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The BILINGUAL Newspaper of the Merrimack Valley (NH) Salem, Nashua, Manchester

Disfrutan el parque de Lawrence



Campagnone es el parque principal de la Ciudad de Lawrence y durante el año pasado ha sido muy reformado. Se encuentra ubicado en la calle Common, justo enfrente del ayuntamiento. El Common contiene la fuente Robert Frost que proporciona un lugar de relajación. Hay un parque infantil situado cerca de la calle Jackson con un tobogán, columpios, y otros tipos de efectos para hacer ejercicios. Hay estacionamiento disponible en la calle, sin espacios designados para minusválidos. Baños portátiles están disponibles, pero no accesibles para personas discapacitadas.

Campagnone lleva el nombre de los tres hermanos Campagnone de Lawrence que dieron su vida durante la Segunda Guerra Mundial.

Una serie de monumentos a nuestros hombres y mujeres en servicio se puede encontrar en Campagnone. Un monumento de la guerra civil, erigida en 1881, con los nombres de los hombres de Lawrence que lucharon por la Unión se puede encontrar. El Common también es el hogar de monumentos de la Segunda Guerra Mundial, la Guerra Española-Estadounidense, la Guerra del Golfo, y la Guerra de Corea.

Disfrutando el nuevo parque infantil construido en Campagnone Common, se encuentran Roger St. Marie con su hijo Julian, 4, de Wimberley, Texas.

Enjoying the Common

Campagnone Common is the main park in the City of Lawrence and during the past year it has been greatly refurbished. It is located on Common Street, directly across from City Hall. The Common contains The Robert Frost Fountain which provides a place of relaxation. There is a playground located near Jackson Street with a slide, swings, a jungle gym, and monkey bars. Parking is available on street, with no designated handicapped spaces. Portable restrooms are available, but not handicapped accessible.

Campagnone Common is named for the three Campagnone brothers of Lawrence who gave their lives during World War II.

A number of memorials to our service men and women can be found at Campagnone Common. A Civil War memorial, erected in 1881, listing the names of the men from Lawrence who fought for the Union can be found. The Common also is the home to the World War II memorial, the Spanish-American War memorial, the Gulf War memorial, and the Korean War memorial.

Enjoying the new playground just build at Campagnone Common, pictured are Roger St. Marie with his son Julian, 4, from Wimberley, Texas.

Heal Lawrence trabajando / Heal Lawrence at work



Wayne Hayes, co-fundador de Heal Lawrence haciendo arreglos con Odania Pérez de La Quinta para una de las víctimas del fuego de la Calle Bruce. |2

Wayne Hayes, cofounder of Heal Lawrence making arraignments with Odania Perez of La Quinta for one of the victims of the Bruce Street fire. |2

FDA: define qué es "sin gluten" / Defining "gluten-free" - Pg. 6 & 7

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Sanando a Lawrence trabajando

Por Alberto Surís

Bajo la dirección de Wayne Hayes, un activista comunitario por más de 20 años y actualmente Presidente de la Asociación de Vecinos de Mount Vernon con la ayuda activa del bombero Juan "Manny" González de Lawrence, Heal Lawrence está muy activo ayudando a las familias que han perdido todo tipo de pertenencias en los últimos incendios en Lawrence.

Tanto Hayes como González habían trabajado juntos en un movimiento para derrocar al actual alcalde William Lantigua durante tres esfuerzos fallidos. Mientras que creían que deponer el alcalde era lo mejor para la ciudad, se dieron cuenta de que para curar realmente a Lawrence tenían que unir a la gente.

Ellos tenían la buena intención, pero no una meta todavía.

Cuando un incendio de tres alarmas destrozó una casa en el 9 de Lafayette Ave. la noche del viernes 7 de diciembre 2012, dejando a 11 personas sólo con la ropa que llevaban puesta el dúo entró en acción.

Comenzaron entrevistando a las víctimas, averiguando de sus necesidades y tratando de encontrar dónde pudieran pasar sus primeras noches. Entonces fueron a la comunidad pidiendo donaciones, que van desde tarjetas de regalo pagadas de tiendas, como muebles usados, etc.

Después del fuego de Lafayette Ave. vino el de Park Street, el del Sur de Broadway, el de la calle de Hancock y el más reciente, el fuego de Bruce Street el 5

de agosto que dejó a 16 personas sin hogar todavía en busca de alojamiento.

"Después de un incendio, algunas de las personas se quedan con familiares y amigos, pero los que no pueden, queremos ser capaces de ayudarles a salir adelante", dijo Hayes.

Una mujer ciega que logró salir de la casa sana y salva, pero perdió la mayor parte de sus posesiones fue alojada en La Quinta por dos noches. Según Hayes, está negociando con la administración del hotel para conseguir un buen precio para que las víctimas puedan permanecer allí. "Me gusta este lugar, ellos son locales y muy accesible", dijo Hayes.

Hayes, que ha vivido en Lawrence desde el 2000, dijo que la misión de Heal Lawrence es educar a los residentes acerca de cómo obtener y dar ayuda, y para facilitar la obtención de artículos para el hogar entre los donantes y las víctimas de incendios. El grupo también recoge donaciones de tarjetas de regalo que los voluntarios pueden distribuir a las víctimas después de los incendios.

"Es una inspiración ver cómo el público responde a las necesidades," dijo Hayes. "Parece como si la gente estuviera esperando para contribuir," añadió.

Los interesados en ayudar a las víctimas de incendios o hacer una donación pueden comunicarse con Hayes en heallawrence@aol.com.

Heal Lawrence at work

By Alberto Surís

Under the leadership of Wayne Hayes, a neighborhood activist for over 20 years and currently the President of the Mt. Vernon Neighborhood Association with the active help of Lawrence Firefighter Juan "Manny" Gonzalez, Heal Lawrence is very active in helping families who have lost their belongings in recent fires in Lawrence.

Both Hayes and Gonzalez have worked together in a movement to unseat the actual Mayor William Lantigua during three unsuccessful recall efforts. While they believed recalling the mayor was the best for the city, they realized that to truly heal Lawrence they had to bring people together. They had the good intention but not a goal yet.

When a three-alarm blaze ripped through a house at 9 Lafayette Ave. on Friday night December 7, 2012, leaving 11 people with just the clothes on their backs the duo jumped to action.

They started by interviewing the victims, finding about their needs and trying to find them where to spend their first nights. Then they reached out to the community asking for donations, ranging from store gift cards to used furniture.

After the Lafayette Ave. fire, came the Park Street fire, the South Broadway, the Hancock Street and the most recent fire,

on Bruce Street on August 5th that left 16 people homeless and still looking for housing.

"After a fire, some of the people stay with family and friends, but the ones who can't, we just want to be able to help them out," said Hayes.

A blind woman who made it out of the house unharmed but lost most of her possessions was placed at La Quinta for two nights. According to Hayes, he was negotiating with the administration of the hotel to get a good rate so victims can stay there. "I like this place, they are local and very accessible," said Hayes.

Hayes, who has lived in Lawrence since 2000, said Heal Lawrence's mission is to educate residents about how to receive and give help, and to facilitate getting household items between donors and fire victims. The group also collects gift card donations that volunteers can distribute to victims after fires.

It's inspiring seeing as the public responds to needs," said Hayes. "It seems as if people are waiting to contribute," added Wayne.

Those interested in helping the fire victims or making a donation can email Hayes at heallawrence@aol.com.

EDITORIAL | EDITORIAL

¿Tiene un seguro de inquilinos?

Hemos escrito antes sobre este importante seguro que USTED DEBE TENER.

Muchas veces hemos tratado este tema en CrossOver, programa de radio patrocinado por Rumbo y todavía vemos con consternación cuántos inquilinos pierden todas sus pertenencias personales en un robo, vandalismo, fuego y humo sin tener cobertura para reemplazarlos.

¡Probablemente usted posee más de lo que piensa! El inquilino promedio tiene invertido \$30,000 en bienes, entre ropa y DVDs a muebles, joyas y aparatos electrónicos. Y usted debe saber que el seguro del dueño en la propiedad usualmente cubre la estructura del edificio en que vive, NO sus pertenencias.

Seguros de Inquilinos es una póliza de seguros que proporciona la mayor parte de los beneficios de seguro a propietarios de vivienda. El propietario del edificio es responsable de asegurar, pero no se hace responsable de las pertenencias del inquilino. El seguro para inquilinos puede ayudar a protegerle incluso cuando el robo o la pérdida se producen fuera de casa - como en un hotel.

Nuestro consejo es que consulte con la compañía de seguros donde tenga su vehículo asegurado. Usted se sorprenderá de lo barato que es el seguro de inquilinos. La mayoría de los lugares cobran entre \$70.00 y \$100.00 anuales.

Algunas personas que experimentan un incendio o robo, después atravesar la agonía de volver amoblar un apartamento, sólo para descubrir que todavía tienen que pagar a sus acreedores por cualquier pieza o equipo que compró a crédito y ya no posee.

No piense que "nunca me va a pasar a mí". Créalo o no, a algunas personas le ha ocurrido más de una vez.

No sea uno de ellos.

Do you have renters insurance?

We have written before about this important YOU MOST HAVE insurance.

Many times we have brought this theme in CrossOver, Rumbo- sponsored radio show and still we see with dismay how many renters lose all their personal belongings due to theft, vandalism, fire and smoke without coverage to replace them.

You probably own more than you think! The average renter owns \$30,000 worth of possessions, from linens and DVDs to furniture, jewelry and electronics. And you should be aware that your landlords' property insurance usually covers only the building structure you live in, NOT your personal belongings.

Renters insurance is an insurance policy which provides most of the benefits of homeowners' insurance. The owner of the building is responsible for insuring it, but bears no responsibility for the tenant's belongings. Renters insurance can help protect you even when a theft or loss occurs away from home - such as in a hotel.

Our advice is to check with the insurance company with which you have your vehicle insured. You will be amazed how inexpensive renters insurance is. Most places charge between \$70.00 to \$100.00 a year.

Some people after experiencing a fire or theft, and going thru the agony of the aftermath... relocating, furnishing anew, etc. just to find out that they still have to pay their creditors for any equipment they took on credit and no longer own.

Don't ever think "that will never happen to me". Believe it or not, to some people it has happened more than once.

Don't be one of them.

Rumbo

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DIRECTOR AND GRAPHIC DESIGN
Dalia Díaz
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR
Alberto M. Surís
albertosuris@rumbonews.com



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Ocho residentes locales están listos para nuevas carreras como maquinistas



El graduado Do Brach de Lawrence, MA con Bill Heineman, NECC vice presidente de asuntos académicos a la izquierda y Mike Munday, CEO de Arwood Machine Corporation a la derecha. Munday fue el orador invitado a la graduación y ya contrató al Sr. Brach en el departamento de ingeniería en su compañía. El es ingeniero mecánico y habla tres idiomas incluyendo inglés, khmer, y francés.

La FDA advierte sobre algunos riesgos raros del acetaminofén

El acetaminofén o paracetamol, uno de los medicamento más utilizados para tratar la fiebre y aliviar el dolor en los EE.UU., puede causar reacciones cutáneas (en la piel) poco frecuentes pero graves, advierte la Administración de Alimentos y Medicamentos (FDA).

Aunque en rara vez, las posibles reacciones al acetaminofén incluyen tres enfermedades graves en la piel cuyos síntomas pueden incluir erupción, ampollas y, en el peor de los casos, daños a la superficie de la piel. Si usted está tomando acetaminofén y desarrollar una erupción u otra reacción en la piel, deje de tomar el producto inmediatamente y busque atención médica de inmediato.

La FDA valora su opinión sobre la

información de la salud que se ofrece a los consumidores. Envíe sus preguntas, comentarios o ideas para artículos a: consumerinfo@fda.hhs.gov

La FDA, una agencia del Departamento de Salud y Servicios Humanos de los Estados Unidos, protege la salud pública asegurando la integridad, eficacia y seguridad de los medicamentos humanos y veterinarios, vacunas y otros productos biológicos para uso humano y dispositivos médicos. La agencia también es responsable por la protección y seguridad del suministro de alimentos de nuestra nación, cosméticos, suplementos dietéticos, productos que emiten radiación electrónica, y de regular los productos del tabaco.

