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The BILINGUAL Newspaper of the Merrimack Valley

(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell

(NH) Salem, Nashua, Manchester

El Gobernador-Electo Baker visitó Lawrence



Durante su visita a Lawrence, el gobernador electo Charlie Baker, realizó una visita a la Escuela Frost, donde recibió una recepción maravillosa. Ya en la escuela, se interesó por el trabajo realizado por Antonio Lebrón y se detuvo a charlar con él. Lebrón es un estudiante de séptimo grado en la clase de la señorita Nicole Finneran.

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Governor-Elect Baker visited Lawrence

During his visit to Lawrence, Governor-Elect Charlie Baker paid a visit to Frost School where he received a wonderful reception. While at the school, he became interested in the work being done by Antonio Lebron and stopped to talk to him. Lebron is a 7th grade student at Miss Nicole Finneran's class.

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La importancia de seguros para inquilinos.

The importance of renters insurance.

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Ingala dimitió a su cargo

Después de 14 años como Presidente y Director Ejecutivo de Greater Lawrence Family Health Center (GLFHC), Bob Ingala ha anunciado que se retirará de su cargo dentro de la organización con el fin de dedicar más tiempo a la familia y los intereses personales.

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Ingala stepping down

After 14 years as President and Chief Executive Officer of Greater Lawrence Family Health Center (GLFHC), Bob Ingala has announced he will be stepping down from his position within the organization in order to dedicate more time to family and personal interests.

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Juramentan a DiZoglio



Representante del Estado de Diana DiZoglio (D-Methuen) siendo juramentada oficialmente para servir un segundo mandato en representación del Distrito 14 de Essex en la Cámara de Representantes de Massachusetts.

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State Representative Diana DiZoglio (D-Methuen) being officially sworn-in to serve a second term representing the 14th Essex District in the Massachusetts House of Representatives.

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James Mabry MCC's new President



The Massachusetts Board of Higher Education has appointed Dr. James Mabry Middlesex Community College's fourth president.

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**English
Tuesdays @ 10am**
**CrossOver
Rumbo on the Radio!**
En Español
Sábados a las 9am

YWCA NH anuncia grupo de apoyo para latinas

La YWCA NH se complace en anunciar el Grupo de Apoyo para Latinas comenzando el jueves, 29 de enero de 12:00-1:30 pm en la oficina principal de Easter Seals en 555 Auburn Street, Manchester.

Dicho Grupo de Apoyo semanal será ofrecido gratuitamente para mujeres Latinas y es una oportunidad para que mujeres se reúnan y puedan dar y recibir apoyo mutuo. Refrescos y almuerzo serán proveídos gratuitamente.

Este programa es ofrecido a través de la Colaborativa de Educación Familiar, una colaboración con la YWCA NH, Servicio de Niños y Familia, UNH Manchester, y la Extensión Cooperativa de UNH. Adicionalmente este programa es co- auspiciado por Easter Seals.

Fundada en 1920, la YWCA New Hampshire es una asociación de membresía de mujeres y es un capítulo de la más antigua y grande organización multicultural de mujeres en el mundo. La YWCA trabaja para motivar mujeres y ayudar a padres a obtener las herramientas necesarias para criar niños fuertes y saludables. La YWCA

New Hampshire ofrece a la comunidad una gran variedad de programas y servicios. Los programas básicos incluyen programas para adolescentes, servicios para crisis, visitas supervisadas y el centro de intercambio y la Colaborativa de Educación Familiar, con numeroso servicios dentro de cada sección.

La YWCA New Hampshire trabaja con más de 4,000 personas anualmente a través de servicios incluyendo una línea de crisis de 24 horas ofreciendo información confidencial y apoyo para víctimas de violencia sexual y doméstica, servicios sin cita, acompañamiento a hospitales y departamento de policía, apoyo en la corte, abrigo residencial confidencial de emergencia, grupos de apoyo, educación a la comunidad, visitas supervisadas e intercambio, liderazgo de adolescentes, programas de alfabetismo, programas para estudiantes de escuela intermedia o secundaria sobre cómo tomar decisiones saludables y resolución de conflictos, y educación para padres. Para más información por favor llame al 625-5785 o visite www.ywcaanh.org.

YWCA NH announces the Latina Support Group

The YWCA NH is pleased to announce the Latina Support Group beginning on Thursday, January 29th from 12:00-1:30 pm at 555 Auburn Street, Manchester, Easter Seals main office.

This weekly support group is free for Latina women and is an opportunity for women to meet and give and receive support from each other. Child care and lunch is provided at no cost.

This program is offered through the Family Education Collaborative, a collaboration with the YWCA NH, Child & Family Services, UNH Manchester, and UNH Cooperative Extension. In addition, this program is co-sponsored by Easter Seals

Founded in 1920, the YWCA New Hampshire is a multi-service, women's membership association and is a chapter of the oldest and largest multicultural women's organization in the world. The YWCA works to empower women and help parents get the tools they need to

raise strong, healthy children. The YWCA New Hampshire offers the community a wide variety of programs and services. The core programs include Youth Programs, Crisis Services, Supervised Visitation and Exchange Center and the Family Education Collaborative, with numerous services within each section.

The YWCA of New Hampshire works with over 4,000 people annually through services including: a 24-hour crisis line hotline offering confidential information and support for victims of sexual and domestic violence; walk-in services; Hospital and Police Department accompaniment; court advocacy; confidential emergency shelter; peer support groups; community education; supervised visitation and exchanges; teen leadership and literacy programs; programs for middle school students on healthy decision making and conflict resolution; and parent education and support programs. For more information, call 625-5785 or visit www.ywcaanh.org.

EDITORIAL | EDITORIAL

El plato fuerte del día

El hecho de que el Gobernador Electo Charlie Baker visitara a Lawrence justo el día antes de tomar posesión del cargo para el cual fue elegido, nos da que pensar. Y queremos pensar positivamente.

A pesar de que los ciudadanos de Lawrence favorecieron la combinación Demócrata por más de 5,000 votos, él nos visita y escoge reunirse con los estudiantes de nuestras escuelas y felicitarlos por el éxito alcanzado, demostrando con esto de que está interesado en la educación y de que podemos contar con su apoyo.

En su honor, los estudiantes de las Escuelas Frost, Guilmette, Wetherbee, SPARK Academy y Parthum le regalaron un espectáculo increíble que creímos solo podemos verlo en escenarios profesionales.

En su breve participación que incluyó la presentación del Gobernador-Electo, la Vice Gobernadora Electa Karyn Polito dijo algo que estamos totalmente de acuerdo: "Este es el tercer sitio que hemos visitado hoy, pero lo que hemos visto aquí ha sido el plato fuerte del día"

Desde nuestras páginas queremos congratular a todo el personal del Departamento Escolar por el magnífico trabajo que están haciendo con nuestros niños. Y a nuestros niños, por el esfuerzo y dedicación mostrada ante tan distinguidos visitantes.

The highlight of the day

The fact that Governor-Elect Charlie Baker visited Lawrence just the day before being sworn into the office to which he was elected, makes us think. And we want to think positively.

Although the citizens of Lawrence favored the Democratic combination with more than 5,000 votes, he visits us and choose to meet with students of our schools and congratulate them on the success achieved, demonstrating that he is interested in education and that we can count on his support.

In his honor, the students of the Frost School, Guilmette, Wetherbee, SPARK Academy and Parthum gave him an amazing show we thought we can only see in professional settings.

In his brief participation that included the presentation of the Governor-Elect, the Lieutenant Governor-Elect Karyn Polito said something that we totally agree with: "This is the third place we have visited today, but what we've seen here has been the highlight of the day."

From our pages, we congratulate all the School Department staff for the great work they are doing with our children. And our children, for the effort and dedication shown to such distinguished visitors.

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley



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Published on the 1st 8th 15th and 22nd of Every Month

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9:30 am-15:30 - Lowell, MA

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- Sobre 100 médicos de atención primaria y profesionales de la salud, capacitados para atender pacientes, desde prenatales hasta geriátricos.
- Farmacias de servicio completo en todas nuestras clínicas.
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- 2 clínicas ubicadas en escuelas; en la Escuela Superior de Lawrence y en la Escuela Vocacional.
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- 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
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READ IT IN ENGLISH ON PAGE 16



Desde Mi Esquina

La verdadera historia de Ureña

Como muchos de ustedes habrán leído, el ex Director de Veteranos Francisco Ureña ha sido seleccionado para ser nombrado Secretario de Asuntos de Veteranos de Massachusetts para el entrante Gobernador Charlie Baker. En Lawrence, sabemos que Francisco era el Director de Asuntos de Veteranos de la Ciudad de Lawrence y luego fue a convertirse en Director de Asuntos de Veteranos de la Ciudad de Boston.

Al leer la noticia de este maravilloso nombramiento, he leído de un par de personas que hicieron comentarios de Francisco. Aunque todas las cosas que dijeron se aplican, que Francisco es bueno para los veteranos, no pude contenerme en pensar que todos querían tomar el crédito por algo que ellos no iniciaron una y otra vez, el papel de la política.

Llevé a cabo una búsqueda de artículos anteriores y notas que nosotros (Rumbo) tenía en sus archivos durante el tiempo que Francisco llegó a convertirse en Director de Servicios para Veteranos de Lawrence. Me pareció muy interesante que una de las personas que hicieron comentarios, en la toma de crédito por conocer o traer a Francisco a Lawrence, estuvo en contra de la selección desde el principio.

Durante el verano del 2006, el Director de Personal Frank Bonet encontró que el ex director de la Oficina de Servicios para Veteranos estaba siendo negligente de sus funciones. Una investigación realizada por Director de Personal Bonet encontró que el ex Director de Servicios a Veteranos, Dan Lannon, no presentó la documentación adecuada para obtener el reembolso de 75% por parte del estado de la financiación que la ciudad había desembolsado entre los años 2005 y 2006. Sólo en 2006, encontraron que más de \$300,000 se perdieron debido a que no presentó la documentación ante el estado y todo el dinero correspondiente al año 2005 se perdió.

Así que al final del año 2006, el Alcalde Sullivan y el Director Bonet fueron

ante el concejo para recomendar el despido del Director de Servicios a Veteranos. El concejo no tuvo más remedio que votar para dejar cesante al Director Lannon de sus funciones. Fue entonces cuando empezaron a buscar un nuevo director en su lugar. Mientras tanto, Frank Bonet se hizo cargo de las funciones de garantizar que el evento del Día de los Veteranos del 2006 fue un éxito y el ayudante del Alcalde Sullivan (Jorge De Jesús) se hizo cargo de las tareas de oficina temporalmente para asegurar que no habría pérdida de servicios. El Sr. De Jesús encontró aún más deficiencias, mientras trabajaba en la oficina en el 2006. El Sr. De Jesús corrigió y resolvió las finanzas de la oficina mientras que el Director Bonet continuó la búsqueda.

En octubre del 2006, la posición fue anunciada y publicada. El Director Bonet compuso un comité y después de varias entrevistas, recomendó el señor Ureña para el puesto. Recuerdo claramente que el Sr. Bonet dijo que muchas personas estaban llamando a la oficina del Alcalde Sullivan y a la suya abogando por otro candidato, residente en Andover. ¡Estaban poniendo presión!

El Director Bonet se aferró a su recomendación y se reunió con el Alcalde Sullivan. El Alcalde Sullivan preguntó por qué el candidato de Andover no era la opción y Bonet afirmó claramente: "Sr. Alcalde, este es el futuro de los veteranos de Lawrence. Veteranos futuros de Lawrence son los que actualmente están sirviendo y necesitarán un individuo bilingüe y bicultural y profesional como el Sr. Ureña a su regreso." El Alcalde Sullivan entendió el mensaje y envió el nombre de Francisco al concejo municipal para su confirmación.

En febrero de 2007, un nuevo Director de Servicios para Veteranos comenzó su servicio en una manera profesional, cuidadosa y respetuosa.

Mucha gente quiere tomar el crédito por la contratación y traer a Francisco a Lawrence. Que así sea si les permite dormir mejor. Sin embargo, quiero llamar su atención hacia el Director de Personal

Bonet (un veterano, también) quien vio que el Sr. Ureña era la mejor opción para el trabajo. El Sr. Ureña es el modelo que nuestros jóvenes deberían emular. Su éxito es el estímulo que necesitan para continuar su educación.

En el poco tiempo que tuvimos la suerte de tener al Sr. Ureña trabajando para nuestros veteranos, podemos decir que él es una historia de éxito para Lawrence. ¡Mis mejores deseos para usted Señor Secretario!

Lawrence YMCA

Yo suelo hacer ejercicios en la YMCA de Andover/North Andover YMCA porque está más cerca de mi casa y tiene un estacionamiento muy amplio, pero con la construcción que está teniendo lugar allí cada vez es más difícil encontrar un espacio. La Y de Andover está experimentando una renovación multimillonaria que hará que sea la admiración de todo el estado.

Así que, di la vuelta para ir al centro de Lawrence, preguntándome si iba a encontrar dónde parquear detrás de su edificio. Últimamente, se llena temprano y hay que aparcar en la calle, lo cual presenta otro problema con las multas si perdemos la noción del tiempo. Este día, tuve la suerte de encontrar varios lugares disponibles y no tener que preocuparme por el reloj.

