

Rumbo

Junio 8, 2004

Lawrence/Methuen

Año 9 • Edición No. 194-L

Memorial Day in Lawrence



SFC (Ret) Robert A. Kujawa, former teacher at Lawrence High School ROTC and John P. Lenotte, after placing a wreath at the Vietnam War Veterans Memorial Monument in historic Lawrence Bellevue Cemetery, salute, while Evan Williams played the Taps. (Page 8)

The following passage is from a sermon by John Hagee:

I want you to close your eyes and picture in your mind the soldier at Valley Forge, as he holds his musket in his bloody hands. He stands barefoot in the snow, starved from lack of food, wounded from months of battle and emotionally scarred from the eternity away from his family surrounded by nothing but death and carnage of war. He stands though, with fire in his eyes and victory on his breath. He looks at us now in anger and disgust and tells us this...

I gave you a birthright of freedom born in the Constitution and now your children graduate too illiterate to read it.

I fought in the snow barefoot to give you the freedom to vote and you stay at home because it rains.

I left my family destitute to give you the freedom of speech and you remain silent on critical issues, because it might be bad for business.

I orphaned my children to give you a government to serve you and it has stolen democracy from the people. It's the soldier not the reporter who gives you the freedom of the press.

It's the soldier not the poet who gives you the freedom of speech.

It's the soldier not the campus organizer who allows you to demonstrate.

It's the soldier who salutes the flag, serves the flag, whose coffin is draped with the flag that allows the protester to burn the flag!!!

"Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen."

Prayer Wheel: When you read this, please stop for a moment and say a prayer for our U.S. ground troops in Afghanistan, Iraq and all over this World.

Do not stop the wheel, please.... Of all the gifts you could give a US Soldier, Sailor, Marine, Coast Guard, or Airman - Prayer is the very best one.....

Isaura Peña, Reina de la Noche Dominicana 2004



La bella señorita Isaura Peña, de 16 años, alumna del Greater Lawrence Vocational School, fue coronada Reina de la Noche Dominicana 2004 el pasado viernes. (Página 3)

Vigilia por Jimaní



El Presidente de Casa Dominicana, Santiago Matías, agradeciendo a la ciudad de Lawrence por la vigilia. Detrás, el Pastor de la Iglesia Ebenezer, Reverendo Victor Jarvis, el Padre Jorge Reyes, de la Iglesia de St. Mary Inmaculada y Myles Burke, Jefe de Despacho del Alcalde Michael Sullivan. (Página 2)

Tower Hill Variety & Subs Celebrates 25th Anniversary

(Page 16)

Editorial

Necesitamos un descanso

Después de un largo y extremadamente frío invierno, necesitamos un descanso, mientras comenzamos los preparativos para disfrutar de las actividades de verano.

Durante los meses venideros, nuestro tiempo se dividirá en paseos a playas y lagos, reuniones con familiares y amigos, bajo la sombra de un árbol, disfrutando de un asado. Y durante los fines de semana, los festivales por lo que ya Lawrence es famoso.

Comenzando con la Regata, que por segundo año consecutivo acaba de celebrarse el pasado sábado, este verano viene lleno de actividades.

Semana Hispana, con sus Noches Culturales, el Desfile Dominicano, el Festival de Los Tres Santos, Saint Anthony's Mahrajan, el Festival de Bread & Roses y el Festival de fin de Verano de Power 800.

Salga y disfrute del verano. Usted necesita de ese descanso.

¡Nos vemos en el parque!

We need a break

After a long, long and extremely cold winter, we need a break, while we get ready to enjoy the summer activities.

During the coming months, we will spend our time in trips to beaches and lakes, friends and family gatherings under a shady tree, enjoying a barbecue and on weekends, the festivals that are making Lawrence famous.

Starting with last week's Regatta now being held for two consecutive years, this summer is full of activities.

Hispanic Week, with its cultural nights, the Dominican Parade, Festival of the Three Saints, the Saint Anthony's Mahrajan, Bread and Roses Festival and the Power 800 Summer Festival.

Get out and enjoy the summer. You need a break.

¡Will see you at the Common!

Rumbo

Publicación quincenal de SUDA, Inc.

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**Fechas límites para enviar materiales:
el 4 y el 18 de cada mes.**

Vigilia por Jimaní

El pasado jueves 3, organizada por el ayuntamiento de Lawrence, se ofreció una vigilia por las víctimas del Río Soleil, que desbordado, causara destrucción y muerte en pueblos fronterizos entre República Dominicana y Haití hace sólo un par de semanas.

El Padre Jorge Reyes, de la Iglesia St. Mary Inmaculada conjuntamente con el Pastor Victor Jarvis de la Iglesia Ebenezer, oraron por las víctimas y pidieron consuelo para sus familiares y amigos, mientras Víctor Núñez, director del coro de la Iglesia St. Mary entonaba cánticos litúrgicos.

"Esta es una muestra de solidaridad para con nuestros ciudadanos que han perdido familiares y amigos en las Repúblicas de Haití y Dominicana", dijo el Alcalde Michael J. Sullivan al dar comienzo al acto.

De acuerdo con lo expresado por Jorge De Jesús, asistente para asuntos hispanos de la alcaldía, el Alcalde Sullivan ha estado muy al tanto de los trágicos sucesos ocurridos en las pasadas semanas. "A través de la gestión del alcalde, conseguimos permiso para el maratón que se efectuó la semana pasada en el paseo de la Appleton, adyacente al Ayuntamiento, una tarima para el espectáculo musical que se brindó y también policía, sin necesidad de permiso ni costo alguno", dijo De Jesús.

El Representante William Lantigua se hizo eco de lo expresado por De Jesús, cuando agradeció al Alcalde Sullivan por la ayuda que siempre ha dado a República Dominicana, y también al Chief John J. Romero por organizar el tráfico en tan corto tiempo, durante el maratón del sábado pasado. "Yo nací en Santo Domingo pero en tiempos como estos, estoy muy orgulloso de representar a la Ciudad de Lawrence".

Jude Charles y su hermana Arnelle Morales, en representación de la colonia haitiana local expresaron su pesar por lo sucedido. "Yo dejé a Haití hace muchos años, pero Haití está en mi corazón y estoy muy agradecida de la ayuda que la ciudad de Lawrence nos han dado", dijo Morales.

El Presidente de Casa Dominicana, Santiago Matías, con breves palabras, expresó su agradecimiento por toda la ayuda recibida.

"Quiero dar las gracias a este país, porque cuando los necesito para ayudar a mi país, puedo contar con ellos. Que Dios bendiga a América", terminó Matías.

Sólo unas cuarenta y cinco personas asistieron a la vigilia de los cuales su mayoría, eran empleados de la ciudad no hispanos. Esta baja asistencia de hispanos a su vigilia parece haber irritado al Pastor Jarvis, que tuvo duras palabras de crítica dirigidas sobre todo, a los dirigentes locales de los tres partidos políticos dominicanos por no estar allí. "Claro, como ya pasaron las elecciones, se les importa un bledo".

"Espero que los gobernantes que tomen el poder en agosto se vean en el espejo de Jimaní, y eviten, para el futuro otra catástrofe como la ocurrida". Terminó Jarvis.

Desde un principio, Casa Dominicana ha sido el centro de recaudación de ayuda para los damnificados.



Ahora la Alcaldía ha colocado mesas a la entrada del ayuntamiento, para todo aquel que quiera hacer donativos de alimentos, pueda hacerlo.

En cuanto a lo colectado hasta el presente, la ayuda no ha podido ser enviada todavía. Según Santiago Matías, presidente de Casa Dominicana, cuando esta edición comience a circular el lunes 7, todo será colocado en un furgón que será enviado por barco hacia la República Dominicana.

Tal como fue ampliamente reportado, el Senador Edward Kennedy y el congresista Marty Meehan, visitaron Casa Dominicana la semana pasada, prometiendo gestionar con UPS el envío de lo recolectado. "Hasta ahora, la ayuda que nos ofrecieran el Senador Kennedy y el Congresista Meehan no se ha producido", dijo Matías. "No podemos seguir esperando, nuestra gente no puede seguir esperando", terminó Matías.

Isaura Peña, Reina de la Noche Dominicana 2004



Las cuatro participantes: Señoritas Dianabel López Graciano, Leemary Tejada, Isaura Peña y Aldelly Vázquez, posan en traje de noche.

por Alberto Suris

La bella señorita Isaura Peña, de 16 años de edad y alumna del Greater Lawrence Vocational School, donde cursa el noveno grado, fue coronada Reina de la Noche Dominicana 2004 el pasado viernes, 4 de mayo, en una ceremonia llevada a cabo en Mi Casa Hall. Isaura es la hija del matrimonio formado por Luz y Félix Peña.

Peña fue seleccionada una de dos finalistas, conjuntamente con Aldelly Vázquez de 15 años, estudiante de noveno año de Boston Arts Academy. Vázquez es la hija de Ana Grateraux y Bolívar Vázquez.

