

September / setiembre 15, 2014

EDICIÓN NO. 457

The BILINGUAL Newspaper of the Merrimack Valley

Del Monte: Residency Law /
Ley de Residencia - Pgs. 7 & 8(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell
(NH) Salem, Nashua, Manchester

PrideStar EMS dona ambulancia a Rep. Dominicana



La compañía de servicios de emergencia médica PrideStar EMS, ha donado una ambulancia a Community Christian Fellowship y será enviada a la misión del país caribeño para cuidar de las personas enfermas y necesitadas en áreas pobres.

PrideStar EMS donated an ambulance to Community Christian Fellowship that will go to the Caribbean mission that care for the sick and needy in deprived areas.

Ed Daly, third from right, Vice President of PrideStar EMS, shakes hands with Community Christian Fellowship (CCF) Bishop David Karaya, as they are joined from left PrideStar EMS employees Joe, Monahan, John Hebert, Tony Palmisano, Cindy Marcotte, Bryan Shanley alongside Pastor Raffoul Najem of Lowell, and Cerefina Martinez and Luisa Sencion, both CCF Pastors in the Dominican Republic.

Payano concedió a L'Italien



Minutos después de conocerse los resultados de las elecciones, Pavel Payano de Lawrence, candidato a Senador por el Partido Demócrata, concedió a Barbara A. L'Italien de Andover.

|2

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|2

**Organizing Committee
Announces
Press Conference
For The 8th International
Book Fair,
October 16-19, 2014
Lawrence, Massachusetts**

The Organizing Committee of the International Book Fair in Lawrence 2014 officially invites the press to a Press Conference to discuss the details of the upcoming celebration of the International Book Fair, the most important cultural event in the city of Lawrence, to be held from October 16-19, 2016. The Press Conference will be on Saturday, September 20, 2014 at 4:00PM at the facilities of El Taller, located at 275 Essex Street, Lawrence, Massachusetts (978) 965-4145.

GLCAC: Abre nuevo programa infantil / Opens new after school program - Pg. 6

- 02 EDITORIAL
- 04 & 16 DALIA DÍAZ
- 21 CALENDARIO
- 22 DIRECTORIO
- 23 CLASIFICADOS



English
Tuesdays @ 10am

En Español
Sábados a las 9am

CrossOver
Rumbo on the Radio!

Payano concedió a L'Italien



I/D: El candidato Pavel Payano con su padre, Pedro Payano. La foto fue tomada minutos después del discurso de concesión de Pavel.

L/R: Candidate Pavel Payano and his father Pedro Payano. Photo taken minutes after Pavel's conceding speech.

Por Alberto Suris

Minutos después de conocerse los resultados de las elecciones, Pavel Payano de Lawrence, candidato a Senador por el Partido Demócrata, concedió a Bárbara A. L'Italien de Andover.

Entre amigos y seguidores de su campaña, reunidos en El Taller, Pavel se dirigió a todos y en una forma muy positiva felicitó a Bárbara A. L'Italien.

En lugar de mostrar derrota, Payano en una forma elocuente pasó a delinejar los éxitos obtenidos y los obstáculos vencidos.

Payano destacó que al principio, le decían que no tendría suficiente gente para aguantar carteles. Sin embargo, en poco

tiempo logró que se le uniera un contingente de más de 200 personas que trabajaron arduamente en la oficina haciendo llamadas por teléfono, lo ayudaron a plantar letreros por los vecindarios y a tocar puertas y por último, a llevar gente a votar.

Otro punto que destacó y provocó una ovación entre los presentes, fue el hecho que gente pesimista le vaticinara que él no tenía dinero para correr una campaña, sin embargo, en poco tiempo su campaña logró recaudar más de \$30,000.

"Nada de esto pudo haberse logrado sin la participación de todos ustedes", agradeció Payano.

Payano conceded to L'Italien

By Alberto Suris

Minutes after learning the elections results, Pavel Payano of Lawrence, candidate for Senator for the Democratic Party, conceded to Barbara A. L'Italien of Andover.

Among friends and supporters of his campaign gathered at El Taller, Pavel spoke to all in a very positive way and congratulated Barbara A. L'Italien.

Instead of showing defeat Payano eloquently went on to outline the successes of his campaign overcoming obstacles.

Payano said that at first, people used to tell him that he would not have enough people to put up posters. However, in a short

time he managed to attract a contingent of more than 200 people who worked hard at the office making phone calls, helping plant signs through neighborhoods and knocking on doors and finally, getting people to vote.

Another point highlighted by Payano that brought a standing ovation from those present, was the fact that pessimistic people used to tell him that he had no money to run a campaign, however, soon his campaign raised more than \$30,000.

"None of this could have been achieved without the participation of all of you," thanked Payano.

SE NECESITAN VOLUNTARIOS PARA JUGAR CON NIÑOS QUE VIVEN EN REFUGIOS

Horizons for Homeless Children busca personas serias, bilingües en inglés y español para jugar con niños que viven en refugios para familias sin hogar. Se requiere un compromiso de 2 horas a la semana (un turno semanal) por 6 meses. Para más información o para inscribirse en línea, favor de visitar el sitio www.horizonsforhomelesschildren.org o llame al 978.557.2182. Es una experiencia muy agradable que beneficia a los niños y también a todas las personas que se envuelven en el programa.

EDITORIAL | EDITORIAL

Una oportunidad perdida

Los resultados de la última Elección Primaria celebrada el 9 de septiembre 2014 en Massachusetts, dejaron a la mayoría de lawrencianos en busca de explicaciones, pero sobre todo excusas.

En la línea al frente, teníamos dos jóvenes demócratas, Pavel M. Payano y Doris V. Rodríguez compitiendo por la silla dejada vacante por Barry Finegold, un senador muy querido de Andover, postulado a Tesorero del Estado.

Payano, miembro del Comité Escolar de Lawrence adquirió experiencia en la alta política, mientras trabajaba como ayudante de la Congresista Niki Tsongas.

Rodríguez ha trabajado tanto en el sector privado como el público. En el sector privado, Doris trabajó para una compañía de software privada como su asesor fiscal. En el sector público, trabajó para el gobierno federal, estatal, y el gobierno local, donde ha adquirido una experiencia muy valiosa.

Desde William X. Wall y Patricia McGovern, los lawrencianos hemos soñado con mandar un residente de Lawrence a la Casa de Gobierno que nos represente. ¡Sólo por orgullo!

Las estadísticas muestran que en 2013/2014 la población total de Lawrence es de 76,377 de los cuales 56,363 son hispanos o latinos con sólo 38,929 inscritos para votar. El día de las elecciones, sólo 5,976 ó 15.35% de esos 38,929 inscritos para votar en realidad cumplieron con su obligación como ciudadanos.

No hay duda de que hasta que inculquemos en nuestros residentes el valor y la importancia de votar, nunca vamos a alcanzar el sueño de tener un Senador de Lawrence y por lo tanto, el éxito de Lawrence.

An opportunity lost

The results of the latest Primary Election held September 9th 2014 in Massachusetts, left the majority of Lawrencians looking for explanations but mainly for excuses.

On the front line, we had two young Democrats, Pavel M. Payano and Doris V. Rodriguez competing for the chair left vacant by Barry Finegold, a well-liked Senator from Andover running for State Treasurer.

Payano, a member of the Lawrence School Committee got his feet wet in high politics while working as aide to U.S. Congresswoman Niki Tsongas.

Rodriguez has worked in both the private and public sector. In the Private Sector, Doris worked for a private software company as their Tax Counsel. In the Public Sector, she worked for the Federal, State, and local government where she has gained invaluable experience.

Since William X. Wall and Patricia McGovern, Lawrencians have been dreaming of sending a Lawrence resident to the State House to represent them. Just for pride!

Statistics show that in 2013/2014 Lawrence total population is 76,377 of which 56,363 are Hispanic or Latino with only 38,929 registered to vote. On Election Day, only 5,976 or 15.35% out of those 38,929 registered to vote actually met their obligation as citizens.

There is no question that until we instill in our residents the value and importance of voting, we will never reach the dream of having a Lawrence Senator or Lawrence thrive for that matter.

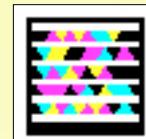
"Accepta la responsabilidad por tu propia vida... eres tú quien te ha de llevar a donde quieras llegar, nadie más."

"Accept responsibility for your life... it is you who will get you where you want to go, nobody else."

Les Brown

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley



DIRECTOR AND GRAPHIC DESIGN

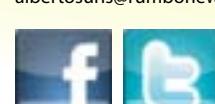
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- Una de las prácticas más grandes y antiguas en el Valle del Merrimack.
- Sobre 100 médicos de atención primaria y profesionales de la salud, capacitados para atender pacientes, desde prenatales hasta geriátricos.
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- Un galardonado "Programa de Medicina Alternativa" – enfocándose en visitas en grupos de adolescentes y adultos.
- Un Programa de Salud Maternal/Niño(a) compuesto por médicos de familia los cuales proveen servicios de maternidad y de obstetricia avanzados.
- Programa de Residencia de Medicina Familiar - entrenando los médicos del mañana.

Para encontrar más información acerca del por qué GLFHC debería ser su proveedor de cuidado médico, visítenos en línea en glfhc.org



POR DALIA DÍAZ
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

¿Está pasando algo?

Yo no voy a llamar a este segmento "Bienvenido al paraíso" como en el pasado, porque el sarcasmo será demasiado - incluso para mí - soportarlo. En columnas anteriores he mencionado que Lawrence ha sido olvidada por los medios de comunicación de Boston; ellos no están viendo más y sólo puede ser una señal de que todo es maravilloso aquí.

Nos hemos acostumbrado a ver la cara del Chief Romero en la televisión por lo menos una vez por semana cada vez que había un robo, un robo de auto, accidentes y (Dios no lo quiera!) un tiroteo. Él decía a sus oficiales que se dieran prisa y escribieran el informe porque ya había llamado a los medios de comunicación.

Y los medios de comunicación respondían porque las malas noticias de Lawrence eran una buena noticia para ellos y para la política.

Toda la publicidad negativa daba miedo a la gente y no venían aquí, y mucho menos mudarse a esta ciudad (tal vez con la excepción de la zona de Mt. Vernon, cerca de la línea de Andover), donde los servicios de la ciudad son mejores y la gente se siente más segura. Yo lo sé; yo vivo en esa parte de Lawrence y he oído muchas veces que los residentes tienen miedo de asistir a las reuniones del concejo municipal en el ayuntamiento. Odian aventurarse al otro lado del río y adoraban al Chief Romero porque

él estaba luchando activamente contra la violencia y las personas despreciables de la parte norte de la ciudad.

Hoy en día, todo parece estar bajo control. El nuevo Jefe de Policía James Fitzpatrick tiene un estilo diferente y mantiene la distancia de los periodistas - incluyéndome a mí. Las cosas nunca llegan al periódico local y como las estaciones de Boston y los periódicos recogen sus noticias de ellos, debe ser que esta nueva administración está realmente adoptando fuertes medidas contra los delincuentes. Dentro de unos cortos meses, la ciudad está tranquila y los de afuera se están llevando la impresión de que es "el paraíso."

Bueno, la delincuencia suele medirse por el número de homicidios cada año. En los últimos años, hemos tenido una disminución en los asesinatos desde el 2010 con 10, en el 2011 otros 10, en el 2012 tuvimos 2 y en el 2013 solamente 1.

Empezamos este año con buen pie hasta el mes de agosto que tuvimos cuatro asesinatos. En estos momentos, hay un hombre en estado grave en un hospital que probablemente podría morir, hubo dos mujeres abaleadas (una en el brazo y la otra en una pierna), sin embargo, pocas personas fuera de Lawrence han oido hablar de eso.

Otros crímenes como robos, asaltos, hurtos, violaciones, etc. nunca se comunican al público dando la impresión de que han desaparecido cuando los residentes locales creen que van en aumento, simplemente no

se informa a los medios de comunicación.

Los reporteros son libres de examinar en la estación de policía el registro diario; esa es la forma en que seleccionan lo que los periódicos podrían imprimir en las páginas de su "registro de la policía" de diferentes ciudades y pueblos (el "Police Log.") El problema es que el escritorio en la recepción es un desastre, todas las hojas están sueltas, fuera de orden y estoy segura de que faltan muchas hojas o han sido retiradas intencionalmente. Yo estaba buscando una específicamente la semana pasada y no la pude encontrar. Revisé toda la pila de papeles, uno por uno porque tenía el número correcto y la fecha pero no estaba allí. ¡Qué libertad de prensa!

Hay un esfuerzo concertado para hacer que Dan Rivera se vea bien, pero mantener la información fuera de la opinión pública no es el camino correcto para proteger a los ciudadanos.

Resultado de las Elecciones

No es una cuestión de por quién usted votó sino si usted fue a votar o no. Yo no tengo la fuerza para discutir más sobre la ignorancia de nuestra comunidad. A menudo oímos gritar que por ser la mayoría nos merecemos más, pero es tan difícil hacerles comprender que, a menos que salgan a votar, no son nada y que nunca serán tomados en consideración.

Sí, tener un senador estatal de Lawrence sería genial porque no se va a hacer la vista gorda al igual que muchos otros políticos lo han hecho, pero supongo que dejar las telenovelas para apoyarlo o ella era demasiado sacrificio.

¿De qué sirve tener buenos candidatos decentes y bien educados si esperamos que otra persona haga el trabajo de elegir por nosotros.

¡Celebremos el 40º Aniversario de WIC!

Por Cheryl Bartlett

Comisionada del Departamento de Salud

La semana pasada tuve el placer de celebrar con el Programa de Nutrición de Mujeres, Infantes y Niños (WIC) de Massachusetts su 40º Aniversario con un evento de gala en la Casa Estatal. Así que no hay mejor tiempo que el presente para darle un vistazo a todas las maneras en que el Programa WIC juega un papel vital en la salud de las mujeres, bebés y niños.