La mejor sorpresa fue encontrar cómo la Y de Lawrence ha sido renovada y el equipo nuevo, especialmente los treadmills. Estas nuevas máquinas tienen acceso a los canales de televisión, el Internet, puede consultar su correo electrónico, etc. y trayendo sus propios auriculares se puede perder libras (no sólo calorías) en una sesión larga. Me veo haciendo el trabajo de Rumbo allí mientras camino.

Cartas anónimas

Yo prefiero llamarlas "cartas cobardes" porque no tendrían un intercambio directo en el que puedo refutar sus suposiciones. Por lo general, hacen acusaciones infundadas sobre alguien tal vez con la esperanza de que me vaya a volver loca e imprimirla. Nunca doy ningún crédito a estas cartas, pero ésta me llamó la atención

porque reconocí el nombre de a quién la carta se refería.

Ese fue el caso esta semana. La queja fue sobre un empleado/a en el Ayuntamiento que cambió de trabajo con un aumento de \$25K en su salario y varias otras cosas. Si hubiera sido una llamada telefónica, habríamos sido capaces de discutir lo que yo sé que es verdad, pero creo que la intención era sólo para crear discordia.

Y si el cambio de trabajo es verdad, que Dios le bendiga. ¡Eso es lo que el progreso significa!

Si se escuchó en la radio...

No significa que usted debe creerlo.

Esta semana escuché a alguien decir que todos los empleados del Ayuntamiento reciben un estipendio anual para la ropa. No es cierto. Lo investigué y la respuesta es que sólo algunos miembros del sindicato lo reciben.

Otro comentario es que esta administración trajo \$13 millones en un año, mientras la administración anterior no trajo ninguna subvención en absoluto. Bueno, yo no sé de dónde esa información fue tomada porque de acuerdo con Mark Ianello, Director de Presupuesto y Finanzas, "La ciudad recibe aproximadamente entre 35-45 millones de dólares anuales en la concesión de subvenciones federales y estatales. Esta cifra no incluye a los aproximadamente 190 millones de dólares del Estado (hoja rosada) que es la ayuda para sostener el presupuesto del funcionamiento de la ciudad en general".

El Sr. Ianello también me dijo que durante el 2014, la ciudad recibió \$39.1M (no \$13M) y durante los años anteriores fueron las siguientes cantidades:

- * FY10 - \$44.9M
- * FY11 - \$40.8M
- * FY12 - \$40.6M
- * FY13 - \$35.0M
- * FY14 - \$39.1M

Estoy esperando las cifras del Departamento de Desarrollo Comunitario, aunque su director James Barnes me dijo que no va a incluir "el dinero que va a las escuelas, la biblioteca, el centro para personas mayores, etc."

Así que, como puede ver, las subvenciones han seguido llegando a la ciudad a través de los años y aquello fue una declaración falsa. Voy a ofrecer más detalles la próxima semana.

Mientras tanto, no crea todo lo que oye en la radio - no importa quién lo dice. Recuerde que, históricamente, en Lawrence las mentiras se repiten tantas veces que la gente termina creyéndolas.

Impacto Noticias

LUNES A VIERNES | 12PM - 1PM

Noticias Locales, Nacionales e Internacionales incluyendo Puerto Rico, Centro y Suramérica. Además, un reporte diario con Danny García desde la República Dominicana



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Se necesitan voluntarios para jugar con los niños pequeños que viven en refugios para familias desamparadas por todo Massachusetts.

Horizons for Homeless Children es una organización sin fines de lucro dedicada a mejorar las vidas de los niños sin hogar, proporcionando juegos de calidad y oportunidades para la educación temprana. Hágase voluntario con niños sin hogar en un Horizons Playspace en uno de más de 100 refugios para familias en todo el estado, incluyendo en Lynn, Peabody, Lawrence y Lowell.

Se requiere un compromiso de 2 horas a la semana durante 6 meses y un entrenamiento formal.

El próximo entrenamiento se llevará a cabo el:
Sábado, 7 de febrero - 9:30 am-15:30

Board of Higher Ed Names James Mabry as MCC's Fourth President

The Massachusetts Board of Higher Education voted unanimously today to appoint Dr. James Mabry Middlesex Community College's fourth president. MCC's Board of Trustees voted unanimously Dec. 11 to recommend Mabry to the post, following a five-month Presidential Search process.

Mabry will leave his position as Vice President of Academic Affairs at Mesa Community College in Mesa, Ariz. He is expected to take over from retiring MCC President Carole Cowan sometime in February.

"I want all community college students to have an opportunity to learn and to succeed. Whether working or raising a family, or both, whether right out of high school or coming back or just starting out, I want higher education to be accessible to them and I want to create learning environments that are welcoming and promote their success," Mabry said after the vote.

He said he is excited to move here with his wife Judy and to begin the next phase of his career.

"I think Middlesex is a great fit for my wife and I and we are looking forward to being involved with the community and filling our home with new friends," Mabry said. "I am totally committed to my profession and happy with what I do. You will find me passionate and positive, progressive, and professional. It will be an adventure with many challenges and I feel

ready to take this on and make Middlesex an even greater community college that all will be proud of."

Mabry holds a Ph.D. in U.S. History from Columbia University and a Master of Science degree from The London School of Economics. He earned his bachelor's degree in political science from Columbia University's School of General Studies, and his associate degree from the University of Maryland Overseas Division. He also holds a post-graduate certificate from Harvard University's Graduate School of Education.

Prior to his position at Mesa Community College, Mabry was Dean of Academic Affairs at Palm Beach State College, South Campus, in Boca Raton, Fla. He also served as Associate Dean of Academic Affairs at Dutchess Community College in Poughkeepsie, N.Y., where he was also an Assistant Professor of history. Mabry began his career as a high school social studies teacher in the New York City public school system.

Middlesex Community College meets the evolving educational, civic and workforce needs of our local and global communities. As one of the largest, most comprehensive community colleges in the state, we educate more than 13,000 students annually on our campuses in Bedford and Lowell, and online. MCC offers more than 70 degree and certificate programs, plus hundreds of noncredit courses. At Middlesex, everyone teaches, everyone learns.

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Ahorros segú los datos reportados por clientes a nivel nacional sobre las pólizas nuevas en 2012. Los ahorros reales pueden variar. Allstate Insurance Company: Northbrook, IL. © 2013 Allstate Insurance Company.

DiZoglio juramentada en su segundo mandato en la Casa de Gobierno

La Representante Estatal Diana DiZoglio (D-Methuen) ha sido juramentada oficialmente para servir un segundo mandato en representación del Distrito 14 de Essex en la Cámara de Representantes de Massachusetts. DiZoglio representa porciones de North Andover, Methuen, Lawrence y Haverhill en la Legislatura.

"Me siento verdaderamente honrada de tener la oportunidad de seguir sirviendo a los increíbles residentes del Distrito 14 de Essex", dijo DiZoglio. "Mis electores han depositado su confianza en mí y voy a seguir trabajando duro para hacer que se sientan orgullosos. Con el inicio de la nueva sesión legislativa, estoy ansiosa por seguir trabajando en temas críticos para el Valle de Merrimack, entre ellos la educación, el desarrollo económico y el



empleo. Me he comprometido a luchar por una financiación suficiente para las escuelas públicas y la seguridad pública, así como enfocar los problemas de abuso de sustancias y la educación".

DiZoglio Sworn-in for Second Term in State House

State Representative Diana DiZoglio (D-Methuen) has been officially sworn-in to serve a second term representing the 14th Essex District in the Massachusetts House of Representatives.

DiZoglio represents portions of North Andover, Methuen, Lawrence and Haverhill in the Legislature.

"I am truly honored to have the opportunity to continue serving the amazing residents of the 14th Essex District," said

DiZoglio. "My constituents have placed their trust in me and I will continue to work hard to make them proud. With the start of the new legislative session, I am eager to continue working on issues critical to the Merrimack Valley, among them education and economic development and jobs. I am committed to fighting for sufficient funding for public schools and public safety, as well as focusing on substance abuse issues and education."

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Expect more at Northern Essex.

Un aguacate al día puede mantener los niveles de colesterol a raya

American Heart Association Rapid Access Journal Report

Lo más sobresaliente del estudio

Los individuos con dieta moderada en grasa que comieron un aguacate diario tuvieron niveles de colesterol malo más bajos que aquéllos con una dieta similar sin aguacate o aquéllos con una dieta de menos grasa.

Comer un aguacate diario como parte de una dieta saludable para el corazón moderada en grasa y para bajar el colesterol, puede mejorar los niveles de colesterol malo en individuos con sobrepeso u obesidad, de acuerdo con una nueva investigación publicada en el Diario de la American Heart Association.

Los investigadores evaluaron el efecto que tienen los aguacates en los factores de riesgo cardiovasculares tradicionales y nuevos, al reemplazar el promedio de los ácidos grasos saturados de una dieta estadounidense por los ácidos grasos insaturados de los aguacates.

45 pacientes saludables, con sobrepeso u obesidad de entre 21 y 70 años de edad siguieron tres dietas diferentes para reducir el colesterol. Los participantes llevaron un promedio en la dieta estadounidense (que consiste en 34 por ciento de calorías provenientes de grasa, 51 por ciento de carbohidratos y 16 por ciento de proteínas) por dos semanas, antes de empezar una de las siguientes dietas para bajar el colesterol: dieta más baja en grasa sin aguacate, dieta moderada en grasa sin aguacate y dieta moderada en grasa con un aguacate diario. Ambas dietas de grasa moderada proporcionaron 34 por ciento de calorías de grasa (17 por ciento de las calorías de ácidos grasos monoinsaturados o MUFAs por sus siglas en inglés) y la dieta de grasa más baja proporcionó 24 por ciento de calorías de grasa (11 por ciento de MUFAs). Cada participante siguió las tres dietas de prueba por cinco semanas; los participantes



siguieron estas tres dietas en una secuencia aleatoria.

La investigación descubrió:

En comparación con el promedio base de la dieta, la lipoproteína de baja densidad (LDL por sus siglas en inglés), mejor conocida como colesterol malo, disminuyó 13.5 mg/dL después del consumo de la dieta de grasa moderada que incluía el aguacate. La LDL también bajó en la dieta de grasa moderada sin aguacate (8.3 mg/dL más baja) y en la dieta baja en grasa (7.4 mg/dL más baja), pero los resultados de estas últimas no fueron tan remarcables como los de la dieta con aguacate.

Varias mediciones adicionales de sangre fueron más favorables después de la dieta de aguacate en comparación con las otras dos dietas para bajar el colesterol: colesterol total, triglicéridos, LDL poco densa, colesterol no HDL, entre otras.

Todas estas mediciones son consideradas como factores de riesgo cardiométricos de forma independiente a los efectos de los ácidos grasos sanos para el corazón, dijo Penny M. Kris-Etherton, Ph.D., R.D., autora principal del estudio, presidenta del Centro de Nutrición de la American Heart Association y profesora

POR FAVOR VEA AGUACATES

CONTINÚA EN LA PÁGINA 12

Mary Immaculate Health/Care Services
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Declaración de la Unión de Maestros de Lawrence sobre la visita del Gobernador electo Charlie Baker a Lawrence

El Presidente de la Unión de Maestros de Lawrence, Frank McLaughlin, emitió la siguiente declaración, con motivo de que el Gobernador electo Charlie Baker y la vicegobernadora electa Karyn Polito visitaron la Escuela Media Robert Frost en Lawrence como parte de su 'Spotlights on Excellence' para la Celebración Inaugural:

"Estamos muy contentos de que el Gobernador Electo Baker y Teniente Gobernadora Electa Polito vienen a ver el progreso que hemos hecho en la Escuela Frost, una escuela pública tradicional con las puntuaciones más altas en este distrito escolar urbano que tanto lucha. En la Escuela Frost y en toda las Escuelas

Públicas de Lawrence, maestros, administradores y padres han colaborado para poner en primer lugar el logro académico de los niños de Lawrence.

La asociación entre el Superintendente de las Escuelas Públicas de Lawrence Jeff Riley, la Comunidad y la Federación Americana de Maestros a nivel local, estatal y nacional ofrece estrategias probadas para avanzar y garantizar el acceso a una educación de calidad para todos los niños en todas las comunidades. Estamos orgullosos de ofrecer la Escuela Frost como un ejemplo de cómo la cooperación entre todas las partes puede conducir al éxito de nuestros hijos".

Lawrence Teachers' Union Statement on Governor-Elect Charlie Baker's Visit to Lawrence

Lawrence Teachers' Union President Frank McLaughlin issued the following statement as Governor-elect Charlie Baker and Lieutenant Governor-elect Karyn Polito visited the Robert Frost Middle School in Lawrence as part of their 'Spotlights on Excellence' tour for the 2015 Inaugural Celebration:

"We are delighted that Governor-elect Baker and Lieutenant Governor-elect Polito are coming to see the progress that we've made at the Frost School, a traditional public school with the highest scores in this struggling urban school district. At the Frost School and throughout the Lawrence Public Schools,

teachers, administrators, and parents have collaborated to put the academic achievement of Lawrence kids first.

The partnership between Superintendent of the Lawrence Public Schools Jeff Riley, the Commonwealth, and the American Federation of Teachers at the local, state, and national level offers proven strategies for moving forward in ensuring access to quality education for all children in every community. We're proud to offer the Frost School as an example of how cooperation between all parties can lead to the success of our children."

Volunteers Needed!

