

Julio/July 22, 2019

EDICIÓN NO. 680

The BILINGUAL Newspaper of the Merrimack Valley

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

LARE Institute at American Training Celebrates its 2019 Graduating Class



Kamilca Marte (L) and Julio Pazmino (R) celebrating their accomplishments at the LARE Institute graduation ceremony. Pg. 13

No todos son bienvenidos en la Ciudad Santuario de Lawrence



Photo taken January 2018

Hace una semana, los trabajadores del Departamento de Obras Públicas despejaron una gran área a lo largo del Río Merrimack, que se había convertido en el hogar de muchas personas desplazadas. Esta propiedad en el 70 Bay State St. en Lawrence es privada. Pg. 7

Not everyone is welcome in the Sanctuary City of Lawrence

A week ago, workers from the Department of Public Works cleared a large area along the Merrimack River which had become home to many homeless individuals. This property located at 70 Bay St. St. in Lawrence is private. Pg. 7

Colombianos celebraron su independencia



Diana Lorena Ayala cantando el Himno Nacional Colombiano durante la celebración del 209no aniversario de la Independencia de Colombia, llevada a cabo el viernes, 19 de julio, 2019 en Lawrence. Pg. 12

Colombians celebrated their independence

Diana Lorena Ayala singing the Colombian National Anthem during the celebration of the 209th anniversary of the Independence of Colombia held on Friday, July 19, 2019 in Lawrence. Pg. 12

Ciclistas locales recaudan fondos para MS

Local cyclists raise funds for MS



Haverhill Eagle Cycling and the Lawrence based Velosimo hope to raise at least \$5,000 for this worthy cause. The team members will be in uniform at their fundraiser to be held at Moderno Appliance & Furniture on Wednesday, July 31 at 6pm. There will be educational materials about MS and about cycling. City Councilor Jeovanny Rodríguez encourages people to donate to this cause. Pg. 19

Haverhill Eagle Cycling y el equipo de Lawrence Velosimo esperan recaudar al menos \$5,000 para esta causa digna. Los miembros del equipo estarán uniformados en su recaudación de fondos que se llevará a cabo en Moderno Appliance & Furniture el miércoles 31 de julio a las 6 pm. Habrá materiales educativos sobre la EM y sobre el ciclismo. El Concejal Jeovanny Rodríguez alienta al público a donar para esta causa. Pg. 19

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There is still time to apply! Join MCLI Class of 2020

*Still On Time Application Deadline:
August 12th, 2019*

*Late Application Deadline:
August 30th, 2019*

(Only on space availability basis)

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MCLI develops socially responsible leaders who through meaningful community engagement opportunities promote inclusiveness of diversity and establish environments that are supportive of all people.

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INFORMATION SESSIONS

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Lawrence CommunityWorks
68 Newbury Street Lawrence, MA 01840

Tuesday, August 20th at 4:00 PM

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Delia Durán-Clark, MSW, M.Ed
Mill Cities Leadership Institute, Executive Director

EDITORIAL | EDITORIAL

Autos calientes pueden matar

Por los últimos años hemos venido haciendo la misma advertencia, el contenido del editorial es muy parecido, la diferencia está en que las cifras cambian cada año; desafortunadamente, estas van de mal en peor.

Las muertes por golpe de calor vehicular infantil durante el año 2018 ascendieron a 52, 9 más que en 2017, 13 más que en 2016 y en lo que va de año, ya estamos lamentando la muerte de 19 niños de acuerdo con la Administración Nacional de Seguridad del Tráfico en Carreteras. Y aún no se ha terminado el mes de julio.

Mientras escribimos estas líneas, estamos atravesando un período de calor no común en esta área donde vivimos, que ha obligado a las autoridades locales a habilitar centros donde aquellas personas que no tienen los medios necesarios pueden encontrar momentáneo alivio del intenso calor.

Por esta razón es aconsejable que pongamos especial cuidado con aquellos que no pueden hacerlo por sí mismos: nuestros pequeños, nuestros mayores y nuestras mascotas cuando los dejamos solos dentro de un auto, aunque sólo sea por unos minutos. Entre el año 1998 y 2018, 795 niños han muerto, en su mayoría, debido al descuido de los que estaban supuestos a protegerlos.

Un examen detallado sobre los 795 niños reportados que han muerto por golpe de calor vehicular señala que 429 de ellos fueron por olvido de la persona que era responsable de ellos. 209 ganaron el acceso al vehículo por sí mismos y luego no supieron cómo salir. 7 de las muertes fueron por razones desconocidas y lo más horrible del caso fueron los 150 restantes, que fueron dejados allí a sabiendas de las personas que los cuidaban, de acuerdo con Jan Null, CCM de NoHeatStroke.org Department of Meteorology & Climate Science, San Jose State University.

Nuestras mascotas, como los niños, tienen una menor capacidad para refrescarse en comparación con los seres humanos adultos. Durante el año 2018 y lo que va del 2019 combinados, 82 perros han muerto asfixiados como resultado de haber sido dejados en coches calientes por sus amos.

Antes de salir de su vehículo, asegúrese de mirar en el asiento trasero. Tal vez pueda estar dejando atrás un cargamento valioso. ¡Y si usted ve a un niño/a, un anciano/a o una mascota solos en un auto cerrado, no titubee y llame al 911 inmediatamente!

Hot cars can kill

For the last few years we have been making the same warning, the content of the editorial is very similar, the difference is that the figures change every year; unfortunately, these go from bad to worse.

The deaths from vehicular heat stroke during the year 2018 amounted to 52, 9 more than in 2017, 13 more than in 2016 and so far this year, we are already regretting the death of 19 children according to the National Administration of Traffic Safety in Roads. And the month of July has not yet ended.

While we write these lines, we are going through a period of heat not common in this area where we live, which has forced local authorities to establish centers where those people who do not have the necessary means can find momentary relief from the intense heat.

For this reason it is advisable that we put special care with those who cannot do it themselves: our little ones, our elders and our pets when we leave them alone in a car, even if only for a few minutes. Between the year 1998 and 2018, 795 children have died, mostly due to the carelessness of those who were supposed to protect them.

A detailed examination of the 795 children reported to have died from vehicular heat stroke indicates that 429 of them were due to forgetfulness of the person who was responsible for them. 209 gained access to the vehicle by themselves and then did not know how to get out. 7 of the deaths were for unknown reasons and the most horrible of all were the remaining 150, who were left there knowingly by the people who looked after them, according to Jan Null, CCM of NoHeatStroke.org Department of Meteorology & Climate Science, San Jose State University.

Our pets, like children, have a lower ability to cool off compared to adult humans. During the year 2018 and so far in 2019 combined, 82 dogs have died asphyxiated as a result of having been left in hot cars by their masters.

Before leaving your vehicle, be sure to look in the back seat. Maybe you can be leaving behind a valuable cargo. And if you see a child, an elderly person or a pet alone in a closed car, do not hesitate and call 911 immediately!

LAWRENCE'S NIGHT OUT

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Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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315 Mt. Vernon Street Lawrence, MA 01843-3206
Tel: (978) 794-5360 | www.rumbonews.com



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Greater Lawrence Technical School

Lawrence High School



glfhc.org/school

POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Revisando los pasos de Rivera

Estaba revisando algunos archivos antiguos y encontré este artículo que el Alcalde Dan Rivera escribió para la revista Commonwealth el 2 de septiembre de 2015, titulado Pushing for Change Creates Enemies (Luchando por Cambios Crea Enemigos.) Yo diría que eso es cierto, particularmente si el cambio se basa en vendettas políticas, despido injusto de empleados, contratación por favoritismo en lugar de calificaciones, controlando todos los movimientos de cada departamento en el ayuntamiento, siendo verbalmente abusivo y vulgar, además de no ser sincero cuando prometió eso que contrataría solo a los candidatos mejor calificados para empleos municipales.

Esto es parte de lo que escribí: "Hemos trabajado para combatir el crimen, hemos disciplinado a los malos empleados, incluidos los malos oficiales de policía, hemos forzado a los tramposos de impuestos a pagar sus deudas, hemos tomado posiciones duras sobre asuntos relacionados con el uso de la tierra, defendimos a la ciudad contra los malos contratos y los malos arrendamientos, exigimos un cambio real en la forma en que nuestra ciudad hace negocios. Cuando te centras en este tipo de cambio, esos intereses afectados negativamente por estas acciones (malos empleados, malos policías, tramposos fiscales, terratenientes que buscan aprovecharse de la ciudad) lucharán contra nosotros y así es como lo harán".

Puedo pensar en muchas cosas... Por ejemplo, la ciudad todavía tiene malos

oficiales de policía, especialmente ahora que son los del rango más alto quienes están acusados

Los veteranos han sido discriminados por contrataciones políticas amistosas.

El crimen continúa y emite problemas de drogas especialmente y problemas de drogas dentro del Departamento de Policía de Lawrence.

La falta de vivienda está en aumento. Las rentas se están disparando.

Están perdiendo beneficios de los empleados y sindicatos frente a los contratos dados y la tierra a amigos y favores políticos.

Al igual que las personas egoístas y avariciosas, solo quieren ser héroes y no dejar que otros disfruten de victoria.

En este caso, ninguno de ellos ha hecho nada, excepto crear más problemas de poder y problemas.

La Concejala Estela Reyes y sus propiedades se atrasan pagando sus impuestos y sin embargo consigue reducciones en sus impuestos. La ciudad limpia su terreno en Oak St. y no ha arrasado el edificio de Haverhill St. esperando venderlo a la ciudad cuando la Escuela Oliver comience las reparaciones. En Lawrence, ella no puede hacer nada mal.

Los malos empleados aún permanecen, caminando haciendo recados para el alcalde o trabajando en campañas políticas que él apoya, incluso promoviendo uno a supervisor mientras es acusado de acoso sexual por dos empleados. ¡Ahora es el jefe!

He escrito suficientes artículos sobre mi serie Corrupción y Tráfico de Influencia en Lawrence; encuéntralos y diviértase durante horas.

CARTAS AL EDITOR RUMBO

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Email: Rumbo@rumbonews.com

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

MassHire se ha mudado

Las oficinas previamente conocidas como Workforce Investment Board (WIB) ubicadas en 255 Essex St. en Lawrence, se mudaron a Northern Essex Community College, que alberga el Centro de Educación Louise Haffner Fournier en el 78 de Amesbury St.

El edificio en 255 Essex St. es donde se ubicaron las Escuelas Públicas de Lawrence durante muchos años y, según su criterio, el Alcalde Dan Rivera trasladó sus oficinas al

antiguo edificio de la escuela secundaria, rompiendo así el contrato con los propietarios Carmine y William DiAdamo.

Después de la batalla legal que se esperaba, la Ciudad decidió comprar el edificio por \$3 millones más las reparaciones.

Ahora, un par de años después de instalarse, el viernes, 12 de julio, todos fueron expulsados de inmediato del edificio debido a la contaminación por moho. Para el lunes, se habían instalado temporalmente en su nueva ubicación, aunque nadie parece saber por cuánto tiempo.

Parte de la compra involucró al edificio de la esquina en 237 Essex St., donde ahora se encuentran las oficinas de las Escuelas Públicas de Lawrence. Dado que las renovaciones se llevaron a cabo al mismo tiempo y los edificios están conectados, los empleados ahora están preocupados por si están expuestos a la misma contaminación por moho. La ciudad dijo que no lo están.

Mi visita al Restaurante Don Matías

Le dije a Milagros y Matías que aparecerán en mi columna esta semana y probablemente hay velas encendidas en algún lugar.

Broma aparte, el espacio es encantador, elegante, la música es suave y muy agradable. Si bien el menú no es extenso, el Chef Amilkar Gonell lo seleccionó cuidadosamente para ofrecer comidas saludables de calidad.

¡Buena experiencia culinaria!

La Congresista Lori Trahan celebra su segunda reunión con la Coalición Latina de Haverhill

Por Porfirio Matías

Una multitud de personas llenó una sala de conferencias en la Biblioteca Pública de Haverhill el sábado, donde la Congresista de Massachusetts Lori Trahan se reunió con miembros de la Coalición Latina-Haverhill.

Trahan actualizó a la Coalición sobre importantes desarrollos en el Congreso y abordó las preocupaciones relacionadas con la detención de inmigrantes, la situación fronteriza de los EE.UU., el Censo de 2020 y la financiación para la educación.

La Congresista también respondió a las preguntas de los miembros de la Coalición preocupados por las condiciones inhumanas e inmundas de las detenciones de inmigración, asegurando que sería ilegal que el Presidente Trump intente aprobar una orden ejecutiva para agregar la cuestión del estatus legal.

Finalmente apoyó los esfuerzos para investigar la posibilidad de fondos federales para ayudar a la Ciudad de Haverhill en su búsqueda de maestros latinos.

Trahan elogió al grupo por su compromiso de abogar por la comunidad latina de Haverhill y prometió mantener informada a la Coalición sobre los desarrollos legislativos en Washington.

La misión de la Coalición Latina en Haverhill es promover la promoción, proporcionar conocimiento informativo y activismo para mejorar las vidas de todos los latinos en la Ciudad de Haverhill.



Congresswoman Lori Trahan Holds Second Meeting with Haverhill Latino Coalition

By Porfirio Matías

A capacity crowd filled a conference room at the Haverhill Public Library on Saturday, where Massachusetts Congresswoman Lori Trahan met with members of the Latino Coalition-Haverhill.

Trahan updated the Coalition on important developments in Congress and raised concerns involving immigrant detention, the US border situation, the 2020 Census and funding for education.

The Congresswoman also took questions from Coalition members concerned about the filthy, inhumane conditions of the Immigration detentions, assuming that it would be illegal for President Trump to attempt to pass an executive order to add the question of legal status and lastly supporting efforts to look into federal funding to assist the city of Haverhill in its search for Latino teachers.

Trahan praised the group for its commitment to advocating for the Haverhill Latino community and promised to keep the Coalition informed of legislative developments in Washington.