El martes, 30 de julio ocho estudiantes locales cambiaron de carrera graduándose del programa de operador certificado de Northern Essex Community College CNC, listo para nuevas carreras en la industria manufacturera.

El diverso grupo de graduados incluyó un ex miembro de la marina rusa que ha estado trabajando como ebanista, un financiero con un título de licenciatura de Villanova, y un ingeniero mecánico que habla tres idiomas.

Esta es la segunda clase que se gradúa del programa que fue lanzado en enero de 2012 en colaboración con la escuela Whittier Regional Vocational Technical School. El programa fue creado para satisfacer las demandas de los empleadores de personas que están capacitadas para operar computadoras controladas numéricamente (CNC) que se utilizan para producir piezas metálicas de alta precisión.

Michael J. Munday, director general de Arwood Machine Corporation en Newburyport, graduado de Northern Essex, fue el orador invitado de la graduación. Munday compartió la gran necesidad de trabajadores cualificados en estos campos y describió las muchas oportunidades profesionales que están disponibles. "Hay carreras disponibles en talleres de mecánica, administración, contabilidad, compras, recursos humanos, planificación y producción", dijo. "Muchas posiciones están abiertas. Tenemos que encontrar candidatos calificados o vamos a perder la oportunidad de recuperar la economía."

Munday ya ha contratado Do Brach de Lawrence, MA, uno de los graduados, y espera contratar a más en el futuro.

George Moriarty, director ejecutivo de Northern Essex para el desarrollo de la fuerza laboral y las relaciones corporativas, agradeció a los numerosos socios locales que ayudaron a hacer de este programa un éxito, incluyendo a Whittier, Merrimack Valley Workforce Investment Board, el Centro de Carreras ValleyWorks, empresarios locales; el instructor Joe Barrett, y lo más importante, los graduados. También reconoció Greater Lawrence Technical School, que se asoció con la universidad en la primera sesión del programa.

"Después de décadas de declive, la industria manufacturera está disfrutando de un rebote significativo en Massachusetts y en todo el país", dijo Moriarty. "Empleos en las fábricas de bajos salarios han sido sustituidos por carreras... carreras con salarios competitivos en los campos de manufactura avanzada como semiconductores, aeroespacial, la producción de plásticos y equipos médicos."

Los estudiantes en el programa tomaron clases en estudios de cimentación y en teoría y aplicaciones en NECC Riverwalk, 360 Merrimack St, Lawrence, y recibieron capacitación práctica mecanizada en Whittier. Ellos aprendieron a programar y operar máquinas, realizar montaje básico, e inspeccionar los productos terminados.

Un nuevo programa de operador de máquina CNC comenzará en septiembre. Los interesados están invitados a ponerse en contacto con Renee Deyermond, rdeyermond@necc.mass.edu, 978 659-1223.

ANUNCIO PAGADO

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Eight local residents are ready for new careers in machining

On Tuesday, July 30, eight local career changers graduated from Northern Essex Community College's CNC machine operator certificate preparation program, ready for new careers in manufacturing.

The diverse group of graduates included a former member of the Russian navy who has been working as a cabinetmaker, a financier with a bachelor's degree from Villanova, and a mechanical engineer who speaks three languages.

This is the second class to graduate from the program which was launched in January of 2012 in partnership with Whittier Regional Vocational Technical School. The program was created to meet employer demand for individuals who are trained to operate computer numeric controlled (CNC) machines which are used to produce metal parts with high precision.

Michael J. Munday, CEO of Arwood Machine Corporation in Newburyport, a graduate of Northern Essex, was the guest graduation speaker. Munday shared the great need for skilled employees in these fields and outlined the many career opportunities that are available. "There are careers available in the machine shop, administration, accounting, purchasing, human resources, planning, and production," he said. "Many positions are open. We need to find qualified candidates or we will miss the opportunity to recover the economy."

Munday has already hired Do Brach of Lawrence, MA, one of the graduates, and

he hopes to hire more in the future.

George Moriarty, Northern Essex's executive director for workforce development and corporate relations, thanked the many local partners who helped make this program a success, including Whittier, the Merrimack Valley Workforce Investment Board, ValleyWorks Career Center, and local employers; instructor Joe Barrett; and, most importantly, the graduates. He also recognized Greater Lawrence Technical School which partnered with the college on the first session of the program.

"After decades of decline, manufacturing is enjoying a significant rebound in Massachusetts and across the nation," Moriarty said. "Low-paying factory jobs have been replaced by careers... careers with competitive wages in advanced manufacturing fields such as semi-conductors, aerospace, plastics production, and medical equipment."

Students in the program took classes in foundation studies and in theory and applications at NECC Riverwalk, 360 Merrimack St., Lawrence, and received hands-on machining training at Whittier. They learned to program and operate machines, perform basic assembly, and inspect finished products.

A new CNC Machine Operator Program will begin in September. Those interested are invited to contact Renee Deyermond, rdeyermond@necc.mass.edu, 978 659-1223.



Graduate Do Brach of Lawrence, MA with Bill Heineman, NECC vice president of academic affairs on the left and Mike Munday, CEO of Arwood Machine Corporation on the right. Munday was the guest speaker at the graduation and he has already hired Brach in his company's engineering department. A mechanical engineer, Brach speaks three languages including English, Khmer, and French.

Los graduados fueron:	Groveland	Methuen
Graduates included:	Brian Parks	Brian Pekarski
Bradford	Lawrence	Milton, NH
Jason Coppola	Do Brach	Ben Macedo
Georgetown	Lowell	
Victor Pankov	Brian Austin	
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La FDA define el término "sin gluten" para el etiquetado de alimentos

Nuevas regulaciones establecen la definición estándar para proteger la salud de las personas con la enfermedad celíaca.

La Administración de Alimentos y Medicamentos de los Estados Unidos publicó hoy un nuevo reglamento de la definición del término "sin gluten" ("gluten-free") para el etiquetado voluntario de alimentos. Esto proporcionará una definición estándar uniforme para ayudar a cerca de 3 millones de personas en los Estados Unidos que tienen la enfermedad celíaca, un trastorno digestivo en el sistema inmune que puede ser tratado eficazmente por el consumo de una dieta sin gluten.

"La adherencia a una dieta sin gluten es la clave para el tratamiento de la enfermedad celíaca, que puede afectar la vida diaria", dijo la comisionada de la FDA, la doctora Margaret A. Hamburg. "La nueva definición de la FDA del término 'sin gluten' ayudará a las personas con esta enfermedad a elegir alimentos con tranquilidad y les permitirá controlar mejor su salud".

Esta nueva definición federal estandariza el significado de declaraciones "sin gluten" en toda la industria alimentaria. Requiere que, a fin de utilizar el término "sin gluten" en la etiqueta, un alimento deba cumplir con todos los requisitos de la definición, incluyendo que la comida deba contener menos de 20 partes por millón

de gluten. La norma también exige que los alimentos con las declaraciones "no gluten", "libre de gluten", y "sin gluten" cumplan con la definición de "sin gluten" (gluten-free).

La FDA reconoce que muchos de los alimentos actualmente etiquetados como "sin gluten" pueden ya cumplir con la nueva definición federal. Los fabricantes de alimentos tendrán un año después que la regulación se publique para que las etiquetas de sus productos estén en cumplimiento con los nuevos requisitos.

"Animamos a la industria alimentaria a estar en cumplimiento con la nueva definición tan pronto como sea posible y ayudarnos a hacer lo más fácil posible para que las personas con enfermedad celíaca identifiquen alimentos que cumplen con la definición federal de "sin gluten", dijo Michael R. Taylor, comisionado adjunto de la FDA para la Oficina de Alimentos y Medicina Veterinaria.

El término "gluten" se refiere a las proteínas que se encuentran naturalmente en el trigo, el centeno, la cebada y en el cruce híbrido de estos granos. En las personas con enfermedad celíaca, los alimentos que contienen gluten desencadenan la producción de anticuerpos que atacan y dañan la mucosa del intestino delgado. Este daño limita la capacidad de los pacientes



"sin gluten" y ayudar a las personas con enfermedad celíaca a tener una dieta sin gluten.

La FDA, una agencia del Departamento de Salud y Servicios Humanos de los Estados Unidos, protege la salud pública asegurando la integridad, eficacia y seguridad de los medicamentos humanos y veterinarios, vacunas y otros productos biológicos para uso humano y dispositivos médicos. La agencia también es responsable por la protección y seguridad del suministro de alimentos de nuestra nación, cosméticos, suplementos dietéticos, productos que emiten radiación electrónica, y de regular los productos del tabaco.

LETTERS TO THE EDITOR

RUMBO
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FDA defines "gluten-free" for food labeling

New rule provides standard definition to protect the health of Americans with celiac disease

The U.S. Food and Drug Administration today published a new regulation defining the term "gluten-free" for voluntary food labeling. This will provide a uniform standard definition to help the up to 3 million Americans who have celiac disease, an autoimmune digestive condition that can be effectively managed only by eating a gluten free diet.

"Adherence to a gluten-free diet is the key to treating celiac disease, which can be very disruptive to everyday life," said FDA Commissioner Margaret A. Hamburg, M.D. "The FDA's new 'gluten-free' definition will help people with this condition make food choices with confidence and allow them to better manage their health."

This new federal definition standardizes the meaning of "gluten-free" claims across the food industry. It requires that, in order to use the term "gluten-free" on its label, a food must meet all of the requirements of the definition, including that the food must contain less than 20 parts per million of gluten. The rule also requires foods with the claims "no gluten," "free of gluten," and "without gluten" to meet the definition for "gluten-free."

The FDA recognizes that many foods

currently labeled as "gluten-free" may be able to meet the new federal definition already. Food manufacturers will have a year after the rule is published to bring their labels into compliance with the new requirements.

"We encourage the food industry to come into compliance with the new definition as soon as possible and help us make it as easy as possible for people with celiac disease to identify foods that meet the federal definition of 'gluten-free'" said Michael R. Taylor, the FDA's deputy commissioner for foods and veterinary medicine.

The term "gluten" refers to proteins that occur naturally in wheat, rye, barley and cross-bred hybrids of these grains. In people with celiac disease, foods that contain gluten trigger production of antibodies that attack and damage the lining of the small intestine. Such damage limits the ability of celiac disease patients to absorb nutrients and puts them at risk of other very serious health problems, including nutritional deficiencies, osteoporosis, growth retardation, infertility, miscarriages, short stature, and intestinal cancers.

The FDA was directed to issue the new regulation by the Food Allergen Labeling and Consumer Protection Act (FALCPA), which directed FDA to set guidelines for the



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use of the term "gluten-free" to help people with celiac disease maintain a gluten-free diet.

The FDA, an agency within the U.S. Department of Health and Human Services, protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and

other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation's food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products.

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¿Problemas al dormir? Ocho consejos para dormir mejor

Posted by Omar Cabrera, Community Health Education Manager at DPH.



¿Necesita dormir más? Así como el comer y respirar, el sueño es una función necesaria que a veces tomamos por desapercibido. Así como responde al comer y respirar, nuestro cuerpo nos dice cuando no dormimos lo suficiente, nos sentimos soñolientos, con hambre, y podemos ponernos de mal humor. De hecho, la falta de sueño puede alterar cómo funciona todo nuestro cuerpo. Dormir menos de las horas que necesitamos aumenta el riesgo de contraer un resfriado y tener dolores de cabeza, migrañas y otras enfermedades.