WIC es el programa principal de nutrición del Departamento de Salud Pública el cual proporciona nutrición y educación sobre la salud, alimentos nutritivos y acceso a servicios de salud para mujeres embarazadas de bajos a moderados ingresos, bebés y niños menores de cinco años. WIC cuenta con más de 117 lugares en todo el estado y es aceptado en más de 1.000 tiendas/bodegas que aceptan WIC se abastecan con productos de granos enteros, productos lácteos bajos en grasa y frutas y verduras, convirtiendo así la elección de alimentos saludables más fáciles para todas las familias.

Por medio de WIC, las mujeres embarazadas, madres y cuidadores de bebés y niños menores de cinco años aprenden sobre la importancia de una buena nutrición para mantenerse y mantener a sus familias saludables. Hoy en día el programa de WIC en Massachusetts le sirve a casi la mitad de todos los niños del estado y a más de 125.000 personas al mes.

Los servicios que WIC proporciona a las familias de Massachusetts durante los últimos 40 años han tenido un gran impacto en las vidas de millones de personas. Aún más, los beneficios de WIC tienen beneficios económicos inimaginables - los estudios muestran que cada \$1 gastado en WIC ahorra \$3.50 en gastos de atención de salud.

Con énfasis en proporcionar alimentos nutritivos para garantizar un adecuado crecimiento y desarrollo, información nutricional que se adapta a las necesidades individuales, y referidos a servicios de salud adecuados, la misión de WIC cumple con el objetivo del Departamento de promover estilos de vida saludables, prevenir lesiones y enfermedades, y para garantizar cuidado de salud de calidad.

Junto a WIC, el Departamento de Salud Pública proporciona servicios de salud y nutrición a las familias de Massachusetts durante los últimos 40 años han tenido un gran impacto en las vidas de millones de personas. Aún más, los beneficios de WIC tienen beneficios económicos inimaginables - los estudios muestran que cada \$1 gastado en WIC ahorra \$3.50 en gastos de atención de salud.

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A partir del 7 de Septiembre, estaremos corriendo los Domingos!

The following routes are operating on Sundays: 01, 32, 33, 34, 35, 36, 37, 39A, 39B, 40, 41, 51, 54, and 85
Routes 01 and 51 will run closed door while in Haverhill.

Las siguientes rutas operan los Domingos: 01, 32, 33, 34, 35, 36, 37, 39A, 39B, 40, 41, 51, 54, y 85
Las rutas 01 y 51 correrán con la puerta cerrada mientras estén en la ciudad de Haverhill.

For more information on schedule times
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Para más información sobre los horarios visite nuestra página web www.mvrta.com o llame al (978) 469-6878.



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Alcalde propone acción proactiva para prohibir la venta de marihuana sintética

Después de leer las sobredosis de Manchester, New Hampshire. la venta de marihuana sintética en otras ciudades, el Alcalde James J. Fiorentini propuso una ordenanza para prohibir la venta de marihuana sintética en la ciudad de Haverhill.

A través de toda Nueva Inglaterra, se ha producido un problema cada vez mayor con la llamada "marihuana sintética". Estos productos, conocidos comercialmente como "sales de baño" han dado lugar a varias muertes en ciudades vecinas, incluyendo

"Si bien esto aún no se ha convertido en un problema en Haverhill, no debemos esperar hasta que lo sea. El momento de actuar es ahora, antes de que haya una sobredosis en la ciudad. Esta ordenanza prohibirá el uso de estas sales de baño peligrosas y otros de marihuana sintética en la ciudad. El aumento en las muertes debido a la venta de este producto es inaceptable; este producto debe ser prohibido de cualquier tienda."

Mayor proposed pro-active approach to ban synthetic marijuana sales

After reading of overdoses from synthetic marijuana sales in other cities, Mayor James J. Fiorentini proposed an ordinance to ban the sale of synthetic marijuana in the city of Haverhill.

All throughout New England, there has been a growing problem with so-called "synthetic marijuana." These products, commercially known as "bath salts" have resulted in several deaths in neighboring cities including Manchester, New

Hampshire.

"While this has not yet become a problem in Haverhill, we shouldn't wait until it is. The time to act is now, before there is an overdose in the city.

This ordinance will ban the use of these dangerous bath salts and other synthetic marijuana's in the city.

"The rise in deaths due to the sale of this product is unacceptable; this product needs to be banned from any storefront.

NEWS & EVENTS IN HAVERHILL

Mayor Fiorentini supporting organ and tissue donation at the RMV



Picture: Organ and Tissue Donation Ambassador Anne Walsh, New England Organ Bank Director of State Relations Matthew Boger, Mayor of the City of Haverhill James Fiorentini, RMV Haverhill Manager Spencer Deshields.

El Alcalde Fiorentini apoya la oportunidad de ayudar a salvar la vida de un máximo de 8 personas simplemente inscribiéndose como donante de órganos y de piel en la oficina del Registro de Vehículos de Motor de Haverhill localizado en el ayuntamiento. También lo puede hacer en www.DonateLifeNewEngland.org

Mayor Fiorentini supporting the opportunity to help save up to 8 people's lives by registering as an organ and tissue donor at the RMV Haverhill office located at City Hall. One can also easily register on-line at www.DonateLifeNewEngland.org

Más beneficios. Sin costo.

Si tiene 65 años o más y reúne los requisitos para MassHealth Standard, nuestro plan puede ofrecerle más beneficios que Original Medicare. Con **UnitedHealthcare® Senior Care Options (HMO SNP)**, su médico, hospital y cobertura de medicamentos recetados están contemplados en una única y conveniente tarjeta.

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UnitedHealthcare®
Community Plan

UnitedHealthcare SCO es un plan de atención coordinada con un contrato con Medicare y un contrato con el programa Medicaid de la mancomunidad de Massachusetts. La inscripción en el plan depende de la renovación del contrato del plan con Medicare. Este plan es un programa voluntario disponible para personas mayores de 65 años que reúnen los requisitos para MassHealth Standard y Original Medicare. Si tiene MassHealth Standard, pero no reúne los requisitos para Original Medicare, aún puede ser elegible para inscribirse en nuestro plan MassHealth Senior Care Option (SCO) y recibir todos los beneficios de MassHealth a través de nuestro programa SCO. La información sobre beneficios proporcionada es un resumen breve, no una descripción completa de los beneficios. Para obtener más información, comuníquese con el plan. Pueden aplicarse limitaciones, copagos y restricciones. Los beneficios, el formulario, la red de farmacias, la red de proveedores, las primas o los copagos/coseguros pueden modificarse el 1.º de enero de cada año. Las primas, los copagos, los coseguros y los deducibles pueden variar según el nivel de ayuda adicional que usted reciba. Comuníquese con el plan para obtener más detalles. Los inscritos no tendrán costos de bolsillo.

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40 Lawrence, St. Lawrence, MA 978-686-6191

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COME AND CHECK OUT ALL THESE PROGRAMS!

10:00-10:30 Basketball Clinic (ages 4-12)	11:45-12:15 Floor Hockey (ages 6+) TRX Training (ages 16+)
10:00-2:00 Babysitting (ages 4+) Child Care Tours Flu Shot Clinic by Rite Aid* Wellness Evaluations (18+)	12:00-2:00 Music Clubhouse (ages 10+)
10:35-11:05 Soccer (ages 4-7) Zumba (ages 16+)	12:20-12:50 Latin Rhythms Dance (ages 16+)
10:35-11:40 Tennis (ages 5-8)	12:30-2:00 Wibit Pool Obstacle Course (ages 7+) Swimming Evaluation (all ages) Family/Free Swim (all ages)
11:10-11:40 Karate (ages 4+) Yoga (ages 16+)	1:00-1:30 Dance Academy (ages 5-7)
11:10-11:50 Itty Bitty Baseball (ages 4-7)	1:30-2:00 Dance Academy (ages 8+)

WHILE YOU WORKOUT
Kids Workout Zone (ages 8+)

*Must bring medical insurance card.



The students are thumbs up about the new after-school program at the Hennessey School, operated by the GLCAC Inc.'s Child Care Center.

GLCAC abre un programa para después de clase en la escuela Hennessey

Ahora, los estudiantes de seis escuelas públicas de Lawrence tienen una nueva alternativa de programa después de clase con la expansión del Centro de Cuidado de Niños de GLCAC, Inc., a la escuela Hennessey. Esta nueva ubicación de GLCAC sirve a los alumnos de las escuelas vecinas y les ofrece actividades recreativas y educativas después del horario escolar.

"GLCAC en Hennessey"

lleva nuestro gran programa para después de clase a más estudiantes de la ciudad. Con esta segunda ubicación en la escuela Hennessey, los niños pueden pasar más tiempo aprendiendo y jugando, y menos tiempo en un autobús escolar", dijo Evelyn Friedman, Directora Ejecutiva de GLCAC.

Los estudiantes, de 6 a 11 años de edad, participan en una amplia variedad de actividades educativas y físicas que extienden la formación académica hasta que son recogidos a las 5:30 p.m. El programa es dirigido por educadores cualificados y con experiencia e incluye actividades de alfabetización, matemáticas, ciencias, teatro, artes, gimnasia y ayuda con la tarea.

GLCAC en Hennessey, situado en 122 Hancock Street, está abierto a estudiantes de las siguientes escuelas públicas de Lawrence: Bruce, Guilmette, Hennessey, Leahy, Oliver y Tarbox. Los precios del programa son asequibles y hay subsidios para las familias que reúnen los requisitos.

Además de GLCAC en Hennessey, el

Centro de Cuidado de Niños de GLCAC tiene un programa para después de clase en su ubicación de Andover Street. Ambos centros están abiertos todos los días después de clase hasta las 5:30 p.m., y a tiempo completo durante las vacaciones escolares y de verano.

Los padres interesados en inscribir a sus hijos en uno de estos programas deben visitar el Centro de Cuidado de Niños en 581 Andover Street. Para obtener más información, llame al (978) 681-4910.

GLCAC es una agencia de servicios sociales que asiste cada año a unas 29.000 personas de la región de Lawrence. Su amplia gama de servicios —desde ayuda con la calefacción hasta cuidado de niños— busca sacar a las familias de la pobreza y a encaminarlas hacia la estabilidad económica. GLCAC se enorgullece de estar asociada con la organización United Way of Massachusetts Bay and Merrimack Valley. Para obtener más información, llame al (978) 681-4900 ó visite www.glcac.org.

GLCAC Opens After-School Program at Hennessey School

Students at six Lawrence public schools now have a new option for an after-school program with the expansion of GLCAC Inc.'s Child Care Center to the Hennessey School. The new GLCAC at Hennessey serves students from nearby schools and provides them with extended education and recreation after school.

"GLCAC at Hennessey brings our great after-school program to more students in the city. With the second location at the Hennessey School, children can spend more time learning and playing, and less time on a school bus," said Evelyn Friedman, Executive Director of the GLCAC.

Students in the after-school program, ages 6 to 11, participate in a range of educational and physical activities that build on their school work until pick up time at 5:30 p.m. The program, which is operated by qualified and experienced educators, includes literacy activities, math, science, drama, arts, gym and help with homework.

GLCAC at Hennessey, which is located at 122 Hancock Street, is open to students from the Bruce, Guilmette, Hennessey,

Leahy, Oliver and Tarbox public schools in Lawrence. The after-school program has competitive rates and subsidies may be available for qualifying families.

In addition to GLCAC at Hennessey, the GLCAC's Child Care Center offers an after-school program at its Andover Street facility. Both programs are open every day after school until 5:30 p.m. and full-time during school vacations and the summer break.

Parents who wish to enroll their students in either program should visit the Child Care Center at 581 Andover Street. For more information, call (978) 681-4910.

GLCAC is a social services agency that annually assists 29,000 individuals in Greater Lawrence. GLCAC's wide range of services, from heating assistance to daycare, focus on lifting families out of poverty and setting them on a pathway to economic stability. GLCAC is a proud partner of the United Way of Massachusetts Bay and Merrimack Valley. For more information, call (978) 681-4900 or visit www.glcac.org.

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Ley de Residencia: ¿Es Necesaria?

Por Christopher Del Monte



La Ley de Residencia de Lawrence fue una ley que se aprobó en el año 1986, pero fue en vano, porque después de 15 años de ser una ley, bajo la administración de Patricia Dowling, la ley fue derogada en el año 2001, perdiendo por menos de un 2%, y se entendía que este era porque estaba escrito de tal manera que el votante se manipuló para votar lo contrario de lo que realmente querían. Cuando el votante marcó "Sí" en la boleta electoral, realmente estaban votando para que derogaran la ley.

El año 2014 ha traído nada más que debates calurosos en relación con la reposición de esta ley. Para que esta ley pueda volver a la vida, debe ser aprobada por 6 de los 9 miembros del Concejo de la Ciudad. En la primera ronda de la votación de la ley, un concejal estuvo ausente, dejando 8 a votar sobre la medida. La ley no fue aprobada debido a esta razón y fue votada a favor 5-3, pero se necesitaban 6 votos a fin de tener la ley aprobada.

El Presidente del Concejo de la Ciudad, Modesto Maldonado, encontró una manera

de traer de vuelta la ley, a pesar de que perdió y en esta ocasión fue una forma legal, los 9 concejales estaban realmente presentes, y la Ley de Residencia de la Ciudad obtuvo los 6 votos que eran necesarios para enviar al Alcalde Dan Rivera para lograr la firma. Despues de unas semanas, el alcalde reveló su oposición a la ley vetando la ley. Y una vez más, el concejo intervino para que la ley se ponga en la boleta electoral del 4 de noviembre y los votantes elegirán sobre si querían la ley reintegrada o no.

No hemos escuchado a muchos líderes opinar si quieren la Ley de Residencia de la Ciudad reinstalada en la Ciudad de Lawrence. Sin embargo, el Presidente del Concejo de la Ciudad, la Vicepresidenta del Concejo de la Ciudad, y otros 4 concejales han opinado que esta ley será de hecho un beneficio para esta ciudad porque cuando miembros de las fuerzas viven en un barrio, el barrio es mucho más seguro para vivir. Esta noción podría motivar a más aspirantes a ser dueños de una casa para así comprar más casas en ese barrio.

