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The BILINGUAL Newspaper of the Merrimack Valley

(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell
(NH) Salem, Nashua, Manchester

Mejoras en la Calle Merrimack



Abel Vargas, Director de Desarrollo Económico de la Ciudad de Lawrence, repasando un mapa que muestra las mejoras de la Calle Merrimack. También en la foto a su izquierda están Vilma Lora, Directora de Iniciativas de Justicia Social de la YWCA del área de Lawrence y Coordinadora de Grupo de Trabajo de Salud del Alcalde de Lawrence; y dos empleados de CLASS, Inc.

Merrimack St. Improvement

Abel Vargas, City of Lawrence Director of Business & Economic Development, going over a map that shows the improvements of Merrimack Street. Also pictured to his left are Vilma Lora, Director of Social Justice Initiatives YWCA of Greater Lawrence and Lawrence Mayor's Health Task Force Coordinator; and two employees from CLASS, Inc.

PMA student headed 'Penny Wars' for Foster Kids



Taking part in awarding the check to Mr. Giordano were Presentation of Mary Principal Rosemaria Redman, Teacher Greta Sygmont, Student Amanda Morin of Methuen and Larry Giordano of Foster Kids of the Merrimack Valley, Inc.

Amanda Morin, student at Presentation of Mary headed up a 'Penny Wars' fundraiser to benefit Foster Kids of the Merrimack Valley as part of her senior year community project.

On Friday, April 10th, Amanda with the assistance of her teacher Greta Zygmont presented a check for \$1000 thru the friendly competition of all the homerooms and students at PMA.

"This donation will help us make a lot of foster kids happy this summer" stated Larry Giordano, President of Foster Kids of the Merrimack Valley. "We are very grateful to Amanda, her teachers and all the student at Presentation of Mary for supporting these kids who through no fault of their own are living in foster care".

Farmers' Market ya está aquí



El granjero Canneri Moquete Tejada y Rosa Piña, Coordinadora de Eventos de GroundWork Lawrence anuncian que acaba de comenzar el Mercado de Granjeros 2015, que abrirá todos los miércoles en el Parque de Camiones de Alimentos localizado en el 371de Essex St., Lawrence. Todos los viernes en Holy Family Hospital (Hospital de la Sagrada Familia), Methuen; y todos los sábados, en Sullivan Park ubicado en Winthrop Ave (Rte. 114), Lawrence, MA.

Farmer Market is here

Farmer Canneri Moquete Tejada y Rosa Piña, Groundwork Lawrence Outreach & Events Manager, announcing that the Farmers' Market 2015 just started. It will open every Wednesday at the Food Truck Park (371 Essex St., Lawrence). Every Friday at Holy Family Hospital, Methuen. On Saturdays, at Sullivan Park located at Winthrop Ave (Rte. 114), Lawrence, MA.

GATEWAY TO LAWRENCE WALKING TOUR

Alternate Wednesdays at 10:00 AM. Join us for a walking tour of the Gateway District, and learn about its revitalization and transformation as the city's entryway. Meet in the lobby of the Visitors Center at 1 Jackson Street. Weather permitting.

MONUMENTS AND MARTYRS WALKING TOUR OF THE COMMON

Thursdays at 11:00 AM. Learn about a variety of monuments and markers dedicated to Lawrencians who fought for their country in various wars. Weather permitting. Most appropriate for twelve years of age through adult.

Merrimack: Día Familiar Gratis / Free Family Day

- Pg. 18

- 02 EDITORIAL
- 15 LIBRARY NOTES
- 21 CALENDARIO
- 22 DIRECTORIO
- 23 CLASIFICADOS



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Mejoras en la Calle Merrimack Distrito del Canal Sur

Por Alberto Suris

El Alcalde de Lawrence, Daniel Rivera, dio la bienvenida a un grupo de residentes y dueños de negocios de Lawrence a una reunión abierta, para presentar y discutir los planes de mejora del distrito de la zona Sur del Canal.

El área de estudio del Canal del Sur es una iniciativa de la Ciudad de Lawrence, MA, para desarrollar una estrategia del uso de la tierra en el área industrial de la calle Merrimack oeste. El área se extiende desde la I-495 hasta la calle Union y atraviesa un importante corredor comercial que en los últimos años se ha beneficiado de una revitalización exitosa de edificios antes vacantes para terminar en el Centro de Transportación McGovern situado en la confluencia de la calle Union del Sur y Merrimack Street.

La obra en cuestión será pagada por una subvención de 3.9 millones de dólares del Programa MassWorks del estado, lo que mejorará el flujo del tráfico en el corredor, incluyendo dentro y fuera del centro de tránsito, que da servicio a Boston desde la última estación de trenes de Lawrence.

La primera reunión de la comunidad se llevó a cabo jueves, 9 de julio en el antiguo Big City Bar & Grill, ubicado en 65 de Merrimack Street. La segunda se celebrará el jueves, 17 de septiembre, donde futuros escenarios y alternativas serán discutidos,



Kathleen McCabe, AICP, EDP of McCabe Enterprises, explicando los puntos más importantes del proyecto.

Kathleen McCabe, AICP, EDP of McCabe Enterprises, explaining the highlights of the project.

y la tercera y última presentación del plan de uso del suelo y la estrategia de ejecución se llevará a cabo el 9 de diciembre. Los sitios para estas reuniones no han sido anunciados.

El proyecto ha sido confiado a Kathleen McCabe, AICP, EDP de McCabe Enterprises. McCabe tiene más de veinticinco años de experiencia trabajando en el desarrollo económico, la financiación y la planificación pública. Ella ha trabajado en una amplia gama de centros de ciudades y barrios para desarrollar estrategias de revitalización y reurbanización de mercado eficaces, incluyendo Holyoke, New Bedford, Rockland, Gardner, Worcester, y East Somerville.

Merrimack St. Improvement South Canal District

By Alberto Suris

On Thursday, July 9th, Lawrence Mayor Daniel Rivera welcomed a group of Lawrence residents and business owners to an open meeting, to present and discuss improvement plans for the South Canal District area.

The South Canal District study area is an initiative by the City of Lawrence, MA to develop a land use strategy for the west Merrimack Street industrial area. The area expands from I-495 to Union Street and runs through out an important commercial corridor which in recent years have benefitted from successful revitalization of formerly vacant mill buildings to end at the McGovern Transportation Center located at the juncture of South Union and Merrimack Street.

The work in question will be paid for by a grant of \$3.9 million from the state's MassWorks Program, which will improve the flow of traffic in the corridor, including into and out of the transit center, which provides service to Boston from the last of

Lawrence's rail stations.

The first community meeting was held Thursday, July 9th at the former Big City Bar & Grill, located on 65 Merrimack Street. The second will be held on Thursday, September 17th where alternative future scenarios will be review and discussed, and the 3rd and final presentation of land use plan and implementation strategy will be held December 9th. Places for the meetings have not being announced.

The project has been entrusted to Kathleen McCabe, AICP, EDP of McCabe Enterprises. McCabe has over twenty-five years experience working in economic development, public financing and planning. She has worked with a wide range of downtowns and neighborhoods to develop effective market-based revitalization and redevelopment strategies, in Holyoke, New Bedford, including many redevelopment projects, in Rockland, Gardner, Worcester, and East Somerville.

EDITORIAL | EDITORIAL

No pensamos como políticos

El jueves 9 de julio el Alcalde de Lawrence Daniel Rivera dio inicio a la reunión sobre la planificación del uso de la tierra de la Calle Merrimack, en donde los vecinos, empresarios y propietarios de la tierra escucharon de urbanistas y arquitectos sobre el mejoramiento de la Calle Merrimack, desde el paso elevado de la Ruta I-495 hasta South Broadway.

"Merrimack Street es el punto de entrada del sur a un importante corredor comercial que en los últimos años se han beneficiado de una revitalización exitosa de antiguas fábricas antes vacantes, incluyendo 2.6 millones de pies cuadrados de fábricas de reurbanización por Lupoli Companies y desarrollo de la vivienda tipo loft de 200 unidades por MassInnovation", según lee www.SouthCanalDistrict.com

La Fase 1 del proyecto está programada para comenzar en cualquier momento en agosto de 2015 a un costo de \$3.9M proporcionado por una subvención del Programa MassWorks del estado. La obra mejorará el corredor desde el paso elevado de la I-495 hasta la calle Unión.

La Fase 2 incluiría el resto de la Calle Merrimack que va desde la calle Union hasta South Broadway. Esta zona no es tan impresionante como la anterior, pero incluye grandes edificios que alberga a cientos de personas, como la ubicada en One Parker Street, hogar de CLASS que desde 1976 ha estado sirviendo a personas con discapacidades de todo el área de Lawrence y sus alrededores y la antigua estación de trenes frente a CLASS, que ha sido propiedad privada desde alrededor de 1959 la cual alberga oficinas y locales comerciales.

Y el más crítico, el Merrimack Paper Mill, con una larga y turbulenta historia y un gran incendio en enero de 2014, en eterno proceso de ser derribado, a pesar de la ayuda recibida de la Agencia de Protección Ambiental según lo anunciado por el alcalde en nuestra edición #445 del 8 de junio de 2014. Y no olvidemos que el propietario original todavía le debe a la ciudad millones en impuestos atrasados desde el 2002.

En nuestra opinión, la Fase 2 debe tener prioridad a la Fase 1. Esta última área no necesita nada, está todo hecho allí. En todo caso, podían plantarse algunos árboles y flores. Es la zona comprendida entre la calle Union y South Broadway la que necesita atención inmediata si estamos realmente interesados en atraer a nuevos inversionistas que traigan oportunidades de empleo, de lo contrario tendremos que esperar una eternidad para otro regalo.

Pero por supuesto, pensamos como inversionistas. ¡No somos políticos!

We don't think like politicians

On Thursday, July 9, Lawrence Mayor Daniel Rivera kicked off the Merrimack Street Land Use Planning meeting, where neighbors, businesses and land owners heard from city planners and architects about the enhancing of Merrimack Street, from the Route I-495 overpass to South Broadway.

"Merrimack Street is the southern entry point to an important commercial corridor which in recent years have benefitted from successful revitalization of formerly vacant mill buildings, including 2.6 million square feet of mills redevelopment by Lupoli Companies and loft housing development of 200 units by MassInnovation", reads www.SouthCanalDistrict.com

Phase 1 of the project is scheduled to start sometime in August 2015 at a cost of \$3.9M provided by a grant from the state's MassWorks Program. The work will improve the corridor from I-495 overpass to Union Street.

Phase 2 would include the rest of the Merrimack Street which runs from Union Street to South Broadway. This area is not as impressive as the previous one but includes large buildings housing hundreds of people such as the one located at One Parker Street, home of CLASS which since 1976 has been serving individuals with disabilities from around Greater Lawrence and the Olde Train Station across CLASS has been privately owned since about 1959 that houses offices and retail space.

And the most critical one, the Merrimack Paper Mill, with a long, troubled history and a major fire on January on 2014, forever in process of being razed despite the help received from the Environmental Protection Agency as announced by the Mayor in our edition #445 of June 8th, 2014. And let's not forget that the original owner still owes the city millions in back taxes dating back to 2002.

In our opinion, Phase 2 should take precedence to PHASE 1. The latter area that covers doesn't need anything; everything has been done there. If anything, a few trees and flowers should be planted.

Is the area comprised between Union Street and South Broadway that needs immediate attention if we are really interested in attracting new investors who could bring employment opportunities, otherwise we will have to wait forever for another gift.

But of course, we think as investors do; we are not politicians!