The Latino Coalition-Haverhill's mission is to promote advocacy, provide informational knowledge and activism to improve the lives of all Latinos in the city of Haverhill.

Acre Family Child Care Awarded \$100,000

Acre Family Child Care proudly announces they are amongst the 2019 \$100K for 100 grantees of the Cummings Foundation. The Lowell-based organization was chosen from a total of 574 applicants during a competitive review process.

Acre Family Child Care (AFCC) is a family child care system which supports a network of 60+ independent, MA licensed child care educators. These educators provide loving and enriching early learning programs to 400 children on a daily basis here in Lowell. Co-Executive Directors Zelma Khadar and Lucas Skorczeski attended the Grantee Reception at TradeCenter 128 in Woburn on June 6th to celebrate with the Foundation the \$10 million infusion into Greater Boston's nonprofit sector. Both Directors shared, "We are thrilled that the Cummings Foundation is generously supporting Acre Family and our Parent Engagement Coordinator position over the next few years. Offering the extra assistance to young families is so critical in making sure children receive the early education and support they need to be life-long learners."

The Parent Engagement Coordinator's goal is to empower families to make healthy decisions for themselves and their children especially when crisis strikes. The Coordinator serves as a coach helping families navigate through complex systems and advocate for their children.

The Coordinator also connects families to resources throughout the community from housing to developmental assistance for their children and more.

Founded in 1988, Acre Family Child Care provides a pathway for women to achieve economic independence by operating high quality child care businesses in their homes. To date, AFCC has helped over 500 family child care educators open their own business - 6 new child care businesses were launched in 2018 and 3 additional ones have opened in the first 6 weeks of 2019; offered 2,000+ hours of professional development - 15 businesses began our proprietary training program in 2018; provided \$550,000 in business loans to help AFCC educators purchase program supplies and materials, make a down payment on a house, make home improvements, and take college classes - \$52,000 loans enhanced businesses in 2018; and provided care to 15,000 children -- 600+ youth received care this past year.

Woburn-based Cummings Foundation, Inc. was established in 1986 by Joyce and Bill Cummings. The Foundation directly operates its own charitable subsidiaries, including New Horizons retirement communities in Marlborough and Woburn. Its largest single commitment to date has been to Cummings School of Veterinary Medicine at Tufts University. Additional information about the Cummings Foundation and the complete list of 100 grant winners is available at www.CummingsFoundation.org.

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GLCAC recibe un subsidio para la planificación en caso de catástrofes



The GLCAC has received a grant from the Essex County Community Foundation to help individuals and families prepare for disasters that can displace them from their apartments and houses.

El Greater Lawrence Community Action Council, Inc. ha recibido fondos de la Essex County Community Foundation para ayudar a sus clientes a prepararse en caso de catástrofes.

El subsidio de \$17.350 se usará para capacitar al personal y para ofrecer programas y servicios adicionales a las familias afectadas por las explosiones de Columbia Gas en Lawrence, Andover y

North Andover el año pasado.

Específicamente, el dinero permitirá que la agencia ofrezca:

- Capacitación sobre seguridad en el hogar, preparación general para emergencias, y atención y comunicación informada por el trauma.
- Sesiones grupales para familias afectadas por las explosiones de gas.
- Evaluaciones e inspecciones de las

casas de los clientes para detectar potenciales riesgos.

- Educación e información para familias sobre preparación para catástrofes y emergencias (dentro y fuera del hogar), y entrega de una bolsa de suministros en caso de una catástrofe.

“Estamos muy agradecidos por el apoyo de ECCF, que nos permite ofrecerles estos servicios adicionales a los clientes que todavía están luchando para volver a ponerse de pie”, dijo Evelyn Friedman, directora ejecutiva de GLCAC. “Estos servicios informarán a las familias para que estén preparadas en caso de otra catástrofe, les darán oportunidades para recibir consejería según sea necesario, por los prolongados efectos traumáticos de las explosiones, y permitirán hacer evaluaciones básicas

de seguridad del hogar y del grado de preparación para emergencias”.

La Essex County Community Foundation apoya a las comunidades del condado de Essex administrando bienes caritativos, fortaleciendo y apoyando a organizaciones sin fines de lucro, y participando en iniciativas estratégicas de liderazgo comunitario.

GLCAC es una agencia de servicios sociales multifacética que en 2018 asistió a 32.648 personas mediante una variedad de programas, entre ellos, de educación para la primera infancia, asistencia de combustible, asistencia nutricional de WIC, servicios de inmigración, prevención del envenenamiento con plomo, prevención del maltrato infantil, clases de inglés y protección al consumidor.

GLCAC Receives Grant for Disaster Planning

The Greater Lawrence Community Action Council, Inc. has received funding from the Essex County Community Foundation to help clients with disaster preparedness.

The \$17,350 grant will be used to train staff and provide additional services and programs for families affected by the Columbia Gas disaster in Lawrence, Andover and North Andover last year.

Specifically, the money will allow the agency to provide:

- Training in home safety assessment, general emergency preparedness and trauma-informed care/communications.
- Group session for families impacted by the gas disaster.
- Assessment/inspection of client homes to detect potential risks.
- Education and information about disaster and emergency preparedness (both in and out of the home) for families including their own “go bag” for emergencies.

“We are extremely grateful for ECCF’s support, which allows us to offer these

additional services to clients who are still struggling to get back on their feet,” said Evelyn Friedman, executive director of GLCAC. “The services will educate families to be prepared in case of another disaster, offer opportunities for families to attend counseling as needed due to the prolonged traumatic effects of the disaster and to provide basic home safety and disaster preparedness assessments.”

The Essex County Community Foundation supports the communities of Essex County by managing charitable assets, strengthening and supporting nonprofits, and engaging in strategic community leadership initiatives.

GLCAC is a multi-faceted social services agency that assisted 32,648 individuals in 2018 through a range of programs including early childhood education, fuel assistance, WIC nutrition assistance, immigration services, lead poisoning prevention, child abuse prevention, English-language lessons, and consumer protection.

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North Essex Tech Training Program

Volunteers of America and the Sheriff Department need participants to help individuals recently released from prison to provide services for them to prevent them from returning. These include housing assistance, legal support, healthcare, and behavioral health treatment services.

For more information or volunteer, please see details below.

Volunteers of America y el Departamento del Sheriff necesitan participantes para asistir a personas que hayan salido de la prisión recientemente para proveerles servicios y evitar que regresen a la cárcel. Estos incluyen asistencia de vivienda, apoyo legal, atención médica y servicios de tratamiento de salud del comportamiento.

Para más información u ofrecerse de voluntario, favor de ver los datos abajo.

North Essex Tech Training Program
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165 Marston St., Lawrence, MA 01841- (978) 750-1900, ext. 4315
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Por Dalia Díaz

Hace una semana, los trabajadores del Departamento de Obras Públicas despejaron una gran área a lo largo del Río Merrimack, que se había convertido en el hogar de muchas personas desplazadas. Algunos de ellos habían sido expulsados de otras áreas de la ciudad y durante el año pasado, parecían tener algo de paz en una sección que no era visible desde ningún lugar.

Ya que estaba al otro lado de la calle de la Casa de la Misericordia (House of Mercy) en Bay State St., decidí detenerme y ver cómo habían sido afectados. En cambio, encontré a Roger Farah furioso y disgustado. "No tenían derecho a limpiar propiedades privadas", me dijo. "Pago impuestos sobre esa tierra y les permití instalar sus tiendas de campañas allí lejos de todos".

Inmediatamente, me vino a la mente el terreno en Oak St. que pertenece a la Concejala del Distrito B, Estela Reyes. Aunque es una propiedad privada, la ciudad la limpia cuando los arbustos son lo suficientemente altos como para que los adictos se escondan detrás. Comencé a hacer llamadas para averiguar quién lo ordenó, y noté que los trabajadores no tenían idea: ellos van a donde se les dice que vayan y punto. Ni siquiera sabían que era propiedad privada.

En ese momento, el nombre de la Coordinadora de Iniciativas para Personas sin Hogar, Sandy Guerrier, fue mencionado e intenté llamarla dejando un par de mensajes telefónicos.

Mientras tanto, volviendo al orden de esos dos días de limpieza, hablé con Brian Peña, Comisionado de Agua y Director Interino de DPW, y con Lance Hamel, Supervisor de Calles y Parques, para conocer más detalles. Me dijeron que era un esfuerzo de equipo con el Teniente Jay Cerullo y la Srta. Guerrier.

Después de continuar las llamadas, la Srta. Guerrier finalmente contestó el teléfono. Cuando le pedí unos minutos de su tiempo para reunirnos y hablar sobre esa situación, ella respondió: "Tiene que obtener autorización de Vilma". Vilma Martínez Domínguez es la Directora de Desarrollo Comunitario. Dejé dos mensajes durante la semana pidiendo "autorización" para hablar con Sandy y nunca me devolvieron las llamadas.

El Teniente Cerullo me respondió la llamada y completó los detalles, como el interés del departamento de policía para evitar otras muertes en esa área aislada. Desde el comienzo de este año, ha habido dos sobredosis, que es la motivación para tomar medidas. Me dio la información que estaba buscando pero también aumentó mi necesidad de hablar con la Srta. Guerrier.

Quería preguntarle el motivo por el cual organizó el retiro de personas sin hogar de muchas áreas (Bay State St., Merrimack St. y esta semana en los terrenos de SERVPRO en Manchester St.)

Según su descripción de trabajo, estos son sus deberes:

"... enfocarse en terminar y prevenir la falta de vivienda, particularmente entre aquellos que viven en campamentos y refugios temporales. La coordinación se centrará en la salud, los ingresos, el empleo y la vivienda.

"Establecer y mantener relaciones de trabajo productivas y profesionales con líderes de la comunidad, funcionarios electos, personal de la Ciudad y otras agencias. Crear asociaciones con los propietarios del mercado privado y los propietarios. Aplicar técnicas de solución de problemas creativas para resolverlos y desafíos difíciles del programa; y crear programas y servicios innovadores y exitosos que integren las mejores prácticas relacionadas con la eliminación de la falta de vivienda.

"Promover e implementar el método de "Vivienda Primero" para acabar con la falta de vivienda - oportunidades de vivienda permanente combinadas con el nivel adecuado de servicios, según las investigaciones y prácticas publicadas por el Consejo Interinstitucional de Personas sin Hogar de los Estados Unidos. Participar en comités, grupos de trabajo y coaliciones relacionadas con la prevención y el fin de la falta de vivienda. Representar a la ciudad en foros regionales o estatales.

"Ayudar a conectar a personas sin hogar o en riesgo con una variedad de recursos, que incluyen, entre otros, SSI/SSDI, servicios legales, reparación de crédito, capacitación laboral, seguro de salud y atención médica".

Habiendo leído eso, ¿no querría ver algunos de esos informes? ¿Ha arreglado algún servicio de "vivienda" o empleo para ellos? Sé que varias agencias locales se han estado reuniendo sobre este tema. Creo que se convierte en papeleo y registro de reuniones porque nunca he escuchado de ninguna de esas organizaciones que haya logrado nada para las personas sin hogar.

Si están recibiendo atención médica ahora es porque House of Mercy organizó que la unidad móvil del Greater Lawrence Family Health Center los visite los lunes y atiendan sus necesidades médicas. Roger Farah y su equipo de voluntarios han encontrado viviendas y empleos para muchos de ellos. Me han contado las

muchas historias de éxito que han logrado.

No es que tenga un corazón blando para las personas sin hogar. Es un gran problema en todo el país y nadie parece saber qué hacer con ellos. La Ciudad de Lawrence sabe cuáles son las necesidades y creó una posición para hacerlo, pero se está convirtiendo en más reuniones que

cualquier otra cosa. ¿Por qué es tan difícil copiar lo que House of Mercy ha hecho con tanto éxito?

¿Es el trabajo de Sandy Guerrier solo una excusa para pretender que la Ciudad está haciendo algo? Si a ellos no les gusta lo que están leyendo, la culpa es de su silencio; yo tengo que basarme en lo que tengo.

Not everyone is welcome in the Sanctuary City of Lawrence

By Dalia Díaz

A week ago, workers from the Department of Public Works cleared a large area along the Merrimack River which had become home to many homeless individuals. Some of them had been thrown out of other areas of the city and for the past year, they seemed to have some peace in a section that was not visible from anywhere.

Since it was across the street from House of Mercy on Bay State St., I decided to stop by and see how they had been affected. Instead, I found Roger Farah furious and disgusted. "They had no business clearing private property," he told me. "I pay taxes on that land and allowed them to set up their tents there away from everyone."

Immediately, the lot of land on Oak St. belonging to District B Councilor Estela Reyes came to mind. Even though it is private property, the city cleans it whenever the bushes are tall enough for addicts to hide behind. I started making calls to find out who ordered it, and noticed that workers had no idea – they go where they are told to go, period. They didn't even know it was private property.

At that time, the name of the Homelessness Initiatives Coordinator Sandy Guerrier came up and tried calling her leaving a couple of telephone messages.

Meanwhile, walking back the order of those two days of cleanup, I talked to Brian Peña, Water Commissioner and Acting DPW Director and Lance Hamel, Streets and Parks Supervisor to find out more details. They told me it was a team effort involving Lieutenant Jay Cerullo and Ms. Guerrier.

After continuing calls, Ms. Guerrier finally answered the telephone. When I asked for a few minutes of her time to meet and discuss that situation she responded, "You have to get authorization from Vilma." Vilma Martínez Domínguez is the Community Development Director. I left two messages during the week asking for "authorization" to speak with Sandy and my calls were never returned.

Lt. Cerullo did call me back and filled in the details such as the interest from the police department to prevent other deaths in that isolated area. Since the beginning of this year, there have been two overdoses which is the motivation to take action. He gave me the information I was looking for but also increased my need to speak with Ms. Guerrier.

I wanted to ask her the reason for her orchestrating the removal of homeless people from many areas in the city (Bay State St., Merrimack St., and this week on the grounds of SERVPRO on Manchester St.)