La elección de Peña sobre Vázquez fue una muy difícil, según expresó el jurado, que optó por hacer nuevas preguntas antes de llegar a la elección final. El jurado estuvo compuesto por Marina Acosta, Carlos Matos y Yohanni Cuevas.

Las preguntas adicionales hechas a las concursantes fueron: ¿Como describirías la belleza de la República Dominicana a un turista? Y: ¿Cuál es la comida típica dominicana?

“La belleza de sus playas y de su gente, que es muy linda”, fue la contestada de Isaura a la primera pregunta y “Arroz blanco, habichuelas, carne y una ensalada”, contestó Aldelly a la segunda pregunta.

Dianabel López Graciano y Leemary Tejada fueron otras dos de las cuatro concursantes del reinado. Dianabel tiene 16 años y es estudiante de 10mo grado en el Lawrence High School. Sus padres son Ercilia Graciano y Miguel López. Tejada tiene 16 años y es estudiante de 10mo año de Greater Lawrence Vocational School. Su madre es María Tejada.

La ceremonia fue conducida por Ernesto Bautista, como Maestro de Ceremonia. Antonio López, el presidente de Noche Dominicana exhortó a la juventud a continuar con las responsabilidades de los distintos festivales, a fin de que las tradiciones no se pierdan.

Una vez más, Lawrence Ballet Academy, bajo la dirección de Quity Morgan, realizó presentaciones artísticas para deleite del público. Morgan también fungió como coordinadora del evento, conjuntamente con Ana Medina y María Arias.

La Señorita Noche Dominicana 2003, Catherine Pereira colocó la corona a la nueva Reina, y el joven baladista Henry Antigua regaló a las concursantes y a la audiencia, con lo mejor de su repertorio.

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Fechas para Deshacerse de sus Desechos Sólidos – Año 2004

8:00 AM – 12:00M - s á b a d o s

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Julio 10-24

Agosto 14-28

Sept. 11-25

Oct. 9-23

Traiga cualquiera de los siguientes artículos con prueba de residencia:
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Semana Hispana

Lista de eventos

Junio 12

Reinado Señorita Semana Hispana - Presbyterian Church 96 East Haverhill Street - 7:00pm - 12:00pm. Contacto: Francheska Reynoso (978) 376-2929.

Junio 13

Noche Peruana - St. Mary's Hall - Contacto: Leonor Sánchez.

Noche Haitiana - Galaxia Night Club - Contacto Jocelyn Petit o Jude Charles.

Junio 14

VIP Luncheon - Central Catholic - 12:00 - 2:00pm - Contactos: Aurelio de Peña (978) 794-7477 o Juanita Saldaña (978) 490-5904.

Noche Colombiana - Sons of Italy - 6:30pm - 10:00pm - Contacto: Omar Quintero (978) 659-3834.

Noche Salvadoreña - Galaxia Night Club - 6:00pm - 11:00pm - Contacto: Angel Corado.

Junio 15

Noche Ecuatoriana - Club Ecuatorianos Unidos - 6:30pm - 11:00pm Common Street - Contacto: Sr. Pombar.

Junio 16

Noche Dominicana - Pemberton Park - 6:00pm - 11:00pm - Contacto: Antonio López (978) 376-2021.

Junio 17

Noche Puertorriqueña - Pemberton Park - 6:00pm - 11:00pm - Contacto: Felicitá Rivera (978) 423-0059.

Junio 18 - 20

Gran Festival - Parque Campagnone
Viernes: 6:00pm - 11:00
Sábado: 1:00pm - 11:00
Domingo: **Parada** partiendo desde Central Catholic - Contacto: Sara Saldaña.

Final del Festival en Parque Campagnone hasta las 11:00pm. Contactos: Aurelio de Peña (978) 794-7477 o Juanita Saldaña (978) 490-5904.

Telcom inaugura tienda

Por Alberto Surís

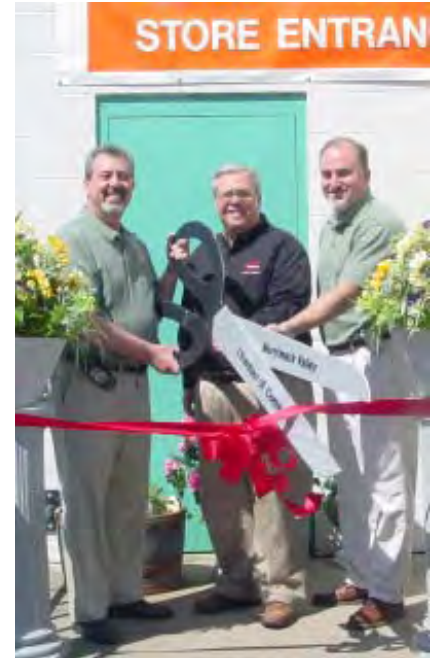
Richard Pantanella y Jack Montanite de Telcom, en unión de Joe Bevilacqua, Presidente de la Cámara de Comercio del Merrimack Valley, cortan la cinta dejando inaugurada la tienda adyacente a la fábrica, situada en el 309 de la Calle Andover, en Lawrence.

La nueva tienda ofrece una gran variedad de bancos de jardín, maceteros, columnas, bebederos de pájaros, etc., hasta ahora solo disponibles en tiendas, a precios reducidos en su nuevo local.

La tienda tiene un conveniente horario: viernes y sábados de 9 de la mañana a 5 de la tarde. Los domingos, abre desde las 12 hasta las 5, aceptando la mayoría de las tarjetas de crédito.

New Telcom factory outlet

Merrimack Valley Chamber of Commerce President and CEO Joe Bevilacqua, helps Telcom's Richard Pantanella and Jack Montanite cut the ribbon inaugurating the new factory outlet store located at the rear of the 309 Andover Street factory.



The new store offers a great variety of garden benches, planters, columns, birdbaths, etc. until now only available in stores, at factory prices.

Store hours are Friday and Saturdays, 9:00 AM to 5:00 PM and Sundays from noon to 5:00 PM. Most credit cards accepted.

www.mvymca.org

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We've moved!

Su nuevo local:

85 Calle Salem
Lawrence, MA
01843



The new address:

85 Salem St.
Lawrence, MA
01843

Estimado cliente:

A partir del día lunes, 2 de febrero, 2004, no estaremos en nuestro local del 237 de la Calle Essex. En su lugar, podrá encontrarnos en nuestro nuevo local situado en el 85 de la Calle Salem, en Lawrence, MA. Esperamos que este cambio sea beneficioso para usted. Nuestro número de teléfono y fax continuarán siendo los mismos.

La oficina está localizada en el sur de Lawrence, entre las calles South Union y Foster, en Lawrence, MA.

Si ha llegado a nuestro antiguo local, por favor, siga estas instrucciones:

- Continue por Essex St. hasta el segundo semáforo y tome una izquierda en Amesbury St.
- Cruce el río y en el primer semáforo, la calle cambia de nombre y se llama Parker St. Siga derecho hasta el tercer semáforo que es la Calle Salem.
- Doble a la izquierda en Salem St. Usted ha llegado al 85 Salem St. que está en la esquina de la Calle Foster.

Si usted tiene una pregunta acerca de su póliza de seguros o cualquier otro asunto, por favor, llame a nuestras oficinas.

Atentamente,
Lenny Degnan, Jr.

Dear Policyholder:

As of February 2nd, 2004, we will no longer be located at 237 Essex Street in Lawrence, MA. We will be moving to 85 Salem Street in Lawrence, MA. We hope that the change will be to your convenience. Our phone number will remain the same.

Salem Street is located in South Lawrence, between South Union and Foster Street in Lawrence, MA.

If you have arrived to our former office, please follow the directions below:

- Continue on Essex St. and on the second traffic light, take a left on Amesbury St.
- Go across the river and on the next traffic light, the name of the street changes and it is now called Parker St. Continue straight ahead until the third traffic light and that is Salem Street.
- Turn left on Salem St. You have arrived at 85 Salem St. which is at the corner of Foster St.

If you have any questions regarding your insurance policy or any other matter, please call our offices.

Sincerely,
Lenny Degnan, Jr.

Fiesta de la Familia de Family Service

Los niños y las familias enteras están invitados a la Fiesta de la Familia auspiciada por Family Service, Inc. y Groundwork Lawrence el sábado, 12 de junio, afuera del edificio de Family Service y en todo el Parque Pemberton, 430 Canal Street en Lawrence de 11:00 AM a 3:00 PM. Esta actividad incluirá la construcción de cometas (chiringas o papalotes), "Criaturas Curiosas," caritas pintadas, paseos en pony, música de Sol y Canto (de 2:00 a 3:00 PM) y más.

Todas las actividades son gratis y abiertas al público.