Rumbo

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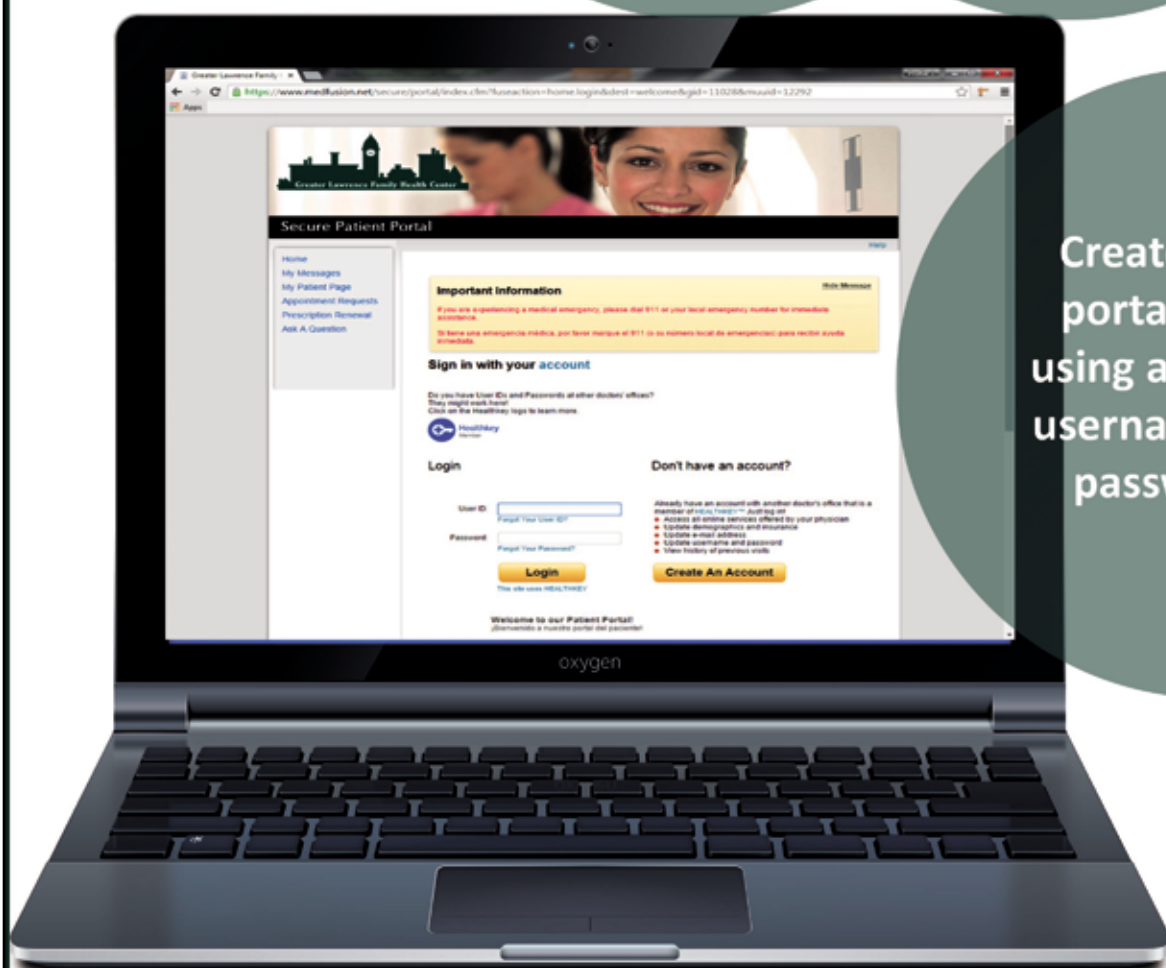
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POR DALIA DÍAZ
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■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Furor sobre el aumento de impuestos

No recuerdo en los últimos años que tantas personas se quejaron de un aumento de impuestos como el 2.5% aprobado por el Concejo de la Ciudad de Lawrence - pero en general fue sobre las acciones de los concejales de la ciudad.

Las quejas de la gente son en su mayoría que deberían haber buscado la manera de reducir el presupuesto y el tiempo extra (overtime) para la policía y bomberos era un área obvia. Si lo hubieran hecho, probablemente, no habría ninguna necesidad de un aumento.

El Concejal por el Distrito C Kendrys Vasquez estuvo en la radio la semana pasada casi disculpándose explicando por qué había que votar por el aumento. Cuando fue confrontado con la pregunta acerca de la reducción de la cantidad de horas extras disponibles para el departamento de policía y de incendio ahora que tenemos los miembros adicionales en ambos cuerpos, él insistió en que se necesitan. Incluso refutó que, si bien tenemos seis agentes de policía adicionales, los nueve bomberos contratados son posiciones que sustituyen a otros que se han jubilado o se han ido de la ciudad que es algo normal.

Kendrys, no hemos agregado números al total de los bomberos, llenamos las posiciones vacías. Es por esto que se necesitaba el dinero para pagar tiempo extra: no había cuerpos para hacer el trabajo por lo que ahora que están llenas, podemos eliminar las horas extraordinarias.

Por lo menos, el Concejal Vásquez se ha enfrentado a la controversia yendo a la radio y respondiendo a las llamadas telefónicas para explicar su lógica. Ninguno de los otros concejales ha dicho nada públicamente.

Necesitamos opciones de ingresos

También ha habido sugerencias aquí y allá sobre nuevas fuentes de ingresos para la ciudad, pero creo que lo que deben hacer es fortalecer las leyes y ordenanzas vigentes. Miren lo que el Departamento de Policía está haciendo con la aplicación de la ordenanza contra el ruido; las multas

de \$200 son un elemento de disuasión muy eficaz. He estado tomado notas; vamos a ver lo que usted piensa.

El Departamento de Servicios de Inspección debe ser renovado. Una excusa para no ir tras los violadores es que estamos escasos de inspectores. Estoy segura que el Concejo Municipal puede arreglar eso (si eligen hacerlo) mediante la contratación de inspectores adicionales que multen a los violadores. ¿Qué hay de pagarles una comisión? Que reciban un porcentaje de las violaciones que encuentren. No sé lo que eso implicaría o la negociación con el sindicato pero estoy sentada aquí pensando en voz alta.

Quizás la contratación de inspectores que recorran la ciudad por las noches y fines de semana visitando peluquerías y salones de belleza, tiendas de reparación de automóviles que no cumplan con las reglas de seguridad, vendedores de comida que ponen en peligro la salud pública, los proyectos de construcción en los fines de semana sin el beneficio de sacar un permiso de la ciudad las ventas de patio (yard sales) sin un permiso. La mayoría de la gente no sabe que el límite es de dos ventas de patio por año, sin embargo, algunos lugares sacan sus artículos cada fin de semana.

Esta sugerencia salió de Rich Russell: la inspección de las piscinas de la ciudad, pues él cree que nadie lo está haciendo. Esto fue algo que me tomó por sorpresa, ya que representa un mayor peligro para nuestras comunidades.

No es que yo quiera penalizar a las personas honestas que están ganándose la vida en este tipo de empresas o mejorar sus propiedades sin un permiso de construcción de la ciudad en silencio para que el valor de la propiedad, por lo tanto, los impuestos, no se incrementen. Tenemos reglas y regulaciones para el beneficio y la seguridad de nuestra comunidad. Si la ciudad fuera a recoger honorarios por esos permisos, representaría un buen ingreso y las multas a los infractores añadiría aún más.

Por último, que se llenen del valor necesario para quitarle el auto de la ciudad que el alcalde tiene para su uso personal. Con su sueldo de \$100,000, puede darse el lujo de comprarse uno y pagar su propio seguro y mantenimiento. El hecho de que otros alcaldes lo han hecho no significa que tiene derecho al mismo.

¿Dónde está la indignación?

En una carta fechada el 13 de julio de 2015, Sean Cronin, el Supervisor Fiscal de la Ciudad de Lawrence escribió en su informe mensual al Estado que el presupuesto del alcalde había sido aprobado por el Concejo Municipal "sin despidos." ¿No había oído hablar a estas alturas que Joel Chalas fue cesanteado?

El 6 de julio, el Alcalde Dan Rivera envió una carta a la Lawrence Municipal Classified Foremen's Association (la Unión) anunciando que Joel Chalas sería despedido debido a que el concilio redujo el presupuesto de DPW y no hay fondos para su salario y que él es el empleado con el menos antigüedad. Nada más lejos de la verdad, porque eso no es lo que hizo el Concejo.

Las gran pregunta no es lo que los concejales sin espina dorsal están haciendo o los favores políticos que el alcalde sigue otorgando a sus amigos no cualificados pero, ¿dónde está el público que tanto se preocupa por hacer las cosas bien?

¿Dónde está el periódico local en el idioma inglés que nunca dejó de agresivamente atacar al gobierno anterior por mucho menos que eso? Estamos de vuelta en los viejos tiempos proclamando que todo es maravilloso, incluso cuando casi nos fuimos a la quiebra.

¿Dónde está la prensa de Boston que tuvieron una temporada de caza durante el gobierno anterior basándose en artículos publicados terriblemente exagerados o mentiras flagrantes? Como ellos recogen sus noticias de los medios de comunicación locales, siempre respondían.

Y yo culpo al público que prefiere jugar a la ignorancia de los temas y no llaman a sus concejales, escriben una carta a los medios de comunicación o asisten a las reuniones del concejo municipal para quejarse porque eso es demasiado esfuerzo.

Enroll Now in MCC's STEM Starter Academy Summer Bridge

Incoming students to MCC's health and STEM (science, technology, engineering and math) programs can get ahead of the class with the Middlesex Community College STEM Starter Academy Summer Bridge Program.

Offered through the Health & STEM Pathways Center, these free, two-week summer sessions are open to new or continuing Middlesex students with less than 24 credits. Two sessions are offered: July 27 through Aug. 7, and Aug. 10–21. All courses take place on the Lowell campus.

"The Summer Bridge Program is an excellent way to introduce students to health and STEM resources at the college," said Audrey Frater, Director of MCC's Pathways Center. "Many of our health and STEM students who have successfully transferred started in a Summer Bridge."

Each day, students are introduced to new aspects of the health & STEM fields. Students explore careers in health and STEM fields, meet MCC faculty and staff, learn important study skills, get help developing a resume, and learn about available research, internship and job opportunities. Students also gain hands-on experience and laboratory skills and can connect with a peer mentor.

Middlesex faculty, staff and guest lecturers lead the sessions, which vary from year to year, but have recently included environmental science, biotechnology and clinical lab techniques.

"One of the most beneficial things this program offers is the opportunity for new students to connect with experienced students," said Frater. "Summer Bridge students often start their health or STEM programs feeling more connected because they know they're not alone. They know where to go if they need help and support."

For more information or to register for MCC's STEM Starter Academy Summer Bridge Program, visit www.middlesex.mass.edu/pathwayscenter or call the MCC Health & STEM Pathways Center at 978-322-8411.

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Lunes - Viernes

1.	Complejo Educativo Arlington	150 Arlington Street	B 7:30 - 8:30	L 11:30 – 1:30
*2.	Beacon Courts	71 Duckett Avenue		L 10:30 – 10:45
*3.	Boys and Girls Club	135 Water Street	S 9:00 - 9:45	L 12:30 – 1:15
4.	Escuela Bruce	135 Butler Street	B 7:30 - 8:30	L 11:30 – 1:30
*5.	Community Boating	7 Eaton Place		L 12:00 – 12:30
6.	Food for the World	468 Canal Street	B 9:00 - 9:15	L 12:00 – 12:30
7.	Complejo Educativo Frost	33 hamlet Street	B 7:30 - 8:30	L 11:30 – 1:30
*8.	Giesler Pool	50 High Street		L 12:45 – 1:15
*9.	Complejo Educativo Guilmette	80 Bodwell Street	B 7:30 - 8:30	L 11:30 – 1:30
*10.	Hancock Courts	61 Hancock Street		L 1:30 – 2:00
*11.	Higgins Pool	180 Crawford Street		L 12:00 – 1:00
12.	Escuela Superior	70-71 No. Parish Road	B 7:30 - 8:30	L 11:30 – 1:30
13.	Escuela Leahy	100 Erving Avenue	B 7:30 - 8:30	L 11:30 – 1:30
*14.	Merrimack Courts	59 Melvin Street		L 11:00 – 11:15
15.	Complejo Educativo North Common	233 Haverhill Street	B 7:30 - 8:30	L 11:30 – 1:30
16.	Escuela Oliver Partnership	183 Haverhill Street	B 7:30 - 8:30	L 11:30 – 1:30
17.	Complejo Educativo Parthum	255 East Haverhill St.	B 7:30 - 8:30	L 11:30 – 1:30
18.	Complejo Educativo So Lawrence East	165 Crawford Street	B 7:30 - 8:30	L 11:30 – 1:30
19.	Escuela Wetherbee	75 Newton Street	B 7:30 - 8:30	L 11:30 – 1:30
*20.	North Common Park	Haverhill Street		S 2:00 – 2:15
*21.	Riverfront Park	Rowe Street		S 2:00 – 2:15

B= Desayuno L= Almuerzo S= Snack

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The Machine Shop is Back!