According to her job description, these are her duties:

"...focused on ending and preventing homelessness, particularly among those living in encampments and temporary shelters. The coordination will focus on health, income, employment, and housing.

"Establish and maintain productive, professional working relationships with community leaders, elected officials, City staff and other agencies. Create partnerships with private market landlords and property owners. Apply sound creative problem solving techniques to resolve difficult program issues and challenges; and create innovative and successful programs and services which integrate best practices related to ending homelessness.

"Promote and implement the "Housing First" method for ending homelessness — permanent housing opportunities matched with the right level of services - as based on research and practices published by the United States Interagency Council on Homelessness. Participate on committees, task forces, and coalitions related to preventing and ending homelessness. Represent the city in regional or statewide forums.

"Assist in connecting homeless or at-risk individuals with an array of resources, including but not limited to SSI/SSDI, legal services, credit repair, job skills training, health insurance and health care."

Having read that, wouldn't you want to see some of those reports? Has she arranged for any "housing" services or employment for them? I know that several local agencies have been meeting on this topic. I believe that it turns into paperwork and record-keeping of meetings because I've never heard from any of those organizations as having accomplished anything for the homeless.

If they are having medical attention now it's because House of Mercy arranged for Greater Lawrence Family Health Center's mobile unit to visit them on Mondays and tend to their medical needs. Roger Farah and his volunteer team have found housing and jobs for many of them. They have told me of the many success stories they gathered.

It is not that I have a soft heart for the homeless. It is a huge problem all over the country and no one seems to know what to do with them. The City of Lawrence knows what the needs are and created a position to get it done but is turning into more meetings than anything else. Why is so difficult to copy what House of Mercy has done so successfully?

Is Sandy Guerrier's job just an excuse to pretend the City is doing something? If they don't like what they are reading, their silence is to blame; I have to go with what I have.

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Brown Bag Wednesdays

Lawrence Heritage State Park, 1 Jackson Street, announces its speakers and topics for the July "Brown Bag Wednesdays" program, which runs from 12:15 to 1:00. Bring your lunch and the Heritage provides coffee, water and cookies. A microwave oven is also available if needed.

Speakers and topics are as follows: July 3, "Buttons, Banners and Bumper Stickers: Electing a President" presented by Rich Padova; July 10, "Edward D. Sirois: Veteran of Three Wars" presented by Joe Bella; July 17, "Fasanella's Lawrence" presented by Jim Beauchesne; July 24, "History on the Road" presented by Amita Kiley; July 31, "Lawrence 101: A Primer on the Development of the New City on the Merrimack" presented by Rich Padova.

All programs are free and open to the public. For more information, call 978-794-1655.

Mezcla de calor y medicamentos representa un peligro para las personas mayores

Con temperaturas extremadamente altas que se adueñan del área esta semana, estos son unos datos importantes de seguridad relacionados con el calor que debe considerar.

El calor, cuando se combina con ciertos medicamentos, puede poner seriamente en riesgo a las personas mayores. Considere esto: 80-86% de los adultos mayores padecen una afección o enfermedad crónica que requiere medicación. El Servicio Nacional de Meteorología incluso sugiere que hay más muertes relacionadas con el calor en los Estados Unidos que durante los fríos brotes del Ártico.

Según los Centros para el Control y Prevención de Enfermedades:

- Los adultos mayores son más propensos a sufrir por el calor y el estrés relacionado con el calor porque sus cuerpos no pueden adaptarse a los cambios repentinos de temperatura.

- Las personas mayores que toman ciertos medicamentos recetados son más susceptibles a las lesiones y enfermedades relacionadas con el calor.

Por eso SYNERGY HomeCare recomienda que las familias presten especial atención a las personas mayores que toman medicamentos este verano. También instamos a las familias a consultar con sus médicos o farmacéuticos sobre el posible impacto del calor en cualquier medicamento.

Consultamos con los médicos para averiguar qué tipos de efectos pueden tener el calor y los medicamentos en las personas mayores:

Prescripción para problemas

- Los antidepresivos y los antihistamínicos actúan en un área del cerebro que controla la capacidad de la piel para hacer sudar. La sudoración es el sistema de enfriamiento natural del cuerpo. Si una persona no puede sudar, corre el riesgo de sobrecalentarse.

- Los betabloqueadores reducen la capacidad del corazón y los pulmones para adaptarse al estrés, incluido el clima cálido. Esto también

aumenta la probabilidad de que una persona sufra un golpe de calor y otras enfermedades relacionadas con el calor.

- Las anfetaminas pueden elevar la temperatura corporal.

- Los diuréticos actúan sobre los riñones y estimulan la pérdida de líquidos. Esto puede conducir rápidamente a la deshidratación en climas cálidos.

- Los sedantes pueden reducir la conciencia de una persona de las molestias físicas, lo que significa que los síntomas del estrés por calor pueden ser ignorados.

- La efedrina/pseudoefedrina, que se encuentra en los descongestivos de venta libre, disminuye el flujo de sangre a la piel y afecta la capacidad del cuerpo para enfriarse.

He aquí algunos consejos fáciles para ayudar a los adultos mayores a mantenerse frescos y combatir el calor:

- **Drink Up:** los adultos mayores necesitan beber mucha agua o jugo, incluso si no tienen sed. La deshidratación es la causa de muchos problemas de salud relacionados con el calor. Evite las bebidas alcohólicas o con cafeína, que pueden contribuir a la deshidratación.

- **Vístase bien:** no estamos hablando de las últimas tendencias de la moda. Cuando hace calor, las personas mayores deben usar ropa de colores claros, ligeras, holgadas y un sombrero de ala ancha.

- **Atención a las horas del mediodía:** durante el calor extremo, las personas mayores deben permanecer en el interior entre las 10 a.m. y las 6 p.m. Cuando las temperaturas tienden a ser más altas.

- **Tómelo con calma:** los adultos mayores deben evitar el ejercicio y las actividades extenuantes, especialmente al aire libre cuando las temperaturas aumentan.

- **Apuntar a A/C:** si la casa de una persona mayor no tiene aire acondicionado, él o ella debe buscar un lugar público con aire acondicionado en momentos de calor extremo, como un centro comercial.

Heat and Medication Mix Poses Danger for Local Seniors

With extremely high temperatures gripping the area this week, here is an important heat-related safety story idea for you to consider.

Heat, when combined with certain medications, can seriously put seniors at risk. Consider this: 80-86% of seniors suffer from a chronic condition or disease that requires medication. The National Weather Service even suggests that there are more heat-related fatalities in the United States than there are during frigid arctic outbreaks.

According to the Centers for Disease Control and Prevention:

- Seniors are more prone to heat stroke and heat-related stress because their bodies can't adjust to sudden changes in temperature.

- Seniors who take certain prescription medications are more susceptible to heat-related injuries and illnesses.

That's why SYNERGY HomeCare recommends that families pay special attention to seniors who are taking any medications this summer. We also urge families to consult with their doctors or pharmacists regarding the potential impact of heat on any medications.

We checked with physicians to find out what types of effects heat and medications

can have on seniors:

Prescription for Trouble

- Antidepressants and antihistamines act on an area of the brain that controls the skin's ability to make sweat. Sweating is the body's natural cooling system. If a person can't sweat, he or she is at risk of overheating.

- Beta-blockers reduce the ability of the heart and lungs to adapt to stresses, including hot weather. This also increases a person's likelihood of heat stroke and other heat-related illnesses.

- Amphetamines can raise body temperature.

- Diuretics act on kidneys and encourage fluid loss. This can quickly lead to dehydration in hot weather.

- Sedatives can reduce a person's awareness of physical discomfort which means symptoms of heat stress may be ignored.

- Ephedrine/Pseudoephedrine, found in over-the-counter decongestants, decreases blood flow to the skin and impacts the body's ability to cool down.

Here are some easy tips to help seniors stay cool and beat the heat:

- **Drink Up -** Seniors need to drink plenty of water or juice, even if they're not thirsty. Dehydration is the cause of many heat-related health problems. Avoid alcoholic or caffeinated drinks, which can contribute to dehydration.

- **Dress Cool -** We're not talking about the latest fashion trends. When it's hot out, seniors should wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

- **Mind the Midday Hours -** During extreme heat, seniors should stay indoors between 10 a.m. and 6 p.m. when the temperatures tend to be hotter.

- **Take it Easy -** Seniors should avoid exercise and strenuous activity, particularly outdoors when temperatures are on the rise.

- **Aim for A/C -** If a senior's home isn't air-conditioned, he or she should seek out a public place with air conditioning during times of extreme heat, such as a mall.

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El Departamento de Policía de Methuen da la bienvenida a la familia que recibe una donación de policías para niños con cáncer



De izquierda a derecha: Brooke, Michael y Melissa Burns con el bebé Michael, el tesorero de Cops For Kids With Cancer, Ed McNelley, el jefe Joseph Solomon y el alcalde James Jajuga. (Foto de cortesía)

From left: Brooke, Michael and Melissa Burns holding Baby Michael, Cops For Kids With Cancer Treasurer Ed McNelley, Chief Joseph Solomon and Mayor James Jajuga. (Courtesy Photo)

El jefe Joseph Solomon y el Alcalde James Jajuga se complacen en anunciar que Cops for Kids with Cancer presentó a un niño local de 9 meses de edad y a su familia con una donación de \$5,000 en la sede de la policía de Methuen el viernes, 12 de julio.

Michael Burns Jr. y su familia, incluidos sus padres Michael y Melissa Burns y su hermana mayor, Brooke, recibieron una donación de \$5,000 de Cops for Kids With Cancer el viernes por la mañana para ayudar a cubrir los costos asociados con su tratamiento contra el cáncer.

Michael fue diagnosticado con leucemia mieloblástica aguda como un recién nacido en octubre pasado. Desde entonces, se ha sometido a un tratamiento intensivo, incluida la hospitalización frecuente, mientras que sus padres se esfuerzan por mantener los horarios de trabajo, a menudo en las habitaciones del hospital de Michael.

El Departamento de Policía de Methuen patrocinó la solicitud de la familia Burns a Cops for Kids with Cancer a principios de este año.

"Ninguna familia, y ciertamente ningún niño pequeño debería tener que soportar lo que tiene la familia Burns a lo largo de la joven vida de Michael", dijo el jefe Solomon. "Estábamos ansiosos por apoyar sus esfuerzos a través de Cops For Kids With Cancer, y estamos muy agradecidos por su generosidad apoyando a esta familia".

El tesorero de la organización, Ed McNelley, estuvo presente el viernes para presentar el cheque, que se destinará a aliviar los gastos médicos de Michael.

"Cops for Kids With Cancer es una gran organización con una misión tremendamente significativa", dijo el Alcalde Jajuga. "Me alegra que el Jefe Solomon y sus oficiales puedan colaborar para ayudar a hacer posible la donación del viernes, y sé que todos nos unimos para alentar a Michael a vencer esto y vivir una vida plena y feliz".

Methuen Police Department Welcomes Family Receiving Donation From Cops For Kids With Cancer

Chief Joseph Solomon and Mayor James Jajuga are pleased to announce that Cops for Kids with Cancer presented a local 9-month-old boy and his family with a \$5,000 donation at Methuen Police headquarters on Friday, July 12.

Michael Burns Jr. and his family, including his parents Michael and Melissa Burns and his older sister, Brooke, received a \$5,000 donation from Cops for Kids With Cancer Friday morning to help cover the costs associated with his cancer treatment.

Michael was diagnosed with Acute Myeloblastic Leukemia as a newborn last October. Since then, he has been undergoing intensive treatment -- including frequent hospitalization -- while his parents make an effort to maintain work schedules, often from Michael's hospital rooms.

The Methuen Police Department sponsored the Burns family's application to Cops for Kids with Cancer earlier this year.

"No family, and certainly no young child should have to endure what the Burns family has throughout Michael's young life," Chief Solomon said. "We were eager to support their efforts through Cops For Kids With Cancer, and we're so grateful for their generosity in supporting this family."

Organization Treasurer Ed McNelley was on hand Friday to present the check, which will go toward alleviating Michael's medical expenses.

"Cops for Kids With Cancer is a great organization with a tremendously meaningful mission," Mayor Jajuga said. "I'm glad that Chief Solomon and his officers could pitch in to help make Friday's donation possible, and I know we all join together in rooting for Michael to beat this and live a full and happy life."

to Cops for Kids with Cancer earlier this year.

MCC's ALC Offers FREE Courses for Returning-Adult Students

The Middlesex Community College Adult Learning Center (ALC) offers FREE noncredit basic-education courses for adult learners (ages 16 and up) who live and work in Massachusetts.

Instruction in reading, writing, mathematics, science, social studies and basic computing/digital literacy is provided through the ALC.

"Our experienced and professional instructors help returning-adult students develop and improve their computer, study and job skills," said Kathy Innis, ALC Director. "The program helps prepare students for success in college, at work and in the community."

ALC classes are small and range from adult basic-education courses to preparation for the High School Equivalency credential (GED or HiSET). Students are admitted throughout the school year, September through May, on a space-available basis.

Fall-semester begins Wednesday, Sept. 4, and day and evening classes are available:

- Day classes (Bedford) – meet 9 a.m. to 12:30 p.m. Tuesday, Wednesday and Thursday on the Bedford campus, 591 Springs Road (call 781-280-3662).

- Evening classes (Waltham) – meet 6 to 9 p.m. Monday and Wednesday, at McDevitt Middle School, 75 Church St., Waltham (call 978-941-1373).

For more information about MCC's



Middlesex Community College's Adult Learning Center offers FREE noncredit basic-education courses for adult learners during the day and evening. Fall semester starts Wednesday, Sept. 4. Call 781-280-3662 (for day classes) or 978-941-1373 (evening classes).

Adult Learning Center, visit: www.middlesex.mass.edu/adultlearning. For questions about daytime classes, call 781-280-3662. For questions about evening classes, call 978-941-1373.

The Adult Learning Center is a free program supported by a grant from the Massachusetts Department of Elementary & Secondary Education.