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

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El Gobernador-Electo Baker visitó Lawrence

Por Alberto Surís

El jueves 8 de enero, el Republicano Charlie Baker, será juramentado como el Gobernador #72 del Commonwealth de Massachusetts.

Un día antes, el día miércoles 7, él y su vicegobernadora Karyn Polito decidieron compartir un momento con los estudiantes de la Escuela Primaria Frost antes de asistir a una gran celebración del Distrito en su honor. Estudiantes de todo Lawrence presentaron poemas, canciones, danzas y teatro para un público entusiasta.

Además de las Cheerleaders de Frost Middle School otras escuelas contribuyeron al éxito de las celebraciones, como LHS JROTC color Guard, la Escuela Guilmette, la Escuela Parthum, la Escuela Wetherbee y la Academia SPARK.



Seventh grader teacher Nicole Finneran chats with Governor-Elect Charlie Baker during his visit to the Frost School.



Wetherbee School Performing Seussical.



SPARK Academy Steppers performing salute.



Students from the Parthum Middle School brought their production of Romeo and Juliet to the Frost stage. Wearing elegant costumes and speaking Shakespearean English, the students charmed the audience with this classic tale.



Paul L Ronan recites the Pledge to the Flag at the ceremony.



The Frost Mascot sat quietly during the entire ceremony but wants to say hello to everybody.



The Frost Cheerleaders presented an incredible performance.



"We Are the Frost," a poem recited by Barbara Batista and Laura Tejada.

Governor-Elect Baker visited Lawrence

By Alberto Surís

On Thursday, January 8, Republican Charlie Baker will be sworn in as the 72nd Governor of the Commonwealth of Massachusetts.

A day before, Wednesday 7th, he and his Lieutenant Governor Karyn Polito chose to share a moment with students from the Frost Elementary School before attending a District wide celebration in their honor. Students from across Lawrence presented poems, song, dance and theatre before an enthusiastic audience.

Besides the Frost Middle School Cheerleaders other schools contributed to the success of the celebration, such as LHS JROTC Color Guard, the Guilmette Elementary School, the Parthum Middle School, the Wetherbee School and the SPARK Academy.

Open Letter to Lawrence High School Community

For the past several months, LPS and LHS leadership have been developing a plan to re-imagine Lawrence High School, with the goal of ensuring all our students are prepared for post-graduation success. While LHS has made progress over the past few years—particularly in raising the graduation rate and lowering the dropout rate—we know we can accelerate the academic achievement of our students at an even faster pace.

After nearly two months of engagement with students, families, faculty, administration, and community members, we are excited to release our blueprint for transformation at LHS. While more details will follow in the coming weeks and months, below are the highlights of our plan for change:

- Beginning in Fall 2015, the campus will begin to transition to several small academies under one unified Lawrence High School. We will transition to a common schedule and credit system, increasing student access to electives, APs, and other courses across the campus. This will also provide more time for teachers across subject areas and grade levels to plan together and improve instruction.



- A new 9th Grade Academy will launch in Fall 2015 for all incoming 9th graders. The 9th Grade Academy will provide a more structured environment for transitioning 9th graders, including smaller learning communities for freshmen, increased social-emotional and at-risk student supports; and a new freshmen schedule with intervention blocks and access to electives. There will also be an August student orientation for all 9th graders, building on the success of the LHS Ready program.
- A new Accelerated Studies Program will launch in Fall 2015 for an initial cohort of 9th graders. This program will phase in

one grade at a time and will serve students in grades 9-12 by Fall 2018. More details on the application process for this program will be released in January.

- INT will transition to a Newcomers Program with clear entry and exit criteria. The program will serve roughly 250-300 students who are new to the country, providing intensive supports as they transition. Students who are sufficiently prepared will join one of the other five LHS academies. INT seniors will graduate with INT this year; juniors/underclassmen will transition to one of the other academies or Newcomers Program in Fall 2015.

- BMF, PFA, MST, HHS and HLD will continue to serve students in grades 10-12 in 2015-16, with their current principals. Current upperclassmen (seniors and juniors) will still graduate and receive their diploma from these five schools. In Fall 2016, these schools will transition into new LHS upper academies. These academies will preserve personalized learning environments for students; the specific details will be determined with faculty and student input in the coming year.

Importantly, this plan values all faculty members of Lawrence High School, with no staff layoffs. Teachers will receive a tentative assignment to one of the new or current academies, and LPS Human Resources will work to ensure that final placements balance faculty preferences with district needs. We look forward to working with LHS faculty, students, families and community in the coming weeks and months to further define our plan for implementation.

Thank you for your support,

Jeffrey C. Riley
Superintendent
Lawrence Public Schools

Michael Fiato
Headmaster
Lawrence High School

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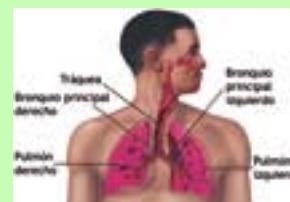
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Ingala dimitió a su cargo



Ingala stepping down

After 14 years as President and Chief Executive Officer of Greater Lawrence Family Health Center (GLFHC), Bob Ingala has announced he will be stepping down from his position within the organization in order to dedicate more time to family and personal interests.

In his announcement to staff, Ingala looked back on his career at GLFHC with pride and appreciation. "During my tenure at GLFHC I have been privileged to work with some of the finest individuals of my career. I am so very proud to have been a part of the GLFHC team. The commitment of our Board, clinicians, management and staff to achieve our mission each and every day is unparalleled and improves the lives of so many. As I look back over my time at the health center I think about what we have accomplished. GLFHC today is a very different organization than it was 14 years ago, with more comprehensive services; improved access to outstanding care and a national reputation for a stellar residency program. Our clinical outcomes and patient centered care continue to improve and exceed national benchmarks. Financially, GLFHC continues to be one of the best performing health centers in Massachusetts. None of this would be possible without the hard work and dedication of our employees," according to Ingala.

Charles Zanazzi, Interim Chair of the GLFHC Board of Directors, expressed his sentiment and appreciation following Bob's announcement. "Bob was instrumental in leading the Health Center over a long period of growth and constant market change. His dynamic leadership and long term outlook has been critical to our success. The entire Board thanks Bob for his many years of service and his willingness to remain involved in the Health Center until such time as an effective and permanent leadership transition is in place. We congratulate him on this exciting personal step and are fortunate to have benefited from his leadership as both a colleague and friend."

Beginning later this month, the Board of Directors will retain the services of a national recruitment firm to find Ingala's successor. Ingala intends to stay in his current role until a successor is announced. GLFHC is the second largest community health center in Massachusetts, serving over 54,000 patients. With nearly 600 employees, including 92 physicians, GLFHC is ranked as one of the top 10 employers in Greater Lawrence. GLFHC also serves as the home of the Lawrence Family Medicine Residency, one of the leading programs in the country for training family medicine physicians.

Después de 14 años como Presidente y Director Ejecutivo del Greater Lawrence Family Health Center (GLFHC), Bob Ingala ha anunciado que se retirará de su cargo dentro de la organización con el fin de dedicar más tiempo a la familia y a los intereses personales.

En su anuncio al personal, Ingala miró hacia atrás en su carrera en GLFHC con orgullo y agradecimiento. "Durante mi permanencia en GLFHC he tenido el privilegio de trabajar con algunas de las mejores personas de mi carrera. Estoy muy orgulloso de haber sido parte del equipo de GLFHC. El compromiso de nuestra Junta Directiva, de los médicos, la administración y el personal para lograr nuestra misión cada día es sin igual y mejora la vida de tantas personas. Cuando miro hacia atrás todo el tiempo que he pasado en el centro de salud pienso en lo que hemos logrado. GLFHC hoy es una organización muy diferente de lo que era hace 14 años, con servicios más amplios; la mejora del acceso a una atención excepcional y una reputación nacional para un programa de residencia estelar. Nuestros resultados clínicos y la atención centrada en el paciente siguen mejorando y supera los puntos de referencia nacionales. Financieramente, GLFHC sigue siendo uno de los centros de salud en Massachusetts de mejor rendimiento. Nada de esto sería posible sin el duro trabajo y la dedicación de nuestros empleados", según Ingala.

Charles Zanazzi, Presidente Provisional

de la Junta Directiva de GLFHC, expresó su sentimiento y agradecimiento tras el anuncio de Bob. "Bob fue instrumental en la dirección del Centro de Salud durante un largo período de crecimiento y cambio constante en el mercado. Su liderazgo dinámico y las perspectivas a largo plazo han sido fundamentales para nuestro éxito. La Junta en pleno da gracias a Bob por sus muchos años de servicio y su disposición a seguir participando en el Centro de Salud hasta el momento en una transición de liderazgo efectivo y permanente está en su lugar. Lo felicitamos por esta emocionante etapa personal y la suerte de habernos beneficiado de su liderazgo tanto como un colega y amigo".

A finales de este mes, el Concejo de Administración contratará los servicios de una firma nacional de reclutamiento para encontrar el sucesor de Ingala. Ingala tiene la intención de permanecer en su puesto actual hasta que se anuncie un sucesor.

GLFHC es el segundo mayor centro comunitario de salud en Massachusetts, sirviendo a más de 54,000 pacientes. Con cerca de 600 empleados, incluyendo 92 médicos, GLFHC es considerado como uno de los 10 mejores empleadores en Greater Lawrence. GLFHC también sirve como el hogar de la familia de Lawrence Family Medicine Residency, uno de los principales programas en el país para los médicos de medicina familiar de entrenamiento.

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BRIAN DE PEÑA

1200 Personas Celebraron la Navidad con ACT

Arlington Community Trabajando celebró su reunión anual y fiesta navideña el pasado sábado, 13 de diciembre de 2014 en el North Common Educational Complex. 1200 personas celebraron con nosotros las metas logradas en el 2014 y a la vez distribuimos juguetes a cientos de niños. Gracias a la junta directiva, empleados y 80 voluntarios quienes trabajaron durante meses para hacer de nuestra fiesta todo un éxito.

Nuestra reunión anual es también una celebración comunitaria la cual une las familias a celebrar juntos con música, comida, juegos y tomar fotos con Santa Claus. Nuestros miembros eligieron la nueva junta directiva, actualizaron nuestra misión, el nombre y expandieron nuestra área de enfoque. Ana C. Silva, presidenta de la junta directiva dijo, "Estoy feliz de haber trabajado cerca a nuestros directores para expandir ACT hacia un futuro mejor para apoyar la comunidad de Lawrence".



La junta directiva presentó premios a los campeones de la comunidad la señora María Alcántara presidenta de Lawrence Training School y el señor Harold Magoon director ejecutivo de Lawrence/Methuen Community Coalition. El premio de campeón comunitario es presentado a personas y organizaciones que han colaborado con ACT para hacer la diferencia en la vecindad de Arlington. Los directores Yvette Villa-Barry y Ana Cristina Silva recibieron los premios de directores del año por su contribución y apoyo al crecimiento de la organización. El premio de joven líder del año fue otorgado a Víctor Hidalgo. Y los voluntarios del año fueron presentados a Pedro Rondón y Tatiana Nina.

La organización le da las gracias a nuestros patrocinadores 2014 incluyendo a ToysforTots, CityofLawrence, McDonald's, The Lawrence Training School, LMCC, nuestra junta directiva y varios negocios por ayudarnos a traer sonrisas, felicidad y juguetes a cientos de niños del área de Lawrence.

Arlington Community trabajando es una corporación de desarrollo comunitario sin fines de lucro, fundada en 1996 y dedicada a la revitalización de la vecindad de Arlington. Durante los años hemos ayudado a más de 4,100 familias por medio de nuestros esfuerzos que incluyen: talleres para compradores de casas, prevención de embargos hipotecarios, educación financiera, desarrollo de negocios y actividades juvenil. Para más información o para ser voluntario contacte aluna@actinc.org.

One of the community award recipients, Maria Alcantara of the Lawrence Training School.



These are some of the volunteers making it possible.
Algunos de los voluntarios que lo hicieron posible.



From left to right are, Ana Cristina Silva, Martha Peguero, Ana Luna, Mayor Rivera, Evelyn Saint Hilaire and Sabrina Boggio.

1200 People Celebrate the Holidays with Arlington Community Trabajando

Arlington Community Trabajando held its annual meeting and community holiday party Saturday, December 13th, 2014 at North Common Educational Complex. 1,200 people celebrated ACT's 2014 accomplishments and distributed toys to hundreds of children. Thanks to our board of directors, staff and 80 volunteers who worked for many months to make this a successful event.

The annual meeting is also a community celebration bringing families together for dinner, music, games and take pictures with Santa Claus. Members of the community elected ACT's new board of directors, updated the organization's mission, its name and expanded the target area. Ana C. Silva, chair of the board exclaimed "I am happy to have worked closely with our board of directors to expand ACT into a brighter future supporting the Lawrence community".

ACT board of directors presented the community champion award to Ms. Maria Alcantara, President of the Lawrence Training School and Mr. Harold Magoon, Executive Director of Lawrence/Methuen Community Coalition. The community champion award is given to people and

organizations that over the years have collaborated with ACT and made a difference in the Arlington neighborhood. Yvette Villa-Barry and Ana Cristina Silva received board members of the year awards, for their contributions and support to ACT's growth. Other awards were presented to Victor Hidalgo youth leader of the year and volunteer of the year awards were presented to Pedro Rondon and Tatiana Nina.