La Fiesta de la Familia se está celebrando como parte del 150 aniversario de Family Service, Inc. Family Service es una agencia no lucrativa de servicio social que ha servido a individuos y familias de la porción en mayor Lawrence desde 1854. Otros patrocinadores del acontecimiento incluyen la Ciudad de Lawrence, el Eagle-Tribune, el Essex Art Center, Heritage State Park, el programa de comidas de verano de Lawrence, y el programa de Extensión de la Educación de Nutrición de UMass. Venga a celebrar con Family Service mientras entran en el próximo siglo de servicio a la comunidad.

Visite su Web page WWW.FamilyServiceInc.COM. Para más información sobre la Fiesta de la Familia, llame a Lori Howe, directora de desarrollo, al teléfono en 978-683-9505 x 39 ó por e-mail a Lhowe@FamilyServiceInc.COM. Family Service, Inc.

Family Service, Inc. es el principal abastecedor de servicios sociales que ofrece consejería a sus pacientes de salud mental y abuso de sustancias a individuos y familias a través del Valle de Merrimack y del sur de New Hampshire. Otros servicios proporcionados por Family Service incluyen sobre veinte programas comunitarios como el Programa de Ayuda a Empleados (Employee Assistance Program - EAP) que proporciona asesoramiento y referencias al empleado, entrenamiento en el centro de trabajo, consultas de la gerencia, y seminarios de salud a organizaciones locales y nacionales. Family Service es una agencia miembro de la Cámara de Comercio del Valle de Merrimack y se enorgullece de su sociedad con la Cámara de Comercio del Valle de Merrimack con el Programa de Ayuda a Empleados. Esta asociación permite dar ayuda como beneficio adicional a los miembros de la Cámara de Comercio.

Family Service Hosts Family Fiesta

Children and families are invited to a Family Fiesta hosted by Family Service, Inc. and Groundwork Lawrence on Saturday, June 12, 2004 outside Family Service's building and throughout Pemberton Park, 430 North Canal Street in Lawrence from 11:00 am 3:00 pm. The event will include kite making, "Curious Creatures," face painting, pony rides, music by Sol y Canto (2:00 pm to 3:00 pm), and more! All events are free and open to the public.

The Family Fiesta is being held as part of Family Service, Inc.'s 150th Anniversary celebration. Family Service is a non-profit social service agency that has been serving individuals and families in Greater Lawrence since 1854. Other event sponsors include the City of Lawrence, Eagle-Tribune, Essex Art Center, Lawrence Heritage State Park, Lawrence Summer Meals Program, and the UMass Extension Nutrition Education Program. Please join all of us in celebrating with Family Service as we move into our next century of service to the community.

Visit their web page www.FamilyServiceInc.com. For more

information on the Family Fiesta contact Lori Howe, Development Director, by phone at 978-683-9505 x 39 or by e-mail at Lhowe@FamilyServiceInc.com.

Family Service, Inc.

Family Service, Inc. is a leading social service provider that offers outpatient mental health and substance abuse counseling to individuals and families throughout the Merrimack Valley and southern New Hampshire. Other services provided by Family Service include over twenty community-based programs and an Employee Assistance Program (EAP) that provides employee counseling and referral, workplace training, management consultations, and wellness seminars to organizations both locally and nationally. Family Service is a member agency of the United Way of Merrimack Valley. Family Service, Inc. is proud to partner with the Merrimack Valley Chamber of Commerce with the EAP (Employee Assistance Program) Consortium. This Consortium provides an employee assistance program as an additional benefit to Chamber members.

National Night Out

Planning Meeting Schedule

All meetings are to held at 6pm at Lawrence Police Sub-Station 66 Parker St
Thursday July 15th and Thursday, July 29th

Help plan Lawrence's 12th Annual National Night Out

Scheduled this Year for Monday August 2nd 4pm-8Pm

City-Wide celebration at South Common

National Night Out in Neighborhoods Tuesday August 3rd 5pm-9pm

For more information call the LMCC offices at 978-975-8793.

El verano casi está aquí: proteja su piel

¿Se encuentra pálido? Puede que piense que un bronceado dorado se ve saludable y atractivo, pero los amantes del sol deben tener cuidado: podrían estar provocando cáncer de piel, el tipo de cáncer más común en los Estados Unidos.

La enfermedad puede resultar de una exposición prolongada a la luz del sol, que emite Radiación Ultravioleta (Rayos UV) que daña las células de la piel y puede conducir a uno de los tres tipos de cáncer de piel: carcinoma baso celular, carcinoma de células escamosas y melanoma. Aunque deberíamos tomar precauciones ante la exposición al sol durante todo el año, es especialmente importante protegerse durante los meses de verano, cuando el sol se encuentra directamente sobre nosotros durante un periodo más largo y los niveles de los rayos ultravioleta son los más altos.

"El cáncer de piel, especialmente el melanoma, puede ser mortal", comenta la Dra. Lily Lai, M.D., experta en cáncer de piel del Centro de Cáncer de City of Hope en Los Angeles. "Afortunadamente, los cánceres de piel se pueden prevenir y tienen grandes posibilidades de curación si se descubren y se tratan de forma temprana".

Son varios los factores que incrementan el riesgo de cáncer de piel, pero todas las personas pueden desarrollar la enfermedad. Algunos de estos factores de riesgo incluyen: tener una piel clara donde las pecas salen con facilidad; vivir en climas cálidos con una alta exposición al sol o en zonas de gran altitud; la exposición al sol en el trabajo, como trabajar al aire libre; estar toda la vida expuesto al sol; y tener muchos lunares en la piel.

Aquí tiene algunos consejos que le ayudarán a proteger la piel de los dañinos Rayos UV durante todo el año:

- Evite la exposición al sol del medio día, de 10 a.m. a 3 p.m., cuando los rayos ultravioleta son más peligrosos.
- Utilice crema para protegerse del sol con un factor de protección de 15 o superior cuando pase tiempo al aire libre. Recuerde volver a aplicar crema protectora cada hora u hora y media.
- Lleve ropa protectora como por ejemplo sombreros y camisas de manga larga que bloqueen los rayos del sol.
- Proteja a sus hijos jóvenes de los rayos del sol. Los efectos dañinos de la radiación ultravioleta pueden comenzar en la niñez.
- Tenga cuidado cuando tome ciertos medicamentos que pueden hacer que la piel se quemé más fácilmente. Verifique con su doctor o farmacéutico si su medicación pudiera causarle algún problema.
- Evite las lámparas y cabinas bronceadoras.

"Tener un bronceado, natural o artificial, es signo de que la piel ya ha sido dañada", comenta la Dra. Lai. "Debido a que las cabinas bronceadoras le exponen a los rayos ultravioleta igual que el sol, usar un auto-bronceador sin sol es el mejor modo de conseguir un bronceado sin dañar su piel".

Para más información sobre la investigación y el tratamiento del cáncer de piel en el Centro de Cáncer de City of Hope en Los Angeles, llame al número 1-800-826-HOPE o visite el sitio web www.cityofhope.org.

El Representante William Lantigua "pavimenta el camino" para reparar las calles Lawrence

El Representante William Lantigua, I-Lawrence, anunció hoy que la Cámara de Representantes pasó una enmienda del *Transportation Bond Bill* para el año fiscal 2005 para incluir \$1.8 millones en fondos para la Ciudad de Lawrence.

El *Transportation Bond Bill* provee fondos de capital para los proyectos de diseño, construcción y reparación de calles en el Commonwealth que no reciben fondos federales. La legislación, apoyada por la Cámara, provee \$1.8 millones para conducir reparaciones de calles y estudio de caminos para mejorar el flujo de tráfico a lo largo de las calles principales de la ciudad. Como resultado de los esfuerzos del Representante Lantigua, fondos del bono de *Transportation* serán también dirigidos para las mejoras de la Calle Essex que contribuirán a la revitalización de la zona comercial.

El Representante Lantigua trabajó estrechamente con los miembros de los Comités de *Transportación* y *Ways and Means* de la Cámara, para asegurar que sus enmiendas para la Ciudad de Lawrence queden incluidas en la ley. "Estoy satisfecho de que la ciudad de Lawrence podrá realizar sus mejoras. Una mejora en nuestras calles ahora redundará en un ahorro para mañana", dijo el Representante Lantigua.

Además de estas cruciales iniciativas, la versión del *Transportation Bond Bill* de la Cámara también incluye fondos para las autoridades del tránsito regionales, proyectos del Capítulo 90 de carreteras y asistencia para la protección de los raíles de flete a través del estado. Ahora el bono pasa al Senado y está sujeto a la autorización del gobernador antes de que el dinero esté disponible.

Folleto gratuito: Edad Avanzada Saludable

Folleto gratuito sobre edad avanzada saludable provee consejos sobre el uso seguro de medicinas y el alcohol.

