



¡Nuevos Jardines Comunitarios para Lawrence!



BEFORE

Esquina de las calles Spruce y Myrtle antes de contruir el Jardín Comunitario.

Corner of Spruce and Myrtle streets before the Community Garden.



El Alcalde William Lantigua y Groundwork Lawrence anunciaron que el Programa Comunitario de Jardines se ha incrementado en 126 nuevas parcelas como esta, con tres nuevas localidades: calles Spruce y Myrtle, Cross and Cedar, y Giuffrida Place.

New Community Gardens for Lawrence!

Mayor William Lantigua and Groundwork Lawrence announced that the Lawrence Community Gardens Program has increased by 126 new garden plots like this, with three new locations: Spruce and Myrtle streets, Cross and Cedar streets, and Giuffrida Place. **PAGE 7**

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Ampliación de la noticia del Desaforo



Daniel Vancoppenolle, der., felicitando a Wayne Hayes por el buen trabajo.
Daniel Vancoppenolle, right, congratulating Wayne Hayes for a job well done.

POR/BY ALBERTO SURÍS
albertosuris@rumbonews.com

Tal como se anunció en la pasada edición, el martes, 16 de agosto, miembros del grupo que busca la destitución del alcalde se presentaron en el Ayuntamiento para retirar la petición que habían dejado allí previamente.

El Rev. Edwin Rodríguez se presentó en el ayuntamiento en compañía de Wayne Hayes, Coordinador del Recall alrededor de las 4:30 PM. Según el Rev. Rodríguez, ellos estaban esperando para reunirse con el Concejo de Registradores (Board of Registrars), a las 5:00 PM en su lugar sólo encontró al Coordinador de Elecciones, Rafael Tejada.

"Cerraron temprano otra vez, todo el mundo se ha ido. Se fue el Escribano Maloney y el abogado de la ciudad, sólo Tejada estaba en su departamento", dijo el Reverendo Rodríguez cuando abandonaba el edificio alrededor de las 4:45 PM. "Alguien llegó a pagar una factura del agua y el departamento estaba cerrado. Todo el mundo se ha ido", dijo.

Cuando fue contactado, Tejada, dijo

que el City Hall cierra a las 4:30 PM todos los días.

"Yo soy el único aquí, porque el plazo para la impugnación de las listas era hasta las 5:00 PM. El Concejo de Registradores no estaba programado para reunirse hoy día y yo estoy aquí para recibir a los desafíos de ambos lados", dijo Tejada.

"Yo cerré mi departamento a las 4:30 PM", dijo Nazario Esquea, un empleado del Departamento de Impuestos. Minutos más tarde a Esquea se le vio en un grupo con el Alcalde Lantigua frente al ayuntamiento.

It's your Right - Es tu Derecho se compromete a iniciar una nueva retirada, esta vez mejor organizados. En un correo electrónico Wayne Hayes escribió: "Vamos a reagruparnos en la próxima semana. Vamos a consolidar nuestro plan y se le invitará a unirse a nosotros. Vamos a necesitar cinco veces más voluntarios de los que había en el primer intento. Iremos con una estrategia estricta, segura y precisa que garantice la curación de Lawrence y la eliminación de Lantigua y sus compinches."

Expanding the Recall news

As announced in our latest edition, last Tuesday, August 16th, members of the Recall Petition showed up at City Hall to withdraw the Recall Petition previously filed with the City Clerk.

Rev. Edwin Rodriguez showed up at City Hall with Recall Coordinator Wayne Hayes around 4:30 PM. According to Rev. Rodriguez, they were expecting to meet with the Board of Registrars at 5:00 PM; instead, they only found Elections Coordinator Rafael Tejada.

"They closed early again, everybody is gone, only Tejada was in his department," said Rev. Rodriguez when leaving the building around 4:45 PM. "Somebody came to pay a water bill and the department was closed. Everybody is gone," he said.

When contacted, Tejada said that City Hall closes at 4:30 PM every day.

"I'm the only one here because the

deadline for the challenges to the recall was until 5:00 PM. The Board of Registrars was not scheduled to meet today and I'm here to receive the challenges," said Tejada.

"I locked my department at 4:30 PM," said Nazario Esquea, an employee of the Tax Department. Minutes later Esquea was seen in a group with Mayor Lantigua outside City Hall.

The group It's Your Right - Es tu Derecho vows to start a new recall, this time better organized. In an e-mail Wayne Hayes wrote: "We will be regrouping in the next week. We will solidify our plan and you will be invited to join us. We will need five times more volunteers than we had in the first attempt. We will go with a strict, safe and accurate strategy that will ensure the Healing of Lawrence and the removal of Lantigua and his cronies."

EDITORIAL | EDITORIAL

Piense: ¡Las elecciones vienen!

Esta comunidad ha estado tan involucrada en la petición de destitución que no se ha prestado atención a las elecciones preliminares que se llevarán a cabo en menos de un mes. Tememos que la votación será de acuerdo con quien estaba a favor o en contra del movimiento para sacar al alcalde, dejando a un lado las contribuciones que los actuales funcionarios pudieran haber hecho en la ciudad o las calificaciones de los políticos aspirantes.

Tenga en cuenta que no estamos mencionando nombres porque nunca hemos apoyado o respaldado a ningún candidato y no es nuestra intención en esta ocasión. Elegir a alguien bajo la rúbrica de una mente tan estrecha será un error de cualquier manera.

Este es el momento en que tenemos que pensar a nivel local, un distrito a la vez, teniendo en cuenta la representación que hemos recibido de nuestros concejales y miembros del comité escolar en el último año y medio. Algunos, sin duda, merecen ser expulsados, mientras que la labor de los demás merece nuestro reconocimiento para permitirles servir dos años más.

La petición de destitución terminó por ahora, si algo ha de ocurrir próximamente, tendrá que ser a través de los abogados y los tribunales, si fuera necesario. Vamos a concentrarnos en lo que nos afecta directamente a través de los servicios, beneficios y la representación ante nuestro gobierno municipal y tomar las decisiones que nos servirán a todos el día de las elecciones.

El resultado final demostrará la eficacia que tuvo el recall.

Think: Elections are coming!

This community has been so involved in the recall petition that no attention has been given to the preliminary election that will take place in less than one month. We fear that voting will be done according to who was in favor or against the recall movement, putting aside the contributions current officer holders may have done to the city or the qualifications of incoming politicians.

Notice that we are not mentioning names because we have never supported or endorsed any candidates and it is not our intention this time. Electing someone under the rubric of such narrow-minded field will be an error either way.

This is the time that we have to think locally, one district at a time, considering the representation we have had from our councilors and members of the school committee in the past year and one half. Some would undoubtedly deserve to be booted out while the performance of others deserves our recognition allowing them to serve two more years.

The recall petition is over for now; whatever new developments will take place from this point forward will be handled by the attorneys and the courts, if necessary. Let's concentrate on what affects us directly by way of services, benefits and representation before our city government and make the decisions that will serve us all on Election Day.

The end result will demonstrate the effectiveness of the recall petition.

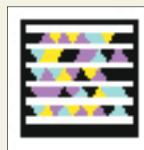
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Señales de progreso en Lawrence

Desde que nos mudamos a nuestras oficinas en el 60 de Island St. en el centro de Lawrence, hemos estado muy contentos con el espacio, el edificio en sí, la gerencia, etc. No podemos decir lo mismo de la situación del aparcamiento. La primavera pasada, el estacionamiento grande que hay al final de la calle Island está siendo renovado como parte de la restauración de toda la zona conocida como Union Crossing y se ha convertido en un verdadero dolor de cabeza para encontrar un lugar cercano. Muchos de nosotros (¡soy culpable!) hemos contribuido a las arcas de la ciudad por concepto de multas de aparcamiento a lo largo del canal en frente del edificio, que no está permitido, con la única opción de caminar unas pocas cuadras.

Ahora el estacionamiento principal se encuentra en la etapa final de ser completado a finales de septiembre. En los últimos cuatro meses, ha habido un tremendo esfuerzo para eliminar los suelos contaminados, poner tuberías para nuevas líneas de servicio público, crear nuevos muros de contención y de pavimentar y preparar el sitio. Mientras todo esto ha estado ocurriendo, se han construido 60

unidades de vivienda asequible en la parte central del edificio que estará disponible para el 1ro de noviembre.

Ese trabajo también allanó el camino para varias mejoras a lo largo de la calle Island, incluyendo una nueva zona de asientos al aire libre, nuevas luces de las calles, jardines, vallas y, posiblemente, la repavimentación de la calle entera.

La entrada de la calle Canal conocida como el Gateway, también está siendo ampliada hasta unirse con la Union y un puente nuevo se instaló a través del canal, que conecta a Union Crossing y el área de estacionamiento que ha sido reformado que conecta la antigua fábrica de KGR, atravesando completamente hacia General St. y el hospital. Toda esa zona está luciendo preciosa con grandes árboles recientemente plantados. ¡Este será el lugar ideal donde estar en los próximos años!

Una prueba positiva de peso y ejercicio

Para aquellos de ustedes que han estado siguiendo mi progreso con la pérdida de peso, durante las últimas tres semanas mi peso no había cambiado y la semana pasada me entró pánico cuando aumenté una media libra! Sigo con las mismas opciones

alimenticias (recuerde, no es una dieta), e incluso cuando voy a los restaurantes, puedo tomar decisiones inteligentes y no me siento privada. Me preocupé más cuando mi nivel de azúcar se elevó a 180, lo cual había sido una cosa del pasado. Así fue que llegué a la conclusión de que por las últimas tres semanas no había estado yendo a la YMCA con la misma frecuencia, quizá un par de veces por semana. Incluso las sesiones no han sido tan vigorosas como antes.

Después de darme cuenta de que aquí es donde fallé, me hice el propósito de volver a la rutina de ejercicios anterior y he perdido tres libras esta semana, pero lo más importante es que mi nivel de azúcar también ha vuelto a casi los niveles normales, cerca de 100.

¿Quién habría pensado que el ejercicio está tan estrechamente relacionado con su salud? Bueno, mucha gente no ve la conexión y yo soy la prueba viviente de que los resultados son casi instantáneos. A los pocos días se puede ver la diferencia e incluso si tengo que continuar con esta rutina por el resto de mi vida, es un precio cómodo de pagar

POR FAVOR VEA **DÍAZ**
CONTINÚA EN LA PAGINA 18

ANUNCIO PAGADO

EL SEGURO HIPOTECARIO ES UN SEGURO DE VIDA

Cuando usted compra o refinancia una casa, la compañía hipotecaria puede ofrecer venderle "seguro de hipoteca" para pagar su hipoteca si usted muere antes de pagar la hipoteca.

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Las personas generalmente compran un seguro de vida para proporcionar dinero a su familia en caso de que mueran mientras que los niños son pequeños o si hay una hipoteca. ¿Quién va a sostener a su familia si usted muere mientras sus hijos son jóvenes?

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Las compañías de hipoteca venden seguros a "Reducción de Plazo" y añaden el costo de su factura mensual de la hipoteca. Su cobertura va disminuyendo al mismo ritmo de su hipoteca, pero el costo mensual se mantiene igual. Si usted muere, la compañía hipotecaria recibirá el dinero, no su familia.

Ejemplos para personas saludables que no fuman:

\$250,000 en una póliza de 30 años para una persona de 28 años de edad: Hombres \$230 ó \$190 anual para una mujer.

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El programa de la YMCA de Prevención de la Diabetes (YDPP) ayuda a las personas en alto riesgo a adoptar y mantener estilos de vida saludables y reducir sus probabilidades de desarrollar diabetes tipo 2.

YDPP se basa en el Programa de Prevención de la Diabetes financiado por los Institutos Nacionales de Salud (NIH) y los Centros para el Control y Prevención de Enfermedades (CDC), que mostró que por comer más sano, aumentar la actividad física y la pérdida de una pequeña cantidad de peso, una persona con pre-diabetes o en riesgo puede prevenir o retrasar la aparición de diabetes tipo 2 en un 58%.

En un aula, un entrenador capacitado de estilo de vida ayuda a los participantes a adaptar el aprendizaje sobre la alimentación saludable, actividad física y otros cambios de comportamiento.