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, we educate, engage and empower a diverse community of learners. MCC offers more than 70 degree and certificate programs – plus hundreds of noncredit courses – on our campuses in Bedford and Lowell, and online. Middlesex Community College: Student success starts here!

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La Academia de Golf Tom Sager busca enseñar lecciones de vida a través del golf

Tom Sager era un apasionado del golf. Creía que era una buena manera de aprender a lidiar con la frustración, a obtener disciplina y a fomentar relaciones. Este verano, ocho niños y niñas de las YMCA de Lawrence y Methuen tendrán la oportunidad de aprender esas habilidades mientras participan en la Academia de Golf Tom Sager.

Esta empresa conjunta de Merrimack Valley YMCA, Renaissance Golf Club y Sager Family Trust se inició en 2011 en memoria de Sager, un ávido golfista que falleció en 2009. Su esposa, Barbara Sager, dice que espera que la experiencia tenga un efecto positivo por el resto de sus vidas en los niños.

Los participantes de este año son Dylan Cavanaugh de 12 años, Ezekiel Andino de 11 años, Isaiah Andino de 13 años, Zachary Vermette de 13 años, Zachary Merlina de 13 años, Khimora Estevez de 13 años, Misha Torres de 11 años Edwin Durran.

Durante un desayuno para comenzar la temporada, Barbara Sager les contó a los niños cómo su esposo le pidió prestado un juego de clubes a su abuelo cuando era un niño y aprendió a jugar golf en el campo de golf público al otro lado de la calle de su casa. Ella les dijo que él estaría feliz de saber que tienen la oportunidad de aprender el juego que le encantó y las lecciones de vida que lo acompañan.

El Director de Operaciones de Merrimack Valley YMCA, Frank Kenneally,

felicitó a los niños por ganarse un lugar en esta academia y les aconsejó que aprovechen la oportunidad para aprender golf, aprender liderazgo y aprender todo lo que puedan sobre ellos mismos.

Estos muchachos asistirán a la academia dos veces por semana durante el mes de julio, aprendiendo la mecánica y las reglas del juego de los profesionales del golf, utilizando el equipo que les proporciona el programa. Los entrenadores de la YMCA de Merrimack Valley también ayudarán con el programa. Además de las lecciones de golf, los niños tendrán la oportunidad de almorzar, nadar en la piscina y hacer excursiones en un carrito de golf con la Sra. Sager.

Con su sede central en Lawrence, Massachusetts, ubicada en el corazón de Merrimack Valley, el YMCA de Merrimack Valley está representado por el YMCA de Andover/North Andover, el YMCA de Lawrence, el YMCA de Methuen, el Camp Lawrence y el Camp Nokomis en el Lago Winnepesaukee, así como Day Camp Otter en Salem, New Hampshire. Cada una de estas sucursales y campamentos atienden las necesidades de comunidades distintas y únicas, lo que convierte a Merrimack Valley YMCA en una organización rica en diversidad cultural, social y económica. A través de programas, servicios, voluntarios y personal de calidad, el YMCA de Merrimack Valley trabaja constantemente para ayudar a que todos puedan tener vidas más sanas.



Tom Sager Golf Academy Seeks to Teach Life Lessons through Golf

Tom Sager was passionate about golf. He believed it was a good way to learn how to deal with frustration, to gain discipline, and to build relationships. This summer, eight boys and girls from the Lawrence and Methuen YMCAs will get the chance to learn those skills while participating in the Tom Sager Golf Academy.

This joint venture of the Merrimack Valley YMCA, Renaissance Golf Club, and the Sager Family Trust was started in 2011 in memory of Sager, an avid golfer who passed away in 2009. His wife, Barbara Sager says she hopes the experience will have a positive, lifelong effect on the kids.

This year's participants are 12 year old Dylan Cavanaugh, 11 year old Ezekiel Andino, 13 year old Isaiah Andino, 13 year old Zachary Vermette, 13 year old Zachary Merlina, 11 year old Khimora Estevez, 13 year old Misha Torres, and 11 year old Edwin Durran.

During a breakfast held to kick off the season, Barbara Sager told the children how her husband borrowed a set of clubs from his grandfather when he was a boy and learned to play golf on the public golf course across the street from his house. She told them he would be happy to know they are getting the chance to learn the game he loved and the life lessons that go with it.

Merrimack Valley YMCA Chief Operating Officer Frank Kenneally

congratulated the kids for earning a place in this academy and advised them to take advantage of the opportunity to learn golf, learn leadership, and learn as much as they can about themselves.

The children will attend the academy twice a week throughout the month of July – learning the mechanics and the rules of the game from golf pros, using equipment provided to them by the program. Coaches from the Merrimack Valley YMCA will also help out with the program. In addition to the golf lessons, the children will have the opportunity to eat lunch, swim in the pool, and take tours on a golf cart with Mrs. Sager.

With its headquarters located in Lawrence, Massachusetts, nestled in the heart of the Merrimack Valley, the Merrimack Valley YMCA is represented by the Andover/North Andover YMCA, the Lawrence YMCA, the Methuen YMCA, Camp Lawrence and Camp Nokomis on Lake Winnepesaukee, and Day Camp Otter in Salem, New Hampshire. Each of these branches and camps serve the needs of distinct and unique communities, making the Merrimack Valley YMCA an organization rich in cultural, social, and economic diversity. Through quality programs, services, volunteers, and staff, the Merrimack Valley YMCA is constantly working to help make healthier lives achievable for everyone.

“Success is not final, failing is not fatal. It is the courage to continue that counts.”
 “El éxito no es el fin, el fracaso no es mortal. Es el valor de continuar lo que cuenta.”
 - Winston Churchill

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This program is funded in part by the Greater Lawrence Summer Fund, granted by the Essex County Community Foundation.

Youth Writing Workshop

Registrations are now being taken for a Youth Writing Workshop for students in grades 6 through 10. Workshop classes will be held on Tuesday and Thursday evenings 6 PM to 8 PM starting July 10 through August 18 at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

By popular demand MVIEC has engaged writing instructor Robert Largess to once again teach this workshop. Fee is \$10 registration for the 6 week course, free for Lawrence residents.

Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

La franquicia local de SERVPRO recibe premio al rendimiento excepcional

El líder de la industria en servicios de limpieza y restauración reconoce las mejores franquicias en la 50ª Convención Anual

SERVPRO de Lawrence recibió el premio de Bronce de CHAIRMAN'S en la 50ª Convención Anual de SERVPRO. El evento, con el tema "Haciendo historia", se realizó del 24 al 28 de junio en el Centro de Convenciones de Sacramento en Sacramento, California, donde se fundó la compañía.

"Siempre es gratificante ganar una distinción para nuestro negocio", dijo Kenneth J. White, SERVPRO de Lawrence Owner, "pero se siente especialmente bien este año. Estamos orgullosos de ser un miembro de la familia de franquicias SERVPRO ya que la compañía celebra 50 años de éxito de franquicias. El compromiso continuo de SERVPRO de proporcionar herramientas innovadoras, capacitación continua y un marco empresarial en constante evolución les da a los empresarios como nosotros una hoja de ruta para el éxito. Estamos orgullosos de formar parte del equipo de profesionales dedicados de remediación de desastres de SERVPRO, y de saber que tenemos las herramientas y los conocimientos para servir a propietarios de viviendas y empresas en nuestra comunidad si es necesario".

La 50ª Convención Anual de la compañía fue una celebración de la historia de la compañía y una muestra de las mejores prácticas para pequeñas empresas y la tecnología de restauración y remediación de vanguardia. El evento incluyó una variedad de talleres y sesiones grupales que abarcan 37 temas diferentes. Los asistentes obtuvieron conocimientos y experiencia

práctica para ayudarlos a construir y hacer crecer sus negocios y fortalecer los lazos con los residentes y las empresas en sus comunidades locales. Los aspectos más destacados de la convención incluyeron un discurso de apertura por parte del orador motivacional Jon Gordon y una ceremonia de entrega de premios que reconoció los logros de los franquiciados de mejor desempeño.

"SERVPRO ha recorrido un largo camino desde que Ted y Doris Isaacson fundaron la compañía como un negocio de pintura en Sacramento en 1967", dijo Rick Isaacson, director ejecutivo de SERVPRO. "En 1969, utilizaron su fondo de limpieza y restauración para llevar a su nueva empresa en una dirección diferente y nunca miraron atrás. La red de servicios profesionales de SERVPRO ahora incluye más de 1,700 franquicias operadas y de propiedad individual en los EE.UU. y Canadá. Nuestra convención anual reúne a este grupo diverso de empresarios para aprender de los expertos de la industria y nos brinda la oportunidad de reconocer a nuestras franquicias de mejor desempeño. Estamos increíblemente orgullosos de cada uno de estos profesionales dedicados y del servicio de clase mundial que brindan a sus clientes y sus comunidades".

Para obtener más información sobre SERVPRO de Lawrence, comuníquese con Kenneth J. White al (978) 688-2242 o gwhite@servprooflawrence.com o visite www.SERVPRO.com.

Local SERVPRO Franchise Receives Outstanding Performance Award

Industry leader in cleanup and restoration services recognizes top-performing franchises at 50th Annual Convention

SERVPRO of Lawrence received the CHAIRMAN'S Bronze award at SERVPRO's recent 50th Annual Convention. The event, themed "Making History," was held from June 24-28 at the Sacramento Convention Center in Sacramento, California, where the company was founded.

"It is always gratifying to earn a distinction for our business," said Kenneth J. White, SERVPRO of Lawrence Owner, "but it feels especially good this year. We are proud to be a member of the SERVPRO franchise family as the company celebrates 50 years of franchising success. SERVPRO's ongoing commitment to providing innovative tools, ongoing training, and an ever-evolving business framework gives entrepreneurs like us a roadmap for success. We are proud to be part of SERVPRO's team of dedicated disaster remediation professionals, and to know that we have both the tools and the knowledge to serve home and business owners in our community should the need arise."

The company's 50th Annual Convention was a celebration of the company's history and a showcase of small business best practices and cutting-edge restoration and remediation technology. The event featured a variety of workshops and group sessions ranging across 37 different topics. Attendees gained knowledge and hands-on experience

to help them build and grow their businesses and strengthen ties with both residents and businesses in their local communities. Highlights of the convention included a keynote address by motivational speaker Jon Gordon and an awards ceremony recognizing the achievements of top-performing franchisees.

"SERVPRO has come a long way since Ted and Doris Isaacson started the company as a painting business in Sacramento in 1967," said Rick Isaacson, chief executive officer of SERVPRO. "In 1969, they used their cleanup and restoration background to take their new company in a different direction and never looked back. SERVPRO's professional services network now includes more than 1,700 individually owned and operated franchises across the U.S. and Canada. Our annual convention brings this diverse group of entrepreneurs together to learn from industry experts and gives us an opportunity to recognize our top-performing franchises. We are incredibly proud of each of these dedicated professionals and the world-class service they provide to their customers and their communities."

For more information about SERVPRO of Lawrence, please contact Kenneth J. White at (978) 688-2242 or gwhite@servprooflawrence.com or visit www.SERVPRO.com.

Baker-Polito Administration Advances Production and Preservation of 1,500 Housing Units Across Commonwealth

Administration awards nearly \$80 million in funding and allocates \$40 million in tax credits to support affordable housing in Massachusetts

Governor Charlie Baker announced the 2019 Affordable Rental Housing Awards. Today's awards will support the preservation and production of 1,581 rental units, including 1,349 affordable units. This includes 273 units that will be reserved for extremely low-income households.

Today's awards will advance three transit-oriented projects, five projects for seniors, and two projects that will significantly rehabilitate public housing. Affordable rental housing awards have led to the production, renovation and preservation of more than 7,800 housing units, representing nearly half of all the housing units supported by the Baker-Polito Administration since 2015 through funding mechanisms like the MassWorks Infrastructure Awards Program, the Housing Development Incentive Program and more.

"We are pleased to announce these Affordable Rental Housing Awards to advance the production and preservation of more than 1,500 rental housing units throughout the state," said Governor Charlie Baker. "Our administration has already invested more than \$1 billion in affordable housing and we look forward to working with our colleagues in the Legislature to pass our Housing Choice bill to facilitate the production of more new housing units in communities across Massachusetts."

"Each housing unit advanced today will benefit entire communities, by bringing more people to downtowns, transforming long-vacant properties, and providing new customers for local businesses," said Lt. Governor Karyn Polito. "Housing is both a valuable tool and critical precursor for economic development, and these projects will provide stability to many households in need. Congratulations to all of today's awardees."

The Department of Housing and Community Development is awarding nearly \$80 million in direct subsidies from seven state bond accounts and federal HOME funds, and allocating \$38 million in state and federal Low Income Housing

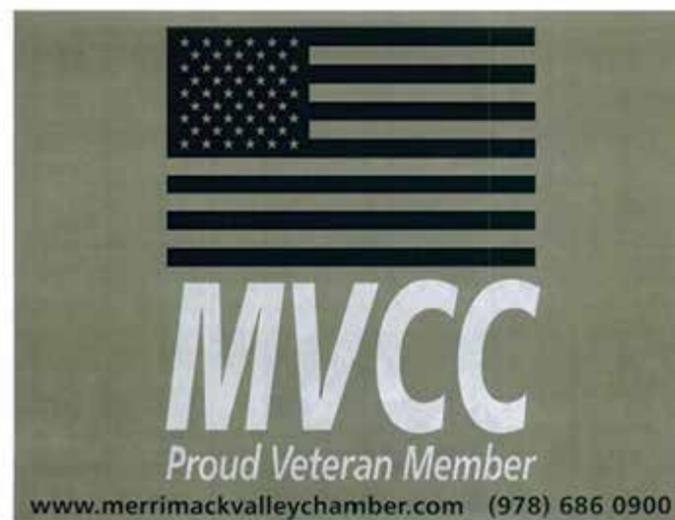
Tax Credits (LIHTC) to 28 projects. The tax credit allocations will generate more than \$260 million in equity to support these projects. Massachusetts is one of just 17 states to offer a state tax-credit program to complement the federal LIHTC program to support the development and rehabilitation of affordable housing.