Edad Avanzada Saludable, un folleto en español gratuito sobre el uso seguro de medicamentos y el alcohol para adultos de edad avanzada se encuentra ahora disponible a través del Centro de Intercambio de Información para la Promoción de Salud de Massachusetts de la Fundación Médica, un recurso estatal financiado por el Departamento de Salud Pública de Massachusetts. Los adultos mayores de 60 años de edad, sus familias, sus amigos y las personas que les cuidan pueden pedir una copia de esta nueva y valiosa publicación llamando al Centro de Intercambio de Información cuyo número gratuito es el 1-800-952-6637 ó visitando el Massachusetts Health Promotion Clearinghouse del Internet en www.maclearinghouse.com.

A medida que avanzan en edad, muchas personas toman a diario medicamentos recetados y medicamentos sin receta. Esto aumenta los riesgos de que los medicamentos produzcan interacciones nocivas. Además, muchas personas no saben cómo el alcohol les afecta a medida que van pasando los años.

Edad Avanzada Saludable provee información que es fácil de leer y consejos valiosos sobre temas importantes como los siguientes:

- Cómo vigilar el uso de sus medicamentos
- Cómo prevenir interacciones nocivas entre medicamentos
- La manera de encontrar personas que puedan ofrecer ayuda en español
- Información sobre el uso de alcohol en adultos de edad avanzada
- Señales de alerta sobre problemas relacionados a medicamentos o al alcohol
- Cómo obtener apoyo y cómo ayudar a otras personas

El Massachusetts Health Promotion Clearinghouse, un proyecto de La Fundación Médica, desarrolla y distribuye materiales gratuitos para la promoción de la salud a individuos y a organizaciones a través del estado. El Clearinghouse es financiado por el Departamento de Salud Pública de Massachusetts. El Clearinghouse produce y distribuye materiales para la promoción de la salud cuidadosamente preparados para informar sobre la salud a

distintos sectores de la población.

Publicaciones sobre diferentes temas de salud están disponibles en varios idiomas. Los tópicos incluyen: buena salud, asma, salud cervical y del seno, diabetes, VIH/Sida, osteoporosis y cáncer de la próstata. También se encuentra disponible un catálogo de materiales gratuitos para profesionales de la salud, educadores de la salud y otros profesionales. Llame al Clearinghouse al 1-800-952-6637 para pedir un catálogo u ordene uno al visitar la página en la red del Internet en www.maclearinghouse.com.

Información sobre medicamentos y alcohol para adultos de edad avanzada

Datos

Un quince por ciento de los hombres y un 12 por ciento de las mujeres de 60 años o más consumen habitualmente una cantidad de alcohol que excede los límites recomendados por el Instituto Nacional sobre el Abuso del Alcohol y el Alcoholismo (no más de un trago al día para los hombres y menos de un trago al día para las mujeres).

El uso incorrecto de alcohol y medicamentos recetados afecta a un 17 por ciento de los adultos de edad avanzada.

Adultos de 65 años de edad o mayores consumen más medicamentos con y sin receta que ningún otro grupo de otras edades en los Estados Unidos

Treinta por ciento de las personas mayores de 65 años de edad toman ocho o más medicamentos recetados cada día.

Fuente

Substance Abuse Among Older Adults Treatment Improvement Protocol (TIP) Series 26
Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services

If you are interested in learning more about the topic of healthy aging, please call me at 508-533-8311 or contact me via email and I would be happy to coordinate an interview with a representative from the Mass. Health Promotion Clearinghouse for you.

You can find previous articles published in Rumbo.
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Clases inician en septiembre del presente año 2004
Sesión Informativa Para Estudiantes y Familia
Junio 14, 2004 - 5:30 P.M. - 7:30 P.M.

Nuestra sesión informativa proveerá información acerca de la apertura de la escuela que abrirá sus puertas con capacidad de 100 estudiantes en el 9no curso. También proveeremos información acerca de nuestra filosofía académica, los requisitos de admisión, programa de trabajo para los estudiantes (CIP), costo de matrícula, ayuda financiera, examen de admisión y más.

Favor de confirmar si asistencia llamando al (978) 689-8222 antes del 13 de junio, 2004. Si tiene preguntas, no dude en comunicarse con Delia Durán, Directora de Admisiones.

Redes en Acción:

La Red Nacional Hispana/Latina del Cáncer

El acceso inadecuado a los exámenes de detección del cáncer y a la atención médica es la prioridad número uno para 39 millones de hispanos/latinos, de acuerdo con un reporte que recientemente publicó Redes en Acción: La Red Nacional Hispana/Latina del Cáncer (The National Hispanic/Latino Cancer Network).

En su resumen de recomendaciones para desarrollar una agenda nacional para controlar el cáncer en la población hispana/latina, el Reporte de Cáncer Latino de Redes en Acción (Redes en Acción Latino Cáncer Report) presenta los temas de mayor importancia para la población latina de este país de la siguiente manera: 1) acceso a los exámenes de detección del cáncer y la atención médica, 2) consumo de tabaco y el cáncer, 3) nivel y comunicación sobre los riesgos del cáncer, 4) asociación entre los agentes contagiosos y ciertos tipos de cáncer, y 5) supervivencia del cáncer y calidad de vida relacionada con la salud.

El acceso a la atención médica es un problema particularmente importante para los latinos. De acuerdo a la Oficina Nacional del Censo (U.S. Census Bureau), los latinos carecen de seguro médico a un porcentaje tres veces más alto comparados con los blancos no hispanos (32.4% contra 10.7%).

El Reporte de Cáncer Latino incluye una serie de recomendaciones de investigación para los temas de mayor prioridad, como también recomendaciones de educación, entrenamiento y extensión a la comunidad para la prevención y el control del cáncer. Además, el reporte enumera los tipos de cáncer de acuerdo a su orden de importancia para la población latina, como sigue 1) el cáncer del seno, 2) el cáncer de cerviz, 3) el cáncer del pulmón, 4) el cáncer del colon, 5) el cáncer de la próstata, 6) el cáncer del hígado, y 7) el cáncer del estómago.

“El acceso al cuidado para la salud presenta muchas barreras para los latinos,” dijo José R. Martí, MD, FACS,

Co-Investigador Principal de Redes en Acción Región Noreste. “Estos incluyen factores socioeconómicos, barreras de lenguaje y un conocimiento inadecuado sobre riesgos de comportamiento que perjudican la salud, entre muchos otros.”

Más específicamente, el propósito de este reporte es apoyar a Redes en Acción a cumplir con sus metas de promover la investigación, el entrenamiento a profesionales y la educación al público sobre el cáncer en la población hispana/latina, al igual que brindar recomendaciones guía para los legisladores de políticas de salud en el ámbito nacional, regional y local.

El Reporte de Cáncer Latino representa cuatro años de investigación y establecimiento de prioridades, con la valiosa contribución de cientos de científicos, profesionales de la salud, líderes de agencias gubernamentales, organizaciones profesionales y de la comunidad y otras personas interesadas en la salud de la población hispana/latina. Este proceso incluyó la participación del Comité Directivo Nacional de Redes en Acción, seis Comités Asesores Comunitarios Regionales, y una encuesta con 624 líderes de opinión de la comunidad hispano/latina de todo el país.

“Los latinos constituyen el grupo minoritario más grande y con el crecimiento más rápido de los Estados Unidos,” mencionó la Dra. Ramírez, Investigadora Principal de Redes en Acción y Profesora Asociada de Medicina en el Colegio de Medicina en Baylor, Tejas. “En la medida en que esta población crece y envejece, es imperativo que los recursos y las estrategias que se emplean en la lucha contra el cáncer se dirijan de la forma más precisa posible a fin de obtener el mayor efecto.”

“Redes en Acción cree que este Reporte de Cáncer Latino brindará una herramienta esencial para todos los individuos y organizaciones que están comprometidos en este esfuerzo.

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Horizons for Homeless Children (una organización que vela por niños sin hogar) está intentando encontrar a personas serias que les guste tener diversión, para jugar y desarrollar relaciones con los niños que viven en refugios para familias sin hogar y refugios para familias víctimas de violencia doméstica en el nordeste de Massachusetts. Un compromiso de 2 horas a la semana (que es un turno semanal) se requiere por lo menos por 6 meses. Las horas del día y de la tarde están disponibles durante la semana. Los entrenamientos se llevan a cabo regularmente y el siguiente tendrá lugar de 6 a 9 P.M. el 26 y 27 de mayo. Para más información sobre el programa, o inscribirse para el entrenamiento, favor de visitar www.horizonsforhomelesschildren.org o llame a Naomi Aitken en 978-557-2182. Es una experiencia fantástica que beneficia a todo el que se envuelve en ella. ¡Gracias!

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Memorial Day in Lawrence

Since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed
UNESCO Constitution

Lawrence paid tribute to the men and women who had served our country, and paid the ultimate sacrifice for us to enjoy freedom and liberty, in a solemn ceremony held at historic Bellevue Cemetery, on Monday, May 31, 2004.



Main Speaker SSG. Jean Haggerty, to her right, the parents of David Vicente, a brave soldier recently killed in Iraq.

