this community is all about"

Another example of Mayor Rivera's commitment to work collaboratively with local organizations to support the Healthy Active Living Resolution is a partnership with the Merrimack Valley YMCA to promote workplace wellness. The Lawrence YMCA branch is now providing memberships to Lawrence City and Public School employees, as well as the Lawrence Police Department. The YMCA also hosted a "Dominican Cultural Night" as part of the 2014 Semana Hispana and, with MHTF support, offered free summer memberships to all those who attended.

"The collaborative efforts of our community partners have allowed us to make significant progress towards increasing opportunities for physical activity and access to healthy choices," said Stephen Ives, President and CEO of the Merrimack Valley YMCA. "This places the city of Lawrence in a strong position to impact the health and well-being of its community members."

José Casado Honrado por el Rep. Estatal Frank A. Moran como Joven del Año en el B & G Club de Lawrence

El Representante Estatal Frank A. Moran (D-Lawrence) visitó el Boys & Girls Club de Lawrence (BGCL) el viernes 11 de julio para presentar a José Casado con una proclama que lo honra como el 2014 BGCL Joven del Año.

"Tengo el placer de presentar una citación a José por ser nombrado el Joven del Año 2014 del Boys & Girls Club de Lawrence", dijo Moran. "Estoy seguro de que su gran carácter moral, la determinación y éxito en lo académico le ayudarán a tener éxito en todos sus proyectos futuros."

José, quien se unió BGCL cuando tenía 8 años de edad, se graduó en la primavera de Central Catholic High School en Lawrence y pretende convertirse en el primer miembro de su familia en obtener un título universitario. Planea estudiar justicia penal y de negocios este otoño en la Universidad de New Hampshire, con el objetivo final de convertirse en un oficial de aplicación de la ley federal.

José dijo que abraza a la escuela "como una oportunidad para prepararme para los sueños que imaginé para mí mismo." Él ha sido un líder en la BGCL grupos orientados a servicio comunitario como Torch Club y Keystone Club, un miembro del equipo de baloncesto, y un modelo para más pequeños del club. En Central Catholic, participó en los retiros de la escuela, el gremio del teatro, y la pista, esquí, y los equipos de baloncesto mientras tomaba cursos de honor y trabajaba a tiempo parcial para ayudar a mantener a su familia y prepararse para su futuro.

Established in 1947, el Joven del Año es el programa de reconocimiento principal del Boys and Girls Club of America para los miembros del de 14 a 18 años de edad,



fomentando el servicio, el éxito académico, un fuerte carácter moral, metas en la vida, y la capacidad de hablar en público. Los ganadores estatales del programa, el cual es patrocinado por Tupperware Brands Corporation, reciben una beca de \$1,000 y participan en competencias regionales.

José dijo que se inspiró para seguir los pasos exitosos de su mentor en BGCL, Curtis Nelson, así como los niños del Club que han pasado por allí antes que él y se graduaron de la universidad. En su ensayo, "Lo que el Boys & Girls Club de Lawrence significa para mí", escribió José: "He crecido en el Boys & Girls Club de Lawrence. He aprendido acerca de la vida, la escuela, los deportes, y de mi persona en este lugar tan especial que se ha convertido en mi segundo hogar".

Jose Casado Honored by State Rep. Frank A. Moran as Youth of the Year at B & G Club of Lawrence

and aims to become the first member of his family to earn a college degree. He plans to study criminal justice and business this fall at the University of New Hampshire, with the ultimate goal of becoming a federal law enforcement officer.

Jose said he embraces school "as an opportunity to prepare me for the dreams I envisioned for myself." He has been a leader in BGCL's community service-oriented Torch Club and Keystone Club, a member of the basketball team, and a role model to younger Club kids. At Central Catholic, he participated in school retreats, the theater guild, and track, cross-country, and intramural basketball teams while taking honor courses and working part-time to help support his family and prepare for his future.

Established in 1947, Youth of the Year is the Boys & Girls Club of America's premiere recognition program for Club members 14 to 18 years old, promoting service, academic success, strong moral character, life goals, and public speaking ability.

"I am pleased to present a citation to Jose for being named the 2014 Boys & Girls Club of Lawrence Youth of the Year," Moran said. "I am sure his great moral character, determination, and success in academics will help him to succeed in all of his future endeavors."

Jose, who joined BGCL when he was 8 years old, graduated this spring from Central Catholic High School in Lawrence

and said he is inspired to follow in the successful footsteps of his BGCL mentor, Curtis Nelson, as well as the Club kids who have gone before him and graduated from college. In his essay, "What the Boys & Girls Club of Lawrence Means to Me," Jose wrote, "I have grown up at the Boys & Girls Club of Lawrence. I have learned about life, school, sports, and myself in this special place that has become my second home."

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LARE offering Customer Service Certification with help from Santander Foundation grant



Opportunity is knocking at the doors of Lawrence residents looking to get back to work or advance in their careers.

LARE Institute, a branch of American Training, is now offering National Professional Certifications in Customer Service, at no cost, to qualifying Lawrence residents, as made possible through a grant awarded to the school by the Santander Foundation.

After searching for a way to serve the community, LARE's grant coordinator Carol Sholik applied for the Santander Foundation's Community Investment and Economic Development Priority Grant with the help of Carole Giordano, licensing coordinator.

"We've been a part of this community for over thirty years and when we see a need, we do what we can to help meet that need. We know there are community members

out there who want to get back to work and need assistance doing so," said Giordano, "so we decided to offer the Customer Service Certification."

Santander team members presented grant checks to several community organizations on Wednesday, July 16 at their Andover location, awarding \$5,400 to LARE Institute.

"The grant will allow us to provide training to members of our community who are looking to get back to work or leverage their earnings," Giordano said.

The nationally recognized certification meets the basic needs for many positions in a variety of fields, including training in areas like organizing, planning, problem solving, and more.

"These skills are transferrable to any industry" said program director and Vice President of the organization Sheryl Scannell.

As a result of the grant award, 30 eligible Lawrence residents will be able to participate in and complete free Customer Service training and Certification in a total of seven hours. Every resident who earns this distinctive Certification will have national, transferrable credentials of skill and knowledge in customer service.

"This certification and the skills students learn in the course enhance their

resumes and make them more attractive to employers," said Giordano.

Students who have completed the Customer Service Certification at LARE Institute have gone on to various jobs at local employers like Bank of America, New Balance, Youth Build, Ashland Farm, and Injured Workers Pharmacy.

"I know there are so many residents who have untapped skills and abilities and just need the self-confidence to achieve their goals," said Sholik. "This certification will give them that confidence to pursue those goals or even serve as a stepping stone in a path to a new career."

"Not only will it show them that they are capable of achieving their goals, but it will show potential employers that they have the ability to learn and work as successful team members," she added.

For more information regarding eligibility and enrollment, or to find out more about LARE Institute and American Training, contact Carol Sholik at 978-685-2151, ext. 6718 and carolsholik@americantraininginc.com or Carole Giordano at 978-685-2151, ext. 6710 and carolegiordano@americantraininginc.com.

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BRIAN DE PEÑA

Los estudiantes de la Escuela Charter son expuestos a STEM en Laboratorios de NECC

Jeremy Rizzo, 11, cuidadosa y deliberadamente mide el azúcar en un vaso de papel blanco, colocado en una balanza digital en un laboratorio de ciencias en Northern Essex Community College en Lawrence. El está creando algo visual para poder ver lo que 44 gramos de hidratos de carbono parecen. Esa es la cantidad exacta de carbohidratos en la lata de refresco frente a él.

Jeremy es uno de los 18 estudiantes de la escuela Prospect School Community Day Charter de Lawrence para participar en una clase de nutrición todos los martes durante cuatro semanas en el laboratorio Louise Haffner Fournier Amesbury Street. Esta es una asociación entre NECC y la Escuela Charter que no tiene sus propios laboratorios de ciencias.

La Escuela Charter ofrece un programa de enriquecimiento de verano de un mes centrado en la salud y el bienestar, que incluye cómo escoger las frutas frescas a mano, la creación de platos saludables con la fruta, la práctica de yoga, visitar el mercado de agricultores, y escuchando al nutricionista de Lawrence General Hospital sobre la buena nutrición.

NECC está ofreciendo el laboratorio y suministros como parte de su compromiso con la extensión a la comunidad. CDC Prospect paga por la facultad. La profesora

de ciencias de Northern Essex Dra. María Carles dice que trata de hacer las visitas al laboratorio diversión mediante el uso de cosas que los jóvenes estudiantes puedan relacionarse como las gaseosas, jugos y dulces. Una semana examinaron los microbios en diferentes yogures. Otra semana extrajeron el ADN de una fresa y aprendieron sobre los OGM versus orgánico. Una semana van a extraer el hierro de los cereales para el desayuno con imanes.

"Me parece interesante", dice Jeremy. "Esto me ha enseñado cosas sobre los alimentos que como."

Tanto Northtern Essex como la Escuela Charter se benefician de esta asociación, dice Martha Leavitt, directora de las operaciones del campus y las adquisiciones.

"Este es un gran uso del laboratorio que de otro modo estaría vacío en una tarde de verano", dijo Leavitt. "Además de exponerlos a proyectos de STEM, lo que les da la exposición al campus de Northern Essex y lo que tiene para ofrecer."

Para obtener información adicional acerca de asociaciones comunitarias póngase en contacto con la Dra. Noemí Custodia-Lora, Directora Ejecutiva del campus de Lawrence de NECC y Relaciones Comunitarias en ncustodialora@necc.mass.edu



Dr. Maria Carles
NECC Science Professor.



Jeremy Rizzo, 11, of Lawrence



Pablo Arias, 12, and Abner Marte, 12, both of Lawrence.

Charter School Students Exposed to STEM in NECC Labs

Jeremy Rizzo, 11, carefully and deliberately measures sugar into a white, paper cup sitting on a digital scale in a science lab at Northern Essex Community College in Lawrence. He is creating a visual to see what 44 grams of carbohydrates look like. That is the exact amount of carbohydrates in the can of soda sitting in front of him.

Jeremy is one of 18 students from Lawrence's Community Day Charter - Prospect School to participate in a nutrition class every Tuesday for four weeks in the Louise Haffner Fournier Amesbury Street lab. This is a partnership between NECC and the Charter School which does not have its own science labs.

The Charter School offers a one-month summer enrichment program focused on health and wellness which includes hand picking fresh fruit, creating healthy dishes with the fruit, practicing yoga, visiting the farmer's market, and listening to the Lawrence General Hospital nutritionist talk about good nutrition.

NECC is offering the lab and supplies as part as its commitment to community outreach. CDC Prospect is funding the faculty. Northern Essex science professor Dr. Maria Carles says she tries to make

the labs fun by using things the young students can relate to like soda, juice, and candy bars. One week they examined the microbes in different yogurts. Another week they extracted the DNA from a strawberry and learned about GMOs versus organic. One week they will extract the iron from breakfast cereal using magnets.

"I find it interesting," says Jeremy. "This has taught me things about the foods I eat."

Both Northern Essex and the Charter School benefits from this partnership, says Martha Leavitt, director of the campus operations and procurement.

"This is a great use of this lab space which would otherwise be empty on a summer afternoon," Leavitt says. "In addition to exposing them to STEM projects, it gives them exposure to the Northern Essex campus and what it has to offer."

For additional information on community partnerships contact Dr. Noemí Custodia-Lora, Executive Director of NECC's Lawrence campus and Community Relations at ncustodialora@necc.mass.edu

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Propietario del Mes / Home Buyer of the Month

Por Jim Wilde, Director Ejecutivo
Merrimack Valley Housing Partnership

Felicitaciones a Sara y Leonardo. Ellos sabían que estaban en un desafío cuando decidieron comprar una casa que necesitara trabajo de reparaciones.

Una compañera de trabajo de Sarah sugirió que se inscribieran en una clase de capacitación para compradores de vivienda. Despues de tomar nuestro curso de capacitación para compradores de vivienda, observaron varias casas que necesitan cantidades importantes de renovación.

Afortunadamente, se pusieron en contacto con el programa de Préstamos Hipotecarios 203K para la rehabilitación lo cual les permitió tanto comprar su casa como renovarla. Se reunieron con varios contratistas antes de seleccionar uno. No fue el proceso más fácil para ellos, pero están contentos con el resultado.

La ciudad de Lowell proporcionó asistencia para el pago a través del programa HOME financiado con fondos federales. Sara y Leonardo también se beneficiaron del programa MassSAVE que ayudó aponerle un buen aislamiento a la casa.

Deseamos Sara y Leonardo todo lo mejor mientras crían a su familia en su propia casa. Leonardo tuvo el placer de mostrar a sus padres de la República Dominicana que todos sus esfuerzos han merecido la pena.



By Jim Wilde, Executive Director
Merrimack Valley Housing Partnership

Congratulations to Sara and Leonardo. They knew that they were in for a challenge when they decided to purchase a home that needed work.

Sarah's co-worker suggested that they enroll in a home buyer training class. After taking our home buyer training class, they looked at several houses which needed substantial amounts of renovation.

Fortunately, they connected with the 203K Rehab Mortgage Loan which allowed them to both purchase their home and have it renovated. They met with multiple

contractors before selecting one. It was not the easiest process for them but they are happy with the result.