PAC 10 Lofts Phase II (Lawrence) is the continuation of the adaptive re-use of a historic mill project. The sponsor is Reed Community Partners, LLC. DHCD will support the project with federal and state LIHTC and subsidy funds. The City of Lawrence will support the project with local funding. The completed project will offer 96 new rental units. Sixty-three units will be affordable to households earning less than 60% of AMI, with ten units further restricted for extremely low-income households earning less than 30% of AMI.

Sirk and Chestnut Square Redevelopment (Lowell) is a preservation project with two existing occupied projects in need of rehabilitation. The non-profit sponsor is The Caleb Foundation. DHCD will support the rehabilitation of the properties with LIHTC and project-based rental assistance. When the rehabilitation work is completed, Sirk and Chestnut Square will offer 87 total units. Seventy-one units will be restricted for individuals or families earning less than 60% of AMI, with eight units further restricted for extremely low-income households earning less than 30% of AMI.

Broadway Building (Methuen) is a new construction housing project for families to be built in downtown Methuen. The sponsor is DS Development LLC. DHCD will support the project with federal and state LIHTC and subsidy funds, and the City of Methuen will support the project with local HOME funds. When completed, Broadway Building will offer 40 new rental units, all of which will be affordable to households earning less than 60% of AMI. Four units will further be restricted for extremely low-income households earning less than 30% of AMI.

MVCC RECOGNITION OF VETERAN OWNED BUSINESSES



The Merrimack Valley Chamber of Commerce is pleased to announce that we have created a unique member plaque and decal as special recognition and appreciation of our Veteran Owned Businesses that are MVCC members.

If you are a Veteran Owned Business please contact the MVCC and we will be honored to provide you with the new Veteran's appreciation member plaque and decal.

Colombianos celebraron su independencia



Carmenza Bruff haciendo uso de la palabra, en la foto también se destacan, desde la derecha, el Cónsul de Colombia en Boston Sr. Carlos E. Enriquez, Claudia Vanegas, Diana Lorena Ayala, y María Cristina Bejarana.

Carmenza Bruff speaking, in the photo also stand out, from the right, the Consul of Colombia in Boston Mr. Carlos E. Enriquez, Claudia Vanegas, Diana Lorena Ayala, and María Cristina Bejarana.

Por Alberto Surís

Con motivo de estarse celebrando 209 años de la Independencia de Colombia, el pasado viernes, 19 de julio, 2019, colombianos del patio se reunieron junto a la Fuente Robert Frost, ubicada en el Parque Campagnone, frente al Ayuntamiento de Lawrence para izar su bandera.

Carmenza Bruff, Presidenta del Colombian Cultural Committee, con breves palabras dio la bienvenida a los presentes y luego de escuchar las notas del himno de los Estados Unidos, introdujo a Diana Lorena Ayala, que procedió a cantar a capela, las notas del himno nacional de Colombia.

Laudys Disla, en representación del Alcalde Daniel Rivera, leyó y entregó a los miembros del Comité Cultural Colombiano, una proclama emitida por el alcalde. Acto seguido, Bruff introdujo a Carlos E. Enriquez, Cónsul de Colombia en Boston el cual nos trajo cálidas palabras en un mensaje del Presidente de Colombia, Iván Duque Márquez, para los colombianos en el exterior,

con motivo de la conmemoración del 20 de Julio, día de la Independencia Nacional.

“Hace 200 años transitábamos en los campos de Boyacá la ruta hacia la Independencia definitiva, camino que fue abierto por el Grito del 20 de Julio en Santa Fe. Este gobierno, el gobierno del Bicentenario, está comprometido con construir los cimientos para los siguientes dos siglos de nuestra historia. Quiero enviarles a todos ustedes el más caluroso de los saludos en esta Fiesta Patria”, dijo el presidente.

Claudia Vanegas, leyendo de un documento, comentó sobre “la raza cósmica colombiana, que proviene de las diversas razas que se han ido fundiendo a lo largo de la historia que todavía predominan en nuestra identidad y que marcan el germen para forjar la civilización colombiana”.

Antes de terminar el acto, Bruff pidió un minuto de silencio para recordar a Héctor Conde, quien fuera miembro del Comité en el primer aniversario de su temprana muerte.



Laudys Disla leyendo la proclama enviada por el alcalde de Lawrence.

Laudys Disla Reading the proclamation sent by Lawrence’s mayor.

Colombians celebrated their independence

By Alberto Surís

On the occasion of celebrating 209 years of the Independence of Colombia, last Friday, July 19, 2019, Colombians from the area gathered next to the Robert Frost Fountain, located in the Campagnone Common, in front of the Lawrence City Hall to raise their flag.

Carmenza Bruff, of the Colombian Cultural Committee, with brief words welcomed the audience and after listening to the notes of the United States National Anthem, introduced Diana Lorena Ayala, who proceeded to sing a cappella, the notes of the national anthem of Colombia.

Laudys Disla, on behalf of Mayor Daniel Rivera, read and delivered to the members of the Colombian Cultural Committee, a proclamation issued by the mayor. Immediately, Bruff introduced Carlos E. Enriquez, Consul of Colombia in Boston, who brought us warm words in a message from the President of Colombia, Iván Duque Márquez, for Colombians abroad, on the

occasion of the commemoration of July 20, and National Independence Day.

"200 years ago we were traveling in the fields of Boyacá the route to the definitive independence, road that was opened by the Grito del 20 de Julio in Santa Fe. This government, the Bicentennial government, is committed to build the foundations for the next two centuries of our history. I want to send all of you the warmest of greetings in this Fiesta Patria," said the president.

Claudia Vanegas, reading from a document, commented on "the Colombian cosmic race, which comes from the diverse races that have been fusing throughout history that still predominate in our identity and that mark the germ to forge Colombian civilization."

Before concluding the occasion, Bruff requested a minute of silence to remember Hector Conde, a former member of the Committee on the first anniversary of his early death.

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Youth Writing Workshop

Registrations are now being taken for Youth Writing Workshops for students entering grades 6 through 10. Workshops will be held on a monthly basis on Monday evenings 6 PM to 8 PM at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

Robert Largess will conduct the workshop. He has more than 20 years experience teaching in Boston Public Schools and has taught our successful Summer Youth Writing Program.

Workshops will combine student writing-short stories, poems, essays, and eports – with reading classic stories and poems, and learning a bit about Asian Culture and history, the Ancient Greeks, and the myths and tales of other cultures. Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

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

Si usted puede, aunque sea ocasionalmente, por favor, llame a Renee A. Baker, reclutador de voluntarios, al 978-946-1463 (y mencione Interfaith Caregivers.)

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

The LARE Institute at American Training Celebrates its 2019 Graduating Class

The LARE Institute of American Training recently graduated their 2019 class, celebrating the over 250 graduates who earned certificates in a variety of LARE Institute programs.

These programs spanned from ESL, HiSET, Pharmacy Technician, Electronics Assembly, Business Technology, Certified Nursing Assistant, and Medical Assisting.

The annual LARE Institute Graduation Celebration is an opportunity to recognize students for their academic accomplishments and hard work. Graduates have succeeded and left the stage with a certificate even after overcoming some of life's most overwhelming challenges.

Some are just kids graduating from high school who are looking for opportunity in an affordable next step, some have been working and are suddenly faced with having to change careers unexpectedly and learn something completely new, and some have never finished high school and are looking to earn their HiSET to start them on the path to a brighter future.



Keynote Speaker, Commissioner Jeffrey McCue of the Massachusetts Department of Transitional Assistance, addresses the LARE Institute graduating class. He is joined on stage by Acting Director Jim Sullivan (L) and President and CEO Tom Connors (R).



Jaileen Ortiz of the LARE Medical Assisting Program delivers a speech to her fellow graduates thanking the LARE Institute, its employees and her classmates for supporting her through one of the most difficult times in her life.



LARE Institute graduate, Radelis Polanco celebrating commencement.

Fire victims / Víctimas de incendios

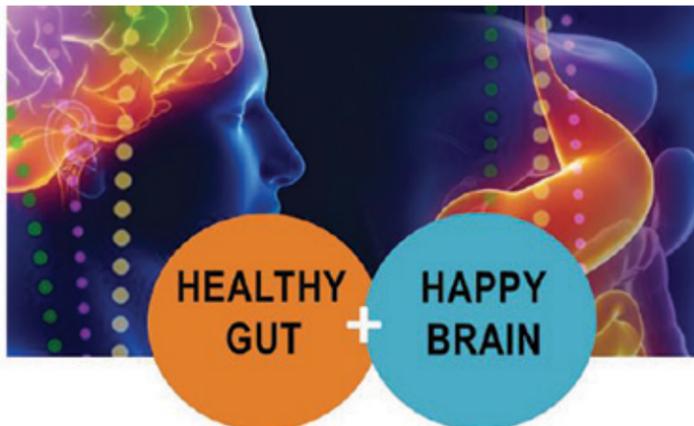
Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

<http://heallawrence.org/>

heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>



BODY & BRAIN
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Did you know that your Brain Health is directly connected to your "Gut Health".

Your insides need exercise just as much as your outside! You need an **Internal Workout**

Did you know that 75% of the body's immune system is in the "Gut" and 90% of the hormone Serotonin the Happy Hormone is produced in the "Gut".

Also 30-40% of our blood supply is in the "Gut".

So, "Gut Health" is important for overall health and especially Brain Health.

Come and learn more about how to have a "Healthy Gut and Happy Brain".

Free public workshop
Saturday July 27, 2-4 pm.
BodynBrain Yoga Studio
290 Merrimack St. (rear entrance)
Lawrence, Ma.
978-688-5200

¡Feliz Cumpleaños, Arismendy! Start a Biotech Degree at MCC & Continue on to Earn a Master's

Fotos: George Richardson



On July 12, 2019, Chef Arismendy Lopez, de la Cocina de Arismendy en Lawrence, muestra el mandil de tela que recibió como regalo de cumpleaños.

La pieza - idea de sus empleados - es para usarse en su casa solamente, e incluye su logo, destapador, guantes y un portabotellas.

En la foto de abajo, Angery Leonardo - esposa del chef Arismendy Lopez - sonríe mientras coloca una botella vacía en el mandil.

La pieza fue confeccionada con motivo de su cumpleaños. Decenas de amigos y clientes se dieron cita el pasado viernes, entre ellos Chef Amilkar Gonell, Ana Levy y su esposo Benjamin.

El evento fue transmitido en vivo por una emisora local.



Middlesex Community College is the place to launch a career in Biotechnology – from an AA to an MA – and it's not too late to register! Fall classes start Wednesday, Sept. 4. Call 1-800-818-3434.

Middlesex Community College is the place to launch a career in Biotechnology – from an AA to an MA – and it's not too late to register!

Fall-semester classes start Wednesday, Sept. 4, and financial aid is available for those who qualify. Visit: <https://www.middlesex.mass.edu/registration> or call 1-800-818-3434.

Graduates of MCC's highly regarded Biotechnology Technician degree program can join an accelerated transfer pipeline that leads to earning bachelor's and master's degrees at Northeastern University.

Thanks to A2M – an innovative “associate-to-master's-degree” partnership program between Middlesex and Northeastern – MCC Biotech graduates can seamlessly transfer to Northeastern to earn bachelor's and master's degrees in biotechnology. The program also enables low-income and under-represented minority students to receive scholarships and special support services.

MCC's Biotechnology Technician degree and certificate programs have

received a Platinum endorsement – the highest rating – from the Massachusetts Life Sciences Education Consortium. Both Biotech programs emphasize hands-on practical lab work and include on-site work experience at a local biotechnology company.

For more information about MCC's Biotechnology Technician Programs, visit: <https://www.middlesex.mass.edu/biotechnology>

For more information about A2M at Northeastern, visit: <https://www.northeastern.edu/bachelors-completion/associate-to-masters>

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, we educate, engage and empower a diverse community of learners. MCC offers more than 80 degree and certificate programs – plus hundreds of noncredit courses – on our campuses in Bedford and Lowell, and online. Middlesex Community College: Student success starts here!

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Middlesex CC Presents New Performing Arts Series in Lexington

Middlesex Community College, in partnership with Spectacle Management, is presenting a new Performing Arts Series at Cary Hall, 1605 Massachusetts Ave., in Lexington.

“Spectacle Management is thrilled to enter into this new partnership with Middlesex, long respected as one of the leading community colleges in the Northeast,” said Peter M. Lally, President of Spectacle Management. “We are confident that MCC's increased exposure to our audiences will be of the greatest benefit to our entire area.”

Concerts in the series include:

• Bela Fleck & Abigail Washburn – 7 p.m., Sunday, July 28

• Lori McKenna – 8 p.m. Saturday, Aug. 3

• The Righteous Brothers – 3 p.m., Sunday, Aug. 11

• Mother of a Comedy Show – 8 p.m. Saturday, Sept. 28

• Eileen Ivers: A Joyful Christmas – 3 p.m. Sunday, Dec. 1

• Vienna Boys Choir – 7:30 p.m. Thursday, Dec. 5

• Jackie Evancho – 3 p.m. Sunday, Dec. 15

To order tickets to MCC's new Performing Arts Series at Cary Hall, visit: CaryHallLexington.com or call 1-800-657-8774.

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Latinos for Education anuncia a Lorena Lopera como la primera Directora Ejecutiva de Massachusetts

Latinos for Education anunció hoy a Lorena Lopera, una experimentada líder en educación sin fines de lucro y residente de Boston, como su primera Directora Ejecutiva para Massachusetts.

"Nos complace que Lorena Lopera se haya unido a nuestra organización en un momento crítico en el que se producen muchos cambios en el panorama educativo de Massachusetts," dijo Amanda Fernández, fundadora y CEO de Latinos for Education, y agregó: "Lorena usará su experiencia para asegurar que los latinos tengan una representación significativa en los puestos de influencia para servir mejor a nuestros estudiantes, que son más diversos que nunca."