SSG. Marjorie E. Haggerty

804th Medical Brigade, Devers, MA

SSG. Marjorie Haggerty joined the U.S. Army on May 21, 1981. She graduated from Basic Training at Front Jack-Columbia South Carolina and advanced Individual Training, at Fort Sam Houston, San Antonio, Texas.

SSG. Haggerty completed a Second Military Occupational Specialty School at Fort Lee Virginia. Throughout her Military Career she has worked as a Medic, Preventive Medicine/Environmental Health Sergeant, and Non-Commissioned Officer in charge of food service.

She has served with three Medical Units: Company B Med, 187th Infantry Brigade, Lawrence, MA. 309th Combat Support Hospital, Bedford, MA. and the 804th Medical Brigade, Devers, MA. SSG. Haggerty has been honored as Soldier of the year, NCO of the Year, Distinguished Honor Graduate from Quartermaster School and Basic Non-Commissioned Officer School.

She has been decorated with 6 Army Achievement Medals and 2 Army Commendation Medals; Annual Training has taken her to such locations as Gagetown, New Brunswick, Canada. Four times her unit interfaced with Canadian Forces, at Camp Haitian, Haiti on a Humanitarian Mission.

SSG. Haggerty was called to active duty February 7, 2003, to Support Operation Iraqi Freedom. Her unit the 804th Medical Brigade, trained at Fort Drum N.Y. before being deployed to Kuwait. SSG. Haggerty supported Food Service Operations of the 82nd Airborne Division, and the 47th Combat Support Hospital.

Arriving in theater the day after the War began, her unit withstood 16 Scud Missile attacks, SSG. Haggerty returned home to her family and position as Assistant Principal of the Henry K. Oliver School on October 8 2003.



WW2 Veteran Frank A. Cain, holding a picture of the WW2 Memorial Monument from Washington D.C.

Frank A. Cain

Massachusetts State Commander Disable American Veterans

Frank was born and bred in the City of Lawrence, MA. Frank attended St. Patrick's School, after graduation he attended Lawrence High School, where he achieved his Graduation Diploma. Frank entered in the U.S. Army, serving with the 1st Calvary Division. His tour of overseas duties included inlandment of Australia, New Guinea, Admiralty Islands, Howie Island, Samoa, Tacloban, Leyte, Manila, and Japan.

Upon returning from W.W. II, Frank went onto putting himself into City work, joining into Veteran Affairs. He was hired by the Lawrence School Department as Supervisor of Attendance.

Frank became a member of the Disabled American Veterans, having served as Chapter Commander and Adjutant, Active in Council District No. 4, Former member and Chairman of the Department Finance Committee, and the Department Auditing Committee.

Two of Frank's greatest achievements, were being married to his former wife of many years, Marie O'Carroll of Lawrence, MA., and then becoming Chairman of the Department of Disabled American Veterans. Of Massachusetts, He obtained the largest membership in its History.



Top: "I will keep this in memory of my grandfather", said Teresa Perkins, from Methuen, MA to Frank A. Cain. Perkins' grandfather was Edward Provost, a Navy veteran from WW2, and Cain was passing pieces of rocks from the WW2 Memorial Monument recently inaugurated in Washington D.C.

Left: Holding the Banner are Irving Corn, Frank A. Cain, WW2 Veteran and Walter J. Pienta, Korean War Vet.

In Flander's Fields

Lieut. Col. John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly Scarce heard amid the
guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high.

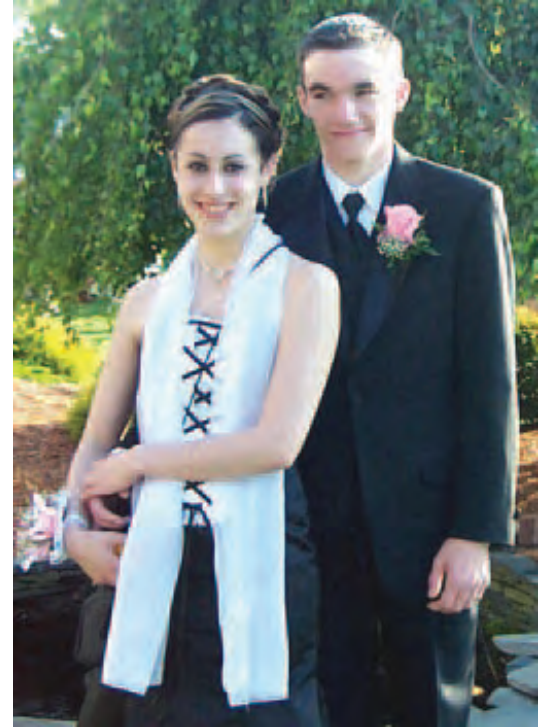
If ye break faith with us who die
We shall not sleep, though poppies grow In Flanders
fields.

*The author of this poem, a member of the First Canadian
contingent, died in France on January 28, 1918, after
four years of service on the Western Front.*



Gary Thomas Keating, during the recitation of the poem "In Flander's Fields," behind him, Mayor Michael J. Sullivan, Council President Patrick J. Blanchette, partially covered, and District D Councilor, Nicholas Kolofoles.

Sociales



"Desiree Lilly, 15 and Robert McIssac, 17, pause for pictures at the Essex Agricultural High School senior prom at the Danversport Yacht Club last Friday, May 21st. Ms Lilly, the daughter of Tennis and Michelle Lilly of Lawrence, is a freshman and accompanied Mr. McIssac who is from Lynn. "Essex Aggie" is a regional High School serving residents throughout Essex County. About 2 dozen of it's nearly 400 students are from Lawrence."



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American Training recognizes Partners who help them succeed



Concept: We often hear about shooting for a WIN/WIN situation when dealing with the business community. But what happens when the goal is to achieve a WIN/WIN/WIN situation? Well, the results at American Training give a clear example of what does happen when the business community steps up to the plate, when a training company speaks business' language and when trainees have the skill needed in the marketplace. Everyone WINS!

"We have a stronger and deeper relationship with businesses in our community than any other similar company north of Boston! They are not just customers, they are PARTNERS!"

Thomas M. Connors, President and CEO of American Training makes that bold statement with all the confidence one would expect from someone promoting their company. However, he goes one step further and backs up those statements with performance that has been remarkable. And American Training's recent Business Breakfast Awards (May 7th 2004 Andover Country Club), during this their 25th year in business, certainly backs up the claim that the Business community loves what the company is doing!

Talk to Mr. Connors for any length of time and you can immediately sense the feeling of pride and admiration he has for what the Business Breakfast Awards represent. "Our Partnerships with the business community helps guarantee a WIN/WIN/WIN relationship for everyone! We can train till the cows come home. If those skills aren't marketable in today's economy we haven't done our job. That is specifically why businesses are actively involved in every aspect of our programs;

from curriculum development to speaking to our Guests and finally practice interviewing. It makes all the difference when our Guests go out into the workplace knowing they are speaking the language of business because they are who have been involved in their training. Their level of confidence and resulting work are priceless WINS for them.

Our Partners, the businesses themselves, are thrilled when they interview prospective employees who speak their language, understand the so-called soft skills such as being on time and using commonsense and have meaningful skills that are valuable in today's marketplace. They also have access to a reliable labor pool for jobs that might otherwise be outsourced to other countries. That is a huge WIN all around for them!

And American Training WINS when we see our efforts rewarded through our graduates getting jobs. That is why we are in business. The pride each of us experiences with every single success makes it all worthwhile."

From their philosophy of reinventing the education and training industry through FUN and Entertainment and solid performance to back up his claims this year's Business Breakfast Awards, sponsored by Sovereign Bank and hosted by Mr. Connors and Arthur Brady, Executive Director/ COO, recognized and saluted the efforts of over 150 committed and involved businesses and organizations who have Partnered with numerous Divisions within the company which focus on workforce development.

"We decided early on in our history that we would focus first and foremost on Performance. It's what business understands and supports. American Training doesn't just work with the business community, we



Judith Keene All Care Medical, "Employer of the Year" with Tom Connors.



Members of the staff of Greater Lawrence Family Health Center, part of the "Founders Club" were recognized for their continuous assistance to American Training. Carol Sholick of American Training (back) served as Mistress of Ceremonies and at right, Tom Connors, President/CEO of American Training.

Partner with them! That one seemingly simple approach has set us apart time and time again."

What kind of Performance is used to back-up American Training's claims? Well, the numbers can be staggering. Packaging 5 million Christmas cards for Museum Masterpiece of Lawrence, MA; 450,000 key board switches for Cortron of Methuen; 6.5 million cutlery pieces for Comet of Chelmsford; 4.2 million jewelry boxes for Design Pak of Marlboro.

Add to that the hundreds of job placements into industry and you can more clearly see the dramatic effect American Training is having in our community and beyond.

"When you see CEOs and senior management taking time to celebrate their partnership with any company you can be assured there is something very special going on.