Otra opinión de los concejales que denota un beneficio de la Ley de Residencia de la Ciudad ha sido que no sólo hará a los vecindarios serán más seguros, sino que también traerá más inquilinos y propietarios de viviendas. Y estos inquilinos y propietarios de viviendas se convertirán en consumidores dentro de su

ciudad. Otra razón por la que los concejales están apoyando esta medida se debe a que existe una Ley de Residencia en la Ciudad de Boston. Y cualquier persona que está buscando empleo en el sector público (excluyendo el sector privado) tiene que vivir dentro de la Ciudad de Boston.

Por otra parte, otra de las razones que ha mencionado a favor de la Ley de Residencia en Lawrence ha sido porque la ciudad de Detroit se declaró en quiebra después de la derogación de la Ley de Residencia. Después que la Ley de Residencia de Detroit fue derogada, cientos de empleados del sector público se trasladaron fuera de la ciudad, y los barrios de la ciudad comenzaron a ser inseguros, y la ciudad de Detroit comenzó a perder millones de dólares en ingresos fiscales. Al igual que Detroit, Lawrence tiene funcionarios de alto rango ganando más de \$100,000 por año, y sus inversiones fuera de esta ciudad están dañando nuestra economía.

Las finanzas de Detroit, en un corto periodo de tiempo, comenzaron a colapsar y era necesario declarar a la ciudad de Detroit en quiebra. Se ha demostrado que las leyes de residencia ayudan a las finanzas de las ciudades del interior que están luchando para mantener la consistencia financiera. Por esta razón, usted encontrará que muchas ciudades de todo el país tienen esta Ley de Residencia instaurada.

A pesar de los beneficios antes mencionados de esta ley, el Alcalde Dan Rivera ha seguido oponiéndose a la Ley de Residencia de esta Ciudad. Él cree que este no es el momento adecuado para poner en práctica esta ley. El alcalde ha afirmado que esta ciudad necesita calles más seguras y oportunidades de trabajo para Lawrencianos. Con seis concejales de la ciudad a favor de la ley de residencia de la ciudad, y el alcalde de oposición, esta ley será una opción en la boleta electoral del día 4 de noviembre. Los votantes decidirán sobre si Lawrence necesita esta ley o no.

Este artículo representa la opinión del autor y no la del periódico. Rumbo acepta puntos de vista opuestos con el mismo respeto.

CARTAS AL EDITOR

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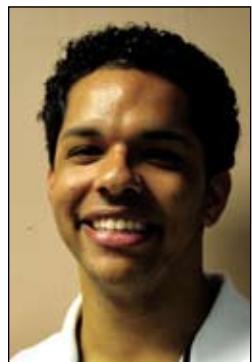


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City Residency: Is It Necessary?

(Léalo en español en la página 7.)

By Christopher Del Monte



Lawrence's City Residency Law was instated in 1986, but this came to no avail, because after 15 years of being a law, under Patricia Dowling's administration, the law was repealed in 2001, losing by less than 2%, and it was understood that this was because it was written in a way such that the voter would be manipulated into voting the opposite of what they really wanted. When the voter marked "Yes" on the ballot, they were really voting to repeal the law.

The year 2014 has brought nothing more than heated debates regarding the reinstating of this law. For this law to come back to life, it should be approved by 6 of the 9 members of the City Council. In the first round of the voting of the law, one councilor was absent, leaving 8 to vote on the measure. The law did not pass because of this reason, it was voted in favor 5-3, but 6 votes were needed in order to have the law passed.

The President of the City Council, Modesto Maldonado, found a way—a legal way—to bring back the law, though it lost, and in this occasion, the 9 councilors were indeed present, and the City Residency Law obtained the 6 votes, which were necessary to send to Mayor Dan Rivera for the law to get signed. After a few weeks, the Mayor revealed his opposition to the law by vetoing the law. And once again, the Council intervened to have the law put on the November 4th ballot and have the voters choose as to whether they wanted the law reinstated or not.

We have not heard many leaders' opinion on whether they want the City Residency Law reinstated in the City of Lawrence. However, the President of the City Council, the Vice President of the City Council, and another 4 city councilors have opined that this law will indeed be a benefit to this city because when members of law enforcement live in a neighborhood, the neighborhood is much safer to live in. This notion could motivate more aspiring homeowners to buy more homes in that neighborhood.

Another opinion from the councilors denoting a beneficial purview of the City Residency Law has been that not only that our neighborhoods will be safer, but that it will also bring forth more tenants and more homeowners. And these tenants and homeowners will become consumers within their City. Another reason why the councilors are supporting this measure is because there exists a Residency Law in the City of Boston. And any person who is looking for employment in the public sector (excluding the private sector) has to live within the City of Boston.

Moreover, another reason that has been mentioned in favor of the Residency Law in Lawrence has been because the City of Detroit went bankrupt after the repealing of the Residency Law. After Detroit's City Residency Law was repealed, hundreds of employees from the public sector moved out of the City, and the City's neighborhoods started to become unsafe, and the City of Detroit started to lose millions of dollars in tax revenue. Like Detroit, Lawrence has top-ranking officials making over \$100,000 per year, and their investments outside of this city are hurting our economy.

Detroit's finances, within a short amount of time, started to collapse and it was necessary to declare the City of Detroit in bankruptcy. It has been shown that residency laws help the finances of inner cities that are struggling to maintain financial consistency. For this reason you will find that many cities throughout the country have this Residency Law instated.

Despite the aforementioned benefits of this law, Mayor Dan Rivera has continued to oppose the City Residency Law. He believes that this is not the right time to implement this law. The mayor has stated that this city needs safer streets and job opportunities for Lawrencians. With six city councilors in favor of the City Residency Law, and the mayor opposing, this law will be on the November 4th ballot. The voters will decide on whether Lawrence needs this law or not.

This article represents the author's opinion and not the newspaper's. Rumbo accepts opposing views with the same respect.

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NEWS & EVENTS IN HAVERHILL

Hospital Holy Family en Merrimack Valley recibe premio

Por tercer año consecutivo el Centro de Cuidado de Heridas e Hiperbáctica del Hospital Holy Family de Merrimack Valley ha ganado el premio Centro de Excelencia por la adjudicación superior a los puntos de referencia de curación y de calidad.

Después de su primer año de funcionamiento, el Centro de Cuidado de Heridas e Hiperbáctica recibió el Centro de Distinción por lograr tasas de satisfacción del paciente sobre el 90 por ciento, y una tasa de curación de 89 por ciento en 30 días como promedio, entre otras normas de calidad. Cuando el centro alcanzó los mismos puntos de referencia el segundo año, recibió un segundo Centro de Distinción, más el prestigioso Premio a la Excelencia por repetir su actuación de alta calidad. Este año el centro ha recibido de nuevo el Centro de Distinción Ademáis del premio Center of Excelencia.

El honor viene de Healogics, una de las compañías de cuidado de heridas más importantes del país. El Centro de Cuidado de Heridas es miembro de la Red Clínica de Healogics de más de 560 centros, lo que

permite el acceso a datos de referencia, y la experiencia en el tratamiento de millones de heridas crónicas.

En el Centro de Cuidado de Heridas e Hiperbáctica del Hospital Holy Family en Haverhill, cientos de pacientes han recibido tratamiento especializado, a menudo previniendo amputaciones y ayudando a los pacientes a regresar a una vida activa.

"Nos sentimos honrados de recibir este premio", dijo el presidente del hospital Joseph Roach. "El mayor impacto del compromiso constante de nuestro equipo para el cuidado se puede ver en la calidad de vida que muchos de nuestros pacientes y sus familias están experimentando ahora."

"Ganar este premio por tercer año consecutivo es un homenaje al equipo de la cicatrización de heridas tan excepcional que tenemos en Holy Family Hospital de Merrimack Valley. Estoy orgulloso de servir a nuestras comunidades con un alto nivel de atención", dijo Walter Kwass, MD, cirujano vascular y director médico del Centro de Cuidado de Heridas e Hiperbáctica.



The Wound Care & Hyperbaric Center team at Holy Family Hospital at Merrimack Valley, proudly displays its award for attaining recognition from Healogics as a Center of Excellence for the third year in a row. Pictured, front row from left, are Lori Pulsone, Walter Kwass, MD and Debra Eisner, DPM. Back row from left: Heidi Perkins, Amy Verheyen, Tracey Dushame, Maureen Pelot, Lauren Goldsmith, Cecilia Collins and Diane Palmer.

Holy Family Hospital at Merrimack Valley's Wound Care & Hyperbaric Center Named a Center of Excellence for 3rd Consecutive Year

For the third year in a row Holy Family Hospital at Merrimack Valley's Wound Care & Hyperbaric Center has earned the Center of Excellence award for exceeding healing and quality benchmarks.

Following its first year of operation, The Wound Care & Hyperbaric Center received a Center of Distinction award for achieving patient satisfaction rates over 90 percent, and an 89 percent healing rate in 30 median days, among other quality standards. When the center achieved the same benchmarks the second year, it received a second Center of Distinction award, plus the prestigious Center of Excellence award for repeat high-quality performance. This year the center has again received the Center of Distinction Award plus the Center of Excellence Award.

The honor comes from Healogics, one of the nation's leading wound care management companies. The Wound Care Center is a member of the Healogics

Clinical Network of over 560 centers, which allows access to benchmarking data, and experience in treating millions of chronic wounds.

At Holy Family Hospital's Wound Care and Hyperbaric Center in Haverhill, hundreds of patients have received specialized treatment, often preventing amputations, and helping patients return to active lives.

"We are honored to accept this award," said hospital President Joseph Roach. "The greatest impact of our team's consistent commitment to care can be seen in the quality of life that many of our patients and their families are now experiencing."

"Earning this award for the third consecutive year is a tribute to Holy Family Hospital at Merrimack Valley's exceptional wound healing team. I am proud to serve our communities with a consistently high level of care," said Walter Kwass, MD, vascular surgeon and medical director of the Wound Care & Hyperbaric Center.

Recaudación de Fondos de Lawtown Boxing Gym, Inc.

Lawtown Boxing Gym, Inc. (LBG, Inc.), ubicado en Lawrence, Massachusetts en el Riverwalk agradece el apoyo continuo de nuestra organización sigue recibiendo de los que están cerca y lejos. Como algunos de ustedes saben, LBG, Inc. es una organización sin fines de lucro 501 (c) (3). Todos nuestros entrenadores y miembros de la junta directiva de LBG, Inc. son voluntarios que siguen dedicando su tiempo para apoyar y orientar a los jóvenes y los adultos del mañana en el camino del éxito y el bienestar.

El domingo, 14 de septiembre 2014 a las 12:00 pm, Lawtown Boxing Gym, Inc. celebró su 2014 Recaudación de Fondos/Rifa y donaciones. Los entrenadores, miembros de la junta directiva y los combatientes les gustaría felicitar a los tres ganadores de la rifa. Ellos fueron los siguientes: Debbie Burns (Tewksbury) 1er Premio, 32 "RCA LED HDTV/DVD Combo; Jim O'Neil (Salem, NH) 2do Premio, \$60 Restaurant Gift Card de Salvatore's; y Bernardo Collazo (Tewksbury) 3er Premio, \$30 en efectivo.

El Lawtown Boxing Gym, Inc. desea agradecer y reconocer a Chris Breen y los miembros del concejo municipal de la ciudad de Lawrence, Marc L. Laplante y Modesto Maldonado por sus sinceros

donativos a la LBG, Inc. También quisiera agradecer a los boxeadores, los padres, y miembros de la junta directiva por su participación en el evento para recaudar fondos del 2014. ¡Fue un éxito y esperamos con ansia ver el gimnasio y nuestra familia de boxeo crecer!

El Lawtown Boxing Gym, Inc. le gustaría aprovechar este momento para agradecer a cada entrenador y miembro de la junta por permitir que las puertas del gimnasio de boxeo permanezcan abiertas a través de este tiempo y dedicación hacia no sólo el gimnasio, pero a la ciudad de Lawrence y ciudades y pueblos vecinos. Gracias Edwin Candelario Sr., Gloria E. Candelario, Carlos Candelario, Rosalinda Yen, Fernando Collazo, Edwin Candelario Jr., José Torres, y José Orta.

Si usted desea hacer una donación a Lawtown Boxing Gym, Inc., por favor póngase en contacto con LBG, Inc. Gloria E. Candelario (Director) al (978) 837-2163 y/o pasar por el gimnasio de boxeo en la dirección que aparece a continuación, de lunes a viernes entre las 5:30 pm y 7:00 pm. Todas las donaciones van hacia los gastos de gimnasio, futuros eventos de gimnasio de boxeo, y la reposición y sustitución de equipo gastado y anticuado en LBG, Inc.



Fundraiser of Lawtown Boxing Gym, Inc.

The Lawtown Boxing Gym, Inc. (LBG, Inc.) located in Lawrence, Massachusetts at the Riverwalk appreciates the continued support our organization continues to receive from those near and far. As some of you may know, the LBG, Inc. is a non-profit organization 501(c)(3). All of our coaches and board members at the LBG, Inc. are volunteers who continue to devote their time to support and guide the youth and adults of tomorrow onto the path of success and well-being.

This past Sunday, September 14, 2014 at 12:00pm, Lawtown Boxing Gym, Inc. held its 2014 Fundraiser/Raffle Ticket Donation drawing. The coaches, board members, and fighters would like to congratulate the three raffle ticket winners. The winners are as follow: Debbie Burns (Tewksbury) 1st Prize, 32" RCA LED HDTV/DVD Combo; Jim O'Neil (Salem, NH) 2nd Prize, \$60 Salvatore's Restaurant Gift Card, and Bernardo Collazo (Tewksbury) 3rd Prize: \$30 Cash.