Lo que la mayoría de nosotros no nos damos cuenta es cómo la falta de sueño influye en nuestro estado emocional. La falta de sueño nos hace menos alerta, lo cual puede interferir con nuestro rendimiento en el trabajo y la escuela. Problemas con el sueño como insomnio y apnea del sueño pueden conducir a problemas de salud mental. Eso es porque el sueño ayuda a que las partes de nuestro cerebro que controlan las emociones y las interacciones sociales descansen. Cuando no dejamos que nuestro cuerpo y mente descansen, los estados emocionales cada vez se convierten en más activos, y tenemos menos control sobre nuestras emociones. Podemos llegar a sentirnos más ansiosos, nerviosos, enojados, y menos capaces de lidiar con

el estrés. No dormir lo suficiente puede incluso contribuir a condiciones de salud mental graves, como la depresión y la esquizofrenia.

Mientras que el cuerpo de cada persona es diferente y requiere diferentes cantidades de sueño, es bueno tratar de dormir 8 horas por noche. Pero, si una noche usted no durmió lo suficiente, una breve siesta de 20 minutos puede hacer maravillas para la mente y el cuerpo.

La buena noticia es que hay muchas maneras de cómo lograr dormir mejor. Aquí algunas ideas:

Actividad física

Actividad aeróbica normal todos los días, como caminar a paso ligero y andar en

POR FAVOR VEA **DORMIR**
 ■ CONTINÚA EN LA PAGINA 21

Trouble in the Sleep Department? 8 Tips for Better Sleep

Posted by Alison T. Brill, MPH, Community Suicide Prevention Coordinator at the Massachusetts Department of Public Health.

of melatonin and make it harder to sleep.

Reduce Screen Time Before Bed

Stop checking your email or watching TV before bedtime and you'll sleep better. People who stare at TV, computer, or iPad screens just before going to sleep have lower-quality sleep, even when they get as much sleep as those who shut off these devices at least an hour before bedtime! Light-emitting devices stimulate the brain in a different way than the way the body was intended to move towards sleep (gradually as the sun sets).

Relaxation techniques.

Meditation, guided imagery (i.e., relaxation and mental visualization to improve mood and/or physical well-being.), deep breathing exercises, and progressive muscle relaxation (i.e., alternately tensing and releasing muscles) can counter anxiety and racing thoughts. Learn more here.

Cut down on caffeine.

Caffeine can cause sleep problems up to ten to twelve hours after drinking it! Consider eliminating caffeine after lunch or cutting back your overall intake.

Avoid heavy meals before bedtime.

Eating too much can keep you up. Some foods can help, though. Milk contains tryptophan, which is a sleep-promoting substance. Other foods that may help promote sleep include tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, bok choy, peaches, walnuts, apricots, oats, asparagus, potatoes, buckwheat, and bananas.

Talk to your doctor.

If you've tried all or most of these tips and still toss and turn most nights, it's a good idea to talk with your physician. You might have a sleep disorder, like insomnia and/or sleep apnea. The sooner you find out what's wrong, the sooner you can work on fixing it. If you suspect something is wrong, check it out right away.

Written By: Alison Brill, Community Suicide Prevention Coordinator at the Massachusetts Department of Public Health

Need to catch more zzz's? Just like eating and breathing, sleep is a necessary function that we may take for granted. And just like responses to eating and breathing, our body tells us when we don't get enough sleep – we feel drowsy, hungrier, and may be more irritable. In fact, a lack of sleep can alter how our entire body functions. Getting less sleep than we need increases our risks of catching a cold and getting headaches, migraines and other illnesses.

What most of us don't realize is how lack of sleep influences our emotional state. Sleeplessness makes us less alert, which can interfere with our performance at work and school. Frequent sleeplessness, or sleep disorders like insomnia and sleep apnea, can also lead to mental health problems. That's because sleep helps give the parts of our brains that control emotions and social interactions a rest. When we don't let our body and mind rest, emotional states become more active, and we have less control over our emotions. We may feel more anxious, irritable, angry, and less able to cope with stress. Not getting enough sleep can even contribute to serious mental health conditions, like depression and schizophrenia.

While everyone's body is different and requires different amounts of sleep, it's good to aim for 8 hours per night. But, if you didn't get enough sleep one night, a brief, 20 minute nap can do wonders for your mind and body. The good news is that there are many ways to get more shut-eye. Here are a few:

Physical activity

Regular aerobic activity every day, like brisk walking and biking, helps people fall asleep faster, spend more time in deep sleep, and awaken less often during the night.

Maintain a regular sleep-and-wake schedule

Set a regular bedtime, and wake up at the same time every day.

Spend more time outside during daylight

Spending long days in an office away from natural light can impact your daytime wakefulness and make your brain sleepy. Then bright lights at night – especially from hours spent in front of the TV or computer screen – can suppress your body's production

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NEWS & EVENTS IN HAVERHILL

Timber Harvest to Begin at Clement Farm Conservation Area

As part of the City of Haverhill's Forest Management plan, active timber harvesting is scheduled to occur in Clement Farm Conservation Area beginning the week of July 22nd. The City's Forest Management plan goals are to enhance the quality of the City's forests; create a resident firewood program; create an educational forest stewardship trail; protect water quality; preserve scenic beauty; improve passive recreational opportunities; and enhance wildlife habitat. The timber harvesting process seeks to align with the forest management plan goals.

Work is expected to take approximately three weeks to complete. There will be use of heavy equipment on the property to properly conduct the timber harvesting operation. As such, the Conservation Area, including the open meadow on the southerly side of the property, will be closed to the public as a safety precaution during the operation. The ball fields and their public parking lot will remain open for evening league play only.

Timber removed from the property during this operation has been sold through a competitive bid process to Hopkinton Forestry & Land Clearing, Inc. out of Henniker, NH. A condition of the sale is that Hopkinton provide seven (7) cords of fuelwood for use by the City in its pilot "Home Fuelwood Program". This program will allow Haverhill residents the opportunity to purchase locally produced

fuelwood for their own private use. Look for more details on this program in the near future.

All proceeds from these timber sales, estimated to be around \$11,000, will be deposited into the City's Municipal Open Space Management Fund to cover the forestry costs already incurred by the City and to fund a sustainable forest management program for the rest of the City's forested areas. Following the completion of work, the Conservation Area will be re-opened to the public for passive recreational activities and the full use of the ball fields.

Mayor James J. Fiorentini stated: "This program gives residents an opportunity to purchase locally produced fuelwood through the City's Pilot Program.

"Next year, we hope to expand the program to other forest areas."

In May of 2011, the Haverhill Forest Management Committee met with local residents and conducted a site walk to review the Forest Management Plan drafted for this property by the City's forestry consultant, Gary Gouldrup of New England Forestry Consultants. Funding assisting for the development of this Plan was provided by the Massachusetts Department of Conservation and Recreation. Early in 2012, the Committee contracted the Massachusetts Audubon Society's Ecological Extension Service to conduct a wildlife habitat analysis of the property. Audubon studied the property through last winter and spring

Mayor to Re-Open Route 110 Rest Area as Gateway Viewing Park to the Merrimack River

Today, Mayor James J. Fiorentini announced that he is re-opening the Route 110 rest area as a gateway viewing park to the Merrimack River. In the Mayor's State of the City address, the Mayor referenced his vision for better parks and playgrounds throughout the City. The rest area has been closed for approximately 12 years, but the Mayor has formed a partnership with the neighbors and community volunteers that have committed to helping the Mayor revitalize the area for residents and guests to enjoy. The park will have picnic tables, trails, viewing areas with benches to enjoy the Merrimack River and its surrounding plantings. The park can also be used for walking dogs on leashes and fishing.

The park will be open from June 1

thru October 1, opening at 8:00AM until 8:00PM. The park will be open and closed daily by volunteers and police will take notice. The park was originally a state highway rest area and was donated to the City in 1998.

Mayor Fiorentini stated: "The new Route 110 Park will give residents and guests of our City an opportunity to enjoy a piece of Haverhill and one of our valued assets, the Merrimack River.

"The City has partnered with the neighbors and community volunteers to help revitalize the area, their commitment and dedication is vital to its success.

"I am looking forward to seeing a series of trails, picnics and families enjoying the area."

and provided the Committee with a number of recommendations for proceeding with active forest management on the property, while being attentive to wildlife and songbird habitat needs.

Mr. Gouldrup used these recommendations and the Forest Management Plan to draft a Forest Cutting Plan for active and responsible management of the forest on this property. In November of 2012, the Committee conducted a second public site walk with residents to discuss the active management of this property and review the trees proposed for harvesting this winter. The Plan has since been approved by MassDCR.

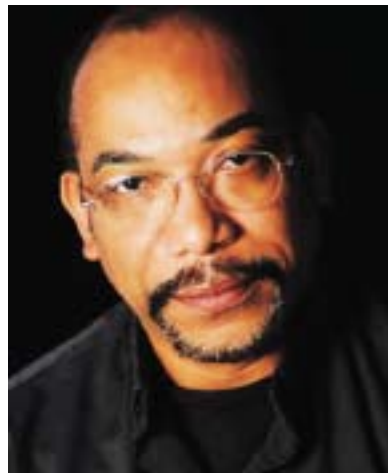
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BRIAN DE PEÑA

Local Residents Named Presidential Scholars at NECC

Fifteen local 2013 high school graduates have been accepted to the Presidential Scholars Program at Northern Essex Community College.

In its 14th year, the Presidential Scholars Program is designed to attract motivated high school students to Northern Essex. Students are selected based on their high school academic record and recommendations from high school guidance counselors and teachers.

"Our Presidential Scholars Program targets academically motivated high school graduates who have decided to start their college education at Northern Essex," said Lane Glenn, president of Northern Essex. "Most plan to transfer to a four-year college or university after getting an associate's degree from Northern Essex."

This year's Presidential Scholars include:

Amesbury

Jessica McDermit, Amesbury High School, General Studies; Health

Andover

Solymar Velez, Greater Lawrence Technical High School

Georgetown

Paul D'eon, Georgetown High School, Criminal Justice

Groveland

Marguerite Fijux, Pentucket Regional High School, Liberal Arts

Haverhill

Shannon Corcoran, Haverhill High School, Lab Science

Stephanie Cordeiro, Haverhill High School, Criminal Justice

Nicholas Pham, Haverhill High School, Criminal Justice

Courtney McLaughlin, Whittier Regional Vocational Tech, Early Childhood Education

Kiana Rivera, Whittier Regional Vocational Tech, General Studies; Art

Lawrence

Edna Colon, Lawrence High School, General Studies: Health

Jonathan Hernandez, Lawrence High School, Liberal Arts

Eva Reynoso, Lawrence High School, General Studies: Health

Methuen

Kathryn Gagnon, Methuen High School, Liberal Arts

James Nicosia, Methuen High School, Business Transfer

Salisbury

Alaina Marino, Triton Regional High School, Liberal Arts: History



Pictured from left to right in the back row are Kathryn Gagnon, Methuen, Alaina Marino, Salisbury, James Nicosia, Methuen, Jessica McDermit, Amesbury, Lane Glenn, NECC president, Edna Colon, Lawrence, Courtney McLaughlin, Haverhill, and Nicholas Pham, Haverhill.

Pictured from left to right in the front row are Paul D'eon, Georgetown, Marguerite Fijux, Groveland, and Kiana Rivera, Haverhill.

In addition to the honor of being named to this selective program, students receive a \$1,000 scholarship from the college. Presidential Scholars are also paired with an administrator from the college who serves as a mentor, and are encouraged to participate in a variety of enrichment programs offered at Northern Essex, including the Student Leadership Development Program, the Student Ambassador Program, and the college's Honors Experience.

To be eligible, students must have a minimum 2.5 grade point average in high

school and be nominated by a high school guidance counselor, teacher, or principal. Each must plan to earn an associate's degree at Northern Essex before transferring to a four-year Massachusetts state college or university.

For more information on the NECC Presidential Scholars Program, contact the Office of the Senior Vice President of Enrollment Management, 978 738-7497 or mespaillat@necc.mass.edu.

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Cómo lidiar con las costosas actividades extracurriculares de los niños

POR/BY JASON ALDERMAN



Al presupuestar los gastos de la vuelta al colegio, los padres suelen incluir los gastos de rutina, como la ropa, los útiles escolares y, tal vez, una mochila nueva. Pero si sus hijos realizan actividades extracurriculares, ya sea algún deporte, clases de música o de arte, si no es cuidadoso, podría tener que pagar cientos —o incluso miles— de dólares en gastos adicionales a lo largo del año.