By Marko Duffy



The machine shop is back. Figuratively and literally. The machine shop industry and a machining career path are doing great and need you!

Figuratively speaking the machining

industry is growing and the demands are getting tougher and tougher to meet. The industry as a whole is healthy and employers are working hard at bringing in, training and developing a high tech, highly talented work force. If you are a skilled machinist you are employed, valued and doing well financially. You have job security, benefits, room for advancement and you work in a fast paced, exciting high tech atmosphere. Sounds pretty good!

Machine shops range in size from one man shops to literally hundreds of employees. The biggest machine shop I may have ever been in is Raytheon's in the Andover plant. The smallest the one is what my friend Frank's has in 1 room here in Lawrence. Machine shops come in all shapes and sizes and offer different advantages and opportunities.

There are family businesses, small

shops with just a few employees, midsize shops that offer opportunity and a chance to advance and there are shops that are part of big companies that have amazing benefit and retirement packages. What's important to you? If you are in the machine shop industry you can literally take your pick of what size and shape company you want to work at.

And if job security is important to you, how about working in an industry that has 2 openings for every new qualified candidate? If you are a machinist worth your salt you will be valued and respected, you'll be taken care of as if you were part of the family and when things are lean and business is tough, the best of the best are always still working and never laid off. If you are good at this, you're as secure in your job as you can be.

In fact, the average machinist is aged 57 years old and aging fast. There are openings that are going unfilled every day and the #1 lament from most of the shop owners and managers I hear is that there are limited numbers of skilled machinists being developed right now. There is a big need out there and if you can get the training and experience there will not be a shortage of opportunities for you. And this is where the machine being back literally comes into play.

Right here in Lawrence young people can once again choose Machine Technology

as a course of study at the Greater Lawrence Regional Vocational High School. After a 10 year absence the Machine Technology program is back and looking to start producing these highly skilled and much needed future employees, managers and owners. A fully equipped machine shop led by instructors that know the business and the technology well will be open for business and offering opportunity and a career to any high school students eager to take advantage of the opportunity.

Been out of high school a few years? Northern Essex Community College introduced a Machine Tool Technology program as well 3 years ago. This certificate program is offered to adults and is another great way to get the training necessary to enter this diverse, demanding and lucrative industry. With this training, a good work ethic, a willingness and ability to learn, you're on your way to a career you'll find exciting and rewarding.

What both of these schools are doing is responding to the outcry from some of New England's largest employers. To compete in a world market they need machinists and machine shops that can make their difficult and close tolerance parts and products. It's well known that companies in this region are creating some of the most high tech and envelope pushing products the world has ever seen. To do this the degree of difficulty in the hardware and parts that make their

ideas real has gone up exponentially and they need skilled and creative machinists.

So the machine shop is back. Figuratively as a choice and a career path and literally right here in your back yard. And how you want to do this, what the company you work for looks like, the opportunity to own your own business. Whatever is important for you, there is a shop that fits your vision.

And as always, a story! My friend Richie owned a machine shop that he ran out of his garage in Andover. One day I stopped in to see him and the doors were open but he was nowhere to be seen. Some of the automated equipment was still humming but no Richie. Then he came walking across the street from the pond near his house, fishing rod and tackle box in hand. A little lunch time fishing is what you want? Richie did and he made it happen. You can make your dreams come true by making machining your choice.

Marko Duffy CEF is President Marathon Manufacturing Services LLC.

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July 18, 2015 at 10:00 a.m.

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36 Midgley Lane, Worcester, MA 01604

617-388-1331

email: paulastuart@charter.net



¡El taller de mecánica renace!

Por Marko Duffy



Los talleres de mecánica están haciendo su entrada nuevamente en el mundo laboral. En sentido figurado y literal. La industria de la mecánica industrial y una carrera en esta industria de mecanizado están creciendo y lo necesitan para ocupar puestos de trabajo.

Hablando en sentido figurado la industria del mecanizado está creciendo y las exigencias son cada vez más y más difíciles de satisfacer. La industria en su conjunto está saludable y los empleadores están trabajando con ahínco para atraer, entrenar y desarrollar una alta tecnología, mano de obra altamente talentosa. Si usted es un mecánico experto usted está empleado, valorado y le va bien económicamente. Usted tiene seguridad en el empleo, buenos beneficios, probabilidad de avance y trabaja en un emocionante ambiente de alta tecnología a un ritmo rápido. ¡Suena muy bien!

Los talleres mecánicos varían en tamaño desde tiendas de un trabajador hasta literalmente cientos de empleados. El taller de maquinaria más grande en el que pude haber estado alguna vez fue en la planta de Andover de Raytheon. El más pequeño

es el de mi amigo Frank que lo tiene en una habitación aquí en Lawrence. Los talleres mecánicos vienen en todas formas y tamaños y ofrecen diferentes ventajas y oportunidades.

Hay empresas familiares, pequeñas tiendas con unos pocos empleados, talleres medianos que ofrecen oportunidades para avanzar y hay talleres que forman parte de las grandes empresas que tienen beneficios y programas de jubilación increíbles. ¿Qué es importante para usted? Si usted está en la industria mecanizada, literalmente, puede escoger el tamaño y la clase de compañía en que desea trabajar.

Y si la seguridad del empleo es importante para usted ¿qué piensa de trabajar en una industria que tiene dos posiciones vacantes por cada nuevo candidato calificado? Si usted es un buen maquinista será valorado y respetado, será tratado como si fuera parte de la familia y cuando la situación empeora y los negocios se ponen difíciles, los mejores siempre siguen trabajando y nunca cesanteados. Si usted es bueno en su trabajo, podrá estar tan seguro en su trabajo como el que más.

De hecho, el maquinista promedio tiene 57 años y están envejeciendo rápido. Hay posiciones sin poder llenar todos los días y el lamento #1 de la mayoría de los dueños de talleres y gerentes que escucho es que hay un número limitado de maquinistas capacitados en estos momentos. Hay una gran necesidad y si usted puede obtener la capacitación y la experiencia no habrá

escasez de oportunidades para usted. Y aquí es por lo que digo que la mecanización está de vuelta, literalmente, entrando en el juego.

Aquí mismo, en Lawrence los jóvenes pueden elegir una vez más la tecnología de la mecánica como un curso de estudio en el Greater Lawrence Technical School. Después de una ausencia de 10 años el programa de Tecnología de Máquinarias está de vuelta y listo para comenzar a producir estos altamente competentes y muy necesarios futuros empleados, gerentes y propietarios. Un taller totalmente equipado dirigido por instructores que conocen el negocio y la tecnología, estarán dispuestos a enseñar a los estudiantes y ofrecerle oportunidades y una carrera a cualquier estudiante de secundaria con deseos de aprovechar la oportunidad.

¿Ha estado en la escuela secundaria por unos años? Northern Essex Community College introdujo un programa de Herramientas y Tecnologías de Mecánica hace 3 años. Este programa de certificación se ofrece a los adultos y es otra gran manera de conseguir la formación necesaria para entrar en esta industria diversa, exigente y lucrativa. Con este entrenamiento, una buena ética de trabajo, la voluntad y la capacidad de aprender, usted está en su camino a una carrera que encontrará emocionante y gratificante.

Lo que estas escuelas están haciendo es respondiendo a las protestas de algunos de los mayores empleadores de Nueva Inglaterra. Para competir en un mercado mundial necesitan maquinistas y talleres

mecánicos que puedan fabricar sus piezas y productos de tolerancia difíciles. Es bien sabido que las empresas de esta región están creando algunos de los productos de más alta tecnología y modernos que el mundo haya visto. Para ello, el grado de dificultad en el equipo y piezas que hacen realidad sus ideas ha aumentado exponencialmente y necesitan operarios calificados y creativos.

Por lo tanto, el taller de la mecánica está de regreso. En sentido figurado como una elección y un plan de carrera y, literalmente, aquí mismo en nuestro patio. Y por ende, cómo quiere lograrlo, lo que la empresa para la que trabaja debe ser, la oportunidad de poseer su propio negocio. Todo lo que es importante para usted, que hay un taller que se ajusta a su visión.

¡Y como siempre, una historia! Mi amigo Richie era dueño de un taller de mecánica que operaba en su garaje en Andover. Un día me detuve a verlo y las puertas estaban abiertas pero él no estaba por ningún lado. Algunos de los equipos automatizados todavía estaba andando pero nada de Richie. A poco se acercó cruzando la calle desde el estante cerca de su casa, caña de pescar y caja de anzuelos en la mano. ¿Un poquito de pesca durante el almuerzo es lo que usted quiere? Richie quería eso y lo hizo posible. Usted puede hacer sus sueños realidad haciendo la mecánica su elección.

Marko Duffy CEF es Presidente de Marathon Manufacturing Services LLC.



Dr. Khoa Tran, MD, Gastroenterólogo de Pediatría,
Floating Hospital for Children - Tufts Medical Center
Centro de Especialidad Pediátrica de Lawrence

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Monday - Friday
July 20 to July 31

No Appointment Required
Family Resource Center
Lower Level
60 Island Street
Lawrence, MA

Save time! You may complete the registration packet online at www.lawrence.k12.ma.us

Please be prepared to share the following documents for each child being registered:

- LPS Registration Packet
- Child's health records:
 - Complete immunization records
 - Copy of the most recent physical (within a year)
 - TB test with results or low risk assessment
 - Vision screening (must include Stereopsis)
Kindergarten only
 - Lead test result
Kindergarten only
- Original birth certificate
- Legal custody papers, if applicable
- Last report card or transfer form, if coming from another community
- I.E.P., if student received services under a Special Education Program
- I.A.P., if the student receives services under Section 504
- Proof of residency (such as electric/gas bills or mortgage bills dated within 30 days or a certified rental agreement).

Students entering kindergarten must be 5 years old on or before September 1, 2015.



For more information please call or visit the Lawrence Public Schools Family Resource Center

Family Resource Center - Lower Level - 60 Island Street - Lawrence - MA

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Especial

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- Formulario de inscripción de LPS
- Certificado de nacimiento original
- Registros de salud del (la) niño(a):
 - Registros completos de vacunación
 - Último reporte de notas o documentos de transferencia, si viene de otra comunidad
 - Una copia del examen físico más reciente (no más viejo de un año)
 - P.E.I., si el(la) estudiante recibe servicios bajo un Programa de Educación Especial
 - Prueba de Tuberculosis con resultados o una evaluación de bajo riesgo.
 - P.A.I., si el(la) estudiante recibe servicios bajo la Sección 504
 - Exámen de la vista (que incluya Estereopsis) *Kindergarten solamente*
 - Prueba de domicilio (por ejemplo facturas de servicios de electricidad/gas o factura de hipoteca que tengan menos de 30 días o un contrato de alquiler certificado).
 - Resultados de la prueba de plomo *Kindergarten solamente*

Los estudiantes ingresando al Kindergarten deben tener 5 años de edad antes o para el 1ro de septiembre.



Para mas información favor de llamar al Centro de Recursos Familiares de las Escuelas Públicas de Lawrence.
Family Resource Center - Lower Level - 60 Island Street - Lawrence - MA

(978) 975-5900

Friends of Merrimack Valley Hospice brings comfort to their patients and guests

Friends of Merrimack Valley Hospice is supporting the patients and families served by Merrimack Valley Hospice House with their recent purchase of recliners for each of the private suites at this specialized facility to help those nearing end of life. This gift is part of the group's first annual gift to benefit the Hospice House and the care provided by Merrimack Valley Hospice.

