

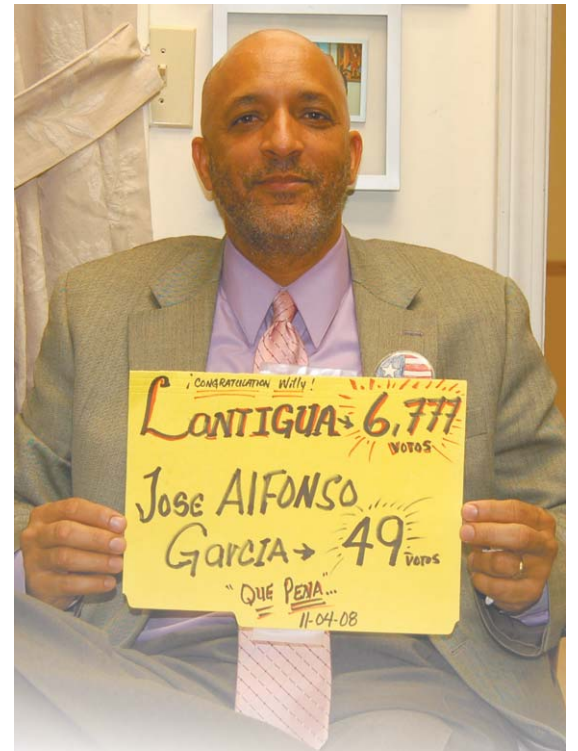
Madre e hijo mueren en fuego



Una madre y su hijo murieron en esta casa a consecuencia de un fuego. Testigos dicen que ella volvió a entrar a la casa a tratar de rescatar a su hijo que se encontraba atrapado en su habitación. **PÁGINA 3**

A fire in this house killed mother and son

Mother and son died in a fire in this house. Witnesses said she reentered the house trying to save her son who was trapped in his bedroom by the fast moving fire. **PAGE 17**



Lantigua: Dos años más

El Representante William Lantigua, re-electo representante, descansa después de conocer el resultado de las elecciones, hace burla de Alfonso García, que confesó que él había enviado stickers de "Voten por Marcos Devers" a los vecinos del Distrito 16. El resultado final de las elecciones fue Lantigua 7,290 vs 657 stickers.

Lantigua: Two more years

Re-elected State Representative William Lantigua, relaxing after learning the results of the final election. Here he makes fun of Alfonso Garcia, who confessed being responsible for mailing "Vote for Marcos Devers" stickers to voters of District 16. The final result of the election was Lantigua 7,290 vs write-in votes 657.



(Photo by Marc Lemay, PR/Media Coordinator-GLFHC)

GLFHC devela mural Sendero de Esperanza

El mural Sendero de Esperanza fue diseñado y pintado por la artista Stephanie Condra, de Splashes of Hope, de Huntington, NY, en el New Balance Foundation Imaging Center en el GLFHC del 34 de la Calle Haverhill, en Lawrence, para recordar a aquellos que han sido afectados por cáncer del seno en la comunidad. **PÁGINA 13**

GLFHC unveils Pathway to Hope Mural

Pathway to Hope mural designed and painted by artist Stephanie Condra from Splashes of Hope of Huntington, NY, in the New Balance Foundation Imaging Center at the GLFHC 34 Haverhill Street, Lawrence, to remember those who have been affected by breast cancer within the community. **PAGE 13**

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Recordando a Verónica

Valerie Grullón, 10, hija de Verónica Casado, leyó un pasaje de la Biblia con la ayuda del Rev. Nelson González, durante los servicios ofrecidos en honor de Verónica en la Iglesia Evangélica Hispana, el pasado domingo, 2 de noviembre. **PÁGINA 12**

Remembering Verónica

Valerie Grullon, 10, the daughter of Veronica Casado, reading a passage from the Bible with the help of Rev. Nelson Gonzalez, Pastor of Iglesia Evangélica Hispana on Sunday, November 2 to honor Veronica. **PAGE 12**





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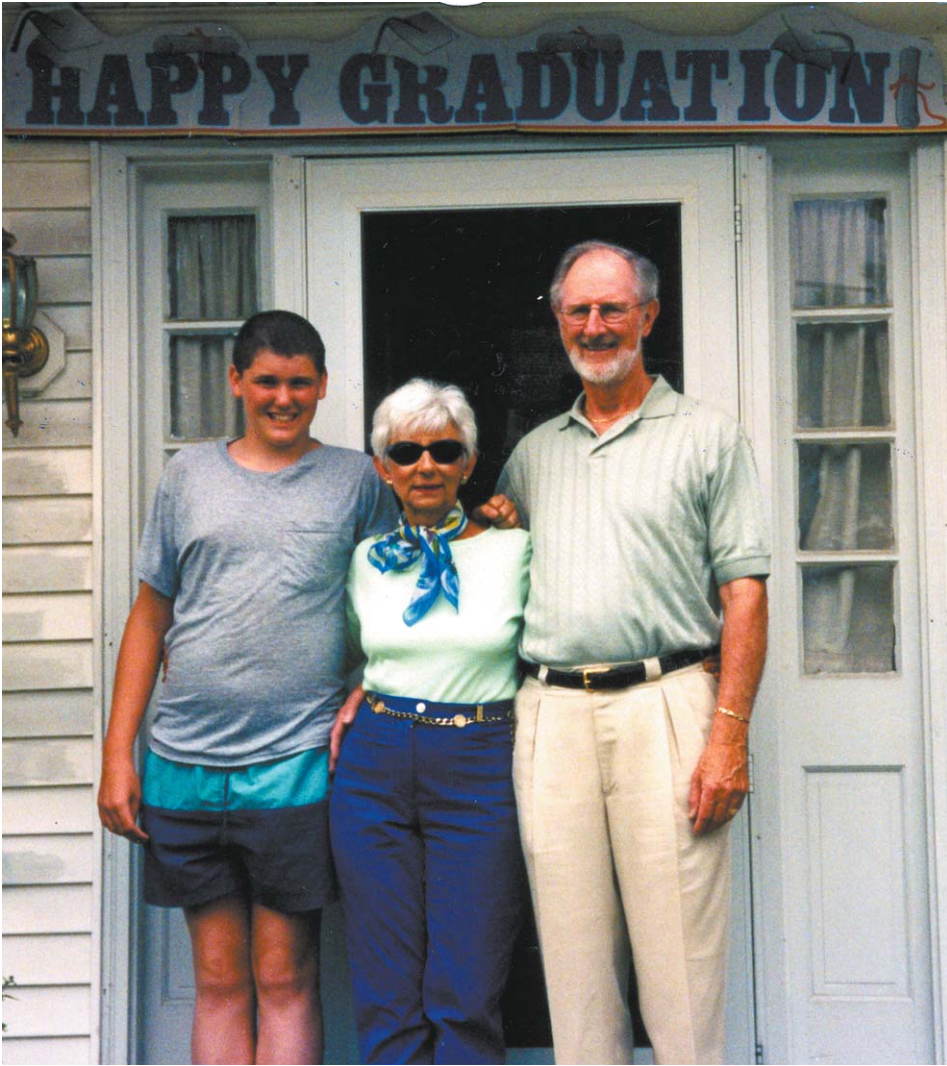
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Madre e hijo mueren en fuego



In this June, 2003 photo treasured by Marilyn and Roger Twomey, we can see them with Sean Cahalane, just after graduating from the Frost School.

READ IT IN ENGLISH ON PAGE 17

Por Alberto Surís
albertosuris@rumbonews.com

Linda Cahalane, 51, murió con y por su hijo discapacitado de 20 años de edad Sean, cuando trató de rescatarlo del fuego que se había generado en su casa, localizada en el 15 de la calle Leeds Terrace, en Lawrence, durante las primeras horas del día 3 de noviembre, 2008.

De acuerdo con el Sr. y la Sra. Twomey, vecinos de al lado de los Cahalanes, ellos fueron despertados por los camiones de incendio que llegaban e inmediatamente corrieron afuera para enterarse de que la Sra. Cahalane, después de escapar del fuego, había regresado adentro en busca de su hijo. Ellos nunca salieron. Los bomberos los encontraron a ambos en la habitación de Sean. A pesar de los esfuerzos de los bomberos, ninguno de los dos sobrevivió.

Las primeras investigaciones llevadas a cabo por el State Fire Marshal Stephen D. Coan y Lawrence Fire Chief Peter C. Takvorian han determinado que el fuego fue un problema eléctrico en la cocina, bien en un calentador eléctrico en la pared o una extensión eléctrica defectuosa en el punto donde se originó el fuego.

De acuerdo al relato de los Twomeys, George Cahalane, padre de Sean y viudo de Linda, esa noche él estaba trabajando en su computadora cuando escuchó un “pop”. Fue a investigar y vio llamas y humo saliendo de la cocina. Inmediatamente despertó a su esposa e hijo que dormían en sus habitaciones.

Ambos George y Linda salieron de la casa sin problemas, pero una vez afuera

De acuerdo al relato de los Twomeys, George Cahalane, padre de Sean y viudo de Linda, esa noche él estaba trabajando en su computadora cuando escuchó un “pop”. Fue a investigar y vio llamas y humo saliendo de la cocina. Inmediatamente despertó a su esposa e hijo que dormían en sus habitaciones.

notaron a Sean asomado a la ventana de su habitación. Él no los había seguido. Le pidieron que saltara por la ventana, pero rehusó. Fue entonces cuando Linda, su madre, regresó a por él.

Los Twomeys están devastados. “Si usted quiere tener buenos vecinos, usted debe tener vecinos como los Cahalanes”, dijo Marilyn Twomey.

“Sean siempre quiso ser nuestro jardinero”, dijo el Sr. Twomey. “Él siempre estaba dispuesto a ayudar”.

El 4 de noviembre, 2008, el Concejal por el Distrito E, David Abdo, informó que un fondo de ayuda ha sido establecido en memoria de Sean y Linda en Andover Federal Credit Union. Si usted quiere contribuir, puede enviar su aporte a: The Cahalane Fire Fund, 19C Lupine Road, Andover, MA 01810, C/O Andover Federal Credit Union.

EDITORIAL | EDITORIAL

¡Un sueño hecho realidad!

“Yo tengo un sueño para mis cuatro niños pequeños que un día vivan en una nación donde no sean juzgados por el color de su piel, sino por el contenido de su carácter”, dijo el Dr. Martin Luther King, Jr, desde las escalinatas del Monumento a Lincoln durante una marcha a Washington por trabajo y libertad. Corría el año 1963.

Descendientes de minorías afro-americanas y latino-americanas han tomado parte en el escenario político americano por algunos años, algunos han sido nombrados como los Secretarios de Estado Condoleeza Rice y Colin Powell y algunos han sido electos, como el Alcalde de Los Angeles, Antonio Villaraigosa y el Gobernador de Nuevo Méjico, Bill Richardson que hasta se ha postulado para presidente en dos ocasiones, pero el sueño de King se hizo realidad con la elección de Barack Obama como el primer afro-americano electo presidente de los Estados Unidos.

Finalmente, después de 45 años, América ha elegido a un hombre por su carácter, ignorando el color de su piel. El hecho de que ganara el voto popular como el voto electoral representa un paso gigantesco en la dirección correcta.

A dream fulfilled!

“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character,” said Dr. Martin Luther King, Jr., from the steps of the Lincoln Memorial during the March on Washington for Jobs and Freedom. The year was 1963.

Minorities of Afro-American and Latin-American descent have been part of America’s political scene for some time, some appointed, like United States Secretary of State Condoleeza Rice and Colin Powell and some elected, like Los Angeles Mayor Antonio Villaraigosa and New Mexico’s Governor Bill Richardson who even ran for president twice, but King’s dream became a reality with the election of Barack Obama, as the first African-American to be elected President of the United States.

Finally, forty five years later, America has elected a man by his character, ignoring the color of his skin. The fact that he won both the popular vote and the electoral vote represents a paramount step in the right direction.

Cartas al Editor | Letters to the Editor

Rumbo
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Email: editor@rumbonews.com

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

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

Publicación de SUDA, Inc.
315 Mt. Vernon Street Lawrence, MA 01843

Tel: (978) 794-5360
Fax: (978) 975-7922

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LAWRENCE/METHUEN EDITION
Published on the 8th & 22nd of Every Month

OPINIÓN

READ IT IN ENGLISH ON PAGE 15

Desde Mi Esquina

Por **Dalia Díaz**

daliadiaz@rumbonews.com

¡La venganza es dulce!

Sí, la venganza es dulce, es una lástima que a veces tenemos que esperar un horrible largo tiempo para disfrutar de ella.

Asistí a una reunión en septiembre de 1978 (sí, hace 30 años), a la que fui invitada como miembro de los medios de comunicación. En ese momento, yo era productora y anfitriona de un programa de televisión en el Canal 56. Esa reunión fue para el beneficio de algunos enviados del gobierno cubano atrayendo a los miembros de los medios de comunicación en español a visitar Cuba.

En esa reunión, he expresado mi interés en visitar la isla, pero no hicieron planes ni se prometió más allá de la voluntad de Cuba para verla de nuevo.

Por las próximas tres semanas, el periódico El Mundo y su propietario, Alberto Vasallo (padre) tuvo una avalancha de insultos para la gente que piensa como yo. Entre las ofensas que nos llamó "idiotas útiles" al servicio del régimen comunista.