The Lawtown Boxing Gym, Inc. would like to thank and acknowledge Chris Breen and the Lawrence city council members, Marc L. Laplante and Modesto

Maldonado for their sincere donations to the LBG, Inc. We would also like to thank the boxers, parents, and board members for participating in the 2014 Fundraiser event. It was a success and we look forward to seeing the gym and our boxing family grow!

The Lawtown Boxing Gym, Inc. would like to take this moment to thank each coach and board member for allowing the boxing gym doors to remain open through their time and dedication towards not only the gym, but to the city of Lawrence and neighboring cities and towns. Thank you Edwin Candelario Sr., Gloria E. Candelario, Carlos Candelario, Rosalinda Yen, Fernando Collazo, Edwin Candelario Jr., Jose Torres, and Jose Orta.

If you would like to make a donation to Lawtown Boxing Gym, Inc., please contact LBG, Inc. Gloria E. Candelario (Director) at (978) 837-2163 and/or stop by the boxing gym at the address listed below, Monday-Friday between 5:30pm-7:00pm. All donations go towards gym expenses, future boxing gym events, and replenishing and replacing worn and outdated equipment at the LBG, Inc.



El Programa de Cuidados Coronarios del Lawrence General Hospital obtuvo el reconocimiento a la Excelencia Cardiovascular otorgado por ACE (por sus siglas en inglés: Accreditation for Cardiovascular Excellence); siendo el primer

hospital de Nueva Inglaterra en recibir este reconocimiento.

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- Mejorar "La Experiencia Pediátrica" con juegos, juguetes y DVDs
- Obtener más ositos de peluche, contar con más personas que pinten las caritas de los niños y conseguir mucha más diversión para nuestros pacientes más jovencitos.
- Renovar completamente el área de pacientes internos del Russell 5 para el siguiente año
- Traer a LGH especialistas adicionales de Beth Israel Y Tufts.
- Apoyar en el nuevo Centro Bariátrico y de Control de Peso
- Abrimos nuestro nuevo Centro Medico en Andover, asociado con Pentucket Medical
- Y muchas cosas más

Por favor, apóyenos hoy con una donación entrando a la página web www.lawrencegeneral.org/donate o enviando un cheque a la orden de "Lawrence General Hospital" a LGH, 1 General Street, PO Box 189, Lawrence, MA 01842-9987. O puede llamarnos al 978-946-8099.

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Merrimack Valley Sandbox changes name to Entrepreneurship For All



The event featured keynote addresses Gerald Chertavian (Founder/CEO of Year Up),

nation.

"We are looking forward to this new chapter in our organization," said David Parker, the Executive Director of EforAll. "With the future goal of adding new locations, Lowell and Lawrence will now serve as the organization headquarters for EforAll and be an innovative economic and social model for cities across Massachusetts and the nation."

With this new change, EforAll is still fully committed to Lowell and Lawrence, and will continue its programs there.

On September 9th, the Merrimack Valley Sandbox announced that Entrepreneurship for All (EforAll) will be the organization's new name. This announcement was made to nearly 200 people at the 2014 EforAll Summer Accelerator Awards at the Everett Mills in Lawrence, MA.* The name change occurred for multiple reasons including:

The name "Entrepreneurship for All" embodies the organization's core belief that people from all walks of life, with all types of venture ideas, can become entrepreneurs

It gives the organization a platform to add new locations in Massachusetts and the

In addition to announcing the name change, the event also featured the awarding of a \$30K prize pool to top participants from the 2014 EforAll Summer Accelerator. This twelve-week program helped accelerate 14 early-stage businesses & non-profits through workshops, mentors, and 24/7 working space. Lawrence native Mai Libman took the program's top prize of \$7,000. Libman is the Founder of *Savione,* a cloud-based platform for local merchants and vendors to create a mobile storefront that allows them to publish real-time information on their stores, products, and offers.

"I'm honored to be the top winner of



Lawrence native Mai Libman took the program's top prize of \$7,000.

the 2014 EforAll Summer Accelerator," said Libman. "This program has been the most rewarding experience for me as an entrepreneur. With the help of the EforAll mentors, team, and classmates, I now have the confidence to take my venture to the

next level. The \$7,000 grant will help me enhance the back-end of my website for market vendors, build a web app, and launch a marketing campaign to attract more users."

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Wilmington Chamber of Commerce

Half Marathon & 5K set for Sept. 28 - Runners invited to 10th anniversary race

Coming this September runners are invited to Wilmington as the Chamber of Commerce will sponsor the 10th running of their Half Marathon and 5K Run or Walk 9/28/14.

Conveniently located north of Boston only 1/2 mile off Rt 93 on Rt 62, the run will start at Waltham Street and wind through Wilmington's scenic back roads to finish back at the start. There is ample free parking. The Half (13.1 miles) and 5K (3.1 miles) are on courses that are USATF certified and fast and well marked. Over 600 athletes participate each year.

Two Teams Gather To Honor Loved Ones

For the 5th year, "Team Kelli" Family & Friends will reunite to run/walk in memory of "Kelli Agati Murray". Kelli passed away in June, 2010 leaving behind five beautiful children and a town filled with family & friends. Race proceeds are used each year to fund two scholarships in Kelli's name which are presented by Pat Agati in May.

For the 1st year, "Team Collier Strong" Family & Friends will gather to run/walk in memory of fallen hero "Sean Collier". Sean, Wilmington native and MIT police officer, was killed in the line of duty in April 2013. The Chamber will donate a portion of the race proceeds to the "Sean Collier Scholarship Fund".

A Great Value! Entry fees are:
Half Marathon - \$30 Pre-Registration / \$35 Race Day

5K Run/Walk - \$20 Pre-Registration / \$25 Race Day

Students (18 and younger) - \$15

Race Time:
8:00 am - 9:30 - Registration and Sign-in
9:30 am - 9:45 - Racers/Walkers to Start Lines at 10 Waltham St.
10:00 - Shotgun Start for both races.
Both races finish at 10 Waltham St.

Three Ways to Register

1. Online by 9/24: www.RaceWire.com
(by credit card)

2. Mail registration form & check made payable to:

Wilmington Chamber of Commerce,
226 Lowell St., Wilmington, MA 01887
Visit www.wilmingtonmachamber.com to download registration form

3. Race Day registration begins at 8:00 am OR racers can pick up their number and B-chip on Saturday, Sept 27, 10 am - 2 pm at the race site (10 Waltham St., Wilmington).

Race Amenities & Perks:

USATF Certified Courses
Professional B-Chip Timing
Race T-Shirt (guaranteed for pre-registered)
Mile Splits & Water Stops
Award to Top 3 Race / Age / Gender Trophy to Top Teams
Ribbons to All Participants
Pre-Race Warm-up

Family Fun Festivities include:

- DJ & Entertainment
- Hot Dogs
- Fruit
- Ice Cream
- Bouncy House
- Face Painting
- Sponsor Booths & giveaways

From 8:30 - 9:30 am let Jazercise Wilmington get you warmed up! Join in for stretching, light cardio, and fun music that will get you ready to race.

The Epilepsy Foundation New England Donation Center will be at the race collecting gently used clothing for New England children and families living with epilepsy.

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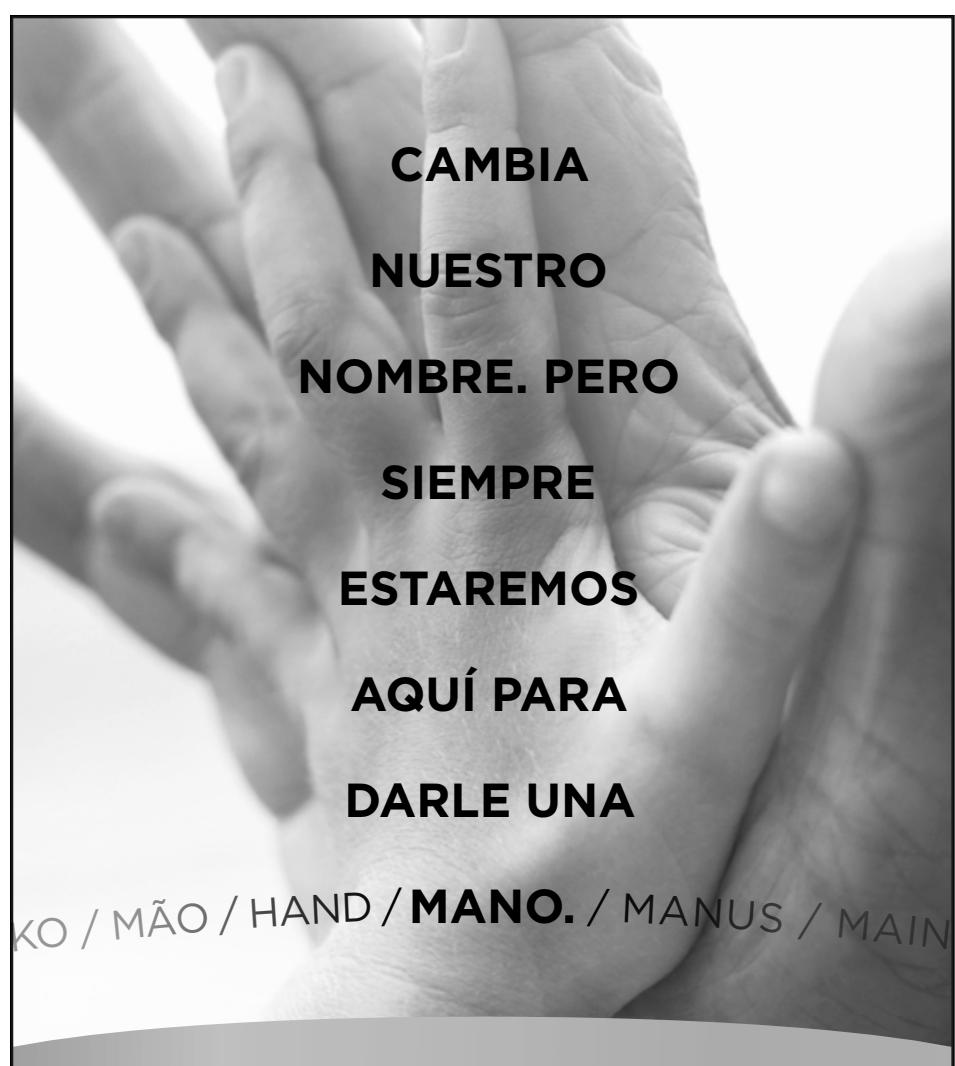
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NEWS & EVENTS IN LOWELL

Propietario del Mes

Después de completar una serie de cursos de preparación financieros, Sandra Medeiros logra su meta permanente de comprar una casa en Lowell para ella y sus cinco hijos.

Antes de cerrar en su casa en el otoño de 2013, Sandra había alquilado un apartamento en Lowell que no era ideal para su familia. Tenía sólo dos dormitorios y su condición y ubicación no eran adecuados para sus necesidades.

Como primer paso, Sandra recibió orientación de Community Teamwork, Inc. en Lowell que la ayudó en el aprendizaje de la educación financiera y la dirigió a otros programas valiosos. Más tarde, se matriculó en la clase de capacitación para compradores de vivienda, que ella describe como un componente esencial para su éxito.

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.

Ella menciona las lecciones proporcionadas en el cierre de los procedimientos a ser de las más valiosas del curso. También aplicó las lecciones sobre reparaciones en el hogar, y específicamente sobre la negociación con los contratistas, para conseguir un buen precio cuando lo necesitó para reparar pisos en su casa.

Durante el curso de los esfuerzos de Sandra, se estaba construyendo una casa de Hábitat para la Humanidad. Después de un largo proceso de solicitud, Sandra fue afortunadamente elegida para el hogar. Con toda la preparación Sandra había hecho antes de esta nueva oportunidad, el cierre de la casa, así como la transición a la propiedad de vivienda, fue notablemente suave.

Ser propietario de una casa ha permitido a Sandra proporcionar un ambiente seguro y estable para su familia para vivir. Desde que se mudó, ella dice que su familia es más feliz y que sus hijos están teniendo mejores resultados en la escuela. Deandre, uno de sus hijos, dice de la nueva casa que "se siente como un hogar ahora", lo que refleja un sentimiento compartido por toda la familia.

"Con el difícil proceso de ser propietario en el pasado, Sandra ha sido capaz de empezar a asistir a la escuela con la aspiración de ser una educadora. Nos sentimos felices de poder ayudar a Sandra, y le deseamos lo mejor en el futuro," dijo Jim Wilde, director ejecutivo de Merrimack Valley Housing Partnership.

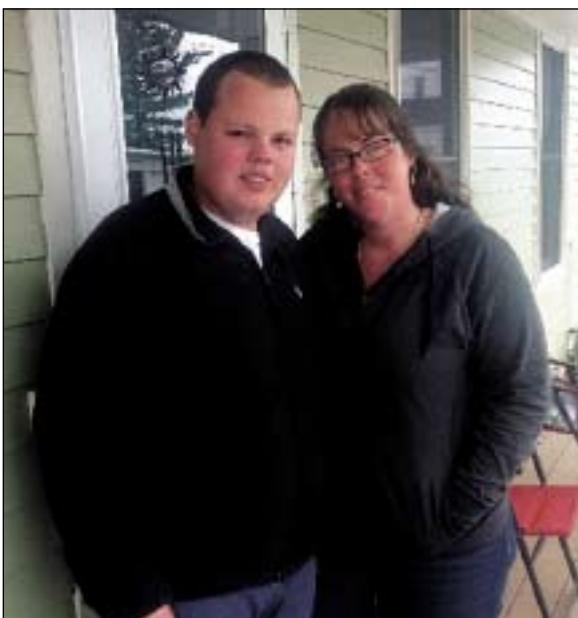
Home Owner of the Month

After completing a series of financial preparation courses, Sandra Medeiros accomplished her long standing goal of buying a house in Lowell for herself and her five children.

Prior to closing on her house in the fall of 2013, Sandra had been renting an apartment in Lowell that was not ideal for her family. It had just two bedrooms and its condition and location were not suitable for her needs.