Como padres, no queremos coartar las iniciativas deportivas o artísticas de nuestros hijos, especialmente cuando nos cuesta tanto alejarlos de sus iPods y Xboxes. Pero a veces tenemos que dar un paso atrás, estudiar las diferentes opciones que tenemos y decidir qué podemos pagar sin que afecte a nuestras otras metas y responsabilidades financieras.

Tendrá que enfrentarse a preguntas difíciles, como “¿Qué es mejor para el futuro de mi hijo, gastar \$500 en clases de fútbol que va a disfrutar mucho o invertir el dinero en un Plan de Ahorros Universitarios 529?”

Mi esposa y yo solemos lidiar con este tipo de cuestiones. Por ejemplo, el otoño pasado el equipo de béisbol de nuestro hijo le quedó chico y nos rogó que le compráramos un bate nuevo que nos costó

\$125. Un año más tarde, el bate quedó en el banco de suplentes porque prefiere usar el de un amigo. (Pero no siempre le damos el gusto: Cuando hace poco se obsesionó con un par de zapatillas de última generación que costaba \$200, le dijimos que no).

Uno de los mejores consejos que recibí de otros padres es que cuando tus hijos están explorando nuevas actividades, no hay que dedicarle demasiado tiempo o dinero hasta saber si realmente les gusta o la cambiarán rápidamente por otra.

Por ejemplo, antes de gastar una fortuna en clases de natación particulares, empiece de a poco con clases de verano en su YMCA local o centro recreativo. Si su hijo demuestra tener una aptitud genuina y soporta las largas horas de práctica, entonces podrá explorar otras alternativas más costosas. Solo recuerde quién deberá llevarlo a las clases y a los encuentros de natación fuera de la ciudad; en otras palabras, asegúrese de poder cumplir con su compromiso horario antes de aceptar.

Estos son algunos consejos para dar prioridad a las actividades extracurriculares y reducir los costos:

- Enfóquese en un solo deporte o actividad por hijo y por temporada, especialmente si son muchas clases o juegos por semana.
- Haga “pool” con otros padres para llevar y traer a los niños. Así ahorrará combustible y tiempo, especialmente si

sus hijos realizan actividades en lugares diferentes.

- Infórmese sobre el equipo que necesitará y cuántas clases tendrá. Algunos deportes, como el fútbol o el básquet pueden ser relativamente económicos; mientras que para otros, como la equitación, el golf o el patinaje sobre hielo, se necesitan equipos caros o alquilar instalaciones costosas.

- Alquile o compre equipos (o instrumentos musicales) usados hasta estar seguro de que sus hijos continuarán realizando la actividad. Visite las tiendas Play It Again, los sitios web como Craigslist y las ventas de garaje.

- Busque o genere un intercambio de equipos deportivos en su comunidad, donde las familias puedan donar los equipos y uniformes que ya les queden chicos o no usen para que los puedan usar otros.

- Probablemente sea mejor invertir en

equipos de protección nuevos, como cascos y máscaras, en lugar de comprarlos usados —y posiblemente dañados. Lo mismo ocurre con las zapatillas o los guantes de béisbol, que suelen adoptar la forma del cuerpo del niño —a menos que tengan poco uso.

A veces, vale la pena hacer el esfuerzo de pagar el costo de un programa electivo sacrificando alguna otra cosa del presupuesto. A nuestra hija le encanta el teatro, por lo que decidimos recortar nuestro presupuesto vacacional para enviarla al campamento de teatro. Hará nuevos amigos y desarrollará sus habilidades dramáticas y sociales en un lugar que la escuela pública no ofrece.

Jason Alderman dirige los programas de educación financiera de Visa. Para seguir a Jason Alderman en Twitter: www.twitter.com/PracticalMoney.

Coping with Expensive Kids' Extracurricular Activities

When budgeting for back-to-school expenses, parents generally include routine fare like clothes, school supplies and maybe a new backpack. But if your kids participate in extracurricular activities, whether it's sports, music lessons or art classes, you could be on the hook for hundreds — or even thousands — of dollars in additional expenses throughout the year if you're not careful.

As parents, we hesitate to stifle our children's athletic and creative urges, especially when it can be so difficult to drag them away from their iPods and Xboxes. But sometimes you've just got to step back, weigh the different options available and decide what you can afford without upsetting your other financial goals and responsibilities.

You'll face tough questions like, "Is it better for my child's future to spend \$500 on a soccer day camp he'll really enjoy or to invest the money in a 529 College Savings Plan?"

My wife and I commonly wrestle with these types of questions. For example, last fall our son had outgrown his baseball equipment and was begging us for a new bat that cost \$125. A year later, it sits on the sidelines because he prefers to use a friend's bat. (We're not complete pushovers, however: When he recently obsessed over a \$200 pair of high-tech gym shoes, we said no.)

Among the best advice I've received from other parents is, when your kids are exploring new activities, don't overcommit your time or money until you know whether they'll stick with it or quickly move on to the next thing.

For example, before you sink a small fortune into private swimming lessons, start small with a summer class at your local Y or recreation center. If your kid shows a genuine aptitude and doesn't balk at long hours of practice, then you can explore more costly alternatives. Just remember who'll be driving to practice and out-of-town swim meets; in other words, make sure you can honor the time commitment before signing on.

Here are a few tips for prioritizing extracurricular events and keeping your costs down:

- Focus on one sport or activity per kid, per season, especially if they involve multiple practice sessions or games per week.

- Form carpools with other parents. You'll save gas money and time, especially if your kids are practicing at different locations.

- Learn how much equipment and instruction the sport requires. Some, like soccer and basketball can be relatively inexpensive; while others, like horseback riding, golf and ice skating involve expensive equipment or facility rental time.

- Rent or buy used sporting equipment (or musical instruments) until you're sure they'll stick with the activity. Visit Play It Again Sports stores, online ad sites like Craigslist and yard sales.

- Seek out or form a sports equipment exchange in your community where families can donate outgrown or cast-off equipment and uniforms for others to use.

- It's probably better to invest in new safety gear, like helmets and masks, than to buy it used — and potentially damaged. The same goes for items like shoes or baseball gloves that become molded to a child's body — unless they were hardly used.

Sometimes the cost of an elective program is worth making sacrifices elsewhere in your budget. Our daughter loves theater arts, so we decided it was worth shaving our vacation budget to send her to theater camp. She'll make new friends and hone her dramatic and social skills in an environment that public school just can't duplicate.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

¡AHORA 1 SUBASTA SEMANAL!



SUBASTA PUBLICA DE AUTOS

¡VENGA A LA SUBASTA SEMANAL!

SÁBADOS A LAS 11 AM

INSPECCIONES 2 HORAS ANTES DE LA SUBASTA

EL ÚNICO LUGAR EN TODA EL ÁREA CON SUBASTAS DE AUTOS ABIERTAS AL PÚBLICO

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(603) 622-9058**



Necesitamos Socios Familiares

Se necesitan socios familiares para ayudar a las familias de Hábitat hacer una transición sin problemas a la vivienda propia. Un socio de la familia será un

- amigo para motivar y apoyarlos
- Un buen oyente, paciente, y un socio que está disponible cuando la familia tiene decisiones que tomar, tales como la elección de encimeras de cocina o suelos
- Proporcionar a la familia con recursos o ideas para la superación personal
- Un socio de la familia se verá involucrado en el proceso de propiedad de vivienda de Hábitat, ayudándoles con el proceso de construcción de Hábitat para la Humanidad

Esta es una buena oportunidad para hacer una diferencia en la vida de una familia.

Por favor, salga, sea un socio de familia y ayude a una familia de Hábitat.

Si usted está interesado en ayudar contacte a la Coordinadora de Servicios para la Familia: Roxanna al 978-681-8858.

Family Partners Needed

Family partners are needed to help Habitat families make a smooth transition to home ownership. A family partner will be a

- Friend to motivate and support them
- A good listener, patient, and a partner who is available when family has decisions to make such as choosing kitchen countertops or flooring
- Provide the family with resources or ideas for self improvement
- A family partner will be involved in the Habitat homeownership process by helping them with the Habitat for Humanity building process

This is a good opportunity to make a difference in the life of a family.

Please come out, become a family partner and help a Habitat family.

If you are interested in helping a family contact the Family Service Coordinator: Roxanna at 978-681-8858



Mornings



JIM carter



LOU blasi

**Weekdays
7am to 10 am**



Afternoons



MICHAEL graham

**Weekdays
12pm to 3pm**

Lockhart Returns to the Merrimack Valley for NECC Fundraiser

There is still time to purchase tickets to see Keith Lockhart and Friends on Saturday, September 28, at 7:30 p.m. at the Collins Center for the Performing Arts at Andover High School in Andover. This event is presented by the Northern Essex Community College Foundation, Inc., the Women of NECC, and the NECC Alumni Association. Proceeds from this NECC signature event will benefit NECC's Endowment Fund.

Lockhart will present a talk on composer Igor Stravinsky's "The Soldier's Tale," illustrated by periodic interludes of music performed by a group of seven musicians. The 1918 theatrical Russian parable meant to be "read, played, and danced" tells the tale of a soldier who trades his fiddle to the

devil for a book that predicts the future of the economy.

Lockhart became the 20th conductor of the Boston Pops in 1995, adding his artistic vision to the Pops tradition established by his predecessors John Williams and Arthur Fiedler.

This is a return visit to the Merrimack Valley for the 53-year-old New York native.

For tickets, which are \$35 each, call the NECC Institutional Advancement events line at 978-556-3870 or visit www.mvarts.info.

For more information or to request communication access, visit www.necc.mass.edu/signature-event. Discounts are available for students and groups.



SUMMER CLASSES FORMING AT THE ASIAN CENTER

The Asian Center of Merrimack Valley, Inc. at 1 Ballard Way, Lawrence is offering summer evening classes for a six week period beginning the week of July 8. Adults may sign up for beginner and lower level ESOL (English-for-Speakers-of-Other-Languages) for a fee of \$60 held on Mon, Wed and Thursday evenings from 5:30 PM to 8:00 PM.

Young Writers Workshop classes for students entering grades 6, 7, 8 and 9 will be held on Tuesdays and Thursdays from 6 PM to 8 PM for a fee of \$35.

Anyone interested in signing up for these evening classes should call the Asian Center at 978-683-7316. Check out the Asian Center's website at www.asiancentermv.org for directions and more details.

Volunteers Needed!

Did you know that 1 in every 50 children in the US will go to sleep without a home this year? Horizons for Homeless Children is looking for energetic and enthusiastic volunteers to play with children living in family homeless shelters in Northeastern Massachusetts.

A commitment of just 2 hours a week will make a significant difference in the lives of some wonderful children in your community. Trainings for your region are coming up soon - sign up today! January 2012, Northeast Region, Saturday, January 21st. 9:30pm - 4:00pm, Lowell, MA

Contact us at (978) 557-2182 or at northeast@horizonsforhomelesschildren.org for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.

Starting Wednesday July 10

Wednesdays/Miércoles
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Near the corner of Jackson & Haverhill Streets
10am - 5:30 pm

Saturdays/Sábados
Route 28
Corner of Broadway & Park Street
9 am - 3 pm

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MR. B'S SPORT STORIES

BY FRANK BENJAMIN

CCHS features these student athletes

The boys cross country teams had 3 wins and 6 losses 2007. Co Captains Erik MacKay and Angus MacDonald led the red and blue. Angus had a great season breaking the record on Centrals home course of any Central runner. He posted records as two of the fastest of all time in the school's history. He finished 2nd in the MVC championships but a two week long battle with bronchitis had him placing 14th and in the All States he finished 42nd.

In girls swimming and diving they compiled a 5 win and 5 loss record. After two tough losses to Chelmsford and Framingham the bounced back to knock off Lowell, Billerica and Methuen. In the MVC championships they placed 4th. Seven of the team made the sectional team namely Sarah Martin, Jenn Samaro, Kasey Lefebre, Eva Skorupka, Chris Iannalfo, Jill Burke and Julie Ratte. Sarah Martin made the All MVC team and so did Eva Skorupka.