Funds raised by Friends of Merrimack Valley Hospice House were the result of the group's successful annual "Spring has Sprung" fundraiser brunch, held each spring. This first gift by the Friends provided replacement reclining chairs to the 14 original patient suites at Merrimack Valley Hospice House, which has been providing specialized end-of-life care to patients and their families since 2009.

"Many of the members of Friends of Merrimack Valley Hospice have personally experienced the physical, emotional and spiritual care of the Hospice House for someone we know and love," says Stephen Janavicus, founding Board President of the Friends of Merrimack Valley Hospice. "Our first gift to the Hospice House provides a comfortable seat to relax in while surrounded by the unique and specialized care delivered there."

The Friends of Merrimack Valley Hospice was created by a passionate group of individuals touched by the work of Merrimack Valley Hospice and the



Merrimack Valley Hospice House. Friends of Merrimack Valley Hospice is an auxiliary, all-volunteer service organization supporting Merrimack Valley Hospice's patients and their families by raising awareness and funds through yearly activities.

Membership is open to all and information is available at www.MerrimackValleyHospice.org/friends or by calling 978-552-4927.

Friends of Merrimack Valley Hospice board of trustees, Susan Desmet, Bridget Grella, Mary Toomey, and Steve Janavicus install the group's first gift to Merrimack Valley Hospice House. Replacement patient recliners in the original 14 suites were donated from proceeds of the group's successful Spring has Sprung fundraiser brunch held each April.

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Estudio sobre el colesterol publicado por la American Heart Association

Cerca de la mitad de los hispanos no saben que tienen altos niveles de colesterol; menos de un tercio recibe tratamiento

Informe del diario de la American Heart Association Rapid Access

Lo más destacado del estudio

- Un estudio llevado a cabo en varios sitios reveló que alrededor de la mitad de los hispanos no están al tanto de tener altos niveles de colesterol.

- De aquéllos conscientes, menos de un tercio recibe tratamiento.

- Los adultos jóvenes, las mujeres, la gente sin seguro médico, los que cuentan con un bajo nivel de ingresos y los inmigrantes recientes son los más propensos a no controlar su colesterol alto.

Según un nuevo estudio publicado en el Diario de la American Heart Association, cerca de la mitad de los adultos hispanos desconocen que tienen altos niveles de colesterol y menos de un tercio recibe algún tipo de tratamiento.

Los hispanos son uno de los grupos étnicos que más rápido crece en Estados Unidos, con 52 millones como parte de la población del país, pero su conocimiento y manejo del colesterol alto está por debajo del de otros grupos étnicos. Educar a los hispanos/latinos sobre la importancia de mantener niveles de colesterol sanos puede tener un impacto de salud pública significativo al reducir las enfermedades cardíacas en la nación.

Los investigadores revisaron la información de 16,415 hispanos, de entre 18 y 75 años de edad, quienes participaron en el Estudio sobre la salud de la comunidad hispana /Estudio de latinos.

Descubrieron que:

- 49.3 por ciento de los hispanos no están al tanto de tener altos niveles de colesterol; de aquéllos conscientes, únicamente el 29.5 por ciento recibe tratamiento.

- El colesterol alto es más común en hombres que en mujeres, 44 por ciento contra 40.5 por ciento; sin embargo, los hombres tuvieron tasas más bajas en cuanto al tratamiento que reciben para controlar el colesterol en comparación con las mujeres, 28.1 por ciento contra 30.6 por ciento.

- El 40 por ciento de los participantes era obeso, el 25 por ciento tenía presión arterial alta y el 17 por ciento diabetes, todos ellos factores de riesgo para las enfermedades cardíacas y los ataques cerebrales. Los participantes con dichas condiciones estaban más conscientes de tener altos niveles de colesterol.

- Los adultos jóvenes, las mujeres, la gente sin seguro, los que cuentan con un bajo nivel de ingresos y los inmigrantes recientes son los más propensos a no controlar su colesterol alto.

- Los hispanos nacidos en Estados Unidos son menos conscientes de tener colesterol alto en comparación con los hispanos nacidos en otro país, sin embargo, se vio una relación entre una larga residencia en Estados Unidos y mayor conciencia, tratamiento y control del colesterol.

“Muchos hispanos tienen altos niveles de colesterol, aproximadamente 45 por ciento, probablemente debido a una mezcla de genes y dieta”, dijo Carlos J. Rodriguez, M.D., M.P.H., autor principal del estudio y profesor asociado de medicina y epidemiología en la Facultad de Medicina Wake Forest School en Winston Salem, Carolina del Norte.

“Lo que sorprende aún más es la falta de

conciencia, tratamiento y control. Eso debe cambiar, ya que la conciencia es el primer paso para la prevención”, comentó.

En el estudio, el tratamiento fue efectivo en el 64 por ciento de los pacientes tratados, lo que indica que la conciencia y el buen manejo puede bajar los niveles de colesterol.

Es crítico que nos enfoquemos en estas brechas tanto para reducir el riesgo de los hispanos/latinos de tener colesterol alto y enfermedades cardíacas como para mejorar la salud pública en general.

“Para los hispanos, la falta de conciencia es un problema con origen en diferentes niveles: el acceso al cuidado médico y las dificultades entre el paciente y el doctor como barreras de lenguaje o insensibilidad cultural pueden contribuir a dichas brechas”, mencionó Carlos.

La meta de impacto 2020 de la American Heart Association es mejorar la salud cardiovascular de todos los estadounidenses un 20 por ciento al reducir las muertes a causa de enfermedades cardiovasculares y ataques cerebrales 20 por ciento; mejorar los niveles de colesterol entre los estadounidenses es un componente crítico para alcanzarla.

“Las enfermedades cardíacas siguen siendo un amenaza para la salud de todos; nadie es inmune. Si continuamos nuestro récord de éxito en reducir las enfermedades cardíacas, tendremos que ampliar nuestro objetivo para la reducción de los factores de riesgo,” dijo Clyde W. Yancy, M.D., jefe de cardiología en la Facultad de Medicina Feinberg en la Northwestern University, vocero y expresidente de la American Heart Association.

“No podemos dormirnos sobre nuestros laureles mientras casi un 50 por ciento de los latinos en Estados Unidos con colesterol alto desconoce la presencia de dicho factor de riesgo para enfermedades cardíacas y por lo tanto permanece expuesto a un mayor riesgo de ataques cardíacos y cerebrales. Debemos entender esto como una carga de riesgo inaceptable, considerar las políticas de salud pública y la conciencia de la comunidad, y redoblar el enfoque en la prevención en todas las comunidades en riesgo”.

Yancy no participó en el estudio. Los coautores son Jianwen Cai, Ph.D.; Katrina Swett, M.D.; Hector Gonzalez, Ph.D.; Gregory A. Talavera, M.D., M.P.H.; Lisa Wruck, Ph.D.; Sylvia Wassertheil-Smoller, Ph.D.; Donald Lloyd-Jones, M.D., Sc.M.; Robert Kaplan, Ph.D. y Martha Daviglius, M.D., Ph.D.

Las declaraciones y conclusiones de los autores del estudio presentados en las reuniones científicas de la American Heart Association son propias de los autores del estudio y no reflejan necesariamente la política o posición de la Asociación. La Asociación no representa ni garantiza su exactitud o confiabilidad. La Asociación recibe fondos principalmente de individuos, fundaciones y corporaciones (incluyendo farmacéuticas, fabricantes de dispositivos y otras compañías); también realiza tanto donaciones como programas y eventos específicos de fondos. La Asociación tiene políticas estrictas para prevenir que estas relaciones influyan el contenido científico. Los ingresos de las corporaciones farmacéuticas y de dispositivos están disponibles en www.heart.org/corporatefunding.

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Boicoteando a Donald Trump

Por Humberto Caspa, Ph.D.

Los comentarios incendiarios e intolerantes de Donald Trump, despertó al Fantasma Latino. Personalizado en más de 54 millones de habitantes —17% de la población total—, el fantasma latino se moviliza por las calles de Estados Unidos y empieza a bloquear uno-a-uno los negocios del intolerante rojizo.

Los latinos van por el Bloqueo económico; los latinos no quieren nada relacionado con los negocios de Trump; los latinos sienten en carne propia su racismo; los latinos claman por justicia.

Unos años atrás, el comediante de HBO Bill Maher hizo un comentario picaresco sobre la complexión física de Donald Trump. Mostró la imagen de un orangután y la del ex presentador de The Apprentice y sonriente a severo: Se parecen; Trump es descendiente de los orangutanes rojos (de Sumatra).

Solo un ego maniático como Trump —creyente que puede hacer lo que quiere—, duda de su identidad y amenaza con enjuiciar a un comediante por difamación por un chiste que, aparentemente, le causó un daño irreparable.

Si los orangutanes tendrían la capacidad de protestar, es muy probable que se sentirían ofendidos por ser comparados con un personaje tan barato como Trump. Estos animales pertenecen a familia de los homínidos y, después del hombre, son los más inteligentes de su clase.

La cadena de televisión Univisión sentó un precedente muy importante en la comunidad latina después de los abusos verbales de Trump. Inició un Boicot

contra sus intereses económicos; no van a transmitir el certamen de belleza Miss USA y Miss Universo, y no van a permitir que ninguno de sus trabajadores tenga alguna relación con los negocios de Trump.

Asimismo, Roselyn Sánchez, Cristian de la Fuente, Cheryl Burke y Thomas Roberts, maestros ceremonias de dicho certamen, decidieron apoyar el Boicot y no participarán en el evento. El cantante rapero colombiano J. Balvin y otros artistas también cancelaron y no van a actuar.

Por otra parte, la cadena de televisión NBC, que también es dueña del certamen de belleza, sintió la presión de más de 200,000 personas que firmaron una petición para que rompan los contratos con Trump y dejen de transmitir los eventos de Miss USA y Miss Universo.

MACY'S, cadena preferida de los Latinos de clase media alta, también objetó la irracionalidad de Trump y está tirando a la "basura" su marca de vestir.

Ahora el turno de todos los países latinoamericanos, especialmente las organizaciones encargadas del certamen de belleza, de boicotear el evento Miss Universo. México fue el primero en hacerlo y no va a enviar a un representante este año. Es necesario que todos los países latinoamericanos no participen hasta que Trump se desligue totalmente de este certamen.

El año pasado, Donald Sterling, ex dueño del equipo de basquetbol de Los Clippers, se refirió en forma peyorativa de la comunidad afroamericana. Creó una crisis interna dentro de su organización y

tuvo que no solo renunciar a su cargo sino también a la propiedad de su equipo.

El caso de Donald Trump es algo similar. La ofensa contra la comunidad latina fue mayúscula. No podemos dejar que un hombre intolerante haga millones de dólares con el sudor de los latinos.

Tenemos que Boicotear todo lo que está asociado con Trump.

Humberto Caspa, Ph.D., es profesor e investigador de Economics On The Move. E-mail: hcletters@yahoo.com

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Cuándo: Miércoles 22 de Julio
(11 am – 3 pm)

Donde: Boston Commons

Consiste: Entretenimiento, exposiciones y una marcha!

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ADA 25 years

Celebrate the Americans with Disabilities Act

www.ADA25Boston.org

Boston Common July 22, 2015

11:00AM - 3:00PM

This year marks the important milestone of the 25th Anniversary of Americans with Disabilities Act. Help celebrate by joining us on the Boston Common on Wednesday, July 22 from 11AM - 3PM. The event is rain or shine and **FREE** to the public!

The March 11AM-12PM

The march gathers by 11am on the Boston Common at the corner of Boylston and Tremont Streets.

Speakers 12PM-1PM

Entertainment 1PM-2:15PM

And there will be tons of family-friendly activities happening all throughout the day. Hope to meet you there!