The City of Lowell provided down payment assistance through the federally funded HOME program. Sara and Leonardo also benefited from the MassSave program which helped them have the house properly insulated.

We wish Sara and Leonardo the best as they raise their family in their own home. Leonardo was pleased to show his parents from the Dominican Republic that all of his efforts were worth it.

Biblioteca Pública de Lawrence

NUEVO HORARIO

Comenzamos a cerrar los sábados con el sábado del fin de semana de Memorial Day (24 de mayo) y nos mantendremos cerrados el resto de la primavera y el verano. Comenzaremos de abrir los sábados de nuevo el 6 de septiembre, el sábado después del Día del Trabajo. Nuestro horario de verano que empezará el 2 de junio es: lunes, martes, jueves, y viernes de 9-5. Los miércoles abrimos de 1 PM – 9 PM. Volveremos a nuestro horario regular la semana después del Día del Trabajo.

Lawrence Public Library NEW HOURS

The Saturday of Memorial Day weekend (May 24th) we will start being closed on Saturdays for the rest of the spring and summer. Saturdays will start again on September 6th the Saturday after Labor Day. Our weekday summer hours, which will start the week of June 2nd, will be Monday, Tuesday, Thursday and Friday 9-5. Wednesdays will be 1-9. We will convert back to our regular schedule beginning, again, the week after Labor Day.

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El libre albedrío: ¿Es una ilusión?

Por Christopher Del Monte

Vivimos en una ciudad que es parte de un país que defiende el libre albedrío como base a la condición humana y su habilidad de florecer. El sistema de justicia penal defiende la idea de que somos libres para actuar y decir lo que nos plazca. Pero, ¿es este el caso? Los seres humanos actúan por su propia voluntad, o es esta institución que se está burlando de los procesos, que se originan en el cerebro?

Mientras estoy aquí sentado, escribiendo este artículo para mi audiencia, no estoy haciendo esto en mi propia y libre voluntad. He programado mi cerebro para construir una audiencia para mi propio futuro. Estoy haciendo esto porque tengo algo más profundo que informar a mi audiencia en el tema del libre albedrío. Estoy haciendo esto para mi propio beneficio como un aspirante a ser periodista y autor, cuando me llegue la hora de desarrollar mis habilidades y convertirme en un periodista y escritor en mi propio mérito. No hay libre albedrío en eso. Tomó pensamiento serio y consideración en mi propio futuro y para mi propio bien mientras que mis lectores piensen críticamente en sus creencias esenciales.

Muchos de ustedes se preguntarán qué es lo que contradice el libre albedrío. Me atrevo pedirle a alguien que se acerque a un

insomnio y decirle que deben de conseguir una o dos semanas consecutivas de sueño.

Me atrevo pedirle a alguien que se acerque a una persona con síndrome de Asperger y decirles que "sean hombre" y que hablen con la gente. (Para aquellos de ustedes que no lo saben, el síndrome de Asperger da, efectivamente, al individuo la capacidad de funcionar como un ser humano normal, pero les resulta difícil interactuar socialmente y tienden a repetir sus comportamientos.)

Con los ya mencionados ejemplos, les pido que los creyentes del libre albedrío se pregunten: ¿dónde está el libre albedrío en eso?

Sam Harris, un neurocientífico, escritor y filósofo, escribió en su novela, publicada en el 2012, *El libre albedrío*, que un escáner de fMRI detecta actividad cerebral en todos los niveles. Su ejemplo de este escáner fMRI señaló que el escaneo del cerebro indica que el cerebro sabe lo que el dueño del cerebro va a hacer uno 4 segundos antes del ser humano a sí mismo que tiene el pensamiento encerrado en él y confirmado en la cabeza para hacer lo que él tiene la intención de hacer. Una vez más, me pregunto: ¿dónde está el libre albedrío en eso?

El libre albedrío también ha afectado

a nuestro sistema de justicia. Cuando se supone que las personas como Charles Whitman, que mató a dieciséis personas en la Universidad de Texas en Austin (incluyendo a su propia madre y su novia), de haber cometido un crimen tan atroz por su propia voluntad, uno tiene que pensar dos veces acerca de este tipo de retórica. Antes de él cometer esa masacre, escribió en su diario para su cerebro para ser donado a la ciencia. Él creía que era normal en todos los sentidos con la excepción de su amígdala, que controla las emociones en el cerebro humano.

Cuando él fue asesinado por la policía de Austin, la autopsia se llevó a cabo y, cuando el patólogo forense examinó su cerebro, encontró un tumor del tamaño de una pelota de golf bloqueando su amígdala. El sistema de justicia podría haberlo considerado un monstruo porque decidió al azar matar a personas inocentes y seres queridos. Él no es un monstruo por eso, ni

tenía el libre albedrío para hacer algo así. Fue una víctima de su propia biología.

Así que de nuevo, me pregunto: ¿dónde está el libre albedrío en eso? Si fuese así, las enfermedades humanas no se habrían llevado las vidas de aquellos que murieron de, por ejemplo, la gripe porcina, o el Swine Flu, cuatro años atrás. Ellos hubiesen tenido la voluntad de combatir esa agonía. Una vez más, se trata de mala suerte, en nombre de la falta de una fuerte inmunidad biológica. Un insomnio no sería un insomnio si el libre albedrío fuera una verdadera institución. Y lo mismo pasa con los individuos con Asperger: también ellos estarían libres de su propia restricción de interactuar como yo puedo con personas a mí alrededor y lejos de mí. Si el libre albedrío es cierto, entonces no he visto la libertad de la voluntad, ya que el cerebro sabe unos cuatro segundos antes que nosotros, el ser humano que es el dueño del cerebro.

Free Will: An Illusion?

By Christopher Del Monte

We live in a City that is part of a country that upholds free will as the basis to the human condition and its flourishing. The criminal justice system upholds the notion that we are free to act and say whatever it is that we please. But is this the case? Do human beings act on their own free will, or is this institution a mockery of processes, which originate in the brain?

As I sit here, writing this article for my audience, I am not doing this in my own free will. I have programmed my brain to build an audience for my own future. I am doing this because I have something deeper than informing my audience on free will. I am doing this for my own benefit as an aspiring journalist and author when my time comes to develop my skills and become a journalist and author on my own merit. There is no free will in that. It took serious thinking and consideration into my own future and for my own good.

Many of you may wonder what it is that contradicts free will. I dare anybody to approach an insomniac and tell them to get a good night's sleep for one or two consecutive weeks.

I dare anybody to approach an individual with Asperger's syndrome and tell them to "man up" and talk to people. (For those of you who may not know this, Asperger's Syndrome does indeed give the individual the ability to function as a normal human being, but they do have a tough time interacting socially and they do tend to repeat their behaviors.)

With the aforementioned examples, I ask you free will believers: where is the free will in that?

Sam Harris, a neuroscientist and award-winning author and philosopher, wrote in his 2012 novella, *Free Will*, that an fMRI scanner detects brain activity at every level. His example of this fMRI scanner pointed out that the scanning of the brain indicates that the brain knows what the owner of the

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BY DALIA DÍAZ
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LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

SALSA press conference

Mayor Dan Rivera announced last Monday the newest effort from the Mayor's Health Task Force. S.A.L.S.A. stands for Supporting Active LifeStyles for All and it has been in the making for over a year.

It brings together several health-related organizations such as the Lawrence YWCA, Merrimack Valley YMCA, Lawrence General Hospital and Holy Family Hospital. After Mayor Rivera addressed the audience of some 30 people which included politicians and City Hall employees, Vilma Lora, coordinator of the Mayor's Health Task Force and Co-Director

of Women's Services for the Greater Lawrence YWCA went into details of the cooperation that has taken place among all of the groups.

While most of the audience will remember that Mayor Rivera promised that he will lose 50 pounds by the end of the year, I was very impressed hearing how Vilma praised the efforts of the YMCA. I am a big fan of the work the Merrimack Valley YMCA does and it filled me with pride that I have been involved with them for so long.

Street cleaning

The City of Lawrence rehired some of



the employees laid off when Mayor Rivera entered City Hall and they are now cleaning streets for the next 90 days at a cost of almost one quarter million dollars.

I'm happy to see them back to work but I wonder if that was necessary. An education campaign is what the city needs. As long as people continue their usual behavior, the streets will look the same.

Do you remember what former mayor William Lantigua said for four years with no results? "If we are 75% of the population, 75% of the trash is ours and we have to learn to pick up after ourselves."

Also, the radio campaign says: "The cleanest city is not the one that gets cleaned the most, but the one messed up the least."

CALLING ALL THOSE WITH LIMB LOSS IN THE BOSTON AREA Limb Loss Education Day Coming to Boston August 16

Limb Loss Education Day (LLED), a full day of education and recreation for those with limb loss, will be held in Boston at the Spaulding Rehabilitation Hospital located in the heart of Boston.

Sponsored by the Amputee Coalition, a national nonprofit serving those with limb loss, and United Prosthetics, the goal of the 2014 regional events such as the one in Boston is to bring the organization's programs and services to the community. The cost is \$15 for the day and is free for children 10 and under.

"By bringing one-day programs to various cities, we hope to reach more amputees faster and bring meaningful educational programming to them in their communities," said Jack Richmond, Chair of the Coalition's Education and Conference Committee.

Limb Loss Education Days are packed full of activities, educational seminars and interaction between support groups, healthcare providers, and the limb loss community at large. The educational sessions are aimed at providing timely information to the limb loss community about issues such as trends in care and services, public policies related to limb loss and information for amputees and their

caregivers which will help them to live fuller lives with limb loss. Educational speakers share their expertise and experience in morning sessions and often over the lunch period as well.

LLED – Boston Speakers and Sessions:

Panel discussion featuring a doctor, a PT, an OT, a certified prosthetist and a MS – Ways of Getting Back to a Comfortable Activity Level

Dr. Don Pelto – How to Properly Take Care of and Preserve the Limbs That You Have Left

Jothy Rosenberg – Who Says You Can't?

Mike Benning – Upper Extremity Prosthetics: A Patient's Perspective

OPAF's First Dance - The Amputee Coalition is collaborating with Orthotic & Prosthetic Activities Foundation's (OPAF's) First Clinics and will present First Dance! First Dance gives participants a fun activity, with a partner for balance, and gets them moving, dancing, and socializing. First Dance provides a great setting to meet others.

"OPAF is pleased to once again partner

with the Amputee Coalition in 2014 to bring a variety of our First Clinics to the amputee population across the country," said Robin Burton, OPAF's executive director. "Based on our successes in 2012, we look forward to new opportunities to offer First Clinics in a safe and nurturing environment, free of competition and strife. First Clinics offer adaptive recreation instruction at an introductory level, as well as a vital social opportunity for amputees and their family members to meet and share the experience. We want to include everyone in the First Clinic experience, as either an active participant or as a cheerleader!"

Saturday, August 16, 9am-4pm
Limb Loss Education Day

Spaulding Rehabilitation Hospital

300 First Avenue
Charlestown, MA 02129
Subsidized parking will be available 1 block away at Building 199.

All registration is \$15
(Free to children 10 years and under)

For questions about this event, please contact Kandace Massenburg at 703/330-1699, ext. 7104, or email her at Kmassenburg@amputee-coalition.org

The Amputee Coalition LLED – The event is brought to the Boston area in part by the Amputee Coalition's National Sponsors:
Platinum: Hanger Clinics
Gold: Endolite, Össur, Ottobock and UNYQ
Silver: Ability Dynamics and Fillauer LLC
Bronze: The Board of Certification/Accreditation, College Park Industries, Purdue Pharma, Rusk Rehabilitation at NYU Langone Medical Center, and Scheck & Siress

Limb Loss Education Day is sponsored by United Prosthetics. Lunch is sponsored by Touch Bionics.

Sessions are sponsored by PEL, Liberating Technologies and Freedom Innovations. The LLED series also receives partial funding from the Centers for Disease Control and Prevention (CDC #5U59DD000904-03).

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INSURANCE FRAUD



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Premium fraud is when a person buys insurance but does not tell the complete truth on the application to try to lower their cost. Fraud does not pay!

AUTO

Fraud is not telling that your child has a license when buying car insurance because you don't want your rate to change. The state says you must add your child to your policy within 60 days of them obtaining a license. Fraud is not listing a spouse or family member because they have points on their license but they will drive the car. Fraud is saying that you live in a different city so your rate is less. Fraud is anyone lying to the company after a claim. If an unlisted operator has an accident (even if it's not their fault) your company can refuse to pay collision damage to your car, they can lower Property Damage to \$5,000 and lower the Optional Coverages if they pay a claim. Fraud is reporting your car stolen when it isn't. 85% of fraud is done by owners. Don't resort to fraud to help anyone.

HOME

Fraud is not telling that you own a dog when buying home/renters/condo insurance. Certain dogs are not wanted by many companies due to dog bites. Fraud is purchasing "homeowners" insurance when you are not living in the building. Homeowners insurance is for owner occupied buildings. Fraud is not admitting there is existing damage or that your company has issued a cancellation notice. Fraud is having a home based business and telling your company there isn't one. Fraud is adding an apartment without telling your company. If you lie, you can be cancelled for fraud.