ACT is especially thankful to our 2014 sponsors; Toys for Tots, City of Lawrence, McDonald's, The Lawrence Training School, LMCC, ACT board of directors and many area small businesses for helping us deliver happiness, smiles and toys to hundreds of children from the Lawrence area.

Arlington Community Trabajando is a non-profit 501 c (3) community development corporation, founded in 1996 and dedicated to the revitalization of the Arlington neighborhood. Over the years, ACT has assisted over 4100 families through numerous efforts including homebuyer workshops, foreclosure prevention, financial literacy, business development and youth activities. For more information or to volunteer contact aluna@actinc.org.

Six new police officers graduate academy, start patrol



(L-R) Chery Victoria, Kyle McCann, Bethany Boyle, Shawn O'Brien, Zachary Phair, Christopher Matatall.

El Alcalde James J. Fiorentini felicita a seis nuevos oficiales de policía que se graduaron de la academia y estarán en patrulla inmediatamente. En el año 2013 hasta el año 2014, la ciudad agregó 10 nuevos oficiales de policía, con lo que suman el mayor número de oficiales de policía contratados en los últimos 6 años. Se necesita tiempo para contratar, entrenar y juramentar a los nuevos oficiales de

policía.

El Alcalde Fiorentini declaró: "Es genial poder poner a los nuevos graduados en la calle. Los felicito a todos por su arduo trabajo en la academia. La seguridad pública es una de mis prioridades y conseguir policías, entrenarlos y en las calles, hace de nuestra ciudad un lugar seguro para vivir y trabajar".

Six new police officers graduate academy, start patrol

Mayor James J. Fiorentini congratulates six new Police Officers that graduated from the academy and will be on patrol immediately. In 2013 through 2014, the City added 10 new Police Officers, bringing the total to the highest number of Police Officers hired over the last 6 years. It takes time to recruit, train and swear in new Police

Officers.

Mayor Fiorentini stated: "It is great to get the new graduates on the street, I congratulate all of them for their hard work at the academy. Public safety is one of my priorities and getting police officers hired, trained and on the street, makes our city a safe place to live and work."

Community Ideas Sought at "Possible Dreams" Event

Team Haverhill will take community participation to the next level at its upcoming "Possible Dreams" event, slated for Monday evening January 26, at 7 pm. In an innovative segment dubbed "Sparks are Flying," city residents and stakeholders will have the option of naming a personal dream for Haverhill—anything from a quick fix-up to an ambitious multi-year project—then holding an impromptu conversation with other participants who share the same hope. This new format was inspired by last year's event, where participants declared their dream of a Volunteer Expo that would showcase all of the city's nonprofits and attract potential volunteers. This idea sparked the imagination of Tracy Fuller, Director of the Haverhill YMCA, who used the next few weeks to recruit several nonprofit partners and to form an organizing committee. The end result was a successful Volunteer Expo in September 2014, and quite possibly a new Haverhill tradition.

"We'd like to see if we could spark those creative connections even faster this year, in real time," said Team Haverhill President Alice Mann. "Participants can name an idea or topic, and can find out right away who else in the room would like to talk about it." The

resulting small group conversations may simply plant a seed or build new relationships among people who care about the same things. But based on past experience, says Mann, Team Haverhill expects at least one or two of these conversations to "get legs" and become a community-driven initiative—the same way Volunteer Expo did.

Team Haverhill's role will be to help publicize next steps that any of the small groups decide to take, so that the wider Haverhill community can learn about emerging initiatives and contact the organizers to get involved. Past Possible Dreams conversations have sparked revitalization of the Haverhill Farmers Market, community demand for expanded recycling, and creation of an annual "River Ruckus" event to draw people to Haverhill's developing downtown waterfront.

Possible Dreams 2015 will take place on January 26 at the Technology Center of Northern Essex Community College, 100 Elliott Street, Haverhill. Doors open for coffee and seating at 6:30, with the meeting to begin promptly at 7 pm. Walk-ins are welcome, but community members are encouraged to pre-register online at www.TeamHaverhill.org. Inquiries may be addressed to: info@teamhaverhill.org.

NEWS & EVENTS IN HAVERHILL

Mayor and Library Board of Trustees names new Library Director

Mayor James J. Fiorentini and the Library Board of Trustees announced that they have hired Sarah Moser to fill the vacant position of Library Director. There were many qualified applicants with diverse backgrounds and Sarah surfaced as the number one choice after careful review and consideration. Sarah has served as Assistant Library Director since 2013. As Assistant Director, Sarah streamlined and simplified the library volunteer program, served as department head for the Technical Services Department, and acted as a bridge between the staff and the previous director of the library.

Sarah has served in numerous capacities in other communities and has a wealth of knowledge in the library field. Sarah has a Bachelor of Arts Degree from the University of Massachusetts Boston, a Master of Arts Degree from Tufts University and a Master of Science from Simmons College in Library and Information Science and is a resident of Byfield. Sarah is a member of the New England Library Association and the American Library Association.

Mayor Fiorentini stated: "We are



Above is Mayor James J. Fiorentini and new Library Director Sarah Moser

happy to have Sarah as our new Library Director. She will bring enthusiasm and new ideas to the position. Sarah has the background to bring our library to the next level. She has already instituted a new book drop and a mobile app. I look forward to the new initiatives Sarah will develop for the library."

Mayor Fiorentini stated: "We are

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CONTINUA DE LA PAGINA 6

AGUACATES

distinguida de nutrición en la Universidad Estatal de Pennsylvania, en University Park, Pennsylvania.

"Este fue un estudio de alimentación controlado, pero así no es el mundo real, por lo que es una prueba de concepto; necesitamos enfocarnos en hacer que la gente siga una dieta saludable para el corazón que incluya aguacates y otras fuentes de alimentos ricos en nutrientes de mejores grasas", dijo Kris-Etherton.

"En Estados Unidos los aguacates todavía no son un alimento básico y pueden ser caros, especialmente en ciertas épocas del año. Además, la mayoría de la gente realmente no sabe cómo incorporarlos a su dieta si no es como guacamole, el cual generalmente se come con totopos, que tienen altos niveles de calorías y sodio; sin embargo, los aguacates también pueden comerse en ensaladas, con verduras, en sándwiches, con proteínas magras (como pollo o pescado) o solos."

Para el estudio, los investigadores usaron aguacates Hass, los que tienen cáscara verde y rugosa. Además de MUFAs, los aguacates también proporcionaron otros componentes bioactivos, como la fibra, fitoesteroles y otros, que pudieron haber contribuido a los hallazgos.

De acuerdo con los investigadores,

muchas dietas sanas para el corazón recomiendan reemplazar los ácidos grasos saturados por MUFAs o ácidos grasos poliinsaturados para reducir el riesgo de enfermedades cardíacas. Esto se debe a que las grasas saturadas pueden aumentar los niveles de colesterol malo e incrementar el riesgo de sufrir enfermedades cardiovasculares.

La dieta mediterránea incluye frutas, verduras, granos integrales, pescado graso y alimentos ricos en ácidos grasos monoinsaturados como el aceite de oliva extra virgen y las nueces. Hay investigaciones que indican que estos alimentos, al igual que el aguacate, no sólo contienen mejores grasas sino también micronutrientes y componentes bioactivos que pueden jugar un papel importante al reducir los factores de riesgo de enfermedades cardíacas.

Los coautores son Li Wang, Ph.D.; Peter L. Bordi, Ph.D.; Jennifer A. Fleming, M.S., R.D. and Alison M. Hill, Ph.D. La declaración de privacidad de los autores se encuentra en el manuscrito.

El estudio recibió el apoyo de la Hass Avocado Board, que no tuvo ningún otro papel en el estudio, y del National Center for Research Resources, ahora National Center for Advancing Translational Sciences en los Institutos Nacionales de la Salud.

Después de extensiones legislativas, temporada de impuestos abrirá tal como planeado

Tras la aprobación de extensiones legislativas, el Servicio de Impuestos Internos (IRS) anunció hoy que anticipa abrir la temporada de impuestos del 2015 en enero, tal como estaba programado. El IRS comenzará a aceptar declaraciones de impuestos electrónicamente el 20 de enero. Las declaraciones de impuestos presentadas en papel se procesarán al mismo tiempo.

La decisión sigue la renovación de varias disposiciones tributarias "extendidas" por el Congreso, que caducaron al final del 2013. El Congreso reestableció las disposiciones hasta el final del 2014. La legislación final se firmó como ley el 19 de diciembre de 2014.

"Hemos revisado los cambios tardíos a las leyes tributarias y determinado que nada nos impide continuar las actualizaciones y pruebas de nuestros sistemas", dijo el Comisionado del IRS John Koskinen.

"Nuestros empleados seguirán con un horario agresivo para las pruebas y preparativos de nuestros sistemas durante el próximo mes para completar las fases finales necesarias para la temporada de impuestos de 2015".

El IRS les recuerda a los contribuyentes que declarar electrónicamente es la manera más precisa de presentar una declaración de impuestos y la manera más rápida de obtener un reembolso. No hay ninguna ventaja en presentar una declaración de impuestos en papel temprano, a principios de enero, en lugar de esperar a que empiecen a procesar las declaraciones electrónicas por medio de e-file.

Más información acerca de Free File del IRS y otra información acerca de la temporada de impuestos de 2015 estarán disponibles en enero.

Tax Season Opens As Planned Following Extenders Legislation

Following the passage of the extenders legislation, the Internal Revenue Service announced today it anticipates opening the 2015 filing season as scheduled in January. The IRS will begin accepting tax returns electronically on Jan. 20. Paper tax returns will begin processing at the same time. The decision follows Congress renewing a number of "extender" provisions of the tax law that expired at the end of 2013. These provisions were renewed by Congress through the end of 2014. The final legislation was signed into law Dec 19, 2014.

"We have reviewed the late tax law changes and determined there was nothing preventing us from continuing our updating and testing

of our systems," IRS Commissioner John Koskinen. "Our employees will continue an aggressive schedule of testing and preparation of our systems during the next month to complete the final stages needed for the 2015 tax season."

The IRS reminds taxpayers that filing electronically is the most accurate way to file a tax return and the fastest way to get a refund. There is no advantage to people filing tax returns on paper in early January instead of waiting for e-file to begin.

More information about IRS Free File and other information about the 2015 filing season will be available in January.



**LAWRENCE PUBLIC SCHOOLS
HAS IMMEDIATE OPENINGS
IN THEIR FREE, FULL-DAY
PRE-K PROGRAM (7:45 AM-3:15 PM)
FOR TOWER HILL RESIDENTS**

Did your child turn 4 on or before September 1, 2014?

Do you live in the Tower Hill Neighborhood?

About the Lawrence Family Public Academy:

In partnership with the Lawrence Family Development & Education Fund, Inc., the Lawrence Public Schools opened this school year a new neighborhood school, The Lawrence Family Public Academy (LFPA) for families in the Tower Hill neighborhood.

The Lawrence Family Public Academy is located at 526 Lowell Street (Our Lady of Good Counsel) and runs a free, full-day, Pre-K & K program from 7:45am-3:15pm, Monday-Friday.

How to register:

To secure a seat at the Lawrence Family Public Academy, you must visit the school at 526 Lowell Street.

Please be prepared to share the following documents for each child being registered:

- Birth certificate
- Child's health record with complete immunization records, a copy of the most recent physical, including a TB test or low-risk assessment, vision screening and lead testing
- Proof of residency (mortgage, certified rental agreement, or utility bill – dated within 30 days)
- Legal custody papers, if applicable

In partnership with Lawrence Family Development & Education Fund, Inc.



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Plane, or Real Estate
to help people needing
organ transplants on
MatchingDonors.com

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YMCA volunteers offered Christmas dinner to SRO residents



Kevin Smithson's parents came from their home in Florida to help out.



Juan Wheatley and Elvin Torres are in charge of the housing for these men at the Lawrence YMCA.



**LAWRENCE PUBLIC SCHOOLS
TIENE PLAZAS DISPONIBLES
EN SUS CLASES GRATIS, EL DIA ENTERO
EN PRE-K PROGRAM (7:45 AM-3:15 PM)
PARA RESIDENTES DE TOWER HILL**

¿Cumplió su niño 4 años el 1ro de setiembre 2014 ó antes?

¿Vive usted en el vecindario de Tower Hill?

Acerca de Lawrence Family Public Academy:

En sociedad con Lawrence Family Development & Education Fund, Inc., las Escuelas Públicas de Lawrence abrieron este año una nueva escuela de vecindario The Lawrence Family Public Academy (LFPA) para familias en el vecindario de Tower Hill neighborhood.

The Lawrence Family Public Academy está localizada en el 526 Lowell Street (Our Lady of Good Counsel) operando un programa de Pre-K y K gratis, todo el dia de 7:45am-3:15pm, de lunes a viernes.

Cómo inscribirse:

Para asegurar un puesto en la Lawrence Family Public Academy, debe visitar la escuela en el 526 Lowell Street.

Favor de venir dispuesto a compartir los siguientes documentos para cada niño que va a inscribir:

- Certificado de Nacimiento
- El record completo de las vacunas del niño, una copia de su más reciente chequeo medico, incluyendo una prueba de TB o asesoramiento de bajo riesgo, examen de la vista y de plomo
- Prueba de residencia (hipoteca, contrato de renta certificado, o un recibo de algún servicio público – con fecha de menos de 30 días)
- Papeles de custodia, en caso de ser applicable.