El programa está organizado en 16 sesiones de una hora. Los temas cubiertos incluyen la nutrición, para empezar con la

POR FAVOR VEA **DIABETES**
CONTINÚA EN LA PAGINA 18

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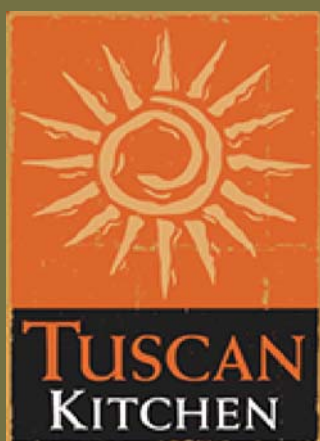
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SATURDAY	7:30 pm	Torchlight Parade honoring the Three Saints
	8:30 pm	Air Force Band of Liberty performs
SUNDAY	3:00 pm	Procession of the statues of the Three Saints begins
	7:00 pm	Benediction amidst music and confetti in front of the Society

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Gran Ceremonia de Apertura de las Nuevas Huertas Comunitarias

El martes, 16 de agosto, la Ciudad de Lawrence y Groundwork Lawrence (GWL) fueron los anfitriones de la ceremonia de inauguración de tres huertas comunitarias situadas en las calles Spruce y Myrtle, Cross y Cedar y Giuffrida Place. Con estos tres nuevos lugares la ciudad ahora cuenta con 126 parcelas dedicadas al cultivo.

La ceremonia tuvo lugar en el jardín comunitario situado en la esquina de las calles Spruce y Myrtle.

El Programa de Jardines Comunitarios ha sido un esfuerzo conjunto de planificación de la ciudad y los Departamentos de Desarrollo Comunitario y Groundwork Lawrence.

El Departamento de Planificación identifica terrenos propiedad de la ciudad adecuados para espacios abiertos y los utiliza como jardines comunitarios y administra el proceso de disposición; Groundwork Lawrence es una organización no lucrativa que ayuda a la ciudad con la planificación de espacios abiertos y la aplicación, práctica análisis medioambientales y diseño del sitio. El Departamento de Desarrollo Comunitario gestiona y administra los fondos de Massachusetts PARC combinado con el financiamiento de Community Development Block Grant.

Groundwork Lawrence ha estado haciendo cambios en lugares y vidas en la Ciudad de Lawrence desde 2001



Cutting the ribbon to inaugurate the new garden located at the corner of Spruce and Myrtle streets are, from left: June Black, James Barnes, David Torrisi, William Lantigua, Art McCabe, community gardener William Romano, Brad Buschur, GWL Project Manager and Heather McMann, executive director, Groundwork Lawrence (GWL).

creando nuevos parques y mejorando los ya existentes, construyendo huertas comunitarias, organizando limpiezas, y convirtiendo solares destrozados y

destruidos en parques públicos, jardines y otros espacios verdes usables.

Las huertas comunitarias unifican a los vecinos y los incita a cosechar vegetales y

frutas orgánicas para su propio consumo, “Ellos no solo ayudan al medio ambiente sino a nuestros bolsillos también”, dijo Freddy Peña, nuevo jardinero de la huerta

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Members of The Green Team.

de las calles Cedar y Cross. "Cuando este lote estaba lleno de basura y abandonado personas de todas partes venían a arrojar televisores, colchones viejos y gomas de carros, pero ahora las personas pasan a tomar fotos y a admirar lo hermoso en que esto se ha convertido", agregó Peña.

El Alcalde Lantigua agradeció a los financiadores del Estado y Federales por su apoyo a la Ciudad de Lawrence. Señaló: "Si usted pasó por este sitio el año pasado habrá visto un montón de vertidos ilegales y lleno de escombros. Ahora hemos dado la tierra a la comunidad para un uso positivo".

Los oradores en la celebración incluyeron al Alcalde William Lantigua; James Barnes, director del Departamento de Desarrollo Comunitario; Ann Carroll, de la Oficina en Washington de la Agencia

de Protección Ambiental (EPA), quien señaló que la Ciudad de Lawrence es un modelo nacional; el representante estatal David Torrisi, Tennis Lilly, presidente de la Comisión de Conservación de Lawrence y un residente del vecindario. También asistieron al evento June Black, en representación de la Congresista Niki Tsongas, y Melissa Cryan, en representación de la Oficina de Massachusetts de Energía y Asuntos Ambientales y Heather McMann, Directora Ejecutiva de GWL.

El costo total del proyecto fue de \$612,528, \$187,608 provenientes de HUD Community Development y completando una dádiva de \$424,920 de PARC. "El programa de Jardines Comunitarios demuestra el uso efectivo del Community Development Block Grant Program (CDBG

de HUD ya que se utiliza para atraer la financiación del Estado", dijo el Director de Desarrollo Comunitario James Barnes.

Los jardines comunitarios de Lawrence suelen cambiar el aspecto de los sitios baldíos y abandonados del barrio en activos productivos. Según un estudio reciente, la limpieza y las zonas verdes de terrenos baldíos pueden aumentar el valor de las propiedades adyacentes hasta un 30 por ciento. Por el contrario, barrios con mayor concentración de terrenos baldíos, abandonados muestran que los valores de las propiedades bajaron hasta en un 18 por ciento.

Gracias al liderazgo de la Ciudad de Lawrence, y a través de los fondos para el programa de terrenos contaminados del EAP, el Programa de fondos para el Desarrollo Comunitario de HUD, el Programa MA PARC, y la Comisión de Planificación del Valle del Merrimack, GWL velará que las huertas comunitarias de la ciudad crezcan el doble en cantidad. GWL con miras hacia el futuro espera poder apoyar la red de crecimiento de más de 250 jardineros comunitarios en la ciudad.

La ciudad, a través del Departamento de Desarrollo Comunitario continuará buscando fondos y asociados para expandir el programa de jardines comunitarios.

Mientras que las nuevas huertas ya han sido todas ocupadas, esperan poder crear nuevas huertas muy pronto. Y si usted está interesado en una parcela de una de las huertas comunitarias por favor contacte a Rosa Piña al 978-974-0770 x 1 ó por favor visítenos en nuestra página de web www.groundworklawrence.org.

Community Gardens Grand Opening and Ribbon Cutting Ceremony

On Tuesday, August 16, the City of Lawrence and Groundwork Lawrence (GWL) were the hosts of the ribbon cutting ceremony for Lawrence's three new community gardens located at Spruce and Myrtle streets, Cross and Cedar streets, and Giuffrida Place. The city has increased by 126 new garden plots with these three new locations.

The ceremony took place at the Spruce St. community garden at the corner of Spruce and Myrtle streets.

The Community Gardens Program has been a joint effort of the City's Planning and Community Development Departments and Groundwork Lawrence.

PLEASE SEE **GARDENS**
CONTINUES ON PAGE 23

GOMAS NUEVAS & USADAS

ABIERTO LOS **7** DIAS DE LA SEMANA

24 HORAS AL DÍA

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HABLAMOS ESPAÑOL

Estudiantes de Lawrence brillan en MIT

POR/BY GLADYS GITAU
gitau.gladys@gmail.com

El 6 de agosto, el Edificio Stata de Massachusetts Institute of Technology, en Cambridge estaba lleno de estudiantes de escuela intermedia y robots, algunos de ellos muy entretenidos en un juego de pelota mientras que las familias y los profesores les animaban. Un selecto grupo de los estudiantes viajaron unos 45 minutos de Lawrence por última vez, ya que con orgullo saborearon sus últimos momentos con sus compañeros de Boston y Cambridge de la temporada que pasaron en el programa STEM.

STEM (Science Technology Engineering and Math), o Tecnología de Ingeniería Ciencias y Matemáticas es un programa de enriquecimiento de cinco semanas en MIT durante el verano para alumnos sobresalientes de sexto, séptimo, octavo y noveno grado de Cambridge, Boston y las Escuelas Públicas de Lawrence. El programa separa a los estudiantes de los grados en los siguientes niveles, los estudiantes de sexto grado son el nivel uno, los estudiantes de séptimo son el nivel y así sucesivamente. En estos niveles, los estudiantes toman clases de matemáticas y ciencias difíciles a fin de prepararlos para el próximo año. Al final de las cinco semanas, STEM, tiene una ceremonia final para mostrar a los estudiantes el arduo trabajo que han estado trabajando todo el verano y para decir adiós a los del nivel cuatro que



no regresará el año próximo.

Jimmy Njoroge, 14, trabajó junto a sus compañeros de equipo Xin Wen, 14 y Milton Vargas, 14, todos de Lawrence, para competir en el nivel cuatro del proyecto final, un juego de pelota con robot. El robot, que pasaron el verano construyendo y programando, llegó a primera base, pero no pudo detenerse para llegar a la segunda base. Ni siquiera eso pudo arruinar el momento para los graduados de STEM que gozaron de un trato especial durante su último año.

"Este fue un año increíble", dice Njoroge al describir los privilegios que el nivel cuatro les proveyó de tener un almuerzo temprano y conseguir tutoría afuera de clases.

Njoroge, Wen, Vargas, y los otros once jóvenes de Lawrence pueden atribuir su éxito en STEM a la Organización de Desarrollo Juvenil o YDO (Youth Development Organization), por introducirlos al programa. El programa no siempre incluyó estudiantes de Lawrence; hasta hace cuatro años era exclusivamente

para los jóvenes en el área metropolitana de Boston. No fue sino hasta que Howard Sticklor, el director ejecutivo de YDO basada en Lawrence se puso en contacto con la Oficina de Programas de Extensión de Ingeniería (Office of Engineering Outreach Programs – OEOP), la oficina responsable de STEM, que los muchachos de Lawrence empezaron a participar en Cambridge

POR FAVOR VEA **GITAU**
CONTINÚA EN LA PAGINA 14

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Lawrence students shine at MIT

On August 6th, the Stata Building in the Massachusetts Institute of Technology, Cambridge was filled with middle schoolers and robots, some of the highly engaged in a game of kickball as families and instructors cheered them on. A select few of those students drove 45 minutes from Lawrence for the last time, as they proudly savored their last moments with their Boston and Cambridge classmates from STEM for the season.

STEM, or Science Technology Engineering and Math is a five-week enrichment program held at MIT in summer for rising sixth, seventh, eighth, and ninth graders from Cambridge, Boston, and Lawrence Public Schools. The program separates the students by grades into subsequent levels, rising sixth graders labeled level ones, seventh graders as level twos and so on. In these levels, students take challenging math and science courses to prepare them for the coming year. At the end of the five weeks, STEM holds a final ceremony to display the hard work students have been working

PLEASE SEE **GITAU**
CONTINUES ON PAGE 14

OBITUARIO

Bienvenido Chalas



Bienvenido Chalas, 51, de Lawrence, falleció en Boston el 16 de agosto, 2011, en el Hospital Beth Israel, donde se encontraba ingresado luego de un breve padecimiento.

Nacido, criado y educado en República Dominicana, Chalas llegó a los Estados Unidos en el día de su cumpleaños en 1995 junto con su esposa Daysi Rojas, quien fuera su compañera inseparable, juntos honraron los votos matrimoniales manteniéndose unidos en la iglesia y la sociedad.

Bienvenido fue una persona que demostró integridad en todos los aspectos de la vida y mucho más como trabajador. Unos años más tarde ya en este país y residiendo en Lawrence, se desarrolló como empresario dando inicio a su propia compañía Joel Cleaning Services.

Chalas nació un 8 de mayo de 1960 en San Francisco de Macorís, República Dominicana, donde creció y cursó estudios en el Colegio San Miguel.

Luego de fallecer sus padres Máximo Chalas y Angélica Santana se mudó al Abanico de Villa Riva, finalizando sus estudios de Bachiller en el Liceo de Villa Riva, Provincia Duarte.



La familia Chalas: Frente, hijos Joel y Jeanny; su esposa Daysi Rojas; hijos Joely y Bienvenido Jr. Atrás, Bienvenido Chalas Sr. celebrando la graduación de Joely de Lawrence High School.