Our company doesn't just hold an Awards ceremony. We turn even the simplest get together into a major EVENT! We realize the value of our Partnerships with the Business Community, the efforts of our Guests and Colleagues and nothing short of

Spectacular can express our appreciation."

Joseph Bevilacqua, Executive Director of the Merrimack Valley Chamber of Commerce, marvels at what the company has accomplished. "They never fail to amaze me. Just when you think you have seen it all, they outdo themselves! They know the business community inside out and work their relationships for the betterment of the people they serve. Their philosophy of throwing in a bit of FUN and Entertainment adds a piece that makes them different. This is truly a WIN/WIN/WIN relationship that the Merrimack Valley Chamber of Commerce is thrilled to be part of!"



Ron Hamel and Rick Cormier of WNA Comet in Chelmsford posed with American Training staff members after being recognized as "Partnership of the Year".

Adelante Youth Center

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You can find previous articles in our website: www.rumbonews.com

It's all About Right(s)!

By Ellen Bahan

Laminate this * Laminate this * Laminate this Cast of Characters

Many years ago, a very loyal Rumbo reader, who has been of great countenance, not only to me but all of you who read Rumbo, Lou Ronsivalli did that incredibly wonderful series on Fluoride that informed us of the hazards of fluoridating our water supply.

At that time Lou suggested that I do an explanation of the names in which I lovingly refer to our corrupt officials in town. For those of you who have recently joined the Rumbo family, let me introduce the usual suspects for your reading pleasure.

Queen, queenie, old shar, queen cahoonna starring Sharon Pollard current mayor of Methuen, MA.

The Little Load, Mr. Pollard, "The Card" starring Tom Lussier, the mayor's husband. Keeper of All Public Information in the Town of Methuen starting Kathleen (Toody) Healy.

Chief Fire in the Pants starring Ken Bourassa current fire chief.

The Badly Acting Chief starring Joe Solomon current police chief.

Deputy Dawwg starring Joe Alaimo current deputy chief of police.

Spin Doctor, Media Mogul starring John Molori communication director in the mayor's office.

PU starring Pat Uliano current East End elected knickknack.

Billy the Bridge starring Billy Manzi elected Central District knickknack also head knickknack.

Mikey, Man in the coonskin cap starring Michael Condon elected knickknack at large.

LeeAnn starring LeeAnn Condon, wife of Mike Condon

LouAnn starring LouAnn Clements Director of the Health Department

Moe, Legal Beagle starring Maurice Lariviere town solicitor appointed by the knickknacks, (three year term)*

Double D starring Dennis DiZoglio past mayor of Methuen.

Dennis' Toody starring Joe Cosgrove past Central District knickknack, past community development assistant director. Current school committee member and still Dennis' Toody.

Unaccountant starring Tom Kelly town auditor appointed by the knickknacks, (three year term)*

Maddy V. starring Madeline Varatimos, retired clerk, executive secretary to the queen in Methuen, past partner of the queen in private business.

Red Rover Annie starring Anne Guastafarro as Methuen Town Treasurer.

Baby Buck starring William Buckley past director of Community Development.

Con Man starring Joe Giarusso Director Conservation Commission.

Clyde Krashcop starring Sgt. Randy Hagggar, Methuen Police Department.

Lawyer without ever a win starring David

Bain human resource director.

Hollering Halloran, Sherry Halloran Assistant Auditor.

Fire in the Pants chorus starring Frank Russo town Engineer, Bev Ferrante newly appointed member of the Historic Commission Board.

Bad boys, bad boys, whatcha gonna do, whatcha gonna do when they come for you; chorus starring Solomon, Alaimo, Wnek, Hagggar, Mahoney, McCarthy, Havey, Korn, Lavigne, Fleming (Note always room for more extras, always auditioning.)

Knickknack Chorus starring Manzi, Hennessy, PU, Kraunelis, Campbell, Condon, Rhamey, elected councilors to Methuen Town Council.

Huffer Chorus starring... Well, there are too many to name, but they are easily recognizable by their flushed faces as they fawn over the queen's gaseous rhetoric double speak. (Note always room for more extras, always auditioning.)

Set Locations:

Methuen Assisted Suicide Living Complex located at 4 Gleason Street, Methuen MA. Toxic Towering Inferno located at Mar-Lin aka Mills Falls Housing Project.

Toxic Soup located at Appleyard site.

Lake Monica located at the site where St. Monica's once stood.

West Wing located on the third floor of the Searles Building currently the suite where the mayor sits.

Club House located at the Tenney Gate House.

Little Egypt located at the 2.7 million dollar restoration of the burned out Tenney Castle Ruins.

OZ located at 5 East Street, abode of the mayor where two houses fell out of the sky and landed sideways on her property.

McMansions by McLennan located all over town on postage size stamp lots.

Pork Town located within the lovely confines of Methuen, Massachusetts; Pork Town is synonymous with Methuen, where money is never a consideration with it comes to the royals' creature comforts.

This group of stars has undoubtedly earned the monikers I have bestowed, simply by behaving like themselves. I have not changed any of the names to protect the innocent. None are innocent.

The problem with them behaving like themselves is that they work for us and we should never accept this type of behavior in those that we employ.

*Note: both the unaccountant and the legal beagle have been attached to the public spout for more than 20 years.

Ellen Bahan is a columnist expressing her opinion. You can email your comments and suggestions to Ellenbahan@aol.com

People who make our lives better: Don Barchard & Ray Custeau

Text and Photos by Frances Marino



I recently wrote an article about Billy Ray Hawkins at the Buckley Transportation Center in Lawrence. Since then, I have wanted to acknowledge the other two employees who share the daytime responsibilities with Billy Ray.

Today armed with my digital camera, I was lucky enough to catch Don Barchard and Ray Custeau while they were on duty at the Buckley. They were glad to have me shoot a photo of them while they answered some questions I had about the scheduled hours of operation, etc.

As shown in one photo, they are open 24 hours a day, 365 days a year like the Museum Square Garage across from the Lawrence District Court. Both garages are open to anyone and there are plenty of parking spaces available. Monthly parkers continue to receive access cards and car window stickers when they register according to Ben Wales, who manages both garages.

I asked if they will continue in business when the MBTA Transportation Center is built. Mr. Wales explained that the Buckley and Museum Square garages are public and are managed by the City so they will continue to be in operation.

Thanks to all the garage employees, parking in Lawrence will continue to be more convenient and friendly.

Write to us / Escribanos a:
Rumbo@rumbonews.com

Elders Services of the Merrimack Valley Employment Opportunities for Mature Workers

Are you over age 55 and want new skills to get into the job market? Check out the possibilities at Elder Services of the Merrimack Valley Mature Workers Program. A variety of jobs at area non-profits and/or town government offices are available.

Career options are explored before the mature worker is matched with employment where orientation and training is provided. Individuals who meet certain income guidelines, work 20 hours/week and are paid a minimum wage/hour. A two year service limit is required for each placement, and program staff work with each mature worker to find permanent placement or to transfer to another position.

For more information about opportunities for Mature Workers, call Eileen at Elder Services, 1-800-892-0890, X 463.

Attention Massachusetts Wartime era Veterans!

You may qualify for state as well as federal benefits. If you have any questions regarding eligibility call the City of Lawrence's Veterans Services Office at (978) 794-5846.

Daniel Lannon, Director

Merrimack Valley Friends of Sheriff

Frank G. Cousins

is hosting a

Bean Supper

a fundraiser for his re-election

Saturday, June 12, 2004 • 3 p.m. - 7 p.m.

Lawrence British Club
80 Cambridge St., Lawrence, MA

Donation \$5.00 (Seniors Free)



Sheriff Frank G. Cousins

You can find articles by Ellen Bahan
previously published in our website:
www.rumbonews.com

Police beat Firefighters at softball game honoring "Chungo"

By Harold Magoon

On Saturday, May 15, 2004 the Weed and Seed Program of Lawrence helped to coordinate a softball tournament played in memory of Radames "Chungo" Marrero Jr. who tragically passed away at a very young age.

Residents, local and state elected officials, local public safety personnel took part in the games. Evelyn Marrero threw of the games first pitch in memory of "Chungo".

The results were as follows:

Game 1

City Hall 9
Weed and Seed 3

In game #1 City Hall Softball team beat the Weed and Seed team by the score of 9 to 3. Stand out performances for the City Hall team were Tom Schiavone with 2 home runs, 4 RBIs and Councilman Israel Reyes with 3 hits and 2 RBIs the winning pitcher was Mayor Sullivan. Weed and Seed stand out player was Ozzie Diaz with 1 home run 3 RBIs losing pitcher was Superintendent Wilfredo Laboy.

Game 2

Firefighters 11
Police Dept. 16

A slugfest between both of Lawrence's finest departments ended up with the Lawrence Police on the winning side. The winning pitcher for Lawrence Police was Marco Ayala. The LPD hitting attack was led by Officer Dave Moynihan who went 2 for 3 with a homerun and two hits.