En sociedad con Lawrence Family Development & Education Fund, Inc.



Middlesex Students Mentor Bartlett School Students in STEM Fields



Middlesex Community College students welcome students from Lowell's Bartlett Science Club to MCC's Lowell campus to experience a lab environment, learn about lab safety, and conduct experiments as part of a Middlesex Service-Learning initiative.

This fall, more than 100 Middlesex Community College students participated in a number of Science, Technology, Engineering and Math (STEM) education and Service-Learning projects with students at the Bartlett Community Partnership School in Lowell.

At the Bartlett School, which serves students from pre-K through eighth grade, MCC students from 12 different courses worked to organize and facilitate a number of STEM-focused classroom projects, lessons, and field trips.

"The impact the MCC-Bartlett partnership has had on all students involved is profound," said Elena Bilodeau, MCC's Service-Learning liaison between Middlesex and Bartlett. "Middlesex students are able to develop their personal and professional skills by creating and supporting educational lessons and programs with an emphasis on increasing Bartlett student interest in STEM fields."

Sixteen students from Professor Sally Quast's "General Chemistry for Engineering and Science II" course facilitated a Chemistry Lab field trip. More than 20 members of the Bartlett Science Club visited MCC's Lowell campus to experience a lab environment, learn about lab safety and conduct experiments.

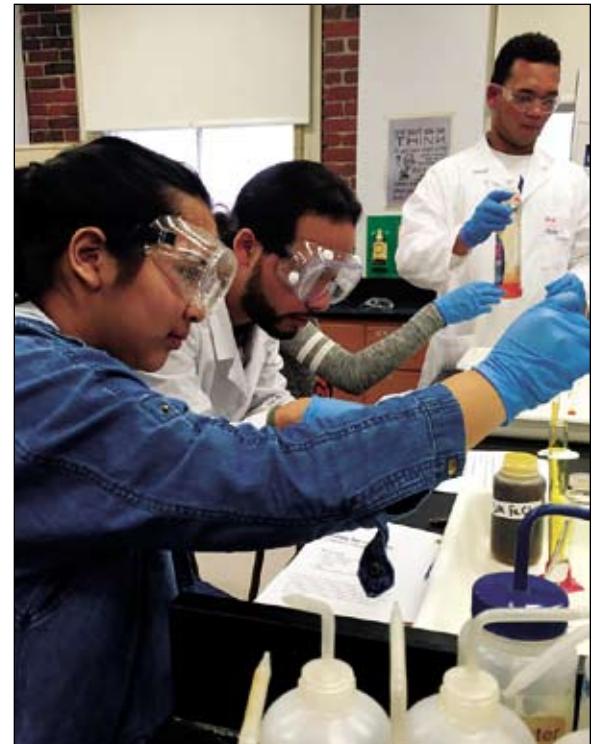
Other projects included in-class science lessons about magnets, forces and planets, food science projects focused on sustainability and genetically modified organisms. They also led water pollution lessons and dental hygiene educational lessons, which included proper brushing techniques, good eating habits and the importance of wearing a mouth guard during sporting activities.

Additionally, Middlesex education, psychology, human-services, and English Language Learner students were placed in classrooms to serve as positive role models. Students also provided one-on-one and

small group support for students in kindergarten through sixth grade.

For more information about Service-Learning at Middlesex, contact Cynthia Lynch, Service-Learning Coordinator, at lynchc@middlesex.mass.edu or 7581-280-3556.

Middlesex Community College meets the evolving educational, civic and workforce needs of our local and global communities. As one of the largest, most comprehensive community colleges in the state, we educate more than 13,000 students annually on our campuses in Bedford and Lowell, and online. MCC offers more than 70 degree and certificate programs, plus hundreds of noncredit courses. At Middlesex, everyone teaches, everyone learns.



Middlesex Community College students help a member of Lowell's Bartlett Science Club conduct experiments in a lab on MCC's Lowell campus as part of a Middlesex Service-Learning initiative.

Massachusetts Community Colleges & Vocational/Technical High Schools create transfer pipelines for the trades & high-demand fields

Massachusetts Community Colleges and the Commonwealth's Career & Technical High Schools have developed new articulation/transfer agreements aimed at creating seamless pipelines to higher education and reducing the time to completion for vocational high school students entering community colleges.

The seven new transfer agreements were signed recently at the Massachusetts Association of Vocational Administrators (MAVA) annual meeting, and will assist with transitioning vocational high school students to community college degree and certificate programs in STEM fields, the trades, health care, business and other high-demand middle skills careers.

"We welcome every opportunity for our students to experience smooth pathways from high school to college to rewarding careers after graduation," said Carole Cowan, president of Middlesex Community College. "These new articulation agreements reward vocational high school students for

their hard work and preparation, and create a more robust and well-trained regional – and statewide – workforce."

The seven new statewide agreements were developed this past summer under the leadership of the Massachusetts Community College Executive Office (MCCEO), and built upon a four-year partnership between MCCEO, MAVA, and the Commonwealth's Department of Elementary and Secondary Education (DESE) that was created in 2010 – when the first pipeline agreement was developed in the field/trade of Drafting.

New agreements are in the high-demand fields of Hospitality Management; Business Technology; Health Assisting (CAN); Medical Assisting Carpentry, Heating, Air Conditioning, Refrigeration; and Machine Tool Technology (Machine Manufacturing). Previous agreements in addition to the original in Drafting include: Transportation; Arts and Communications; Information Technology; Manufacturing Engineering; Culinary Arts; and Early

Childhood Education.

These 14 collaborative agreements allow vocational high school students in specific programs to be awarded credits at community colleges for work already completed at the vocational high school level.

According to Bill Hart, Executive Officer of MCCEO, "The 15 Community Colleges across the state continually partner locally and regionally with high schools on pathways to college programs. However, in this particular partnership with MAVA and DESE, we created a statewide collaborative model that provides clear pathways for motivated students to have access to higher education in disciplines and career fields in which they already know they have an interest and some experience. Also, the agreements that are developed through this inclusive process with both community college faculty and vocational high school teachers ensure that articulation and transfer for these programs is done in a uniform and

consistent way.

"Creating a seamless continuum of education opportunities for students while streamlining the process just makes sense. These students have already proven they have done the work in a given area. Let's keep them motivated by moving them forward in a particular trade area or degree program so that they have a shot at high-quality, low-cost higher education that will serve them well for a lifetime," said Hart.

"This is a win-win situation with vocational technical school graduates being well prepared to continue their education at our quality community colleges in the Commonwealth. We are encouraged that this collaborative articulation model will continue to be expanded to many additional occupational career paths," said David Ferreira, Executive Director of MAVA.

For more information on the Massachusetts Community Colleges & Vocational High School articulation agreements visit www.masscc.org.

Nashua Man Honored by National MS Society



Patrick Hunt receives his MS Shining Star Award from National MS Society Trustee Ken Jones.

The National MS Society has honored Nashua businessman Patrick Hunt for his longtime support in helping to raise funds for MS research and services.

Hunt is the Service Manager at Goodale's Bike Shop in Nashua and for the past six years has been providing bike mechanic services for the National MS Society's Bike MS: New Hampshire Seacoast Escape.

Seacoast Escape is an annual bike ride that takes its riders across the scenic, less-traveled roads of New Hampshire, as well as its beautiful seaside villages. Hunt volunteered to make sure that every cyclist was prepared and ready for their 25 or 60 mile journeys.

Hunt was honored recently at the Society's annual MS Shining Stars dinner in Concord, where he was awarded the MS Society's Bike MS Volunteer Award.

This year's Bike MS: New Hampshire Seacoast Escape will take place on August 22, 2015. For more information or to register, go to www.bikeMSgne.org

VOLUNTEERS NEEDED to give homeless children a better tomorrow.

Do you have 2 hours each week to play with young homeless children (0-6) in one of our statewide shelter-based Playspaces? Are you fun-loving, dependable and looking for a way to make a difference in Massachusetts?

Help a homeless child learn, play, and thrive: horizonschildren.org/playspace (978) 557-2182

Upcoming volunteer training:
Saturday, February 7th - 9:30am-3:30pm
Lowell, MA

NOTES FROM YOUR LIBRARIAN

BY/POR MAUREEN NIMMO
Lawrence Public Library Director

Hola, queridos lectores de Rumbo. Les deseo todo lo mejor en el año nuevo, y espero que todos hayan disfrutado las navidades. Como todos ustedes saben, estamos empezando los momentos más tristes del año para mí. Me temo que será imposible para mí dejar de hablar del tiempo que queda hasta el primer día de la primavera. Por desgracia, es la única manera que yo sobrevivo el invierno: contando los días. (Por cierto, mientras escribo esto, quedan 78 días antes que llegue la primavera, pero cuando ustedes lo lean, ¡sólo habrá 74!)

Tengo que admitir que por mucho que me quejo del invierno, hay algo refrescante sobre el inicio de un año nuevo. Durante la temporada de Navideña, hay tanta gente de vacaciones o por otra razón está fuera de la ciudad que parece imposible lograr hacer algo. Sé que aquí en la biblioteca sólo proveer cobertura mínima ha sido un verdadero reto durante las últimas semanas. Estaré encantada de contar con nuestro personal completo, tanto aquí como en las escuelas y en las otras agencias de la ciudad con las cuales trabajamos. Siento la sensación de un día nuevo y un impulso para seguir adelante que me anima.

En ese tema, estoy muy emocionada de estar trabajando con el Servicio de los Estados Unidos de Ciudadanía e Inmigración (USCIS) para establecer un "Rincón de

Ciudadanía" aquí en la biblioteca. Un Rincón de Ciudadanía es un lugar que se establece en una biblioteca para concentrar todos los materiales de la ciudadanía en una ubicación central. Materiales incluirían guías de prácticas reales, las pruebas en sí de ESL, asistencia lingüística, los folletos de USCIS, y la literatura sobre cómo evitar las estafas por ahí que están prometiendo "ciudadanía por un precio." USCIS proporcionará todo el material que necesitamos y nos ayude a hacer lo mejor que podamos para proporcionar orientación en varios idiomas, además de inglés y español. También ofrecerán talleres y oradores, según sea necesario.

Todo el mundo sabe los problemas que pasan en el país en general con respecto a la inmigración en este momento. Este es el momento que queremos hacer todo lo que podamos para ayudar a la gente en nuestra comunidad para regularizar su situación y la gente de USCIS quieren lo mismo. Estoy muy ansiosa por este proyecto para poder ayudar a la gente contestando todas sus preguntas y preocupaciones para que podemos seguir prosperando juntos en nuestra "Ciudad de Inmigrantes."

Conspicuamente voy a evitarmencionar a alguna franquicia deportiva y limitarme a decir "nos vemos en la biblioteca."



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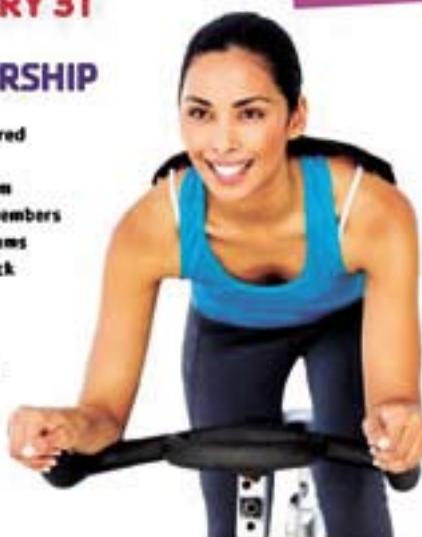
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978-685-3541

MERRIMACK VALLEY YMCA
mvymca.org



NOTAS DE SU BIBLIOTECARIA

Hello Rumbo readers. I wish you all the very best in the New Year and I hope everyone enjoyed happy holidays. As you all know, we are starting the most miserable time of the year for me. I'm afraid it going to be impossible for me to stop talking about how long it is until the first day of spring. Alas, it is the only way I survive through winter: counting days. (By the way, as I write this, there are 78 left but by the time you read it, there will only be 74!)

I have to admit that as much as I moan about the winter there is something refreshing about the start of a new year. During the holiday season so many people are away on vacation or otherwise out of town or out of commission that it seems impossible to really get anything done. I know here at the library that just providing for the minimal desk coverage has been a real challenge for the last several weeks. I will be happy to have full staff on deck both here and at the schools and in the other city agencies with whom we work. There is the sense of a new day and an urge to move forward and I do find that invigorating.

On that subject, I am very excited to be working with the United States Citizenship and Immigration Services (USCIS) to set up a "Citizenship Corner" here in the library. A Citizenship Corner is a place that can be established in a library to concentrate all citizenship materials in one central location. Materials would include everything from actual practice guides to the test itself to ESL and related language assistance to USCIS pamphlets and literature on avoiding scams that are out there promising "citizenship for a price". USCIS will provide all the material we need and help us do the best we can in providing guidance in a number of languages besides just English and Spanish. They will also provide workshops and speakers as needed.

Everyone knows the issues going on in the country at large regarding immigration right now. This is the time we want to do all we can to help the folks in our community to regularize their situations and the people from USCIS want the same thing. I am very eager to get this project going to help people get the answers to all their questions and concerns so we continue to thrive together in our "Immigrant City".

I will conspicuously avoid mentioning any sports franchises and limit myself to "see you at the library."

¿Puede disponer de 2 HORAS PARA JUGAR CON UN NIÑO SIN HOGAR?