Se desarrolló en estudios universitarios en la Universidad Internacional de Santo Domingo, obteniendo el título de Ingeniero Agropecuario, dedicándose al área de la agricultura.

Bienvenido, dejó un legado de gran amistad en su contorno. Fue muy querido, respetado y admirado por todos los que lo circundaban. Hoy quedamos con la hermosa memoria de un gran hijo, esposo, padre e hijo de Dios.

Sus familiares y amigos, aguardamos la bienaventurada esperanza del regreso de nuestro Salvador y Señor Jesucristo, cuando todos los que duermen el sueño de la vida eterna serán resucitados.

Bienvenido deja a su esposa Daysi Rojas y sus hijos Jeanny, Joel, Joely y Bienvenido Jr., un nieto de 14 años Jay, hijo de su hija mayor Jeanny Chalas y sus hermanas Sonia, Bienvenida, Josefina y Máximo.

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Aquí hay nueve beneficios "en español" que usted puede encontrar este verano:

1. Obtenga respuestas las 24 horas del día, los siete días de la semana. Ya sea un recién llegado a los Estados Unidos, tiene preguntas sobre impuestos, está pensando cómo le afecta el robo de identidad a sus impuestos, o necesita un formulario, el sitio IRS.gov/espanol le provee una gran gama de información sobre estos temas y mucho más. IRS.gov/espanol está disponible todo el día, todos los días para personas y negocios.
2. Obtenga formularios y publicaciones de impuestos. Usted puede ver y bajar varios formularios y publicaciones de impuestos en español directamente de IRS.gov/espanol a cualquier hora del día o de la noche.
3. Infórmese acerca de la declaración electrónicamente. Usted puede presentar su declaración federal de impuestos por e-file hasta el 17 de octubre del 2011 desde la comodidad de su hogar. Está disponible tanto en español como

en inglés, E-file es rápido, fácil y tiene opciones gratuitas para todos.

4. Revise el estado de su reembolso. Si escogió el depósito directo o pidió que el IRS le enviara un cheque por correo, usted puede revisar el estado de su reembolso con la herramienta electrónica "¿Dónde Está mi Reembolso?" en nuestro sitio protegido de Internet.
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6. Obtenga ayuda en tiempos de dificultad financiera. Eventos como la pérdida de trabajo, deudas perdonadas o utilizando fondos de jubilación pueden impactar sus impuestos. Encuentre respuestas a estas preguntas y más en el "Centro Tributario para Asistir a Contribuyentes Desempleados" o escribiendo las palabras claves "Qué pasa si" en la casilla de búsqueda.
7. Obtenga información actualizada sobre leyes tributarias que le pudieran afectar. Cambios recientes a las leyes tributarias pudieran tener un impacto significativo para usted o a su negocio. Infórmese sobre los beneficios provistos por el Acta de

Obtenga ayuda en tiempos de dificultad financiera. Eventos como la pérdida de trabajo, deudas perdonadas o utilizando fondos de jubilación pueden impactar sus impuestos.

Encuentre respuestas a estas preguntas y más en el "Centro Tributario para Asistir a Contribuyentes Desempleados" o escribiendo las palabras claves "Qué pasa si" en la casilla de búsqueda.

Recuperación y Reinversión Americana y el Acta de Cuidado de Salud de Bajo Precio en "Noticias en Español".

8. Manténgase al día en el "Centro Multimediático". Consejos tributarios en video y archivos de audio por podcasts de temas variados del IRS están disponibles en español e inglés con la frase clave "Centro Multimediático".
9. Twitter @IRSenEspanol - Conéctese con el IRS y con toda la más reciente información en español en los medios sociales a través de Twitter @IRSenEspanol.

Nine Cool Reasons to visit IRS.gov/espanol this Summer

Tax information can be difficult to understand in any language but it can be even more difficult if it is not in your first language. To assist Spanish-speaking taxpayers, the IRS provides a wide range of free products and services on its Spanish Language website IRS.gov/espanol.

Here are nine features "en Español" you can find this summer:

1. Get answers 24 hours a day, seven days a week. Whether you just arrived in the United States, have tax questions, are wondering how identity theft affects your taxes, or need a form, IRS.gov/espanol provides a wealth of information on these topics and much more. IRS.gov/espanol is accessible all day, every day for individuals and businesses.

PLEASE SEE **IRS**
CONTINUES ON PAGE 20



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Los cursos de otoño comenzarán el 7 de septiembre. Para obtener una lista completa de los cursos ofrecidos en NECC en línea, híbrido, y en la web, vaya a <http://www.necc.mass.edu/online/>

Para más información o inscribirse llame a 978 556-3700 ó visite el sitio web de la universidad www.necc.mass.edu.

Para una dieta equilibrada, aplique la fórmula del plato

BY MARÍA GONZÁLEZ
MA Department of Public Health

Durante la mayor parte de nuestras vidas se nos ha indicado que siguiéramos el gráfico de la pirámide nutricional para tener una dieta saludable. Sin embargo, esta pirámide era un tanto complicada de entender con sus diferentes porcentajes y colores. Este verano, el Departamento de Agricultura de los Estados Unidos ha anunciado un nuevo símbolo que ha sustituido a la tradicional pirámide multicolor, que es mucho más fácil de poner en práctica y que se conoce como "ChooseMyPlate.gov".

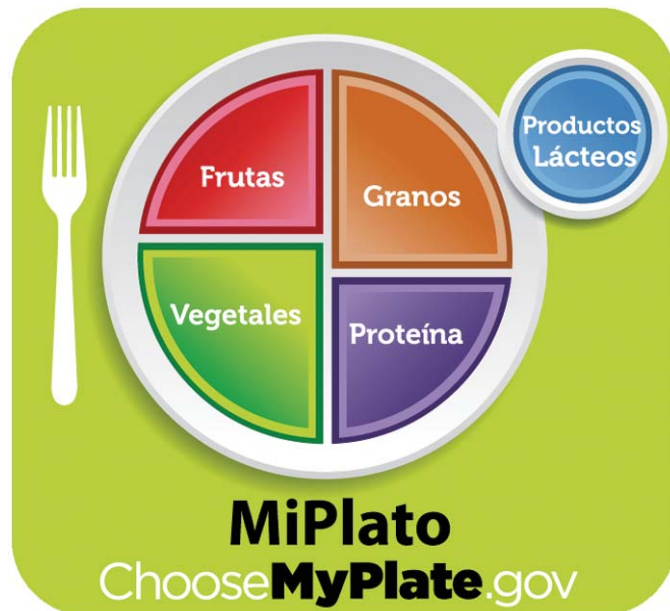
El nuevo gráfico diseñado por el Departamento de Agricultura muestra un plato y un vaso en un mantel individual. El plato está dividido en cuatro secciones pero no todas las partes son iguales. La mitad de la comida debe estar compuesta por frutas y verduras y la otra mitad por granos o cereales y proteína.

Cuando hablamos de granos, incluimos todos aquellos alimentos que nuestro cuerpo procesa como fécula o almidón, incluyendo además del arroz, las patatas y el pan. La proteína debe componer menos de un cuarto del plato. Pero, ¿a qué nos referimos cuando hablamos de proteína? Lo que aporta

la mayor cantidad de proteína a nuestro organismo es la carne, los huevos y el pescado.

En cuanto a los lácteos también ha habido cambios, pues se sugiere tomar más leche y yogur, especialmente descremados, y menos queso. La parte de los aceites se ha eliminado por completo en este nuevo símbolo nutricional pues se sobrentiende que consumimos suficiente grasa cuando ingerimos otros alimentos.

Este nuevo plato hace más evidente para muchos de nosotros, los latinos, que es hora de empezar a cambiar nuestra dieta. En muchos casos, y corríjanme si me equivoco, tendemos a representar un plato donde la mitad está compuesta por arroz y la otra mitad por algún tipo de carne. Limitamos el consumo de vegetales al acompañamiento o la salsa y el yogur o la leche no suele formar parte de nuestra alimentación. Éste es un buen momento



para cambiar nuestros hábitos alimenticios. Así que no se olvide ¡menos carnes y arroz; más frutas, verduras y productos lácteos!

Para más información sobre cómo comer saludablemente, visite la página de Internet: www.mass.gov/dph/massinmotion/spanish

María R. González Albuixech María is the Community Health Education Manager para el Departamento de Salud Pública.

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OBITUARY

Bienvenido Chalas



Bienvenido Chalas, 51, of Lawrence, died in Boston on August 16, 2011, at Beth Israel Hospital, where he was admitted after a brief illness.

Born, raised and educated in the Dominican Republic, Chalas came to the United States on his birthday in 1995 with his wife Daysi Rojas, who was his inseparable companion and together honored the vows remaining united in the church and society.

Bienvenido was a person who demonstrated integrity in all aspects of life and more as a worker. A few years later and in this country while living in Lawrence, he became an entrepreneur launching his own company Joel Cleaning Services.

Chalas was born on May 8, 1960 in San Francisco de Macoris, Dominican Republic, where he grew up and attended Colegio San Miguel.

After the death of his parents Maximo Chalas and Angelica Santana, Chalas moved to Abanico de Villa Riva, finishing his secondary studies at the Liceo de Villa Riva, Duarte Province. He continued his university studies at the International University of Santo Domingo, earning the



The Chalas Family: Front row, children Joel and Jeanny; wife Daysi Rojas, children Joely and Bienvenido Jr. Back row, Bienvenido Chalas Sr. celebrating Joely's graduation from Lawrence High School.

title of Agricultural Engineer, dedicated to the area of farming.

Bienvenido leaves a legacy of great friendships in his midst. He was much loved, respected and admired by everyone around him.

He left a beautiful memory of a great son, husband, father and son of God. His family and friends, await the blessed

hope of the return of our Savior and Lord Jesus Christ, when all who sleep the dream of eternal life will be resurrected.

Bienvenido leaves his wife Daysi Rojas and children Jeanny, Joel, Joely and Bienvenido Jr., a 14-year-old grandson Jay, son of his oldest daughter Jeanny Chalas and his siblings Sonia, Bienvenida, Josefina y Máximo.

Retirement Drug Subsidy Funds

The Personnel Department is in the process of obtaining another \$65,000 of Drug Subsidy Reimbursement Funds to the City of Lawrence.

So far the Personnel Department staff has been able to have more than \$1.45 million dollars reimbursed to the city within the past couple of years from the Federal Retiree Drug Reimbursement Subsidy program.

The \$1.45 million, added to the already \$12 million dollars (turnover swing in regards to health insurance premium) and the savings of the retirement Medicare D process, that the Personnel Department has bought is over \$15 million dollars in savings. This was accomplished by reviewing programs and process in order to make efficient payment and savings to assist the city's financial situation.

"Of course, this money can only be replaced into accounts associated with health insurance, as I believe it cannot be placed legally into local funds. Needless to say, it's money that the city will not have to find or use elsewhere from local funding," said Frank Bonet, personnel director for the City of Lawrence. "We continue to review our process and hope to create more savings, cost avoidance or produce efficient operations," he added.



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The 1912 strikers' monument

The 1912 Strikers' Monument Committee, in collaboration with the Lawrence Historic Commission and the Lawrence Community Works, intends to erect a monument on the Lawrence Common in the fall of 2012 to commemorate the struggles and successes endured by the Lawrence textile workers during the Great Strike of 1912.

This monument will be the first of its kind ever created in this country acknowledging the importance of the Lawrence 1912 Strike in the annals of American Labor History. The 1912 Strike was unique in its solidarity amongst its immigrant unskilled workers and subsequent improvements in working conditions, not only in Lawrence, but throughout New England and the entire United States.

The monument will consist of two bronze relief plaques set into a large natural stone boulder. The front plaque will depict a parade of hundreds of workers pouring out of the mills and marching through the streets of Lawrence, past an image of Lawrence's city hall, a site historically significant in regards to the strike.

The image of the strikers will be framed by a design of shuttles, woven threads, industrial gears, and two upright rifles with bayonets of the State Militia, with the words "Lawrence Strike of 1912", prominently displayed all in mid relief bronze.