Antes de unirse a Latinos for Education, Lopera se desempeñó como Directora de Desarrollo en Building Excellent Schools, una organización nacional enfocada en la formación de líderes escolares. Anteriormente se desempeñó como



Jefa de Personal en City Year, Miami, supervisando las finanzas, el personal y las operaciones de una organización que brinda apoyo a más de 5.000 niños en las Escuelas Públicas del Condado de Miami-Dade. También ha ocupado cargos en la Fundación Posse, Epiphany School y Sociedad Latina.

"Como inmigrante de primera generación de Colombia, entiendo cuánto esfuerzo, resistencia y apoyo se destinan simplemente a encontrar las oportunidades correctas para el éxito", dijo Lopera. "Estoy emocionada de liderar este trabajo junto a Latinos for Education para garantizar que nuestros estudiantes, educadores y familias puedan, además de luchar por acceso, enfocarse en crear impacto".

Lopera se graduó de Boston College con un B.A. en Estudios Hispánicos y reside

en Boston con su esposo y dos hijos. Latinos for Education es la primera organización nacional sin fines de lucro liderada por latinos que crea oportunidades para los líderes educativos latinos. La organización comenzó en Boston en 2016 y lanzó la primera Programa Directivo Latino (Latino Board Fellowship) en Massachusetts el año siguiente. En 2018, Houston fue seleccionado como el primer sitio de expansión para Latinos for Education.

Latinos for Education moviliza una red de líderes educativos calificados para garantizar que la voz de los estudiantes y familias no solo se escuche, sino que se tome en cuenta en la toma de decisiones en escuelas, comunidades e instituciones educativas de todo EE.UU. Para más información, visita: www.LatinosforEducation.org

Latinos for Education Announces Lorena Lopera as its First Executive Director for Massachusetts

Latinos for Education today announced Lorena Lopera, an experienced nonprofit education leader and Boston resident, as its first-ever Executive Director for Massachusetts.

"We're pleased to have Lorena Lopera joining our organization at a critical time with many changes happening in the Massachusetts education landscape," said Amanda Fernandez, Founder and CEO of Latinos for Education. "Lorena will use her deep experience to ensure Latinos have meaningful representation in positions of influence to best serve our students, who are more diverse than ever before."

Prior to joining Latinos for Education, Lopera served as Director of Development at Building Excellent Schools, a national organization focused on school leadership formation. She previously served as Chief of Staff at City Year, Miami, overseeing finances, personnel and operations to an organization that supports over 5,000 children across Miami-Dade County Public Schools. She has also held positions with the Posse Foundation, Epiphany School and Sociedad Latina.

"As a first-generation immigrant from Colombia, I understand how much hard work, resilience, and support goes into simply finding the right opportunities for success," said Lopera. "I am thrilled to lead this work with Latinos for Education to ensure our students, educators, and families can move beyond fighting for access, and focus on creating impact."

Lopera graduated from Boston College with a B.A. in Hispanic Studies and resides in Boston with her spouse and two children.

Latinos for Education is the first Latino-led national nonprofit creating pathways for Latino education leaders. The organization began in Boston in 2016 and launched the first Latino Board Fellowship in Massachusetts the following year. In 2018, Houston was selected as the first expansion site for Latinos for Education.

Latinos for Education is mobilizing a network of skilled education leaders to ensure the voice of students and families is not only heard, but factored into decision-making in schools, communities, and educational institutions throughout the U.S. Learn more at: www.LatinosforEducation.org

Greater Lowell Community Foundation Announces New Cambodian Mutual Assistance Association Agency Fund



The Greater Lowell Community Foundation recently announced the new Cambodian Mutual Assistance Association (CMAA) Agency Fund. Pictured, in back row from left, Sovanna Pouy, Executive Director, Cambodian Mutual Assistance Association with GLCF President and CEO Jay Linnehan with students from the CMAA After School Program.

The Greater Lowell Community Foundation announces the creation of the Cambodian Mutual Assistance Association (CMAA) Agency Fund. This new agency fund provides annual and capital support to the association to fulfill their mission to improve the quality of life for Cambodian Americans and other minorities as well as economically disadvantaged persons in Lowell through educational, cultural, economic and social programs.

"We are proud to hold an endowment fund with the Greater Lowell Community Foundation. We wanted to invest in the future of our community and found that this is a great option for CMAA. We look forward to providing scholarships to young people who will make a difference today and, in the future," said Sovanna Pouy, Executive Director, CMAA.

"We are grateful for our partnership with Cambodian Mutual Assistance Association and the creation of their new agency fund. GLCF Nonprofit Agency Funds enjoy increased visibility provided by being a part of our larger giving community and gives organizations the opportunity to create a

fund that generates investment income, year after year. We are happy to support the CMAA's important work," said Greater Lowell Community Foundation President and CEO Jay Linnehan.

More than 40 Greater Lowell nonprofit organizations have established agency funds at the Community Foundation. For more information on the Greater Lowell Community Foundation please visit www.glcfoundation.org.

The Greater Lowell Community Foundation is a philanthropic organization comprised of over 350 funds, currently totaling over \$37MM, which is dedicated to improving the quality of life in 20 neighboring cities and towns. The Community Foundation annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from its staff, and an in-depth understanding of local needs. The generosity of our donors has enabled the Community Foundation to award more than \$15 million to the Greater Lowell Community since 1999.

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Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

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!

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LEÁLO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR RUMBO

315 Mt. Vernon St.
Lawrence MA 01843
Email: Rumbo@rumbonews.com

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

Retracing Rivera's steps

I was looking through some old files and found this article Mayor Dan Rivera wrote for Commonwealth Magazine on September 2, 2015, entitled Pushing for Change Creates Enemies. I would say to that to be true particularly if the change is based on political vendettas, unfair firing of employees, hiring using favoritism instead of qualifications, micromanaging every department at city hall while being verbally abusive and vulgar besides not being sincere when he promised that he would hire only the best qualified candidates for city jobs.

This is part of what he wrote:

"We have worked to fight crime, we have disciplined bad employees including bad police officers, we have forced tax cheats to pay their taxes, we have taken hard stances on land use matters, we defended the city against bad contracts and bad leases, and we demand real change in the way our city does business. When you focus on this type of change those interests negatively affected by these actions (bad employees, bad cops, tax cheats, landowners looking to take advantage of the city) will fight back against us and this is how they will do it."

I can think of so many things... For instance, the city still has bad police officers especially now that those of the higher rank are the ones being accused.

Veterans have been discriminated for friendly political hires.

Crime is still an issue especially drugs problems and drugs problems inside the Lawrence Police Department.

Homelessness is on the rise. Rents are sky rocketing.

Benefits are being taken from employees and unions versus given contracts and land to friends and political favors.

Just like egotistical and selfish people, they only want to be the hero and not let others take victory laps.

In this case, none of them have done anything except to create more power struggles and issues.

Councilor Estela Reyes and her properties is delinquent paying her taxes and getting abatements to boot. Having her Oak St. lot cleaned by the city and not razing her Haverhill St. building waiting to sell it to the city when the Oliver School begins repairs. In Lawrence, she can do no wrong.

The bad employees still remain, walking around running errands for the mayor or working on political campaigns that he supports, even promoting one to supervisor while being accused of sexual harassment by two employees. He is now the boss!

I have written enough articles on my Corruption and Traffic of Influence in Lawrence series; find them and be entertained for hours.

My visit to Don Matías Restaurant

I said to Milagros and Matías that they will appear in my column this week and there are probably candles lit somewhere.

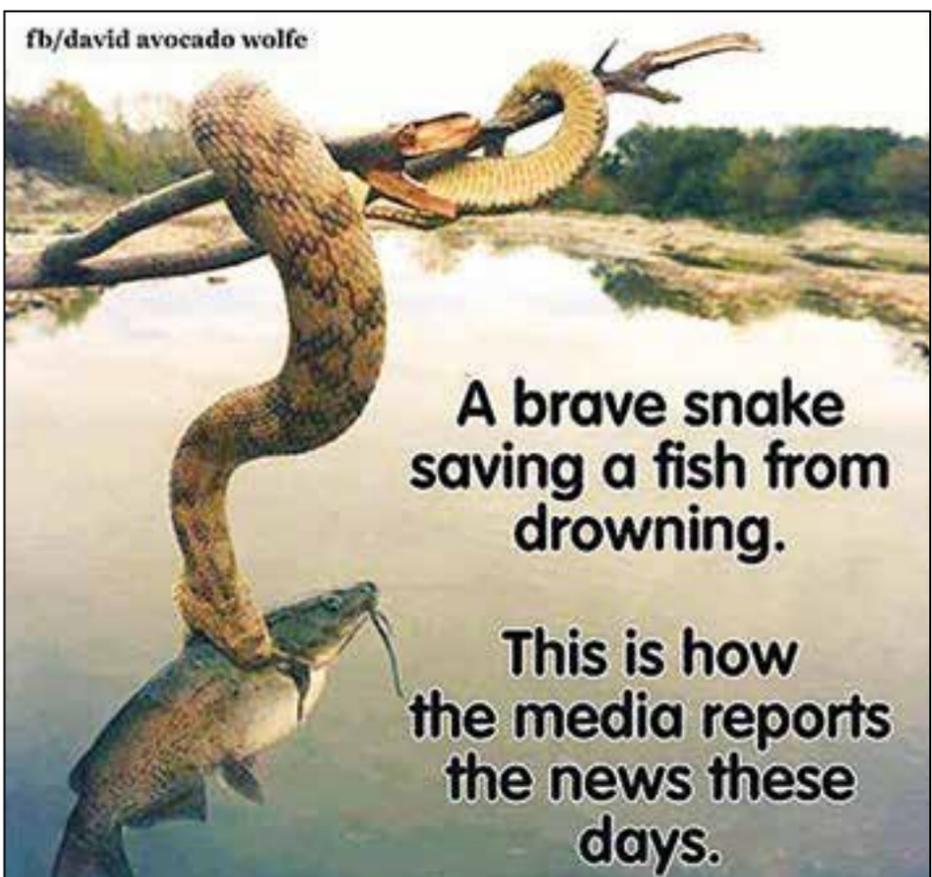
Kidding aside, the space is lovely, elegant, the music is very soft and very pleasant. While the menu is not extensive, it was carefully selected to offer healthy quality meals by Chef Amilkar Gonell.

Good dining experience!

"Nuestra libertad depende de la libertad de prensa y no puede ser limitada pues la perderemos."

"Our liberty depends on the freedom of the press, and that cannot be limited without being lost."

- Thomas Jefferson



MASSHIRE
Temporary location for the Lawrence Office of the MassHire Merrimack Valley Career Center
WALKING DIRECTIONS

For More Info Call:
978-722-7000

MassHire has moved

The offices previously called Workforce Investment Board located at 255 Essex St. in Lawrence, has moved to Northern Essex Community College which houses the Louise Haffner Fournier Education Center at 78 Amesbury St.

The building at 255 Essex St. is where the Lawrence Public Schools were located for many years and in his good judgment, Mayor Dan Rivera moved their offices to the old high school building, thus breaking the contract with owners Carmine and William DiAdamo.

After the expected legal battle, the

City decided to purchase the building for \$3 million plus repairs.

Now, a couple of years after settling in, on Friday, July 12, everybody was evicted immediately from the building due to mold contamination. By Monday, they had been set up temporarily at their new location although no one seems to know for how long.

Part of the purchase involved the corner building at 237 Essex St. where the Lawrence Public School offices are now located. Since the renovations took place at the same time and the buildings are connected, employees are now wandering if they are subjected to the same mold contamination. The City said they are not.

The MA Smokers' Helpline offers free support to **quit smoking.**

I QUIT on my 9th TRY Keep Trying!

I-800-QUIT-NOW

For more information about the Helpline and to enroll online, visit **KeepTryingMA.org**

Massachusetts Department of Public Health

Greater Lawrence Technical School is Offering Free School Meals for All Students

GLTS is Using Community Eligibility Provision to Provide Free, Nutritious Meals to Every Child

Greater Lawrence Technical School is launching a new program that will offer free breakfast and lunch to all students this academic year, as part of the Community Eligibility Provision universal meal plan. The move allows all students to eat free breakfast and lunch at school without having to fill out applications or other paperwork while reducing administrative costs for school nutrition departments by streamlining the application process.

The CEP was enacted as part of the federal Healthy, Hunger-Free Kids Act of 2010. It allows eligible schools to offer free breakfast and lunch to all students regardless of household income and does not require

families to submit a school meal application. Eligible schools are those in which 40% of the student enrollment is directly certified for free meals based on a) participation in SNAP, TAFDC, or Medicaid or b) homeless, runaway, migrant, foster or Head Start status. It does not include students who are categorically eligible for free meals based on a school meal application.

The theory behind the universal meal program is twofold: first, it increases school meal participation, ensuring that all children can receive stigma-free, nutritious school meals that keep them healthy and enable them to perform better in the classroom; second, CEP reduces labor costs for schools

by eliminating the administrative process of collecting, reviewing and verifying hundreds of individual meal applications.

The process of phasing in CEP across the nation started in 2011 with three school districts. During the 2013-2014 school year, the District of Columbia and ten states, including Massachusetts' Boston Public School system, successfully implemented the program. The 2014-2015 school year was first year the program was available nationwide, enabling thousands more high-poverty schools to take concrete steps toward reducing child hunger.

Studies conducted on CEP's effectiveness so far have been overwhelmingly positive. A recent report by the Center on Budget and Policy Priorities and the Food Research and Action Center found that schools that have participated in community eligibility for two years have seen lunch participation increase by 13 percent and breakfast participation increased by 25 percent.

"The Community Eligibility Provision is a tremendous new tool for us," said John Lavoie, Superintendent Director. "Now, all of our children will have access to these healthy meals without fear of judgment from anyone. We know from experience that full, healthy children are much better prepared to learn and, ultimately, have greater educational success."