Bueno, han pasado 30 años. Alberto Vasallo y yo continuamos una relación cordial, nunca amigos, y el tema nunca fue planteado, aunque sabía que mi día vendría, algún día.

El Centro Cultural Cubano (fundado en 1975) siempre ha mantenido la distancia de las cuestiones políticas de Cuba por lo que cuando hemos recibido un volante para una fiesta para recaudar fondos para Cuba, me sorprendió mucho. Como he seguido la lectura de la carta adjunta, que fue firmado por Alberto Vasallo, Jr

Alberto Vasallo, hijo es quien está ahora recaudando fondos para paliar los daños causados por los huracanes Ike y Gustav. Afirma que el gobierno cubano está ocupado reparación de lugares de interés turístico, haciendo caso omiso de la difícil

situación de las personas que deben valerse por sí mismos.

La parte irónica es que ahora es su hijo quien dirige el esfuerzo.

¡Y pensar que él se opuso cuando dije que me gustaría ir, sin embargo, su hijo está al cargo de la recaudación de fondos para enviar de vuelta a la isla!

Cambios en la Carta Constitucional

El lunes pasado, miembros del Concilio de Lawrece se reunieron en una asamblea pública para comenzar a discutir si han de hacer cambios en la Carta Constitucional de la ciudad para poder contratar a un administrador en lugar de tener un alcalde.

Varios residentes hablaron a favor o en contra de la propuesta y, aunque yo no planeaba hablar, me sentí obligada a aclarar ciertas confusiones que habían mencionado. Por ejemplo, cuando algunas personas se quejaron sobre las razones detrás de la decisión de elegir a los miembros del Comité Escolar por distritos porque ellos debían estar escogidos por la ciudad. Les expliqué que esa fue la mejor forma de asegurarse que las minorías sacarían a sus propios candidatos y ser representados.

Esta fue la primera reunión sobre los cambios en la Carta Constitucional y antes que se le puedan hacer modificaciones. Les exhorto a todos en la ciudad para que asistan a las próximas reuniones.

La cotorrita dice... "¡El crimen bajó, el crimen bajó!"

Este fue un mensaje enviado por la Asociación de Vecinos de Mt. Vernon a sus socios y el cual no ha salido a la voz pública pero por lo menos, nuestra asociación de

vecinos nos mantiene informados.

"En la mañana del 6 de noviembre, un vecino en el vecindario de Mt. Vernon encontró su auto descansando en cuatro bloques de cemento y sin las cuatro ruedas. Esto sucedió entre las 2 y las 6 de la mañana. Como el carro estaba dentro de su propiedad la cual estaba cercada, la policía piensa que fue planeado.

Ellos caminan y pasan durante el día chequeado los vecindarios, regresando de nuevo por la noche. Por eso es que siempre conviene reportar cualquier actividad o cosa sospechosa en su área. Si tiene que dejar su auto afuera y tiene una alarma, asegúrese de usarla y de que está funcionando debidamente.

Aviso a los comerciantes de Lawrence

Hay muchas reglas y regulaciones en esta ciudad que no son obligados a cumplir o que la gente se ríe de ellas. El gobierno está tratando con gran énfasis de embellecer a nuestra ciudad y estas reglas están constantemente siendo violadas por los comerciantes por todas partes.

Según el Departamento de Servicios de Inspección, ningún letrero ha de ser colocado en las aceras de ningún comercio. Letreros como este (caballetes) se encuentran por todas partes.

Hay multas asociadas a esta infracción pero, desafortunadamente, el Departamento de Servicios de Inspección no tiene suficiente inspectores para cubrir la ciudad. Mi sugerencia sería contratar

CARTAS AL EDITOR

Rumbo

315 Mt. Vernon Street, Lawrence MA 01843

Email: editor@rumbonews.com

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

Estimados organizadores,

Felicitaciones a todos los que trabajaron tan arduamente para ayudar a pasar la pregunta 3. ¡Este fue realmente un movimiento de ciudadanos donde la compasión triunfó sobre la crueldad! Algunos de ustedes han preguntado sobre el cuidado de los galgos ahora que las elecciones han pasado.

En primer lugar, estamos comprometidos con la eliminación gradual de carreras de galgos en una manera responsable. La protección de los galgos es nuestra misión número uno.

Históricamente hablando, cuando una pista de carreras de perros se cierra, un sinnúmero de voluntarios se movilizan para encontrar hogares para todos los perros desplazados. Público de cientos de kilómetros de distancia convergen en la pista y recogen a los perros que deben adoptarse para llevarlos a grupos de adopción y hogares de acogida. Por ejemplo, cuando Plainfield Greyhound Park en Connecticut cerró en 2005, voluntarios de lugares tan lejanos como el Medio Oeste y Canadá enviaron a los rescatadores. El cierre de Multnomah Greyhound Park en Oregon en 2004 y en Ginebra Lagos Greyhound Park en Wisconsin en 2006 provocó una respuesta similar. Mientras que algunos perros fueron enviados a correr en otros lugares, muchos otros se pusieron a disposición para su aprobación.

Más recientemente, con el cierre de la Mile High Park en Colorado (Invierno 2008) y The Woodlands, en Kansas (Otoño 2008), todos los perros fueron trasladados en condiciones de seguridad, cuando los defensores de galgos, incluyendo los miembros de la Junta Directiva de GREY2K USA, se sumaron a los grupos de adopción de las pistas para ayudar a los perros.

Ahora, la gran mayoría de los perros que corren aquí en Massachusetts pasan a correr en otras pistas después de competir a nivel local. Los destinos incluyen las pistas de Florida, Texas y otros estados. En

POR FAVOR VEA DÍAZ
CONTINÚA EN LA PÁGINA 11

POR FAVOR VEA CARTAS
CONTINÚA EN LA PÁGINA 11

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Primera graduación de NILP Programa Educativo "Recuperando la Esperanza"

Por Olivia Tejada & Maria E. Restrepo-Toro

Recuperando la Esperanza es un proyecto de investigación realizado por el Centro de Rehabilitación Psiquiátrica de la Universidad de Boston en colaboración con NILP. En el programa participaron doce personas con condiciones siquiátricas que deseaban aprender cómo sentirse mejor en la vida y cómo aprender a recuperarse de los efectos negativos de una enfermedad mental.

El grupo se reunió durante ocho semanas y al terminar el programa los participantes dieron testimonios de los grandes beneficios. Las personas aprendieron que la recuperación es una experiencia común al ser humano y que es un proceso de renovación y redescubrimiento personal. Además, tuvieron la oportunidad de entender que su identidad personal no es el diagnóstico de su enfermedad mental y que ellos tomen control de sus propias decisiones. Aprendieron estrategias que les ayudaron a reajustar sus actitudes, sentimientos y creencias acerca de ellos mismos, de los demás y la vida en general. Al final del entrenamiento cada persona aprendió a identificar los pasos para establecer metas personales.

Con esta primera graduación, NILP establece su nuevo programa "Rincón de la



(I-D) Sentadas: Carmen Torres, Carmen Rios y Maria García. De pie: Anyi Berroa, Wanda Pérez, Denis Valerio, María Restrepo-Toro, Daybe Blanco, Rosa Tirado, Edwin Pérez, Nan Donald y Oliva Tejada.

Recuperación" con fondos del Departamento de Salud Mental de Massachusetts (DMH). El programa abre sus puertas a los latinos con condiciones siquiátricas que viven en el área del noreste.

Para más información por favor

contactar a: Oliva Tejada, Latino Outreach Mental Health Coordinator (otejada@nilp.org) o Denise Valerio, Recovery Coordinator (dvalerio@nilp.org) at NILP, 20 Ballard Road, Lawrence, MA 01843 - Tel: (978) 687-4288

María E. Restrepo-Toro, Senior training Associate, Center for Psychiatric Rehabilitation, Boston University - Boston, MA 02215 - Tel: (617) 353-3549 (mertoro@bu.edu).

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HABLAMOS ESPAÑOL

Vacunan contra influenza en SLES

Por Alberto Surís
albertosuris@rumbonews.com

Como anunciáramos en el Calendario de nuestra edición del 1ro de noviembre, vacunaciones para prevenir la influenza comenzaron el martes, 4 de noviembre, 2008 en la Escuela South Lawrence East como el primer sitio donde van a ser administradas.

“Siendo día de elecciones, fue muy conveniente para muchas personas poder votar y ser vacunadas al mismo tiempo”, dijo Myles Burke, director de los servicios de Inspección. “Incluso, muchos que no votan aquí, ya que habían salido a votar aprovecharon y vinieron a vacunarse”, dijo el Comisionado Burke.

Vea el Calendario de Rumbo para futuros lugares y fechas de vacunación.



Barbara Muise, RN voluntaria de Home Health Care sonríe mientras vacuna al Capitán de la Policía de Lawrence, Scott McNamara.

Barbara Muise, RN Home Health Care volunteer, smiles while giving Lawrence Police Department Captain Scott McNamara his flu shot.

Flu shots at SLES

By Alberto Surís
albertosuris@rumbonews.com

As advertised in the Calendar of our November 1st edition, flu shots started in Lawrence on Tuesday, November 4, 2008, with South Lawrence East School as the first place where the shots were administered.

“Being Election Day, many people who came to vote were happy to be able to be vaccinated at the same time,” said Myles Burke, director of Inspectional Services. “Many who do not vote here, came over just for the shot”, said Commissioner Burke.

See Rumbo’s calendar for future dates and places where you can have your flu shot.

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Recepción en el Ayuntamiento

Por Alberto Surís
albertosuris@rumbonews.com

Empleados del ayuntamiento, compañeros de trabajo, familiares y amigos de Emil DeFusco y el Tasador de Impuestos de la ciudad, Joseph Giuffrida, se reunieron en el ayuntamiento el pasado viernes, 31 de octubre, 2008, para desearles un feliz retiro después de completar 75 años combinados de servicio a la ciudad.



Al centro, Emil DeFusco, retirado el 31 de octubre, 2008, después de 39 años y 8 meses con la Policía de Lawrence y los últimos 8 como Jefe Diputado, posa con su nuera Sandy y su hijo, el Sargento Emil V. DeFusco Jr., jefe del Departamento de Asuntos Internos de la Policía de Lawrence.

Center, Emil DeFusco, retired October 31, 2008, after 39 years, 8 months with the Lawrence Police Department, (the past 8 years as Deputy Chief) posed with daughter-in-law Sandy and his son Lawrence Police Department Internal Affairs Sgt. Emil V. DeFusco, Jr.

City Hall Retirement Reception

Por Alberto Surís
albertosuris@rumbonews.com

Lawrence City Hall employees, co-workers, family and friends of Deputy Chief, Emil DeFusco, and Lawrence City Assessor Joseph Giuffrida, gathered at City Hall on Friday, October 31st, 2008, to wish them a happy retirement after a combined 75 years of service to the city.

La Senadora Estatal Susan C. Tucker (D-Andover) entregó con una sonrisa una proclama del estado a Joseph Giuffrida, Lawrence City Assessor después de 36 años de servicio a la ciudad, por su retiro.

A smiling Senator Susan C. Tucker (D-Andover) delivered a State Citation to retiring Joseph Giuffrida, Lawrence City Assessor after 36 years of service to the city.



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Terra Luna Nuevo sitio para relajarse



José and Julia Del Carmen, owners of the newly opened Terra-Luna with Sharon Dubois, Storefront Improvement Program Project Manager, Community Development Department and Thomas Schiavoni, acting director Economic Development.

Por **Alberto Surís**
albertosuris@rumbonews.com

Terra Luna, su nuevo lugar para relajarse después de un largo día de trabajo, abrió sus puertas el jueves, 30 de octubre en el 225 de la Calle Essex (entrada por Appleton Way), sirviendo desayuno, almuerzo y comida.

El menú para el desayuno incluye cereales, frutas, muffins hechos en la casa y huevos en cualquier estilo. Para el almuerzo ofrecen ensaladas, sándwiches y postres caseros. La cena incluye sopas, aperitivos, y un variado menú de carnes, pescados y mariscos y pasta. Y lo más importante, los precios son muy módicos.

Terra Luna: New place to relax

Por **Alberto Surís**
albertosuris@rumbonews.com

Terra Luna, your new place to relax after work, opened Thursday, October 30, at 225 Essex Street (entrance by Appleton Way), serving breakfast, lunch and dinners.

Their breakfast menu include coffee, cereals, fruits, home made muffins, and eggs any style. For lunch they offer salads, sandwiches, and home made deserts. Dinner includes soups, appetizers and a varied menu of meats, seafood and pasta. And most important, prices are very affordable.

Cuide al portador de correos seguro este otoño

"Muchos residentes de Lawrence puede argumentar que el otoño es la mejor de nuestras cuatro estaciones del año. Los hermosos colores de las hojas nos inspiran a buscar los mejores miradores para ver el deslumbrante tapiz. Y si bien todos estamos de acuerdo en que son hermosas las hojas en los árboles, una vez que se caen, pueden convertirse en un peligro cuando las dejan en los senderos, caminos o porches", dijo Michael J. Donlon, oficial encargado de la Oficina de Correos de Lawrence.

"Durante los meses de invierno, usted puede ser diligente en la eliminación de nieve en torno a los buzones de correo y las zonas a pie. En nombre de los trabajadores de servicios y las visitas en su casa, esperamos que haga el mismo esfuerzo en la limpieza quitando las hojas de las vías conducentes a su buzón de correo y puertas", dijo.