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MR. B'S SPORT STORIES

BY FRANK BENJAMIN

Mr. B's Sports Stories are published on the 1st and the 15th of each month.

The Catholic Hoop Turney in 1954

The 21' annual Catholic high school hoop tournament was held at CCHS on February 26, 27 and 28, 1954.

This was a high school extravaganza that drew Catholic schools from all corners of New England. It was a hoop junkie's delight and was always a jam packed affair.

The entrants were St Pat's of Watertown, Immaculate Concepcion of Newburyport, St Mary's Brookline, Immaculate Concepcion Revere, Sacred Heart and St John's both of Cambridge, Matignon Cambridge, St Ann's Gloucester, Keith Academy Lowell, St Stephen's Worcester, Arch. Williams Braintree, Assumption Worcester, Mission Roxbury, Bishop Bradley of Manchester NH, Monsignor Coyle, Taunton.

The local entry would play the feature game on opening day. Eight would be played starting at 1pm with CCHS and Coyle of Taunton tipping off at 9:20 pm. Teams were classified as Class A and Class B, Central Catholic was in the A bracket.

In the 21 years of this tourney's existence only one team was a repeating champion and that would be the local entrant Central Catholic. They won it in 1951 and 52.

The tournament program had 49 pages and had pictures and a rundown of each team. It was loaded with ads from the area of these teams. This booklet was sold for

25 cents.

This writer was amazed at how many of these Catholic schools have closed since then. I didn't know that Newburyport had a Catholic High School, Keith Academy of Lowell at one time was a powerhouse in all sports especially when the Stagnone brothers wore their colors.

The program contains ads from many colleges with some offering the price of two hundred and fifty dollars a year.

A few other ads caught my eye and they were ads inviting young men to enter the Priesthood or become a brother.

H P Hood sellers of milk and ice cream were sponsors, so did St John's Prep, A&P markets, The Andover Inn, The Arlington Trust Bank, The Red Tavern, and Merrimack College. They all were sponsors and you can see how many of these places are now gone.

A&P merged with Stop & Shop and it didn't work. I think it was the new name they called it Stop & P. The McGuiness award given to the tourney's MVP was won by Central Catholic's Charlie Fiorino in 1953. Charlie was one of the schools all time greats playing 3 sports. He winters in Florida and summers in Seabrook NH. A following story of this tourney will appear soon in Rumbo. I hope this article wets your memory bank as it was truly a great take in.

Marian Year



21st ANNUAL CATHOLIC HIGH SCHOOL INTERSCHOLASTIC BASKETBALL TOURNAMENT

Listen to Mr. B and Joe Murphy with Michael Walsh on the controls on WCCM-1110AM every Saturday from 8:00 to 9:00 a.m., talking sports. Like in the past, they will be receiving calls from coaches updating the latest results.



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Lo que nos entregues ayudará a los niños locales que participan en nuestro programa de tutoría. Debes saber que tu donación es deducible de impuestos.

¡Gracias por tu apoyo!

Cámara aprueba proyecto de ley

DiZoglio pide asistencia a los esfuerzos de recaudación de fondos de bomberos para la Asociación de la Distrofia Muscular

La Cámara de Representantes de Massachusetts ha aprobado una ley, patrocinada por la Representante Estatal Diana DiZoglio (D-Methuen), que ayuda a los esfuerzos de los bomberos para recaudar fondos para la Asociación de Distrofia Muscular (MDA).

Los bomberos son el mayor patrocinador nacional de la MDA, y uno de sus partidarios más históricos de esfuerzos para ayudar a los que sufren con la enfermedad neuromuscular. Durante el mes de agosto, el Día del Trabajo, los bomberos de todo el estado se unen para recaudar fondos para la causa.

"Todos los días, nuestros bomberos en el Valle de Merrimack y de todo el estado se dedican a ayudar a las personas en peligro", dijo DiZoglio, quien representa a las comunidades de North Andover, Methuen, Lawrence y Haverhill. "Su trabajo con la Asociación de la Distrofia Muscular marca otro acto desinteresado. Con la aprobación de esta legislación, los bomberos serán capaces de 'llenar la bota', ya que la obtención de fondos en este inmensamente importante esfuerzo demuestra el verdadero significado de la participación de la comunidad y el servicio público".

"Los bomberos han estado en la lucha para curar distrofia muscular desde hace más de 60 años, y mediante la asociación con la gente en nuestras comunidades, hemos recaudado cientos de millones de dólares para la investigación y el apoyo directo a las personas en una lucha personal", dijo Edward A. Kelly, presidente de los Bomberos Profesionales de Massachusetts (PFFM). "Nuestros esfuerzos se han visto obstaculizados en los últimos años por una legislación que bloqueó indirectamente nuestros esfuerzos. Ahí es donde la Representante Diana DiZoglio tomó la pelea. A través de su liderazgo apasionado, ella rápidamente patrocinó la legislación para permitir que los bomberos en todo el estado puedan regresar a las calles 'Llenado

la bota' para la MDA. Diana ha demostrado en su corto tiempo en la Legislatura que tiene lo que se necesita para llevar a efecto un cambio positivo para la gente de Massachusetts. Somos muy dichosos de tener a Diana abogando por los bomberos en Beacon Hill".

La MDA, basada en Tucson, Arizona, es la agencia de salud sin fines de lucro líder en el mundo dedicada a la investigación de tratamientos y curas para más de 40 enfermedades neuromusculares. Proporciona apoyo y atención a los servicios de salud a las familias de todo el mundo y reúne a las comunidades de todos los ámbitos de la vida para la promoción y recaudación de fondos.

"Los Bomberos Profesionales de Massachusetts (PFFM) están orgullosos de nuestro compromiso de estar junto a la MDA en la lucha contra las enfermedades de los músculos", dijo Kathleen Tighe, director del área de Boston para la MDA. "Dado que la tradición comenzó en 1952 con el miembro de Local 718 George Graney quien respondió al llamado de un vecino en necesidad en el sur de Boston, la Asociación Internacional de Bomberos (IAFF) ha contribuido con más de \$450 millones a la MDA. Estos fondos han apoyado la cartera de la MDA de los servicios de atención de salud, las visitas clínicas, campamentos de verano y la investigación desde hace más de un millón de estadounidenses que viven con distrofia muscular y otras enfermedades neuromusculares".

Los bomberos de Massachusetts han ayudado a financiar avances tales como el descubrimiento del gene de la distrofia muscular de Duchenne en el Hospital Infantil de Boston, un tratamiento para la enfermedad de Pompe, y numerosos avances hacia la comprensión de las causas y posibles tratamientos para la enfermedad de la ALS/Lou Gehrig, además de patrocinar la asistencia de los niños de la localidad en una, totalmente adaptable campamento de verano de la MDA por una semana durante el mes de julio.



Assisting Fire Fighters' Fundraising Efforts for Muscular Dystrophy Association

The Massachusetts House of Representatives has passed legislation, sponsored by State Representative Diana DiZoglio (D-Methuen), that assists fire fighters' efforts to raise money for the Muscular Dystrophy Association (MDA).

Fire fighters are the MDA's largest national sponsor and one of their most historic supporters of efforts to assist those suffering with neuromuscular disease. During the month of August, through Labor Day, fire fighters across the Commonwealth will be joining together to raise money for the cause.

"Every day, our fire fighters in the Merrimack Valley and across the Commonwealth dedicate themselves to helping people in peril," said DiZoglio, who represents communities in North Andover, Methuen, Lawrence and Haverhill. "Their work with the Muscular Dystrophy Association marks another selfless act. With the passage of this legislation, our fire fighters will be able to 'fill the boot' as they raise money in this immensely important effort that demonstrates the true meaning of community involvement and public service."

"Firefighters have been in the fight to cure Muscular Dystrophy for over 60 years and by partnering with the people in our communities, we have raised hundreds of millions of dollars for research and direct support to those in a personal fight," said Edward A. Kelly, president of the Professional Fire Fighters of Massachusetts (PFFM). "Our efforts have been hampered in recent years by legislation which indirectly stymied our efforts. That's where Representative Diana DiZoglio took up the

fight. Through her passionate leadership, she swiftly sponsored legislation to enable firefighters throughout the Commonwealth to be back on the streets 'filling the Boot' for MDA. Diana has proven in her short time in the Legislature that she has what it takes to lead and effect positive change for the people of Massachusetts. We are lucky to have Diana advocating for firefighters on Beacon Hill."

The MDA, which is based in Tucson, Arizona, is the world's leading nonprofit health agency dedicated to researching treatments and cures for more than 40 neuromuscular diseases. It provides support and health care services to families across the globe and brings together communities from all walks of life for advocacy and fundraising.

"The Professional Fire Fighters of Massachusetts (PFFM) are proud of our commitment to stand with the MDA in the fight against muscle disease," said Kathleen Tighe, Boston area director for the MDA. "Since the tradition began in 1952 with Local 718 member George Graney answering the call of a neighbor in need in South Boston, the International Association of Fire Fighters (IAFF) has contributed more than \$450 million to MDA. These funds have supported MDA's portfolio of health care services, clinic visits, summer camps and research for over one million Americans who live with muscular dystrophy and other neuromuscular diseases."

Fire fighters in Massachusetts have helped to fund breakthroughs such as the discovery of the gene for Duchenne Muscular Dystrophy at Boston Children's Hospital, a treatment for Pompe Disease, and numerous advances toward understanding the causes of and possible treatments for ALS/Lou Gehrig's Disease, in addition to sponsoring local children's attendance at a week-long, fully-adaptive MDA Summer Camp each July.

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¿Qué es una Ciclovía? / What is a Ciclovia?

Ciclovía es un término que significa sendero para bicicletas. Ciclovía tiene sus raíces en Bogotá-, Colombia, donde empezó en la década de 1970. En América del norte, este concepto es conocido como Calles Abiertas y se ha vuelto muy popular en los últimos años. Estos eventos se llevan a cabo en Nueva York, California, Arizona, Massachusetts, y Georgia, para nombrar solo algunos lugares.

Durante las horas de una Ciclovía, las calles son cerradas a TODO tipo de tráfico de vehículo motorizado para permitir el acceso completo para andar en bicicleta, caminar, trotar, patinar, andar en patinetas y otras formas de actividades físicas. También se configuran estaciones para aeróbicos, Zumba, juegos, rayuela (juego de truque), saltar la cuerda y más.

Las Ciclovías ayudan a que los departamentos de planeamiento y desarrollo comunitario, arquitectos y ambientalistas puedan adquirir más conciencia sobre la necesidad de enfocarse y planear más espacios abiertos que contribuyan a hacer posible una vida sana y activa. Estas crean lugares seguros para actividades familiares,

orientadas al aire libre, y son altamente centradas en la comunidad."

Las Ciclovías refuerzan la lógica de que los espacios abiertos, el crear conciencia ambiental y llevar a cabo esfuerzos educativos en la comunidad esenciales para facilitar una vida saludable y activa. Estas crean lugares seguros para actividades familiares al aire libre, y son sumamente centradas en la comunidad.

En última instancia, el objetivo de una ciclovía es generar impacto positivo en los resultados de enfermedades crónicas como la diabetes, exceso de peso y/u obesidad, reduciendo los índices de ocurrencia, o mejorando las condiciones de salud, como las asociadas con enfermedades del corazón e hipertensión.

Para aprender más sobre Lawrence Ciclovía, comuníquese con Vilma Lora (978-320-3526 / vlora@cityoflawrence.com) o Elecia Miller (978-620-3527 emiller@cityoflawrence.com) en la Unidad Especial a Beneficio de la Salud de la Alcaldía de Lawrence (Mayor's Health Task Force). Para aprender más sobre Ciclovía o calles abiertas, visite el sitio web: <http://www.openstreets.org.uk/north-america.html>



Ciclovía es un término que significa sendero para bicicletas. Ciclovía tiene sus raíces en Bogotá-, Colombia, donde empezó en la década de 1970. En América del norte, este concepto es conocido como Calles Abiertas y se ha vuelto muy popular en los últimos años. Estos eventos se llevan a cabo en Nueva York, California, Arizona, Massachusetts, y Georgia, para nombrar solo algunos lugares.

During the hours of a Ciclovía, roadways are closed to ALL motorized vehicular traffic and opened for biking, walking, jogging, skate and long boarding, and other forms of physical activities.

Stations are also set up for aerobics, Zumba, short games, hopscotch, jump rope and more.

Ciclovías reforzarán que los espacios abiertos y consciente construcción ambiental y la conciencia son esenciales para una vida saludable y activa. Crean lugares seguros para actividades familiares al aire libre, y son altamente centradas en la comunidad.

Ultimamente, el objetivo de una Ciclovía es positivamente impactar las tasas de enfermedades crónicas tales como la diabetes, el exceso de peso y la obesidad, reduciendo las tasas de ocurrencia, o mejorando las condiciones de salud, como las asociadas con enfermedades del corazón y la hipertensión.

To learn more about the Lawrence Ciclovía, please contact Vilma Lora (978-320-3526 / vlora@cityoflawrence.com) or Elecia Miller (978-620-3527 emiller@cityoflawrence.com) at the City of Lawrence Mayor's Health Task Force. To learn more about Ciclovía/Open Streets, visit the website: <http://www.openstreets.org.uk/north-america.html>

DiZoglio auspicia el Día de Personas Mayores en Beacon Hill

A Representante Estatal Diana DiZoglio (D-Methuen) acogió recientemente a los Centros de Personas Mayores de North Andover, Methuen y Lawrence para una visita en la casa del estado de Massachusetts.