As a first step, Sandra received guidance from Community Teamwork, Inc. in Lowell which assisted her in learning financial literacy and directed her to other valuable programs. Later, she enrolled in our homebuyer training class, which she describes as an essential component to her success. She mentions the lessons provided on closing procedures to be among the most valuable takeaways from the course. She also applied the lessons about home repair, and specifically about negotiating with contractors, to get a good rate when she needed to repair flooring in her home.

During the course of Sandra's efforts, a Habitat for Humanity home was being built. After a lengthy application process, Sandra was very fortunately chosen for the home. With all of the preparation Sandra had done prior to this opportunity emerging, closing on the home, as well as the transition into homeownership, went remarkably smoothly.



Owning a home has allowed Sandra to provide a safe and stable environment for her family to live. Since moving in, she reports that her family is happier and that her children are even performing better in school. Deandre, one of her sons, says of the new house that "this feels like home now," reflecting a sentiment shared by the entire family.

"With the challenging process of owning a home behind her, Sandra has been able to start attending school with the aspiration of being an educator. We were happy to be able to help Sandra out, and we wish her the best going forward," said Jim Wilde, executive director of Merrimack Valley Housing Partnership.

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First Time Home Buyers

The Merrimack Valley Housing Partnership is pleased to announce that we are offering the Project Genesis Home Buyer Training Seminars in Lowell.

Classes will be held at 67 Middle Street (Pollard Exchange Building), Lowell. The next series of classes in English begin on September 2nd, September 23rd, October 14th, November 11th and December 2nd. The fee is \$100.00 per household which includes all materials. Participants must attend all sessions to receive a certificate of completion.

Topics include

- Overview of the Home Buying Process
- Bank Mortgage Guidelines
- Legal Aspects
- Home Inspections
- Down Payment Assistance Programs
- Information on Credit

Please call the office at 978-459-8490 to register www.mvhp.org. Thank you.



MR. B'S SPORT STORIES

BY FRANK BENJAMIN

Mr. B's Sports Stories are published on the 1st and the 15th of each month.

How old is grandma?

A little boy was talking to his grandmother about current events and he asked her what she thought about the shootings in schools, computer age, and things in general.

She said let me think a minute, I was born before penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees, and the pill. There were no credit cards, laser beams, or ball point pens, panty hose was not invented, and neither were air conditioners, dishwashers, clothes dryers and clothes were hung out on a line in the yard, space travel was only in Flash Gordon comic books.

Your grandpa and I got married first and then lived together. Until I was 21 I called every man older than me Sir. We were before gay rights, computer dating, dual careers, day care centers, and group therapy.

Our lives were governed by the Bible, good judgment, and common sense. We were taught to know the difference between

right and wrong and to stand up and take responsibility for our actions. Serving our country was a privilege, living in our country a bigger privilege.

Draft dodgers were those who closed the screen door as the evening breeze started. Time sharing meant spending time with the family-- not buying a condo.

We never heard of FM radios, tape decks, cd's, electric typewriters, yogurt or guys wearing earrings.

We listened to Jack Benny and the P resident's speeches on the radio.

If you saw anything that had 'Made in Japan' on it, it was junk. Pizza Hut and

Mc Donald's were unheard of and 5 and 10 cent store meant you could buy things for 5 and 10 cents. Ice cream cones telephone calls and rides on a bus and Pepsi were all a nickel. Instant coffee was not invented.

Gas was 11 cents a gallon, grass was mowed and coke was a drink, pot was something your mother cooked in, rock music was your Mom's lullaby, aids were helpers in the principal's office.

No wonder people call us old and confused and say there is a generation gap between us.

What's this grandma's age? Would you believe 59 years old?

Impacto Noticias

LUNES A VIERNES | 12PM - 1PM

**Noticias Locales,
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un reporte diario con
Danny García desde la
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Juan Alberto Del Toro

Listen to Mr. B and Joe Murphy with Michael Walsh on the controls on WCCM-1110AM every Saturday from

8:00 to 9:00 a.m., talking sports. Like in the past, they will be receiving calls from coaches updating the latest results.



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The Merrimack Valley Planning Commission

Discutirá la transportación pública en el Valle de Merrimack

La Comisión de Planificación del Valle de Merrimack (MVPC) le gustaría invitar a usted a participar en una serie de sesiones de discusión de transporte público que están programadas para las siguientes fechas / horas:

- Septiembre 16 en el Senior Center de Amesbury localizado en el 68 Elm Street, Amesbury, MA – de 4:00 p.m. a 7:00 p.m.
- Septiembre 17: en la Biblioteca Pública de Lawrence localizada en el 51 Lawrence Street, Lawrence, MA - de 12:00 del mediodía hasta las 3:00 pm.
- Septiembre 18: en los apartamentos de Phoenix Row , localizados en el 22 Phoenix Row, Haverhill, MA - de 2:00pm a 5:00pm

Su participación ayudará a la MVPC, la Autoridad de tránsito del Valle de Merrimack (MVRTA) y la Oficina Ejecutiva de Salud y Servicios Humanos de Massachusetts para comprender cómo usted viaja, qué servicios funcionan bien para usted, y qué servicios públicos de transporte le gustaría ver implementados.

Cada una de las sesiones de discusión de arriba es accesible en transporte público. Visite la página web de la MVRTA la cual es www.mvrta.com, o la página web de Massachusetts Bay Transportation Authority (MBTA) entrando a www.mbta.com para obtener rutas y horarios.

Aviso: La ubicación arriba es accesible para personas con discapacidad. El MVPC proporciona adaptaciones razonables y/o ayuda con el idioma de forma gratuita bajo petición (incluyendo intérprete de lenguaje de señas americano al igual que cualquier otro idioma). El MVPC no se limita a solo lengua de señas sino que también están disponibles videos con subtítulos abierto o cerrado, dispositivos de ayuda auditiva y todos los formatos de materiales alternativos, tales como audio cintas, Braille o cualquier cosa en letra grande), están a su disposición. Para las reservaciones o ayuda con el idioma, por favor póngase en contacto con Todd Fontanella por teléfono, 978-374-0519, extensión 29, o por correo electrónico, tfontanella@mvpc.org (correo electrónico). Las solicitudes de acomodación o asistencia deben hacerse lo antes posible.

To discuss public transportation in the Merrimack Valley!

The Merrimack Valley Planning Commission (MVPC) would like to invite you to participate in a series of public transportation discussion sessions that are scheduled for the following dates/times:

- September 16: Amesbury Senior Community Center, 68 Elm Street, Amesbury, MA – 4:00 p.m. to 7:00 p.m.
- September 17: Lawrence Public Library, 51 Lawrence Street, Lawrence, MA – 12:00 noon to 3:00 p.m.
- September 18: Phoenix Row Apartments, 22 Phoenix Row, Haverhill, MA – 2:00 p.m. to 5:00 p.m.

Your participation will help the MVPC, the Merrimack Valley Regional Transit Authority (MVRTA) and the Commonwealth's Executive Office of Health and Human Services to understand how you travel, what services work well for you, and what public transportation services you would like to see implemented.

Each of the above discussion sessions is accessible by public transportation. Visit the MVRTA website at www.mvrta.com, or the Massachusetts Bay Transportation Authority website at www.mbta.com to obtain route and schedule information.

Notice: The above event and location is accessible to persons with disabilities and individuals with limited English proficiency. The MVPC provides reasonable accommodations and/or language assistance free of charge upon request (including but not limited to interpreters in American Sign Language (ASL) and languages other than English, CART, translated documents, open or closed captioning for videos, assistive listening devices and alternate material formats, such as audio tapes, Braille and large print), as available. For accommodation or language assistance, please contact Todd Fontanella by phone at 978-374-0519 ext. 29 or by email at tfontanella@mvpc.org. Requests for accommodation or language assistance should be made as soon as possible.

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A.M.S.I. Foundation Third Annual Hallows Eve 5K Fun Run and Walk

Ghost, goblins and the like will be on the run again this fall as the A.M.S.I. Foundation hosts its Third Annual Hallows Eve 5k Fun Run and Walk on Sunday, October 26, 2014. 5K walkers will begin at 9:30 AM, 5K runners will begin at 10 AM. The race location is the Elks Lodge of Lowell, 40 Old Ferry Road Lowell, MA 01854. Race registration for the chip-timed run begins at 8:00 AM. A free kids fun run (ages 11 & under) starts promptly at 9:15 AM.

Race registration is \$25 and raises funds for the A.M.S.I. Foundation's scholarship programs. High school students with IDs (and younger) are always \$15. Cash prizes will be awarded for the top 3 overall runners and the top 3 student runners. In addition, a costume contest and other exciting prizes will be distributed throughout the event. Participants are invited to join the A.M.S.I. Foundation at the Lowell Elks for a post-race party.

To learn more about this and other upcoming A.M.S.I. Foundation events, visit www.amsifoundation.org, email info@amsifoundation.org, or call 978-495-0944.

The A.M.S.I. Foundation is a 501-c3 non-profit organization established in 2008. The foundation awards scholarships to students in the Merrimack Valley Area and provides information and programs for those seeking higher education. The board is composed of volunteers who give many hours of their time to help develop our

Lawrence celebró su primer festival de Jazz

Por José Figuereo

Un nutrido y selecto grupo de personas se dio cita el pasado sábado 6 de septiembre en el gimnasio de la North Common Educational Complex, localizada en el 233 de la calle Haverhill, para celebrar lo que se denominó "Primer Festival de Jazz de Lawrence", un evento largamente esperado por la comunidad y que finalmente se llevó a cabo gracias a esfuerzos coordinados entre el Movimiento Pro Cultura (MPC), la Administración del Ayuntamiento, el programa radial Sábado Espectacular, y el Concilio Cultural de Lawrence.

A pesar de los inconvenientes provocados por el cambio en el clima, el evento logró agrupar a verdaderos amantes del jazz, grupo éste que disfrutó el concierto desde el principio hasta el final. La conexión entre el público y la banda se hizo tan fuerte que ni esta querían terminar, ni el público daba muestras de querer que esta termine, haciéndose necesaria la intervención del animador, Sr. Jeff Jacobo, a fin de dar por finalizada la jornada musical.

El festival estuvo amenizado por la participación de las bandas "The Daily Post Jazz Band" bajo la conducción del percusionista y maestro Derek Hayden, "Soulstice Jazz Band", dirigida por el guitarrista y maestro Jake Zeigler, y "Wolfvillage Jazz Band", dirigida por el guitarrista Emanuel Villalobos. La artista plástica Sole Rebel pintó un cuadro retrato del afamado jazzista John Coltrane, además de pintar retratos también en vivo,



a participantes que lo solicitaron. El evento musical contó, además, con atracciones infantiles para deleite de los niños que asistieron al lugar.

Durante el transcurso del evento, el MPC entregó dos computadoras Laptops a las señoritas Crisleidy Paula y Lys M. Ortiz, estudiantes de la Escuela Secundaria de Lawrence, quienes lograron obtener el pasado año escolar, índices académicos (GPA en inglés) de 4.1 y 3.9 respectivamente. Otra nota interesante lo

constituyó el reconocimiento que hizo el Alcalde de la Ciudad, Sr. Danny Rivera, al joven Josías Méndez, por su dedicación y los logros obtenidos en su carrera como percusionista.

El Movimiento Pro Cultura anunció que desde ya se iniciaron los preparativos para la celebración del "Segundo Festival de Jazz de Lawrence" el próximo año, al tiempo de prometer que este festival llegará tan lejos en el tiempo, como números existan para contarlos.

Lawrence held its First Jazz Festival

By Jose Figuereo

The community of Lawrence held its first jazz festival last Saturday September 6th, attended by a large group of people who showed a remarkable love for jazz music. The event took place at the 233 Haverhill St., in the gymnasium of the North Common Educational Complex. The organizers included children's activities to accommodate those families who brought their children, who had their faces painted and played in the jumping house set up for them.

The musical event was the result of joint work of Movimiento Pro Cultura (MPC), the City of Lawrence, the radio talk show Sabado Espectacular and the Lawrence Cultural Council. Initially, this activity was scheduled to be held in the Common Park, but changes in the weather caused it to be held in the North Common Educational Complex.

Three jazz bands played for the audience. These were "The Daily Post Jazz Band" directed by percussionist Derek Hayden, "Soulstice Jazz Band" directed by guitarist Jake Zegier, and "Wolfvillage

Jazz Band" directed by guitarist Emanuel Villalobos. The mayor, Mr. Danny Rivera, welcomed the audience and assured that this one would be the first of a long series of jazz festivals in the City of Lawrence.

The program was briefly interrupted to deliver laptops to Crisleidy Paula and Liz Ortiz, two meritorious Senior students in need from Lawrence High School, whose GPA is 4.1 and 3.9 respectively. These computers were donated by Walmart Methuen and Mr. Richard Joseph, from MVP College Founding MVP. Also, Mayor Rivera took some time to recognize the young percussionist Josias Mendez for his achievements and dedication to music.

Sole Rebel, a guest artist at the event painted a portrait of jazz musician John Coltrane and also painted portraits for members of the public who requested it. The artist exhibited her paintings to the public.

The MPC announced that it has begun preparations for the Second Lawrence Jazz Festival and assured its saga will continue until the end of days.

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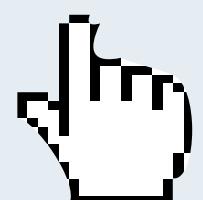
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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

Anything's happening?

I'm not going to call this segment "Welcome to Paradise" as in the past because the sarcasm will be too much – even for me – to take. In previous columns I mentioned that Lawrence has been forgotten by the Boston media; they are not coming around anymore and it can only be a sign that everything is wonderful here now.

We grew accustomed to seeing Chief Romero face on television on a weekly basis every time there was a robbery, car stolen, accident and (God forbid!) a shooting. He used to tell his officers to hurry up and write the report because he had already called the media.

And the media responded because Lawrence's bad news was good news for them and for politics.