Se necesitan voluntarios para jugar con los niños pequeños que viven en refugios para familias desamparadas por todo Massachusetts.

Horizons for Homeless Children es una organización sin fines de lucro dedicada a mejorar las vidas de los niños sin hogar, proporcionando juegos de calidad y oportunidades para la educación temprana. Hágase voluntario con niños sin hogar en un Horizons Playspace en uno de más de 100 refugios para familias en todo el estado, incluyendo en Lynn, Peabody, Lawrence y Lowell.

Se requiere un compromiso de 2 horas a la semana durante 6 meses y un entrenamiento formal. El próximo entrenamiento se llevará a cabo el: Sábado, 7 de febrero - 9:30 am-15:30

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

The Real Ureña Story

As many of you may have read, former Veterans Director Francisco Ureña has been selected to be appointed Secretary of Veterans Affairs for Massachusetts for the incoming Governor Charlie Baker. In Lawrence, we know that Francisco was the Director for Veterans Affairs for the City of Lawrence and then went onto become the Director of Veterans Affairs for the City of Boston.

As I read the news of this wonderful appointment, I read from a couple of people who made comments of Francisco. Although all the things they said do apply, that Francisco is good for Veterans, I could not contain myself in thinking they all wanted take credit for something they did not initiate and again, the role of politics.

I conducted a search of past articles and notes that we (Rumbo) had on file during the time that Francisco came on board to become Lawrence's Director of Veterans Services. I found it very interesting that one of the individuals that made comments, in taking credit for knowing or bringing Francisco to Lawrence was against the selection from the beginning.

It was the summer of 2006, in which Personnel Director Frank Bonet found that the former Veterans Services Office Director was being negligent of his duties. An investigation by Personnel Director Bonet found that former Veterans Services Director, Dan Lannon, failed to file proper paperwork to obtain the refund of 75% from the state, funding that the city had disbursed for the years 2005 and 2006. In 2006 alone, over \$300,000 was found to be lost due to non-filing of paperwork with the Commonwealth and all of the moneys for the year 2005 were unaccounted.

So late in the year of 2006, both Mayor Sullivan and Director Bonet went before the council to recommend discharge of the VS Director. The council had no choice but to vote to relieve Director Lannon of his duties. It was then that a search for a new director was put in place. In the meanwhile, Director Bonet took over the duties of ensuring that the Veteran's Day 2006 event was a success and Mayor Sullivan's aide (Jorge De Jesus) took over the office duties temporarily to ensure that no loss of service took place. Mr. De Jesus found even more deficiencies while working in the office in 2006. Mr. De Jesus corrected and solved the office finances while Director Bonet continued a search.



137 Lawrence Street
Lawrence, MA 01841
(978)682.4060

In October 2006, the job was advertised and posted. Director Bonet composed a committee and after several interviews, recommended Mr. Ureña for the position. I clearly recall Mr. Bonet stating that many people were calling his and Mayor Sullivan's office advocating for another candidate, who happened to reside in Andover. The pressure was on!

Director Bonet stuck to his recommendation and met with Mayor Sullivan. Mayor Sullivan asked why the Andover candidate wasn't the choice and Bonet clearly stated, "Mr. Mayor, this is the future of the veterans of Lawrence. Future Lawrence veterans are the ones who are currently serving and will need a bi-cultural, bi-lingual and professional individual such as Mr. Ureña upon their return home." Mayor Sullivan understood the message and submitted Francisco to the City Council for confirmation.

On February 2007, a new Director of Veterans Services began his service in a professional, caring, and respectful manner.

Many people want to take credit for hiring and bringing Francisco to Lawrence. That's fine if it makes them sleep better. However, I want to bring attention to Personnel Director Bonet (a veteran, as well) who saw within Mr. Ureña the best choice for the job. Mr. Ureña is the role model our young people should emulate. His success is the encouragement they need to continue their education.

In the short time that we were fortunate to have Mr. Ureña work for our veterans, we can say that he is a Lawrence success story. Best wishes to you Mr. Secretary!

Lawrence YMCA

I usually work out at the Andover/North Andover YMCA because it is closer to my home but with the construction going on there, it's becoming difficult to find a parking space in their lot. The Andover Y is undergoing a multi-million dollar renovation that will make it the showplace of the entire state.

So, I turned to go to downtown Lawrence, wondering if I would find a parking space behind their building. Lately, it fills up early and we must park on the street which poses a problem with parking fines if we lose track of time. This day, I was fortunate to find several spots available and didn't have to worry about the clock.

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La Primera Funeraria hispana sirviendo con esmero y satisfacción a la comunidad latinoamericana.

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The best surprise was finding how the Lawrence Y has been renovated and the new equipment, particularly the treadmills. These new machines have access to television stations, the web, check emails, etc. and attaching your own headphones you can lose pounds (not just calories) in one long session. I can see myself doing Rumbo's work while walking there.

Anonymous letters

I prefer to call them "coward letters" because they would not have a direct exchange in which I can rebut their assumptions. They usually make unfounded accusations about someone perhaps with the hope that I am going to go crazy and print it. I never give any credence to these letters but this one caught my attention because I recognized the subject of the letter.

That was the case this week. The complaint was about an employee at City Hall who changed jobs with a \$25K increase in pay and several other things. Had this been a telephone call, we would have been able to discuss what I know to be true but I think the intent was just to create discord.

And if the job change is true, God bless him or her. That's what progress is all about!

**It's easy finding
Rumbo
(978) 794-5360**

If it's heard on the radio...

It doesn't mean that you should believe it.

This week I heard someone say that all City Hall employees receive an annual stipend for clothing. Not true. I looked into it and the answer is that only some union members receive that.

Another comment was that this administration brought \$13 million in one year while the previous administration didn't bring any grants at all. Well, I don't know where that information was taken from because according to Mark Ianello, Budget and Finance Director, "The City receives approximately 35-45 million dollars annually in federal and state grant awards. This figure does not include the approximate \$190 million in state (cherry sheet) aid which supports the general fund operating budget."

Mr. Ianello also told me that for 2014, the city received \$39.1M (not \$13M) and for the previous years it was as follows:

- * FY10 - \$44.9M
- * FY11 - \$40.8M
- * FY12 - \$40.6M
- * FY13 - \$35.0M
- * FY14 - \$39.1M

I am expecting figures from the Community Development Department although its Director James Barnes told me that it will not include "monies that go to the schools, the library, the senior center, etc."

So, as you can see, grants have continued to arrive to the city through the years and that was a false statement. I will provide more details next week.

Meanwhile, don't believe everything you hear on the radio – no matter who says it. Remember that historically, in Lawrence lies are repeated so many times that people end up believing them.

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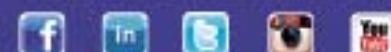
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Hispanos son más de la mitad de inquilinos en los Estados Unidos, pero la mayoría no están asegurados

Una encuesta de State Farm® revela que los hispanos en los Estados Unidos no tienen conocimiento o entendimiento sobre el seguro del inquilino

Sólo un veintinueve por ciento de hispanos que alquilan sus casas reportan tener seguro del inquilino, de acuerdo con una encuesta nueva de State Farm. De hecho, entre aquellos encuestados que no contaban con seguro del inquilino, más de una tercera parte (34%) dijeron nunca haber escuchado sobre el seguro del inquilino. Aún más, la mayoría sobreestimó el costo de la cobertura y subestimó el valor de sus propiedades. El no tener seguro del inquilino podría poner en una posición vulnerable a las familias hispanas ante una catástrofe financiera, especialmente durante los días festivos.

El estudio que estuvo compuesto por más de 500 inquilinos, fue diseñado para medir el conocimiento y entendimiento con respecto al seguro del inquilino en la comunidad hispana. Los resultados indicaron que casi la mitad (43%) de aquellos sin seguro del inquilino que respondieron la encuesta, piensa que no pueden pagar por el mismo. Sin embargo, 88 por ciento de los encuestados sobreestimaron lo que cuesta una póliza típica del inquilino por mes, con más de la mitad pensando que cuesta \$50 ó más al mes, cuando en muchos casos el seguro del inquilino puede costar tan poco como \$12 al mes.

“Parece que existe una confusión cuando se refiere al seguro del inquilino”, dijo Stephanie Colegrove, vicepresidenta de operaciones – Suscripción de préstamos de hipotecas. “Queremos que todos sepan que si sus pertenencias son robadas durante una entrada forzada en su casa o son dañadas por un incendio u otra pérdida cubierta, una póliza de seguro del inquilino les puede permitir recuperar sus objetos de valor”.

Más del 50 por ciento de los que respondieron también creen que sus pertenencias valen menos de \$10,000. Sin embargo, remplazar pertenencias personales - incluyendo ropa, muebles y electrónicos - puede costar mucho más que eso. Reemplazar esas pertenencias podría crear una carga financiera grande.

De acuerdo con el reporte State of Hispanic Homeownership del 2013 el número de hogares hispanos ha crecido de 9.2 millones en el 2000 a 14.7 millones en el 2013, representando una tasa de crecimiento del 60 por ciento, con los hogares hispanos representando más de la mitad de todos los inquilinos. A medida que más familias hispanas alquilan sus residencias, entender los beneficios que ofrece el seguro del inquilino es mucho más importante.

El seguro del inquilino puede ser un gran regalo para la familia durante estos días festivos, ofreciendo la seguridad de ser capaz de recuperarse de lo inesperado. Para más información acerca de los mitos que existen acerca del seguro del inquilino, visite statefarm.com.

Acerca de la encuesta

En agosto del 2014, el departamento de recursos estratégicos de State Farm utilizó un proveedor con un panel externo para llevar a cabo una encuesta en línea, con una muestra representativa de la población hispana en los Estados Unidos según la edad, el género, la región y el idioma preferido para la encuesta. Las respuestas a la encuesta vinieron de 539 inquilinos quienes se identificaron como de tener 18 años de edad o más, ser hispanos o latinos, responsables por tomar decisiones relacionadas con el seguro de la vivienda, y de tener al menos un producto mayor de seguros (automóvil, vivienda/inquilinos o de vida individual).



Sabías que...

- * Solo 29% de hispanos que alquilan sus casas reportan tener seguro del inquilino
- * Más de una tercera parte (34%) dijeron nunca haber escuchado sobre el seguro del inquilino
- * La mitad (43%) de aquellos sin seguro del inquilino que respondieron la encuesta, piensa que no pueden pagar por el mismo
- * El seguro del inquilino puede costar tan poco como \$12 al mes.

Tener seguro de la protección al inquilino durante un robo, incendio o un accidente que tenga uno de tus visitantes te cubrirá. La nueva encuesta de parte de State Farm ayuda a informar al público sobre la importancia de tener un seguro de protección al inquilino.

Hispanics represent over half of all renters in the U.S., yet most are uninsured

State Farm® Survey Reveals Lack of Awareness and Understanding of Renters Insurance Among U.S. Hispanics

Over 50 percent of respondents also believe their belongings are worth less than \$10,000. In fact, personal belongings - including clothes, furniture and electronics - can cost much more to replace. Replacing those belongings could create a significant financial burden.

According to a 2013 State of Hispanic Homeownership report the number of Hispanic households has grown from 9.2 million in 2000 to 14.7 million in 2013, representing a growth rate of 60 percent with Hispanic households representing over half of all renters. As more Hispanic families rent their primary residences, understanding the benefit of having renters insurance will become increasingly important.

Renters insurance can be a great gift for the family this holiday providing the security of being able to recover from the unexpected. For more information on the misconceptions about renters insurance go to statefarm.com.

About the Survey

In August of 2014, the State Farm Strategic Resources Department used an outside panel vendor to conduct an online survey with a representative sample of the U.S. Hispanic population by age, gender, region and preferred language of the survey. Survey responses were received from 539 renters who identified themselves as being 18 or older, Hispanic or Latino, responsible for making household insurance decisions, and having at least one major insurance product (auto, home/renters, or individual life) with any insurer.

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MCC Named Top School in Military Guide for Colleges & Universities

Thanks to Middlesex Community College's Veterans Resource Center, Veterans Advisory Board and other special veterans services, MCC has been designated a Top School in the 2015 Military Advanced Education (MAE) Guide to Colleges & Universities.

"There are approximately 450 veterans currently enrolled at MCC," said Maryanne Mungovan, Director of Multicultural and Veterans Affairs. "And that number continues to grow. This award recognizes all the work Middlesex does to create a welcoming environment for our student veterans."

Now in its eighth year of publishing the guide, MAE evaluated more than 600 institutions nationwide based on their military culture, financial aid, flexibility, on-campus support and online support services. MAE's ratings enable prospective students to quickly target schools that follow best practices in military education, and then put these in context with other academic or career considerations.

"We believe the guide serves as an invaluable tool for both education-services officers and transition officers when advising servicemembers about their educational opportunities," said Kelly

Fodel, MAE's editor. "We used strict criteria to individually evaluate the submissions of respondents, and we had a record number of schools participating this year."

MCC's Veterans Resource Centers are located in the Bedford Campus Center, Room 206, or in the Lowell City Building, Room 117. For more information about MCC's Veterans Resource Center, contact Maryanne Mungovan, Director of Multicultural and Veterans Affairs, at mungovanm@middlesex.mass.edu or call 978-656-3267.

For more information about MAE's 2015 Guide to Colleges and Universities or to access it online, visit: www.mae-kmi.com.