Cerca de 100 personas mayores del Valle de Merrimack participaron en la visita recorriendo la Casa de Gobierno y se unieron a DiZoglio y otros legisladores locales para tomar un café y pasteles para saludarlos.

DiZoglio trajo a las personas mayores a la Cámara de Representantes para proporcionar una lección práctica de educación cívica sobre el proceso legislativo en el Estado. Los visitantes se sentaron en los asientos de los legisladores mientras DiZoglio explicaba cómo una idea se convierte en ley y fuertemente les animó a participar activamente en el proceso.

"Durante mi primer mandato, me he esforzado para celebrar eventos como estos que traen y unen a nuestros maravillosos ancianos desde el Valle de Merrimack", dijo DiZoglio, que representa porciones de North Andover, Methuen, Lawrence y Haverhill. "Yo creo que es tan importante que mantengamos a nuestros adultos mayores socialmente comprometido, independientes y activos y yo planeo tener más muchos más encuentros durante los meses y años venideros."



DiZoglio Hosts 14th Essex Senior Day on Beacon Hill

State Representative Diana DiZoglio (D-Methuen) recently hosted the North Andover, Methuen and Lawrence Senior Centers for a visit at the Massachusetts State House.

Nearly 100 Merrimack Valley seniors participated in the visit, as they toured the State House and joined DiZoglio and fellow local legislators for a meet-and-greet over coffee and pastries.

DiZoglio brought the seniors into the House Chamber to provide a hands-on civics lesson on the legislative process in the Commonwealth. The seniors sat in the seats of lawmakers as DiZoglio explained how an idea becomes a law and strongly encouraged them to be actively involved in the process.

"During my first term, I have strived to host events like these that bring our

amazing seniors from the Merrimack Valley together," said DiZoglio, who represents portions of North Andover, Methuen, Lawrence and Haverhill. "I believe it is so important that we keep our older adults socially engaged, independent and active and I plan on hosting many more gatherings over the months and years to come."

YWCA busca entrenadores voluntarios para el programa "Presupuesto Buddies"™

No se requiere experiencia; entrenamiento será impartido

A través de una asociación con Presupuesto Buddies™, la YWCA of Greater Lawrence está buscando entrenadores voluntarios para trabajar con mujeres que han sobrevivido a la violencia doméstica para lograr la independencia financiera. No se necesita experiencia, y se le proporcionará toda la capacitación, materiales y apoyo.

Los entrenadores voluntarios serán emparejados, uno a uno, con un residente de YWCA Fina House. Los entrenadores asisten a unos animados talleres, dos veces por semana con sus amigos para proporcionarle apoyo mientras que las mujeres trabajan para crear la cultura financiera, la confianza y la seguridad, con un enfoque en la administración del dinero. Los talleres vespertinos comienzan el martes, 7 de octubre 2014, dos veces por semana hasta el martes, 17 marzo, 2015.

La YWCA acogerá las sesiones de información de entrenamiento para los voluntarios de 5:30 a 6:30 el miércoles 20 y el miércoles, 10 de septiembre en Fina House, ubicada en el 203 Haverhill Street en Lawrence.

¿Qué se necesita para ser un entrenador? Simplemente, un deseo de ayudar a la mujer a mejorar su vida; la compasión, la paciencia y la buena capacidad de escuchar; una hora dos veces por mes para acompañarla en un

YWCA Seeks Volunteer Coaches for Upcoming Budget Buddies™ Program

No experience needed; training provided

**eliminating racism
empowering women
ywca**

taller; y el tiempo para chequear con ella en persona o por teléfono, entre un taller y otro.

Un estudio reciente de la Universidad de Rutgers encontró que la educación financiera es un factor clave en la prevención de que las mujeres se queden o regresen a los abusadores. De hecho, el abuso financiero es a menudo un componente clave de la violencia doméstica. "Estamos muy contentos de trabajar con Presupuesto Buddies para ayudar a sobrevivientes de violencia doméstica lograr la independencia económica", dijo la directora ejecutiva de YWCA Mary B. O'Brien. "Esta es una maravillosa oportunidad para involucrar a voluntarios de la comunidad en esta importante labor."

Para obtener información sobre voluntarios para el programa de Budget Buddies de la YWCA, email Susan McNeill en smcnell@ywcalawrence.org.

Through a partnership with Budget Buddies™, the YWCA of Greater Lawrence is seeking volunteer Coaches to work with women who have survived Domestic Violence to gain financial independence. No experience is needed, and all training, materials and support will be provided.

Volunteer coaches will be paired, one-to-one, with a YWCA Fina House resident. Coaches attend lively, bi-weekly workshops with their buddies to provide support as the women work to build financial literacy, confidence and security, with a focus on money management. The early evening workshops begin Tuesday, October 7, 2014, running bi-weekly through Tuesday March 17, 2015.

The YWCA will host volunteer coaching information sessions from 5:30 p.m. to 6:30 p.m. on Wednesday, August 20 and Wednesday, September 10 at YWCA Fina House, located at 203 Haverhill Street

in Lawrence.

What does it take to be a coach? Simply, a desire to help a woman improve her life; compassion, patience and good listening skills; an hour twice per month to accompany your buddy at a workshop; and time to check in with your buddy, in person or via phone, between workshops.

A recent study by Rutgers University found that financial education is a key factor in preventing women from remaining with or returning to abusers. In fact, financial abuse is often a key component of domestic violence. "We are so pleased to be working with Budget Buddies to help domestic violence survivors gain economic independence," said YWCA Executive Director Mary B. O'Brien. "This is a wonderful opportunity to involve community volunteers in this important work."

**For information about
volunteers for the
YWCA's Budget Buddies
program, email Susan
McNeff at smcnell@
ywcalawrence.org.**

GLTS students honored at SkillsUSA event

Students from Andover-area high school and college technical education programs won the nation's highest awards at the SkillsUSA National Leadership and Skills Conference.

Industry leaders representing over 600 businesses, corporations, trade associations and unions recognized the students for their demonstrated excellence in 99 hands-on occupational and leadership contests, such as robotics, criminal justice, aviation maintenance and public speaking. All contests are designed, run and judged by industry using industry standards.

Top student winners received gold, silver and bronze medallions. Many also

received prizes such as tools of their trade and/or scholarships to further their careers and education. The SkillsUSA Championships is for high school and college-level students who are members of SkillsUSA.

In addition, high scorers in the contests received Skill Point Certificates. The Skill Point Certificate was awarded in 86 occupational and leadership areas to students who achieved a high score defined by industry. The SkillsUSA Championships have been a premier event since 1967. The Skill Point Certificates were introduced in 2009 as a component of the SkillsUSA Work Force Ready System.

The following student is a Skill Point Certificate recipient:

Team MH (consisting of Grasiela Torres, Arianny Rodriguez, Michelle Galibois), from Greater Lawrence Tech High School (Andover), was awarded a Skill Point Certificate in Career Pathways - Human Services

"Over 6,000 students from every state in the nation came to compete in the SkillsUSA Championships this week," said SkillsUSA Executive Director Tim Lawrence. "This is the SkillsUSA partnership at its best. Students, instructors



and industry representatives are working together to ensure America has a skilled workforce and every student excels. These students prove that career and technical education expands opportunities."

According to the U.S. Department of Education, students who take three or more career and technical education (CTE) programs in high school are more likely to attend college and stay there to graduate. In fact, 79% of CTE concentrators enrolled in postsecondary education within two years of high school graduation. And, students in CTE programs have a higher-than-average high school graduation rate. Research has shown the average high school graduation rate for students concentrating in CTE programs is 90% compared to an average national freshman graduation rate of 80%.

Industry support of the SkillsUSA Championships is valued at over \$36 million in donated time, equipment, cash and material. All contests are run and judged by industry experts using industry standards for employment. Contests assess hands-on, employability and academic skills.

Over 1,700 industry judges and technical committee members participated this year.

The SkillsUSA Work Force Ready System was developed as an extension of the SkillsUSA mission and supported by a grant from the W.K. Kellogg Foundation. The System recognizes students for excellence in occupational training; it assesses and documents the entry-level technical proficiency and cumulative experiences of candidates. For more information about the SkillsUSA Work Force Ready System, visit www.workforcereadysystem.com.

SkillsUSA helps students discover and grow their career passions. As a nationwide partnership of students, instructors and industry working together, SkillsUSA works to ensure America has a skilled workforce. It helps every student excel. The nationwide career and technical education (CTE) student organization serves more than 300,000 high school, college and postsecondary students-and their instructors-in technical, skilled, and service occupation instructional programs. CTE is learning that works for America. SkillsUSA has the active support of more than 600 corporations, trade associations, business and labor unions at the national level. Over 11.6 million people have been annual members of SkillsUSA since its founding as The Vocational Industrial Clubs of America in 1965. SkillsUSA programs teach leadership, citizenship and character development to complement technical skill training. The organization emphasizes respect for the dignity of work, ethics, workmanship, scholarship and safety.

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City of Lawrence 2014 National Night Out

Join your friends and neighbors at this family, police-community event celebrating the Annual National Night Out. Join forces to promote police-community partnerships, crime and violence prevention, safety and neighborhood improvement

**Monday, August 4th 5PM-8PM
"A Night of Prevention Awareness"**

Lawrence Campagone Common Jackson St. side from 5pm to 8pm. Join us with a host of prevention based agencies and organizations. Plus local neighborhood associations and other prevention groups will have information booths. There will be a canine demonstration and a karate demonstration and the Lawrence Fire Department jaws of life.

Join us for raffles, fun and safety info. Come on down and join us !!!

**Tuesday August 5th 5PM-8PM
"National Night Out" Lawrence 2014**

Neighborhoods from across Lawrence will join their neighbors to help celebrate the "Night Out Against Crime". Several neighborhoods will hold block parties complete with music, games, safety information, food, plus more.

NEIGHBORHOOD	LOCATION	TIME
Sacred Heart/ Brookfield St Neighborhood Association	Chester St. Dunstable and Davis Sts	5-8PM
Cronin Park Neighbors	Cronin Park (Alder and Walnut Sts.)	5-8PM
Arlington Area- Loft Five50, Lawrence Training School And LMCC	550 Broadway St.	5PM-8PM
Mount Vernon Neighborhood Association	Genessee and James St..	5-8PM
Arlington Community Trabajando and Groundwork Lawrence	Manchester St. Park	5PM-8PM
Colonial Heights Neighborhood Association	Cutler St. and Durso Ave	5-8PM
Tower Hill Neighborhood	Reservoir Area (Ames St. side)	5-8PM
Prospect Hill/Back Bay neighborhood	Rollins School Howard St	5-8PM
Lawrence Community Works with Groundwork Lawrence	Scarito Park (Brook St)	5-8PM
Headstart Program	Lawrence Boys' and Girls' Club	5-8PM
High/Pleasant St Area	Storrow Park Pleasant and High Sts.	5-8PM
General Donovan Neighborhood Association with Youthbuild Lawrence	Tremont and Franklin Sts.	5-8PM
District A Neighborhood & LMCC	96 East Haverhill St	5-8PM

Cuestiones Prácticas de Dinero

No deje que los preparativos para el comienzo de las clases lo sorprendan

POR/BY JASON ALDERMAN
www.twitter.com/PracticalMoney



Padres, si su hijo está por comenzar las clases por primera vez, déjenme compartir con ustedes algunas lecciones que mi esposa y yo hemos aprendido a la fuerza.

Seguramente se pasarán las próximas semanas completando pilas de papeles de inscripción, organizando el tema del transporte y, por supuesto, haciendo las tan temidas compras de uniformes y útiles escolares.

Si ésta es su primera vez, o simplemente necesita perfeccionarse para la "vuelta al colegio", estas son algunas sugerencias que pueden ayudarlos a ahorrar tiempo y dinero y no volverse locos:

Organíicense. Tengan un registro de las correspondencias de la escuela para cosas como requisitos de inscripción, boletines de calificaciones, autorizaciones, vacunas obligatorias, políticas de la escuela, datos de contacto de la escuela y padres, etc. Averigüen si la escuela tiene un sitio web, un calendario en línea o un listado de correo electrónico en el que puedan incluirse. También pueden crearse un calendario familiar maestro.

Compras para el comienzo de clases. Entre la ropa nueva, los útiles escolares y las cuotas y los equipos de las actividades extracurriculares, muchos padres terminan gastando cientos de dólares por hijo. Si han sido previsores, habrán estado ahorrando para esto durante el año. Si no, tendrán que ver qué es lo que pueden pagar sin desmoronar su presupuesto general.

Estos son algunos consejos para organizarse y ahorrar dinero:

- Antes de comprar, hagan una lista de todo lo que necesita cada hijo. Usen la lista de gastos del año anterior como guía y comparen sus anotaciones con las de otros padres y personal de la escuela.

- Hagan que sus hijos participen del proceso presupuestario. Cuéntenles cuánto dinero tienen para gastar y pídanles que prioricen los gastos entre lo que "necesitan" y lo que "desean".