The second bronze plaque will be set into the backside of the stone with the simple text acknowledging successes of the Lawrence workers in relation to all workers

of past, present, and future. The rear relief will also display the city flag of Lawrence, crowned by a circular banner imprinted with the word "Industria" which is also printed on the official seal of the city of Lawrence. The text is flanked by two rifles with bayonets of the State Militia pointing down symbolizing the end of the violence experienced and the end of the strike.

The sculptor selected for this project is the nationally recognized artist, Daniel Altshuler, of Gloucester, Massachusetts.

The 1912 Strikers' Monument Committee is committed to honoring those dedicated workers who sacrificed and toiled for the betterment of all. A museum quality monument erected on the very ground where they gathered to attend rallies and maintain a sense of solidarity through those cold nine weeks of winter will finally bring a permanent recognition to their trials and suffering and announce to all Lawrencians, as well as those visiting our city, the major role that Lawrence has played in American Labor History.

Donations for this project are gratefully being accepted and should be made payable to "Law. Comm. Works/ Strikers' Monument". All donations are tax deductible through this project's 501c3 status. Your donation will support the completion of this Monument forever preserving the valiant strides won for the



PLEASE SEE **MONUMENT**
■ CONTINUES ON PAGE 18

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Rumbo



CONTINUE FROM PAGE 9

GITAU: Lawrence students shine at MIT

on all summer and to say goodbye to the level fours who won't be returning.

Jimmy Njoroge, 14, worked together with his teammates Xin Wen, 14 and Milton Vargas, 14, all of Lawrence, to compete in the level four final project, a robot kickball game. Their robot, which they spent the summer building and programming, got to first base, but could not stop to turn onto second. Even that couldn't ruin the moment for the pending STEM graduates who enjoyed special treatment during their final year.

"This was an awesome year," says Njoroge as he described level four privileges of having an early lunch and getting tutoring outside.

Njoroge, Wen, Vargas, and the eleven other Lawrence kids can attribute their success at STEM to the Youth Development Organization, or YDO, for introducing them to the program. The program didn't always include Lawrence students; until four years ago, it was exclusively for kids in Greater Boston. It wasn't until Howard Sticklor, the executive director of the Lawrence-based YDO connected with the Office of Engineering Outreach Programs, the office responsible for STEM, that Lawrence kids started heading to Cambridge for the summer.

One great supporter of Lawrence kids in STEM is Kate Youmans, Manager of Middle School Programs at OEOP. "Our Lawrence students always impress me with their enthusiasm for tackling difficult coursework and dedication to overcoming challenges. They are the students who raise their hand to ask questions or in class and

are selected by their classmates to present speeches," says Youmans.

Sticklor wasn't surprised at all by the kids' impact. "We had bright kids so we were looking to send them to a program that offered a more serious challenge, and STEM was the most engaging," says Sticklor. "We began by sending five kids, we sent fourteen this summer, and we hope to send more in summers to come."

Mn Wen, 14, one YDO kid who began after fifth grade, graduated on the 6th. She found great success when she began and did well through her time there.

"It was definitely worth the summer because I learned so much and met new friends," said Wen. "STEM taught me a lot of things that my school didn't."

As these veteran STEM students leave, other bright Lawrence kids rise to take their place. Tiani Ramos, 11, a level one student from the South Lawrence East Middle School who was chosen to speak on behalf of her class spoke fondly of her instructors. She also expressed feeling that all STEM students, could relate to.

"This program has shown me learning can be pleasurable," she said. "And to be the best, all you have to do is strive."

Although level fours have had a good run at STEM, their goodbyes were bittersweet. "Even though I had only been there for two years, I felt like I was a part of STEM," says Njoroge.

Wen, like the rest of her class, was disappointed that there is no level five.

CONTINÚA DE LA PAGINA 8

GITAU: Estudiantes de Lawrence brillan en MIT

durante los veranos.

Una gran defensora de los estudiantes de Lawrence en STEM es Kate Youmans, Gerente de Programas de la Escuela Secundaria en OEOP. "Nuestros estudiantes de Lawrence siempre me han impresionado con su entusiasmo para hacer frente a los cursos difíciles y su dedicación para superar los retos. Ellos son los estudiantes que levantan la mano para hacer preguntas o en la clase y son seleccionados por sus compañeros de clase para presentar discursos", dijo Youmans.

Sticklor no se sorprendió en absoluto por el impacto que los estudiantes causaron. "Hemos tenido jóvenes brillantes, así que estábamos buscando un programa que ofrece un desafío más serio donde mandarlos y STEM fue el más atractivo", dijo Sticklor. "Empezamos enviando a cinco muchachos y este año mandamos a catorce y esperamos poder enviar más en los veranos venideros".

La joven Xin Wen, 14, comenzó después de quinto grado y se graduó de sexto. Ella obtuvo un gran éxito desde que empezó y aprovechó bien su tiempo allí.

"Fue definitivamente la mejor manera de pasar el verano porque aprendí mucho y conocí a nuevos amigos", dijo Wen. "STEM me enseñó un montón de cosas que en mi escuela no aprendí."

A medida que estos estudiantes STEM se van, otros estudiantes brillantes de Lawrence ocupan su lugar. Tiani Ramos, de 11 años, una estudiante del nivel uno de la South Lawrence East Middle School fue elegida para hablar en nombre de su clase habló con entusiasmo de sus instructores. También expresó su sentimiento que refleja el de todos los estudiantes de STEM.

"Este programa me ha mostrado que el aprendizaje puede ser placentero", dijo. "Y para ser el mejor, todo lo que tienes que hacer es luchar."

A pesar de que el cuarto nivel tuvo una buena época, las despedidas fueron agriadas. "A pesar de que sólo había estado allí por dos años, me sentí ser parte de STEM", dice Njoroge.

Wen, al igual que el resto de su clase, estaba decepcionada que no existe un quinto nivel.

REGISTER NOW

YMCA Diabetes Prevention Program

The YMCA's Diabetes Prevention Program (YDPP) helps those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing type 2 diabetes.

YDPP is based on the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes or at risk can prevent or delay the onset of type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach helps participants adapt a lifestyle by learning about healthy eating, physical activity and other behavior changes.

The program is organized as 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more.

Risk Factors for developing Diabetes:

- * Have you been told by your physician you could be pre diabetic?
- * Are you above a healthy body weight?
- * Have elevated Blood Pressure
- * Have elevated Cholesterol
- * If you are 45 or older
- * Have a parent or sibling with diabetes
- * If you are inactive

Classes are starting in September at several locations! For More Information, Contact: Gia Saraceni, YMCA Diabetes Prevention Program Coordinator at (978) 725-6681 ext 158, or gsaraceni@mvyymca.org

Online and Hybrid Classes offered at NECC

With gasoline prices high and personal time at an all time low, now might be the time to explore taking an online or hybrid (two-thirds online, one-third in the classroom) class or classes through Northern Essex Community College.

There are currently a total of 13 online degree programs and certificates available through NECC. Students can select from 73 online courses, 13 web-enhanced courses, and 6 hybrid courses. This fall's online offerings include introduction to accounting, cultural anthropology, criminal law, and micro-economics. Hybrid courses include computer applications, and basic algebra I and II.

Fall courses begin September 7. For a complete list of the online, hybrid courses, and web-enhanced courses offered at NECC, go to <http://www.necc.mass.edu/online/>

For additional information or to register call 978 556-3700 or visit the college's website www.necc.mass.edu.

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Reembolsan Fondos de Medicamentos

El Departamento de Personal se encuentra en el proceso de obtención de otros \$65,000 de fondos de reembolso del subsidio de medicinas de ayuda a la Ciudad de Lawrence.

Hasta ahora, el Departamento de personal ha sido capaz de lograr más de \$1.45 millones reembolsados a la ciudad dentro de los dos últimos años del Programa Federal de Reembolso de Medicamentos para Jubilados.

Los \$1.45 millones, sumados a los ya 12 millones de dólares (cifra de ahorro en lo que respecta a la prima de seguro de salud) y los ahorros del proceso de jubilación de Medicare D, que el Departamento de Personal ya tiene más de \$15 millones en ahorros. Esto se logró mediante la

revisión de los programas y procesos con el fin de realizar el pago eficiente y ahorro para ayudar a la situación financiera de la ciudad.

“Por supuesto, este dinero sólo puede ser reemplazado en las cuentas asociadas a seguros de salud, como creo que no pueden ser utilizadas legalmente en los fondos locales. De más está decir que es dinero que la ciudad no tendrá que buscar en otra parte o sacar de fondos locales”, dijo Frank Bonet, director de personal de la Ciudad de Lawrence. “Continuamos revisando nuestros procesos y esperamos crear un mayor ahorro, más reducción de costos o producir un funcionamiento eficiente”, agregó.

■ CONTINUE FROM PAGE 7

GARDENS: Community Gardens Grand Opening and Ribbon Cutting Ceremony

The Planning Department identifies city owned land appropriate for open space and community gardening reuse and manages the disposition process; Groundwork Lawrence, a local nonprofit which assists the City with Open Space planning and implementation, undertakes environmental analysis and site design, and the Community Development Department applies for and manages Massachusetts PARC funding combined with Community Development Block Grant funding.

Groundwork Lawrence has been making changes in places and lives in the city of Lawrence since 2001 by creating new and improving existing parks, building community gardens and organizing cleanups, and by turning destroyed and neglected Brownfield sites into public parks, gardens and other usable green spaces.

Community gardens unify neighbors and encourages them to grow fresh organic produce for their consumption, “They not only aid the environment but our pockets as well,” said Freddy Peña new gardener at Cross and Cedar streets community garden, “when this lot was full of garbage and abandoned, people from everywhere came here to toss TVs, old mattresses and tires; people now instead come by to take pictures and admire how beautiful this place has turned out to be,” stated Peña.

Mayor Lantigua thanked Federal and State funders for their support of the City of Lawrence. He noted, “If you came by this site last year you would have seen a lot of illegal dumping, littered with debris. Now we have given the land back to the community for a positive use.”

Speakers at the celebration included Mayor William Lantigua, James Barnes, Director of the Community Develop Department; Ann Carroll from the Washington Office of the U.S. Environmental Protection Agency (EPA) who noted that the City of Lawrence is a national model; State Representative David

Torrisi, Tennis Lilly, Chairperson of the Lawrence Conservation Commission and a neighborhood resident. Also attending the event were June Black, representing Congresswoman Niki Tsongas, and Melissa Cryan, representing the Massachusetts Office of Energy and Environmental Affairs and Heather McMann, GWL executive director.

The total cost of the project was \$612,528 with the HUD Community Development funding of \$187,608 leveraging a \$424,920 PARC grant. “The Community Gardens program demonstrates the effective use of HUD’s Community Development Block Grant Program (CDBG) because it is used to attract State funding,” said Community Development Director James Barnes.

Lawrence’s community gardens typically reposition vacant and derelict sites into productive neighborhood assets. According to a recent study, cleaning and greening vacant lots can increase the value of adjacent properties by as much as 30 percent. Conversely, neighborhoods with higher concentrations of derelict vacant lots displayed lowered property values by as much as 18 percent.

Thanks to the City of Lawrence’s leadership, and funding through the US EPA Brownfields Program, US HUD Community Development Block Grant Program, MA PARC Program, and Merrimack Valley Planning Commission, GWL’s goal is to see the city’s community gardens more than double in size. GWL looks forward to supporting the city’s growing network of over 250 community gardeners.

The City, through the Community Development, will continue to seek funds and partners to expand the Community Gardens program. While the new gardens are already full, they hope to build more gardens soon. If you are interested in a community garden plot please contact Rosa Piña at 978-974-0770 x 1 or visit www.groundworklawrence.org.

Crayone’s Pop Storm!



Lawrence dance music sensation Bylli Crayone is at it again! His latest album which is out now features a slew of artists from the 80s. All in song with him. Must also mention that all the songs were written by him only.

The album also includes the current dance hit "It's Okay Boy" featuring 80s Pop Princess TIFFANY. Now the question is, can it be done again? Can he actually record a follow up album with even more artists of the 80s? The answer is YES!

Crayone says, "At first, I was doing what I dreamed of for many years. I recorded a song with Samantha Fox called 'London To LawTown' a song I wrote many years ago and always envisioned it as a duet with Samantha Fox."