Middlesex Community College meets the evolving educational, civic and workforce needs of our local and global communities. As one of the largest, most comprehensive community colleges in the state, we educate more than 13,000 students annually on our campuses in Bedford and Lowell, and online. MCC offers more than 70 degree and certificate programs, plus hundreds of noncredit courses. At Middlesex, everyone teaches, everyone learns.

Students are Challenged in MCC's Commonwealth Honors Program

The Commonwealth Honors Program (CHP) at Middlesex Community College offers unique learning opportunities for students who elect to study at a more advanced level. Registration is now open for spring semester. Classes begin Tuesday, Jan. 20, 2015.

CHP at Middlesex offers a variety of honors course options, as well as opportunities for students to master research and presentation techniques, and engage in extra and co-curricular activities, including field trips and guest lectures.

After receiving accreditation from the State Board of Higher Education in 2010, MCC's Commonwealth Honors Program became part of an integrated network of honors programs throughout the Massachusetts public college and university system.

"The Commonwealth Honors Program is a great place for students who want to be fully engaged in their intellectual enterprise

to learn as much as possible about the world around them – and focus on the collegiate experience," said MCC History Professor David Kalivas, current CHP Director.

To graduate with honors, Middlesex students are expected to complete a minimum of three honors courses, one of which must be an interdisciplinary team-taught seminar. Students must also participate in the annual Honors Conference, a public opportunity for students to display and explain their research.

Students who complete their degrees through CHP are guaranteed transfer to other Commonwealth Honors Programs at any state college or university, or can enhance their applications for other four-year public or private institutions.

For more information about MCC's Commonwealth Honors Program, visit <https://www.middlesex.mass.edu/honors/> or call 781-280-3553.



When You're Ready to Quit.

We're Ready to Help.

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



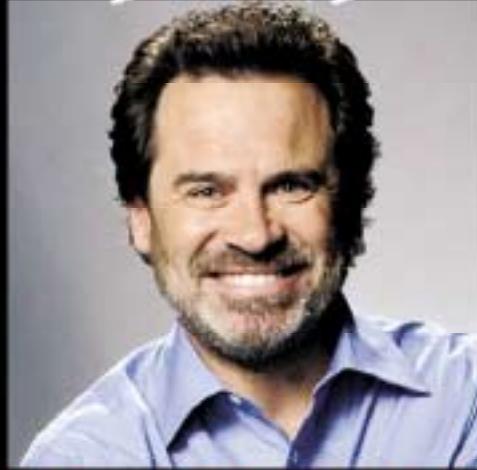
The Merrimack Valley's News Station

6am - 9am



Imus

12pm - 3pm



Dennis Miller

**The BEST
of the
BEST!**

3pm - 6pm



Michael Savage

NECC Signs Second International Articulation Agreement

The University of West London's impressive list of graduates includes musicians such as Pete Townshend of the Who, the late Freddie Mercury of Queen, and several recent finalists in the X Factor, England's wildly popular television talent show. Soon, some Northern Essex Community College students may be added to the mix.

Northern Essex and the University of West London (UWL) recently signed an articulation and study abroad agreement, which will allow Northern Essex students to study for one or two semesters at the British university or transfer to the university's bachelor degree programs after graduating with an associate degree from Northern Essex. The two colleges are also exploring opportunities for faculty and staff exchanges and online partnerships.

Northern Essex President Lane Glenn met with Professor Peter John, vice chancellor of the university, recently to sign the articulation agreement, which is Northern Essex's second international articulation agreement. The first was signed with Bath Spa University in England, which welcomed its first group of NECC students this fall.

Located in the West End of London, which is the heart of London's creative district, UWL is well known for its performing arts programs and also offers a large business school and degrees in criminal

justice, liberal arts, art and photography, communications, and engineering. NECC and UWL have developed articulation agreements in all these areas, meaning after graduation from Northern Essex, students can transfer to UWL and earn a bachelor's degree in two years.

A public university, the University of West London shares some similarities with Northern Essex, according to Chancellor John. "The majority of our students are first generation college students, and their biggest concern is finding a job after graduation." According to the university's website, 95 percent of their graduates are in employment within six months after graduating.

President Glenn said this new agreement fits well with the college's interest in increasing global awareness, among students, faculty, and staff. "In today's world, it's incredibly important to understand diverse cultures and ways of thinking, which is why we are expanding our international programs and partnerships."

NECC has been growing its international studies programs over the last few years, according to Marcy Yeager, interim director of NECC's Cultural and International Studies Institute.

For more information on NECC's new articulation agreement with UWL, contact Yeager at myeager@necc.mass.edu or 978 556-3326.



Northern Essex and the University of West London (UWL) recently signed an articulation and study abroad agreement, which will allow Northern Essex students to study for one or two semesters at the British university or transfer to the university's bachelor degree programs after graduating with an associate degree from Northern Essex. Shown front left to right in photo are Lane Glenn, President of Northern Essex and Peter John, vice chancellor of the University of West London. Back row left to right: Grace Young, dean of academic support services, articulation, and transfer; Noemi Custodia-Lora, executive director of the Lawrence Campus and community relations, and Marcy Yeager, interim director, Northern Essex Cultural and International Studies Institute.

Kotzen Institute at NECC Offers Courses for Accountants

The Sidney G. Kotzen Institute of Continuing Professional Education for Accountants at Northern Essex Community College Riverwalk, 360 Merrimack St. Lawrence, will offer courses designed to meet mandatory Continuing Professional Education (CPE) requirements for Certified Public Accountants in January 2015.

They include, the 28th Annual Federal & Massachusetts State Tax Forum Preparation for the 2014 Tax Filing Season for Professionals, Saturdays, 8:30 a.m. to 12:30 p.m., January 10 and 17; Federal Tax Update & Review, Saturday, January 10, 8:30 a.m. to 12:30 p.m.; Massachusetts Tax Update & Review Saturday, January 17, 8:30 a.m. to 12:30 p.m.

Most programs are intermediate level and are designed for accountants, enrolled agents, and tax preparers. No prerequisites but participants should have

basic knowledge in the areas of discussion. Tax courses meet requirements for Enrolled Agents. For additional information contact Dianne Lahaye at dlahaye@necc.mass.edu or 978-659-1222 or visit <http://www.necc.mass.edu/cpe>

NECC's Center for Corporate & Community Education located at NECC Riverwalk, 360 Merrimack St., Lawrence, Bldg 9, offers noncredit business, professional, career, and personal development courses as well as professional certificates and computer training for individuals and companies looking for cutting-edge skills, by providing the training that is most needed in today's workforce. For more information email noncredit@necc.mass.edu or call 978-659-1200 or visit us online at www.necc.mass.edu/noncredit

Production & Inventory Management Course

If you work in production and inventory management or want to, then the APICS CPIM Exam Preparation Program offered through Northern Essex Community College at the Riverwalk, 360 Merrimack St., Lawrence might be just for you. The program includes five noncredit course that will begin January 22.

APICS CPIM designation is the leading industry certification. It is essential for anyone involved in production and inventory management, operations, supply chain management, procurement, materials management, or purchasing.

Taught by R. Bruce Murphy, who has extensive experience in operations, purchasing, inventory/materials management

and supply chain management, the course will review essential terminology, concepts, and strategies. It is co-sponsored by the Boston Chapter of APICS.

The courses include "Basics of Supply Chain Management," "Master Planning of Resources," "Detailed Scheduling and Planning," "Execution and Control of Operations," and "Strategic Management of Resources". Please see the NECC noncredit website at www.necc.mass.edu/non-credit or contact Dianne Lahaye at dlahaye@necc.mass.edu for more information.

For more information email noncredit@necc.mass.edu or call 978-659-1200 or visit us online at www.necc.mass.edu/noncredit

|  Habitat for Humanity ReStore | |
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|  Merrimack Valley Habitat for Humanity 647 Andover Street Lawrence, MA 01843 Tel: 978-686-3323 www.mvrestore.org |  Habitat for Humanity of Greater Lowell 257 Boston Road Billerica, MA 01862 Rt. 3A/129 between Bridge St. & Trebble Cove Rd. Tel: 978-215-9975 www.MyReStoreMA.org |
| Store Hours Wednesday-Friday: 10am-6pm Saturday: 10am-5pm | |
| Donations / Donaciones (please call ahead for large donations) Wednesday-Friday: 10am-5:30pm Saturday: 10am-4:30pm | |
| Abierto al público, compre-doné- hágase voluntario Favor de no dejar donaciones después del horario | |
| <i>Traiga este anuncio a cualquiera de las tiendas (Lawrence o Billerica) y reciba un descuento de 10% en su compra</i> | |
| Open to the public, shop-donate-volunteer Please do not drop off items after store hours Bring this ad to either store (Lawrence or Billerica) for a 10% discount on your purchase | |

CALENDARIO | CALENDAR OF EVENTS

Treat Yourself to the Ultimate Wine Experience!

NH Liquor & Wine Outlets Present the 12th Annual Easter Seals Winter Wine Spectacular



Don't miss out on the "Tower of Wine Raffle", sponsored by Exel Inc., where guests can donate money to Easter Seals for a chance to win a case of wine!

See, swirl, smell and sip with friends at the 12th Annual Easter Seals NH Winter Wine Spectacular sponsored by RiverStone Resources LLC, and supported by New Hampshire's local wine brokers and wineries on Thursday, January 29, at the Radisson Hotel in Manchester, NH from 6-9 p.m. With over 1,500 varieties of wine to sample, and a wide selection of fine food from local restaurants to sample it is no wonder this event is a winter favorite that sells out every year!

Over forty wine experts from around the world will be on hand with a large selection

of their favorite varietals for you to sip from with your own Riedel Crystal stem, sponsored by Porsche of Nashua. This is a unique opportunity to learn about wine from winemakers and vineyard owners who have travelled all the way to New Hampshire to share their passion for wine with you in person!

Heighten your wine experience with full access to include Bellman Jeweler's Cellar Select Room featuring our finest wine selections and even more gourmet cuisine. A very limited number of VIP tickets are available for this room, which includes a

\$1,000 Bellman's door prize for one lucky VIP guest.

And if you thought the event couldn't get any better, Bellman Jeweler's is proud to offer a special raffle to win a Doves by Doran Paloma pendant, valued at \$2,500. Tickets are only \$5, three for \$10, or 10 for \$20. Raffle tickets are available online or at the Bellman's booth the night of the event... and you don't have to be present to win!

The evening's Grand Silent Auction, sponsored by People's United Bank, will feature an eclectic offering of more than 100 items along with artwork provided by NH Institute of Art students, with all pieces highlighting the beauty of wine and food. One of the most popular items every year is the weekend rental of a Porsche Boxster, donated by Porsche of Nashua. There is truly something in the auction to fit every taste and budget!

Another popular feature of the event is the "Tower of Wine Raffle", sponsored by Exel Inc., where several guests can donate money to Easter Seals for a chance to win a case of wine!

Proceeds from the event will make a profound difference in the lives of young children through Easter Seals NH Family Centered Early Supports and Services. These services ensure that a child's development is on track during the early critical years. Concerns addressed during this time can prevent secondary problems that may interfere with learning, playing, building friendships and developing self-confidence.

This year's event will also feature the

return of "Taste it, Click it, Buy it!" The New Hampshire Liquor Commission has launched a mobile app that will enable visitors to use their mobile devices, phones or tablets, to explore the various wine products, make tasting notes, and even order their favorite selections from the event. The app's checkout process will allow the user to modify selections, select one of the 77 convenient store locations to pick up their order, and take full advantage of the 15% discount on the purchase of six or more bottles. Additionally, TapSnap, a photo and social media company, will be on hand to take photos that will be posted automatically to attendees' Facebook pages.

Additional sponsors include: New Hampshire Magazine, New Hampshire Business Review, NH Home Magazine, 95.7 WZID & The Mill, Northwestern Mutual, The Rowley Agency and Ameriprise Financial's Michael Clark. This event is also generously supported by many "in-kind" donors who help to make it all possible.

Tickets for the Grand Tasting are \$65 per person, and full access tickets to both the Grand Tasting and the Bellman's Cellar Select is \$125 per person. Tickets make a great holiday or corporate gift! Group discounts are available by calling Easter Seals.

For tickets visit www.easterseals.com/nh or call 1.888.368.8880<<http://www.easterseals.com/nh>> or 1.888.368.8880>.

Family Resource Center

Ribbon Cutting Event & Resource Fair

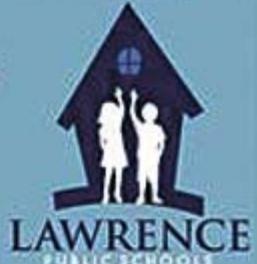
When: January 13, 2015

Time: 5:30pm-8:00pm

Where: Lower Level-60 Island St.
Lawrence, MA 01840

Resources and Services:

- Community, Family & Student Engagement
- Student Support & Centralized K-8 Registration
- Special Education
- Transportation
- Financial stability and employment resources



In Partnership with the Lawrence Working Families Initiative

Centro De Recursos Para Familias

Inauguración y Feria de Recursos

Cuando: 13 de enero del 2015

Hora: 5:30pm-8:00pm

Dónde: Piso de abajo- 60 Island St.
Lawrence, MA 01840

Recursos y Servicios:

- Involucramiento Comunitario, Familiar y Estudiantil
- Servicios de Apoyo Para Estudiantes y Matriculación Centralizada para Grados K-8
- Educación Especial
- Transportación de Estudiantes
- Recursos Para Estabilidad Financiera y Empleos



En Colaboración Con La Iniciativa "Lawrence Working Families"

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
Phone 603-589-4610
Fax: 603-594-3457

OPEN STORYTIMES AND PUPPET SHOWS

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

Beethoven Forever: A Symphony NH Concert Talk

On Tuesday, January 20, from 5:30 pm to 6:30 pm, Symphony NH and the Nashua Public Library will give music-lovers a behind-the-scenes look at the music to be performed at the orchestra's January concert.