Finalizan acuerdo con el presupuesto estatal para FY16

El miércoles, la Cámara se reunió para votar sobre el informe del comité al cargo del presupuesto para al Año Fiscal 16. El informe, que incluye \$38,145 billones en el gasto, cuenta con un incremento del 3.5% en el gasto global para la educación, la ayuda local y proyectos importantes en todo el Valle de Merrimack.

El presupuesto de la Legislatura incluye \$4.25 millones por los que la Senadora L'Italien luchó para financiar un programa competitivo de becas para el personal policial en todo el estado. Lawrence recibió \$1 millón del programa en el año fiscal 2015 y es una de sólo 10 ciudades que pueden recibir financiación en el año fiscal 2016, que comenzó el 1 de julio. El dinero puede ser utilizado para contratar o retener a los agentes de policía, pagar por las horas extras para los oficiales y/o pagar por los gastos asociados con la contratación de oficiales tales como uniformes y capacitación.

La Senadora L'Italien dijo que espera que una porción significativa de esos \$4.25 millones se destinarán a Lawrence. Los Representantes Estatales Marcos Devers (D-Lawrence), Diana DiZoglio (D-Methuen) y Frank Moran (D-Lawrence) se unieron a la Senadora L'Italien empujando por la aprobación de estos fondos para personal policial.

Varios otros programas para ayudar a las personas con discapacidad para la cual la Senadora L'Italien ha sido una defensora inquebrantable también recibieron financiación en el presupuesto de la Legislatura.

Estos programas incluyen: Respite Services and Family Support, que ayuda a las familias a mantener a sus familiares con discapacidad viviendo con ellos

en casa; Employment Blueprint, que ofrece capacitación laboral y de empleo entrenadores a los adultos con discapacidad; así como servicios de apoyo a la atención esencial para los adultos con discapacidad, tales como la alimentación, la higiene personal y el asesoramiento conductual.

El presupuesto de la Legislatura incluye dinero para nueve organizaciones no lucrativas Lawrence - financiación por las que lucharon la Senadora L'Italien y los Representantes Estatales Devers, DiZoglio y Moran.

Lawrence Casa Dominicana: \$50,000 para cursos para adultos de bajos ingresos para la ciudadanía, GED e Inglés como segundo idioma.

GroundWork Lawrence: \$25,000 para su programa de empleos de verano para jóvenes.

New England Veteran Liberty House: \$50,000 para ayudar a los veteranos a encontrar trabajo, vivienda, atención de salud y servicios de asesoramiento.

Lawrence Family Development and Education Fund: \$50,000 para clases de educación de inglés como segundo idioma, para la ciudadanía, asistencia con la aplicación para la ciudadanía y entrenamiento en computadoras para adultos de bajos ingresos.

Arlington Community Trabajando: \$50,000 para iniciativas de desarrollo comunitario, así como vivienda asequible, la prevención de la ejecución hipotecaria, la educación para compradores de vivienda por primera

vez y los programas de educación financiera para las familias.

Servicios para la Familia de Merrimack Valley: \$10,000 para un programa para ayudar a jóvenes en riesgo de explotación sexual.

Methuen/Arlington Neighborhood, Inc.: \$50,000 para aumentar las oportunidades empresariales, inversiones en el barrio y revitalización, y la autosuficiencia de los residentes de bajos ingresos de Lawrence y Methuen.

Lawrence-Methuen Community Coalition: \$25,000 para clases de educación básica para adultos.

Food for the World: \$50,000.

"Estos fondos permitirán a las organizaciones locales seguir creciendo, los recursos comunitarios serán apoyados financieramente y el estado podrá seguir adelante con iniciativas de gastos importantes. Estoy muy contento de estar con mis colegas en apoyo de este plan y quiero agradecer al Presidente Robert DeLeo, al Chairman Dempsey y la delegación de Lawrence por todo el trabajo que han puesto en este presupuesto", dijo el Representante Frank Moran.

Además, la financiación de los reembolsos de las escuelas charter se aumentó en \$500,000 y el Crédito Tributario por Ingreso del Trabajo se elevó de 15% a 23%.

El Gobernador Baker tendrá 10 días para revisar el proyecto de ley antes de firmarlo o emitir un veto.

Agreement reached on State Budget for FY16

On Wednesday, the House met to vote on the conference committee report on the budget for FY16. The report, which includes \$38,145 billion in spending, features a 3.5% increase in overall spending for education, local aid and significant projects throughout the Merrimack Valley.

The Legislature's budget includes \$4.25 million that Sen. L'Italien fought for to fund a statewide competitive police staffing grant program. Lawrence received \$1 million from the program in Fiscal 2015 and is one of only 10 cities eligible for funding in Fiscal 16, which began July 1. The money can be used to hire or retain police officers, pay for overtime for officers and/or pay for associated hiring costs such as uniforms and training.

Sen. L'Italien said that she expects a significant portion of the \$4.25 million will go to Lawrence. State Reps Marcos Devers (D-Lawrence), Diana DiZoglio (D-Methuen) and Frank Moran (D-Lawrence) joined Sen. L'Italien in pushing hard for the police staffing grants.

Several other programs to help individuals with disabilities for which Sen. L'Italien has been an unwavering advocate also received funding in the Legislature's budget.

These programs include: Respite Services and Family Support, which helps families keep relatives with disabilities living with them at home; Employment Blueprint, which provides employment training and job coaches to adults with disabilities; as well as services that support essential care for disabled adults such as

PLEASE SEE **BUDGET**

CONTINUES ON PAGE 16

Ciudad de Nashua

Division de Salud Publica y Servicios Comunitarios Servicios Clínicos Sin Citas

Clínica de Inmunizaciones (para niños y adultos sin seguro)	Clínica de STD/HIV/HCV	Clínica para tomarse la Presion Arterial
<p>Martes 4:00 PM - 7:00 PM</p> <p>Viernes 8:30 AM - 10:30 AM</p> <ul style="list-style-type: none"> • \$10 por persona • Nadie será rechazado por inhabilidad de pagar. • Por favor, traiga su expediente de vacunas. 	<p>Jueves 3:00 PM - 6:00 PM</p> <ul style="list-style-type: none"> • Se aplicaran cobros si es necesario 	<p>Martes 1:30 PM - 3:30 PM</p> <p>Jueves 3:00 PM - 6:00 PM</p> <p>Viernes 8:30 AM - 10:30 AM</p> <ul style="list-style-type: none"> • Gratis.

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Conozca la directora de Esperanza Academy: Annmarie Quezada

Por Lilly Leggio

Annmarie Quezada, la nueva directora de Esperanza Academy, quien por los últimos nueve años ha servido como la directora del departamento de idiomas mundiales de St. John's Preparatory School en Danvers, dice que fue la misión de Esperanza, de "empoderar y preparar a nuestras niñas a afrontar retos con valentía, integridad y respeto" que primero la hizo sentirse conectada a la escuela y motivada a solicitar la posición.

Según la Sra. Quezada, su ética de trabajo, experiencia educacional, y trayectoria en los últimos 15 años "en escuelas que tienen propósito, rigor académico y una clara visión de ayudar a los estudiantes salir de la pobreza y en un lugar positivo donde sobresalen" la han guiado directamente a Esperanza Academy.

"Estoy emocionada de trabajar con Chris Wilson, los profesores, y administradores. Espero poder observar el currículo desde su base", dijo la Sra. Quezada.

Ella trabajó en St. John's Prep., una escuela de varones y ahora viene a una escuela de niñas porque es partidaria de la educación de un solo género porque permite a las estudiantes florecer en su propio ambiente, con integridad y confianza y sin el elemento de las normas sociales predisuestas. Creo que una escuela de niñas tiene mucho en común con una escuela de niños. La idea de romper la tensión académica en el aula junto con el sentido de comunidad y una dedicación a seguir la misión desarrolla un ambiente de apoyo y disminuye las influencias externas que impiden a una estudiante llegar a sus mejores logros.

En su aplicación para directora, citó a Angela Duckworth: "Perseverancia y trabajo duro realmente permiten a personas quien no son excepcionales lograr metas excepcionales." La Sra. Quezada piensa que esta cita se alinea con sus creencias y espera poder aplicar esta filosofía particular en Esperanza Academy.

"Angela Duckworth para mí, como profesora y administradora ha sido una guía iluminante. Es mi creencia que la determinación y el coraje pueden ser tutelados e infundidos en los jóvenes si se les da el ambiente adecuado. Creo que las estudiantes pueden beneficiarse de las altas expectativas y tutelado de una manera que les permita desarrollar confianza y mejorar sus situaciones personales a medida que avancen. Espero poder inculcar estas ideas a las jóvenes de Esperanza."

Esperanza Academy es una escuela intermedia (5to a 8vo grados) privada y gratuita donde niñas de bajos recursos de la ciudad de Lawrence, son bienvenidas dentro de una comunidad educativa de empoderamiento. Esperanza les ofrece a sus estudiantes una educación transformadora que integra un currículo académico riguroso con programas deportivos, de arte, de servicio comunitario, de enriquecimiento cultural, y de espiritualidad. Este enfoque educativo integral promueve la formación de intelecto, carácter, auto-confianza y conciencia social de cada niña.

Lilly Leggio es la Directora de Comunicaciones y Divulgación de Esperanza Academy.



Meet Esperanza Academy's Principal: Annmarie Quezada

By Lilly Leggio

Annmarie Quezada, Esperanza Academy's new principal, who for the past nine years has served as the chair of the world languages department at St. John's Preparatory School in Danvers, says that it was Esperanza's mission to "empower and prepare our girls to meet challenges with courage, integrity, and respect" that first made her feel connected to the school and compelled her to apply.

According to Mrs. Quezada, her work ethic, educational experience, and trajectory over the past 15 years "in schools that have purpose, academic rigor, and a clear vision of helping students out of poverty and into a positive place where they can excel" have led her directly to Esperanza Academy.

"I am excited about working with Chris Wilson and Esperanza's faculty. I look forward to observing the curriculum from the ground up," Mrs. Quezada said.

She worked at St. John's Prep, an all-boys school for 13 years and now is coming to an all girls' school because she supports single-sex education as it enables students to blossom into their own niche, with confidence and integrity and without the element of predisposed social norms.

"I think an all girls' school has much in common with an all boys' school. The idea of breaking down academic tension in a classroom coupled with community and a dedication to follow the mission unfolds a supportive environment and diminishes outside influences that deter a student from achieving his/her best.

In her cover letter, she quoted Angela Duckworth: "Perseverance and hard work really do allow otherwise unexceptional people to achieve exceptional goals." Mrs. Quezada believes this quote aligns with her beliefs and hopes to apply this particular philosophy at Esperanza Academy.

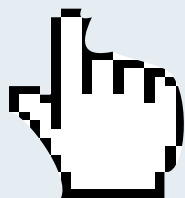
"Angela Duckworth's quote for me as a teacher and administrator has been a guiding light. It is my belief that grit can be mentored and infused into young women if given the right environment. I believe the students can benefit by being held to high expectations and mentored in a way that allows them to build self-confidence and improve their personal situations as they move forward. I hope to instill this idea with the girls here at Esperanza."

Esperanza Academy is an independent, tuition-free middle school where girls of modest means from Lawrence, are welcomed into an empowering learning community. Esperanza offers its students a transformative education that integrates a rigorous academic curriculum with programs in athletics, the arts, community service, cultural-enrichment, social skills, and spirituality. This holistic educational approach fosters the formation of each girl's intellect, character, confidence, and social consciousness.

Lilly Leggio is the Director of Communications and Outreach for Esperanza Academy.

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City uses new technology to prepare annual summer paving program

Next stop: sidewalks!

This year, the city will receive a record amount of money, approximately \$1.5 million, to pave its roads.

As the city prepares for its annual road paving, Mayor Fiorentini announced that the city will use a new advanced “pavement management system” to assess its roads and help to determine which roads to pave.

The City of Haverhill has one of the largest landmasses of any city in the state. Haverhill has over 1,400 streets, 230 center line miles of street.