All the bad publicity scared people from coming here, let alone moving to this city (perhaps with the exception of the Mt. Vernon area, by the Andover border) where city services are better and people feel more secure. I should know; I live in that part of Lawrence and have heard many times that residents are afraid to attend city council meetings at city hall. They hate to venture on the other side of the river and adored Chief Romero because he was actively fighting against the violence and those despicable

people of the north side of the city.

Today, everything seems to be well under control. Chief James Fitzpatrick has a different style and stays away from reporters - including me. Things never hit the local newspaper and since Boston stations and newspapers pick up their news from them, it must be that this new administration is really clamping down on criminals. Within a short few months, the city is quiet and outsiders are getting the impression that it is "paradise."

Well, crime is usually measured by the number of homicides each year. In recent years, we had a drop in murders from 2010 with 10, 2011 another 10, 2012 had 2 and for 2013 only 1.

We started this year on a good note until the month of August that we had four murders. Right now, there is one man in grave condition in a hospital that could probably die, there were two females shot (one in the arm and the other in one leg) yet, few people outside of Lawrence have heard about it.

Other crimes like robberies, assaults, larcenies, rapes, etc. are never reported to the public giving the impression that they have subsided when local residents believe they are on the increase, just not reported to the media.

Reporters are free to peruse at the



Helping our neighbors is a "Walk in The Park"

Help a neighbor, help a friend. You can give people living in poverty a helping hand by putting together a team of walkers to fundraise for the 15th Annual Hike for Hope on Sunday, October 5th, 2014 at The Park on Bartlet Street, Andover. After finishing the three mile walk around the picturesque town of Andover there will be family-fun activities and a free BBQ lunch! Live music will be provided by the band, Speechless, an jazz ensemble group from Boston.

Registration is open and online at www.hikeforhope.org. Please make a difference in someone's life; sponsor yourself for the first \$15 and then reach out to your friends and family to make it grow. Contact the Event Manager at Lazarus House Ministries for more information or to get fundraising ideas at (978) 269-5222 or email at events@lazarushouse.org.

Elections results

It is not a question of who you voted for but if you went out to vote at all. I don't have the strength to argue anymore about the ignorance of our community. We often hear them yelling that by being the majority we deserve more, but it's so difficult making them understand that unless they get out voting, they are nothing and would never be taken into consideration.

Yes, having a State Senator from Lawrence would be great because he would not turn a blind eye like so many other politicians have done, but I guess that leaving the soap operas to support him or her was too much of a sacrifice.

What good is it having good, decent, well educated candidates if we wait for someone else to do the work of electing them for us.

LETTERS TO THE EDITOR

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

12th Annual City of Lawrence Civil War Weekend

Activities

Friday, September 19, 2014

- Twilight at Bellevue Cemetery 6:30 p.m. – 8 p.m. (*A Trails and Sentries*)
Tour meets at Bellevue Cemetery 100 Reservoir Street, Lawrence
Visitors will tour this scenic mid-century landscape and interpret the meaning and lives with attention to the memorials of city founders, phlanthropists, civil war veterans, Pemberton Hill disaster victims and more.

Saturday, September 20, 2014

- Camp life living history demonstrations 9 a.m.
Raise the Colors- Dress Parade 9 a.m.
Opening first cannon fire 10 a.m.- 8 p.m. (*Arms subject to change*)
City Hall Exhibits 11 a.m.
Children's Games 1:15 p.m.- 3 p.m.
Children's Muster 3 p.m.
Artillery talk 6:20 p.m.
Dress Parade, Case the Colors
- Crime & Urban Legends of Lawrence 7:30 p.m.- 9 p.m. (*A Trails and Sentries*)
Tour meets in front of the Peter Fawcett Annex, 2nd City Hall
Discover the legends of an early curse, a Druid sacrifice, whispers of Confederate Spies, 99 Ghosts at City Hall, hidden passages, an attempt on a Mayor's life, the Moving Rock of the Knights Templar to bootlegging and gambling rings in the roiling twenties and anarchists this city.
- Movie on the Common "Cold Mountain" 9:15p.m.

Sunday, September 21, 2014

- | | |
|---|---|
| Camp life living history demonstrations | All day |
| Raise the Colors- Dress Parade | 9:30 a.m. |
| City Hall Exhibits | 10 a.m.- 4 p.m. (<i>Arms subject to change</i>) |
| Opening first cannon fire | 12:00 p.m. |
| Civil War Sunday Stroll 12:30 p.m.- 2 p.m. (<i>A Trails and Sentries</i>) | Join the 6th Mass Infantry for a leisurely stroll around the Common. Learn about the City's forgotten Civil War history, and the lives of the 2,900 men who worked, played and worshiped in Lawrence. |
| Children's pie eating contest | 1 p.m. (<i>A Trails and Sentries</i>) |
| Tee Cup Auction | 3 p.m. |
| Lowercase the colors | 3:30 p.m. |
| Strike the tents, event closes | 4 p.m. |



For more information
call 978-686-9881
Email: theold6th@gmail.com
www.lawrencecivilwar.org

Sponsored by
City of Lawrence
Lawrence Cultural Council
Lawrence Civil War Memorial Guard

SCORE.
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¿Comenzando un Negocio? ¿Comprando un Negocio?
¿Haciendo Crecer su Negocio?
CONSEJOS GRATIS Y CONFIDENCIALES SOBRE NEGOCIOS POR UNA ORGANIZACIÓN SIN ÁNIMO DE LUCRO
Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM
Excepto el 3^{er} jueves de cada mes
Por favor, llame al 978-686-0900 para una cita con Lawrence SCORE

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LAWRENCE, MA 01840-1516

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172 Lawrence Street, Lawrence, MA 01841 978-685-6321 www.mihcs.com

National Day of Remembrance

Ceremony to be held in Lawrence

Lee Fickenworth, friends and family will host Greater Lawrence's first annual Day of Remembrance Ceremony on Saturday, September 27, 2014. The observance, which publicly recognizes the impact of homicide on surviving family members and friends, will begin at 1pm across from Lawrence City Hall.

The event will include reading names of homicide victims in Greater Lawrence area, in addition to the names of Merrimack Valley Chapter Parents Of Murdered Children members names.

"There is a homicide every 34.5 minutes in our country- this ceremony hopes to raise community awareness around

this issue. It doesn't just affect the victim; it affects family, friends and the community. We hope that by raising awareness of the impact that homicides have, we can help stop these horrible crimes."

Guest speakers will include, Mayor Daniel Rivera, Representatives Frank Moran and Marcos Devers, Police Chief Fitzpatrick, DYS Case worker George Lenotte and Wendy, Magali Rivas-Lee and Survivor Maureen Hayward.

Additionally, survivors will have an opportunity to share stories and memories of their loved ones in an "open-mic" setting.

Holy Family Hospital in Methuen to Host Job Fair for PCAs, CNAs on Wednesday, September 17 from 10 am to 2 pm

Holy Family Hospital in Methuen is hosting a job fair for Patient Care Associates (PCAs) / Certified Nursing Assistants (CNAs) on Wednesday, September 17 from 10 am to 2 pm. The hospital is recruiting these positions for ALL shifts on its medical/surgical and telemetry units in Methuen.

Interested individuals are invited to attend the job fair to learn more and apply. Qualified individuals should possess a High School diploma or equivalent, Basic Cardiac Life Support (BCLS) certification and Mass. CNA

Certification. Please bring your resume, references and positive attitude to the job fair.

Date: Wednesday, September 17, 2014

Time: 10 am to 2 pm

Location: Auditorium at Holy Family Hospital, 70 East Street, Methuen, MA 01844

If you are unable to attend, please contact Human Resources at 978-687-0156, ext. 2493.

Ceremony to be held in Lowell

City of Lowell, Merrimack Valley Chapter of Parents of Murdered Children to Publicly Recognize Impact of Homicides on Greater Lowell Community

The City of Lowell and the Merrimack Valley Chapter of Parents of Murdered Children will co-host Lowell's sixth annual Day of Remembrance ceremony on Thursday, September 25th. The observance, which publicly recognizes the impact of homicide on surviving family members and friends, will begin at 6:30PM at City Hall.

"The Merrimack Valley Chapter of POMC believes that for survivors of homicide victims, having their loved ones remembered is vital and that's why we're hosting this ceremony," said Arnie Muscovitz, Chapter Leader of the Merrimack Valley Chapter of POMC.

The event will include a reading of the names of homicide victims in Middlesex County since January 2009, in addition to the names of chapter members' loved ones.

"There is a homicide every 34.5 minutes in our country- this ceremony hopes to raise community awareness around this issue. It doesn't just affect the victim; it affects family, friends and the community. We hope that by raising awareness of the



impact that homicides have, we can help stop these horrible crimes.

Guest speakers will include Mayor Rodney Elliot, State Representative David Nangle, Middlesex County Sheriff Peter Koutoujian and Survivor Michael Santos. Additionally, survivors will have an opportunity to share stories and memories of their loved ones in an "open-mike" setting. The ceremony will be concluded with Paul Belley on the saxophone performing "Amazing Grace", as well as a release of balloons.

Buon Giorno Good Morning Buenas Tardes

Every Sunday
beginning at
9 AM with
Sicilian music

10-12
Italian/English

12-1
This is Rock
'n Roll

1-2
Así es
Colombia



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Celebrating 16 years bringing you five continuous hours of entertainment, news, interviews, music and fun.



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GREENWAY 5K

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5K WALK/RUN & KIDS FUN RUN
SUNDAY, SEPTEMBER 21st, 2014

REGISTRATION 8:30-9:30am
KIDS FUN RUN 10:00am
5K RUN / 5K WALK 10:30am

START AT KENNEDY COMMUNITY PLAYSTEAD
(ENTRANCE AT HOLLY STREET)
END AT PEMBERTON STATE PARK

All proceeds go towards making Lawrence a healthier community through future health and fitness events

Entry Fee: \$10 suggested donation. FREE t-shirt to the first 100 participants to pre-register by September 12th
Early Packet Pick-up: Friday, September 19th, 2014
Course: Flat, beginner course that runs through Lawrence along the Spicket River Greenway

Pre-Register for this event by visiting GROUNDWORKLAWRENCE.ORG/GREENWAY5K

new balance FOUNDATION
WHOLE FOODS MARKET Andover
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CALENDARIO | CALENDAR OF EVENTS

SAVE THE DATE

MERRIMACK VALLEY HOSPICE PRESENTS

9 ★ 25 ★ 14

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NECC White Fund Lecture will Explore Early History of Lawrence



A Northern Essex Community College White Fund lecture featuring the history of the development of Lawrence is being held on Thursday, September 25 from 1:30 p.m. to 3 p.m. at Lawrence High School, Performing Arts Center, 70-71 North Parish Road, Lawrence.

During the lecture, "Lawrence and New Beginnings", Susan Grabski and Mike Hearn will tell the story, along with visuals, of how Lawrence came to be a great center of industry.

This event, which is free and open to the public, will give people an understanding of how Lawrence grew from the "New City on the Merrimack" to the "Immigrant City". Grabski will present an overview of Lawrence history. Hearn will focus on the Essex Company's roles in the development of Lawrence.

Grabski, executive director of The Lawrence History Center, is a native of Andover now living in Haverhill. She has a degree in art history from UMass Lowell. Grabski has been a board member and treasurer of the Lawrence History Center since 2010.

Hearn, director of library services at Northern Essex Community College, is the author of the soon to be published historical non-fiction, "The History of The Essex Company". As the former archivist of the Lawrence History Center, he has extensive knowledge of Lawrence's history and will

present this information in the lecture. The Nashua NH resident holds a Bachelor of Arts in American Studies from Washington College and a Master of Library Science from University of South Carolina.

For additional information on this lecture, contact Martha Leavitt, director, campus operations & procurement, Lawrence Campus at mleavitt@necc.mass.edu. The White Fund's purpose is to have a free series of interactive presentations for Lawrence-area adults, youth, and children. The audience is encouraged to seek wisdom, cultural enrichment, and intellectual enhancement by attending and participating.

Funded by a generous financial gift from the Honorable Daniel Appleton White, the White Fund Lecture Series has provided cultural conversation featuring well-known lecturers in fields such as history, literature, travel, the arts, and politics. The White Fund is collaborating with Northern Essex on this series.

For additional information or to be notified of upcoming events in the White Fund Enlightenment Series, call 978-738-7403 or visit www.necc.mass.edu/whitefund.

The views expressed in the White Fund Enlightenment Series Presentations are the views of the speaker and do not necessarily reflect the views or policies of Northern Essex Community College.

The Lawrence History Center cordially invites you and your guests to attend our

36th ANNUAL MEETING

Wednesday, October 1, 2014
6:00 pm — 7:30 pm
LHC, 6 Essex Street, Lawrence

The History of THE ESSEX COMPANY

Our special guest speaker, Mike Hearn, will speak about his new book, The History of the Essex Company, a publication of the Lawrence History Center, with support from Enel Green Power North America.

Free admission and refreshments

Please RSVP by Friday, September 26, 2014
978-687-9230 or amila@lawrencehistory.org

Mike Hearn

Mike Hearn is the Director of Library Services at Northern Essex Community College



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7:00 P.M. – 11:30 P.M. 123 Old River Road**

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Purchase tickets at: www.nilp.org (Credit/Debit/PayPal) or call (978) 687-4288.

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Visit us on the web at: www.nilp.org



CALENDARIO | CALENDAR OF EVENTS

Irish-American heritage, influence focus of conference

Speakers including Ray Flynn, Kathleen Kennedy Townsend, music, exhibits part of three-day event presented by UMass Lowell, Queen's University Belfast

The stories of Irish-American immigrants - from their work helping to settle New England and create its culture to their involvement in American politics - will be the focus of a three-day conference for the public and campus at UMass Lowell from Wednesday, Sept. 24 through Friday, Sept. 26.