Well, in 2010 as part of the album’s recording process he did in fact record with Samantha Fox, not only with her but with many artists of the decade he loved: The 80s. He recorded with Boy George, Nu Shooz, Spinderella/Salt N Pepa, U.T.F.O among others.

The album "Presto: Element of Surprise" is out now on CD and iTunes/Amazon. Well, just when he thought it couldn't get any better, along comes Club MTV's DownTown Julie Brown who says to Crayone that she wants to take part on his next dance record.

"She is more of a host/hype person," says Crayone. "But she insisted on doing a song with me. We are doing a modern remake of the Patrick Hernandez disco anthem Born to Be Alive."

It seemed that one thing was leading to another. After sharing the stage recently with SHANNON of the 80s cult classics "Let

The Music Play" and "Give Me Tonight" it was suggested that a follow-up album MUST happen! Crayone is the only one who has been able to break through the industry guidelines and record and release music not only independently, but on his own indie label Funusual Records. What other artist do you know that has done this and featured not one but many well known celebrity artists on the same record?

The new album is happening; the working title for the album at the moment is "Mystery Boy" (As in 'how does he do it?'). Artists to record with Crayone on this new album include 80s artists MARTIKA ("Toy Soldiers", "More Than You Know"), ALISHA ("Too Turned On", "Baby Talk"), SHANNON ("Let The Music Play", "Give Me Tonight"), A'ME LORAIN ("Whole Wide World") and once again joining will be TIFFANY ("I Think Were Alone Now", "Could've Been") along with DEBBIE GIBSON ("Out of the Blue", "Lost In Your Eyes") and Freestyle artists NOEL ("Silent Morning", "Like a Child") and JOEY KID ("Counting The Days"). Interestingly enough, TIFFANY and DEBBIE GIBSON will both be featured on the same song with Crayone, a song called "Thunder & Lightning".

"This is a metaphor for 'Bass & Strobe Lights'. The song will be a dance track that will take you back to the 80s," says Crayone.

For more on the Adventures of Bylli Crayone, check him out online at www.BylliCrayone.com

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BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Lawrence's signs of progress

Since moving our offices to 60 Island St. in downtown Lawrence, we have been very happy with the space, the building itself, the management, etc. We cannot say the same for the parking situation. This past spring, the big parking lot at the end of Island St. is being renovated as part of the restoration of the entire area known as Union Crossing and it has become a real pain finding a spot nearby. Many of us (guilty!) have contributed to the city's coffers by way of fines for parking along the canal in front of the building, which is not allowed, with the only option of walking a few blocks.

Now the main parking lot is in the final stages of being complete around the end of September. Over the last 4 months, there has been tremendous effort to remove contaminated soils, lay piping for brand new utility lines, create new retaining walls and to re-grade and pave the site. While all of this has been going on, there have been 60 units of affordable housing under construction inside the center part of the building, all of which will be available for a November 1st move-in.

That work also paved the way for

several improvements along Island Street, including a new outdoor seating area, new street lights, landscaping, fencing and possibly the repaving of the entire street.

The Gateway of Canal St. is also being expanded, joining Union St. and a brand new bridge was installed across the canal, connecting Union Crossing and the refurbished parking area connecting the former KGR building, completely across towards General St. to the hospital. That entire area is looking great with trees recently planted. This will be the place to be in the next couple of years!

Positive proof of weight and exercise

For those of you following my weight loss program, for the past three weeks my weight had not changed and last week I panicked when I gained one-half pound! I continue with the same food choices (remember, it's not a diet) and even when I go out to restaurants, I can make intelligent choices and not feel deprived. I became more concerned when my blood sugar rose to 180, which had been a thing of the past.

So, I concluded that for the past three weeks I had not been going to the YMCA as often, showing up perhaps a couple of times per week. Even the sessions have not been as strenuous as before.

After realizing that this is where I fell off the proverbial wagon, I made it a point to go back to the previous workout routine and lo and behold, I lost three pounds this week but most important is that my sugar has also gone back to almost normal levels, closer to 100.

Who would have thought that exercise is so closely related to your health? Well, lots of people don't see the connection and I am living proof that the results are almost instantaneous. Within days you can see the difference and even if I have to continue this routine for the rest of my life, it's an easy price to pay for my well-being.

Check with your nearest YMCA for programs and services available in your community. In Lawrence, Methuen and the Andover/North Andover Y we have programs addressing the needs of diabetics and coming next month, the Food, Fun and Fitness Program at the Lawrence Branch.

A lesson from Chalas

Last week, Bienvenido Chalas passed away at only 51 years of age, a resident of Lawrence who left a large, close family. Besides knowing him as a decent, hard working man, we were only acquaintances but I befriended his sister Josefina and his cousin Carmen.

Carmen Chalas is well-known as the producer and host of a radio program on WCEC 1490 AM for the past 11 years and Josefina Chalas is an entrepreneur dabbling in business here and in Springfield, MA.

I was particularly fond of his son Joel, a young man who learned the value of work and responsibility from his father, making a mark in the city as the Recycling Coordinator and anyone who has known him can say that he is a reflection of the elder Chalas.

"He was at my house on Wednesday and by Sunday, he was dying," Carmen told me last week. Bienvenido fell ill and within days, the cancer had invaded his brain with no hope.

As I am getting older, I am becoming more in touch with my own mortality, appreciating how fickle life is. Chalas' passing told me that I may not have time to "fix" the wrongs I've done in my life, to show people that there's no capacity in my heart for hatred and above all, to demonstrate to others how much I love them.



While lingering in a slow ending is difficult for the entire family, not having time to say those 'goodbyes' is even worse.

That's the lesson I took from his short life and I thank him.

For residents of Lawrence

Low cost Lawrence Spay & Neuter Program

For Cats & Dogs

Lawrence Animal Control is joining forces with the MSPCA at Nevins Farm and The Merrimack River Feline Rescue Society to offer affordable spay-neuter surgeries and vaccines to the cats and dogs of Lawrence families in need of financial assistance.

Canine Spay or Neuter \$75
Services for Dogs include:

- Surgery
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- Microchip (permanent identification)
- Nail Trim

Contact the MSPCA at Nevins for an appointment at (978) 687-7453 x6101

Feline Spay \$50 Feline Neuter \$25
Services for Cats include:

- Surgery
- FVRCP Vaccination (distemper)
- Rabies Vaccination (proof of prior rabies required for 3 yr vaccination)
- Flea Treatment
- Deworming
- Physical Exam

Contact the Merrimack River Feline Rescue Society for an appointment at (888) 495-7729

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

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Register now for YMCA youth soccer and flag football leagues

YMCA Youth Soccer League for boys and girls ages 4 to 8. Season runs September 10 - November 5 and is held on Saturday mornings at the Frost School in South Lawrence from 10:00-11:30AM.

Come get your kids introduced to the game of soccer in a family friendly environment. This nine-week co-ed program focuses on the introduction and development of the essential skills needed to play soccer, including dribbling, passing, shooting, defense, throw-ins, and positioning.

For more information, contact Ryan Middlemiss at 978-686-6191. Cost per child is \$50 for YMCA Family Members and \$95 for the community. Register online at www.mvymca.org or at the YMCA.

Also, register now for the YMCA's Youth Flag Football League open to boys and girls in grades 4 to 6. The league begins September 11 and runs through October 30 and is held on turf field at Merrimack College in North Andover from 9:00AM - 10:30AM.

Don't miss out on a great opportunity to have your kids develop football skills without the danger of contact. It will consist of a 45-minute practice followed by a 45-minute game. Children will be taught throwing, catching and defending. Cost per child is \$70 for YMCA Family Members and \$125 for the community. For more information, contact Ryan Middlemiss at 978-686-6191. Register online at www.mvymca.org or at the YMCA.

NOTES FROM YOUR LIBRARIAN

BY/POR MAUREEN NIMMO
Lawrence Public Library Director

This is already my last real summer article. That is too sad! We have a great Labor Day weekend in Lawrence but it always has a touch of melancholy for me. Of course we will be participating in the Bread and Roses festival as we do every year. The library will have a table with the Robert Frost Foundation and the Friends will have their own table as well. Typically we set up our tables at either end of the main crossway on the Campagnone Common. This way we can get people coming and going. The Feast of the Three Saints also is coming up. I must confess that while I never miss this event, I am too distracted by the great food to concentrate on anything else. There are just certain foods that seem tied to the Saints Festival and that, for whatever reason, one never seems to have the rest of the year round.

On the topic of the festivals, particularly B&R, our Friends expect to have their yearly historical calendar available in time for sale at the event. We do a calendar every year and they are usually big sellers. The theme for the 2012 calendar is the Bread and Roses strike, a topic chosen to correspond to the centennial celebration of that event. The group has outdone themselves this year. I would not have thought there were all that many images from the strike that were not already familiar, indeed

iconic. Nonetheless they have found a lot of new images and a creative way of presenting them. I always push these calendars as ideal holiday gifts particularly for Lawrence "expats". I say this although even mentioning the holiday season at this time is an arrow to my heart!

We have the great good fortune to have, once again, secured funding from the Catherine McCarthy Memorial Trust to allow our Friends group to present our Fall Music Series. The performers for this year will be as follows: On September 11 Roxana Bajdechi on piano and Markus Placci on violin; October 16, Diane Lin and Wayman Chin will perform piano duets and November 13 will feature Allison Eldredge on cello and Max Levison on piano. All of these performances will take place at 2:00 on Sunday afternoons in our Sargent Auditorium and will feature our Steinway piano. I will give you more details as the individual concerts approach but, for the time being, just be sure to save the dates.

Besides the Labor Day festivities election season will be coming up soon. It really does seem that our current crop of councilors just got here and it is already time for another run. It looks like it will be an intense campaign period coming up with so many candidates competing. I wish our

NOTAS DE SU BIBLIOTECARIA

Este ya es mi último artículo del verano en sí. ¡Eso es muy triste! Tenemos un gran fin de semana el Día del Trabajo en Lawrence, pero es siempre tiene un toque de melancolía para mí. Por supuesto, vamos a participar en el Festival de Pan y Rosas como hacemos todos los años. La biblioteca tendrá una mesa junto con la Fundación Robert Frost, y los Amigos de la Biblioteca tendrán su propia mesa. Generalmente, ponemos las mesas a ambos lados del cruce principal del Parque Campagnone. De esta forma podemos hablar tanto con la gente que viene como los que se van. La Fiesta de los Tres Santos también se está acercando. Debo confesar que aunque nunca pierdo este evento, estoy demasiado distraída por la comida rica para concentrarme en otra cosa. Hay comida que parece ser ligada al Festival de los Santos y, por alguna razón, no aparece el resto del año.


Hablando de los festivales, de Pan y Rosas en particular, nuestros Amigos de la Biblioteca esperan tener su calendario anual histórico disponible para vender en el evento. Hacemos un calendario cada año, y por lo general, se vende muy bien. El tema para el

PLEASE SEE **DÍAZ**
CONTINUES ON PAGE 18

POR FAVOR VEA **NIMMO**
CONTINÚA EN LA PAGINA 20

"I FEEL LIKE A FISH WITH NO WATER."

-JACOB, AGE 5
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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA Youth Soccer League

Boys and Girls ages 4-8
September 10 - November, 5
Saturday Mornings at the Frost School in South Lawrence
10:00-11:30AM



Come get your kids introduced to the wonderful game of soccer in a family friendly environment. This nine week co-ed program focuses on the introduction and development of the essential skills needed to play soccer.

YMCA Youth Flag Football League

Boys and Girls Grades 4-6
September 11 - October 30
Sunday mornings on the turf field at Merrimack College
9:00AM - 10:30AM



Don't miss out on a great opportunity to have your kids develop football skills without the danger of contact. It will consist of a 45 minute practice followed by a 45 minute game.

For more information, contact Ryan Middlemiss at 978-686-6191.

Lawrence YMCA • 40 Lawrence Street, Lawrence • 978-686-6191
www.mvymca.org

YMCA honors Quality Service Award recipients

Today, the Merrimack Valley YMCA honored six employees who have exhibited an exemplary level of member service and who personally and professionally demonstrate the YMCA character development traits of caring, honesty, respect and responsibility.