The golf team had 12 wins and 6 losses and 1 tie. They placed 2nd in the MVC league behind a strong Andover team. In the league championships Central took 3 of the top 5 spots. Dick Campiola won the league individual total carding a 74 at Vesper CC. Keith Crowley finished 4th with an 80, and Eric Quinn shot an 81. All three of those golfers made the All Conference and Kevin McCarron made the All Star team.

Campoli proved the apple doesn't fall far from the tree, his Dad Dick Sr. is still a great golfer these days and was also a super

star as a 3rd baseman in fast pitch softball.

In girls volleyball first year coach Gannon Paris' team had a 13 win and 8 loss record. For the regular season these young ladies had an 11-7 record. They picked up 2 more wins in the States defeating Wayland at home and a strong #1 seed and undefeated Greater Lawrence team in an upset.

The Captains were Adrienne Boss and Melissa Lucas, both became MVC All Stars. Carolyn Eddy and Monique Gosselin also joined those two on that squad. Audrey Warren was an underclass player who starred for this team.

Fall varsity cheerleading with Captain Alexandria leading the way took 2nd and 3rd place in 2 invitational tournaments competition. They won the outstanding performance award at the MVC competitions and also the North regionals.

The local girls qualified for the Cheerleading National competition and placed 5 girls on the National team as ALL American players. Namely, Captain Zambino, Julia Buresh, Nicole Michaud, Alyssa Cuddy and Nicole Rogers.

These student athletes have made the school, their parents, the City and their many fans proud of their deeds and gives many of the older generation faith in so many good teen agers and I for one thank and congratulate each one of them for reaching for and attending such great heights.

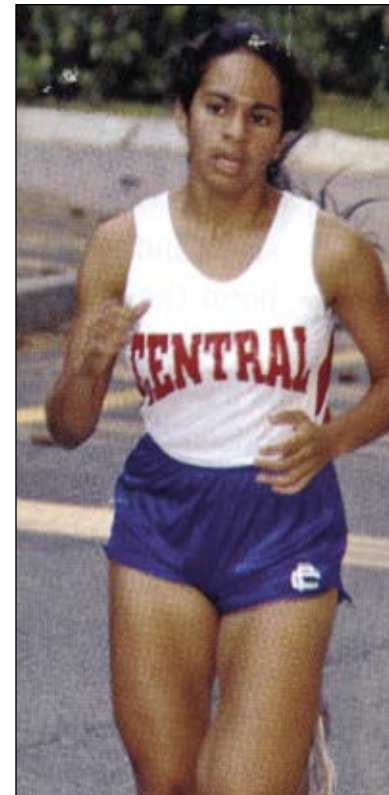
It's more 2007 student athletic notes from CCHS.



The Varsity Girls Swimming and Diving team came in fourth in the Merrimack Valley Conference Championships.



Varsity Boys Cross Country Captain Angus P. MacDonald '07 is the best distance runner in CCHS history.



Varsity Girls Cross Country Captain Kristen M. Martin '07 was named to the MVC All Conference.



Listen to Mr. B on WCCM-1110AM every Sunday from 2:00 to 3:00, with Jimmy Carter, left, talking sports. Like in the past, he will be receiving calls from coaches updating the latest results.

Buon Giorno
Good Morning
Buenas Tardes

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10-12 Italian/English

12-1 This is Rock 'n Roll

1-2 Así es Colombia



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Lowell City Hall

Thursday, September 26th

6:30PM

NATIONAL DAY OF REMEMBRANCE



Speakers
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 Middlesex County Sheriff
Peter Koutoujian
 Middlesex Chief Victim Witness
 Services *Anna Foley*
 Survivor *Tom Duggan*
 Open Mike

The City Of Lowell & The Merrimack Valley Chapter of Parents Of Murdered Children and other homicides victims invite you to our 5th Annual National Day of Remembrance.

Names will be read, including the names from January 2009 to present from the Middlesex County.

The ceremony will conclude with "We are the Survivors" Lowell High School Alumni Chorus, Directed by Joe Camara and a releasing of balloons.

If you would like to have your loved one's name read please contact Arnie Muscovitz

Merrimack Valley Chapter Of POMC
 PO BOX 8737
 Lowell Ma 01853
 Phone: 978-452-5858
 Fax: 978-455-5121
 E-mail: amuscovitz@comcast.net



THIS IS A PAID AD

INSURANCE FRAUD



When we think of insurance fraud we usually think of staged accidents with phony injuries. Insurance companies think of "premium" fraud when they think fraud. Premium

fraud is when a person buys insurance but does not tell the complete truth on the application to try to lower their cost. Fraud does not pay!

AUTO

Fraud is not telling that your child has a license when buying car insurance because you don't want your rate to change. The state says you must add your child to your policy within 60 days of them obtaining a license. Fraud is not listing a spouse or family member because they have points on their license but they will drive the car. Fraud is saying that you live in a different city so your rate is less. Fraud is anyone lying to the company after a claim. If an unlisted operator has an accident (even if it's not their fault) your company can refuse to pay collision damage to your car, they can lower Property Damage to \$5,000 and lower the Optional Coverages if they pay a claim. Fraud is reporting your car stolen when it isn't. 85% of fraud is done by owners. Don't resort to fraud to help anyone.

HOME

Fraud is not telling that you own a dog when buying home/renters/condo insurance. Certain dogs are not wanted by many companies due to dog bites. Fraud is purchasing "homeowners" insurance when you are not living in the building. Homeowners insurance is for owner occupied buildings. Fraud is not admitting there is existing damage or that your company has issued a cancellation notice. Fraud is having a home based business and telling your company there isn't one. Fraud is adding an apartment without telling your company. If you lie, you can be cancelled for fraud.

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Consejo Tributario de Verano

La Renta de su Casa Vacacional

Una casa de vacaciones puede ser una casa, apartamento, condominio, casa móvil o un barco. Si usted es dueño de una casa vacacional que se alquila a otras personas, generalmente deberá reportar el ingreso de la renta en su declaración de impuestos federal. Pero quizás no tenga que reportar ese ingreso si el período de alquiler es corto.

En la mayoría de los casos, usted puede deducir los gastos del alquiler de su propiedad. La deducción se podría limitar si usted utilizó la propiedad como su residencia.

Aquí le presentamos unos consejos del IRS sobre este tipo de propiedad de alquiler:

- Comúnmente se reportan los ingresos de alquiler así como ciertos gastos de alquiler deducibles en el Anexo E, Ingresos Suplementarios y Pérdida (en inglés). También es posible que tenga que pagar Impuestos de Ingresos Netos de Inversiones <<http://www.irs.gov/uac/Newsroom/Net-Investment-Income-Tax-FAQs>> (en inglés) por su propiedad de alquiler.

- Si usted usa su casa de vacaciones como su residencia y también la alquila a terceros, podrían aplicar reglas especiales. Deberá dividir los gastos entre el uso de alquiler y uso personal. El número de días que se utilice para cada uno de estos propósitos determina como se deberán dividir los gastos.

- Reporte gastos deducibles para uso personal en el Anexo A, Deducciones Detalladas (en inglés). Estos pueden incluir los costos, tales como intereses hipotecarios, impuestos a la propiedad y pérdidas fortuitas.

- Si usa la "propiedad como residencia", su deducción de gastos por alquiler será limitada. Esto significa que la deducción de los gastos de arrendamiento no puede ser más que el alquiler que recibió. Para mas información sobre esta regla, vea la Publicación 527, Propiedad de Alquiler Residencial (Incluyendo el Alquiler de Casas Vacacionales) (en inglés).

- Si usa la "propiedad como residencia" y la alquila por menos de 15 días al año, entonces no tiene que reportar el ingreso del alquiler.

IRS Summertime Tax Tip

Renting Your Vacation Home

A vacation home can be a house, apartment, condominium, mobile home or boat. If you own a vacation home that you rent to others, you generally must report the rental income on your federal income tax return. But you may not have to report that income if the rental period is short.

In most cases, you can deduct expenses of renting your property. Your deduction may be limited if you also use the home as a residence.

Here are some tips from the IRS about this type of rental property.

- You usually report rental income and deductible rental expenses on Schedule E, Supplemental Income and Loss.

You may also be subject to paying Net Investment Income Tax <<http://www.irs.gov/uac/Newsroom/Net-Investment-Income-Tax-FAQs>> on your rental income.

- If you personally use your property and sometimes rent it to others, special rules apply. You must divide your expenses between the rental use and the personal use. The number of days used for each purpose determines how to divide your costs.

- Report deductible expenses for personal use on Schedule A, Itemized Deductions. These may include costs such as mortgage interest, property taxes and casualty losses.

APLICACIONES.INFO

Foro Independiente de Opinión
<http://foroin.wordpress.com>

El Foro Independiente de Opinión es un grupo de profesionales (licenciados en Química, Medicina, Pedagogía, Ingeniero Agrónomo, Ingeniero de Caminos, Profesor Mercantil, Catedrático universitario, etc.)

Educar la libertad

Por Arturo Ramo García

La tarea del educador, tanto padre como profesor, es doble: hacer que el chico tenga conciencia del gran valor de su libertad y enseñarle a ponerla en práctica correctamente. Esto es fácil de decir y difícil de llevarlo a la práctica, entre otras cosas porque no se entiende bien el concepto de libertad y su relación con el bien y el amor.

A veces se entiende la libertad como lo opuesto a lo necesario y exigido. Por otra parte, los instintos animales obligan a perseguir el propio bien y la libertad sería lo opuesto a ellos.

También las tendencias de la naturaleza caída orientan al ser humano a centrarse sobre el propio yo y a amarse de forma egoísta.

La libertad se puede concretar en querer lo que no resulta obligado por nuestros instintos y tendencias. Dicho de otra forma, la auténtica libertad consiste en querer el bien del otro, en amar. Y respecto a uno mismo la libertad hay que concebirla como capacidad de auto-conducirse hacia la propia perfección y autoeducación.

Paradójicamente se alcanza más libertad cuando se piensa en los demás y se olvida de uno mismo. El egoísmo impide perfeccionarse y ser libre, porque mata la auténtica libertad. En el mundo actual parece que se ha impuesto el subjetivismo (lo que me gusta, lo que me apetece) y todo gira sobre sí mismo: el yo, mi ego es el centro del universo. El hombre contemporáneo es infeliz en la medida en que está atrapado consigo mismo. Parece que es prisionero de sí mismo.

En último término, ser libre es poder y querer amar al otro y esforzarse en la autoformación propia.

La libertad no es la facultad de elegir entre el bien y el mal. Un hombre puede suicidarse porque es libre pero este hecho no le perfecciona como persona, ni le aumenta la libertad.

Educate freedom

By Arturo Ramo Garcia

The task of the educator, as both father as well as teacher, is twofold: to make the child aware of the great value their freedom has and teach correctly how to implement it. This is easy to say and difficult to put it into practice, mainly because the concept of freedom and its relation to good and love is not well understood.

Sometimes freedom is understood as the opposite of what is necessary and required. Moreover, animal instincts compel us to pursue our own good and freedom would be the opposite of that.

Nature has a tendency to guide humans to focus on the self and to love selfishly.

Freedom can be explained as wanting what is not bound by our instincts and tendencies. Put another way, authentic freedom is to desire the good of another, out of love love. And about oneself freedom must be conceived as the capacity towards self-perfection and self-education.

Paradoxically, more freedom is achieved when you think of others and forget about yourself. Selfishness prevents us from perfection and be free, because it kills the authentic freedom. In today's world subjectivism seems to have been imposed (what I like, what I want) and everything revolves around the self: my ego is the center of the universe. The modern man is unhappy as far as he is stuck on him becoming a prisoner of himself.

Ultimately, to be free is being able and willing to love others and work towards your own training.