For additional information please contact: GLRVTS Attention: Mary Beth Ringland, Food Service Director, 57 River Rd Andover, MA 01810, 978-686-0194 ext. 5047, mringlanda.glts.net

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program, or activity

conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf; hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.asc.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: profzrain.intake.usda.gov. This institution is an equal opportunity provider.

The CEP is sponsored by the United States Department of Agriculture, an equal opportunity provider and employer, and is administered by the Massachusetts Department of Elementary and Secondary Education with outreach and technical support from the Child Nutrition Outreach Program at Project Bread. For more information about CEP and determining eligibility, visit <http://vwww.doe.mass.edu/krip/nprograms/cen/> or www.meals4kids.org/community-eligibility-option.

THE MERRIMACK VALLEY CHAMBER OF COMMERCE

WOMEN IN BUSINESS LUNCHEON SERIES

PRESENTS

Guest Speaker: Kimberly Abare
President, New England Die Cutting, Inc.

← **ALL MEMBERS ARE INVITED TO ATTEND** →

This Very Special Luncheon Program

Friday, July 26, 2019
12 Noon - 1:15 PM

Includes Exclusive Hot Buffet Luncheon!

 **Maria's Family Restaurant**

81 Essex Street, Haverhill, MA 01832 978-521-1472

Thank you to our sponsors: Title Sponsor: The Savings Bank
Associate Sponsor: Merrimack Valley Chamber Means Business Program

\$25.00 Member Women In Business, July 26, 2019 \$35.00 Non Member

Lawrence High School Graduates of 2010 through 2012

The Library received a large amount of LHS yearbooks (2010 and 2012) from the high school. They are giving them away.

If interested, please contact Louise Sandberg in the Main Library, at 51 Lawrence St.

Find us in Rumbo's page on Facebook

North Essex Tech Training Program

Volunteers of America and the Sheriff Department need participants to help individuals recently released from prison to provide services for them to prevent them from returning. These include housing assistance, legal support, healthcare, and behavioral health treatment services.

For more information or volunteer, please see details below.

Volunteers of America y el Departamento del Sheriff necesitan participantes para asistir a personas que hayan salido de la prisión recientemente para proveerles servicios y evitar que regresen a la cárcel. Estos incluyen asistencia de vivienda, apoyo legal, atención médica y servicios de tratamiento de salud del comportamiento.

Para más información u ofrecerse de voluntario, favor de ver los datos abajo.

North Essex Tech Training Program
Essex County Pre-Release and Re-Entry Center (ECPRC)
165 Marston St., Lawrence, MA 01841- (978) 750-1900, ext. 4315
Or email NETTP@voamass.org



PRUEBAS DE PRESIÓN ARTERIAL GRATIS

Lunes 15 de Julio, 22 de Julio, 29 de Julio

De 11 am a 1 pm

La Ciudad de Lawrence y la Enfermera de Salud Pública de la Ciudad de Lawrence ofrecerán exámenes de presión arterial GRATUITOS en la Biblioteca Pública de Lawrence en la Sala de Historia Local ubicada en el 3er piso.

Por favor traiga sus registros de presión arterial y los nombres de sus medicamentos para la presión arterial en caso de que tenga preguntas.

Para obtener más información, no dude en llamar a la enfermera de salud pública Jackie Aguilar al 978-620-3261

FREE BLOOD PRESSURE SCREENINGS

Mondays July 15th, July 22nd, July 29th
11 am to 1 pm

The City of Lawrence and the City of Lawrence Public Health Nurse will be offering FREE Blood Pressure Screenings of the Lawrence Public Library in the Local History Room located on the 3rd Floor.

Please bring your blood pressure records and names of your blood pressure medication in case you have questions.

For more information, feel free to call the Public Health Nurse Jackie Aguilar at 978-620-3261. If you cannot make it during those times, please let the City of Lawrence Public Health Nurse know, so that she can plan other times during the following months.





Funcionarios de salud pública del estado anuncian la primera muestra de mosquitos con EEE positiva en la temporada

Se insta a los residentes a usar repelente de insectos para evitar ser picados

El Departamento de Salud Pública de Massachusetts (DPH, por sus siglas en inglés) anunció que el virus de la encefalitis equina oriental (EEE) se detectó en mosquitos en Massachusetts por primera vez este año. La presencia de EEE fue confirmada por el Laboratorio de Salud Pública del Estado de Massachusetts en dos muestras de mosquitos que se recolectaron el 15 de julio en las comunidades de Easton y New Bedford en el condado de Bristol. No se han detectado casos humanos o animales de EEE en lo que va de año. No hay un nivel elevado de riesgo o un cambio en el nivel de riesgo asociado con este hallazgo.

"Han pasado varios años desde que tuvimos una actividad de EEE significativa en Massachusetts", dijo la Dra. Catherine Brown, epidemióloga estatal del DPH.

"Esta es una época del año relativamente normal para la primera evidencia de EEE; la continua vigilancia de mosquitos durante las próximas semanas nos ayudará a comprender qué tan activa será esta temporada".

La EEE es una enfermedad rara pero grave y potencialmente mortal que puede afectar a personas de todas las edades. La EEE se transmite generalmente a los humanos a través de la picadura de un mosquito infectado. El último caso humano de EEE en Massachusetts ocurrió en 2013. Al final de la temporada 2018, la infección por EEE se confirmó en un pavo y un caballo del condado de Worcester.

"Las personas tienen un papel importante que desempeñar para protegerse a sí mismas y a sus seres queridos de enfermedades causadas por mosquitos.

"Ahora que tenemos pruebas de que tanto el Virus del Nilo Occidental (WNV) como el EEE están presentes esta temporada, es muy importante tomar medidas para prevenir la exposición a los mosquitos", dijo la Dra. Brown. "También les estamos pidiendo a las personas que se mantengan informadas sobre el nivel de actividad del virus en las áreas donde viven, trabajan y juegan. La gente puede consultar nuestro sitio web para obtener la información más actualizada".

La información sobre la actividad actual se puede encontrar en el sitio web del DPH, que se actualiza diariamente: www.mass.gov/dph/mosquito.

Evite las picaduras de mosquitos
Aplique repelente de insectos cuando

esté al aire libre. Use un repelente con un ingrediente registrado en la EPA (DEET (N, N-diethyl-m-toluamida), permetrina, picaridina (KBR 3023), aceite de eucalipto de limón [p-metano 3, 8-diol (PMD)] o IR3535) De acuerdo con las instrucciones de la etiqueta del producto. Los productos DEET no deben usarse en bebés menores de dos meses de edad y deben usarse en concentraciones del 30% o menos en niños mayores. El aceite de eucalipto de limón no debe utilizarse en niños menores de tres años.

Esté al tanto de las horas pico de mosquitos. Las horas desde el atardecer hasta el amanecer son los picos de picadura de muchos mosquitos. Considere reprogramar las actividades al aire libre que ocurren durante la tarde o temprano en la mañana en áreas de alto riesgo.

La ropa puede ayudar a reducir las picaduras de mosquitos. Usar mangas largas, pantalones largos y calcetines cuando esté al aire libre ayudará a mantener a los mosquitos alejados de su piel.

Su casa a prueba de mosquitos

Drene el agua estancada. Los mosquitos ponen sus huevos en agua estancada. Limite la cantidad de lugares alrededor de su hogar para que los mosquitos se reproduzcan, ya sea drenando o desechando los elementos que contienen agua. Revise las canaletas de lluvia y los desagües. Vacíe las macetas no utilizadas y las piscinas para niños, y cambie el agua en los bebederos para pájaros con frecuencia.

Instale o repare pantallas. Mantenga a los mosquitos afuera al tener pantallas ajustadas en todas sus ventanas y puertas.

Proteja a sus animales

Los dueños de animales deben reducir los posibles criaderos de mosquitos en su propiedad mediante la eliminación del agua estancada de los contenedores, como baldes, neumáticos y piscinas para niños, especialmente después de fuertes lluvias. Los abrevaderos proporcionan excelentes hábitats para la cría de mosquitos y deben eliminarse al menos una vez a la semana durante los meses de verano para reducir la cantidad de mosquitos cerca de las áreas de potrero. Los propietarios de caballos deben mantener a los caballos en los puestos interiores durante la noche para reducir el riesgo de exposición a los mosquitos. Los propietarios también deben hablar con su veterinario sobre los repelentes de mosquitos aprobados para su uso en animales y las vacunas para prevenir el WNV y la EEE. Si se sospecha que un animal tiene WNV o EEE, los propietarios deben informar al Departamento de Recursos Agrícolas (DAR), a la División de Salud Animal llamando al 617-626-1795 y al Departamento de Salud Pública (DPH) llamando al 617-983-6800.

Puede encontrar más información, incluidos todos los resultados positivos de WNV y EEE, en la página web de información de vigilancia de Arbovirus en www.mass.gov/dph/mosquito o llamando a la División de Epidemiología del DPH al 617-983-6800.

State public health officials announce season's first EEE positive mosquito sample

Residents urged to use bug spray to avoid getting bitten

The Massachusetts Department of Public Health (DPH) announced that eastern equine encephalitis (EEE) virus has been detected in mosquitoes in Massachusetts for the first time this year. The presence of EEE was confirmed by the Massachusetts State Public Health Laboratory today in two mosquito samples that were collected July 15 in the communities of Easton and New Bedford in Bristol County. No human or animal cases of EEE have been detected so far this year. There is no elevated risk level or risk level change associated with this finding.

"It has been several years since we have had significant EEE activity in Massachusetts," said DPH State Epidemiologist Dr. Catherine Brown. "This is a relatively normal time of year for the first evidence of EEE; continued mosquito surveillance over the next several weeks will help us understand how active this season will be."

EEE is a rare but serious and potentially fatal disease that can affect people of all ages. EEE is generally spread to humans through the bite of an infected mosquito. The last human case of EEE in Massachusetts occurred in 2013. At the end of the 2018 season, EEE infection was confirmed in a turkey and a horse from Worcester County.

"People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.

Now that we have evidence that both West Nile Virus (WNV) and EEE are present this season, it is very important to take steps to prevent exposure to mosquitoes," said Dr. Brown. "We are also asking people to remain aware about the level of virus activity in areas where they live, work, and play. People can check our website for the most current information."

Current activity information can be found at the DPH website which is updated daily: www.mass.gov/dph/mosquito.

Avoid Mosquito Bites

Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient (DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

Clothing Can Help Reduce Mosquito Bites. Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or discarding items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change the water in birdbaths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly-fitting screens on all of your windows and doors.

Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week during the summer months to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources (DAR), Division of Animal Health by calling 617-626-1795 and to the Department of Public Health (DPH) by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at www.mass.gov/dph/mosquito or by calling the DPH Division of Epidemiology at 617-983-6800.

www.rumbonews.com

Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken for ESOL (English-for-Speakers-of-Other-Languages), Citizenship Preparation and English Communication for Employment classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843.

Anyone interested in signing up for morning or evening classes should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

Ciclistas locales recaudan fondos para MS



Por Suzanne Carey-Fernández

Los equipos locales de ciclismo Haverhill Eagle Cycling (HEC) y Lawrence Velosimo tomaron parte en el Bike MS Cape Cod Getaway por cuarto año. Los equipos se reunieron en 2015 cuando un grupo de hombres locales de diversos orígenes buscaban una manera de mantenerse saludables. Han crecido a 18 miembros y se apoyan mutuamente mientras se entrenan para su propia salud personal, el desafío de alcanzar los objetivos individuales y de equipo de ciclismo y animar a otros a mantenerse en forma.

Desde que comenzaron a viajar juntos, han tenido la oportunidad de participar en varios eventos de caridad locales como el Angel Ride y viajar a eventos en Massachusetts, Maine, Nueva York, República Dominicana y algunos se enfrentaron al desafío de Londres a París. Valoran la camaradería y la vida saludable que forma parte del espíritu de equipo y desean compartir su amor por el ciclismo con su comunidad local.

Doce miembros participaron en el evento de Cape Cod de este año y recaudaron \$2,425 mientras recorrían 153 millas en bicicleta durante dos días. Más de 1,700 ciclistas participaron en este evento anual para apoyar la investigación con la esperanza de encontrar una cura para la esclerosis múltiple.

HEC y Velosimo apoyan esta causa con dos viajes anuales, el próximo que se realizará el 10 y 11 de agosto en Maine. Se dan cuenta de que cualquiera puede verse afectado por la EM a cualquier edad y el equipo eligió este evento de ciclismo y causa para apoyar a los amigos y familiares que viven con EM.

Esperan recaudar al menos \$5,000 para esta causa digna. Los miembros del equipo estarán uniformados en su recaudación de fondos que se llevará a cabo en Moderno Appliance & Furniture el miércoles 31 de julio a las 6 pm. Habrá materiales educativos sobre la EM y sobre el ciclismo. Alientan a la gente a donar para esta causa.

Local cyclists raise funds for MS

By Suzanne Carey-Fernández

Local cycling teams Haverhill Eagle Cycling (HEC) and the Lawrence based Velosimo took part in the Bike MS Cape Cod Getaway for the 4th year. The teams came together back in 2015 when a group of local men from a variety of backgrounds were looking for a way to stay healthy. They have grown to 18 members and support one another as they train for their own personal health, the challenge of reaching individual and team cycling goals and to encourage others to stay fit.

Since they began riding together they have had the opportunity to ride in several local charity events like the Angel Ride and travel to events in Massachusetts, Maine, New York, Dominican Republic and some took on the London to Paris challenge. They value the camaraderie and healthy living that is part of the team spirit and want to share their love of cycling with their local community.

Twelve members took part in this year's Cape Cod event and raised \$2,425 while biking 153 miles over two days. More than 1,700 cyclists participated in this annual event to support research in the hope of finding a cure for Multiple Sclerosis.

HEC and Velosimo support this cause with two annual rides, the next coming up on August 10 and 11 in Maine. They realize that anyone could be impacted by MS at any age and the team chose this cause and cycling event to support friends and family members living with MS.