El Sr. Donlon dijo que las hojas secas pueden mantenerse húmedas por debajo, lo que las hace resbaladizas en concreto, asfalto o una estructura de madera como un porche. Al mantener estas áreas limpias de las hojas, se disminuye la posibilidad de que alguien resbale y posiblemente, sea lesionado.

"Gracias por su cooperación mientras esperamos mantener a su portador de correo fuera de peligro. Acogemos con beneplácito nuestra visita diaria a su casa y esperamos tener otra temporada segura sirviéndole", dijo.



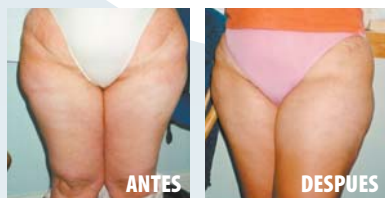
Relaxing after a long-day work, Franklin Perez, receptionist, Lawrence Mayor's office; Nora Carroll, chief of staff, Office of Lawrence Mayor and Ruth McGrath, City of Lawrence Water Department.

Cartas al Editor

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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.

MESOTHERAPY: ALTERNATIVA A LIPO A LA HORA DEL ALMUERZO



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PARA MAS INFORMACIÓN LLAMAR FIFI GARCÍA **(978) 681-9129**

Medicamentos biosimilares La seguridad de los pacientes debe ser lo primero

Por Karen Vicari
Cure Arthritis Now!

Aproximadamente 70 millones de ciudadanos estadounidenses tienen artritis. Se trata de uno de los problemas crónicos de salud más frecuentes del país, que aparece en más de 100 variedades. Tampoco afecta únicamente a la gente de edad avanzada: de hecho, dos tercios de los artríticos tienen menos de 65 años de edad, y 300,000 de ellos son niños. Ninguna otra enfermedad ocasiona más discapacidades entre los estadounidenses de más de 15 años de edad.

Los pacientes como yo, que sufren de artritis, buscan desesperadamente ayuda. Si bien por ahora no hay curas, sí existen varios tratamientos altamente eficaces, que mejoran significativamente la calidad de vida. Entre ellos, los más prometedores corresponden a una clase de medicamentos denominados medicamentos biológicos. Se están tratando con éxito el cáncer, la enfermedad de Crohn, la esclerosis múltiple y otras afecciones, anteriormente consideradas intratables, mediante medicamentos biológicos. Asimismo, dichos medicamentos ofrecen un enorme potencial para enfrentar otras enfermedades en el futuro.

Los que vivimos con el dolor y la fatiga crónicos ocasionados por la artritis, los medicamentos biológicos representan un pequeño milagro. Sin embargo, fabricarlos no es fácil ni económico.

Como se los fabrica a partir de proteínas y otros compuestos complicados, los medicamentos biológicos son mucho más complejos que los medicamentos convencionales, basados en moléculas pequeñas, típicamente recetados por los médicos. Asimismo, a diferencia de los medicamentos convencionales, que se elaboran en el laboratorio en base a sustancias químicas comunes calentadas en vasos de precipitación, los medicamentos biológicos crecen en organismos vivos, en células de plantas o animales.

Los medicamentos biológicos son

tan complicados, que es imposible reproducirlos en forma idéntica. Como cada molécula de medicamento biológico contiene una gran cantidad de átomos, la posibilidad de que se produzcan desviaciones estructurales dentro de un mismo lote de medicamentos es considerable. Por ejemplo, es posible que los pacientes con artritis noten leves diferencias en el efecto de cada dosis del medicamento biológico que están tomando, a pesar de que, teóricamente, todas las dosis sean iguales.

Actualmente existe un movimiento tendiente a permitir la venta de versiones más económicas, pero similares, de medicamentos biológicos, denominados medicamentos "biosimilares" ["follow-ons"], que responde al propósito de contribuir a reducir los costos de la atención de la salud. Si bien se trata de una buena idea, es importante que los legisladores procedan con prudencia, para no arriesgar la seguridad de millones de pacientes.

El medicamento biológico que yo tomo actualmente fue aprobado por la Administración de alimentos y medicamentos (Food and Drug Administration - FDA) después de somérselo durante varios años a pruebas independientes para determinar su seguridad. Sin embargo, algunas de las propuestas tendientes a regular los medicamentos biosimilares no exigen la realización de ninguna prueba independiente para establecer la seguridad de los nuevos productos. Esta situación podría producir consecuencias desastrosas.

Si dos dosis diferentes del mismo medicamento biológico de marca pueden arrojar una diferencia notable en su

POR FAVOR VEA VICARI
CONTIÚA EN LA PÁGINA 22

Niñas latinas descubren la tecnología



Latino girls who attend the Lawrence Boys and Girls Club are getting excited about technology, thanks to an after school program offered by Northern Essex Community College and funded by a grant from the Massachusetts Department of Higher Education. Shown left to right in photo are Gabriella Reyes of Lawrence, 7, Mariana Alegria of Andover, 9, Janilaysha Gonzales of Lawrence, 10, and Northern Essex Community College Professor Liliana Brand of Andover. Professor Brand's daughter Mariana helped develop the program by testing the activities beforehand and providing input.

Niñas latinas que asisten al Lawrence Boys and Girls Club están entusiasmadas con la tecnología, gracias a un programa después de clases ofrecidos por Northern Essex Community College y financiado por una subvención del Departamento de Educación Superior de Massachusetts.

Una vez al mes, bilingüe, profesores de la universidad visite el club y la oferta especial después de la escuela que los programas de explorar las tecnologías y sus aplicaciones.

Las niñas, de edades entre 9 y 14, están aprendiendo acerca de la programación, imágenes digitales, y mucho más y divertirse al mismo tiempo.

"Nuestro objetivo es conseguir entusiasmarlas con la tecnología", dice Ethel Schuster, una profesora de ciencias de la computación de Northern Essex que se está ejecutando el programa con la profesora Liliana Brand, una profesora de la universidad del departamento de matemáticas. "Les enseñamos cómo usar un programa simple y ven los resultados inmediatamente."

En el taller del viernes, 31 de octubre, las niñas aprendieron a programar

Picocrickets, diminutos ordenadores que pueden girar, producen una luz, y hacen música. Algunas lecciones valiosas acerca de la programación fueron aprendidas -incluyendo la importancia de seguir una secuencia de comandos y las niñas se encantaron con lo que habían creado.

"En la actualidad, ya ellas conocen y entienden acerca de la programación", dice Schuster.

Las dos profesoras fueron asistidas por los estudiantes de Northern Essex Oscar Adames de Lawrence, Damion Robinson, de Methuen, y Carla Vega y Francisco de Lawrence.

Este programa está financiado por unos fondos para Ciencia, Tecnología, Ingeniería y Matemáticas que los colegios comunitarios de Northern Essex y Middlesex recibieron del Departamento de Educación Superior de Massachusetts.

"El objetivo es despertar su interés en la ciencia, tecnología, ingeniería y matemáticas, según Bill Heineman, decano de comercio, matemáticas ciencia y tecnología de Northern Essex. "Hay enormes oportunidades en estas áreas y queremos interesar a las estudiantes mientras ellas son jóvenes y esperamos que lleguen a pensar en continuar su educación en estos campos".

Para obtener más información sobre este programa, póngase en contacto con el Sr. Heineman al (978) 556-3339 o wheineman@necc.mass.edu.

Con recintos en Haverhill y Lawrence y los sitios de extensión en Andover y Methuen, Northern Essex Community College es un estado con ayuda de la universidad, ofreciendo más de 70 grados asociados y programas de certificado, así como cientos de cursos de crédito no diseñados para el enriquecimiento personal y profesional. Cerca de 13,000 estudiantes que van desde los recientes graduados de escuela secundaria a los trabajadores empleados a nivel local asisten a clases días, noches y fines de semana. Northern Essex es la única universidad estatal ubicada en la región de la parte baja del Valle de Merrimack Massachusetts.

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NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

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

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

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

Ciudad de Lawrence PROHIBICIÓN DEL PARQUEO DE EMERGENCIA DURANTE EL INVIERNO

En caso de una tormenta de nieve antes de diciembre 15, 2006, o después de marzo 15, 2007, se le pide a los residentes que se adhieran a la ordenanza de estacionamiento alternado a ambos lados de la calle donde este sea permitido. Violadores de esta ordenanza serán remolcados a expensas del dueño. Cualquier pregunta puede ser dirigida al (978) 794-5754.

CIUDAD DE LAWRENCE DEPARTAMENTO DE POLICÍA AVISO A LOS CONDUCTORES DE VEHÍCULOS

Sec.19-72 Prohibición de estacionamiento durante algunos meses, entre las 12:01 a.m. y 6:00 a.m. en lados y días alternos de la vía pública, en algunas calles.

Durante el periodo de diciembre 15 a marzo 15 anualmente, entre las horas de 12:01 AM. y 6:00 A.M. diariamente, los vehículos deberán estacionarse alternativamente a un mismo lado de la calle, a menos que esté prohibido por la ley.

En los días pares del calendario, los vehículos deberán estacionarse a lo largo de los números pares de las calles. Los días noes del calendario, los vehículos deberán estacionarse a lo largo de los números noes de las calles.

De acuerdo con esta sección, el estacionamiento de vehículos será permitido solamente en las calles donde el ancho del camino entre las aceras o a lo largo de las mismas, mida no menos de 30 pies de ancho de acuerdo con los datos en poder del ingeniero de la ciudad, y no será permitido en ningún otro lugar prohibido con anterioridad.

Los vehículos estacionados en violación de esta disposición serán removidos bajo la dirección de las autoridades encargadas de remover la nieve; estos vehículos también pueden ser removidos por el Jefe del Departamento de Policía, sargentos u otros oficiales de alto rango en el departamento, designados de vez en cuando, par el Jefe de Policía

Cualquiera que pare o estacione su vehículo en cualquier lugar bajo el

control de la ciudad de manera que impida en cualquier forma la limpieza y recogida de la nieve o hielo, o en violación de cualquier ordenanza que prohíba el parar o estacionar vehículos en los caminos durante el mencionado tiempo y como se dijo, cualquiera que viole estas ordenanzas será responsable de los gastos de remolque y almacenaje de su vehículo así como a multas, en caso de ser sometido a tal castigo.

El costo por remolcar un vehículo removido por violación de esta sección y seguidamente el gasto de su almacenaje será de acuerdo con las tarifas establecidas por DPW de Massachusetts.

Todo vehículo abandonado en terrenos propiedad de la ciudad que haya sido inmovilizado por accidente o defecto mecánico, o que no esté registrado, inspeccionado o asegurado, será removido de acuerdo con las provisiones de la mencionada sección.

Las provisiones de esta sección no aplicarán a las porciones de las siguientes calles, las cuales han sido designadas como Autopistas Estatales: Calle Jackson, el norte de la Calle Berkeley hasta la línea con Methuen - Ruta 110. Riverside Drive, oeste de la Calle Ames hasta la línea de Methuen.

Avenida Winthrop, unión de la Calle Osgood sur, hasta la carretera 495.

(RO. 1954 sec.18-744-2-56, sec. 1:2-10-76, sec.1:1-12-76, sec.1:10-1876, seG.1:12-13-76. Sec. 1:2-14-77, sec. 1:2-6-78, sec. 1:3-13-78, sec.1.) (Lawrence 12-82) 388.2.

Estacionamiento Alterno Permitido:

Abbot St.
Allen St. (General St. a Angle)
Allston St.
Ames St. (Riverside Dr. a Haverhill St.)
Amesbury St.
Amherst St.
Andover St.
Appleton St.
Atkinson St.
Auburn St.
Bailey St.
Ballard Rd.
Barker St.
Barnard Rd.
Bay State Rd. (McFarlin St. a Water St.)
Beacon St.
Beaconsfield St.
Belknap St.
Bellevue St.
Bennet St.
Bennington St. (Auburn St. a Chestnut St.)
Beresford St.
Berkeley St.
Bigelow St.
Blanchard St.
Bodwell St.
Bowdoin St.
Boxford St.
Bradford St.
Broadway
Brookfield St.
Bruce St.
Burke St.
Burlington St.
Butler St.
Byron Ave.
Cabot Rd.
Cambridge St.
Canal St.
Canterbury St.
Carleton St. (Andover St. a Everett St.)
Carver St.
Castle St.
Cedar St.
Chester St. (So. Bway a Dunstable St.)
Chestnut St.
Chickering St. (Cutler St. a Pilgrim Rd.)
Cleveland St.
Clifton St.
Clinton Ct.
Colonial Dr.
Colonial Rd.
Colonial Terrace
Columbus Ave. (Haverhill St. a Meadow St.)
Common St.
Concord St.
Congress St.
Coolidge St.
Copley St.
County St.
Crescent St.
Crestwood Cir.
Crosby St.