Freedom is not the power to choose between good and evil. A man may commit suicide because he is free to do so, but this does not make him a perfect person, nor increases his freedom.



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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.

City Council honors caretakers of Adopt-A-Park Project

The Members of the Lawrence City Council will be recognizing several community leaders for participating in the "Adopt-a-Park Beautification Project":

Councilor at-Large Roger Twomey has been an advocate of this program for many years and presenting a resolution from the City Council to these residents is the best way to honor their commitment to make our city better, cleaner and beautiful.

The presentation will take place at their next regular meeting of August 20, 2013.

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Location Adopted: Alexander Bruce Square – Lowell and Milton Streets

Amable's Market

Owner/Sponsor: Mr. Johanne Frias

Learn How to Finance Your Education at MCC

Middlesex Community College is committed to assisting students and their families in meeting the cost of a college education. The goal of MCC's Financial Aid Office is to ensure there are no financial barriers preventing students from earning a college degree or certificate. MCC's Financial Aid Office provides information about student aid programs and financial aid advisors are available to assist eligible students in accessing these programs.

Almost half of all MCC students currently receive financial aid. MCC participates in most federal and state grant, scholarship and loan programs. A list of the major financial aid programs as well as specific information regarding terms, conditions and eligibility for each program is available online at www.middlesex.mass.edu/financialaid or from one of MCC's Financial Aid Offices. Additional forms of financial aid, including

student employment, federal Work Study programs, or scholarship opportunities may be available for those who qualify.

Financial aid awards are based on financial need, enrollment status in an eligible program, and availability of funding. MCC's academic year for financial aid begins in the fall semester and concludes with the summer semester. Students who apply for financial aid must apply every academic year after Jan. 1.

MCC's Financial Aid Offices are located on both the Bedford and Lowell campuses and are open from 8:30 a.m. to 5 p.m. Monday through Friday.

For more information about MCC's Financial Aid Office or financial aid opportunities, contact the Bedford campus Financial Aid Office at 781-280-3650 or the Lowell campus Financial Aid Office at 978-656-3242, or visit <https://www.middlesex.mass.edu/financialaid/>.

Location Adopted: Higgins Square – Jackson and Cornish Streets

Sponsor: Mr. James Midolo

Location Adopted: DePatie Park– Rowe, Kingson and Everett Streets

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Location Adopted: Stockton Park – South Union Street and Winthrop Avenue

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Rowell Park—Owner/

Sponsor: Mr. Mike Tarshi

Location Adopted: Cedar and Auburn Streets

The Ecuadorian Community

Sponsor: Mr. Louis Landivar

Location Adopted: Plainsmen Park – White and Chestnut Streets

Roberto Clemente Little League

Sponsor: Ms. Marisa Melendez

Location Adopted: Gagnon Park– Providence Street

Melendez Family

Sponsor: Ms. Isabel Melendez and Family

Location Adopted: New Sitting Park – Summer and Newbury Streets

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RUMBONEWS.COM

Middlesex Community College Offers New Programs of Study This Fall

Registration is now open for fall-semester classes at Middlesex Community College. Middlesex offers more than 75 degree and certificate programs, including many transfer options. Fall-semester classes begin Wednesday, Sept. 4, on the Bedford and Lowell campuses, and online.

This year, MCC is offering two new programs of study. These include an associate degree in Medical Laboratory Technician and a Chinese Studies Option within the Global Studies Program.

As a member of the health care team, medical laboratory technicians play a critical role in the detection, diagnosis and treatment of disease. Students enrolled in MCC's Medical Laboratory Technician Program will gain experience in all areas of the laboratory, including chemistry, hematology, immunology, serology, and more. Students will get hands-on training through laboratory sessions and working in local clinics. Upon completion of the program, students will be eligible to sit for the board certification exam with the American Society of Clinical Pathology.

MCC's new Chinese Studies Option is a 27-credit option within the Liberal Arts and Sciences, Global Studies Concentration. This unique program offers students a chance to learn about China's 4,000-year-old culture, including the economy, current global issues, cultural diversity and intercultural teamwork. The curriculum includes courses in Chinese literature, contemporary China, and two semesters of Chinese language. This program qualifies for MassTransfer, the program that guarantees credit transfer to Massachusetts state colleges and universities, including UMass.

For more information about MCC's Medical Laboratory Technician Program, contact Lauren Ellis at 1-800-818-3434. For more information about the Chinese Studies Option, contact 1-800-818-3434.

MCC is one of the largest, most comprehensive community colleges in the state. We offer more than 75 degree and certificate programs, plus hundreds of noncredit courses, during the day, evening and weekend, on our Bedford and Lowell campuses, and online. Middlesex – a great place to begin your future!

MCC's English Learner Institute offers fall courses

Enrollment is now open for Middlesex Community College's English Learner Institute (ELI) program. ELI offers a variety of noncredit courses focusing on developing basic English and other skills essential to functioning in American society and helping students continue their education.

MCC's ELI program runs Sept. 9 through Dec. 12. Classes meet for approximately two hours and are offered during the day and evening in six- to 14-week sessions on the Lowell campus. The "Prepare to Attend College (PAC)" course is FREE, and all other ELI courses are offered at a reduced rate. Admission to ELI is open to all and does not require an MCC admission application.

ELI courses are designed to serve students, age 16 and up, who are newcomers to the United States or who need to develop basic English skills. Topics such as technology, life skills and social conventions are covered. Non-native speakers who have not met state MCAS requirements for high-school graduation may also take this coursework.

MCC's ELI program offers instruction in intermediate and advanced English for students who need to meet English proficiency standards for Middlesex degree and certificate programs. ELI courses are non-sequential. Students may enter the program in the fall, spring or summer semesters.

Support services are available to all ELI students, including an English Language Learner Tutoring Lab, a technology-enhanced Language Lab, access to computers, library services, and student services such as career counseling and academic advising.

For more information about the English Learner Institute, courses offered and fees, visit the Middlesex website at <https://www.middlesex.mass.edu/internationalstudents/pac.aspx> or call 978-656-3267.

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.



MassHousing continúa proporcionando financiamiento para la vivienda asequible en Massachusetts a pesar del aumento de precios en las casas, los intereses y las nuevas normas estrictas de préstamo. Los hispanos tienen más dificultades de calificar para una hipoteca.

MassHousing anuncia su propósito de seguir proporcionando financiamiento para obtener vivienda asequible en Massachusetts. A pesar de una perspectiva optimista global de recuperación del mercado, la deuda sigue siendo una preocupación importante para muchos hispanos. De acuerdo con una encuesta reciente (fuente HousingWire) los inversionistas hispanos se enfrentan a retos de vivienda. El 25% de los hispanos encuestados están más preocupados por la pérdida de su hogar, en comparación con el 12% de la población general. Casi uno de cada cinco, o 18%, de los inversionistas hispanos, actualmente viven en un hogar de tres generaciones y el 27% espera hacerlo en la próxima década. Para las minorías, los hogares compuestos por diferentes generaciones tienen un impacto positivo en sus ahorros ya que sus necesidades inmediatas deben priorizar los esfuerzos para cumplir con sus metas financieras.

A medida que los precios inmobiliarios siguen aumentando y las tasas hipotecarias se deslizan por encima del 4%, y las nuevas normas de crédito son bastante estrictas lo cual complica el proceso de compra, los inversionistas hispanos son más reacios a iniciar cualquier proceso ante el temor de no se capaces de cumplir con la compra de la propiedad. El objetivo de MassHousing continúa siendo crear conciencia sobre su compromiso de seguir siendo lo que siempre ha sido: un banco de viviendas asequibles en el estado para los que tienen ingresos bajos y moderados. La misión pública es hacer que la propiedad de vivienda sea lo más asequible posible y por eso, MassHousing ofrece préstamos con características y beneficios que los clientes no van a encontrar en prestamista tradicional, como pagos iniciales bajos, primas de seguro hipotecario, la protección en caso de pérdida de trabajo en ciertos préstamos, y un personal de servicio al cliente que va a trabajar para que el inversionista se

sienta como en casa mientras explicaba todo y se le educaba; así podrán ayudar a los prestatarios a entender su préstamo y trabajar con ellos si se atrasan en los pagos.

De acuerdo con la Asociación Nacional de Profesionales de Bienes Raíces, más de la mitad de los hispanos encuestados creen que es difícil de calificar para una hipoteca, y sólo el 49.9 % de los hispanos tienen acceso a los préstamos de alto riesgo, en comparación con el 74 % de los blancos. Por lo tanto, los hispanos o los grupos multiculturales son menos propensos a pensar que la compra de una vivienda es algo fácil, debido a las barreras del lenguaje y las actitudes negativas hacia la deuda, entre otras cosas. La mayoría de los hispanos se sienten cómodos comprando una casa con un pequeño pago inicial, y no tienen las expectativas más bajas de lo que van a pagar por una casa. Los hispanos son el grupo étnico más conservador financieramente.

Para obtener más información acerca del programa, incluyendo los límites en el salario, límites en los préstamos, favor de visitar www.masshousing.com/leadoint.

###

Acerca de MassHousing
MassHousing (The Massachusetts Housing Finance Agency) es una agencia independiente y semi-pública creada en el 1966 y encargada de proporcionar financiamiento para la vivienda asequible en Massachusetts. La Agencia recauda capital mediante la venta de bonos y les presta el dinero a compradores de vivienda y/o propietarios de viviendas de bajos y moderados ingresos. También ofrece préstamos para los desarrolladores que crean o preservan vivienda asequible y / o vivienda de alquiler de ingresos mixtos. MassHousing no utiliza dinero de los contribuyentes para sostener sus operaciones, aunque sí administra algunos programas financiados con fondos públicos en nombre de la Mancomunidad. Desde su creación, MassHousing ha proporcionado casi \$ 14 billones para vivienda asequible. Para obtener más información, visite la página web de MassHousing, www.masshousing.org. Síguenos en Twitter @MiMassHousing1, Facebook MiMassHousing, y suscríbese a nuestro blog.

MassHousing Continues Providing Financing for Affordable Housing in Massachusetts Despite New Rise In Home Prices, Interest, and New Strict Lending Standards Hispanics among those with more difficulties to qualify for a mortgage

MassHousing announces its purpose to continue providing financing for affordable housing in Massachusetts. Despite an overall optimistic outlook of market recovery, debt remains a top concern for many Hispanics. According to a recent survey (source HousingWire) Hispanic investors face housing challenges. Twenty-five percent of Hispanics surveyed are more concerned about losing their home, compared to 12% for the overall population. Nearly one in five, or 18%, of Hispanic investors report currently living in a three-generation household and 27% expect to do so within the next decade. For minorities, multi-generational households have a positive impact on their savings, as their immediate needs are to prioritize efforts to meet their financial goals.

As home prices continue to rise and mortgage rates creep above 4%, and new strict lending standards complicating the home-buying process, Hispanic and multicultural investors are more reluctant to initiate any process fearing they wouldn't be able to afford buying property. MassHousing's objective remains to build awareness on its commitment to remain as it has always been: the state's affordable housing bank for those who have low and moderate incomes. It's public mission is to make home ownership as affordable as possible and for that, MassHousing provides loans with features and benefits that customers will not find at a traditional lender such as low down payments, no mortgage insurance premiums, job-loss protection on certain loans, and a customer

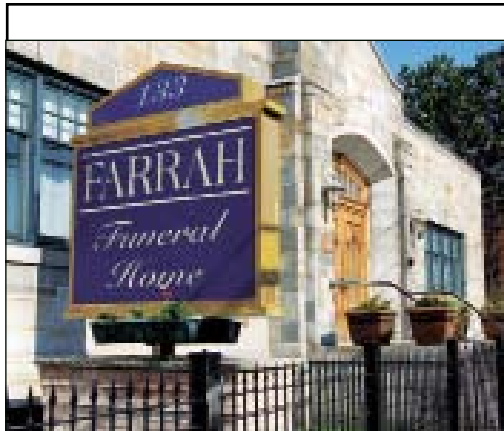
service staff that will work to make the investor feel at home while explaining everything and educating them, helping the borrowers to understand their loan and work with them if they fall behind on payments.