- Revisen los armarios de sus hijos y hagan que se prueben todo. Hagan un inventario de las cosas que le quedan bien y están en buen estado y llévenlo al ir de compras para no comprar doble accidentalmente. (En este proceso, pueden compartir, vender o donar lo que no necesitan)

- Vayan comprando la ropa a lo largo del año para que no les quede chica. Muchas tiendas hacen liquidaciones de otoño para hacer lugar a la mercadería de fin de año.
- Lean bien el código de vestimenta de la escuela para no gastar dinero en prendas que no puedan usar.

- Si bien comprar por Internet puede ahorrar dinero, tiempo y combustible, no hay que olvidarse de contar los costos de envío y devolución, que pueden anular el ahorro neto. Si sus hijos tienen edad para hacerlo, pídanles que comparan precios por Internet y busquen cupones de descuento.

- Pregunten qué útiles escolares deben comprar. Júntense con otras familias para hacer la compra y obtener un descuento por cantidad.

- Averigüen cuánto cuestan las actividades extracurriculares (deportes, música, arte, etc.). Tengan en cuenta los uniformes, las membresías, las clases particulares, los viajes de estudio, las viandas, etc.

- Alquilen o compren equipos deportivos o instrumentos musicales usados hasta estar seguros de que sus hijos seguirán realizando la actividad.

- Sepan cuándo gastar más en pos de una mejor calidad. No importa si papel del cuaderno es más barato, pero no compren zapatos de mala calidad para sus hijos ya que podrían afectar su desarrollo físico.

- Antes de comprar ropa o accesorios nuevos, busquen prendas en buen estado en los armarios de sus hijos mayores y amigos, en ferias de garaje, en tiendas de artículos usados y en consignación y en Internet.

- Busquen cupones de descuento en los periódicos y en Internet. Muchas tiendas igualan los precios de la competencia aun cuando sus propios artículos no estén de oferta. Además, muchos sitios de consolidación publican cupones y códigos de venta de tiendas virtuales para descargar e imprimir, como por ejemplo: CouponCabin.com, CouponCode.com, CouponCraze.com, DealHunting.com y Dealnews.com.

- Las aplicaciones de compras online para celulares permiten a los usuarios de teléfonos inteligentes y navegadores móviles escanear los códigos de barra de los productos y comparar precios en el momento, leer opiniones, descargar cupones, comprar productos y mucho más.

- Sigan a sus tiendas favoritas en Facebook y Twitter, donde muchas de ellas publican ofertas especiales para sus seguidores.

En resumen: Si se organizan antes de embarcarse en las compras escolares, podrán

ahorrar dinero, tiempo y sufrimiento.

Jason Alderman dirige los programas de educación financiera de Visa. Para seguir a Jason Alderman en Twitter: www.twitter.com/PracticalMoney.

Don't Let Back-to-School Tasks Sneak up on You

By Jason Alderman

Parents, if this is your first time at the back-to-school rodeo, let me share a few lessons my wife and I have learned the hard way. Chances are you'll be spending the next few weeks filling out piles of pre-enrollment paperwork, lining up carpools and, of course, taking the dreaded shopping excursions for clothes and school supplies.

If you're a first-timer or simply need a back-to-school refresher course, here are a few suggestions that can help you save time, money and sanity:

Get organized. Maintain a correspondence file from your kid's school for things like registration requirements, report cards, permission slips, required vaccinations, school policies, teacher and parent contact information, etc. Ask whether the school has a website, online calendar or email list you can join. Also, create a family master calendar.

Back-to-school shopping. Between new clothes, classroom supplies and extracurricular activity fees and equipment, many parents end up spending hundreds of dollars per child. Ideally, you've been setting money aside all year. If not, you'll need to determine what you can afford to spend without blowing your overall budget.

Here are a few organizational and money-saving tips:

- Before you shop, make a comprehensive list for each child. Use previous years' expenses as a guide and compare notes with other parents and school officials.

- Engage your kids in the budgeting process. Share how much money is available to spend and get them involved in prioritizing expenses between "needs" and "wants."

- Go through your kids' closets and have them try on everything. Make an inventory of items that fit and are in good shape, and take it when shopping so you don't accidentally buy duplicates. (While you're at it, share, sell or donate unneeded items.)

- Spread clothing purchases throughout the year so your kids don't outgrow everything at once. Many stores hold fall clearance sales to make room for holiday merchandise.

- Review the school's dress code so you don't waste money on inappropriate clothing.

- Although shopping online can save

money, time and gas, don't forget to factor in shipping and return costs, which could undo any net savings. If your kids are old enough, put them in charge of online comparison shopping and coupon clipping.

- Ask which school supplies you're expected to buy. Go in with other families to take advantage of volume discounts and sales.

- Find out how much extracurricular activities (athletics, music, art, etc.) cost. Account for uniforms, membership dues, private lessons, field trips, snacks, etc.

- Rent or buy used sporting equipment or musical instruments until you're sure they'll stick with an activity.

- Know when to spend more for higher quality. Cheaper notebook paper shouldn't matter, but don't buy poorly made shoes that might hamper proper physical development.

- Before buying new clothing or accessories, look for "gently used" items in the closets of your older kids and friends, at garage sales, thrift and consignment stores and online.

- Clip newspaper and online coupons. Many stores will match competitors' prices even if their own items aren't on sale. Plus, many consolidation websites post downloadable coupons and sale codes for online retailers, including: CouponCabin.com, CouponCode.com, CouponCraze.com, DealHunting.com and Dealnews.com.

- Mobile shopping apps let in-store smartphone and mobile browser users scan product barcodes and make on-the-spot price comparisons, read reviews, download coupons, buy products and more.

- Follow your favorite retailers on Facebook and Twitter, where many post special savings for their followers.

Bottom line: If you get organized before setting out on back-to-school shopping, you can save money, time and aggravation.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencias de servicio social y organizaciones de salud, está buscando voluntarios para llevar a ancianos a citas al médico y otras citas de calidad de vida a través del Programa de Friends in Deed de Elder Services of the Merrimack Valley.

Si usted puede, aunque sea ocasionalmente, por favor, llame a Jerry Proulx, reclutador de voluntarios, al 1-800-892-0890 ext. 463 (y mencione Interfaith Caregivers.)

Gracias de parte de Interfaith Caregivers y los muchos ancianos que necesitan de los servicios de choferes voluntarios para poder permanecer independientes en su propio hogar.

Funcionarios de salud pública anuncian primer caso de mosquito infectado con EEE esta temporada

Se le urge a residentes tomar precauciones para evitar las picaduras de mosquitos

El Departamento de Salud Pública de Massachusetts (DPH, por sus siglas en inglés) anunció el día de hoy el primer caso de un mosquito infectado con Encefalitis Equina Oriental (EEE, por sus siglas en inglés) en Massachusetts este año. La infección de EEE fue confirmada por el Laboratorio Estatal Hinton en una muestra de mosquitos obtenida el 15 de julio en la ciudad de Bridgewater en el Condado de Plymouth.

El hallazgo eleva el nivel de riesgo de EEE a moderado en Bridgewater. Este es un cambio de nivel de riesgo rutinario y por el momento no incluye recomendaciones para evitar eventos al aire libre por la noche. Pero siempre es recomendable tratar de reducir la exposición a los mosquitos. Basada en la actividad de EEE del año pasado, el nivel de riesgo en las ciudades vecinas de West Bridgewater, Easton, Raynham y Middleborough ya se encuentra en moderado.

"Los casos de EEE son un hecho anual en Massachusetts", dijo la veterinaria de salud pública estatal, la Doctora Catherine Brown. "Estos son mosquitos que pican a mamíferos, y los resultados deben recordar a los residentes de la zona a protegerse y usar repelente de insectos cuando estén afuera".

En lo que va del año no ha habido casos humanos del Virus del Nilo Occidental (VNO) o EEE. El año pasado hubo un caso donde un residente de Massachusetts fue infectado con EEE. Normalmente, EEE se contagia a humanos a través de la picadura de un mosquito infectado. EEE es una enfermedad grave que afecta a todas las edades y puede incluso causar la muerte.

No importa dónde vivan, las personas deben continuar tomando precauciones personales para evitar las picaduras de mosquitos y las enfermedades que estos pueden causar.

Evite las picaduras de mosquitos

- Cuando esté a la intemperie, póngase repelente de insectos. Use un repelente con DEET (N, N-diethyl-m-toluamida), permetrina, picaridin (KBR 3023), aceite de eucalipto limón [p-metano 3, 8-diol (PMD)] o IR3535, y siga las instrucciones de la etiqueta del producto. Los productos con DEET no deben usarse en bebés menores de 2 meses y deben usarse en concentraciones del por ciento o menos en niños más grandes. El aceite de eucalipto limón no debe usarse en niños menores de 3 años de edad.
- Tenga cuidado especial durante las horas pico de los mosquitos. El anochecer y el amanecer son los momentos del día en que más pican los mosquitos. Considere cambiar el horario de sus actividades al aire libre durante estas horas.
- La ropa puede ayudar a prevenir las picaduras de mosquitos. Al estar a la

intemperie el uso de prendas de manga larga, pantalones largos y medias, evita el contacto de los mosquitos con la piel.

Ponga su casa a prueba de mosquitos

- Elimine el agua estancada. Los mosquitos ponen sus huevos en lugares con agua estancada. Disminuya los lugares alrededor de su casa donde los mosquitos se reproducen drenando o eliminando los recipientes que acumulan agua. Revise los drenajes y desagües de lluvia. Vacíe las macetas sin plantas y las piscinas inflables, y cambie con frecuencia el agua de las pilas para pájaros.
- Instale o repare los mosquiteros. Mantenga los mosquitos fuera de su casa instalando mosquiteros en todas sus ventanas y puertas.

Proteja a sus animales

Dueños de animales deben reducir los lugares alrededor de su casa donde los

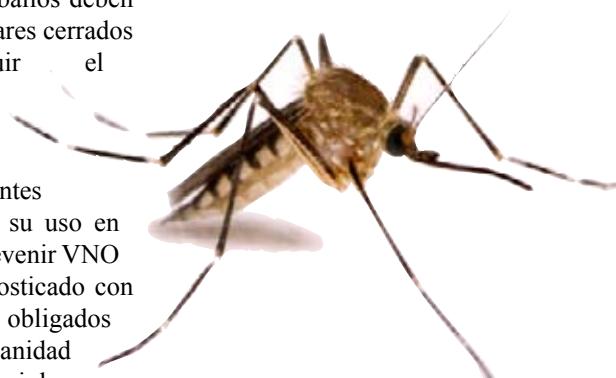
mosquitos se reproducen, eliminando los recipientes que acumulan agua como baldes, llantas, y piscinas inflables, particularmente después de fuertes lluvias. Bebederos proveen excelentes lugares para la cría de mosquitos y deben lavarse al menos una vez a la semana durante los meses de verano para reducir la cantidad de mosquitos cerca de los potreros. Dueños de caballos deben mantener a sus caballos en lugares cerrados durante la noche para disminuir el riesgo de ser expuestos a los mosquitos. Los dueños deben también hablar con su

veterinario acerca de los repelentes de mosquitos aprobados para su uso en animales y las vacunas para prevenir VNO y EEE. Si su animal es diagnosticado con VNO o EEE, los dueños están obligados a reportarlo a la División de Sanidad de Animales(DAR, por sus siglas en inglés), llamando al 617-626-1795 y al Departamento de Salud Pública (DPH),

llamando al 617-983-6800.

Para más información, visite la página Web del DPH: www.mass.gov/dph/mosquito.

Información sobre todo los casos de VNO y EEE puede también ser encontrada llamando a la línea del Programa de Epidemiología del DPH al 617-983-6800.



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Applications available at the Mayor's Office in City Hall & for download under 'Quick Links' section at www.cityoflawrence.com

Contact Elizabeth Delgado at the Mayor's office with any questions at (978) 620-3018 or edelgado@cityoflawrence.com

CARTAS AL EDITOR

RUMBO
60 Island Street, Suite 211E
Lawrence MA 01840
Email: editor@rumbonews.com

Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Peruanos izaron su bandera

La Asociación Peruanos Unidos del Valle del Merrimack comenzó sus fiestas patrias con el izamiento de la bandera peruana el día 23 de Julio frente al Ayuntamiento de Lawrence, localizado en el 200 de la Calle Common.

Más tarde, se reunieron en el local de la YWCA, en el 38 de Lawrence St. donde disfrutaron de su música típica, aperitivos y soda peruana hasta entrada la tarde. El evento estuvo muy concurrido.

Elizabeth Delgado en representación del Alcalde Daniel Rivera dio lectura a una proclamación de la ciudad. Leonor Sánchez se sintió muy honrada al recibir una placa de reconocimiento de manos del Comité Colombiano por sus 20 años de aporte a la comunidad en general promoviendo la cultura Peruana en el Valle del Merrimack. A continuación, algunas fotos del evento cortesía de Leonor Sánchez.



Elizabeth Delgado en representación del Alcalde Daniel Rivera ayudó con el izamiento de la bandera.

CARTAS AL EDITOR

RUMBO

60 Island Street, Suite 211E
Lawrence MA 01840
Email: editor@rumbonews.com

Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

**Beach Bus
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Take the MVRTA Route 83 to Salisbury or Hampton Beach starting July 1st! OR use Route 51 and transfer to the Route 54 to visit Salisbury Beach every 70 minutes (year round)! For more information call (978)469-6878 or go to www.mvrta.com.