Cross St.
Cutler St. (Chickering St. a Marlboro St.)
Cyr Drive
Dana St.
Danforth St.
Dartmouth St.
Davis St.
Debbie Lane
Dorchester St.
Dracut St. (So. Bway a Dunstable St.)
Dunstable St.
Durham St.
Durso Ave.
East Boxtord St.
East Boxtord Terrace
East Haverhill St.
East Kingston St.
East Pleasant St.
East St.
Easton St. (So. B'way a Jefferson St.)
Eaton St.
Ellis St.
Elm St.
Emerald Ave.
Erving Ave.
Essex St. (Union St. a Milton St.)
Everett St.
Exeter Pl.
Exeter St.
Exeter Terrace
Fairmont St.
Fallon St.
Falmouth St.
Farley St.
Farnham St.
Ferry St.
Forest St.
Foster St.
Foxcroft St.
Franklin St.
Frost Dr.
Furber St.
Garden St.
Garfield St. (Cambridge St. a Falmouth St.)
Gilbert St.
Glenn St.
Glenwood Drive
Gorham St.
Grafton St.
Grainger St.
Grant Rd.
Green St.
Greenfield St.
Greenwood St.
Groton St.
Grove St.
Hamlet St.
Hampshire St. (Canal St. a Arlington St.)
Hancock St.
Haverhill St. (Excepto Jackson St. a Amesbury St.) (Excepto Broadway a la línea de Methuen)
Hawley St.

High St. (Excepto E.
Haverhill St. a Ferry St.)
Highgate St.
Hillside Ave.
Howard St.
Hudson Ave.
Hurst St.
Inman St.
Jackson St. (Canal St. a Kendrick St. & Berkeley St. a la línea de Methuen)
Jamaica St.
Jefferson St.
Kenneth St.
Kent St.
Kingston St.
Laurel St.
Lawrence St.
Lebanon St. (Hampshire St. a Amesbury St.)
Lea St.
Leeds Ter.
Lenox Circle
Lenox St.
Lincoln Ct.
Lisa Lane
Lorenzo Rd.
Loring St.
Louisburgh St.
Lowell St. (Lawrence St. a W. Lowell St.)
Lynn St.
Manchester St.
Maple St.
Margin St.
Marie Lane
Marion Ave. (Excepto Holly St. al Rio Spicket)
Marique Dr.
Mark Lane
Market St.
Marlboro St.
Marston St.
Martha Lane
Mason St.
May St.
Medford St.
Melrose St.
Melvin St.
Merrimack St.
Middlebury St. (Olive Ave. a Endicott St.)
Mill St.
Milton St. (Haverhill St. a Bodwell St.)
Monroe St.
Morton St.
Mt. Auburn St.
Mt. Vernon Cir.
Mt. Vernon St.
Mt. Vernon Terrace
Newbury St.
Newton St.
No. Parish Rd.
Oak St. (East Haverhill a Short St.)
Oakland Rd.
Olive Ave. (W. Lowell St. a Ames St.)
Orchard St.

Osgood St.
Oxford St.
Packard St.
Parker St.
Patton St.
Pembroke Dr.
Perry Ave.
Phillips St.
Pilgrim Rd.
Pleasant St. (Ferry St. a High St.)
Portland St.
Powers St.
Proctor Rd.
Prospect St.
Providence St.
Railroad St.
Richmond St.
Rita Lane
Roberta Lane
Rockwood Lane
Rowe St.
Russell St.
Salem St.
Sanborn St.
Sargent St.
School St.
Shattuck St.
Shawsheen Rd.
Shepard St.
Short St. (Chestnut a Maple St.)
So. Bowdoin St.
So. Broadway
So. Union St.
Sparkle Drive
Springfield St.
Standish Rd.
Stevens St. (Mt. Vernon St. a Stevens Ave.)
Storrow St.
Summer St.
Summit Ave.
Sylvester St.
Swan St.
Taft St.
Temple St.
Tewksbury St.
Thomas Rd.
Tremont St.
Tyler St.
Union St. (Canal St. a Elm St.)
Valley St.
Warren St.
Water St.
Weare St.
West Hawley St.
West Kenneth St.
West St.
Westchester Drive
Westwood Terrace
White St.
Whitman St.
Winston Dr.
Winter St.
Winthrop Ave.
Woodland St.
Wyman St.

TAMBIÉN EL ÁREA DE JUEGO DE LA ESCUELA PARTHUM, POR EL LADO DE LA CALLE HAVERHILL. SI SU CALLE NO ESTÁ EN ESTA LISTA, EL ESTACIONAMIENTO EN ELLA ESTARÁ PROHIBIDO.

ESTACIONAMIENTO NOCTURNO

Usted puede estacionar toda la noche en los siguientes lugares:

Escuela Breen:

Solamente en el estacionamiento

Parque Carl Lindquist:

Solamente en la Calle Emmett

Parque Charles Storrow:

Solamente en el lado de la Calle High, desde la Calle Pleasant hacia el sur hasta la Calle Storrow Terrace

Escuela James F. Leonard School:

Patio de juegos, lado sur

Escuela Arlington:

Calle Arlington

Escuela Leahy:

Patio solamente

Escuela Saunders:

Patio, el lado de la Calle Bowdoin

Escuela Rollins:

La Calle Platt solamente

Escuela Parthum:

El área de juego por el lado de la Calle Haverhill

Es muy importante que los motoristas cooperen y remuevan sus vehículos antes de las 7:00 A.M. de todas las áreas públicas.

Todos los vehículos que no cumplan con estos requisitos, serán remolcados a EXPENSAS DE SUS PROPIETARIOS.

También todos los vehículos inmovilizados por accidente, fallo mecánico, sin seguro o sin inspección dejado en terrenos propiedad de la ciudad, serán remolcados a EXPENSAS DE SU PROPIETARIO.

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CONTINÚA DE LA PÁGINA 4
CARTAS AL EDITOR

otras palabras, los parques de Wonderland y Raynham son sólo dos paradas en un circuito nacional.

Es probable que muchos perros sean adoptados a medida que las carreras van siendo eliminadas en Massachusetts, y estamos comprometidos a ayudar a los perros para encontrar hogares. Nuestro comité de trabajo incluye todos los principales refugios en el estado y nuestro esfuerzo está avalada por los veterinarios de animales y todos los hospitales en todo el estado (ir a www.protectdogs.org y haga clic en "endorsements"). Trabajando con estos grupos, haremos todo lo que esté a nuestro alcance para garantizar que cada perro que necesita un hogar, encuentre uno. Esta es otra razón por la que la Ley de Protección de Greyhound incluyó un período de 14 meses para lograrlo paulatinamente. Gracias de nuevo por su pregunta.

CHRISTINE A. DORCHAK, ESQ.
President, GREY2K USA & GREY2K USA Education Fund
Co-Chairperson, Committee to Protect Dogs
www.grey2kusa.org
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(617) 666-3526

Monster Mash en la YMCA de Methuen



Colleen MacPhee, Devon Desisto and Allison Clark todas vestidas como Hannah Montana, están disfrutando mientras decoran sus máscaras con plumas en una de las mesas en el "Monster Mash," un baile auspiciado por el Arc de Greater Lawrence.

Monster Mash at the Methuen YMCA

The Arc of Greater Lawrence hosted a dance called the Monster Mash, on Saturday, November 1, 2008 at the Methuen YMCA.

Along with cool music and dancing, there were arts and crafts for the teens to do, lots of delicious snacks and many prizes for all. A special thank you goes out to Dudley's Flower Farm of Haverhill, Martin's Florist of Methuen and Mann's Apple Orchard of Methuen for their generous donations.

The next event, the Ho-Ho-Holiday Hop, will be held on December 12, 2008 at the Doherty Middle School in Andover.

The Arc of Greater Lawrence, a division of CLASS Inc, is a non profit organization that supports people with disabilities and their families. For more information about the Arc please visit our website: www.classinc.org or email Leah Frim, the director of the Arc of Greater Lawrence, LFRIM@CLASSINC.ORG.

CONTINÚA DE LA PÁGINA 4
DÍAZ: DESDE MI ESQUINA



a alguien a comisión solamente para que camine por la ciudad poniendo multas. Dos cosas sucederían como resultado: La ciudad recaudaría mucho dinero para cubrir tantas necesidades que tiene y la ciudad luciría más limpia.

Cualquiera interesado en esta posición debe solicitarla en la oficina del alcalde.

El Arc de Greater Lawrence sostuvo un baile llamado el "Monster Mash" el sábado, noviembre 1, 2008 en la YMCA de Methuen.

Aparte de música y baile, también había artes manuales para que los jóvenes puedan divertirse, deliciosas meriendas y muchos premios para todos.

Un agradecimiento especial para Dudley's Flower Farm de Haverhill, Martin's Florist de Methuen y Mann's Apple Orchard de Methuen por sus generosas donaciones.

El próximo evento, el "Ho-Ho-Holiday Hop", será el 12 de diciembre del 2008 en la escuela elemental Doherty en Andover.

El Arc de Greater Lawrence, una

división de CLASS Inc., es una organización sin fines de lucros que apoya las personas con discapacidades y sus familias. Para más información sobre el Arc, favor de visitar nuestra página web: www.classinc.org o envíe un correo electrónico a Leah Frim, la Directora del Arc de Greater Lawrence, LFRIM@CLASSINC.ORG.

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Recordando a Verónica

Por **Alberto Surís**
albertosuris@rumbonews.com

Familiares y amigos de Verónica Casado se congregaron en la Iglesia Evangélica Hispana el domingo, 2 de noviembre, para celebrar su vida. Verónica murió hace dos años después de una fiera lucha en contra del cáncer del seno.

Asistieron a la ceremonia el Alcalde de Lawrence, Michael J. Sullivan, la Senadora Susan C. Tucker, el Representante William Lantigua, el Concejal Nicholas Kolofoles, el Jefe del Departamento de Incendios, Chief Peter Takvorian, y la ex Concejal Julia Silverio. También de visita se encontraban los Pastores Susan Santos y David Marrero, este último de Boston, que sorprendió con su visita al Rev. Nelson González.

“Tengo un gran placer en estar aquí con todos ustedes celebrando la vida de Verónica Casado”, dijo el Alcalde Sullivan. Sullivan dijo que Verónica pasó su vida sirviendo en juntas, asegurándose de que sus hijos y los hijos de los demás recibían la atención requerida. “Ella estaba tan ocupada atendiendo a los demás que se descuidó de sí misma.”

Beatriz Pérez, una buena amiga de Verónica, después de leer un poema dedicado a ella, recibió una placa de manos de Felicia Pichardo, madre de Verónica “por su trabajo como periodista y como amiga que supo de la lucha de Verónica”.

“Hace tres años, Verónica Casado sintió algo en el seno y fue a ver al doctor. Después de hacerse una mamografía, le dijeron que se fuera a la casa, y que si no oía de ellos, era señal de que todo estaba bien. Nunca la llamaron, por lo que creyó que todo estaba bien,” dijo el Representante Lantigua. “Once o trece meses después sintió la misma molestia y regresó a ver al doctor”, continuó Lantigua. “Fue entonces que descubrió la verdad. Eso no debió de pasar. ¡Tal vez le costó la vida!

Lantigua aprovechó la oportunidad para hablar acerca del Proyecto de Ley Verónica (H-2188) que fue introducido por él después de la muerte de Verónica. Lantigua dijo que aún está luchando por que sea aprobada, teniendo la mayor oposición de parte de la Asociación Médica. “Queremos que cualquiera que vaya a hacerse una prueba, especialmente si corre el peligro de muerte, sea notificado dentro de las primeras 96 horas, pero la asociación solo aceptó las



Benjamin Grullón, viudo de Verónica, interpretó una canción en honor a ella con la ayuda de su hija Valerie y la hermana de Verónica, Nieves Lajara.

Benjamin Grullon, Veronica's widower, sang a song for Veronica, together with his daughter Valerie and Veronica's sister Nieves Lajara.

pruebas de mamografía”.

Lantigua dijo que el proyecto pasó la Cámara de Representantes y está siendo debatido en el Senado. “Escriban, llamen por teléfono, manden un correo electrónico a sus senadores diciendo que ustedes apoyan el proyecto de ley H-2188. Con el Presidente del Senado siendo una mujer, creo que tenemos una gran oportunidad de que pase”, dijo Lantigua y añadió, “si no puedo hacer que pase, consideraré que mi trabajo en la legislatura fracasó”, terminó Lantigua.



Vicky Colón y Yaritza Pérez-Robles danzan en honor a Verónica Casado.

Vicky Colon and Yaritza Perez-Robles dance in honor of Veronica Casado.

Remembering Verónica

By **Alberto Surís**
albertosuris@rumbonews.com

Relatives and friends of Veronica Casado gathered at Iglesia Evangélica Hispana on Sunday, November 2, to celebrate her life. Veronica died two years ago after a long fight with breast cancer.

Attending the services were Lawrence Mayor Michael J. Sullivan, Senator Susan C. Tucker, Representative William Lantigua, Councilor Nicholas Kolofoles, Fire Department Chief Peter Takvorian, former City Councilor Julia Silverio. Also visiting were Pastors Susan Santos and David Marrero from Boston who paid a surprise visit to Rev. Nelson Gonzalez.

“Is a great pleasure to be here to celebrate with all of you the live of Veronica Casado,” said Mayor Sullivan. Sullivan said that Veronica spent her life serving on boards to make sure that her children and everybody’s children receive attention. “She was so busy taking care of everybody, she never made the time to care for herself.”

Beatriz Perez, a good friend of Veronica, after reading a poem in her honor, received a plaque from Felicia Pichardo, Veronica’s mother. “For your work as a journalist and a friend who knew Veronica’s fight.”

“Three years ago, Veronica Casado felt something in her breast and went to see a doctor. After having a mammography, she was told, go home, if you don’t hear from us it will mean that everything is ok. She never got a call, so she figured that everything was ok,” said Representative William Lantigua. “Eleven to thirteen months later she felt the same discomfort and went to see the doctor again,” continued Lantigua. “That was when she found the truth! It shouldn’t happen that way. It probably cost her life!