They hope to raise at least \$5,000 for this worthy cause. The team members will be in uniform at their fundraiser to be held at Moderno Appliance & Furniture on Wednesday, July 31 at 6pm. There will be educational materials about MS and about cycling. They encourage people to donate to this cause.



Encontré un verdadero sándwich cubano



Angie Jimenez, Brandy Tavares and Karina Gonzalez.

Por Dalia Díaz

La cafetería Bocaditos que se encuentra en el 420 de Common St., frente a la oficina de correos de Lawrence, se destaca por tener comidas saludables, desde una tremenda variedad de ensaladas frescas hasta jugos naturales.

Este día fui y ordené un sándwich cubano y no pensé que lo devoraría completo por el tamaño que tenía pero así lo hice. Brandy, uno de los socios se acercó a preguntarme si lo aprobaba y me dijo que aprendió en la Florida a hacerlos; por eso sabe que no lleva lechuga y tomate.

Yo, con mucho gusto lo recomiendo.

Finding a real Cuban sandwich

By Dalia Díaz

Bocaditos is a cafeteria at 420 Common St., across from the Lawrence post office and it is known for having a healthy menu, from a tremendous selection of fresh salads and natural fruit juices.

On this day, I chose a Cuban sandwich and didn't think I would be finishing it when I saw its size but I accomplished it. Brandy, one of the partners asked me if I approved it because he learned in Florida and was aware that it should not have lettuce and tomato.

Very gladly I recommend it.

“We are not here to curse the darkness, but to light a candle that can guide us through the darkness to a safe and sure future.”

“No estamos aquí para maldecir la oscuridad, sino para encender una vela que pueda guiarnos a través de la oscuridad hacia un futuro sano y seguro”.

— John F. Kennedy

CALENDARIO | CALENDAR OF EVENTS



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LET'S TALK!

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CON NOSOTROS
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ENGLISH WITH US

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or email/ y/o envíe un correo electrónico al chrissy.s@gmail.com



Lawrence Public Library
Year to New Heights Through Knowledge



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at laurynklingler@gmail.com
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Lawrence Public Library
Year to New Heights Through Knowledge

Youth Writing Workshop

Registrations are now being taken for Youth Writing Workshops for students entering grades 6 through 10. Workshops will be held on a monthly basis on Monday evenings 6 PM to 8 PM at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

Robert Largess will conduct the workshop. He has more than 20 years experience teaching in Boston Public Schools and has taught our successful Summer Youth Writing Program.

Workshops will combine student writing-short stories, poems, essays, and eports – with reading classic stories and poems, and learning a bit about Asian Culture and history, the Ancient Greeks, and the myths and tales of other cultures. Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at ww.mviec.org for directions and more details.

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE
RUMBONEWS.COM

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June 5th - October 26th
10:00 am — 3:00 pm



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155 Haverhill St.)
Lawrence

**Fridays
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Nevins Memorial Library
305 Broadway, Rt 28,
Methuen, MA

**Saturdays
Sábados**
Lawrence Catholic Academy
Parking lot
101 Parker St.
Lawrence

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La Libertad de Prensa, si significa algo, es la libertad de criticar y oponerse.

Freedom of the Press, if it means anything at all, means the freedom to criticize and oppose.

— George Orwell

Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

<http://heallawrence.org/> heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>



CALENDARIO | CALENDAR OF EVENTS



**Lawrence Heritage State Park
Interpretive Program**

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



**Happy Birthday,
Thelma!**

A celebration of
Lawrence's
Hollywood Star,
Thelma Todd

Join us for a movie matinee and memorabilia show for Thelma Todd's 113th Birthday. We'll screen several of her comedy shorts with free popcorn, and share a birthday cake.

Saturday July 27, 1:30 to 4:00-ish.

at Lawrence Heritage State Park Visitor Center, 1 Jackson Street;
Free admission

Sponsored by the Friends of Lawrence Heritage State Park;
Memorabilia exhibit courtesy of Joseph Bella;

*This event is one part of a 3-day Thelma Todd festival being organized by a local Thelma Todd fan, which will feature special guest appearances, silent films with live music, tours, and much more. A full schedule will be available soon...we hope!

 **Coming Event**

Department of Conservation and Recreation

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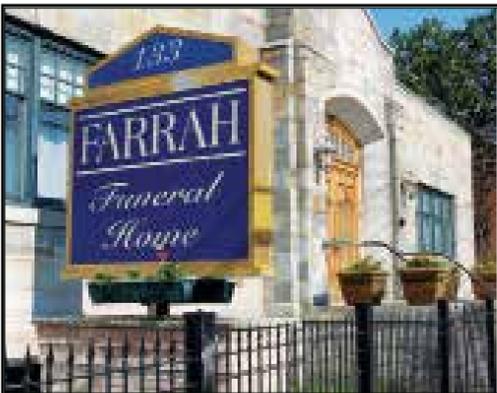
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coming events



Lawrence Heritage State Park
Department of Conservation and Recreation

JULY 2019 PROGRAMS

All programs are free and open to the public. An adult must accompany children. Reasonable accommodations are available upon request. For more information or to register (boat tour only) call 978-794-1655. Tours run weekly through the last week of August.

A WALK TO THE GREAT STONE DAM: Tuesdays at 10:00 AM. Join us for a walking tour of Lawrence's historic mill district, through Pemberton Park, and leading to the base of the Great Stone Dam. Meet in the lobby of the Visitors Center at 1 Jackson Street. Visitors will learn about the waterpower system for the textile mills. Weather permitting.

BROWN BAG WEDNESDAYS: June 5 to August 28 from 12:15 to 1:00 PM. Join us in our third floor community room for this new educational program centered on local history and beyond. Each Wednesday park staff and others will conduct presentations on different historical topics. Bring your lunch and we will provide coffee, water and cookies. A microwave oven is also available.

GATEWAY TO LAWRENCE WALKING TOUR: Thursdays 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 CAMPAGNONE COMMON: Fridays at 10:00 AM. Join us and learn about a variety of monuments and markers dedicated to Lawrencians who fought for their country in various wars. Meet in the lobby of the Visitors Center at 1 Jackson Street. Weather permitting.

MERRIMACK RIVER BOAT TOUR: Saturdays at 10:00 AM. Join us for a scenic, narrated boat tour of the Merrimack River. Learn about the development of Lawrence, the Merrimack River, Native Americans and more. Meet at the Bashara Boathouse, 1 Eaton Street, Lawrence, MA 01843. Reservations required by calling 978-794-1655.

NOTE: The walking tours, which are one-half to one mile round-trip and last approximately 90 minutes, as well as indoor guided tours of the exhibits in the Visitors Center, are all available at other times. Reservations strongly recommended. Call 978-794-1655.

Lawrence Heritage State Park Visitors Center is located at: 1 Jackson Street, Lawrence, MA 01840. For information, reservations, or directions, call 978-794-1655, email Lawrence.Heritage@state.ma.us or see <http://www.mass.gov/dcr/parks/northeast/lwhp.htm>.

LEA EDICIONES PREVIAS DE RUMBO EN LA INTERNET

RUMBONEWS.COM

SUDOKU (Respuestas/Answers pg 23)

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CALENDARIO | CALENDAR OF EVENTS**Groups/Events at Nashua Library**

The library is located at 2 Court Street. Visit nashualibrary.org/visit/ directions for directions and parking information. For other information, contact the Reference Department at 589-4611 or via email at reference@nashualibrary.org.

Public Health Clinics at Nashua Library

The City of Nashua Division of Public Health holds regular clinics at the Nashua Public Library. You can get immunizations, HIV and hepatitis C testing and counseling, and blood pressure screenings either free or at low cost. No one is turned away for inability to pay.

If you have Medicare, please bring your card to the clinic.

11 clinics are held from 9:30 a.m. to 11:30 a.m. on the second and fourth Wednesdays of each month.

For the schedule of which services are available on which dates at the library, call the City of Nashua Division of Public Health at (603) 589-4500.

Join a Library Book Group

Book lovers have a choice of joining a daytime or evening book group at the Nashua Public Library.

The Nashua Novel Readers usually meet on the second Thursday of the month

at 7 p.m. in the Conference Room. Members of the group rotate leading the discussion each month. Upcoming selections are:

7/11 "Boston Girl" by Anita Diamant

8/8 "The Painted Girls" by Cathy Marie Buchanan

The Downtown Book Group, led by a reference librarian, now meets monthly on Fridays at 3 p.m. in the Large Meeting Room. This summer they're talking about:

7/12 "A Walk in the Woods" by Bill Bryson

8/9 "The Day the World Came to Town" by Jim Defede

If you need copies of the books, call (603) 589-4611 or email reference@nashualibrary.org.

Spanish Class at Nashua Library

Adults are welcome to join the Tuesday morning Spanish class at the Nashua Public Library.

The group meets year-round from 9:30 a.m. to 11:30 a.m. in the Conference Room. Instruction is at the intermediate level; the class is not appropriate for beginners.

Public Health Clinics

The City of Nashua Division of Public Health holds regular clinics at the Nashua Public Library. Look for their van on the Library Plaza from 9:30 a.m. to 11:30 a.m.

on these Wednesdays:

- July 10 and 24
- August 14 and 28

You can get immunizations, HIV and hepatitis C testing and counseling, and blood pressure screenings either free or at low cost. No one is turned away for inability to pay. If you have Medicare, please bring your card.

Summer Craft Classes for Adults

The Nashua Public Library's summer craft classes for adults focus on outer space, to go along with the summer reading theme, "A Universe of Stories."

Enjoy a night out with friends at these two evening classes, held on Tuesdays at 7 p.m. No registration is required; open to the first 20 people who sign in at the Chandler Desk starting at 6:30 p.m.

7/30: Map a constellation with string to make decorative wall art. For a sample go to brit.co/constellation-art.

The library is also holding a Full Moon Party for all ages on Tuesday, July 16. The

event will include a galaxy paint night, at 7 p.m. and again at 7:45 p.m., open to the first 50 people who arrive for each session.

Free bicycle repairs

On Saturdays, July 20 and August 24, at the Nashua Public Library, volunteers from the Gate City Bike Co-op will provide free minor repairs and adjustments to help you get your bicycle back on the road. They'll adjust brakes and shifters, pump up tires, and replace tubes. Service is first come, first served, between 9 a.m. and 12 noon.

If it rains, the repair clinics will be canceled. Check www.nashualibrary.org or www.facebook.com/nashuapubliclibrary for cancellations.

The volunteers will work at the bike repair station on the Library Plaza. The station, with its tools, air pump, and hanger arms, is available for public use. The library thanks its Friends group for providing the funds for this purchase.

Quartet Makes Joyful Music

In 2016, Colleen Brannen, Amy Sims, Velleda Miragias, and Amelia Hollander Ames joined forces as the Craft Ensemble "to make joyful music among friends." While the string quartet canon forms the backbone of their programs, they also take pride in promoting the work of female composers. Hear them at the Nashua Public Library on Wednesday, July 17, at noon, as part of the Bach's Lunch Concert series.

The ensemble has performed in chamber music series such as Salem Classical, Boston Public Library Concerts in the Courtyard, Trinity College Summer Music Series and New England Philharmonic Mosaic Series.

The four musicians play with ensembles throughout New England, including A Far Cry, Boston Baroque, Boston Philharmonic, Handel and Haydn Society, Odyssey Opera, Portland Symphony and the Rhode Island Philharmonic.

Their performances have featured

pieces by female composers past and present, including Emily Doolittle, Missy Mazzoli, Fanny Mendelssohn, Jessie Montgomery, Osnat Netzer and Caroline Shaw.

Future performances in the library's Bach's Lunch series include:

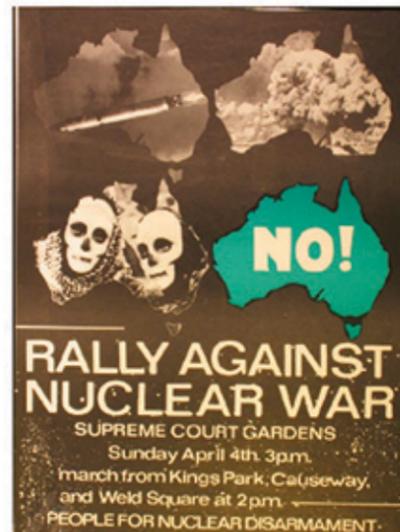
July 24: Concordia Consort, recorder quartet with guest soprano

July 31: Meiningen Trio, clarinet, cello, piano

All performances are held in the library's Chandler Memorial Wing. They begin at 12 noon, last approximately one hour, and are free and open to the public. They are appropriate for ages 5 to adult.

This concert is sponsored by the Moses Hunt Trust Fund.

Concert-goers are welcome to bring a lunch to eat in the Chandler Wing café area during the concert.

BAN THE BOMB

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1 Jackson Street, Lawrence, MA**

August 5 through September 28, 2019

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This project is supported in part by Painters DC 35, and IBEW Local 103

**Nevins Memorial Library Children's Room Programs: July 2019**

The Nevins Library (305 Broadway, Methuen) is offering more fun programs than ever. We're in the thick of summer attractions now – come join us for great story, craft, and animal programs! Below is a list of special performances we're offering in July; to learn about even more programs and to register, please visit www.nevinslibrary.org.

Get ready for Summer Reading programs – our theme this summer is "A Universe of Stories"! We have lots of fun activities planned, including the return of our Read-and-Bead incentive and special performances. Check out the list below; for more information and to register, please visit www.nevinslibrary.org.

Science Tellers: Aliens – Escape from Earth! (ages 5-10)
July 25, 10 am

Rockabye Beats Concert (ages infant-6)
July 31, 10am

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The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes.

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM.

Class fee is \$50. Call 978-683-7316 for more information.

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Departamento de Salud Pública de Massachusetts

Lawrence High School Graduates of 2010 through 2012

The Library received a large amount of LHS yearbooks (2010 and 2012) from the high school. They are giving them away.

If interested, please contact Louise Sandberg in the Main Library, at 51 Lawrence St.

SUDOKU Respuestas/Answers

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