MVRTA

Ya pueden empezar a tomar el autobús de la MVRTA Ruta 83 a las playas de Salisbury o Hampton en el 1 de Julio. También pueden usar las Rutas 51 y 54 para visitar la playa Salisbury cada 70 minutos, ¡todo el año! Para más información llamen al (978)469-6878 o visíten la página web: www.mvrta.com

Donación de equipo conducirá a graduados mejor preparados

Gracias a la generosidad del Merrimack Valley Hospital en Haverhill, MA, que donó recientemente un sofisticado equipo de prueba pulmonar a Northern Essex Community College, los graduados del programa de Cuidados Respiratorios de Northern Essex ahora serán aún mejor preparados para las carreras en sus campos.

La donación fue facilitada por Morgan Scientific, una compañía con sede en Haverhill, que también proporcionó recursos para obtener el equipo en marcha y funcionando.

La plethysmografía o "caja de cuerpo" para abreviar está ubicado en Dr. Ibrahim El-Hefni Allied Health & Technology Center de la universidad, que se encuentra en el 414 Common Street en Lawrence.

La caja de plexiglás hermético es del tamaño de una pequeña cabina de teléfono. Cuando los pacientes se sientan en la caja, se mide el volumen y el flujo de aire de sus pulmones, ayudando a diferenciar y diagnosticar enfermedades respiratorias tales como asma, enfermedad pulmonar obstructiva crónica, fibrosis pulmonar, y otros.

"Merrimack Valley Hospital se enorgullece de hacer esta donación. Tenemos una fuerte relación con Northern Essex Community College, que ofrece excelentes programas de certificado de salud y títulos de servicios humanos", dijo Lester Schindel, presidente del Hospital de Merrimack Valley. "Este equipo va a beneficiar a los estudiantes en el programa de cuidado respiratorio, en particular, y los preparará mejor para un empleo en su campo, incluyendo un hospital de la comunidad como Merrimack Valley Hospital."

Respiratory Care profesor Chris Rowse dice que tener familiaridad con este equipo beneficiará a los estudiantes Northern Essex.



NECC Professor Chris Rowse (in white coat) demonstrates the college's new body box for Gareth Morgan of Morgan Scientific (left) and Michael Cornelius, manager, noninvasive services, Merrimack Valley Hospital. NECC student Lenka Poliquin of Plaistow, NH is in the box.

"Este tipo de equipo se ve comúnmente en los laboratorios de función pulmonar. Tener esta formación en la especialidad hará a nuestros graduados más deseables en el mercado de trabajo."

Recientemente, cuando Merrimack Valley Hospital actualizó su equipo de pruebas de función pulmonar, Morgan Scientific, que distribuye el software de prueba de la función pulmonar y el hardware, sugirió que lo donaran a la universidad. El valor del equipo es de \$30.000.

Northern Essex ofrece un Grado Asociado en Cuidado Respiratorio. Los terapeutas respiratorios trabajan de

cercá con los médicos y enfermeras para diagnosticar trastornos de la respiración y los pulmones, así como evaluar y tratar a los pacientes para ayudarles a recuperarse de la función pulmonar. La demanda de puestos de trabajo de atención de la salud sigue creciendo, incluyendo puestos de trabajo en los cuidados respiratorios.

Para obtener más información, visite el sitio web de la universidad, necc.mass.edu.

Para obtener más información sobre cómo hacer donaciones a la universidad, póngase en contacto con Jean Poth, vicepresidente de avance institucional, jpoth@necc.mass.edu o 978 556-3624.

Equipment Donation will Lead to Better-Prepared Grads

Thanks to the generosity of Merrimack Valley Hospital in Haverhill, MA, which recently donated a sophisticated piece of pulmonary testing equipment to Northern Essex Community College, graduates of Northern Essex's Respiratory Care program will now be even better-prepared for careers in their fields.

The donation was facilitated by Morgan Scientific, a Haverhill-based company, which also provided resources to get the equipment up and running.

The plethysmograph or "body box" for short is housed in the college's Dr. Ibrahim El-Hefni Allied Health & Technology Center, located at 414 Common Street in Lawrence.

The airtight Plexiglas box is the size of a small phone booth. When patients are seated in the box, it measures the volume and flow of air from their lungs, helping to differentiate and diagnose respiratory illnesses such as asthma, chronic obstructive lung disease, pulmonary fibrosis, and others.

"Merrimack Valley Hospital is proud to make this donation. We have a strong relationship with Northern Essex Community College, which offers outstanding health and human services degree and certificate programs," said Lester Schindel, president of Merrimack Valley Hospital. "This equipment will benefit students in the respiratory care program in particular, and that will better prepare them for employment in their field, including a community hospital like Merrimack Valley Hospital."

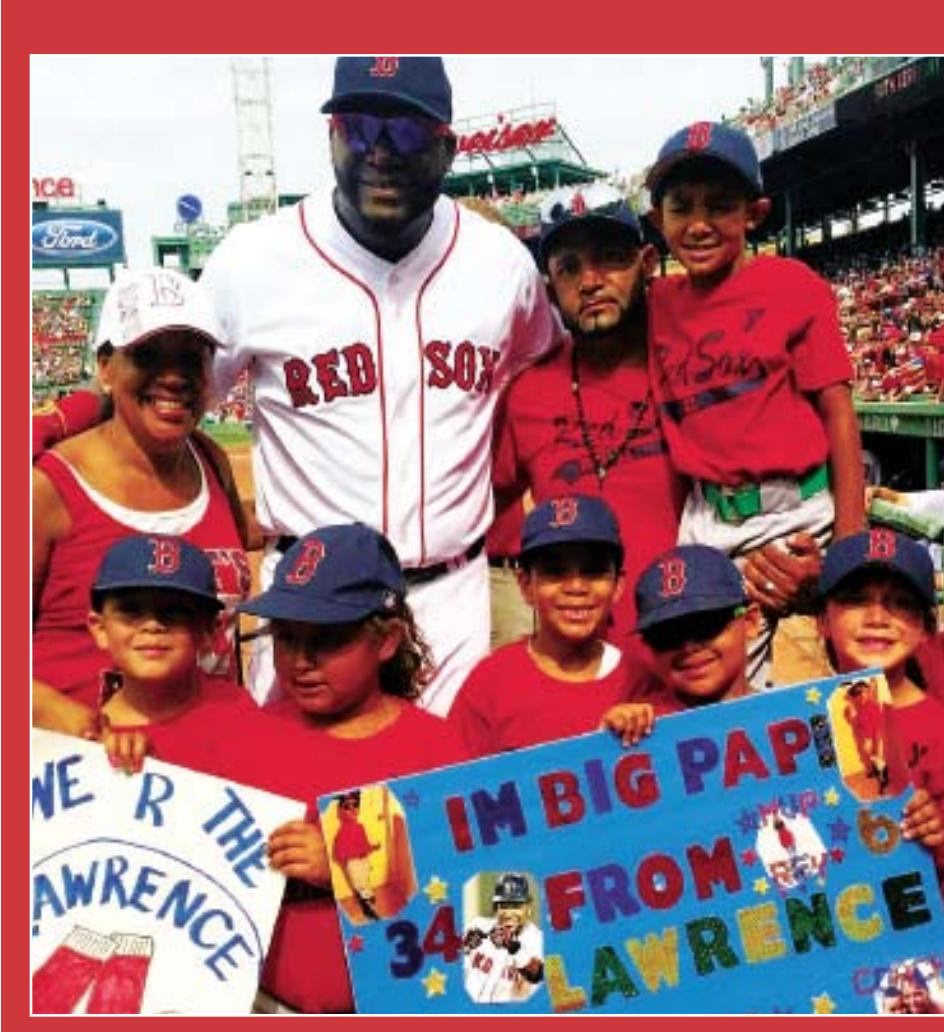
Respiratory Care Professor Chris Rowse says that having familiarity with this equipment will benefit Northern Essex students. "This type of equipment is commonly seen in pulmonary function labs. Having this specialty training will make our graduates more desirable in the job market."

Recently, when Merrimack Valley Hospital upgraded its pulmonary function testing equipment, Morgan Scientific, which distributes pulmonary function test software and hardware, suggested they donate it to the college. The value of the equipment is \$30,000.

Northern Essex offers an Associate Degree in Respiratory Care. Respiratory therapists work closely with physicians and nurses to diagnose lung and breathing disorders, and evaluate and treat patients to help them recover lung function. The demand for health care jobs is continuing to grow, including jobs in respiratory care.

For more information, visit the college's website, necc.mass.edu.

For more information on donating to the college, contact Jean Poth, vice president of institutional advancement, jpoth@necc.mass.edu or 978 556-3624.



Members of the Roberto Clemente League spent some time at Fenway Park on July 10th with "Big Papi" David Ortiz.

Back row:
Coach Marisa Melendez,
David "Big Papi" Ortiz,
Asst. Coach Juan De La Cruz,
Jayden De La Cruz

Front Row:
Jaysani Munoz, Ilyana Santiago,
Gustavo Varela, Jose Otero,
and Nikeily Rodriguez

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CALENDARIO | CALENDAR OF EVENTS



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Rock Band Six



Blues Artist Paul Prue

Food

Art Show

Live River Painting

Kids' games and crafts

Kayak rentals

River Info

Silent Auction

Raffles

Plenty of free parking

ANUNCIO DE SERVICIO PUBLICO / PUBLIC SERVICE ANNOUNCEMENT

The City of Lawrence will be performing repairs to the water distribution system in the areas of Hancock Street, Parker Street, Winthrop Street and South Union Street beginning on July 9, 2014. This work may cause intermittent disruptions in water service to some customers and some customers may experience short periods of discolored water. Customers will receive notice at least 48 hours in advance of a planned disruption in water service. If you have any questions, please contact the Lawrence Water & Sewer Department at (978) 620-3110. Thank you for your cooperation with these essential repairs.

La Ciudad de Lawrence estará realizando reparaciones en el sistema de distribución de agua en las áreas de Hancock Street, Parker Street, Winthrop Street y South Union Street a partir del 9 de julio de 2014. Este trabajo puede causar interrupciones intermitentes en el servicio de agua a algunos clientes y algunos clientes pueden experimentar breves períodos de agua turbia. Los clientes recibirán un aviso por lo menos 48 horas antes de una interrupción planificada en el servicio de agua. Si usted tiene alguna pregunta, por favor comuníquese con el Departamento de Agua y Alcantarillado de Lawrence al (978) 620-3110. Gracias por su cooperación con estas reparaciones esenciales.

Todd Prokop, P.E.
Project Engineer
Woodard & Curran
40 Shattuck Road | Suite 110
Andover, MA 01810

CALENDARIO | CALENDAR OF EVENTS

"Rat Pack is Back" Tickets Still Available



With more than half the tickets to "The Rat Pack is Back" already sold, Northern Essex Community College has begun its final ticket promotion. Don't miss the music and feel of old Las Vegas when this Rat Pack nostalgia group performs at the Collins Center for the Performing Arts at Andover High School in Andover on Saturday, Sept. 20. This is the 10th annual signature event of the Northern Essex Community College Foundation, Inc., the Women of NECC, and the NECC Alumni Association. Proceeds from this event benefit NECC's Endowment Fund.

The award-winning tribute show, featuring four talented singers, is a nod to the popular Las Vegas lounge act of Frank Sinatra, Dean Martin, Joey Bishop, and Sammy Davis Jr. The touring tribute show

begins at 6:30 p.m. and offers nearly two hours of old ballads.

Tickets are \$39 each and can be purchased through www.mvarts.info or by contacting Lori Smerdon in Institutional Advancement at lsmerdon@necc.mass.edu or calling the events line at 978-556-3870. Groups of 20 or more will receive a discounted ticket price of \$29. All tickets must be purchased as a group.

The lead sponsors for this event are Merrimack Valley Hospital and Holy Family Hospital, both Steward Health Care Institutions.

For more information or to request communication access, visit www.necc.mass.edu/signature-event.

For additional information on the band, visit www.ratpackisback.com

Middlesex Community College Offers Walk-In Admissions Sessions

Walk in and get started on a new direction at Middlesex Community College. Learn more about MCC's fall semester programs and courses at two Walk-In Admissions Sessions to be held on our Bedford and Lowell campuses.

The Bedford Campus Walk-In Admissions Session will be held from 2 to 6 p.m. Thursday, Aug. 21, in the Bedford Campus Center (Student Lounge), 591 Springs Road.

The Lowell Campus Walk-In Admissions Session will be held from 2 to 6 p.m. Wednesday, Aug. 27, in the Lowell Campus Cafeteria, 33 Kearney Square.

During Walk-In Admissions Sessions, students can get more information about MCC's more than 75 degree and certificate programs, learn about financial aid, and other student support services, including tutoring, career counseling and disability support.

Prospective students will be able to meet with admissions counselors and fill out an application; qualified students can

register for courses. Students can also learn about MCC's many transfer agreements with four-year colleges and universities. Transfer counseling and transfer-credit evaluation will also be available. (Transfer students should bring their transcripts.)