Lantigua took the opportunity to talk about Veronica’s Bill (H-2188) introduced by him in the legislature after Veronica’s death. Lantigua said that he is still fighting for it with the biggest opposition coming from the medical association. “We want that anybody who goes for a test, especially if it’s something life threatening, that they are notified within 96 hours, but the medical association settles for mammography test only.”

Lantigua said that the bill passed the House and it is being debated in the Senate floor now. “Write, call or e-mail your senators and tell them that you support Bill H-2188. With the Senate President being a woman, I think that we have a pretty good chance to pass it,” said Lantigua and added, “If I can’t make this pass, I will consider my work at the legislature a failure,” finished Lantigua.

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GLFHC unveils Pathway to Hope mural



(L-R) Robert Ingala, Chief Executive Officer – GLFHC with Penny Marston, Healthy Weight Initiative Program Manager, and Deirdre Connor, Director of Operations for the CAVU Foundation. (Photo by Marc Lemay, PR/Media Coordinator-GLFHC)



(L-R) Stephanie Condra, artist, Juana Deschamps, Breast Health Navigator for GLFHC, Mirta Matos, Mammography Coordinator, Maggie Kuliga, Mammography Supervisor, and Sylvia Cata, Breast Health Navigator. (Photo by Marc Lemay, PR/Media Coordinator-GLFHC)



(L-R) Stephanie Condra, mural designer and painter from Splashes of Hope of Huntington, NY with Deirdre Connor, Director of Operations for the CAVU Foundation. (Photo by Marc Lemay, PR/Media Coordinator-GLFHC)

GLFHC develó mural Sendero de la Esperanza

Octubre es el Mes Nacional de crear conciencia acerca del cáncer del seno, y para conmemorar la fecha, el 9 de octubre, el Greater Lawrence Family Health Center develó un mural en honor de aquellos que han contribuido a iniciar la campaña de recaudación y para recordar a aquellas que han sido afectados por cáncer del seno dentro de nuestra comunidad.

El mural, diseñado y pintado por la artista Stephanie Condra, de Splashes of Hope in Huntington, NY, representa el "Pathway to Hope" (Sendero de la Esperanza) que pintara en el centro de imágenes donado por la Fundación New Balance al GLFHC en el 34 de la Calle Haverhill. El escenario, sereno como un día primaveral, da la bienvenida a los pacientes al área de tratamiento. En las piedras pintadas aparecen los nombres de algunos donantes que ayudaron a hacer del centro de imágenes una realidad.

Laura Burns, asociada de desarrollo de GLFHC, planeó el mural por cerca de un año, espera que no solo sirva como un legado de aquellos que apoyaron el proyecto inicial, sino que permitirá a otros mostrar su apoyo y compasión hacia aquellos afectados de los efectos del cáncer del seno. "Con una pequeña donación, cualquiera podrá honrar a algún amigo o familiar que haya sido afectado por cáncer del seno, con sólo añadir sus nombres al mural", expresó Burns.

Margaret Kuliga, supervisora de mamografía del GLFHC destacó que los servicios que se prestan en el Centro de Imágenes prueban que son exitosos tanto para la mujer que está siendo tratada y para la comunidad. "En poco más de un año, el Centro de Imágenes de la Fundación New Balance ha visto a más de 2,500 mujeres, 15.3% de las cuales recibieron una mamografía por primera vez en su vida", expresó Kuliga. "Durante el primer año de existencia, siete mujeres han sido diagnosticadas con cáncer del seno como resultado de haber sido vistas en el Centro. No solamente hemos salvado siete vidas, hemos hecho cambios en los servicios de admisión a los servicios que reciben los pacientes y residentes del Valle de Merrimack".

October is National Breast Cancer Awareness Month and to commemorate the date, on October 9, the Greater Lawrence Family Health Center unveiled a unique mural to honor those who contributed to the initial fundraising campaign and to remember those who have been affected by breast cancer within the community.

The mural, designed and painted by artist Stephanie Condra from Splashes of Hope in Huntington, NY, depicts the "Pathway to Hope" on a mural being housed in the New Balance Foundation Imaging Center at the GLFHC 34 Haverhill

Street clinical site. The serene, spring-like setting helps to welcome people into the treatment area of the Imaging Center. On the painted stone pathways are the names of the original donors who helped to make the Imaging Center a reality.

Laura Burns, Development Associate for GLFHC, has been planning the Pathway to Hope mural project for nearly a year and hopes that this not only serves as a legacy for those supporting the initial project, but will also allow others to show their support and compassion for those affected by the lasting effects of breast cancer. "For a small donation, people will be able to honor

About GLFHC:

Greater Lawrence Family Health Center's mission is to improve and maintain the health of individuals and families in the Merrimack Valley by providing a network of high quality, comprehensive services and by training health care professionals to respond to the needs of a culturally diverse population.

About Splashes of Hope:

Splashes of Hope is a non-profit organization of artists who hand-paint murals in healthcare facilities. Each mural is designed to stimulate the healing process by giving patients a soothing visual focus while in the hospital. The murals transform facility walls and create a comfortable atmosphere for patients, visiting family and hospital staff.

friends and family members who have been affected by breast cancer, by adding their names to the mural," states Burns.

Margaret Kuliga, Mammography

Supervisor at GLFHC points out the services being provided at the Imaging Center is proving successful for both the women being seen and in the community. "In just over a year, the New Balance Foundation Imaging Center has seen more than 2,500 women, 15.3% of which received a mammogram for the first time ever," Kuliga states. "In the first year of existence, seven women have been diagnosed with breast cancer as a result of being seen at the Center. Not only have we changed seven lives, we've changed overall access to necessary services to our patients and residents of the Merrimack Valley."



HEY! NO LEFT TURN HERE!

Picture taken on 11/04/08 at 1:40 P.M. at the intersection of Essex Street and Lawrence Street going east.

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Rumbo
315 Mt. Vernon Street, Lawrence MA 01843

Email: editor@rumbonews.com
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Dear Organizers,

Congratulations to everyone who worked so hard to help pass Question 3. This was truly a citizens' movement in which compassion triumphed over cruelty! Some of you have asked about the issue of greyhound care, now that the election has passed.

First of all, we are committed to phasing out greyhound racing in a responsible way. The protection of greyhounds is our number one mission.

Historically speaking, when a dog track closes, countless volunteers are mobilized to find homes for any and all displaced dogs. Drivers from hundreds of miles away converge on the track and pick up dogs to be taken to adoption groups and foster homes. For example, when Plainfield Greyhound Park in Connecticut closed in 2005 volunteers from as far away as the Midwest and Canada sent rescuers. The closure of Multnomah Greyhound Park in Oregon in 2004 and Geneva Lakes Greyhound Park in Wisconsin in 2006 sparked a similar response. While some dogs were sent on to race elsewhere, many others were made available for adoption.

More recently, with the closure of Mile High Park in Colorado (Winter 2008) and The Woodlands in Kansas (Fall 2008), all the dogs were safely moved out, when greyhound advocates, including board members of GREY2K USA, joined hands with track adoption groups to help the dogs.

Right now, the vast majority of dogs that race here in Massachusetts go on to race at other tracks after competing locally. Destinations include tracks in Florida, Texas, and other states. In other words, Wonderland and Raynham Parks are just two stops on a national circuit.

It is likely that many dogs will be released as racing is phased out in Massachusetts, and we are committed to helping those dogs find homes. Our working committee includes all the key shelters in the state and our effort is endorsed by veterinarians and animal hospitals all across the state (go to www.protectdogs.org and click on "endorsements"). Working with these groups, we will do everything in our power to ensure that every dog who needs a home, gets one! This is another reason that the Greyhound Protection Act included a 14-month phase out period. Thank you again for your question.

CHRISTINE A. DORCHAK, ESQ.
President, GREY2K USA & GREY2K USA Education Fund
Co-Chairperson, Committee to Protect Dogs
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OPINION

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

By **Dalia Díaz**
daliadiaz@rumbonews.com

Revenge is sweet!

Yes, revenge is sweet; it's a shame that sometimes we must wait an awful long time to enjoy it.

I attended a meeting on September of 1978 (yes, 30 years ago) to which I was invited as a member of the media. At the time, I was producer and host of a television show on Channel 56. That meeting was for the benefit of some envoys of the Cuban government attracting members of the Spanish-language media to visit Cuba.

At that gathering, I expressed my interest in visiting the island but no plans were made and nothing was promised beyond the desire to see Cuba again.

For the next three weeks, the newspaper El Mundo and its owner, Alberto Vasallo (father) had a barrage of insults for the people who thought like me. Among the insults they called us "useful idiots" at the service of the Communist regime.

Well, 30 years have passed. Alberto Vasallo and I continued a cordial relationship, never friends, and the subject was never brought up although I knew my day would come some day.

The Cuban Cultural Center (founded in 1975) always kept the distance from Cuban political issues so when we received a flyer for a party to raise funds for Cuba, I was very surprised. As I continued reading the enclosed letter, it was signed by Alberto Vasallo, Jr.

Alberto Vasallo's son is now raising funds to alleviate the damages caused by hurricanes Ike and Gustav. He states that the Cuban government is busy repairing tourist attractions, ignoring the plight of the people who must fend for themselves.

The ironic part is that now it is his son who is heading the effort.

And to think that he objected when I said that I would like to go yet, his son is raising funds to send back!

Changing the City Charter

Last Monday, the Committee of the Whole met at City Hall in a public forum to begin discussing a Charter change involving the hiring of an administrator instead of a mayor. District D Councilor Nick Kolofoles is taking the lead with this issue.

Several residents spoke in favor and against of the proposal and, although I was not planning to speak, there was confusion on some things being said and I had to clarify them. For example, when some people complained about the reason behind the selection of the members of the School Committee by districts because they should be at-large. I explained that this was the best way to make sure that minorities would come up with local candidates and be represented.

This was the first meeting on Charter change and before any modifications are made, I urge everyone in the community to attend whenever they call for one.

Polly says... "Crime is down, crime is down"

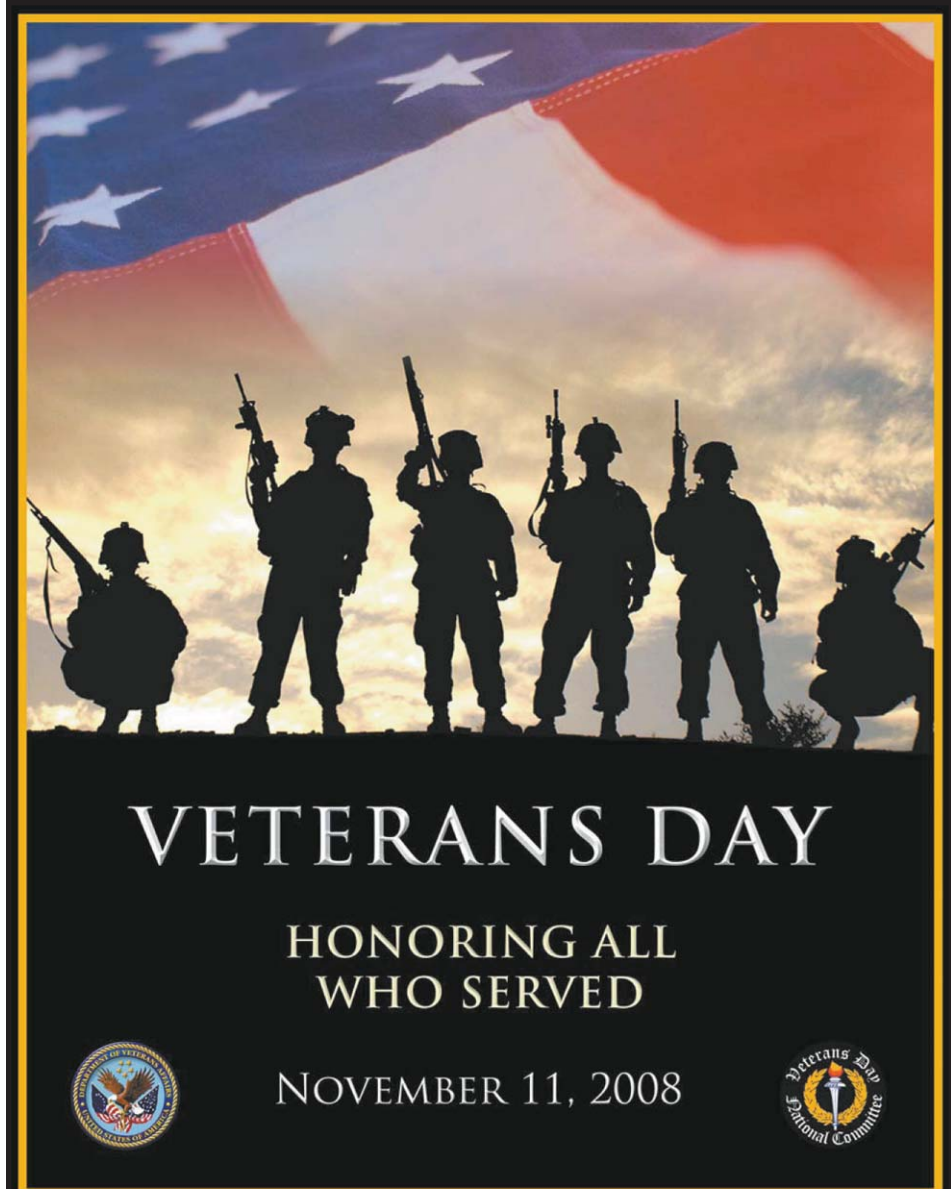
This was a message sent by the Mt. Vernon Neighborhood Association to its members and it was not publicized but at least our neighborhood association keeps us informed.