YMCA full and part-time employees are encouraged to nominate co-workers for this award. "We look to employees who foster relationships with YMCA members by providing quality member services that is professional, helpful, prompt and courteous. The people selected for this honor are role models in the area of character development. They have often created or initiated new member programs and services that assist with member satisfaction," said Gary P. Morelli, Merrimack Valley YMCA Vice President.



Those honored with Quality Service Awards (in photo left to right) are: Jessica Squires of Windham, NH - Preschool Teacher at the Methuen YMCA; Jullisa Declat of Methuen - School Age Child Care Director at the Lawrence YMCA; Stephanie Rodriguez of Methuen - Welcome Center Staff at the Lawrence YMCA; Nick Quinn of Methuen - Personal Trainer and Wellness Center Instructor at the Andover/North Andover YMCA; Dianne Andriolo of North Andover - Capital Campaign Assistant in the Administrative Office; Arlene McGrane of Methuen - Administrative Assistant in the Administrative Office.

Teach for America connects with Lawrence community

The Merrimack Valley Sandbox will host an event on August 30th, 2011 4 PM to 6 PM at Lawrence Heritage State Park to kick off Teach For America's second year in Lawrence. With the support of the Merrimack Valley Sandbox, Teach For America - the national corps of outstanding recent college graduates and professionals who commit to teach for two years in urban and rural public schools and become lifelong leaders in expanding educational opportunity - first partnered with Lawrence Public Schools in the 2010-11 school year with 20 teachers working in the district.

One of the main goals of the Merrimack Valley Sandbox is to strengthen the ecosystem in the Lawrence community through connecting people and institutions. This event will provide an opportunity for members of the Lawrence community to learn more about the work of Teach For America to eliminate educational inequity, and a chance for Teach For America Corp members to engage with community representatives to learn about local organizations and resources that can collaborate with teachers in order to continue to develop youth and the community at large.

Diverse community groups and institutions will be in attendance including the Community Group, Lawrence Community Works, Access, Jumpstart, the Lawrence Heritage State Park, YouthBuild Lawrence, Northern Essex Community College and Cambridge College. More than 40 Teach For America Corps members will attend the event.

■ CONTINÚA DE LA PAGINA 4

DIABETES: YMCA Programa de Prevención de la Diabetes

actividad física, superar el estrés, mantener la motivación, y mucho más.

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- * ¿Está por encima de un peso corporal saludable?
- * Tiene la presión arterial elevada
- * Tiene el colesterol elevado

- * Si usted tiene 45 años o más
- * Tiene un padre o hermano con diabetes
- * Si usted está inactivo

Las clases son a partir de septiembre en varios lugares! Para más información, contacto: Gia Saraceni, Coordinadora del Programa de Prevención de la Diabetes de la YMCA al (978) 725-6681 ext. 158, o gsaraceni@mvymca.org.

■ CONTINUE FROM PAGE 13

MONUMENT: The 1912 strikers' monument

textile workers of Lawrence:

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All donations will be publicly recognized in a commemorative brochure distributed upon completion of the monument. Donations of \$2,500 or more will be honored with the donor's name carved on granite plaques at the base of the monument.

1912 Strikers' Monument Committee

OFFICERS

Jonas Stundzia, Co-Chair; David Meehan, Co-Chair (978-683-2182). Barbara Brown, Fundraising Director; Phyllis Tyler,

Financial Administrator; Dexter Arnold, Labor Historian; Linda Arvanitis, Secretary.

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Andrew Reusch

CONTACT INFO:

monument1912strike@hotmail.com
or David Meehan (978) 683-2182

■ CONTINÚA DE LA PAGINA 4

DÍAZ: Desde Mi Esquina

por mi bienestar.

Consulte con su más cercana YMCA sobre los programas y servicios disponibles en su comunidad. En Lawrence, Methuen y la Y de Andover/North Andover tenemos programas de atención a las necesidades de los diabéticos y el próximo mes, el programa Salsa, Sabor y Salud en la sucursal de Lawrence.

Una lección de Chalas

La semana pasada, Bienvenido Chalas falleció con tan solo 51 años de edad, residente de Lawrence que dejó una gran familia, muy unida. Además de saber que era un hombre decente, trabajador, éramos solamente conocidos, pero me hice amiga de su hermana Josefina y su prima Carmen.

Carmen Chalas es conocida como la productora y presentadora de Micrófono Abierto en la WCEC 1490 AM durante los últimos 11 años y Josefina Chalas es una empresaria envuelta en negocios aquí y en Springfield, MA.

Yo estoy más allegada a su hijo Joel, un joven que aprendió el valor del trabajo y la responsabilidad de su padre, dejando su huella en la ciudad como el coordinador de reciclaje y cualquiera que lo haya conocido puede decir que es un reflejo del viejo Chalas.

"El estuvo en mi casa el miércoles y el domingo, se estaba muriendo," me dijo Carmen la semana pasada. Bienvenido cayó enfermo y en pocos días, el cáncer había invadido su cerebro, sin esperanza.

A medida que avanzo en años, estoy cada vez más en contacto con mi propia mortalidad, aprecio cómo la vida es de caprichosa. La muerte de Chalas me dijo que puede que yo no tenga tiempo para "arreglar" los errores que he cometido en mi vida, de mostrar a la gente que no hay capacidad en mi corazón para el odio y sobre todo, para demostrar a los demás cuánto los amo.

Mientras que persistir en un final lento es difícil para toda la familia, no tener tiempo para decir esos 'adioses' es aún peor.

Esa es la lección que saqué de su corta vida y se lo agradezco.


■ CONTINUE FROM PAGE 17

NIMMO: Notes From Your Librarian

candidates well and hope everyone will make an effort to keep things dignified and respectful.


Just a reminder: as of the week of September 5 the library will be returning to our regular hours. We will be once again be open 9-9 Monday through Thursday and 9-5 on Fridays. The branch will open 10-5 on Mondays Wednesdays and Saturdays.

Notice I am not mentioning anything here regarding the gentlemen known for their scarlet hosiery. I won't curse them. See you at the library.



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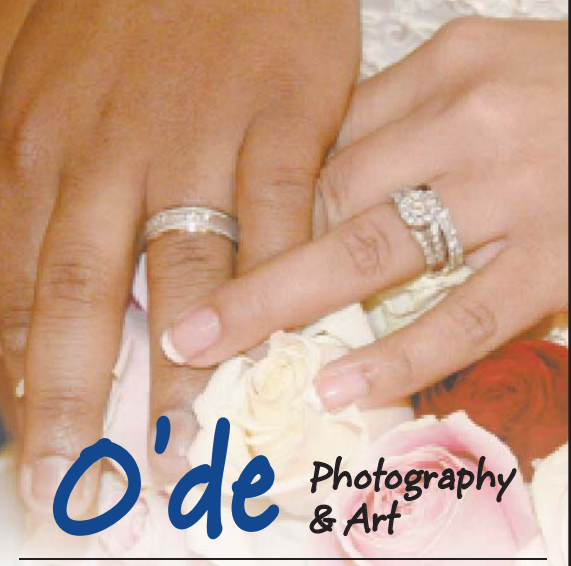


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7:00am-6:00pm

John Santoro receives the Emergency Manager of the Year Award

Methuen EMD is recognized statewide for his accomplishments

Massachusetts Emergency Management Agency Director Kurt Schwartz recently recognized Methuen police officer and Emergency Management Director John Santoro for his selection as the 2011 Northeast States Emergency Consortium (NESEC) Massachusetts Emergency Manager of the Year. He received this award based on several accomplishments, including:

Mr. Santoro has been involved in a number of Public Safety initiatives that have led to an increased ability of officials to help manage an emergency and minimize the loss of life and property.

He has assisted in the development and continued coordination of the Methuen Emergency Management Team and the Methuen Community Emergency Response

Team (CERT).

He has served on numerous Northeast Regional Advisory Council (NERAC) Homeland Security subcommittees, including the NERAC Shelter Committee, which distributed shelter toolkits and trailers to the 85 NERAC communities.

He has worked closely with the MEMA Region I Nuclear Preparedness Department and Methuen School Department officials to train staff for their roles as Methuen serves as Host Schools for the Seabrook Nuclear plan. He has also played a prominent role in Seabrook Nuclear exercises.

Mayor William Manzi, had high praise for Santoro as well. "One of the first things I did when I took office was to revamp Methuen's Emergency Management plan. John played a crucial role in the implementation of that plan. Over the past



5 years he has helped me lead the city through several emergencies including two major floods, an ice storm and a gas outage that left many without heat in the winter. In my opinion he is deserving of this award and I congratulate him on behalf of the city."

CONTINUE FROM PAGE 10

IRS: Nine Cool Reasons to visit IRS.gov/español this Summer

2. Get tax forms and publications You can view and download several tax forms and publications in Spanish directly from IRS.gov/espanol at any hour of the day or night.
3. Find out all about electronic filing You can e-file your 2010 federal income tax return through October 17, 2011 from the comfort of your home. Available in English or Spanish, E-file is fast, easy and there are free options for everyone.
4. Check the status of your tax refund whether you chose direct deposit or asked the IRS to mail you a check, you can check the status of your refund through the online tool "¿Dónde está mi reembolso?" on our secure website.
5. Find out if you qualify for the Earned Income Tax Credit EITC is a refundable tax credit for people who work but don't earn much income. Find out if you are eligible by answering some questions and providing basic income information using the "Asistente EITC".
6. Get help in difficult financial times Events such as a job loss, debt forgiveness or tapping into a retirement fund can have a tax impact. Find answers to these questions and more in "Centro Tributario para Asistir a Contribuyentes Desempleados" or by typing the keyword's "Qué pasa si" into the search box.
7. Get updated information on tax laws that could affect you Recent tax law changes could significantly impact you or your business. Learn about the benefits provided by the Affordable Care Act provisions in "Noticias en Español".
8. Get up to date at the "Multimedia Center" Video tax tips and audio podcasts on various IRS topics can be found in English and in Spanish with keyword "Centro Multimediático."
9. Twitter @IRSenEspañol - Connect with IRS and all the newest information in español with social media through Twitter @IRSenEspañol.

CONTINÚA DE LA PAGINA 17

NIMMO: Notas de Su Bibliotecaria

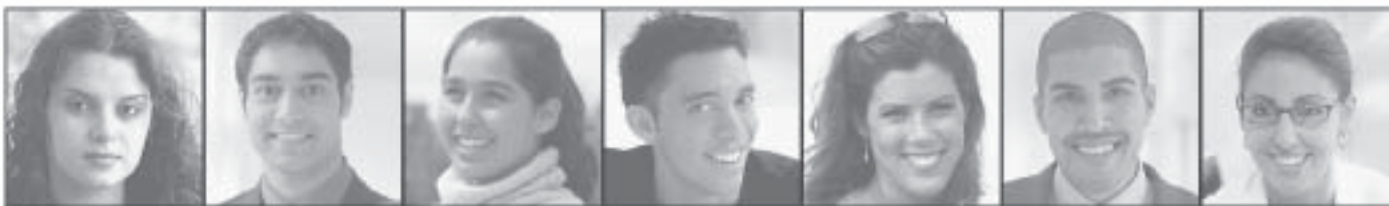
calendario 2012 es la huelga de Pan y Rosas, un tema elegido para corresponder a la celebración del centenario de ese acontecimiento. El grupo de Amigos ha superado a sí mismo este año. Yo no pensaba que eran tantas las imágenes de la huelga que no eran conocidas, de hecho emblemáticas. Sin embargo, han encontrado un montón de nuevas imágenes y una forma creativa para presentarlas. Yo siempre promuevo a estos calendarios como regalo ideal de Navidad en particular para "expatriados" de Lawrence. Digo esto aunque al mencionar la temporada de Navidad en estos días nada más ¡es una flecha en mi corazón!