Championship game

Police Dept 10 WINNERS
City Hall 7 2ND PLACE

In game #3 The Lawrence Police Department beat the City Hall Team by a score of 10 to 7. The City Hall team was lead by Don Christianson with 2 hits, Kathleen Carroll with 2 hits and outstanding defense by State Rep. Dave Torrisi. The winning pitcher was Marcos Ayala for the L.P.D. and losing pitcher once again Wilfredo Laboy.

The Lawrence Police Department won the Weed and Seed "Chungo" Marrero cup. In an emotional ceremony following the game, the cup was presented to Sgt. Don Cronin and the Lawrence Police Department team by Radames Marrero Sr, and his wife Evelyn. The cup will be on display at the Lawrence Police Sub-Station at 66 Parker St. in Lawrence for one year and then be passed to the winner of next years' tournament.



In the picture above are Domingo Melendez, Nelson Ortiz, Evelyn Marrero and Radames Marrero Sr., parents of Chungo.

It's spring cleaning time ... And you can help the Methuen YMCA!

**SELL YOUR GOODS AT THE
METHUEN YMCA'S
COMMUNITY
FLEA MARKET**

Saturday, June 26, 2004
(Rain Date: Sunday, June 27)
8:00 a.m. to 2:00 p.m.
On the grounds of the
Methuen YMCA
129 Haverhill Street, Methuen



We supply the tables, you supply the goods.
Table rental \$25/table (\$30 after June 14).

FOR ADDITIONAL INFORMATION, contact Stephanie Lane at 978-683-5266.

ALSO ACCEPTING DONATIONS FOR THE YMCA's large table at the flea market! Check your basement, garage, closets for goods that you no longer use or need. Let us know if you need items to be picked up (before June 18.) All proceeds benefit the Methuen YMCA building project.

Notre Dame High School

207 Hampshire Street Lawrence, MA 01841

It is our pleasure to inform you that applications are available for the incoming freshman class, 2004. Come join us and learn more about this exciting school that will open its door in Lawrence, MA

**Student and Family Information Meeting
June 14, 2004 from: 5:30 P.M - 7:30 P.M.**

During our information session, parents and students will be able to learn about admission requirements, the opening dates of our school, financial aid, entrance exam, Corporate Internship Program (CIP), tuition cost and more. The application for admissions and other documents will be available on this day. We will provide enough time to answer any of your questions.

Please call 978-689-8222 to confirm your attendance. For further questions contact Delia Durán, Director of Admissions.

Teen Mothers and Fathers Participate in MSPCC's 2nd Baby Academic Bowl

The Massachusetts Society for the Prevention of Cruelty to Children (MSPCC), one of the country's premier child advocacy organizations, and one of its signature programs, Healthy Families, sponsored their second Baby Academic Bowl on May 26, 2004 at the Lawrence Public Library.

This event was a competition between teen mothers and fathers from the Lawrence community to test their knowledge of infant and toddler development and parenting skills. The competition drew wide support and attendance from the community and is supported by the Massachusetts Children's Trust Fund in Boston. To commemorate the event, Mayor Michael Sullivan issued a proclamation designating May 26, 2004 as "Baby Academic Bowl Day." Mr. Tom Schiavone, the Economic Development Director of the City of Lawrence, attended the event on behalf of the Mayor's office and read the proclamation.

Participants studied hard for this event. "This competition was quite lively and educational," said Antar Jimenez, co-chair of the event and the Father's Advocate for the Healthy Families Program. "The

Academic Bowl was a great opportunity for the young parents participating to demonstrate their knowledge of and commitment to parenting and their children."

"You could really sense the pride of everyone in the room. Out of the 59 questions that were asked, not one was answered incorrectly," stated Rosa Quinones, co-chair of the event and a Healthy Families Home Visitor. "Even though the mothers won the competition by one point, we consider all of our teen parents winners."

MSPCC is a private, non-profit child welfare agency with a long-standing commitment to the children of Massachusetts. Since 1878, MSPCC has served as a leading advocate for children and families, pioneering and providing programs that prevent child abuse, treat the victims of abuse, and strengthen families.

Healthy Families Massachusetts is a statewide home visiting program available for first time parents age 20 and under, funded by the Children's Trust Fund.

Summer is almost here: protect your skin

Feeling pale? You may think that a golden tan looks healthy and attractive but sun worshippers beware: you could be causing skin cancer, the most common type of cancer in the United States.

The disease can result from long-term exposure to sunlight, which emits Ultraviolet Radiation (UV Rays) that damage skin cells and can lead to one of three types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. While people should take precautions from sun exposure all year-round, protection is especially important during the summer months when the sun is directly overhead for a longer period and UV Ray levels are highest.

"Skin cancer, especially melanoma, can be deadly," says Lily Lai, M.D., skin cancer expert at City of Hope Cancer Center in Los Angeles. "Fortunately, skin cancers are preventable and highly curable if found and treated early."

Several risk factors increase the chance of skin cancer, but everyone is at risk of developing the disease. Some of these risk factors include: having fair skin that freckles easily; living in warm climates with high sun exposure and/or high altitudes; occupational exposure, such as working outdoors; overall lifetime exposure to the sun; and having many moles.

Here are some tips to protect your skin from harmful UV Rays all year-round:

- Avoid exposure to mid-day sun, 10 a.m. - 3 p.m., when UV Rays are most dangerous.
- Use sunscreen with a sun protective factor (SPF) of 15 or higher whenever you spend time outdoors. Remember to reapply sunscreen every 1 to 1 1/2 hours.
- Wear protective clothing such as hats and long-sleeved shirts that block the sun's rays.
- Protect young children from the sun's rays. The damaging effects of UV Radiation can begin in childhood.
- Be careful when taking certain medications that may cause the skin to burn more easily. Check with your doctor or pharmacist to determine if your medication could be a problem.
- Avoid sun lamps and tanning booths.

"Having a tan, natural or artificial, is a sign that the skin has already been damaged," says Dr. Lai. "Since tanning booths expose you to ultraviolet rays just as the sun does, using a sunless tanner is the best way to get a tan without damaging your skin."

For more information about skin cancer research and treatment at City of Hope Cancer Center in Los Angeles, call 1-800-826-HOPE or visit www.cityofhope.org.

ESL, Computer and Citizenship Classes Seton Asian Center

1 Ballard Way, Lawrence, MA 01843

Openings are now available in morning English for Speakers of Other Languages (ESOL), computer and citizenship preparation classes at the Seton Asian Center, 1 Ballard Way, Lawrence. Most classes are held for two hours on Mondays. Classes are free and open to all interested adults.

Beginner computer classes held on Friday mornings. Cost \$25 for the eight-week session and are open to any interested resident in the area.

Citizenship and computer classes meet from 9AM to 11AM. Preschool classes are available for three to five-year olds of adults enrolled in the morning classes. For more information, please call the Seton Asian Center at 683-7316.

You can find previous articles published in Rumbo.
Visit our web page: www.rumbonews.com

A Workshop on Creating a Healthy Environment for our Families

Recent studies show that many diseases can be linked in part to environmental exposures.

1 in 8 children in New England have asthma, 17% of U.S. children under 18 have one or more developmental disabilities, an estimated 8000 children 0 to 14 years of age are diagnosed annually with cancer in the United States. The contributors to these trends are complex - but the role of the environment deserves special attention because it is a preventable cause of harm.

This workshop will provide an overview of the types of exposures you should be aware of, advice on how to prevent them and where to find safer alternatives.

Thursday, June 10th - 7:00 p.m.

North Parish Unitarian Church

190 Academy Road, North Andover

Presented by EcoSpace, a North Shore based company that educates individuals and institutions on creating healthy living environments. The founders and workshop presenters have over 20 years of education and experience in the field of environmental health.

Sponsored by: People for the Environment, Haverhill Environmental League, and Lawrence Environmental Action Group

Free to the public. Donations accepted.

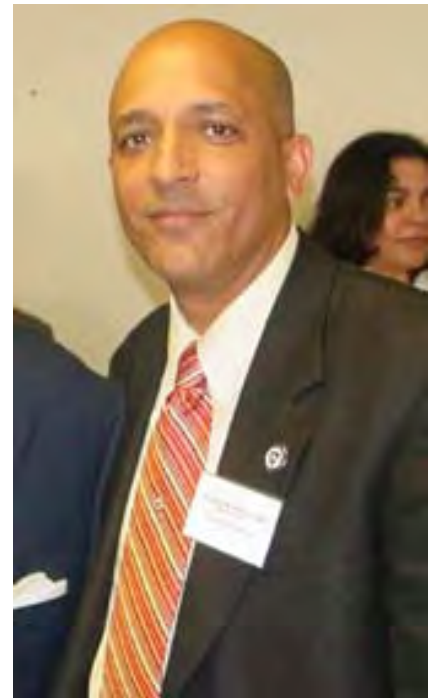
For further information or directions, call Joan Kulash at 978-975-8108.