"On the morning of November 6, a neighbor in the Mt. Vernon neighborhood found their car hoisted up onto cement blocks and all 4 tires were stolen. This

PLEASE SEE DÍAZ
CONTINUES ON PAGE 16

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With Follow-On Biologics, Put Patients First

By **Karen Vicari**
Cure Arthritis Now!

Roughly 70 million Americans suffer from arthritis. With more than 100 forms, it's one of the most common chronic health problems in the nation. And it doesn't just afflict the old—two thirds of those with arthritis are under the age of 65, including 300,000 children. In fact, no other disease or condition causes more disability among Americans over the age of 15.

Arthritis patients like me are desperate for help. And while there is currently no cure, there are a few highly-effective treatments that significantly improve quality of life. The most promising of these are a class of drugs called biologics. Biologics are successfully treating cancer, Crohn's Disease, multiple sclerosis, and other ailments that used to be untreatable. And they hold enormous potential for vanquishing other diseases in the future.

For those of us who live with the chronic pain and fatigue of arthritis, biologics are a small miracle. But they are not inexpensive or easy to make.

Because they're manufactured from intricate compounds like proteins, biologics are far more complex than the small-molecule drugs that doctors typically prescribe. And unlike conventional drugs, biologics aren't cooked up in a lab using beakers and common chemicals—they're grown in living organisms, such as plant or animal cells.

Biologics are so complicated that they cannot be copied identically. With so many atoms comprising each molecule of a biologic, the potential for structural

deviations within a batch of biologics is great. For example, it's not uncommon for arthritis sufferers to notice mild differences in each dose of their particular biologic—even though every dose is technically the same.

To help drive down healthcare costs, there is a push to allow the sale of cheaper, similar versions of brand-name biologics, called "follow-ons." While this is a great idea, it is imperative that policymakers move forward with care so that millions of patients are not put at risk.

The biologic that I currently take has been approved by the FDA after years of independent safety testing. Yet some of the proposals to regulate follow-on biologics require no independent safety testing of the new product. This could have disastrous consequences.

If two doses of a branded biologic can have a notable difference in their effectiveness, imagine how big the variations could be among follow-ons, which could be made in an entirely different manner from the original.

For those who rely on biologics, the thought of taking an imprecise or untested follow-on can be frightening. Any small change in a biologic could dramatically affect an already compromised immune system, thus putting a patient at risk for disability or worse.

In addition, some current proposals would legally classify follow-on biologics as "interchangeable" with the originals. Insurers would likely cover only the follow-

ons, since they will likely be cheaper than the originals.

When it comes to medicine, one size does not fit all. If a person does not respond to a follow-on biologic, he or she should not be denied access to the product which has been proven to work. This is especially important for arthritis patients, as delays in taking an effective medication can cause serious problems.

Of course, that doesn't mean Washington should ban follow-ons. They could be just as useful and cost effective as generic versions of conventional pharmaceuticals.

But it's critical that Congress establish a regulatory framework for follow-ons that puts patient safety first by requiring them to be tested for safety and effectiveness. Further, lawmakers should establish coverage guidelines for insurers so that patients aren't denied effective treatments because of cost considerations.

Biologics have been a small miracle for those of us suffering from arthritis, allowing us to enjoy our lives without agonizing pain. By instituting sensible regulations for follow-on biologics that puts patient safety first, lawmakers would preserve the promise of biologics for arthritis patients—and for the millions of others with diseases that could be treated or even cured by biologics.

Karen Vicari is the executive director of Cure Arthritis Now!, a nonprofit arthritis advocacy organization.

Robert Frost's 1893 Attendance Register Was Displayed At Frost Festival

Rare Robert Frost Document Displayed for the First Time

A one of a kind Methuen school attendance register, hand inscribed by legendary poet and former Methuen resident Robert Frost, was displayed for the first time ever at the Robert Frost Foundation's Frost Festival last weekend. The attendance register contains the names of Methuen students who Frost taught in the early months of 1893. All of the names and markings are in Frost's own hand, and the register itself is signed by Frost in two places. There are also pages written and signed by Frost's mother, former Methuen teacher Bell Frost.

Michael Hughes discovered the register approximately twenty years ago. He was a Methuen High School history teacher at the time. Hughes knew that teachers were legally required to keep an attendance register and that Methuen was required retain those documents. That information led to his discovery. The register was turned over to the Methuen Historical Society and eventually placed with the rest of Methuen's historic items in the basement of the Masonic Lodge on Broadway.

When Hughes, who is also the chairman of Mayor Manzi's Commission on Housing and Preservation of Historic City Archives, mentioned the existence of the register to Matt Kraunelis, Mayor Manzi's chief of staff and a Robert Frost fan, Kraunelis asked Historic Planner Lynn Smiledge to look for it and put it in a safe place. She discovered it in the basement of the Masonic Lodge last June. It was found within two feet of the floodwater that continues to plague the building. A month after the register was found, the basement experienced another serious flood that would have certainly damaged the document had it still been there. It is now stored in a safe at city hall.

After spending a semester at Dartmouth College in the fall of 1892, Robert Frost returned to the Merrimack Valley. He is quoted in an interview with the Dartmouth alumni magazine as saying "I had decided that I was up to no good at Dartmouth, so I just went home to Methuen." His mother asked him to take over her eight-grade class at the Second Grammar School, which then stood on the corner of Lawrence and Park streets. He taught the class from January 2, 1893 to March 24, 1893. It was his first foray into teaching, something that would become a major part of his life in the years to come.

Kraunelis was invited to display and discuss the item on October 25th at the 12th Annual Robert Frost Festival in Lawrence. Robert Frost enthusiasts were pleased to see the register, which had never been displayed at a public event before. James Sitar, archive editor for the Poetry Foundation in Chicago, commented that the register was "quite a find" and complimented the City of Methuen for taking steps to preserve it. Mayor Manzi commented that the importance of the register to both the City of Methuen and Robert Frost's legacy cannot be overstated. He hopes to put the item on permanent display so that all Methuen citizens and Robert Frost fans can see and enjoy it.

CONTINUES FROM PAGE 16

DIAZ: FROM MY CORNER

happened between 2 and 6am. Since the car was in their driveway secluded by a fence, police believe it was planned.

They walk or drive around during the light hours and return during the night. This is why it is always best to report anyone or anything suspicious in your area.

Unfortunately we are living in a time where nothing is safe. If your car is left out at night and you have a car alarm make sure it is on when you park it."

Warning to all Lawrence businesses

There are many rules and regulations in this city that either are not enforced or people make a mockery out of them. The government is trying very hard to beautify our city and these rules are constantly being violated by merchants everywhere.

According to the Department of Inspectional Services, no sign is to be placed on sidewalks from any business. Sandwich boards like these are seen all over the city.

There are fines associated with each infraction but unfortunately, Inspectional Services does not have sufficient inspectors to go around. My suggestion will be hiring someone just on commission to walk

around fining them. Two things will happen as a result: the city will collect lots of needed revenue and the city will get cleaned up.

Please apply at the mayor's office.



Family Service to Honor Sidell Family with Community Service Award

Family Service, Inc. is pleased to announce that it will give its biennial Community Service Award to the Chet Sidell Family, including his wife Faye and their children and their families. The award will be presented on Thursday, November 13 at 5:30 pm at Bell Tower Square, 60 Island Street in Lawrence.

Every two years, Family Service honors a family who, through their personal and professional efforts, embodies the mission of Family Service: to strengthen individuals and families by building skills for successful home, work and community life. The Sidell Family has a long history of giving back to the Greater Lawrence community and Family Service is honored to recognize their years of service.

Chet Sidell started the well known "KGR" clothing store in Lawrence back in 1975. The store, named after the children, Kara, Gary and Randy, was known for selling high quality clothes at affordable prices. Since that time, Chet has been recognized as a force in the City in helping make mill buildings take on a new life and bring new opportunities for development in the City. Chet is the owner of Bell Tower Square which is now the home to Cambridge College and many other businesses. Chet works closely with son, Gary, on a daily basis to attract new businesses to the City.

In addition Chet's service to the rebirth of Lawrence, Faye has started her own jewelry business, Faye's II with her designs of beaded necklaces, bracelets and earrings.

"The choice of the Sidell Family for this year's Community Service Award was an easy one," explains Family Service Executive Director Kay Berthold Frishman. "The Sidell family members are all fine examples of community-minded citizens whose continuous efforts support and improve the Greater Lawrence area everyday. Agencies such as Family Service are grateful to the Sidell family for all they have done to help others."

The Community Service Award will be presented to the Sidell Family on Thursday, November 13, 2008 at Bell Tower Square at 60 Island Street, Lawrence. The event will be from 5:30 to 7:30 p.m. Attendance is \$45.00 per person. Sponsorship opportunities are also available. For more information, contact Lori Howe by phone at 978-327-6639, or by e-mail at LHowe@FamilyServiceInc.com.

Mother and son die in fire

LÉALO EN ESPAÑOL EN LA PÁGINA 3

By Alberto Surís
albertosuris@rumbonews.com

Linda Cahalane, 51, died with and for her developmentally disabled 20 years old son Sean, when she tried to rescue him from the fire that had erupted at their house located at 15 Leeds Terrace, in Lawrence, during the early hours of November, 3, 2008..

According to Mr. and Mrs. Roger Twomey, next door neighbors of the Cahalanes, they were awakened by the fire apparatus as they were arriving and immediately ran outside to find out that Mrs. Cahalane, after escaping the fire, had gone inside looking for her son. They never made it out. They were pulled out by firemen who entered the house and found them in Sean's bedroom. Despite the desperate efforts of the firemen, neither survived.

Preliminary findings of the State Fire Marshal Stephen D. Coan and Lawrence Fire Chief Peter C. Takvorian have determined that the fire was an electrical event in the kitchen, either a baseboard heater or a power strip in the same point of origin may have malfunctioned.

According to the Twomeys, George Cahalane, father of Sean and Linda's widower, he was working late that night on his computer when he heard a "pop". He went to investigate and saw flames and smoke coming out of the kitchen. He then rushed to awaken his wife and son who were asleep in their bedrooms.

Both George and Linda managed to get out without any problems but once outside, they noticed Sean at his bedroom window.

He hadn't followed them. When asked to jump out the window, he refused. That is when Linda, his mother, went back inside.

The Twomeys are devastated. "If you want to have good neighbors, you want to have people like the Cahalanes," said Marilyn Twomey.

"Sean always wanted to be our landscaper," said Mr. Twomey. "He always was around with a helping hand".

On November 4, 2008, District E Councilor David Abdoo informed us that a fund has been set up in memory of Sean and Linda at the Andover Federal Credit Union. If you want to contribute, you can send your contribution to: The Cahalane Fire Fund, 19C Lupine Road, Andover, MA 01810, C/O Andover Federal Credit Union.

NECC Production May Kill You with Laughter

Music, comedy, and murders aren't your typical bedfellows, but in John Bishop's "Musical Comedy Murders of 1940," that is exactly what the audience gets. Northern Essex Community College's Top Notch Players will present this fun-filled murder mystery, set in 1940 in the Long Island mansion of Elsa Von Grosseknuten, Nov. 7 through the 15. Performances are Nov. 7, 8, 13, 14, and 15 at 7:30 in the Top Notch Theatre on the third floor of Spurr Building on the Haverhill Campus, 100 Elliott St.

The members of a successful musical comedy team have gathered on a snowy, winter day for what is ostensibly a producer's audition for their new production. It is all a set-up, however, and is actually a plot to capture the "stage door slasher", the person responsible for killing three chorus girls the last time the team worked together. The Musical Comedy Murders of 1940 is a short comedy by John Bishop. The play was first performed on Broadway on April 6, 1987, in The Longacre Theatre, and was first directed by John Bishop. The play is said to have been based on several 1940s mystery movies, including "The Cat and the Canary", one of Bob Hope's first films.

Tickets are \$8 for students and seniors and \$10 for the general public. Tickets may be obtained at the theatre a half hour before curtain (cash only) or in advance as a credit card purchase through www.mvarts.info.

The cast includes Sarah McCarthy of Amesbury, stage manager; Michael Johnson of Amesbury as Ken; Josh Everett of Haverhill as Roger; Abby Hilton of Haverhill as Marjorie; Orlik Guzman of Haverhill at Bernice; Mark Zick of Groveland as Kelly; Dan Potter of Merrimac as O'Reilly; Casey Hatch of Bradford as Nikki; Ryan Jennings of Andover as Eddie; Sarah Argenbright of Plaistow, NH, as Helsa, and Grace Tiffany of Kingston, NH, as Elsa.

For additional information call Susan Sanders at 978-556-3374 or Jim Murphy at 978-556-3377.



Music, comedy, and murders aren't your typical bedfellows, but in John Bishop's "Musical Comedy Murders of 1940," that is exactly what the audience gets. Northern Essex Community College's Top Notch Players will present this fun-filled murder mystery, set in 1940 in the Long Island mansion of Elsa Von Grosseknuten, Nov. 7 through the 15. Shown left to right in photo are Michael Johnson of Amesbury as Ken, Josh Everett of Haverhill as Roger, and Casey Hatch of Haverhill as Nikki.