Una vez más, tenemos la gran fortuna de tener los fondos donados por el Catherine McCarthy Memorial Trust para que nuestro Grupo de Amigos pueda presentar nuestra serie de música del otoño. Los artistas de este año serán los siguientes: el 11 de septiembre Roxana Bajdechi en el piano y Markus Placci en el violín, el 16 de octubre Diane Lin y Wayman Chin realizarán dúos de piano y el 13 de noviembre contará con Allison Eldredge en el cello y Max Levison en el piano. Todas estas actuaciones estarán en el auditorio Sargent a las 2:00 de la tarde los domingos, y contará con nuestro piano Steinway. Les daré más detalles cuando se acerquen los conciertos individuales. Por el momento, sólo asegúrense de apuntar las fechas.

Además de la temporada de festividades del Día del Trabajo, las elecciones se nos acercan pronto. En realidad, parece que nuestros concejales actuales acabaron de llegar, y ya es tiempo para otra elección. Parece que será un tiempo de una campaña fuerte que viene con tantos candidatos en competencia. Deseo lo mejor para nuestros candidatos, y espero que todos harán un esfuerzo para mantener una actitud digna y respetuosa.

Para recordarles: a partir de la semana del 5 de septiembre, la biblioteca volverá a nuestro horario normal. Una vez más, abriremos desde 9 AM hasta 9 PM lunes a jueves, y desde 9 AM hasta 5 PM los viernes. La sucursal estará abierta los lunes, miércoles, y sábados desde 10 AM hasta 5 PM.

Fíjense que no estoy mencionando aquí nada relacionado con los señores conocidos por sus medias de color rojo. No quiero maldecirlos. Nos vemos en la biblioteca.



Scouting ... una Profesión con un Propósito

Desde 1910, la organización Boy Scouts of America (BSA) ha ayudado a formar a los futuros líderes de este país, combinando actividades educativas y de aventura al aire libre con diversión y valores perdurables. Aunque BSA se ha enfocado primordialmente en el desarrollo de los jóvenes, BSA también tiene programas coeducativos tales como Venturing, que se enfoca en los jóvenes de ambos sexos. La participación que ha establecido Boy Scouts of America en conferencias como *League of United Latin American Citizens—LULAC* (Liga de Ciudadanos Latinoamericanos Unidos), *Hispanic Association of Colleges and Universities—HACU* (Asociación Hispana de Colegios y Universidades), *National Council of La Raza—NCLR* (Concilio Nacional de La Raza) y *U.S. Hispanic Chamber of Commerce* (Cámara de Comercio Hispana de los Estados Unidos) demuestra nuestro sólido compromiso con las familias y comunidades latinas/hispanoamericanas.

Qué Hacen los Scouters Profesionales

Varios miles de Scouters profesionales orientan, guían y facilitan los esfuerzos de más de un millón de adultos voluntarios en quienes el programa Scouting depende para llevar a cabo su misión. Es la labor de un Scouter profesional, el inspirar, reclutar, capacitar y apoyar a los voluntarios de BSA, además de trabajar con líderes de la comunidad y conseguir el apoyo del público para las actividades Scouting.

Aprenda Más

Los valores familiares que usted puede brindar a Scouting impactarían directamente las vidas de jóvenes a lo largo de todo Estados Unidos. Para aprender más acerca de trabajar para Boy Scouts of America como un ejecutivo, visite la página de empleos de nuestro sitio Web en www.scouting.org o escriba a Executive Selection Service, S416; P.O. Box 152079; Irving, TX 75015-2079.



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.

CLASIFICADOS | CLASSIFIEDS

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PROGRAMA DE VIVIENDA

Presidential Gardens Apartments
140 Evergreen Drive
Bradford, MA 01835

Estará aceptando solicitudes para la lista de espera de nuestros apartamentos de dos dormitorios en la categoría de extremadamente bajos ingresos desde el 7 de septiembre, 2011 hasta septiembre 20, 2011.

Presidential Gardens Apartments está buscando solicitantes de bajos ingresos para su programa de alquiler de viviendas. Sólo por dos semanas estaremos aceptando solicitudes para la lista de espera de nuestros apartamentos de dos habitaciones para solicitantes cuyos ingresos estén por debajo de los siguientes límites.

Máximo de Inquilinos	Cantidad Ingreso
1 persona	\$18,550
2 personas	\$21,200
3 personas	\$23,850
4 personas	\$26,500

Los inquilinos deben cumplir con los requisitos de elegibilidad para apartamentos de dos dormitorios.

La renta de los hogares para el año 2011 equivale al 30% de los ingresos ajustados, que no exceda de \$1,090 dólares.

Las solicitudes pueden obtenerse en persona en la oficina situada en el 140 de Evergreen Drive, Bradford o llamando al 978-373-2543, Relay 711 y pueden ser devueltas y entregadas a un empleado de la administración o enviadas por correo a la dirección arriba mencionada.

Se harán alojamientos razonables.

No se aceptarán solicitudes para los apartamentos de dos habitaciones antes de las 9:00 AM del miércoles 7 de septiembre 2011 o después de las 3:00 PM del martes, 20 de septiembre 2011.

Para más información acerca de nuestras listas de espera para otras categorías de ingresos, póngase en contacto con la Oficina de Administración.

Por consideración, todas las solicitudes deben estar completamente llenas y firmadas por todos los miembros de la familia mayores de 18 años. Las solicitudes elegibles serán colocadas en la correspondiente lista de espera, basado en los ingresos.

La selección de una aplicación de la lista de espera para el procesamiento se basa en la categoría de ingresos, la fecha y hora de aplicación.

Vamos a rechazar todas las solicitudes incompletas. No nos hacemos responsables de las aplicaciones que se pierdan o retrasan en el correo. Las solicitudes enviadas por fax no serán aceptadas.

Tenemos asistencia disponible en la traducción para completar las solicitudes. Presidential Gardens es una propietaria inmobiliaria de igual oportunidad. Es administrada y mercadeada por Maloney Properties, 27 Carril Mica, Wellesley, MA 02481. Teléfono 781-943-0200.



LETTERS TO THE EDITOR

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

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

HOUSING PROGRAM

Presidential Gardens Apartments
140 Evergreen Drive
Bradford, MA 01835

Will be accepting applications for our two-bedroom waitlist for the extremely low income category from September 7, 2011 until September 20, 2011!

Presidential Gardens Apartments is seeking applicants for low-income rental-housing program. FOR TWO WEEKS ONLY we will be accepting applications for our two bedroom waitlists for applicants who are below the following limits:

Household Size	Maximum Income
1 person	\$18,550
2 persons	\$21,200
3 persons	\$23,850
4 persons	\$26,500

Household must meet eligibility requirements for two-bedroom apartment.

Rent for 2011 equals 30% of adjusted household income, not to exceed \$1,090.

Applications can be obtained in person from the management office at 140 Evergreen Drive, Bradford or by calling 978-373-2543, Relay 711 and may be returned in person to a member of the management staff or mailed to the above address. Reasonable accommodations made.

No applications for the two-bedroom extremely low will be accepted prior to 9 AM on Wednesday, September 7, 2011 or later than 3:00 PM on Tuesday, September 20, 2011.

Please contact the Management Office for information regarding our waitlists for other income categories.

For consideration all applications must be completely filled out and signed by all household members aged 18 or over. Eligible applications will be placed on the appropriate income-based waitlist.

Selection of an application from the waitlist for processing is based on income category, then date and time of application.

We will reject all incomplete applications. We are not responsible for applications that are lost or delayed in the mail. Faxed applications will not be accepted.

Translation assistance in completing applications is available. Presidential Gardens is an equal housing opportunity property. It is managed and marketed by Maloney Properties: 27 Mica Lane, Wellesley, MA 02481, Phone 781-943-0200.



The Merrimack Valley Chamber of Commerce

FALL BACK TO BUSINESS EXPO & HEALTH & WELLNESS FAIR!

OCTOBER 6, 2011

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60 Canterbury Street, Andover, MA
11:00 AM – 3:30 PM

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- Close of Show - Business Networking mixer 5:00 - 7:00 PM

Call for special cost savings if you register for both October 6, 2011 and April 4, 2012 Expos!

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CALENDARIO DE EVENTOS | CALENDAR OF EVENTS

St. Anthony Maronite Church

Annual Mahrajan LABOR DAY WEEKEND

Saturday, September 3rd - 5:00 PM to 11:00 PM

Sunday, September 4th - Noon to 11:00 PM

City of Lawrence | Mayor William Lantigua Arts & Crafts Festival | Festival de Arte

Experience exquisite art & live music by local artists and musicians at Lawrence Veterans Memorial Stadium; an outdoor courtyard where local artists will exhibit their talent. This promises to be wonderfully relaxing event.

Disfrute de arte exquisita y música en vivo por artistas y músicos locales en el Lawrence Veterans Memorial Stadium.

Saturday, September 24th, 2011
2:00pm to 7:00pm
Lawrence Veterans Memorial Stadium
71 North Parish Road
Lawrence, MA 01843

Calling all artists wishing to exhibit (in any medium) and sell their art! If you wish to exhibit and/or sell your art and/or crafts, please contact Gilda Duran via email at gduran@cityoflawrence.com, or by calling (978) 620-3525.

Exhortamos a todos los artistas y artesanos que deseen exhibir y vender su arte de todas las disciplinas. Si desea exhibir y/o vender su arte y/o artesanía, por favor, comuníquese con Gilda Duran via correo electrónico a gduran@cityoflawrence.com o llame al (978) 620-3525.

SAMARITAN VOLUNTEERS NEEDED

The Samaritans of Merrimack Valley, a program of Family Service, Inc., is a suicide prevention center. We rely on volunteers who, through the goodness of their hearts, reach out to help people who call our confidential crisis help lines.

People from all walks of life are trained to offer support and caring for those who are lonely, despairing or suicidal.

We are always looking for compassionate people who are willing to give 5 hours a week to befriend our callers.

Our next training is Monday, August 22, Wednesday, August 24, Monday, August 29 and Wednesday, August 31 from 6:30 p.m. to 9:30p.m. at Family Service, Inc., 430 North Canal Street in Lawrence. Attendance at all trainings is required.

We also have a teen help line staffed by youth between the ages of 16 and 18. Teens are always with an adult volunteer and work a 3 hour shift a week.

For more information or to register, please call Debbie at 978-327-6671 or email her at dhelms@familyserviceinc.com.

VOLUNTEER DRIVERS NEEDED FOR THE ACS'S ROAD TO RECOVERY®

The American Cancer Society's Road to Recovery program is in great need of volunteers from Massachusetts to drive local cancer patients to and from their chemotherapy and/or radiation treatments, especially in need are patients receiving treatment at Boston area hospitals. An integral part of treating cancer successfully is making sure cancer patients receive their treatments, but many find making transportation arrangements is a challenge. The American Cancer Society provided more than 10,000 rides to cancer patients in Massachusetts last year, but needs new volunteer drivers to keep up with the demand for transportation.

"Due to the increasing amount of transportation requests, we have a genuine need for Road to Recovery drivers, especially those willing to drive to Boston hospitals," said Lynn Basilio, Area Director for Health Initiatives. "We are hoping that local communities will continue to support this valuable program by volunteering their time to help increase the number of rides we are able to provide."

You too can make a difference in the fight against cancer is by becoming a driver for the American Cancer Society's Road to Recovery. Drivers use their own vehicle to drive patients to and from their treatments. The schedule for volunteers is flexible, treatment appointments take place weekdays, primarily during business hours. If you or someone you know is interested in becoming a volunteer driver for Road to Recovery, please contact your American Cancer Society at 1-800-227-2345 or visit cancer.org.

RED SOX PRIVATE LUXURY SUITE RAFFLE

Are you a baseball fan? Imagine the ultimate Red Sox experience; a private luxury suite for you and 17 friends, limousine service to the game and a \$1,200 food and beverage allowance! Lazarus House Ministries, Inc. is sponsoring a raffle on the chance to attend the game Sunday, September 18, 2011 when the Boston Red Sox take on the Tampa Bay Rays. There will only be 750 tickets available with a selling price of \$100 each. (The winner will actually pay less than \$6 a ticket for this fun event.)

The drawing for the Red Sox prize will take place on Thursday, August 25, 2011 at 7 p.m. at Dylan's Bar & Grill, located on the 2nd floor at 22 Park Street in Andover. The winner of the raffle does not need to be present at the event in order to win. To learn more about the raffle and purchase tickets go to <http://www.lazarushouse.org/red-sox-raffle-tickets> or contact the Event Manager at (978) 269-5206. The prize is not redeemable for cash. Bearer waives any and all claims arising out of this said raffle that the bearer might assert against any parties connected with this raffle.