Find out why it's smart to begin your bachelor's degree at Middlesex!

For more information about MCC's Walk-In Admissions Sessions, call 1-800-818-3434 or visit our website at www.middlesex.mass.edu.

Middlesex Community College meets the evolving educational, civic and workforce needs of our local and global communities. As one of the largest, most comprehensive community colleges in the state, we educate more than 13,000 students annually on our campuses in Bedford and Lowell, and online. MCC offers more than 75 degree and certificate programs, plus hundreds of noncredit courses. At Middlesex, everyone teaches, everyone learns.

Start a Career in IT with MCC's PC Support Technician Certificate Program

Are you looking to begin an exciting career in information technology? Do you have good troubleshooting and analytical skills, and have good manual dexterity? Begin a career as a PC technician with Middlesex Community College's noncredit PC Support Technician Certificate Program. Enrollment is open and courses run Sept. 18 through April 30.

Instructor-led with real-world lab simulations, the course curriculum offers a hands-on, career-oriented learning experience with an emphasis on practical activities to help students develop fundamental computer and career skills. The curriculum covers building, configuring and maintaining a PC, as well as more advanced concepts such as security, networking, and the responsibilities of an IT professional. Students who successfully complete this program will be prepared to take industry

certification exams, including CompTIA, A+, and TestOut PC Pro.

All courses will be held from 5:30 to 9 p.m. Thursday nights, on MCC's Bedford campus. The cost for MCC's PC Support Technician Certificate Program is \$1,350 plus \$125 materials fee. CompTIA exam fee is not included.

For more information about MCC's PC Support Technician Certificate Program, or to apply, contact Sheila Morin at morins@middlesex.mass.edu.

MCC is one of the largest, most comprehensive community colleges in the state. We offer more than 75 degree and certificate programs, plus hundreds of noncredit courses, during the day, evening and weekend, on our Bedford and Lowell campuses, and online. Middlesex – a great place to begin your future!

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Phone: 978 - 794-1655 . www.breadandrosesheritage.org
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design: Lorina Salazar

CALENDARIO | CALENDAR OF EVENTS

Latino Festival and African Caribbean Celebration

This year Latinos Unidos de New Hampshire is celebrating the roots sharing by African Caribbean and Latino cultures.

Also this year they are highlighting Peru with Son Del Sol and a group of Afro-Peruvian folkloric dances. This year is a bigger event because they are celebrating 14 years of The African Caribbean Celebration and 15 of the Latino Festival.

Anyone interested in sponsorship information and rental space for display table, or if you have any question do not hesitate to call Alejandro Urrutia to 603 321 1291 or by e-mail to latinosunidosnh@yahoo.com or to alejandro.urrutia@yahoo.com.

This year we are expecting bigger crowds and wide media coverage so you should use this opportunity to promote your business, your organization and enjoy food, music, cultural diversity and people.



Crayone has new album, meet and greet

Local Dance Music Celebrity Bylli Crayone of Lawrence, MA has a new album due out on August 12th entitled 'The Best Of'. The album contains 14 of his best songs from Fan favorites like 'Girl Hang It Up' (1991) to his more recent 'Mystery Boy' (2013). The album features songs that span his 23 years in music. All genres of dance music from Pop & Freestyle to Merengue and Trance. The album also includes collaborations with such artists as 80s pop princess TIFFANY of 'I Think Were Alone Now' fame to local Bachata artist DOMENIC MARTE,

This album is the soundtrack to my life says Crayone. Every single song on this album is personal to me. All written from the heart with heavy meaning to them. Some call me crazy because of my 'colorful'

look, but hey, its my marketing tool. It's what defines me. Hence Crayone.

Not only does he have a new album coming out, but he will once again be assisting the less fortunate this year with his 8th Annual BACK 2 SCHOOL Give-Away. The Give-Away is of Book Bags loaded with School Supplies for kids grades 1 - 8. The Book Bags include all the essentials from Notebooks and Binders to Pens, Pencils and Erasers. Some will be given away over the radio via 'call ins', some will be given away through his official website at www.BylliCrayone.com and some will be given away at a Meet & Greet at Dunkin Donuts on Jackson st Methuen on Friday, August 8th at 6pm. Its first come, first serve. Limited supply available.



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7th Annual Peter A. Lewis Golf Tourney Benefiting BGC of Lawrence Aug. 11

It's time to dust off your clubs for the area's premiere golf tournament benefiting a good cause. The seventh annual Peter A. Lewis Golf Tournament will be held on Monday, August 11 at 7:30 a.m. at Atkinson Resort & Country Club in Atkinson, N.H.

The event, which takes place rain or shine, includes a continental breakfast and lunch; Beat the Pro, Closest to the Pin, and Long Drive contests; and raffles.

Peter A. Lewis, founder of Atkinson Resort & Country Club and the Lewis Group of Companies, passed away in May 2008. To honor his memory, the golf tournament in his name benefits the organization that he held dear to his heart: the Boys & Girls Club of Lawrence (BGCL), which provides critical programs focusing on academic success, healthy lifestyles, and community involvement to 3,400 youths at two locations.

Since its inception, the golf tournament has raised \$125,000 to help children break the cycle of poverty. Markus Fischer, executive director of BGCL, said the funds are vital to supporting the safe, after-school haven offering hot meals, homework help, fitness and nutrition programs, college and career planning, and lasting personal relationships.

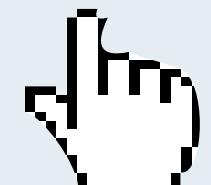
"We are very appreciative to the Atkinson Resort & Country Club," Fischer said. "It is through such generosity that we can keep our doors open for the city's most disadvantaged youth."

To register, send \$125 per person, or \$500 per foursome, to Sean Chipman at Atkinson Resort & Country Club, 85 Country Club Drive, Atkinson, NH 03811.

For more information, call (603) 362-8700, e-mail sean@atkinsoncc.com, or visit www.atkinsonresort.com.

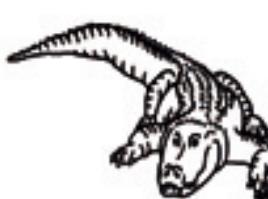
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CALENDARIO | CALENDAR OF EVENTS

NEWS NASHUA, NH NASHUA PUBLIC LIBRARY

2 COURT STREET
For directions and information on parking go to: www.nashualibrary.org/directions.htm
Phone 603-589-4610
Fax: 603-594-3457

OPEN STORYTIMES AND PUPPET SHOWS

Mondays, Tuesdays and Wednesdays at 10a.m. Thursdays at 7 p.m., and Sundays at 2 p.m. Open Storytimes & Puppet Shows run continuously, and no registration is required.

BABIES AND BOOKS

STORYTIME

Through stories and music, learn how to read aloud and develop your baby's language and pre-reading skills. Babies and their caregivers are welcome to join us. Thursdays: 9 a.m. and 10 a.m. ages: 13 to 24 months; 11 a.m. and 12 noon ages: birth to 12 months. No registration required. For more information call the Children's Room at (603) 589-4631.

Activities for Teens at Nashua Public Library

In addition to books, movies, manga, graphic novels, and computers, the Nashua Public Library offers plenty of programs after school for teens in grades 6 through 12. Go to tinyurl.com/nplteen and start signing up!

Discover the sound of the sackbut

Join the Solstice Sackbutts at the Nashua Public Library on Wednesday, August 6, at 12 noon for a musical tour through the centuries. The performance begins with medieval and Renaissance music and continues with selections from the Baroque, classical, and romantic periods, ending the journey in the sounds of pop and jazz. Hear stories about life in times gone by, the history of music, and the evolution of the trombone—once known as a “sackbut.”

The program will include selections by Schein, Couperin, Bach, Mozart, Brubeck, Fagan, Sweden, and Wilson. The Solstice Sackbutts, performing on soprano, alto, tenor, and bass trombones, are Alan Johnson, David Lindsey, and Leslie Havens. Formed in 2010, the group has performed at concerts, street fairs, parties, and church services.

The final concert in the Bach's Lunch series will be a performance by classical pianist Frances Covalesky on Wednesday, August 13.

Arranged in conjunction with Symphony NH, the Bach's Lunch Concert series is part of the city's SummerFun events. It is sponsored by the Ira F. Harris, Moses Hunt, and Zylonis trusts as well as the Nashua Public Library.

The performances last approximately one hour. They are held indoors in the Nashua Public Library's Music/Art/Media Wing, 2 Court Street, and are free and open to the public, although they are not appropriate for children under 5.

Bach's Lunch Concerts wrap up with piano performance

The final Bach's Lunch Concert of the 2014 season, scheduled for Wednesday, August 13, at 12 noon at the Nashua Public Library, will feature classical pianist Frances Covalesky.

Covalesky will bring her interpretations of Brahms, Chopin, and some Lithuanian pieces to the library stage.

Among the venues where Covalesky has given solo recital performances are the M.K. Ciurlionis Art Museum, Kaunas, Lithuania; the Sugrizimai Arts Festival, Vilnius, Lithuania; the Chicago Cultural Arts Center; the Lithuanian World Center in Illinois; and the Lithuanian Embassy in Washington, DC. She has performed as a soloist with the New Jersey Pops Orchestra and Hanover Wind Symphony as well.

A member of the music faculty of the College of St. Elizabeth in New Jersey, Covalesky is also an elementary vocal music specialist for the Dover Township Public Schools in New Jersey. She holds a B.A. in music education and piano performance from Douglass College of Rutgers University, where as a freshman she won the Rutgers University Concerto Competition. Her master's of music degree is in piano performance from the Manhattan School of Music and her doctorate in musical arts is from the University of Miami.

Arranged in conjunction with Symphony NH, the Bach's Lunch Concert series is part of the city's SummerFun events. This concert is made possible by the Zylonis Fund, which sponsors events that promote Lithuanian culture in the Nashua area.

The performance will last approximately one hour and be held in the Nashua Public Library's Music/Art/Media Wing, 2 Court Street. It is free and open to the public, although it is not appropriate for children under 5.

Chill out to jazz on the library plaza

Join local favorite Nick Goumas and his jazz quintet outdoors on the Nashua Public Library Plaza on Thursday, August 7, at 7 p.m.

Appearing alongside Goumas on saxophone will be four outstanding Boston-area musicians: Steve Hunt on piano, Barry Smith on bass, Jack Diefendorf on drums, and Jason Palmer on trumpet.

Goumas, who taught music for many years in the Nashua School District, has developed his own mature, imaginative style. He performs with energy, feeling, and musical integrity. The quintet's post-bebop, contemporary straight-ahead style and its rhythmic and harmonic sense make for exciting jazz improvisation.

The final concert in the library's outdoor series will feature vocalist Alli Beaudry's trio on Thursday, August 14, at 7 p.m.

The concerts are free and open to the public. In the event of rain, they are held indoors in the library's Music/Art/Media Wing.

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WEBSITE RUMBONEWS.COM**



Contact the MSPCA at
Nevins farm for an appointment at:
(978)687-7453 x6101
www.mspca.org/nevinsspayneuter



Low cost Spay & Neuter Program for Lawrence and Haverhill

Haverhill Animal Control and Lawrence Animal Control are joining forces with the MSPCA at Nevins Farm to offer affordable spay-neuter surgeries and vaccines to the pets of Lawrence and Haverhill Families in need of financial assistance.

CATS

Spay and Neuter

Services for cats include:

\$10

- Surgery
- Distemper Vaccination
- Rabies Vaccination
- Nail trimming

Microchips are available for \$10!

DOGS

Spay and Neuter

Services for dogs include:

\$75

- Surgery
- Distemper Vaccination
- Rabies Vaccination
- Microchip
- Nail Trim

This program is made possible in part through a grant from the Massachusetts Animal Coalition. To learn more about the MAC and their license plate program, through which this grant was awarded, visit their website at www.massanimalcoalition.org



CALENDARIO | CALENDAR OF EVENTS

El Mercado de Granjeros de Haverhill

El Mercado de Granjeros de Haverhill regresa para su temporada 36^a a partir del sábado, 28 de junio y correrá hasta el 25 de octubre en el 40 de Bailey Blvd. (junto a la Estación de Policía de Haverhill). El mercado funciona 9-1 pm.

"Estamos muy contentos de dar la bienvenida a un grupo increíble y diverso de más de 25 vendedores," dice Jeff Grassie, organizador del mercado. Los clientes encontrarán frutas y verduras, deliciosos productos horneados, carnes, vinos locales, quesos artesanales, pan recién hecho, jabones hechos a mano, golosinas para perros y mucho más frescos de la granja. El mercado también contará con una variedad de música en vivo, demostraciones de alimentos, y actividades para los niños todos los sábados.

Para obtener más información, visite www.haverhillfarmersmarket.org o nos puede encontrar en Facebook/haverhillfarmersmarket



Haverhill Farmers Market

The Haverhill Farmers Market returns for its 36th season starting Saturday, June 28 and running through October 25 at 40 Bailey Blvd. (next to the Haverhill Police Station). The market operates from 9-1 p.m.

"We are excited to welcome back an incredible and diverse group of more than 25 vendors," says Jeff Grassie, market organizer. Customers will find farm-fresh fruits and vegetables, delicious baked goods, meats, local wines, artisan cheeses, fresh breads, handmade soaps, doggie treats and much more. The market will also feature an assortment of live music, food demonstrations, and kids' activities each Saturday.