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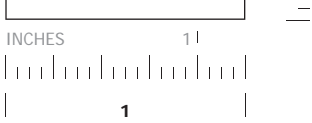
Para listar su evento en esta sección de Rumbo, favor de enviarnos un correo electrónico a (y solo a) calendar@rumbonews.com. Este debe incluir el nombre, fecha, hora y lugar del evento. Se recomienda un número de información o dirección de correo electrónico. Una breve descripción de de menos de 30 palabras puede ser incluida. Si su mensaje no incluye la información requerida no será colocado en el calendario. Su aviso será listado solo si hay espacio disponible. Rumbo no se hace responsable de cualquier información errónea que sea publicada.

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BETHANY COMMUNITY SERVICES DAY TRIPS

NOVEMBER 10
Greatest Hits from the 1950's at Lantana-hits from Tom Jones-Paul Anka-Rick Nelson-Patsy Cline-Connie Francis-Johnny Cash and Elvis Presley!-remembering soda fountains-poodle skirts-hoola hoops/appetizer-roasted turkey-dressing-vegetable-potato-dessert-coffee-tea \$65

NOVEMBER 19
The Holidays Meet Broadway in Song at DiBurro's in Haverhill/live music-dancing with Ray Cavicchio and Sharon Zee/choice of chicken breast-marinated sirloin tips/cost \$44 without transportation-\$50 with transportation

NOVEMBER 22
Pentucket Players presents "Oliver!" - Rogers Center for the Arts/show and bus \$23

DECEMBER 2
The Holiday Road Show with Charlie Prose, singers "Charlie's Angles" and the CP Band /Garde Arts Center in New London, CT/buffet lunch at Foxwoods with gaming package/ includes Orchestra seating/motorcoach transportation \$85

DECEMBER 10
National Shrine of Our Lady of La Salette/includes Mass-Sacrament of Reconciliation-Ceremony at the Outdoor Manger-Christmas Concert with Father Pat-Tree Lighting-Nativity Gift Shop/bagged lunch ham or turkey sandwich-chips-drink-dessert-surprise goodies!/sign up required by 12-8/ cost \$25

Bridge Construction Public Information Meeting

Lawrence Public Library
51 Lawrence Street
Thursday, November 20, 2008
6:00PM

Representative of the Massachusetts Highway Department will be providing a thorough update on all of the bridge constructions projects scheduled for the City of Lawrence. Please mark your calendars and make every effort to attend this important meeting.

LAWRENCE/METHUEN COMMUNITY COALITION

QUARTERLY MEETING

Friday November 14, 2008
9am-10:30am

LOCATION:
Lawrence Heritage State Park
One Jackson Street Lawrence, MA

TOPIC:
- GLCAC, Inc. Fuel Assistance Program
- Information sharing
- Future Meetings

The Lawrence Branch of the Merrimack Valley YMCA is in need of donations of board games, dolls, craft and art supplies (such as crayons, markers, tissue paper, glue, fabric, glitter, stickers, nontoxic paints, old magazines, buttons, stencils, construction paper), for its child care program. If you are interested in donating new or gently used items, please drop them off at the YMCA, 40 Lawrence Street, or contact Amanda Enos at 978-686-6191.

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PERIODICORUMBO.COM

Mayor Sullivan and Mayor Manzi in cooperation with the local health departments are proud to sponsor the following free flu shot clinics for Lawrence and Methuen residents, 18 years and older.

Wednesday, November 12, 2008
9:00am-11:00am
Methuen Senior Center
77 Lowell St., Methuen, MA

Friday, November 14, 2008
9:00am-11:00am
St. Lucy's Parish Center
254 Merrimack Street, Methuen, MA

Tuesday, November 18, 2008
5:30pm-7:30pm
Methuen Health Department
90 Hampshire Street, Quinn Bldg. Rt. 28, Methuen, MA

We hope this joint effort will allow for better accessibility for residents of both cites and look forward to building a healthier community.

FUNDRAISER

In the fall Bethany Community Services, will have a 2009 gift calendar available for purchase.

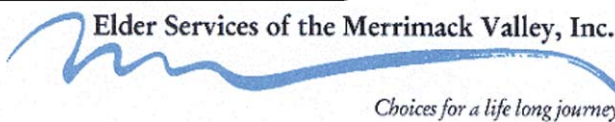
The 2009 one year Calendar will have many prize drawings. The dates for the prize drawings will be on the birthdays of Bethany staff.

Bethany Homes is looking for donations from the community for gift prizes. We have over 100 staff, so we need that many prizes. If you are interested in donating a cash gift, gift card or a new gift item for a prize you can contact Darlene Sutton at 978-374-2165 or Becky Weeks at 978-374-2160.

All the proceeds will benefit the Friends of Bethany activity and wellness programs. Bethany Homes is a not-for-profit senior housing provider with three sites and 367 apartments in Haverhill.

CALENDAR @
RUMBONEWS.COM

VOLUNTARIOS



Elder Services of the Merrimack Valley (Servicio a los ancianos del Valle de Merrimack) está activamente reclutando voluntarios para un número de programas y servicios relacionados con la asistencia a ancianos en el Valle de Merrimack.

NECESITAMOS VOLUNTARIOS PARA:

- Llevar a ancianos a sus visitas al médico.
- Trabajar como acompañantes en la casa.
- Ir de compras y/o hacer mandados tales como recoger medicinas de la farmacia.
- aconsejar a los ancianos sobre la opciones de seguro de salud
- Abogar por los residentes de casas de asilo

Disponibilidad de reembolso por millas recorridas. Proveemos orientación, entrenamiento y constante apoyo.

Elder Services of the Merrimack Valley es una agencia privada sin ánimo de lucro. Su misión es la de crear programas y servicios que los dé fuerza a adultos para que permanezcan seguros e independientes en sus propios hogares y comunidades por el mayor tiempo como sea posible. Anualmente, más de 20,000 ancianos a través de 23 ciudades y pueblos del Valle de Merrimack reciben asistencia de varios programas ofrecidos por Elder Services. Nuestras oficinas están convenientemente localizadas en Lawrence, en el 360 de la Calle Merrimack.

PARA MÁS INFORMACIÓN, FAVOR DE LLAMAR AL 800-893-0890, EXT. 445 Ó 463 A NUESTRO PROGRAMA DE VOLUNTARIOS. SE ALEGRARÁ DE HABERLO HECHO.



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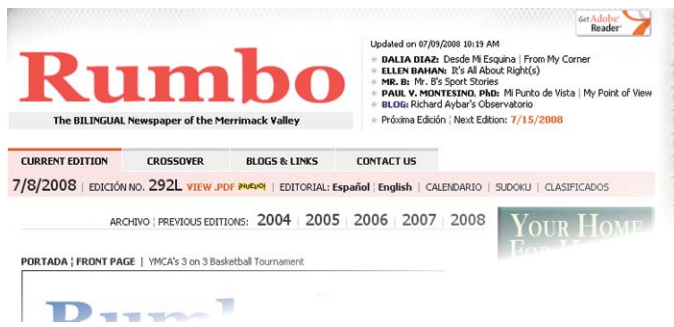


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29th ANNUAL CHRISTMAS IN SALEM HOUSE TOUR

Friday, December 5th
5:30 PM to 7:30 PM

Candlelight tour of three selected homes - For advance ticket holders only

Saturday, December 6th
10:00 AM to 4:30 PM

Sunday, December 7th
11:30 AM to 4:30 PM

Snow date: Saturday, December 13th
10:00 AM to 4:30 PM

"Three Centuries of Architecture"...that's the theme of the 29th annual Christmas in Salem house tour sponsored by Historic Salem, Inc., the city's primary preservation organization. The event will feature 11 historic homes and buildings in the McIntire Historic District, all decorated for the holidays. Tickets are available for \$25 in advance online at www.historicsalem.org, or by calling 978-745-0799. Tickets on Saturday and Sunday are \$30 and are available only at Hamilton Hall, also the site of lectures, decorating and musical presentations, restrooms and refreshments. Historic Salem members and seniors: \$20 general admission; all day of tour tickets \$25. 978-745-0799 www.historicsalem.org

Greater Lawrence Technical School Vehicle Donation Program

Greater Lawrence Technical School is now accepting vehicle donations for their Automotive Technology Department. A NATEF® certified career area, students learn all aspects of the Automotive industry. Specifications include but are not limited to the following: 1999 or newer, decent mechanical condition, little or no rust. If you are interested in sharing in our learning process, please contact Heidi Riccio at 978-686-0194 x2050 or hriccio@glts.tec.ma.us

Hazte un Boy Scout

El Concilio Yanqui Clipper de los Niños Escuchas de América está comenzando grupos de Cub Scouts para los muchachos de las edades 6 a 10, y grupos de Boy Scouts para los muchachos de las edades 11 a 17. Los Boy Scouts ofrecen programas de liderazgo y de desarrollo de carácter. Por favor, llame a Wendy Pérez en el Concilio al 978-372-0591 para más información. Los nuevos líderes bilingües de las tropas, junto con los representantes del Concilio de Yankee Clipper de los Boy Scouts estarán listos para explicar el programa y ayudar a muchachos interesados en registrarse.

Methuen Branch's Youth Basketball League Registration Underway

Register now for the Methuen YMCA's 5th season of Youth Basketball League (YBL). This program is for boys and girls ages 5-12 years old. YMCA basketball is a unique program where we stress the development of the child rather than competition.

The main goals of the program are: skill development, personal development, fair play, fitness, character development and fun. We do not keep score, standings or focus on winning and losing. The focus is on learning skills, participation and fun. This program runs from December 6, 2008 until March 7, 2009 at 129 Haverhill St., Methuen.

Players are divided into 4 divisions: 5-6 year olds; 7-8 year olds; 9-10 year olds; and 11-12 year olds.

Players participate in team practices one night a week and games are played on Saturday mornings.

Special Events are scheduled throughout the season including: photo day, bake sale, family trip to the Boston Celtics, and season ending banquets.

Financial assistance available to those who qualify. For more information, contact Olatungie Lightfoot-Taylor at 978-683-5266.

Programa de donación de vehículos de GLTS

Greater Lawrence Technical School está aceptando donaciones de vehículos para su Departamento de Tecnología Automotriz. En esta área de carreras certificadas por NATEF®, los estudiantes aprenden sobre todos los aspectos de la industria automotriz. Las especificaciones incluyen pero no están limitadas a: autos del 1999 ó más nuevos, en condiciones mecánicas decentes, con poco o ningún óxido. Si está interesado en compartir nuestro proceso de aprendizaje, favor de ponerse en contacto con Heidi Riccio al (978) 686-0194 ext. 2050 o hriccio@glts.tec.ma.us.

JOB OPENING?

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Get ready for flu season

GobiernoUSA.gov's article section has a new entry, Get Ready for the Flu Season. This article gives essential information on ways to identify, prevent, and treat the flu.

Visit Government Articles for a complete list of articles. Topics range from how to avoid foreclosures, receive government benefits for hurricane victims, save money by saving energy, to open your own business, and how to prevent, detect, and treat breast cancer, etc.

You can subscribe to receive e-mail alerts or RSS feeds (choose the articles' feed) of these articles.

Prepárese para la gripe

La sección de artículos de GobiernoUSA.gov tiene un nuevo artículo titulado Prepárate para esta temporada de gripe. Este artículo ofrece información sobre cómo reconocer, prevenir y tratar la gripe (o influenza) estacional.

Visite la sección de Artículos del Gobierno para ver la lista completa de artículos. Los temas de actualidad tratados hasta ahora incluyen: cómo evitar la ejecución hipotecaria, obtener beneficios del Gobierno si ha sido víctima de un huracán, ahorrar dinero y energía y cómo comenzar un negocio, entre otros.

Reciba alertas por e-mail o RSS feeds (elija el canal "Artículos") de los artículos.

CLASES DE INGLÉS Y GED GRATIS

La YMCA de Lawrence, a través del Programa REC, está ofreciendo clases de GED y Inglés Como Segundo Idioma (ESL) a todas las comunidades del Merrimack Valley. Las clases son ofrecidas gratis, cinco días a la semana a diferentes horarios.

Estamos buscando personas voluntarias para maestros. Si usted conoce alguna persona interesada en ofrecer servicios voluntarios, el programa REC esta solicitando apoyo voluntario para clases de GED y ESL.

Para más información favor de comunicarse al 978-686-6191 Ext. 38.

Mayor Michael J. Sullivan and Councilor Grisel Silva

Present

The City of Lawrence's

2009 Budget Forum

Thursday November 13, 2008

6:00 PM

The Lawrence Senior Citizens Center
155 Haverhill Street, Lawrence, MA

"Meeting both current and future fiscal challenges"

Join us for a discussion on:

• 2009 priorities and updates

• 2010 predictions and preparations

• Challenges we have met

• Challenges we foresee

By attending, your comments and input will help shape Lawrence's future.



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Andover's Matthew Burke supports YMCA's Music Clubhouse

Presents \$700 check to support program

10-year-old Matthew Burke of Andover loves the Lawrence YMCA's Music Clubhouse, and wants to be sure other kids are able to take advantage of the music classes available. He recently presented a \$700 donation to David Bickel, Music Clubhouse Director. This included donations made to his mother's run in the Bay State Marathon held in Lowell in late October.