According to the National Association of Hispanic Real Estate Professionals, more than half of the Hispanics surveyed believe it's difficult to qualify for a mortgage, with only 49.9 percent of Hispanics having access to prime loans, compared with 74 percent of whites. Hence, Hispanics or multicultural groups are less likely than other groups to consider the home-buying process to be easy, due to language barriers and negative attitudes toward debt, among other things. Most Hispanics are comfortable buying a home with a small down payment, and they have the lowest expectations of what they will pay for a home. Hispanics are the most financially conservative ethnic group.

###

About MassHousing

MassHousing (The Massachusetts Housing Finance Agency) is an independent, quasi-public agency created in 1966 and charged with providing financing for affordable housing in Massachusetts. The Agency raises capital by selling bonds and lends the proceeds to low- and moderate-income homebuyers and homeowners, and to developers who build or preserve affordable and/or mixed-income rental housing. MassHousing does not use taxpayer dollars to sustain its operations, although it administers some publicly funded programs on behalf of the Commonwealth. Since its inception, MassHousing has provided nearly \$14 billion for affordable housing. For more information, visit the MassHousing website at www.masshousing.com, follow us on Twitter @MassHousing, subscribe to our blog and Like us on Facebook.



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Por favor, llame al 978-686-0900 para una cita con Lawrence SCORE

MERRIMACK VALLEY CHAMBER OF COMMERCE
264 ESSEX ST.
LAWRENCE, MA 01840-1516

CALENDARIO | CALENDAR OF EVENTS**Bread and Roses Festival announces performer line-up**

The Bread and Roses Heritage Committee announces the line-up for the 29th Annual Bread and Roses Heritage Festival.

This year's festival will occur on September 2, 2013, in and around the Campagnone Common located at 200 Common Street in downtown Lawrence, Massachusetts, from noon to 6:00pm. The festival is free and open to the public. Over 4,000 people from the greater Boston and Lawrence areas and beyond attend this annual event.

Three stages filled with over 15 live performances ranging from music to dance to jugglers will entertain festival attendees.

Five-time Grammy nominee, Marcia Ball headlines the main stage festival performers; her band will end the day following appearances by Bread and Puppet Theatre, Odaiko New England Taiko drummers, Emma's Revolution, and Ten Tumbao.

The second stage boasts the talents of The Good Time String Band, Berklee college of Music's International String Trio, folk artists Charlie King and Karen Brandow, and local artists Jose Luis Rodriguez and Guillermo Ortiz.

On our kids and family stage, we'll offer inter-active dance instruction with Veronica Robles, Irish dancing with O'Shea & Chaplin, the New England Civic Ballet, and salsa dance instruction.

The Festival celebrates Lawrence's labor history and ethnic diversity, and particularly the historic events of the

"Bread and Roses" textile strike of 1912. – This year's Festival will also feature the rededication of the new Strikers' Monument, on the Common, at 12:30 pm.

A History and Labor Section features Lawrence History Live—a tent for lively conversations on labor and the city in past and present. This year, we will highlight the history of the Ettor and Giovannitti Trial, Wobbly Songs, the work of the painter Ralph Fasanella in Lawrence, and the present-day work of numerous labor and social justice organizations.

Many information tables present a full range of cultural and social justice organizations.

Free trolley tours and walking tours around the city highlight the historical sites. Great ethnic food. All events are on or starting from the Campagnone Common in Downtown Lawrence.

Bread and Roses is the only festival in the region which celebrates the true spirit of Labor Day.

The event is free and open to the public. It is a true family event that also includes entertainment for children such as pony rides, jugglers, hula hoops, and face painting. Come join Bread and Roses for Labor Day and learn more about Lawrence's history, its people and struggles.

For more information, to find vendor applications, to volunteer or to sign-up for the mailing list, go to <http://breadandrosesheritage.org> or call the office at 978-794-1655. Find us on Facebook and Twitter.

**Bread & Roses
FESTIVAL**29th Annual Labor DaySeptember 2nd 2013. Lawrence MA

MVRTA
MERRIMACK VALLEY REGIONAL TRANSIT AUTHORITY

Beach Bus
Autobús de Playa

Take the MVRTA Route 83 to Salisbury or Hampton Beach starting July 1st! OR use Route 51 and transfer to the Route 54 to visit Salisbury Beach every 70 minutes (year round)! For more information call (978)469-6878 or go to www.mvrta.com.

Ya pueden empezar a tomar el autobús de la MVRTA Ruta 83 a las playas de Salisbury o Hampton en el 1 de Julio. También pueden usar las Rutas 51 y 54 para visitar la playa Salisbury cada 70 minutos, ¡todo el año! Para más información llamen al (978)469-6878 o visiten la página web: www.mvrta.com

Celebrating the 30th Anniversary of the Beach Bus!!!

Volunteers Needed!

Did you know that 1 in every 50 children in the US will go to sleep without a home this year? Horizons for Homeless Children is looking for energetic and enthusiastic volunteers to play with children living in family homeless shelters in Northeastern Massachusetts.

A commitment of just 2 hours a week will make a significant difference in the lives of some wonderful children in your community.

Trainings for your region are coming up soon - sign up today!

January 2012 - Northeast Region
Saturday, January 21st
9:30pm - 4:00pm - Lowell, MA

Sign up today! Contact us at (978) 557-2182 or at northeast@horizonsforhomelesschildren.org for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.

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RUMBONEWS.COM

CALENDARIO | CALENDAR OF EVENTS

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For directions and information on parking go to: www.nashualibrary.org/directions.htm
Phone 603-589-4610
Fax: 603-594-3457

OPEN STORYTIMES AND PUPPET SHOWS
Mondays, Tuesdays and Wednesdays at 10a.m. Thursdays at 7 p.m., and Sundays at 2 p.m. Open Storytimes & Puppet Shows run continuously, and no registration is required.

BABIES AND BOOKS STORYTIME

Through stories and music, learn how to read aloud and develop your baby's language and pre-reading skills. Babies and their caregivers are welcome to join us. Thursdays: 9 a.m. and 10 a.m. ages: 13 to 24 months; 11 a. m. and 12 noon ages: birth to 12 months. No registration required. For more information call the Children's Room at (603) 589-4631.

Activities for Teens at Nashua Public Library

In addition to books, movies, manga, graphic novels, and computers, the Nashua Public Library offers plenty of programs after school for teens in grades 6 through 12. Go to tinyurl.com/nplteen and start signing up!

Free GED Prep Class Offered at NECC

Northern Essex Community College is offering a free GED prep class for students who are planning to take the GED in the spring of 2014. The accelerated program is funded through a grant from the Massachusetts Department of Elementary and Secondary Education.

The course will be offered Tuesday, Wednesday, and Thursday from 6 to 9:15 p.m., running Sept. 5, 2013 until May of 2014.

In addition to focusing on the academic skills needed to successfully pass the GED, the course will include education and career advising for students who are interested in pursuing their education after completion of the GED certificate.

Those interested are invited to register on Monday, August 26 from 5 to 8 p.m. at NECC Riverwalk, Building 9, Entry K, 360 Merrimack St., Lawrence. RSVP's are required.

For additional information or to rsvp for the registration, contact Lynn Ricketts at 978-659-1272 or Mary Testa at 508-395-3103 or mricketts@necc.mass.edu

■ CONTINUA DE LA PAGINA 8

DORMIR

bicicleta, ayuda a conciliar el sueño más rápidamente, a pasar más tiempo en sueño profundo, y a despertarse con menos frecuencia durante la noche.

Mantenga un horario regular para dormir y despertarse

Establezca un horario regular para acostarse y levántese a la misma hora todos los días.

Pase más tiempo al aire libre durante horas el día

Pasar largas horas en una oficina sin luz natural puede afectar a su estado de alerta durante el día y hacer que su cerebro se cansa. Mientras que las luces fuertes en la noche - en especial las de horas pasadas frente al televisor o la computadora - pueden suprimir la producción de melatonina de su cuerpo y hacer más difícil conciliar el sueño.

Reduzca el tiempo frente a la pantalla antes de acostarse

Deje de revisar su correo electrónico o ver la televisión antes de acostarse y dormirá mejor. Las personas que miran televisión, que usan la computadora o tabletas como iPad justo antes de irse a dormir, provocan que el sueño sea de menos calidad, aun cuando logran dormir el mismo número de horas como los que apagan estos dispositivos al menos una hora antes de acostarse. Dispositivos emisores de luz estimulan el cerebro de una manera diferente a la forma en que el cuerpo tenía la intención de alcanzar el sueño.

Técnicas de relajación

La meditación, visualización guiada (es decir, la relajación y la visualización mental para mejorar el estado de ánimo y/o el bienestar físico.), ejercicios de respiración profunda y relajación muscular progresiva (es decir, alternativamente estirar y relajar los músculos) pueden contrarrestar la ansiedad y pensamientos acelerados.

Reduzca el consumo de cafeína

La cafeína puede afectar el sueño hasta diez y doce horas después de beberla. Considere la posibilidad de eliminar la cafeína después del almuerzo o reducir su consumo total.

Evite las comidas pesadas antes de acostarse

Comer demasiado puede mantenerle despierto. Sin embargo, algunos alimentos pueden ayudar. La leche contiene triptófano, que es una sustancia que estimula el sueño. Otros alimentos que pueden ayudar a promover el sueño incluyen el atún, la calabaza, alcachofas, aguacates, almendras, huevos, melocotones, nueces, albaricoques, avena, espárragos, patatas, trigo sarraceno, y los plátanos.

Hable con su médico

Si ha intentado todos o la mayoría de estos consejos y todavía sigue dando vueltas en la cama sin poder dormir, es buena idea hablar con su médico. Es posible que tenga un trastorno del sueño, como insomnio y/o apnea del sueño. Entre más pronto se entere cual es el problema, más pronto puede trabajar en solucionarlo. Si usted sospecha que algo está mal con su sueño, vaya de inmediato a ver al médico.

Alison Brill, Coordinadora de Prevención de Suicidios del Departamento de Salud Pública de Massachusetts, por su colaboración en la redacción de este blog.

Saturday, August 17th
10 am - 4 pm

“Celebrate Our Downtown”

Essex Street will be closed from Jackson Street to Hampshire Street.

Sábado, 17 de agosto
de 10 am a 4 pm

“Celebremos nuestro Centro Comercial”

La Calle Essex será cerrada desde Jackson Street hasta Hampshire Street.

Tour to Atlantic City and PA

September 15-18, 2013 Bethany Homes is hosting a tour to Atlantic City with a day trip to historic Philadelphia, PA. It's four days and three nights includes 3 breakfast and 1 dinner with a \$30 gaming package, the cost is \$340pp double. We are staying at The Resorts Hotel located right in the middle of the boardwalk and on the beach. The boardwalk gives you great access to everything including shops, food & many other casinos.

Keep in mind the time of year is perfect with still some great beach weather at hand. I can be reached at 978-374-2165 or dsutton@bethanycommunities.org

Not in Anyone's Backyard



An international labor poster exhibit of Latin American Posters

from the collection of
STEPHEN LEWIS

at

Lawrence Heritage State Park Visitor Center
1 Jackson Street, Lawrence, MA

June 14 through September 28, 2013

Open Daily, 9am to 4 pm;

Free Admission, fully accessible. For information call 978-794-1655

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



Labor Donated

ADOPT A PET

MSPCA-METHUEN & RUMBO COOPERATIVE EDUCATION COLUMN

BABY Tabby: Medium • Senior • Female

Beautiful Baby is 13 years young! Baby is a warm lap cat and likes to be near her people. Although sweet and mellow she still likes to play with laser toys. Baby has a wonderful, loud purr. Baby has been an indoor/outdoor kitty and can be again in a safe neighborhood.



Baby would prefer to be the only cat in the house. Baby has never lived with dogs so a slow introduction would be needed. Although Baby has not lived with children respectful, older children would be fine with her. If you cannot find Baby at the adoption center, ask for her by name. Cats are often moved around.