"Irish in Massachusetts: Historical Significance, Lasting Legacy" will explore the underpinnings of Irish immigration since the 1600s and the people's contributions to American life. Historians, artists, archaeologists and lawmakers - including former Boston mayor Ray Flynn and former Maryland lieutenant governor Kathleen Kennedy Townsend - will lead more than a dozen sessions about Irish-Americans' influence in music, literature, sports, politics and history. All sessions will be open to the public.

Artifacts retrieved during archaeological digs in Lowell and Northern

Ireland by UMass Lowell and Queen's University Belfast researchers and students from 2010 to 2013 will be on public display for the first time during the event. The finds help tell the story behind the Irish laborers who constructed Lowell's famed canal system, trace the evolution of Lowell's "Irish Acre" neighborhood and shed light on immigration to the region from Northern Ireland and Ireland. "The Acre," as it is commonly known today, evolved in the early 1800s as an encampment on what is now the grounds of St. Patrick's Parish, one of the excavation sites. The area was home to workers who literally laid the groundwork essential to powering the textile mills that became the cradle of the country's Industrial Revolution.

The artifacts will be featured during a session focused on Irish immigrants' experience in Lowell, which will be held on Friday, Sept. 26 from 9 to 11 a.m. Among other speakers, discussing the

items' significance will be Colm Donnelly, director of the Centre for Archaeological Fieldwork and a senior research fellow in the School of Geography, Archaeology and Palaeoecology at Queen's University Belfast. A tour of St. Patrick's Cemetery, Lowell's first consecrated Catholic burial ground and where many of the immigrants are interred, will be conducted on Saturday, Sept. 27.

Flynn and Townsend will lend their voices to a session on Friday, Sept. 26 about Irish-Americans in politics. After serving as Boston's mayor for nine years, Flynn went on to become a U.S. ambassador to the Vatican under President Clinton; Townsend served as Maryland's lieutenant governor from 1995 to 2003. They will join UMass Lowell Chancellor Marty Meehan and others for the roundtable discussion. Meehan, who represented the Merrimack Valley in the U.S. House of Representatives from 1993 to 2007, now teaches a course on Congress at the university.

Brian O'Donovan, host of WGBH-FM's "Celtic Sojourn" will discuss the role of music and song in Irish culture during a night out on Thursday, Sept. 25 that will feature the five-piece band Traditional Brew. Irish-Americans' involvement in settling the region, including Maine, and their participation in the U.S. Civil War are among the other conference topics.

"Anyone with an interest in the rich heritage of Irish-Americans in Massachusetts should come away from this conference with a new understanding and a

renewed appreciation of their contributions to Lowell and the entire Commonwealth," Meehan said.

The information and artifacts featured during the conference will become the basis for a permanent Irish-American history exhibit in Lowell.

"Irish-Americans have had a dynamic influence on Massachusetts for centuries and today, census figures show 24 percent of the Commonwealth's residents identify as being of Irish ancestry. Despite this, we don't have a detailed historical resource dedicated to Irish immigrants who helped build not only the region's infrastructure but its culture," said Frank Talty, co-director of UMass Lowell's Center for Irish Partnerships and assistant dean of the College of Fine Arts, History and Social Sciences. "This conference will fill that gap, knitting together Irish-Americans' invaluable contributions and offering a definitive account of their experience here."

The conference is presented by UMass Lowell's Center for Irish Partnerships and Queen's University Belfast. The two institutions have collaborated since 2009, when they launched their Irish-American Heritage Archaeological Program, which inspired the conference. Conference packages, including registration and lodging, are available. The cost starts at \$40 per person and the registration deadline is Tuesday, Sept. 23. For more information, visit www.uml.edu/international-programs/Irish/Irish-in-Massachusetts.

Lawrence Senior Center

Actividades Futuras

- Sep 15 Open Mic. 1:00pm
- Sep 16 Brown Bag Day. 9:30-11:30am
White Card
- Sep 17 Citizenship Celebration.
- Sep 19 Special Lunch. 11:30 am
- Sep 19 Special Bingo. 1:00pm \$5
- Sep 22 TRIVIA. 9:30am
- Sep 26 Brides March against domestic violence.
- Oct 1 Open Mic. 9:30-12:00pm
- Oct 2 Pink Power Walk! 9:00 am
- Oct 3 Special Bingo. 1:00pm \$5
- Oct 9 Brown Bag Day. 9:30-11:30am
Blue Card
- Oct 13 Center Closed. Columbus Day.
- Oct 14 TRIVIA! 9:30 am
- Oct 15 Yard Sale. 9:30-12:30pm
- Oct 17 Special Lunch. 11:30 am
- Oct 17 Special Bingo. 1:00 pm \$5
- Oct 21 Brown Bag Day. 9:30-11:30am
White Card
- Oct 23 Women's Safety & Wellness event.
- Oct 31 Halloween Lobster Bake! 12:00 pm

Upcoming Events

- Sep 15 Microfono abierto. 1:00pm
- Sep 16 Funda de compra. 9:30-11:30am
Tarjeta Blanca
- Sep 17 Celebración de Ciudadanía
- Sep 19 Almuerzo Especial. 11:30am
- Sep 19 Bingo Especial. 1:00pm \$5
- Sep 22 TRIVIA. 9:30am
- Sep 26 Marcha de Novias en contra de la violencia doméstica.
- Oct 1 Microfono abierto. 9:30 am
- Oct 2 Caminata del Poder Rosado. 9:00 am
- Oct 3 Bingo Especial. 1:00pm \$5
- Oct 9 Funda de compra. 9:30-11:30am
Tarjeta Azul
- Oct 13 Centro Cerrado.
- Oct 14 TRIVIA. 9:30 am
- Oct 15 Pulguero. 9:30am-12:30pm
- Oct 17 Almuerzo especial. 11:30 am
- Oct 17 Bingo especial. 1:00pm \$5
- Oct 21 Funda de compra. 9:30-11:30am
Tarjeta Blanca
- Oct 23 Seguridad y bienestar de las mujeres!
- Oct 31 Almuerzo de Mariscos. 12:00 pm.

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Wednesdays/Miércoles
North Campagnone Common 10am - 5:30pm

Fridays/Viernes
Holy Family Hospital, Methuen 11am - 5:00pm

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GLFHC parking lot
150 Park Street 9am - 3pm

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Starting / Comenzando Friday / Viernes July 11th

Every Friday / Todos los Viernes
11am-5pm at 70 East Street, Methuen
Located by the Gazebo near the Convent Building

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CALENDARIO | CALENDAR OF EVENTS

NEWS NASHUA, NH NASHUA PUBLIC LIBRARY

2 COURT STREET

For directions and information on parking go to: www.nashualibrary.org/directions.htm

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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.

Fall Events for Teens

Anime Club, Teen Writers Club, and early release day films are among the events planned this fall for teens in grades 6 to 12 at the Nashua Public Library.

Other special events include a teen photo contest and Teen Read Week, October 12 through 18, when fines will be waived for kids ages 12 to 17.

If you're in grades 5 through 9, you can register to play Minecraft with others at the library by going to tinyurl.com/nplteen.

For details about these events go to tinyurl.com/nplteen or call (603) 589-4601.

Tickets Available for Nashua Reads Author Visit

Tickets are now on sale for "Beyond the Book: An Evening with B. A. Shapiro" at the Nashua Public Library on Friday, October 24, at 7 p.m.

B. A. Shapiro is the author of "The Art Forger," the selection for the twelfth annual Nashua Reads: One City, One Book program. The event is sponsored by the Friends of the Nashua Public Library and the Ella Anderson Trust.

Toadstool Books will be on hand selling copies of "The Art Forger" and related books for sale and signing.

Bring your book group! Tickets are \$10 in advance and \$12 at the door. Advance tickets are available at mktix.com/npl and at the library circulation desk.

For members of the Friends of the Library, the \$10 ticket includes a private reception with the author at 6 p.m., at no additional fee. After buying a ticket, Friends members should RSVP for the reception at tinyurl.com/nashuareads. If you would like to join the Friends, call (603) 888-3298.

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!

About B. A. Shapiro

In addition to "The Art Forger," B. A. Shapiro has written five suspense novels as well as a nonfiction book, "The Big Squeeze."

In previous career incarnations, she has directed research projects for a residential substance-abuse facility, worked as a systems analyst/statistician, headed the Boston office of a software development firm, and taught sociology at Tufts University and creative writing at Northeastern University. She likes being a novelist the best.

Get your copy now

The library has over 50 copies of "The Art Forger," including large-print, e-book, and audio versions. A set of 12, including two large-print copies, is available for borrowing by book groups. Call the library at (603) 589-4600 or visit nashualibrary.org to reserve the book.

About the book

After a scandal involving the provenance of an acclaimed painting derails her career, promising young Boston artist Claire Roth makes a living reproducing famous artwork for an online retailer. In a desperate move to improve her situation, Claire strikes a Faustian bargain with a powerful gallery owner to forge a Degas masterpiece stolen during the Isabella Stewart Gardner Museum heist, the largest unsolved art theft in history, in return for a one-woman show at his gallery.

Among the awards that "The Art Forger" has won are the 2013 New England Book Award for Fiction, the 2013 "Must Read" for Massachusetts, and Boston Globe Top Mystery of 2012.



Here's your chance to become a Homeowner!

Habitat will be constructing a 3-bedroom home at 110 State St in Tewksbury. Completion date - Dec 2015. Depending on income, the sales price will range between \$150-\$160K, with estimated monthly payments for a 30-year mortgage between \$750-\$850 a month (principal, taxes & insurance). Compare this to your monthly rent! Note: The local initiative program (LIP) is for first-time home buyers with certain exceptions. Both income and asset restrictions apply.

All are Welcome!



Family Information Sessions are being held in: Tewksbury, Lowell and Billerica - see below

Habitat's Targeted Income Guidelines for 2014		
Household	Minimum	Maximum*
Size	30% of Median Income	50% of Median Income
2	\$21,800	\$36,300
3	\$24,500	\$40,850
4	\$27,200	\$45,350
5	\$29,400	\$49,000
6	\$31,600	\$52,650

* Consideration will be given for income 25% - 60% median income if for larger family size

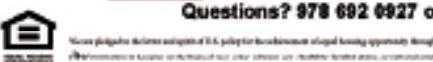
Saturday September 20, 2014 - 10:00 to noon
& Saturday, September 27, 2014 - 1:00 to 3:00 PM
Habitat for Humanity ReStore
257 Boston Road, Billerica, MA

Monday, September 22, 2014 - 6:00 to 7:30 PM
Tewksbury Public Library
300 Chandler St
Tewksbury, MA

Wednesday, September 24, 2014 - 6:00 to 7:30 PM
Pollard Memorial Library
401 Merrimack Street
Lowell, MA

You **MUST** attend a meeting to get an application.

Questions? 978 692 0927 or info@lowellhabitat.org



www.rumbonews.com

Haverhill Firefighting Museum

Haverhill Firefighting Museum & Children's Corner is open on Saturdays from 10 a.m. to 1 p.m. The museum houses one of the largest collections of New England firefighting history as well as a newly expanded Children's Corner equipped with a 12-foot wooden fire truck children can actually play in, fire reels and hoses children can pull, a dress up area complete with children's gear and the Haverhill Fire Department's fire safety smoke tunnel which teaches children how to crawl to safety beneath smoke should a fire occur.

Admission is \$5 for adults, \$2 for children under 12, and \$10 for families. Admission

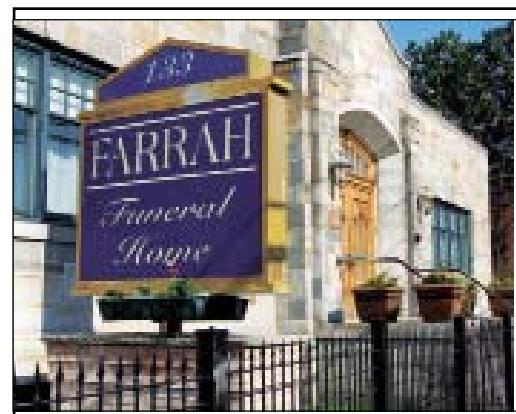
is free for service men and women. All children must be accompanied by an adult.

NOTE: The museum is closed Saturday, July

5 for the holiday weekend. The museum is located in the Historic Armory Building, 75 Kenoza Avenue in Haverhill, MA. Come Experience the Evolution of New England Firefighting History!

For more information, please visit the museum website: www.haverhillfirefightingmuseum.org or call 978.372.4061.

For press inquiries, please call Jean MacDougall-Tattan at 508-523-0857.



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Lo que nos entregues ayudará a los niños locales que participan en nuestro programa de tutoría. Debes saber que tu donación es deducible de impuestos.

¡Gracias por tu apoyo!

CALENDARIO | CALENDAR OF EVENTS

El Mercado de Granjeros de Haverhill

El Mercado de Granjeros de Haverhill regresa para su temporada 36^a a partir del sábado, 28 de junio y correrá hasta el 25 de octubre en el 40 de Bailey Blvd. (junto a la Estación de Policía de Haverhill). El mercado funciona 9-1 pm.

"Estamos muy contentos de dar la bienvenida a un grupo increíble y diverso de más de 25 vendedores," dice Jeff Grassie, organizador del mercado. Los clientes encontrarán frutas y verduras, deliciosos productos horneados, carnes, vinos locales, quesos artesanales, pan recién hecho, jabones hechos a mano, golosinas para perros y mucho más frescos de la granja. El mercado también contará con una variedad de música en vivo, demostraciones de alimentos, y actividades para los niños todos los sábados.

Para obtener más información, visite www.haverhillfarmersmarket.org o nos puede encontrar en Facebook/haverhillfarmersmarket



Haverhill Farmers Market

The Haverhill Farmers Market returns for its 36th season starting Saturday, June 28 and running through October 25 at 40 Bailey Blvd. (next to the Haverhill Police Station). The market operates from 9-1 p.m.