All proceeds from the raffle go to Lazarus House Ministries, Inc., a nonprofit organization that provides over 22,000 support services every month in Lawrence, Massachusetts, and surrounding communities in the Merrimack Valley. Lazarus House, a spiritually based organization, opened its doors 27 years ago, as a five bed emergency shelter for the homeless and working poor. Today, it provides a number of programs including a soup kitchen, food pantry, transitional housing, HIV/AIDS housing, advocacy, education, work preparation, and three thrift stores.

START YOUR FALL RESOLUTIONS AT THE YMCA

As summer vacation comes to a close and a new school year begins, why wait until January 1st to resolve to establish healthy habits?

The Andover/North Andover YMCA thinks fall is the perfect time of year to make resolutions, or revisit old ones, and is helping members achieve a healthy spirit, mind and body with a variety of fall programs.

For gym lovers or workout novices, the Andover/North Andover YMCA has wellness programs for anyone interested in establishing healthy habits. From strength training and swimming to the brand new TRX suspension training classes, there are programs to suit a variety of interests.

Back-to-school means daycare and after-school activities take center stage. With the Andover/North Andover YMCA's holistic approach to education, all ages are engaged in programs offered for preschool, youth and teens. Parents are also involved, with special programs like Adult Volleyball and events such as Parents' Night Out.

POLL WORKERS NEEDED

The City of Lawrence continuously recruits the assistance of poll workers, poll clerks, and poll wardens to work in the preliminary and election dates held each year. In 2011, there are two election events to be held: Tuesday, September 20, 2011 [Municipal Preliminary – polls open from 7:00 am to 7:00 pm]; and, Tuesday, November 8, 2011 [Municipal Election – polls open from 7:00 am to 7:00 pm]. Although a full day commitment is preferred, half-day shifts of no less than 6 hours can be arranged. Each worker is expected to work no less than one, half-day shift.

In order to be considered for any poll worker position:

- 1) You must be a resident of Lawrence; and,
- 2) You must be a registered voter in the City of Lawrence. *Bilingual preferred

Each poll worker, clerk, and warden must also attend one mandatory training session which will be scheduled for various dates and times approximately one week prior to the preliminary or Election Day. Each session lasts about one hour.

Poll workers receive \$120.00 for a full day – Clerks receive \$160 [full day] – Wardens receive \$200 [full day]. Half days compensation rates are calculated based on the full day rate.

Each worker attending mandatory training receive an additional \$20.00 for training attendance [no more than \$20.00 will be paid regardless of how many sessions are attended and no payment will be made unless the individual works at least one half-day shift].

If you are interested and would like to help with the Preliminary or Election events for 2011, please contact: Mr. Rafael Tejada, Election Division, City Hall, 200 Common Street, Lawrence, MA 01840, 978-620-3290.

Rafael R. Tejada
Election Bilingual Coordinator

TRIP TO FOXWOODS

Bethany Community Services
Haverhill Citizens Center

FOXWOODS CASINO
Wednesday
September 7, 2011
Merrivista @ 6:00a
500 Primrose Street
@ 6:45a

Cost of \$25 includes transportation, lunch voucher and keno play.

To avoid disappointment sign up early with Darlene at 978-374-2165
Kathy or Rita 978-374-2390

PAYMENT IN FULL IS DUE AT SIGN UP.

Join Our Community in the Fight Against Cancer

Start a team • Volunteer
Honor cancer survivors and caregivers



For details contact the American Cancer Society:
1.800.227.2345
relayforlife.org

rumbonews.com



MERRIMACK VALLEY CHAMBER OF COMMERCE

264 Essex Street, Lawrence MA | Tel. (978) 686-0900 | merrimackvalleychamber.com

ONLINE AUCTION FOR BOSTON RED SOX TICKETS

The Merrimack Valley Chamber invites you to bid online for two (2) great Red Sox Tickets (Donated by Jan at Bates) The game date is September 15, 2011 at 7:15 PM Seats are located at Section 27, Row 05, Seats 18 and 19 at Fenway Park.

These Red Sox Tickets will be sold to the highest bidder at 4 PM on September 9, 2011. Email your bid to office@merrimackvalleychamber.com. Bidding begins now and ends 4:00 PM Friday, September 9th!

The highest bidder as of that date and time will be the winner of these hard to get RED SOX TICKETS! Payment must be made at the time the tickets are released. Good luck!

NEXT GENERATION LEADERS NETWORKING EVENT

(21-45) Years Old

August 30, 2011
5:00 PM – 7:00 PM
The Patio @ On the Bone
Wyndham Andover Hotel
123 Old River Road
Andover, MA 01810

Featuring Food W/Cash Bar. Special Thanks to our NGL Program Co-Sponsors Wyndham Boston Andover Hotel and T.A. Sullivan Insurance & Real Estate. The Merrimack Valley Chamber Next Generation Leaders (NGL) is designed for young people in business (21-45 years old), seeking a relaxed atmosphere to build relationships, improve networking skills, and create new business with other young people in business from the Merrimack Valley and beyond.

FREE NICOTINE PATCHES FOR VETERANS

The Department of Public Health and the Massachusetts Department of Veterans Services have teamed up to offer free nicotine patches to veterans. The offer is available until June 30 or until supplies last. You can visit this site for more information: makesmokinghistory.org

If someone needs help navigating the site due to language impediment, they can feel free to give me a call and I will gladly help.

PARCHES DE NICOTINA GRATIS PARA VETERANOS

El Departamento de Salud Pública y el Departamento de Servicios a Veteranos de Massachusetts se han unido para ofrecer parches de nicotina gratis a los veteranos. La oferta está disponible hasta el 30 de junio o mientras dure el abastecimiento disponible. Usted puede visitar este sitio para recibir más información: makesmokinghistory.org.

Si alguien necesita ayuda navegando este sitio en la Internet debido a impedimentos con el idioma, me puede llamar y con gusto que lo ayudaré.

Francisco A. Ureña, Director
City of Lawrence Veterans' Services
200 Common Street, Office 2
Lawrence, MA 01840
Tel: (978) 620 3282
furena@cityoflawrence.com

CLEANING FOR A REASON

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along. www.cleaningforareason.org

ADOPT A CAT

Our foster homes are full of wonderful cats and kittens waiting to be adopted. In order for BCCC to help more cats, we need to find homes for these terrific "fur kids". Please visit our website to see who is available for adoption, or feel free to pass this message along to anyone you know who may be interested in adopting one of our "fur kids". Thank you for your support. www.billericacatcarecoaliton.org

calendar@rumbonews.com

AMERICAN RED CROSS SCHEDULES BLOOD DRIVES IN SEPTEMBER

The American Red Cross will hold several community blood drives during the month of September. All eligible and new blood donors are encouraged to give blood. Blood donors are needed every day to ensure an adequate blood supply for patients in need.

All presenting donors will receive a coupon for half off a one-day pass to Six Flags New England and a coupon for a \$12.99 oil change and free tire rotation, redeemable at any Monro Muffler/Brake location, or a coupon for \$30 off any set of four tires, redeemable at any Tire Warehouse location. Prizes are not redeemable for cash and non-transferable. To make an appointment to donate blood, please call 1-800-RED CROSS (1-800-733-2767) or log onto redcrossblood.org.

La Cruz Roja Americana tendrá varias unidades de recolección de sangre en la comunidad durante el mes de septiembre. Todos los donantes de sangre elegibles son animados a donar sangre. Las donaciones de sangre son necesarias todos los días para garantizar un suministro adecuado de sangre para los pacientes que la necesitan.

Todos los donantes que se presenten recibirán un cupón para un descuento en un pase de un día a Six Flags New England a mitad de precio y un cupón para un cambio de aceite por \$12.99 y rotación de las ruedas gratis, canjeables en cualquier localidad de Monro Muffler/Brake, o un cupón de \$30 de descuento con cualquier compra de cuatro ruedas, canjeables en cualquier localidad de Tire Warehouse. Los premios no son canjeables por dinero en efectivo e intransferibles. Para hacer una cita para donar sangre, llame al 1-800-RED CROSS (1-800-733-2767) o visite redcrossblood.org.

DATE/TIME

Thursday, September 1, 2011
1:00 p.m. - 6:00 p.m.

Friday, September 2, 2011
10:00 a.m. - 3:00 p.m.

Saturday, September 3, 2011
8:00 a.m. - 1:00 p.m.

Tuesday, September 6, 2011
1:00 p.m. - 6:00 p.m.

Wednesday, September 7, 2011
10:00 a.m. - 3:00 p.m.

Thursday, September 8, 2011
10:00 a.m. - 3:30 p.m.

Friday, September 9, 2011
9:00 a.m. - 2:00 p.m.

Saturday, September 10, 2011
9:00 a.m. - 2:00 p.m.

Saturday, September 10, 2011
8:00 a.m. - 1:00 p.m.

Friday, September 16, 2011
10:00 a.m. - 3:00 p.m.

Wednesday, September 21, 2011
2:00 p.m. - 7:00 p.m.

Wednesday, Sept 21, 2011
2:00 p.m. - 7:00 p.m.

Wednesday, September 28, 2011
2:00 p.m. - 7:00 p.m.

DRIVE/LOCATION

East End Club
15 West Fourth St., Lowell, MA

Lannan Mazda
720 Rogers St., Lowell, MA

Caritas Health Care – Holy Family Hospital
70 East St., Methuen, MA

UMass Lowell
50 Warren St., Lowell, MA

UMass Lowell Cumnock Hall
1 University Ave. Lowell, MA

Osgood Landing & Ozzy Properties
16 Osgood Street, North Andover, MA

Lawrence General Hospital
1 General St., Lawrence, MA

Dracut Fire Department Harmony Hall
1660 Lakeview Ave., Dracut, MA

Masonic Lodge
7 High Street, Andover

East End Club
15 West Fourth St., Lowell, MA

Knights of Columbus
462 Broadway Methuen, MA

St. Joseph's Church
130 Common St, Belmont, MA

Knights of Columbus
462 Broadway, Methuen, MA

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.

To have your event listed on this section of Rumbo, please send us an email to (and only to) calendar@rumbonews.com. The email must contain the name, date, time and location of the event. A contact email and phone number is recommended. A brief description of less than 30 words could also be included. If your message is missing any of this information, it will not be posted. Posting of your event is subject to space availability. Rumbo is not responsible for any misprinted information.

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9

	1		8		4	9		
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2				3	6			7
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	7				9	4	2	
	3	9		6	5			1
		6	1		7		5	

DIFFICULTY: ★☆☆

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		2	8		6	3		

DIFFICULTY: ★★☆☆

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DIFFICULTY: ★★★

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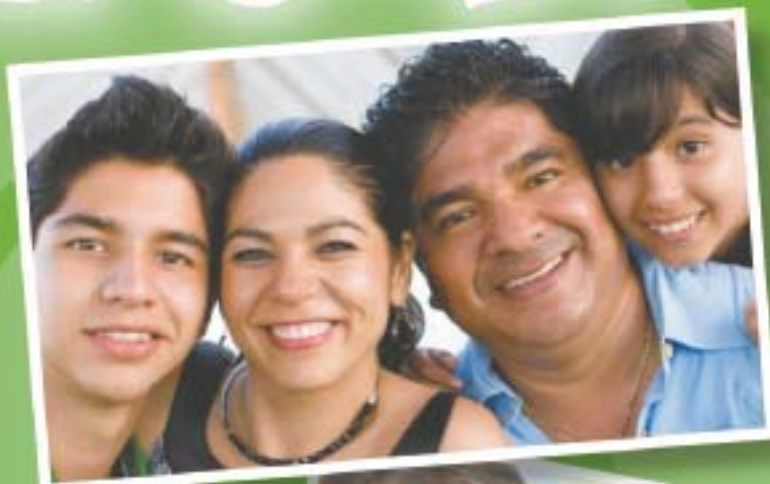
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Dr Sameera Hussain DMD and Assoc.

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