Determining which roads to pave is an incredibly difficult task. Five years ago, the city became one of the first cities in the area to use a computerized “pavement management system” to help gather the data to determine which roads to pave.

A high-technology pavement management system starts with a very low tech job, every 3 to 5 years, of having summer interns go out in physically inspect and photograph every single roadway in the city. That work was completed last summer.

The data is then put into a computer system maintained at the Merrimack Valley Planning Commission. Each road is evaluated and given a rating. The pavement management program allows the city to determine which roads are most in need of repair and to allocate money for preventative maintenance. The payment management system also allows the city to determine which roads can better be maintained through a preventive maintenance program with the use of such innovative techniques as crack sealing and micro-surfacing, both of which were initiated by Mayor Fiorentini to fix roads we could not afford to completely resurface.

This year’s evaluation indicated that the city needs approximately \$22 million of work to its roadways. This does not include sidewalks, which the Mayor is having evaluated next.

Mayor Fiorentini stated: “Even with the increased money from the state, called chapter 90 money, we are only able to repave about 25 streets per year. Through the use of technology and the innovative pavement methods we instituted a few years ago, we hope to be able to stretch our dollars to make them most efficient. We know it is not enough, but we know it is a good start.

“Our next goal is to assess all of the sidewalks in the city. We anticipate that this is going to be a multi-million-dollar multiyear project. We know that giving the citizens of the City drivable roads and walkable sidewalks is a major concern for our citizens. This computerized high-tech pavement management system is our guide and directs us as to where we need to start the program.”



MR. B'S SPORT STORIES

BY FRANK BENJAMIN

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

A Rumbo Test

This is a test for you our readers and is meant to be lighthearted.

The answers will be found on page 16.

1 In the 1940's where were the car dimmer switches located?

- A on the floor shift knob
- B on the floor board, to the left of the clutch.
- C next to the horn

2 The bottle top of a Royal Crown Cola had 2 holes in it. For what was it used?

- A Capture lightning bugs
- B. to sprinkle clothes before ironing
- C. large salt shaker.

3 Why was having milk delivered a problem in northern winters ?

- A cows got cold and wouldn't produce milk.
- B ice on roads forced delivery's by dog sled
- C Milkmen left deliveries outside of front doors and milk would freeze,expanding the cap and pushing up the cardboard bottle cap

4 What was the popular gum named after a card game?

- A blackjack
- B gin
- C craps

5 What did women use to look as if they were wearing stockings when none were available during World War 2?

- A suntan
- B leg painting
- C wearing slacks.

6 What postwar car turned the automotive industry on its ear when you couldn't tell if it was coming or going?

- A Studebaker
- B Nash Metro
- C Tucker

7 Which was a popular candy when you were a kid?

- A strips of dried peanut butter
- B chocolate licorice bars
- C wax coke shaped bottles with colored sugar water inside

8 What was butch wax used for?
 A to stiffen a flat top haircut so it stood up
 B to make floors shiny and prevent scuffing
 C on the wheels of roller skates to prevent rust.

9 Before in line skates, how did you keep your roller skates attached to your shoes?

- A With a key that tightened clamps to your shoes
- B woven straps that crossed the foot
- C Long pieces of twine.

10 As a kid what was considered the best way to reach a decision?

- A consider all the facts
- B ask Mom
- C eeny-meeny-miney-mo.

READ PREVIOUS ARTICLES BY FRANK BENJAMIN ON OUR WEBSITE RUMBONEWS.COM

Listen to Mr. B and Joe Murphy with Michael Walsh on the controls on WCCM-1110AM every Saturday from 10:00 to 11:00 a.m., talking sports. Like in the past, they will be receiving calls from coaches updating the latest results.



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BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



CONTINUES FROM PAGE 13

BUDGET

Tax increase furor

I don't remember in recent years so many people complaining about a tax increase as the 2.5% just approved by the Lawrence City Council – but generally about the actions of the city councilors.

People's complaints are mostly that they should have looked for ways to reduce the budget and the overtime for the Police and Fire Departments was an obvious area. Had they done that, probably there wouldn't have been any need for an increase.

District C Councilor Kendrys Vasquez was almost apologetic on the radio last week explaining why it was necessary to vote for the increase. When confronted with the question about reducing the amount of overtime available for the police and fire department now that we have additional members in both bodies, he insisted that they are needed. He even rebutted that, while we do have six additional police officers, the nine firefighters hired are replacing positions that were available due to normal attrition.

Kendrys, we didn't add numbers to the total of firefighters, we filled empty positions. This is why the overtime was needed: there were no bodies to do the work so now that we have them filled, we can do away with the overtime.

At least, Councilor Vasquez has faced the controversy by going on the radio and responding to telephone calls to explain his logic. None of the other councilors has said anything publicly.

Revenue options needed

There have also been suggestions here and there about new sources of revenue for the city but I think that what they should do is strengthen current laws and ordinances. Look at what the Police Department is doing with the noise ordinance enforcement; \$200

finances are a very effective deterrent. I have been jotting them down; let's see what you think.

The Inspectional Services Department should be revamped. One excuse for not going after violators is that we are short of inspectors. I am sure the City Council can fix that (if they choose to) by hiring additional ones to go around ticketing violators. How about paying them per diem? Let them collect a percentage of the violations they find. I don't know what that would entail or dealing with the union but I am sitting here brainstorming.

Perhaps hiring inspectors to go around nights and weekends visiting barber shops and hair salons, auto repair shops not complying with safety rules, food vendors that are endangering the public's health, construction projects on weekends without the benefit of city permits and yard sales without a permit. Most people don't know that the limit is two yard sales per year yet, they bring their wares out every weekend.

This one was suggested by Rich Russell: inspecting swimming pools in the city, which he believes nobody is doing. That one took me by surprise because it poses a greater danger to our communities.

It is not that I want to penalize honest people that are earning a living at these businesses or improving their property without a building permit from the city quietly so that their property value, hence taxes, would be increased. We have rules and regulations for the benefit and safety of our community. If the city was to collect fees for those permits, it would represent a good income and the fines to violators would add up even more.

Lastly, get the necessary courage to remove the city car the mayor has for his personal use. With his \$100,000 salary, he can easily afford to buy one and pay for his own insurance and maintenance. Just because other mayors have done it doesn't mean he's entitled to it.

Where is the outrage?

In a letter dated July 13, 2015, Sean Cronin, the Fiscal Overseer for the City of Lawrence wrote in his Monthly Report to the State that the mayor's budget had been approved by the City Council "without layoffs." Hadn't he heard about Joel Chalas firing by now?

On July 6, Mayor Dan Rivera sent a letter to the Lawrence Municipal Classified Foremen's Association announcing that Joel Chalas is to be laid off because the City Council reduced the DPW budget and there are no funds for his salary and that he is the employee with the least seniority. Nothing further from the truth because that's not what the council did.

The big questions is not what the spineless councilors are doing or the political favors the mayor continues to bestow on his unqualified friends but where is the public that so much cares about doing things right.

Where is the local English-language newspaper that never let up aggressively attacking the previous administration for much less than that? We are back in the old days proclaiming that everything is wonderful even when we almost went into bankruptcy.

Where is the Boston media that had a hunting season during the previous administration basing themselves on published articles terribly exaggerated or blatant lies? Since they pick up their news from our local media, they responded.

And I blame the public that prefers to play ignorance of the issues because calling their councilors, writing a letter to the media or attending city council meetings to complain is too much of an effort.

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PRAYER TO ST. JOSEPH

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interest and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

Oh, St. Joseph, I never weary contemplating you, and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls – Pray for me.

This prayer was found in the fiftieth year of Our Lord and Savior Jesus Christ. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Whoever shall read this prayer or hear it or keep it about themselves, shall never die a sudden death, or be drowned, nor shall poison take effect on them; neither shall they fall into the hands of the enemy, or shall be burned in any fire or shall be overpowered in battle.

Say for nine mornings for anything you may desire. It has never been known to fail, so be sure you really want what you ask.

*Thank you
E. B. and J. F.*

LETTERS TO THE EDITOR

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Letters must be less than 300 words in length. Please send a telephone number or email address by which we may confirm the sender.

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feeding, personal hygiene and behavioral counseling.

The Legislature's budget includes money for nine Lawrence nonprofits - funding that was fought for by Sen. L'Italien and state Reps. Devers, DiZoglio and Moran.

Lawrence Casa Dominicana: \$50,000 for citizenship, GED and English-as-a-second-language courses for low-income adults.

Groundwork Lawrence: \$25,000 for its youth summer jobs program.

New England Veteran Liberty House: \$50,000 to help veterans find jobs, housing, health care and counseling services.

Lawrence Family Development and Education Fund: \$50,000 for English-as-a-second-language classes, citizenship education, citizen application assistance and computer training for low-income adults.

Arlington Community Trabajando: \$50,000 for community development initiatives as well as affordable housing, foreclosure prevention, first-time home-buyer education and family financial literacy programs.

Family Services of Merrimack Valley: \$10,000 for a program to assist youths at risk for sexual exploitation.

Methuen/Arlington Neighborhood Inc.: \$50,000 to increase entrepreneurial opportunities, neighborhood investment and revitalization, and self-sufficiency of low-income residents of Lawrence and Methuen.

Lawrence-Methuen Community Coalition: \$25,000 for adult basic education classes

Food for the World: \$50,000

"This funding will allow for local organizations to continue growing, community resources to be financially supported and the Commonwealth to move forward with important spending initiatives. I am thrilled to stand with my colleagues in support of this plan and I want to thank Speaker Robert DeLeo, Chairman Dempsey and the Lawrence delegation for all the work they have put into this budget," said Representative Frank Moran.

Additionally, funding for charter school reimbursements was increased by \$500,000 and the Earned Income Tax Credit was raised from 15% to 23%.

Governor Baker will have 10 days to review the bill before signing it or issuing a veto.

Answers to Rumbo Quiz

(From page 15)

- 1 - B
- 2 - B
- 3 - C
- 4 - A
- 5 - B
- 6 - A
- 7 - A
- 8 - A
- 9 - A
- 10 - C

Holy Family Hospital will open its Farmers Markets in Methuen and Haverhill in mid-July

Farmers markets on the campuses of Holy Family Hospital in Methuen and Holy Family Hospital at Merrimack Valley in Haverhill will open to the public in mid-July.

The farmers market at Holy Family Hospital in Methuen (70 East St.) will be on Fridays from 10 a.m. - 3 p.m. from July 17 through October 23. This year it will be in a new location on the front lawn of the hospital where it will be more visible and accessible to the public. The market accepts WIC, EBT/SNAP/Food Stamps, senior coupons, cash, credit cards, and Holy Family Hospital Farmers Market vouchers.

The Holy Family Hospital farmers market in Methuen is coordinated by Groundwork Lawrence, and offers produce from Riverdale Farm, Groton, MA, and Groundwork Lawrence's Green Team, which grows produce at the agency's urban farm. Also offered at the farmers market are Methuen-based jewelry maker Lenor; gluten-free healthy snacks by GettingFit Goodies, of Salem, NH; Newburyport's New England Ice Lollies featuring fresh-fruit popsicles; and children's storyteller Nicolette Nordin at 11 a.m. from July through September.

The farmers market at Holy Family Hospital at Merrimack Valley in Haverhill (140 Lincoln Ave.), will be on Tuesdays from noon- 4 p.m. beginning July 14 and will run through September 8. This year it will be on the Lincoln Avenue side of the building, on the lawn by the bus stop near entrances to the hospital and the medical office building making it visible to visitor of the hospital as well as physician offices.

The market features fresh produce of the award-winning Chris' Farm stand, of Haverhill and Peabody, MA, which is operated by third-generation farmers. The market accepts WIC, EB/SNAP/Food Stamps, cash, and Holy Family Hospital Farmers Market vouchers.

"Farmers markets on our hospital campuses promote good nutrition, which is preventive medicine for health conditions such as obesity, diabetes, and cardiovascular disease—all of which are prevalent in the communities we serve," noted hospital president Joseph Roach.