"We are excited to welcome back an incredible and diverse group of more than 25 vendors," says Jeff Grassie, market organizer. Customers will find farm-fresh fruits and vegetables, delicious baked goods, meats, local wines, artisan cheeses, fresh breads, handmade soaps, doggie treats and much more. The market will also feature an assortment of live music, food demonstrations, and kids' activities each Saturday.

For more information please visit www.haverhillfarmersmarket.org or find us on Facebook/haverhillfarmersmarket



Después de disfrutar del verano la piscina de entrenamiento en el Andover/N. Andover YMCA reabrirá oficialmente a las 5:30 AM el martes, 23 de septiembre. Para celebrar esta reapertura muy esperada, lo invitamos a que participe en un baño inaugural con nuestro Presidente y CEO, Stephen Ives desde las 11:30 am hasta las 12:30 de la tarde. Todas las edades son bienvenidas!

Del 23 al 28 de septiembre, la piscina de entrenamiento será utilizada exclusivamente por las familias de la natación, equipos de natación y Lap Swimming. El resto de la programación acuática, clases de natación y la reapertura de la piscina de Enseñanza tendrán lugar el lunes, 29 de septiembre.

Si usted tiene alguna pregunta sobre la pertenencia o la programación no dude en ponerse en contacto con el Centro de Asistencia al 978-685-3541.

After taking the summer off, the Lap Pool at the Andover/N. Andover YMCA will officially re-open at 5:30AM on Tuesday, September 23rd. To celebrate this highly anticipated re-opening, we invite you to participate in an inaugural swim with our President & CEO, Stephen Ives from 11:30am until 12:30pm. All ages are welcome!

From September 23rd through September 28th, the Lap Pool will be used exclusively for Family Swim, Swim Teams and Lap Swimming. All other aquatic programming, swim lessons and the re-opening of the Teaching Pool will take place on Monday, September 29th.

If you have any questions about membership or programming please feel free to contact the Welcome Center at 978-685-3541.



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Tel: 978-686-3323
www.mvrestore.org

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Saturday: 10am-5pm

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Saturday: 10am-4:30pm

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del horario

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Lowell Lead Paint Abatement Program

Atención propietarios, dueños de casas e inquilinos

¡El Programa de Reducción de la Pintura de Plomo de Lowell da la bienvenida a nuevos clientes! Ofreciendo 0% de interés, préstamos diferidos para la eliminación del plomo viviendas para familias de bajos a moderados ingresos con niños menores de 6 años de edad.

- préstamos con intereses de hasta \$15,000 0% para las viviendas unifamiliares
- préstamos con intereses de hasta \$12,000 0%, por unidad, para viviendas multifamiliares
- inspección de plomo y administración del proyecto GRATIS
- análisis del terreno GRATIS

Attention Homeowners, Landlords and Tenants

The Lowell Lead Paint Abatement Program Welcomes New Clients! Offering 0% interest, deferred loans for deleading homes for low-to-moderate income families with children under age 6.

- Up to \$15,000 0% interest loans for single family homes
- Up to \$12,000 0% interest loans, per unit, for multi-family homes
- FREE lead inspection and Project Management
- FREE soil testing

Contact: Toni Snow, Program Manager, 978-674-1409 - tsnow@lowellma.gov

Programs at Buttonwoods Museum

Senior Program - Sweet Nostalgia at the Buttonwoods

Tue, August 26, 1pm – 2pm

Join us for a walk down memory lane! We'll explore the cooking and kitchens of yesteryear, enjoy desserts your mother and grandmother used to make, and listen to radio ads from the 1940s through the 1960s. Spark your memories, share your stories, and sample a taste of the past.

Seniors can join us for this *free* program in conjunction with the Culture and the Kitchen exhibit. For more information please email programs@buttonwoods.org.

Lecture with Jennifer Pustz of Historic New England

Thu, August 28, 7pm – 8pm

Historian, Jennifer Pustz of Historic New England comes to talk about the history of kitchens, in conjunction with our August exhibit "Culture and the Kitchen." For more information, please email info@buttonwoods.org.

CALENDARIO | CALENDAR OF EVENTS

ADOPT A PET

MSPCA-METHUEN & RUMBO COOPERATIVE EDUCATION COLUMN

Pet of the week at Nevins

CHEROKEE

Cherokee is a stunning 14 yo Buckskin Rocky Mountain Horse. He was in a home with too many animals and his owners could no longer provide the proper care for him. He was a stallion who had never been separated from his mother, or handled by humans. Cherokee had a lot of changes in store! He is now a gelding and is doing great! He has been started under saddle and he is good on the cross ties and loves to be groomed. He is still very green and will need someone who is quiet and patient with him to bring him along. Cherokee loves to learn and really wants to form a bond with someone.



MUSO

Lovebug Muso is a very handsome 9 years young boy who adores being petted and having chin rubs and head scratches. He shows affection all the time by head butting and snuggling up to you. Muso lost his home when his owner, who he was very attached to, became ill and had to be hospitalized. This change in his life has been bewildering to Muso, and he took a few days to settle in at the adoption center. Muso is ready to find his new family, people who will love him and give him back that sense of security he had before. Come and meet Muso. The first thing he will do is nudge your hand for petting, and then look up at you with his big beautiful eyes. Warning, he is irresistible! And he is currently sporting the cutest lion cut after having spent a day at the kitty spa. Come and see his new look! If you can't find Muso when you visit the adoption center, be sure to ask for him by name! Cats are often moved around.



ROGER

Roger is a distinguished looking rooster. We think he may be a Red Cap X. He has a lovely large rose comb 'cap' and beautiful barred hackle and tail feathers. Roger has really settled down this year. He was flighty, but now he is the first to happily greet us at the door; clucking and asking for treats. He is respectful of people and other birds. He would be a good rooster for medium-large hens.



ELSA AND ANNA

These glamorous ladies need a castle to call their own! Elsa and Anna are sisters, and they are gentle and happy to play. They have previously lived in a home with cats and had no problems. The sisters will happily munch on raisins, but remember fruit and carrots are occasional treats (otherwise the sugar will make them gain extra weight). They have been doing very well using their litter box. If you need some princesses in your life, come down today and meet Elsa and Anna! Thanks to generous donors, my adoption fee will be waived as part of the 'We Got Buns, Hun! Fee Waived Adoptathon for Rabbits. Learn more about the adoptathon at We Got Buns Hun Fee Waived Adoptathon for Rabbits 2014



HOLLIE

Hollie is an 8 year old Chihuahua and French Bulldog mix that would love to find her perfect forever home soon! Hollie is a very sweet dog but can tend to be a little shy so she would need an owner who could understand that. She also would need a little bit of house training. She may do well with dogs and cats that are already in your home but she would have to meet them first to make sure they can be friends. Hollie would also do well with teenagers but probably not young kids. Come and visit sweet Hollie today at the MSPCA!



OLIVIA

Dear, sweet Olivia is a beautiful cat inside and out. This precious cat is only 7 years old. She is shy and so endearing. You will lose your heart with only a look from her. Olivia is just that wonderful. Do you want a friend to meet you at the door, listens to what you are telling her and only wants to be near? Olivia is the cat for you! She waits for another chance at happiness with a family who adores her. Olivia has a history of being "really chill". She has lived with dogs before and probably can again after a slow introduction. Olivia prefers not to live with cats. Older, gentle children would be great. Come meet Olivia today!



ROO

Roo is a lovable little guy. He is very active, curious and playful. He had a hard time sitting still for the camera. He was always on the move! Ask a staff person or volunteer to meet Roo today! Thanks to generous donors, my adoption fee will be waived as part of the 'We Got Buns, Hun! Fee Waived Adoptathon for Rabbits.



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.



Fifth Annual
BRICKMAN
SPRINT TRIATHLON
"TRI-ING TOGETHER TO BUILD STRONG COMMUNITIES"

Date: Sunday, September 28, 2014 8:00 AM

Sprint Distance: 250 yard pool swim/10 miles bike/3 miles run

Location: Lawrence YMCA, 40 Lawrence Street, Lawrence, MA 01840

Entry: Maximum of 250 entrants (individual or teams of 2-3 people)
Register at the Lawrence YMCA or online at www.active.com
Online registration closes September 26th

Registration Fee: \$65 for individual, \$95 for team; Price increases on 8/1/14

Course Description: A great race to wind down your racing season or for your first triathlon. The swim will be a 250 yard serpentine course in the Lawrence YMCA pool. The bike will consist of 3 loops of a 3.4 mile bike route. The bike is a non-draft race and a CPSC-approved helmet is required. The run is 4.5 loops around the Campagnone Common providing many opportunities for your fans to cheer you on. Chip timing provided by New England Timing.

To register, go to <http://www.active.com/lawrence-ma/triathlon/races/brickman-triathlon-2014>.
For more information on the Brickman Triathlon, go to <http://lawrence.mvymca.org/Brickman>.
For volunteer opportunities, email Gerry at: brickmantri@comcast.net.

Fecha: Domingo, Septiembre 28, 2014 8:00AM

Distancia de Carrera: nadar 250 yardas, montar bicicleta por 10 millas, correr 3 millas

Local: YMCA de Lawrence, 40 Lawrence Street, Lawrence, MA 01840

Entrada: Máximo de 250 entradas (individual o grupos de 2-3 personas)
Registrarse por la computadora en
<http://www.active.com/lawrence-ma/triathlon/races/brickman-triathlon-2014>.
Registración por la computadora termina Septiembre 26.

Costo: \$65 por individuo, \$95 por grupo; Precios suben Agosto 1, 2014-06-24

Descripción de la pista: Esta es una buena carrera para terminar la temporada o participar en tu primer triatlón. La natación será un curso serpentina de 250 yardas en la piscina de la YMCA de Lawrence. El curso de bicicleta será 3 vueltas de una ruta de 3.4 millas. Un casco aprobado por CPSC es requerido. El curso de correr es 4.5 vueltas del parque Campagnone dando muchas oportunidades para que tus fanáticos te apoyen. Sincronización de tiempo es proporcionado por New England Timing.

Para registrar: visite <http://www.active.com/lawrence-ma/triathlon/races/brickman-triathlon-2014>. Para más información sobre el Triatlón Bidman, visite <http://lawrence.mvymca.org/Brickman>.
Para oportunidades de voluntario, manda un mensaje electrónico a Gerry al: brickmantri@comcast.net.

TO BENEFIT:

A BENEFICIO DE:





Nashoba Valley Medical Center to host Run 5K and Walk, October 18

On Saturday, Oct. 18, 2014, Nashoba Valley Medical Center will host its third annual 5K Hunger Run road race. All proceeds from the event will go to Loaves and Fishes, a non-profit organization that provides food and temporary support services to residents of Ayer, Devens, Groton, Harvard, Littleton, and Shirley. In 2013, the pantry distributed approximately 11,000 pounds of food each week and provided food for 968 families.

The Hunger Run 5K, which is professionally timed and certified by the U.S. Track and Field Course Certification Program, will begin at Nashoba Valley Medical Center at 11 a.m. and travel along the scenic back roads of Ayer and Groton.

In addition to the Hunger Run, children are encouraged to dress in their favorite Halloween costumes and enjoy the "Harvest Half Mile Run." Walkers are also welcome to participate. Fun activities for the whole family will be available at the finish line.

Advanced registration is strongly recommended, and can be accomplished online at active.com (search Hunger Run

5K). Registration the day of the event is from 9:30 a.m. to 10:15 a.m.

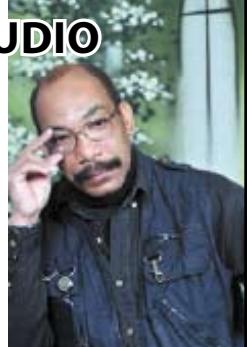
Register for the Hunger Run by Sept. 22, 2014 by contacting Robin Eibye at 978-784-9000 or email robin.eibye@steward.org and receive a FREE T-shirt. The cost to register for the 5K race is \$20 in advance, \$25 for same day registration, \$5 for the Half Mile Run and \$5 for walkers. Each runner should bring one, non-perishable food item to be donated to Loaves and Fishes.

"Nashoba Valley Medical Center is proud to support an organization that helps those in need. Loaves and Fishes supports a diverse population, including single parents, elderly and people with disabilities," said Nashoba Valley Medical Center President Salvatore Perla. "Loaves and Fishes works hard to ensure that those in need are treated with dignity and respect."

Since its inception, Nashoba Valley Medical Center's 5K Hunger Run has generated over \$9,200 for Loaves and Fishes and recruited over 300 participants who have donated more than 700 pounds of food to the organization.

TRUE PHOTO STUDIO*By Dario Arias*

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Rumbo

"The Bilingual Newspaper of the Merrimack Valley"www.rumbonews.com**NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS**

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

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

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

LAWRENCE YMCA
40 Lawrence, St • Lawrence, MA • 978-686-6191

OPEN HOUSE

Saturday, September 20th
10am - 2pm • FREE

COME AND CHECK OUT ALL THESE PROGRAMS!

10:00-10:30 Basketball Clinic (ages 4-12)	11:45-12:15 Floor Hockey (ages 6+) TRX Training (ages 16+)
10:00-2:00 Babysitting (ages 4+) Child Care Tours Flu Shot Clinic by Rite Aid* Wellness Evaluations (18+)	12:00-2:00 Music Clubhouse (ages 10+)
10:35-11:05 Soccer (ages 4-7) Zumba (ages 16+)	12:20-12:50 Latin Rhythms Dance (ages 16+)
10:35-11:40 Tennis (ages 5-8)	12:30-2:00 Wibit Pool Obstacle Course (ages 7+) Swimming Evaluation (all ages) Family/Free Swim (all ages)
11:10-11:40 Karate (ages 4+) Yoga (ages 16+)	1:00-1:30 Dance Academy (ages 5-7)
11:10-11:50 Itty Bitty Baseball (ages 4-7)	1:30-2:00 Dance Academy (ages 8+)
	WHILE YOU WORKOUT Kids Workout Zone (ages 8+)

*Must bring medical insurance card.

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- BETTER...**
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Dr Sameera Hussain DMD and Assoc.



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