For more information please visit www.haverhillfarmersmarket.org or find us on Facebook/haverhillfarmersmarket

Preschool children need YOUR help! Join Jumpstart and make a difference in a child's life.

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- Call 617-873-0407 /Email JumpstartMVCC@gmail.com



"We Are One (WAO)" Festival

Saturday August 16, 2014 from 11am to 8pm: The Latino Festival and The African/Caribbean Celebration will host a joint festival "We Are One (WAO)"

We Are One (WAO); a Music & Culture Festival brings together the oldest Latino and African-Caribbean cultural festivals in New Hampshire. Latinos Unidos established the Latino Festival in 2000, beginning an unbroken string of annual events that celebrate and communicate the range and depth of Latin culture in the Western Hemisphere. Ujima Collective founded the African-Caribbean Celebration in 2001 to promote the value and impact that the African Caribbean cultures have brought to the region. Both organizations established these events in order to help address issues of social isolation and cultural alienation among New Hampshire residents of Latino, African and Caribbean descent.

Each festival has independently been a major attraction in New Hampshire drawing audiences that have grown over the years to as many as 10,000. The Festivals attract individuals from Latino, African and Caribbean descent not only throughout New Hampshire, as well as the

New England region and beyond. However, the audiences are in no way limited to these specific cultures. The Festival includes live music from several Latin American, African and Caribbean countries, ethnic foods as well as numerous exhibits of arts and crafts, traditional dances and various cultural attractions.

We invite you to celebrate the Latin, African and Caribbean cultures and join us in focusing on Umoja (Unity) in our efforts to strengthen the overall fabric of the Greater Manchester, New Hampshire area. "We Are One (WAO)" Latino Festival and African/Caribbean Celebration represent a great opportunity for all to work together with a shared responsibility to support our youth, elders and the New Hampshire community in its entirety.

August 16th, 2014, 11:00am - 8:00pm at Veterans Memorial Park in Manchester, NH

For sponsorship opportunities:
<http://latinofestivalnh.com/sponsor.htm>,
or www.ujimacollective.org or call media contacts Woullard Lett – (603) 264-0542 or Alejandro Urrutia – (603) 321-1291.

Paseos por el Merrimack en bote gratis Free boat tours on the Merrimack!

A "Find Yourself in a State Park" Program Sundays from July 6 thru August 24, 2014 at 1:00 PM; 1½-2 hour guided tours.

Meet at the Community Boating Program's Bashara Boathouse at Riverfront State Park, Eaton Street, in South Lawrence. Tours go rain or shine. Limited capacity; reservations required. Call Lawrence Heritage State Park at 978-794-1655 for information and reservations.



Lawrence Heritage State Park INTERPRETIVE PROGRAM

1 Jackson Street at Canal
Lawrence, MA 01840
(978) 794-1655

Fall of Empires: The Great War A Special Exhibit Commemorating the 100th Anniversary of the Start of World War I and the 70th Anniversary of D-Day

Exhibit Dates: July 1st to August 28th, 2014
Daily, 9 A.M. – 4 PM; 3rd floor Gallery
Lawrence Heritage State Park

Sponsored By: Lawrence Heritage State Park, Lawrence History Center and Lawrence Public Library

Exhibit items courtesy of the Lawrence Public Library, Lawrence History Center, Joseph Bella of Methuen, Richard Padova of Andover and Sam Pauta of Lawrence.



Coming Event

Lowell Lead Paint Abatement Program

Atención propietarios, dueños de casas e inquilinos

¡El Programa de Reducción de la Pintura de Plomo de Lowell da la bienvenida a nuevos clientes! Ofreciendo 0% de interés, préstamos diferidos para la eliminación del plomo viviendas para familias de bajos a moderados ingresos con niños menores de 6 años de edad.

- préstamos con intereses de hasta \$15,000 0% para las viviendas unifamiliares
- préstamos con intereses de hasta \$12,000 0%, por unidad, para viviendas multifamiliares
- inspección de plomo y administración del proyecto GRATIS
- análisis del terreno GRATIS

Attention Homeowners, Landlords and Tenants

The Lowell Lead Paint Abatement Program Welcomes New Clients! Offering 0% interest, deferred loans for deleading homes for low-to-moderate income families with children under age 6.

- Up to \$15,000 0% interest loans for single family homes
- Up to \$12,000 0% interest loans, per unit, for multi-family homes
- FREE lead inspection and Project Management
- FREE soil testing

Contact: Toni Snow, Program Manager, 978-674-1409 - tsnow@lowellma.gov

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ADOPT A PET**MSPCA-METHUEN & RUMBO
COOPERATIVE EDUCATION COLUMN****Pet of the week at Nevins****FINCHES**

We have society finches available. There are a few of us in different shades! Come take a peek! If you are interested in adopting, please contact the staff at 978-687-7453 ext, 61 01 e-mail us at smallmammals@mspca.org information

**ALBERTO**

Alberto is a very kind little Yorkie that would love to find his perfect forever home! He's a very easy going guy and would fit in great with most homes! This waggy and playful little guy would do just fine with kids in the home as long as they are gentle with him. If he was going to have a doggie roommate then he would certainly prefer them to be as small as he is and maybe not too over energetic! Alberto is also very friendly with cats. Come and visit this little guy today and I bet you'll fall in love!

**BERT**

Bert is an adorable Red Pyle OEG/Silkie X rooster. He is a bantam in stature but has a big proud attitude.



Bert came to us with overgrown and neglected toe nails. He had a hard time walking. He would skip-hop. After some trims and leg treatments, he is walking normally and scratching the dirt.

Bert would do well in either a bantam or standard sized flock. He may be small but he isn't tiny.

If you are interested in making an appointment to adopt or need more information, please contact the barn staff at 978-687-7453 ext, 6113 or e-mail us at barnstaff@mspca.org

**FOXY**

Foxy is a 6 year young sweet Pittie that is looking for her perfect forever home! She is a very playful girl and really loves to play fetch! Foxy would much rather play with you than other dogs so she would not be a good dog to bring to parks and other public places with animals. In your home she would like to be your only animal so no other dogs and cats please! She would do well with older kids too. Come and visit sweet Foxy today and you may just fall in love!

**ANNIE**

Adopt a Classic! Thanks to the Catvocates and the Ivan Smith Adoption Challenge, Annie's adoption fee has been waived. This gorgeous Tortie lady is Annie, 14 years young, and just as beautiful as ever. She is an indoor only girl, declawed, very quiet and sweet, preferring to be the only pet in a home with adults and no other pets. She would like to enjoy peace and quiet in her senior years. Annie previously lived in a home where she was not very happy because there were dogs that she was very frightened of. So, Annie kept to herself and tried to be invisible. Sadly, she lived like this for many years.

Annie likes to have her beautiful fur gently brushed and she nudges your hand for petting. Quiet adults who will let her relax and feel secure would make a perfect home for her. She did not jump on the counters in her prior home, and being declawed, she did not scratch the furniture or rugs. If you have an indoor only home for Annie, she may be the quiet companion you have been looking for. Please, no other pets so Annie can be the princess in her home! If you can't find Annie when you visit the adoption center, be sure to ask for her by name! Cats are often moved around.

**LACY**

If you can't find Lacy when you visit the adoption center, be sure to ask for her by name! Cats are often moved around.

Buy all of your pet supplies here! All of the proceeds go to help the animals and programs of the Noble Family Animal Care & Adoption Center!

SAVE LIVES: get your pet spayed or neutered Reduced SNAP fees are made possible through generous donations of time and resources by participating veterinarians who believe in the importance of spaying and neutering as part of a complete pet health care program.

BCCC Summer Events Calendar

BCCC
Billerica Cat Care Coalition
www.billericacatcarecoalition.com

Get off the beach chair and come visit us at one of our upcoming events!

**Meet & Greets:**

July 12	Pets Supplies Plus	700 Boston Rd (3A)	Billerica	3:00 PM - 6:00 PM
July 19	BBQ and M&G at Agway	24 Maple Rd	Chelmsford	2:00 PM - 6:00 PM
August 16	BBQ and M&G at Agway	24 Maple Rd	Chelmsford	2:00 PM - 6:00 PM
August 23	Habitat Restore	257 Boston Rd.	N. Billerica	3:00 PM - 6:00 PM

At Agway we will be grilling summer fare and selling pet related items. Adoptable cats arrive at 11 AM

Farmers Markets:

July 26	Pepperell Community Ctr.	RT 113 & 111	Pepperell	1:00 PM - 5:00 PM
August 2	Jones Farm	RT. 27	Chelmsford	2:00 PM - 6:00 PM
Aug 26	Lexington	5 Fletcher St.	Lexington	6:00 PM - 10:00 PM
Aug 30	Jones Farm	RT. 27	Chelmsford	2:00 PM - 6:00 PM
Sept. 6	Pepperell Community Ctr.	RT 113 & 111	Pepperell	1:00 PM - 5:00 PM

At the farmers markets we will be selling pet related items.

*Dale a tus perros la
dulce vida que se merecen:*

**Esteriliza
siempre**



Marjorie de Sousa
Y DOLCE, PARA
PETALATINO

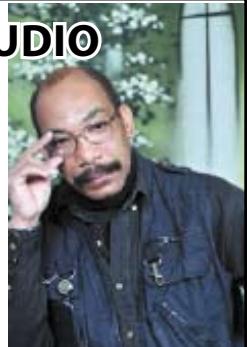
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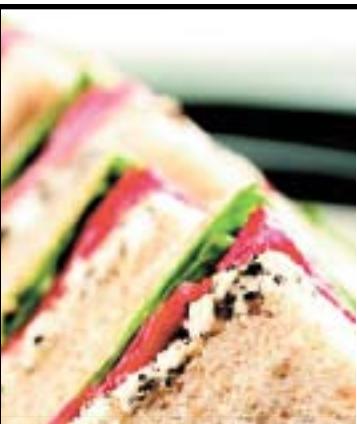
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15 Union St. Suite 555, Lawrence

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The secret is out...
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ADVERTISING SALES **978.794.5360**

Volunteers Needed!

Did you know that 1 in every 50 children in the US will go to sleep without a home this year? Horizons for Homeless Children is looking for energetic and enthusiastic volunteers to play with children living in family homeless shelters in Northeastern Massachusetts.

A commitment of just 2 hours a week will make a significant difference in the lives of some wonderful children in your community. Trainings for your region are coming up soon - sign up today! January 2012, Northeast Region, Saturday, January 21st. 9:30pm - 4:00pm, Lowell, MA

Contact us at (978) 557-2182 or at northeast@horizonsforhomelesschildren.org for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.

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Learn to Swim TODAY!

For more information call the Lawrence YMCA at 978-686-6191



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Para más información llama la YMCA de Lawrence al 978-686-6191

Swim Lessons starting at \$21 for 6 lessons

Lawrence YMCA • 40 Lawrence Street, Lawrence • 978.686.6191
 A Merrimack Valley YMCA branch
<http://lawrence.mvymca.org>

**ENSURE A BRIGHTER FUTURE****Child Care Funding Immediately Available**

The **Methuen YMCA** is excited to announce it has received a grant from the City of Methuen to provide financial assistance to eligible families for preschool and after school child care!

- Are you a Methuen resident?
- Are you currently working or attending school?
- Are you a low, or moderate income household?
 (E.g. A family of 4 with an annual household gross income of less than \$63,900)

If the answer to these questions is "yes", then the **Methuen YMCA** is here for you to help you with your childcare needs!

METHUEN YMCA

- State Licensed
- Nationally Accredited
- Provider of prestigious Early Reading First Program
- Healthy breakfast, lunch and snack served daily
- Provides a FREE YMCA memberships to all childcare participants



For more information or to arrange a tour of the **Methuen YMCA** childcare facilities, please contact:
 Mary Ellen King or Alexandra Marin at 978-683-5266

City of Methuen, Community Development Department. The preparation of this program (Methuen Preschool and Methuen After-school) was funded by United States Department of Housing and Urban Development under the provisions of Title I of the Planning and Development Act of 1974 as amended.

We Welcome
MassHealth for Children & Adults
Aceptamos MassHealth para niños y adultos

Hablamos Español

DENTAL DREAMS

dentistry for KIDS and ADULTS

- We welcome most dental insurance plans including MassHealth/Commonwealth Care
Aceptamos la mayoría de seguros privados y MassHealth/Commonwealth Care
- General Dentistry for Children & Adults
Servicio dental general para niños y adultos
- Walk-Ins Welcome
Lo atendemos sin cita
- Open Saturdays and Evenings
Atendemos los Sábados y de noche
- Emergencies Admitted Same Day
Atendemos emergencias
- For the kids: Video Games, Kids' Theater, Indoor Kids' Playground
Video juegos, Cine para niños, Área de juegos

**MassHealth NOW COVERS
FILLINGS ON ALL TEETH for ADULTS**

Desde el primero de Marzo, Mass Health empezó a cubrir tapado de muelas en todos los dientes para adultos.



**When's the last time YOU and the
KIDS went to the DENTIST?**

¿Cuándo fue la última vez que usted
y los niños fueron al Dentista?

Dr Sameera Hussain DMD and Assoc.

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