Holy Family Hospital is part of Steward Health Care, which operates 10 hospital campuses in Massachusetts and has a network of over 3,000 physicians in Massachusetts and southern New Hampshire. The hospital's Community Benefits Program offers vouchers for Massachusetts farmers

markets to qualified Holy Family patients.

One such patient is Joyce Rouff of Methuen who can't wait for the local farmers markets to open this year.

She got hooked on fresh fruits and vegetables two years ago when her physician offered her free vouchers to local farmers markets and she hasn't looked back. Now she eats fresh produce, and also buys in bulk for better pricing, so she can affordably freeze food and can it for the winter.

Before Joyce discovered farmers markets and there variety of fresh produce, she struggled with her diet which was contributing to weight gain.

Eventually Joyce had bariatric surgery, which helped her lose weight. But a year after her surgery she was still afraid her poor diet would make it impossible to keep weight off, so her bariatric surgeon offered free vouchers to Holy Family Hospital's farmers markets in Methuen and Haverhill, as well as other local farmers markets.

Joyce lost 163 pounds and has kept it off by eating healthy and nutritious locally grown produce.

Joyce started going to the farmers markets with her partner, Peter Blake, and then they decided to try canning. They began with sugar-free and spicy salsa, then progressed to dill and bread and butter pickles, relish, jellied and whole berry cranberry sauces, strawberry rhubarb jam, orange marmalade, tomato sauce, squash, pickled beets, cauliflower and onions, peaches and apples.

"We canned 102 jars last year," said Joyce who also bought fresh corn, cut it off the cob and froze it to use in soups, as a side dish and in stir fry recipes. She has peppers, onions and mushrooms portioned in the freezer and ready to go for stir fry.

Joyce uses canned peaches and apples for cobbler recipes and gave cranberry sauce to friends and relatives during the holidays. "It's a good thing to share with others and bring to parties," said Joyce, who simply asks people to return her jars to keep expenses down.

"I was 293 pounds before my gastric bypass surgery in May of 2102. Now I weigh 130 pounds and I have no more sleep apnea, high cholesterol, high blood pressure or diabetes - all from weight loss and eating the proper foods. I feel so much better. I can even run around with my grandchild and not be out of breath," said Joyce.

Joyce and Peter look forward to canning. He sterilizes the jars and lids, she cuts up the produce and he cooks the



Holy Family Hospital helped Joyce Rouff, left, and Peter Blake, make farmers markets a way of life for better health.

produce and puts it in the jars. "We do it on Saturdays and it's a fun thing we share together. We work as a team," said Joyce. "He loves to cook. It's relaxing for him. Everything is fresh. We'll never go hungry!"

Joyce said it is a little expensive to begin canning because you have to buy the boiling pan, racks, jars and lids, but at the end of the season you have a feeling of accomplishment because you can see exactly what you did over the summer.

"I eat more veggies and fruit than I ever have. Sometimes I'll just eat a bowl of corn because I love it now...and homemade

soups. I feel 10 years younger. I have a better outlook on life and I sleep better," said Joyce. Joyce still attends meetings at Holy Family Hospital's Center for Weight Loss and is now sharing her canned goods with others who attend and teaching others how to can fresh produce.

"Joyce's access to the healthy fruits and vegetables at the farmers market is absolutely a component to her success," said Holy Family Hospital Registered Dietician Lyssa Petter. "Limited access to healthy food choices is the issue for many people. Joyce is consistently enthusiastic."



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Día Familiar Gratis en el Río Merrimack

El Merrimack River Watershed Council auspiciará evento especial - MerriFEST2015 en el río

El sábado, 1 de agosto 2015 de 11 a.m. a 3 p.m. en la Casa Bote de; Greater Lawrence Community Boat House, 1 Eaton Street, Lawrence MA, el Merrimack River Watershed Council (MRWC) celebrará su tercer evento familiar MerriFEST. Este festival en el río ofrece una forma divertida de celebrar el río y aprender la importancia de la protección de las cuencas hidrográficas y la fauna del río. En la ribera del río, disfrute de música en vivo, alquile kayaks o canoas, juegue con diferentes juegos, participe en las artes y oficios, tendremos caras pintadas, compras con los proveedores locales, disfrute de la mejor gastronomía local, y aprenda por qué un río limpio es tan importante. La entrada es gratuita, con una donación de \$5 sugerida.

La música en vivo estará a cargo de Los Sugar Kings, un cuarteto de raíces de rock y reggae con sede en Boston conocido por sus dinámicas actuaciones en directo, ricas armonías, intensa musicalidad y capacidad de trascender géneros con una autenticidad que rara vez se escucha. En su mundo, el respeto se paga a los antepasados y tradiciones de Afro-Cuban Son, Salsa y Rumba-Flamenca pero Los Sugar Kings (el nombre de un equipo de béisbol de Cuba) también refleja activamente las influencias de casi todos los continentes en la fusión de su repertorio único que es espontáneo, apasionado, detallista y alegre.

El Río Merrimack es el más amenazado en el país, según el Servicio Forestal de Estados Unidos, debido a la pérdida de las tierras boscosas y su impacto en la calidad del agua. 600,000 personas, incluyendo a los residentes de Lawrence, dependen del

río para su agua potable. MerriFEST ayuda a apoyar el trabajo de MRWC para limpiar y proteger el río para las personas y la vida silvestre.

Las empresas que confían en nuestro río en nuestras comunidades han estado ansiosos por ayudar a apoyar el trabajo que hacemos en todo lo que puedan, incluyendo patrocinios, donaciones y alquiler de mesas. A partir de ahora, los patrocinadores de MerriFEST2015 incluyen Enterprise Bank, Normandeu Associates, Digital Credit Union, y AAA. Proveedores sin fines de lucro incluyen: la MRWC, Sociedad Audubon (que estarán trayendo animales vivos para el evento), Northern Essex Community College y la YMCA de Lawrence.

The Merrimack River Watershed Council necesita patrocinadores, donantes, vendedores, artistas, talentos locales, y las empresas locales a involucrarse para ayudar a hacer MerriFEST una celebración divertida del río anualmente. Para ayudar, por favor póngase en contacto con Marcia Regan, Directora de Desarrollo en 978-655-4742 ó regístrate en nuestra página web: www.merrimack.org.

The Merrimack River Watershed Council se formó hace 39 años por activistas locales y las comisiones regionales de planificación para involucrar a los ciudadanos en la limpieza del Río Merrimack. Nuestra misión es la de proteger, mejorar y conservar el Río Merrimack y cuencas para las personas y la vida silvestre a través de la educación, la promoción y la ciencia.



Free Family Day on the Merrimack River

Merrimack River Watershed Council to host special event - MerriFEST2015 on the river

On Saturday, August 1, 2015 from 11AM – 3PM at the Greater Lawrence Community Boat House, 1 Eaton Street, Lawrence MA, the Merrimack River Watershed Council (MRWC) will hold its third annual, family-friendly MerriFEST event. This river festival offers a fun way to celebrate the river and learn the importance of protecting the river's watershed and wildlife. On the banks of the river, enjoy live music, rent kayaks or canoes, play games, engage in arts and crafts, get your face painted, shop with local vendors, enjoy great local food, and learn about why a clean river is so important. Admission is free, with a \$5 suggested donation.

Live music will be provided by Los Sugar Kings, a Boston-based roots-rock-reggae quartet known for their dynamic live performances, rich harmonies, intense musicianship and ability to transcend genres with an authenticity rarely heard. In their world, respect is paid to the forefathers and traditions of Afro-Cuban Son, Salsa and Rumba-Flamenca but Los Sugar Kings (named after a Cuban baseball team) also actively draw on influences from nearly every continent in their unique fusion repertoire that is spontaneous, passionate, thoughtful and joyous.

The Merrimack River is the most threatened in the country, according to the US Forest Service, due to loss of forested lands and

its impact to water quality. 600,000 people, including residents of Lawrence, depend on the river for their drinking water. MerriFEST helps support MRWC's work to clean and protect the river for people and wildlife.

Businesses that rely on our river in our communities have been eager to help support the work we do in any way they can, including sponsorships, donations and booth rentals. As of now, MerriFEST2015 sponsors include Enterprise Bank, Normandeu Associates, Digital Credit Union, and AAA. Nonprofit vendors include: the MRWC, Audubon Society (who will be bringing live animals for the event), Northern Essex Community College, and the Lawrence YMCA.

The Merrimack River Watershed Council needs sponsors, donors, vendors, artists, local talent, and local businesses to get involved to help make MerriFEST a fun and yearly celebration of the river. To help, please contact Marcia Regan, Director of Development at 978-655-4742 or sign up on our website at: www.merrimack.org.

The Merrimack River Watershed Council was formed 39 years ago by local activists and regional planning commissions to involve citizens in cleaning up the Merrimack River. Our mission is to protect, improve and preserve the Merrimack River and watershed for people and wildlife through education, advocacy and science.

Middlesex Community College Welcomes New Trustee

Middlesex Community College alumnus Steven Iem, of Lowell, has been named to serve as a member of the Middlesex Community College Board of Trustees.

Iem is a senior tax associate at PricewaterhouseCoopers, LLP. He received his Associate in Science in Business Administration from Middlesex ('07), Bachelor of Science in Accountancy and Master's degree in Business Administration from Bentley University ('09 & '10). Iem is a Certified Public Accountant under the state board of Accountancy of Massachusetts and a member of the AICPA and MSCP.

Currently serving as a member of the Board of Trustees at Lowell Middlesex Academy Charter School, Iem was raised in Lowell, and attended the Bartlett Middle School and Lowell High School.

Professionally, he has extensive experience working with large public multinational corporations as a tax specialist in evaluating and assessing their tax provisions and related reporting obligations.

Middlesex Community College meets the evolving educational, civic and workforce needs of our local and global communities. As one of the largest, most



Middlesex Community College alumnus Steven Iem, of Lowell, has been named to serve as a member of the Middlesex Community College Board of Trustees. Iem is a Senior Tax Associate at PricewaterhouseCoopers, LLP.

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.

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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!



CALENDARIO | CALENDAR OF EVENTS

Haverhill Farmers Market reopens Saturday June 27th - More than 20 local vendors offer fresh, local and delicious products

The Haverhill Farmers Market returns for its 37th season starting Saturday, June 27 and running through October 31 at 40 Bailey Blvd. (next to the Haverhill Police Station). The market operates from 9-1 p.m.

On offer are 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 live music, food demonstrations, and kids' activities each Saturday.

Double your dollars when you use your EBT/SNAP card at the Haverhill Farmers

Market, thanks to a grant from the Essex County Community Foundation to Community Action and the Haverhill Hunger Roundtable. This grant provides more access to fresh, local foods while supporting our local farmers.

"We are excited to welcome back an incredible and diverse group of food vendors," says Jeff Grassie, market organizer. "This year's market is shaping up to be better than ever."

For more information please visit www.haverhillfarmersmarket.org, find us on Facebook/haverhillfarmersmarket, or email us at haverhillfarmersmarket@teahaverhill.org.

Lawrence Senior Center

Actividades Futuras

- Jul 21 Martes, Funda de compra. 9:30-11:30am
- Jul 24 Bingo Especial. 1:00pm \$5
- Ag 13 Jueves, Funda de compra. 9:30-11:30am
- Ag 14 Bingo Especial. 1:00pm \$5
- Ag 18 Martes, Funda de compra. 9:30-11:30am
- Ago 28 Bingo Especial. 1:00pm \$5
- Sep 4 Bingo Especial. 1:00pm \$5
- Sep 7 Centro Cerrado. Día del trabajo
- Sep 10 Jueves, Funda de compra. 9:30-11:30am
- Sep 12 Día de los Abuelos.
- Sep 15 Martes, Funda de compra. 9:30-11:30am
- Sep 18 Bingo Especial. 1:00pm \$5
- Sep 26 Marcha de las Novias en contra la violencia domestica 5:00pm

*RSVP: Es necesario reservar antes del evento.