"I wanted this challenge to have a purpose. So, I ran the marathon on behalf of the Merrimack Valley YMCA. I'm impressed with the quality of community programs and the numbers of children the Y serves each day," said Jennifer Rogers-Burke.

Matty, as he is called, has been taking electric guitar lessons at the YMCA for the past year. "He absolutely loves the program," his mother said.

In the spring Matty personally raised \$200 through a yard sale and an iced tea stand in his Samos Lane neighborhood.

Jennifer has served on the Lawrence YMCA's Board of Managers for the past three years. She currently serves as Chairperson of that Board.

The Music Clubhouse at the Lawrence YMCA is a special place where kids are free to explore and empower themselves through exposure to music and through making connections with one another and with caring adults. Youth age 10 to 18 drop in to visit the Music Clubhouse, or



YMCA Music Clubhouse Director David Bickel; Matthew Burke of Andover; and Francis J. Kenneally, III, YMCA District Executive Director.

come to the Clubhouse in groups through partnerships that have been developed with several of Lawrence's schools and social organizations.

With the guidance of talented staff, youth can learn to play instruments at their own pace. In addition, participants can choose to participate in innovative group workshops such as our Drum Circle or Teen

Voice workshops. With a Recording Studio set-up, young visitors can experience the thrill of being recorded and learn the skill of digital recording and the art of editing recorded material!

To create opportunities for the youth to take risks and to further develop their confidence, the Clubhouse hosts several performance opportunities each year, including Open Mic nights, and an annual Music Clubhouse Idol singing competition for teens.

Located within the Lawrence YMCA, 40 Lawrence Street, the Music Clubhouse is made up of three rooms: the main Clubhouse room which houses our collection of instruments, a more intimate Classroom which also functions as a Recording Studio, and the Clubhouse office. The Lawrence Music Clubhouse is sponsored by two organizations: The Music and Youth Initiative and the Merrimack Valley YMCA.

For information on the YMCA's Music Clubhouse, please contact David Bickel at 978-686-6191.

Keep your mail carrier safe this fall season

"Many Lawrence residents may argue that autumn is the best of our four seasons. The beautiful colors of the leaves inspire us to seek out the best vantage points to view the dazzling tapestry. And while we all agree that leaves are beautiful on trees, once they fall, they can become a hazard when left on walkways, driveways or porches," said Michael J. Donlon, officer in charge of Lawrence Post Office.

"During the winter months, you are diligent at removing snow around mail boxes and walk areas. On behalf of the service workers and guests visiting your home, we hope you will make the same effort at clearing leaves from the passage ways leading to your doors and mailbox," he said.

Mr. Donlon said that leaves that look dry can hold moisture underneath, making them slippery over concrete, blacktop or a wooden structure, like a porch. By keeping these areas clear of leaves, you will lessen the chance of someone slipping and possibly being injured.

"Thank you for your cooperation as we look to keep your postal carrier out of harm's way. We welcome our daily visit to your home and look forward to another safe season of serving you," he said.

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YMCA Provides Support to Military Families as Part of New \$31-Million Initiative

Armed Services YMCA and Department of Defense partnership gives military families access to youth development, family strengthening, and health and well-being programs.

As part of the new Armed Services YMCA (ASYMCA) and Department of Defense (DoD) Outreach Initiative, Merrimack Valley YMCA will provide military families with access to youth development, family strengthening, and health and well-being programs at community YMCAs nationwide. Membership fees will be underwritten by the DoD and administered through Military OneSource, an information and referral service for military families. YMCA of the USA, the national resource office for America's 2,686 YMCAs, will help launch the initiative at participating YMCAs across the country.

"The Merrimack Valley YMCA is happy to help meet the critical needs facing families of deployed military service members," said Elizabeth A. Covino, Director of Community Relations & Development at the Merrimack Valley YMCA. "Families are the most affected when a loved one gets deployed, so we are deeply committed to providing them with the support they need."

The ASYMCA-DoD Outreach Initiative responds to a provision in the National Defense Authorization Act of 2008, which requires the Secretary of Defense to develop a plan to support military family

readiness and to ensure that military family readiness programs and activities are available to all deployed National Guard and Reserve families, and some active duty families in certain special categories.

Eligible military families participating in the initiative are eligible for YMCA memberships based on participation requirements. Those eligible to participate in the new initiative include:

- All interested families of joint deployed National Guard and Reserves of all military branches;
- Families living in newly established Joint Base Realignment and Closure (BRAC) bases;
- Active Duty Independent Duty station personnel and their families; and
- Relocated spouses and family members of deployed Active Duty personnel.

"The YMCA has a long history of supporting military service members and their families - since the Civil War - so it was natural for us to join this initiative," said Covino. "During this time of conflict, it is more important than ever that we continue providing services and support to these families in the absence of a deployed spouse."

Latino Girls Discover Technology



Latino girls who attend the Lawrence Boys and Girls Club are getting excited about technology, thanks to an after school program offered by Northern Essex Community College and funded by a grant from the Massachusetts Department of Higher Education. Northern Essex Community College Professor Ethel Schuster is shown teaching (left to right) Crystal Gutierrez, 7, and Jazmine Jimenez, 10, both of Lawrence, how to program.

Latino girls who attend the Lawrence Boys and Girls Club are getting excited about technology, thanks to an after school program offered by Northern Essex Community College and funded by a grant from the Massachusetts Department of Higher Education.

Once a month, bilingual professors from the college visit the club and offer special after-school programs that explore computer technologies and their applications.

The girls, ages 9 to 14, are learning about programming, digital images, and much more and having fun at the same time.

"Our goal is to get them excited

about technology", says Ethel Schuster, a Northern Essex computer science professor who is running the program with Lilianna Brand, a professor from the college's math department. "We teach them how to use a simple interface and they see results right away."

At the Friday, October 31 workshop, the girls learned how to program Picocrickets, tiny computers that can spin, light up, and make music. Some valuable lessons about programming were learned -including the importance of following a sequence of commands- and the girls delighted in what they had created.

"They now know and understand about programming," says Schuster.

The two professors were assisted by Northern Essex students Oscar Adames of Lawrence, Damion Robinson of Methuen, and Carla and Francis Vega of Lawrence.

This program is funded by a Science, Technology, Engineering & Math (STEM) Pipeline Fund grant which Northern Essex and Middlesex community colleges received from the Massachusetts Department of Higher Education.

"The goal is to ignite an interest in science, technology, engineering, and math, according to Bill Heineman, Northern Essex's dean of business, math, science, and technology. "There are tremendous opportunities in these areas and we want to catch students while they are young and hopefully get them thinking about continuing their education in these fields."

For more information on this program, contact Heineman at 978 556-3339 or wheineman@necc.mass.edu.

With campuses in Haverhill and Lawrence and extension sites in Andover and Methuen, Northern Essex Community College is a state-assisted college, offering over 70 associate degree and certificate programs as well as hundreds of non credit courses designed for personal enrichment and career growth. Close to 13,000 students ranging from recent high school graduates to workers employed locally attend classes days, evenings, and weekends. Northern Essex is the only state college located in the lower Merrimack Valley Region of Massachusetts.

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Merrimack Valley Striders run to support the Merrimack Valley Hospice House



The Merrimack Valley Striders are on the run. This Thanksgiving morning the Striders are running the Feaster Five road race for a cause, and they are counting on you to join them. What better way to begin this season of giving than with a 5 mile or 5 kilometer (3.1 miles) run through the streets of Andover, Massachusetts while helping to raise money for the new Merrimack Valley Hospice House. Proceeds from the Feaster Five pledge program benefit the Hospice House currently under construction in Haverhill.

“We are thrilled to have the support of the Merrimack Valley Striders for this very important project which benefits the entire Merrimack Valley,” said Joan Stygles Hull, RN, MBA, President of Merrimack Valley Hospice. “The Merrimack Valley Hospice House will provide a place of comfort and compassion for terminally ill patients and their families. There is no such option available in our community.”

Since its first running 21 years ago, the Merrimack Valley Striders have hosted this growing Thanksgiving Day race in Andover’s downtown. The race will begin at 8:30 a.m. on Main Street at the corner of Route 133 and Route 28 and end at Brickstone Square. Last year more than 8000 runners and walkers participated in one of the largest and oldest Thanksgiving running events in Massachusetts. In fact,

the Feaster Five has become a holiday tradition for thousands of Merrimack Valley residents – a time to connect with family and friends, kick off the start of the holiday season, and raise money for an important cause. The Kids K, for children under the age of 12, begins at 8:00 a.m. in the park next to Balmoral Street a few yards from the race starting line.

“All the details you need to be a part of this exciting race are on the website www.feasterfive.com” said Tom Licciardello, race organizer from Merrimack Valley Striders”. “Please join us at the Feaster Five and help support this terrific cause”.

The on-line registration fee to enter the race is \$25.00. You can also support the race charity, the Merrimack Valley Hospice House, with an optional \$5.00 donation when you register. The race is hosted by the Merrimack Valley Striders and managed by Dave McGillivray Sports Enterprises. Major sponsors include Eagle Tribune Publishing and Harvard Pilgrim Health Care.

To learn more about the Merrimack Valley Hospice House and how you can support this critical project you can visit the agency’s website at: www.merrimackvalleyhospice.org or contact Vicki Kelley at 978-552-4162.

CONTINÚA DE LA PÁGINA 9

VICARI: MEDICAMENTOS BIOSIMILARES

eficacia, imaginen la magnitud de las posibles variaciones en los medicamentos biosimilares, cuyo proceso de fabricación puede ser totalmente diferente del que se aplica al medicamento original.

La idea de tomar un medicamento biosimilar inexacto o no comprobado puede resultar aterradora para aquellos que necesitan medicamentos biológicos. Una pequeña variación en el medicamento biológico podría afectar en forma dramática un sistema inmunitario que ya se encuentra comprometido, exponiendo al paciente al peligro de quedar discapacitado o aún peor.

Además, algunas de las propuestas actuales proponen una clasificación que consideraría a los medicamentos biosimilares y los medicamentos biológicos originales como “intercambiables”. Por otra parte, es probable que las aseguradoras decidan cubrir únicamente los medicamentos biosimilares, que suelen ser más económicos que los originales.

En el campo de la medicina, no existe una solución única para todos. Si el paciente no responde a la administración de un medicamento biosimilar, no se le debe negar el acceso al producto que ha demostrado surtir efecto. Este factor es particularmente importante para los pacientes que sufren de artritis, porque la demora en administrarles un medicamento eficaz puede ocasionar problemas graves.

Desde luego, esto no significa que Washington debería prohibir los

medicamentos biosimilares. Los mismos podrían resultar tan útiles y económicos como las versiones genéricas de los medicamentos convencionales.

Pero es fundamental que el Congreso establezca un marco reglamentario para los medicamentos biosimilares que exija la comprobación de su seguridad y eficacia, con el objeto de garantizar en primer lugar la seguridad del paciente. Además, los legisladores deberían establecer normas para la cobertura ofrecida por las aseguradoras, de modo tal que no se les niegue a los pacientes un tratamiento eficaz en base a consideraciones de costo.

Los medicamentos biológicos representan un pequeño milagro para aquellos entre nosotros que sufrimos de artritis, porque nos permiten disfrutar de la vida, libres de dolores agonizantes. Al promulgar reglamentos sensatos para los medicamentos biosimilares, que consideren en primer término la seguridad de los pacientes, los legisladores podrían preservar la promesa de los medicamentos biológicos para los artríticos, y para millones de otros pacientes con enfermedades susceptibles de ser tratadas o aún curadas con los medicamentos biológicos.

Karen Vicari es la directora ejecutiva de Cure Arthritis Now! [¡Curemos la artritis ya!], una organización sin fines de lucro en defensa de los pacientes artríticos.



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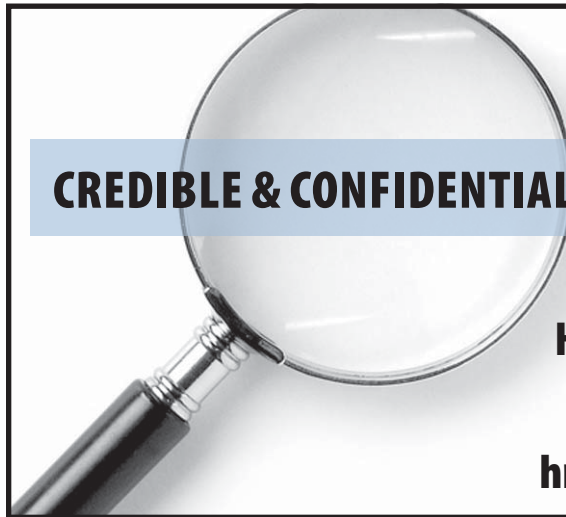
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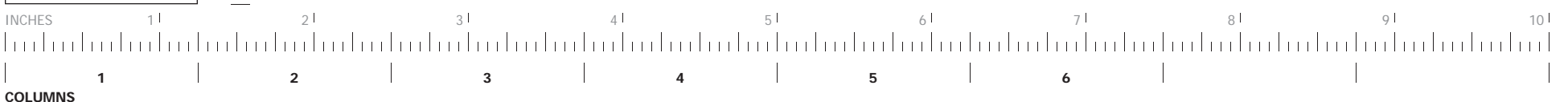
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