Representative William Lantigua Paves Way for Lawrence Road Repairs

State Representative William Lantigua (Lawrence) announced today that the House of Representatives passed his amendments for the Transportation Bond Bill for fiscal year 2005 to include \$1.8 million in funding for the City of Lawrence.

The transportation bond bill provides capital funding for the design, construction, and repair of roadway projects in the Commonwealth that do not receive federal funding. The legislation, engrossed by the House, provides \$1.8 million to conduct road repairs and a road study to alleviate traffic flow along major city streets. As a result of Rep. Lantigua's efforts funding from the Transportation Bond will also be directed towards the improvement of Essex Street that would contribute to the revitalization of the down town area.

Rep. Lantigua worked hand and hand with members of the House Transportation Committee and House Ways and Means Committee to ensure that his amendments for the City of Lawrence would be included in the bond bill. "I am pleased that the City of Lawrence will be able to advance our priority transportation improvements. A necessary investment into our roads now will prove cost effective in the long run," stated Representative Lantigua.



In addition to these crucial initiatives, the House version of the Transportation Bond Bill also includes funding for regional transit authorities, Chapter 90 highway projects, and assistance for the protection of rail freight across the state. The bond now moves to the Senate and is subject to the authorization of the Governor before this money becomes available.

Do you need help?

Parents Helping Parents- Are you feeling frustrated, overwhelmed, anxious, or isolated in your role as a parent or guardian? Parents Helping Parents offers free, confidential and anonymous weekly support groups for parents throughout Massachusetts. Share experiences and get support and encouragement from other parents. Call toll free, 1-800-882-1250, for information about groups in this area.



12U/6TH GRADE
Mass State Champs

Congratulations to our favorite 6th graders for bringing home the Mass Rivals first ever state championship. In our first year as a middle school program these kids have accomplished a great goal, going 7-0 over the weekend to bring home the title. It was a total team effort and took a lot of hard work to accomplish this goal. Many different players stepped up their game throughout the tournament each making big play after big play. If it was not Jason Arias scoring basket after basket all weekend long, Jordan Santos pulling down almost every rebound, or Mikey Herrera defending the other team's best player it was someone else on the team coming up with a key play. Again this was a total team effort and everyone in our program should be proud!

Picture
Front - Kadeem Perez

2nd row
Anthony Karamourtopoulos
Devon Alvarado
Jamie Spears
Jose Bastine

3rd Row
Mike Trovato - Program Director
Dan H - Head Coach
Jason Arias
Jason Buco
Jordan Santos
Mikey Herrera
Michael Alvarez
Barry Spears - Assistant Coach

Giordano Family MKA sends Three Teams to NAKF Open Tournament at MIT!



MKA has most teams entered in recent tournament.
Shihan Larry F. Giordano, Chief Instructor of the Giordano Family Methuen Karate brought three teams of his Black Belts to compete in the NAKF Tournament. The teams from Methuen consisted of three competitors, with one alternate.
"We haven't competed in this tournament in quite some time, it should be interesting for my students!" said Shihan Giordano. "As always, I look to my Black Belts for strong leadership and hard competition. This team competition will be a new experience."

The three teams consisted of:
Team A: Sempai Tim Courcy, Sempai Nelson Lovoie and Sempai Lee Lavoie. The alternate was Sempai Jeff Courcy.
Team B: Sensei Stephen Giordano, Sensei Jarrod Brown and Sempai Cassie McKenney. The alternate was Sempai Kameron Wilson.
Team C: Sempai Bob Moore, Sempai Pat Wilkins and Sempai John Goddard. The alternate was Bob Richardson.
Teams A and C fought well, but did not place in the tournament. Team B brought home 3rd place. Sempai Bob Moore of Team C was chosen as the tournament's best fighter.

Free Folklore Dance Lessons for Children 7 years and older
Looking for children willing to learn and perform traditional and modern dances. Contact: The United Peruvian Association Leonor Sanchez at (978) 265-2852.

You can find previous articles published in Rumbo. Visit our web page: www.rumbonews.com

Grupos de apoyo para padres en Lawrence
¿Es usted un padre o una madre que se siente agobiado(a), aislado(a) o estresado(a)? ¿Le gustaría tener el apoyo y las palabras de aliento de otros padres? Nuestros grupos son gratis, confidenciales y anónimos. Para saber más acerca de Padres Ayudando a Padres, o para saber más sobre el grupo de Lawrence, llame a Elizabeth - 978-794-3949, o visite nuestra página del web: www.parentshelpingparents.org

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681-9129

Reach Out For Youth Raffle
The Merrimack Valley YMCA is holding a \$10,000 cash prize raffle. Only 300 tickets will be sold. The second place prize is \$750; 3rd place, \$500; and 4th place \$250. Cost per ticket is \$100. All proceeds benefit the Merrimack Valley YMCA's "Reach Out For Youth" financial assistance program, which grants YMCA program and membership scholarships to needy and deserving children and families.
The drawing will take place on Thursday, June 17 at 6:00 p.m. at the Claddagh Function Hall, 399 Canal Street in Lawrence.
For more information, contact: Gale Beckwith or Frank Kenneally at (978) 686-6191 or stop by the Lawrence YMCA at 40 Lawrence Street.

Greater Lawrence Community Action Council, Inc.

**Child Care Center
Billing Specialist**

Associates or higher Degree in Business Management or related field, with a minimum of 3 years experience in a business management setting. (Five years of additional experience may be substituted for education requirement). Must be knowledgeable of office practice and procedures. Must have excellent organizational and interpersonal skills. Must be highly skilled with record keeping, mathematics, and written and oral communications. Must be proficient in use of computers and knowledgeable of Microsoft Office software. Excellent fringe benefit package.

Custodian/Maintenance Worker

Knowledge of methods and practices used in janitorial work. Knowledge of basic maintenance of building. Good mechanical and maintenance skills. Ability to work and communicate with center staff. Ability to do moderate to heavy lifting. Full time with excellent fringe benefit package.

**Merrimack Valley Lead Poisoning
Prevention Program
Secretary**

High School graduate. Minimum of three years office experience and/or a combination of education and experience. Bi-lingual ability (Spanish/English) preferred. Knowledge and demonstrable skills in Microsoft applications. Be proficient in lead screening of children (finger stick). 25 hours per week.

**Family Support Center
Case Worker**

Full time. BS or BA in Human Service or related field. Minimum of two years experience in home visiting, documentation and working with families. Good communication skills both written and verbal. Ability to maintain accurate records. Confidentiality of information a must. Ability to work with people of various cultural backgrounds. Flexible hours (some nights and weekends). Experience in Group Facilitation a must. Strong organizational and interpersonal skills. Bilingual (English/Spanish) desirable. Must have valid drivers license and means of a car. Excellent fringe benefit package.

Applications/Resume to: HR Director, GLCAC, Inc.
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(Lawrence Office) 725-8867
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Martin T. Meehan (202) 225-3411
Oficina de Lawrence 681-6200
(H) 459-0101

(Recórtelo y péguelo en un lugar visible/
Cut and place in a visible place.)

Tower Hill Variety & Subs Celebrates 25th Anniversary

On Saturday, May 22, 2004, The Wlodyka Family celebrated, Tower Hill Variety & Subs "25th Anniversary". They celebrated with over 100 people, giving out Hamburgers, Hot Dogs, Dasani Water, Cans of Pepsi, Twinkies, and Potato Chips.

Special guest on hand for all to enjoy was Sponge Bob Square Pants. The kids enjoyed face painting and balloons. Tower Hill Variety had a raffle drawing and gave out over 25 items from a microwave oven, \$25 season ticket for the lottery, scratch tickets, Coleman coolers, gift baskets and the whole event was free.

This event was compliment of the Wlodyka Family with support from many of their vendors in appreciation for the loyal support their customers have given them over the last 25 years.

Earlier in the day Representatives Barry Finegold (D-Andover) and William Lantigua (I-Lawrence)

presented the family with a proclamation. Mayor Michael Sullivan presented a citation from his office and spoke along with Police Chief John Romero and Deputy Chief Emil DeFusco on how active in the community this family is on Tower Hill and the City of Lawrence.

Tower Hill Councilor and long time friend of the family, Nicholas Kolofoles, presented them with a Proclamation from the City Council and Councilor Marcos Devers stopped by earlier to congratulate them on 25 years.

Keith Wlodyka, who is Vice President of the Tower Hill Neighborhood Association spoke on behalf of his family and thanked all the people who helped with the cookout that day. He gave a special thank you to all the people for allowing this family from Salem, NH to be a part of Tower Hill and Lawrence for over 25 years. Thank you and on to the next 25.



Owners and founders Keith, Gene, Marnie, and Sue Wlodyka showing the citation given by Mayor Sullivan and the proclamation given by City Councilor Nicholas Kolofoles.

