

H-1B Visas Still Available!

As of May 18, 2009, USCIS received 45,500 of the 65,000 H-1B general cap visas. USCIS will continue to accept new applications until the cap is reached.

Walt Disney's Immigration Legacy: the Q-1 Visa

Does the work you perform, or the job you offer involve sharing the culture, history, and traditions of your country with the American public? If so, you may be eligible for the Q-1 visa. This visa is intended for foreign nationals participating in an international cultural exchange program in the U.S. The visa category

was created largely as a result of the Walt Disney Company's lobby of Congress to establish a visa category for its foreign unskilled workers, participating in cultural exchanges with the public at its theme parks and resorts. Under the Q-1 visa program, foreign nationals can work or participate in a training program for a maximum of fifteen months in a school,

museum, business or any place the public will be exposed to the cultural aspects of the exchange program. An essential element of the foreign national's job or training must be the sharing of the history, culture and traditions of his or her country. The cultural component cannot be independent of the job or training.

Irish President Launches IPC's Senior Program

At a morning reception on May 29, 2009, Irish President Mary McAleese formally launched the Irish Pastoral Centre's Senior Citizen Outreach Program. During the President's visit to Massachusetts, she credited the Irish community for contributing to the development of their homeland. With the

downturn of the Irish economy, the President commented that more Irish will look across the Atlantic to Boston for opportunities. New Irish immigrants will find refuge and assistance at the Irish Pastoral Centre, where, since 1987, it has been helping Irish immigrants transition to life in the U.S. Among its varied

and diverse programs, the Centre offers immigration advice and assistance. Sedna Law attorneys offer pro bono assistance through the Centre's monthly immigration clinics. Read further about President McAleese in the Boston Globe article "[Past is present in our minds](#)".

How to Lose Your Green Card...it's easier than you think

If you wish to lose your green card, here are some surefire ways to help you accomplish this:

1. Living permanently in another country and "visiting" the U.S. Many immigrants mistakenly believe that once they obtain their green card, they can go back to live in their home country and keep their green card by visiting the U.S. once every six months. This is one of the most painless ways of surrendering your green card.

2. Traveling outside of the U.S. for more than one year without first obtaining a re-entry permit.

3. Failing to file your income taxes.

4. Declaring yourself a nonimmigrant on your tax returns.

5. Registering and voting in elections that require you to be a U.S. citizen. This is not only a great way to jeopardize your residence status but also a perfect way to obtain an

invitation to immigration court.

6. Failing to register for Selective Service if you are a male and of the age of 18 to 25.

7. Committing certain types of crimes. Not all criminal convictions are created equal. Some convictions are better than others at keeping you out of the U.S. Several of them will even guarantee that you never come back.



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Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in

requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's

considered a consistent source of information. Your customers or employees will look forward to its arrival.

Your headlines are an important part of the newsletter and should be considered carefully.



"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

The subject matter that

appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Selecting pictures or graphics is an important part of adding content.



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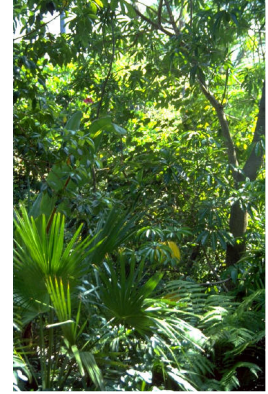
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Inside Story Headline

In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible

headlines include Product Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other

marketing materials, such as press releases and market studies.

While your main goal of distributing a newsletter might be to sell your product or services, the key to a successful newsletter is making it useful to your reader.

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Company Name
Street Address
Address 2
City, ST ZIP Code

Phone
(503) 555-0167

Fax
(503) 555-0168

E-mail
someone@example.com

Your Tagline here.

Back Page Story Headline

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About Our Organization

Sedna is a planet-like body discovered in 2004 by a team of U.S. researchers. Sedna is the most distant confirmed planetary object located in our solar system to date – more than 84

billion miles from the sun. Sedna is slowly traveling towards Earth and will reach its closest point in approximately 70 years. Sedna is named for the Inuit goddess of the ocean, who

Inuit hunters must appease if they are to travel safely across the seas. Inspired by this namesake, Sedna Law strives to ease the journey of travelers from afar

Microsoft includes thousands

COMPANY NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



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We're on the Web!
See us at:
www.contoso.com