COCOA Tortoiseshell/Extra-Toes Cat (Hemingway Polydactyl) Mix Small • Senior • Female

Super snuggle bug, lovely lap cat, curious cuddler! Sweet and gentle Cocoa is more than just a pretty face. Although this girl of 9 is beautiful...long, silky fur that she loves to have brushed and gorgeous eyes...she has a wonderfully mellow and tolerant disposition that you'll just fall in love with. Cocoa loves her people and would like to find a forever home where she can not only get showered with attention, but dote on her family with affection. She loves to be in the same room with you, either just lying nearby or warming your lap and cuddling close. And of course, she's always ready for bed when you are! She's definitely looking for a family who has lots of time to spoil her and give her the attention that she craves. Cocoa would probably be OK with older kids who are gentle with her. She would be fine as an only cat, but she has lived with other mellow cats who are respectful of her space. A mellow dog might be fine with her also.



BOOTSIE - Tabby – Brown - Large • Senior • Male

If you have a quiet, low key home, and you are looking for a gentle, no fuss companion kitty, Bootsie would be purrrrfect for you. He is an independent gentleman, who enjoys being petted and having his chin scratched. He's a good listener who would like a person to call his own and a warm bed to sleep in at night. He is just ten years young and likes to play with feathery wands and fuzzy mice. Bootsie would prefer to live with adults and quieter, respectful teens. He lived with a spaniel dog for a few months and could possibly live with a gentle dog. He might be OK with another mellow cat given a slow introduction period. Bootsie has very good manners and never jumps on tabletops and counters. He is mostly an indoor kitty and does love to snooze on the couch, but he did enjoy soaking up the sun in his yard. While it is preferred that he be an indoor only kitty, he could possibly be considered for an indoor/outdoor home if the home is in a very quiet, safe neighborhood.



CREAM PUFF - Holland Lop: An adoptable rabbit in Methuen, MA Medium • Senior • Male

Cream Puff is a 6 year old snuggle bunny looking for a new home! At 6 years, Cream Puff is a pretty laid back guy. Older rabbits have settled into life nicely. He used to enjoy cuddling up and falling to sleep on his owners. They unfortunately lost interest in Cream Puff. The children in the house were teenagers and felt there was no time to socialize with him. Thankfully he will be able to find a new home through Nevins. Cream Puff has few desires in life; a warm lap, daily pats and play time, a clean, safe environment and of course, some green veggies! Think Cream Puff might be the right addition to your family? He's waiting to meet you!



NO D - Standardbred: Large • Senior • Male

No Defense is a 24 y/o Standardbred gelding. No D would be a wonderful companion to your gelding. He is a kind horse who deserves a nice retirement home. This guy had a long racing career and would enjoy spending the rest of his days as someone's best friend. If you are interested in meeting this handsome gelding please contact Nevins farm at (978)687-7453 x6113 or email barnstaff@mspca.org



Buy all of your pet supplies here! All of the proceeds go to help the animals and programs of the Noble Family Animal Care & Adoption Center!

One of three MSPCA Animal Care and Adoption Centers statewide, the MSPCA at Nevins Farm in Methuen cared for more than 7,000 animals last year. The MSPCA does not receive state or federal funding and continues its work based solely on the generosity of its supporters. The Noble Family Animal Care & Adoption Center at Nevins Farm is located at 400 Broadway, Rte. 28 in Methuen and is open to the public from 12:00 p.m. – 6:00 p.m. Tuesdays & Thursdays; 11:00 a.m. – 4:00 p.m. Wednesdays & Fridays; 12:00 p.m. – 4:00 p.m. Saturdays and Sundays. To contact the MSPCA at Nevins Farm regarding adoptions and programs please call (978) 687-7453 x. 6101 or on the Web at: www.mspca.org/nevins.

SAVE LIVES: get your pet spayed or neutered Reduced SNAP fees are made possible through generous donations of time and resources by participating veterinarians who believe in the importance of spaying and neutering as part of a complete pet health care program.

Starting Monday August 12th-18th Friendly's on Winthrop Avenue in Lawrence will donate \$1.00 for every ice cream sold to The Boys & Girls Club of Lawrence!!

On Monday, August 12, Friendly's on Winthrop Ave. unveiled a completely refreshed appearance and updated menu to the public. The restaurant, which originally opened its doors in 1984, is one of the first locations to take part in the company's ongoing initiative to reposition the brand and bring it back to its roots by recreating the iconic Friendly's dining and ice cream experience. The Friendly's team is excited to introduce guests to a redesigned menu that features new dishes like the Slinky Dog as well as improvements on classics like the Fishamajig. In addition, the refurbished

restaurants boast updated interiors and exteriors that evoke a timeless appearance that's both bright and cheery.

Friendly's will continue the celebration through Sunday, August 25, by offering \$1.00 Happy Ending® sundaes to guests. Friendly's will also be donating \$1.00 from every ice cream dessert sold to the Boys and Girls Club of Lawrence through Sunday, August 18. Guests are encouraged to visit the restaurant during the week and create new Friendly's memories while supporting a great local cause that benefits the community's youth.

CLASSES FORMING AT THE ASIAN CENTER

Registration for ESOL (English-for-Speakers-of-Other-Languages), Citizenship, and Preschool classes at the Asian Center, 1 Ballard Way, Lawrence, MA 01843 will be held on Tuesday, August 27 from 9 AM to 12 PM Noon in the classroom building.

Anyone interested in signing up for morning or evening classes should call the Asian Center at 978-683-7316. Check out the Asian Center's website at www.asiancentermv.org for directions and more details.

LUNES A VIERNES | 10AM - 11AM



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JOB OPENING

City of Lawrence, MA
Mayor William Lantigua



Receptionist (Part-Time: Not to exceed 18.7 hours per week)
Pay Grade: \$15,000.00 Year
Non-Union

Duties: Position is a receptionist and: (1) Using the switchboard console, answers incoming telephone calls to the Veteran's office and directs calls to proper staff, and provides information, as needed. (2) Greets all visitors, ascertain their needs, answer questions of a general nature, and directs visitors to the proper person or office. (3) Sorts incoming mail for daily distribution. (4) Operates a computer system using the Microsoft Office package to perform various software clerical duties. (5) Signs for registered deliveries of letters and small packages. (6) Performs similar or related work as required by the supervisor.

Qualifications: A candidate for this position should have a High School diploma or equivalent; one to three (1-3) years' experience in an office setting. Written and verbal proficiency in both Spanish and English is desired

Deadline to apply is August 23, 2013. Applications and full job descriptions are available in the Personnel Department of the City of Lawrence, Frank Bonet, Personnel Director, Lawrence City Hall, 200 Common Street, Room 303, Lawrence, MA 01840
Download an application by visiting the city's website at www.cityoflawrence.com
The City of Lawrence is an Equal Opportunity Employer
REASONABLE ACCOMMODATIONS are provided to applicants with disabilities. If you need reasonable accommodations for any part of the application and hiring process, please notify the Personnel Director at (978) 620-3060. The decision on granting reasonable accommodations will be on a case-by-case basis.

Merrimack Valley Housing Partnership Project Genesis Home Buyer Training Seminars -English


Learn about the home buying process. Each series consists of four sessions. Topics include an overview of the home buying process, the mortgage application process, legal aspects, home inspections, household budgeting and down payment assistance programs.

September 3, 4, 10 & 11th from 6:30 p.m. to 9:00 p.m. Another series will begin on September 24th. The fee is \$100.00 per household which includes all materials.




To register, visit our website www.mvhp.org or call our office at 978-459-8490.

The next series will be held on

3RD ANNUAL BENEFIT CONCERT & FUNDRAISER for the Foster Kids of the Merrimack Valley



with **Pauline Wells**

Joint performances with the Boston Irish and Country Band DEVRI and the Boston Police Gaelic Column of Pipes and Drums.

Please join us on Friday evening September 27th as one of Boston's brightest voices together with the Boston Irish & Country Band DEVRI, and the Boston Police Gaelic Column of Pipes and Drums take the stage at the Blue Ocean Music Hall in a special evening to benefit the "Foster Kids of Merrimack Valley". Doors open at 6:30 and show starts at 8:00. WE PROMISE THIS IS A SHOW NOT TO BE MISSED!

Pauline Wells is an accomplished singer, performer and patriotic vocalist who captivates audiences with her powerful melodic voice and energy. Over and above her vocal talents Pauline is a highly respected Lieutenant with the Cambridge Police Department and is very well known throughout New England.


SILENT AUCTION FUNDRAISER!
Items include Patriots and Red Sox tickets, a Wine Auction, Gift Baskets & More!

WHEN: Friday, September 27th
Doors open at 6:30 and SHOW STARTS AT 8:00

WHERE: Blue Ocean Music Hall

COST: \$35 / Table of 6 - \$210

BUY TIX: tickets.blueocean.com



PUBLIC SERVICE ANNOUNCEMENT

City of Lawrence Board/Commission Openings



Tuesday July 30, 2013

Mayor William Lantigua invites residents of the City of Lawrence to apply for the following volunteer boards and commissions. Expired members seeking re-appointment must re-apply for consideration.


Applications are available @ www.cityoflawrence.com and Office of Mayor William Lantigua, 200 Common Street 3rd Floor, Lawrence, MA 01841.

Lawrence Planning Board — Five (5) full-time member openings, one (1) associate member opening
Conservation Commission — Five (5) full-time member openings
Zoning Board of Appeals — Three (3) full-time member openings, one (1) associate member opening
Lawrence Historic Commission — Seven (7) full-time member openings
Prospect Hill Historic Commission — Seven (7) full-time member openings
Lawrence Redevelopment Authority — Two (2) full time member openings
Airport Commission — Nine (9) full-time member openings
Human Rights Commission — Five (5) full-time member openings
Lawrence Housing Authority—Three (3) full-time member openings; one must represent Labor
Cultural Council — Four (4) full-time member openings
Board of Registrars—Two (2) full-time openings


Open until filled

Mayor William Lantigua 7-30-13

When You're Ready to Quit. We're Ready to Help.



You don't have to quit smoking on your own. Call the American Cancer Society anytime, day or night, at 1-800-ACS-2345. We are here to help.





DENTAL *Dreams*

dentistry for **KIDS and ADULTS**

Hablamos Español

**We welcome
MassHealth*
for Children
& Adults**

Aceptamos MassHealth
para niños y adultos*

**SPECIAL OFFER
for NEW Patients**

Oferta Introductoria

Adults \$128
Adultos

Children \$145
*under 21
Niños*

Includes: Exam, cleaning, x-ray
and consultation (\$140 value)
Incluye: Examen, pulido de dientes,
rayo-x y consulta (es un valor de \$140)

**50%
DISCOUNT**
de Descuento

On ALL Dental Procedures
A todos los trabajos dentales

\$589

**EITHER Complete
UPPER, LOWER,
or PARTIAL Dentures**
(Partials are per arch)

Dentaduras completas o parciales

Patient FINANCING available
Financiamiento disponible

- We welcome most dental insurance plans including Medicaid-MassHealth/Commonwealth Care
Aceptamos la mayoría de seguros privados y Medicaid-MassHealth/Commonwealth Care.
- General Dentistry for Children & Adults
Servicio dental general para niños y adultos
- Walk-Ins Welcome
Lo atendemos sin cita
- Open Saturdays and Evenings
Abrimos los Sábados y de noche
- Emergencies Admitted Same Day
Atendemos emergencias

**Some adult benefits still remain
- ask for details*

**Aun quedan beneficios para adultos,
llame para detalles*

Dr Sameera Hussain DMD and Assoc.

**When's the last
time YOU and the
KIDS went to the
DENTIST?**

*¿Cuándo fue la última
vez que usted y los niños
fueron al Dentista?*

700 Essex St

**In the Essex Plaza Shopping Center
Al lado de Family Dollar y Market
Basket Shopping Center**

978.683.2200



LAWRENCE

Our office offers:

- Video Games • Kids' Theater • Indoor Kids' Playground • Video juegos
- Cine para niños • Area de juegos