Upcoming Events

- Jul 18 Citizenship Day! Must RSVP
- Jul 21 Tuesday Brown Bag Day. 9:30-11:30am
- Jul 24 Special Bingo. 1:00pm \$5.
- Aug 3 National Night Out. 5:00pm
- Aug 13 Thursday Brown Bag Day. 9:30-11:30am
- Aug 14 Special Bingo. 1:00pm \$5.
- Aug 18 Tuesday Brown Bag Day. 9:30-11:30am
- Aug 28 Special Bingo. 1:00pm \$5.
- Sep 4 Special Bingo. 1:00pm \$5.
- Sep 7 Center closed. Labor Day.
- Sep 10 Thursday Brown Bag Day. 9:30-11:30am
- Sep 12 Grandparents Day!
- Sep 15 Tuesday Brown Bag Day. 9:30-11:30am
- Sep 18 Special Bingo. 1:00pm \$5.
- Sep 26 Brides March against domestic violence. 5pm

*RSVP: Need to sign up prior to event

Red Cross Blood Drive to be held at Mary Immaculate Health/Care Services

The American Red Cross will be holding a Lawrence Community blood drive on Monday, July 27 from 2:30 pm to 7:30 pm in the Staff Dining Room of the MI Nursing/Restorative Center at 172 Lawrence Street in Lawrence. All blood donors are encouraged to participate.

Eligibility criteria for blood donors

are available on the American Red Cross website at www.redcross.org. All presenting donors at the Mary Immaculate blood drive will receive a coupon for an area Day Spa courtesy of Spa Medique. To schedule an appointment, donors should call 1-800-RED CROSS (1-800-733-2767) or visit www.redcross.org.



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CALENDARIO | CALENDAR OF EVENTS

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JULY 9	JULY 16	JULY 23	JULY 30
AUG 6	AUG 13	AUG 20	AUG 27

This program is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Free Boat Tours on the Merrimack!

Sundays from July 12 - August 30, 2015

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. Hats and sunscreen strongly recommended. Limited capacity; reservations required. Call Lawrence Heritage State Park at 978-794-1655 for information and reservations.



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CALENDARIO | CALENDAR OF EVENTS

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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.

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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!

Learn WordPress at Nashua Library

The Nashua Public Library now offers a class in how to use WordPress to create websites and blogs. This class is in addition to other one-time computer workshops offered at the library: Computer Basics; Internet; Microsoft Word, Excel, PowerPoint, and Access; Genealogy; and Online Job Searching. View the schedule at www.nashualibrary.org/computerclasses.htm. All are free and open to the public, although registration is required (call 589-4611).

Bring the Family to the Zoo for Peanuts

Now you can visit the Franklin Park Zoo in Boston or the Stone Zoo in Stoneham at greatly reduced admission prices, using your Nashua Public Library card. Simply go to nashualibrary.org and click Museum Passes. Then follow the instructions to reserve a pass for the date you want to go. The pass admits six people at just \$6 per adult and \$4 per child ages 2 to 12. Children under 2 are free. Regular admission is \$12-\$18. You can also book a pass at the reference desk in the library or by calling (603) 589-4611.

Memory Café at Nashua Public Library

Come to the Nashua Public Library on the third Friday of the month from 2 p.m. to 3:30 p.m. for Memory Café, a gathering of people with early memory loss and their caregivers. Each month's program will have activities centered on a theme, along with plenty of time to enjoy free refreshments and socialize.

If you would like to attend, please register by calling 589-4610 or going to www.tinyurl.com/nplevents and scrolling down to the date of the event. Memory Café is sponsored by the library and Home Health and Hospice Care.

New Hampshire's Civil War Monuments and Memorials

New Hampshire towns, citizens, and veteran's organizations have erected a fascinating assortment of memorials to the War of the Rebellion, from the obelisks of the 1860s to remastered works of the 21st century. On Tuesday, July 14, at 7 p.m., come to the Nashua Public Library to see historian George Morrison's photographs and hear his talk, "Vanished Veterans: New Hampshire's Civil War Monuments and Memorials."

The program is sponsored by the New Hampshire Humanities Council and is part of "Escape the Ordinary," the library's Adult Summer Reading Program that celebrates heroes. Those attending this event can earn a raffle ticket for Canobie Lake Park tickets, SkyVenture passes, and other great prizes, thanks to support from the Friends of the Nashua Public Library.

The July 14 program is free and open

to the public. For more information on the entire Adult Summer Reading program, go to www.nashualibrary.org/asr.

Concert Pianist Performs in Bach's Lunch Series

Concert pianist Frederick Moyer will perform at the Nashua Public Library on Wednesday, July 15, at 12 noon in the Bach's Lunch Concert series.

Frederick Moyer has established a vital musical career that has taken him to 43 countries and such far-flung venues as Suntory Hall in Tokyo, Sydney Opera House, Windsor Castle, Carnegie Recital Hall, Tanglewood, and the Kennedy Center. He has appeared as piano soloist with most of the major orchestras of the U.S.; many orchestras of Europe, Asia, South America, Africa and Australia; and with Symphony NH.

Moyer's far-reaching interests have allowed him to contribute to classical music in unique ways. An avid computer programmer, he often incorporates technology into his concerts. In 2009, he and Dr. Paul Green unveiled an unfinished piano sonata by Robert Schumann, a find that was widely reported in the national news media.

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JUSTIN AND KICKER

Both were surrendered independently and both were extremely outgoing. When I introduced them, there was such an immediate bond between them, it was almost tissue time. Look at the picture of them in the small hut. Justin just was so happy to get a friend, he would not move from his side. And Kicker would not even think complaining about the tight space. These two guys are REALLY BEST FRIENDS.



Justin is so tame that he will just wait for you to pick him up and then he will melt into your arms. Kicker is so laid back that you can clean the cage around him and he'll basically lay there and watch you.

These boys are 4 and 3 years young and would really love being at home with you. Since they are such cuddle pets, you should have lots of time available for them. Cuddling, spending time with them will be much appreciated - they will love you dearly for it!

WINSTON

If you can't find Winston when you visit the adoption center, be sure to ask for him 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!

MILKY WAY

If you can't find me when you visit the adoption center, be sure to ask for me 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!

MEEKA

Meeka is a 9-year-young Brindle Pit Bull. She is soft, beautiful and so sweet. Meeka loves to go on walks and listens so well. She may get along with other dogs but would need to meet them. She also may get along with cats and definitely gets along with kids. If you are looking for that well behaved, older lady who will offer love and loyalty for time and food, well Meeka is the dog for you.



Come in and meet her!

LEWIS

Lewis is a 9 year old Red German shepherd mix. How do you describe the perfect dog? Well, you name him Lewis. He is sweet, well-mannered and loves everyone and everything. Lewis walks great on a leash, swings his body with a swoosh and holds his head up like the proud dog he is. You will smile just watching him explore the world.



Come in and meet this great boy.

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.

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Sunday, August 9th

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**“Tails & Ales” – Craft Beer Festival
To benefit the MSPCA at Nevins Farm**

A fundraiser for animals of all sizes, “Tails & Ales,” will take place on Saturday, July 25th, from 5 to 8 p.m. under tents at the MSPCA at Nevins Farm in Methuen. Sponsored by Andover’s Shawsheen Village Liquors and Whole Foods Market, the event will feature samples of approximately 40 New England beers from 10 breweries. These will include a very special imperial porter by River Walk Brewing Company of Newburyport that is being made exclusively for the sponsoring liquor store.



“It’s unique and very big beer,” said Michael Helman, who owns Shawsheen Village Liquors with his wife, Sheri. “It’s aged in rum barrels and is starting with an alcohol-by-volume of eight percent, so it will probably clock in at nine or ten percent when it’s finished.”

Helman described it as “very dark and rich with lots of roast and chocolate flavors in there.” As a result, it is not at all a summer beer but will cellar well, he said.

In addition to the liquid refreshment, the beer vendors have donated all kinds of “breweriana.” These collectible items such as logoed coolers, umbrellas, golf bags, trays, signs, and more will be auctioned off throughout the evening. Plus the event will feature some great raffle items including an overnight stay at Woodstock Inn Station

& Brewery in North Woodstock, New Hampshire.

The Helmans were the originators of the immensely popular Hair of the Dog Wine Tasting and Art Show, an annual spring event that also benefits Nevins Farm. Two years ago the couple decided to inaugurate this event due to the increasing popularity of Craft Beer.

“We love making a difference in the lives of animals,” said Sheri Helman. “Last year we took our rescue dog, Hannah, to Nevins for training classes. The difference has been amazing. She went from being a shy and timid puppy who was afraid of everything to a little darling who welcomes customers when they come into the store.”

Sheri never stops being amazed at the

PLEASE SEE **“Tails & Ales”**

CONTINUES ON PAGE 23

TRUE PHOTO STUDIO
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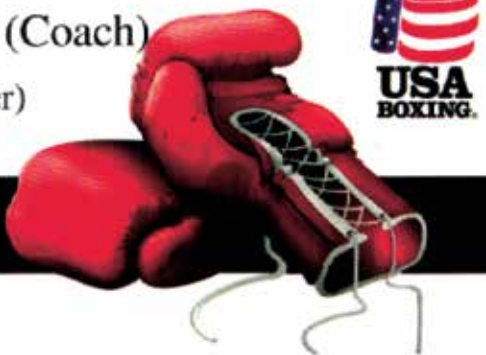
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NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after August 2, 2015 by private sale to satisfy their garage keeper's lien for towing, storage, and lien fees:

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CONTINUES FROM PAGE 22

"Tails & Ales"

different kinds of animal-rescue work that Nevins Farm does. "Most people know they find homes for dogs and cats, but they do so much more," she said. "They cater to a whole menagerie — ferrets, cows, horses, reptiles, you name it."

One of only three MSPCA facilities in the state, Nevins Farm helps over 7000 animals each year, said Julia Pesek, Community Outreach Coordinator at Nevins Farm. "Our facility is one of the largest open-admission centers in the state." That means it takes in all companion and farm animals regardless of their health, breed, behavior or age, and places no time limits on how long they can stay up for adoption in the shelter.

Those who have attended Tails & Ales in the past say the best part of the evening is walking around and visiting with all the different animals. "Gilly and Emma are two of our goats right now," said Pesek. "Emma is in her sunset years, an elderly goat who is also apparently a 'cougar,' too, since she is enjoying the affections of Gilly, who is much younger. They're a very cute couple, so it would be nice if they were adopted together." The pair are expecting to make a cameo appearance at the event, along with some other farm and companion animals. When 71 Dachshunds were seized by MSPCA Law Enforcement Officers from deplorable conditions in a single Westminster home this winter, Nevins Farm welcomed 29 of them with open arms. The dogs ranged from puppies to senior citizens

and many were in need of proper nutrition, medical attention and a good dose of TLC. Although these dogs had a rough start in life, Nevins Farm went to great lengths to place these deserving dogs in high quality homes and is planning a "Westminster Weiner Dog Reunion" at the organization's Walk for Animals event in September.

The MSPCA does not receive state or federal funding. All services at Nevins Farm are made possible through donations and special events like Tails & Ales. "Without the support of our community, we probably wouldn't exist," Pesek said.

One hundred percent of ticket and auction sales will benefit the animals and programs of Nevins Farm. Additionally, 10 percent of any beer orders will also be donated by Shawsheen Village Liquors.

For more information on Tails & Ales, check out Facebook at www.facebook.com/ShawsheenVillageLiquors or www.facebook.com/mspcanevinsfarm. Tickets to Tails & Ales (for those age 21 and older only, please) are available from Shawsheen Village Liquors at 4 Poor Street in Andover, Nevins Farm at 400 Broadway in Methuen, or online at www.mspca.org/tailsandales. Tickets in advance are \$40; the price is \$50 at the door, but buying beforehand is recommended, since the gate is being limited and the event has sold out each time in the past. For more information, call Nevins Farm at (978) 687-7453, ext. 6161, or Shawsheen Village Liquors at (978) 475-3636.

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