There are good reasons why Beethoven is the favorite composer of so many music-lovers and why his name adorns the central spot in the proscenium of Symphony Hall in Boston. Powerful, tempestuous, inventive, and epic, he could also be lyrical, delicate, and even playful. Bassist Robert Hoffman will illustrate these qualities through discussion and musical excerpts that will prime you for Symphony NH's January 24 concert in Nashua, "Beethoven Forever."

The January 20 discussion is free and open to the public. For more information about the January 24 concert, go to symphonynh.org/events/beethoven-forever.

Registration for Kids' Library Programs Begins January 4

Cure your kids' cabin fever this winter at the Nashua Public Library, with storytimes, crafts, Lego Legion, knitting lessons, and more. Even infants can get in on the fun, with special Babies and Books Storytimes on Thursday mornings.

For all the details go to tinyurl.com/nplkid. Registration, which is required for certain programs, begins on Sunday, January 4, either at tinyurl.com/nplkid or in the library. For more information call (603) 589-4631.

The library is located at 2 Court Street, Nashua. For directions and parking information go to www.nashualibrary.org/directions.htm. For other information contact Carol at carol.eyman@nashualibrary.org or (603) 589-4610.

LETTERS TO THE EDITOR

RUMBO
315 Mt. Vernon St.
Lawrence MA 01843-3206
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.

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!

Fishing Lectures at Nashua Public Library

Fish 2015, the Nashua Public Library's fishing-lecture series, begins on January 8. The Thursday-night lectures are preceded by "On the Water" fishing videos at 6 p.m. All the events are free and open to the public. Registration is required for the January 31 fly-tying class only.

The ABCs of the Q and the Chu

On the Water columnist Ron Powers shares the secrets of fishing Massachusetts' largest bodies of water, the "Q" (Quabbin) and the "Chu" (Wachusett) Reservoirs, for salmon, trout, and bass. Thursday, January 8, at 7 p.m.

Fly Fishing Strategies

If you've already got some fly fishing experience, NH Guide Angus Boezeman will show you how to take it to the next level, with advice on improving your technique and catch ratio. Thursday, January 15, at 7 p.m.

Surf-Casting Techniques

Meet five-time National Distance Surf-Casting Champion Ron Arra. His tips for lure and rig selection, and tackle and tuning reels for maximum distance, will help any surf fisherman cast and fish with authority, using conventional or spinning reels, and increase casting distance with less effort. Thursday, January 22, at 7 p.m.

Kayak Fishing

Tim Moore, nationally recognized angler, fishing guide, and member of the Johnson Outdoors Adventure on the Water Team, discusses the basics of choosing, rigging, and fishing from a kayak in both salt and fresh water. Thursday, January 29, at 7 p.m.

Introduction to Fly Tying

In this workshop you'll be introduced to the tools, materials, threads, and hooks required for fly-tying. Then, in a hands-on session, you'll learn to tie nymph, wet, streamer, and dry flies. Tools and materials will be provided, but participants may bring their own if they have them. For adults, and children over twelve if accompanied by an adult. Space is limited. To register, go to www.tinyurl.com/nplfish. Saturday, January 31, from 10 a.m. to 4 p.m.

Registrations are being accepted from organizations and individuals who would like to do fly-tying demos, promote their organization, or set up fishing-related exhibits from 6 p.m. to 7 p.m. before any of the Thursday-night programs. Please contact Carol at carol.eyman@nashualibrary.org if you would like to participate.

Gallery Exhibition:

Tim McCool "We're All Fine Here Now"

SHE SAID SHE
NEEDED
SOME SPACES SO
I BECAME AN
ASTRONAUT

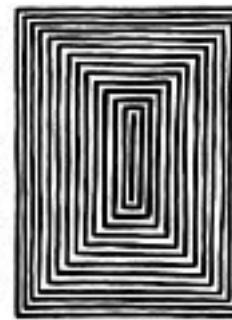


Image credit: Tim McCool, "So I became an astronaut", diptych, acrylic on Bristol board, 19 x 12"(total dimensions), 2014. For additional information about this exhibition or to receive high resolution digital images for publication, please contact Cathy McLaurin cathyessexartcenter@yahoo.com or at 978-685-2343.

Exhibition dates:

January 9 – March 6, 2015

Opening reception:

Friday, January 9, 5-7 pm

The Elizabeth A. Beland Gallery at Essex Art Center is pleased to present We're All Fine Here Now, new work by Boston-based artist, Tim McCool. We're All Fine Here Now is an exhibit couched in the language of science fiction media. From movies, television shows, and books, science fiction as a genre covers a wide array of human emotions and experiences. Many great science fiction works have described large and complex universe full of both alien and familiar creatures. These works have given us heroes to cheer and villains to despise, often while placing the entire galaxy at risk.

One large aspect of science fiction as a genre is that in exploring places beyond our own home planet, we are taught lessons about humanity and our relationships back here on Earth. The stories at the heart of sci-fi's most beloved creations, whether it is a movie like Blade Runner or a book by Arthur C. Clarke, are ultimately about what makes us human. The exhibit,

We're All Fine Here Now, looks to those humanizing elements of science fiction for artistic inspiration through works on paper, incorporating text, and paintings on shaped wood panels.

Tim McCool is a prolific artist who produces work serially. His imagery and textual works reference social interactions with an irony that is tempered by a sense of failure, sadness, vulnerability, or loss. He received a Masters in Fine Art from School of the Museum of Fine Arts, Boston/Tufts University in 2013. His work has been included in numerous exhibitions, including a solo show at Carroll & Sons in Boston in 2014.

The Elizabeth A. Beland Gallery is located on the first floor of Essex Art Center at 56 Island Street, Lawrence, MA. 978-685-2343. Gallery hours: M-F 10-6. Closed January 19 and February 16. Call for additional evening hours FREE and open to the public www.essexartcenter.com Essex Art Center 56 Island St., Lawrence, MA 01840.

Chess Club meets

The Lawrence Chess Club will meet on the third Thursdays of each month from 6:30-8pm at the Lawrence Public Library, corner of Haverhill & Lawrence Streets.

This is always a FREE event. Please bring a friend and a chess set.

ALL ages and abilities welcome. Play, learn and help teach. English is not required.

"Life is a chess match. Don't be stuck playing checkers."
~ Garry Kasparov, grand master & world champion.

NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencies 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.

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE

RUMBONNEWS.COM

ADOPT A PET

**MSPCA-METHUEN & RUMBO
COOPERATIVE EDUCATION COLUMN**

Pet of the week at Nevins**SLATE AND MARBLE**

Slate and Marble are bond pair of ring neck doves (maie and female). Doves are great pets. They coo and love to bathe in the sun. On a rainy day, it is awesome to hear the doves coo.



If you want a great feathered forever friends, please feel free to contact the MSPCA - Small Animal Staff person at 978-687-7453 ext, 61 01 or e-mail us at smallmammals@mspa.org for more information.

MILEY

Miley came into the adoption center with her best friend Piglet. They are an awesome duo, come meet them today!



If you can't find Miley when you visit the adoption center, be sure to ask for her by name! Cats are often moved around.

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

PIGLET

You know what's scary? Strangers! In my previous home, when people I didn't know came over, I would actually open the kitchen cabinet, sneak inside, and close the door behind me! So you can just imagine how intimidating the busy adoption center is for me.



If you're not a stranger, though, I can be a completely different cat. My previous owner said I was constantly affectionate, didn't mind being picked up or held on their lap, and would even perch on their shoulders like a bird! I loved to play with toys or milk bottle caps. Being brushed and petted was also awesome. If a patient person adopted me, they may get past my stranger danger and meet the real me!

Little Piglet needs a quiet, low-traffic, dog-free home where he can relax and really bond with his adopter. An older or retired couple would be perfect! He might be ok with older children or another cat, with a very slow, low-pressure introduction. Piglet came to the adoption center with his friend Miley, but they don't necessarily need to be adopted together.

If you'd like to coax a sweet little cat out of his shell, Piglet might be the one for you! If you can't find Piglet when you visit the adoption center, be sure to ask for him by name. Cats are often moved around.

CHOPSTICK

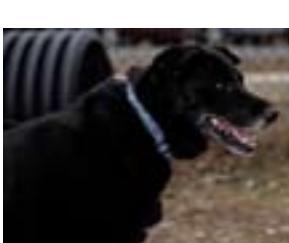
Chopstick is an 8-year-old gorgeous Australian Shepherd/Akita mix. She is a beautiful and engaged dog who would love to be in a home with older, gentle children. She would do best with an experienced dog owner but that owner will be rewarded with a beautiful and loyal dog. Chopstick loves to go for car rides and simply be with her owner. She loves her sister Betty, but wouldn't mind going home without her.



Come in and meet this gorgeous girl. Her soulful eyes will take your heart.

BETTY

Betty is a sweet 11-year-old Black Lab mix. She loves car rides, attention and taking walks. Betty would love to live with older kids, possibly other dogs. She is puppy like in her demeanor and has the sweetest face and eyes. Betty can be shy around strangers but, given time, she will fall head over heels for you! She loves her sister Chopstick but doesn't mind if they each find separate loving homes.



Come in and meet this beautiful, older lady; she has so much love to give.

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.

Mantenga sus mascotas protegidas ya que pronostican temperaturas mínimas históricas para la mayor parte del país

El invierno ha regresado con ánimo de vengarse este año y los médicos/veterinarios de BluePearl Partners quieren que la gente se asegure de que sus mascotas estén a salvo.

"Las bajas temperaturas y las lesiones asociadas con el clima de invierno, a menudo se pueden evitar", dijo la doctora Jennifer Welser, director médico de BluePearl Veterinary Partners. "A medida que el tiempo actual nos recuerda a esos problemas potenciales, esperamos que esta lista ofrecerá alguna orientación y recordatorios valiosos."

- El hielo en las carreteras puede causar accidentes automovilísticos. Cuando la gente lleva a sus mascotas en sus vehículos, a menudo no están seguros. En caso de accidente, esto puede causar lesiones graves o la muerte. Por favor, limite el tiempo que su mascota está en un automóvil a un mínimo absoluto.

- El hielo en las calzadas y la nieve comprimida pueden llegar a ser muy resbaladizos. Perros y/o gatos podrían potencialmente lastimarse al deslizarse. Asegúrese siempre de que si su mascota ha sufrido una lesión llevarlo a ser examinado por un veterinario.

- Los anticongelantes pueden ser tóxicos para los animales domésticos. Consulte con su tienda de productos para mascotas o su veterinario local para ver que anticongelantes no son tóxicos para los animales.

- Al igual que cuando hace calor afuera, nunca deje a su mascota sola en un coche durante el tiempo frío. En el invierno, un coche mantiene el frío como un refrigerador y su mascota potencialmente podría morir de frío.

- Los perros y los gatos pueden sufrir una quemadura! Cualquier perro o gato que está expuesto a temperaturas muy frías durante más de breves períodos de tiempo puede desarrollar congelación. Si las mascotas comienzan a temblar o sus orejas, cola y pies muestran signos de congelación, como enrojecimiento en las primeras etapas y pálido, blanco o parches en casos más avanzados de la congelación, llevalos adentro de inmediato.

- El anticongelante es altamente tóxico para las personas y animales. Los gatos y los perros se sienten atraídos por su olor y sabor dulce, y con frecuencia degustarlo si se deja en un recipiente sin tapa o derramado en el suelo del garaje. Si usted sospecha que su mascota ha estado en contacto con anticongelante, póngase en contacto con su veterinario inmediatamente. El éxito del tratamiento a la exposición del anticongelante depende de una acción rápida.

- Al igual que los humanos, el clima húmedo y frío puede agravar los síntomas asociados con la artritis en los perros y gatos. Si su mascota está teniendo problemas para levantarse o caminando por las escaleras, o llora cuando lo cargan, una visita al veterinario está en orden.

- Nunca medicar a su perro o gato con recetas humanas o over-the-counter medicamentos sin consultar a su veterinario primero. La mayoría de ellos son tóxicos para los animales domésticos; numerosos tratamientos de la artritis están disponibles para ellos. Además, su perro o gato merece una cama cómoda. Varias tiendas de mascotas tienen tapetes climatizados seguros o ropa de cama caliente no eléctricos.

- Los animales necesitan tener agua fresca en todo momento. Si deja agua afuera para sus mascotas, asegúrese de que no se congela.

- Los animales pueden buscar refugio cerca de algo caliente como un motor de automóvil en los días fríos. Si un animal está cerca del motor al arrancar el coche, se puede producir una lesión grave.

- Arrancar un coche para que se caliente es una trampa de monóxido de carbono en un garaje cerrado. Para una pequeña mascota morir en un garaje cerrado con el motor de un coche andando sólo toma unos minutos.

- Durante los meses de invierno, los roedores se sienten atraídos por el calor de los hogares. Asegúrese de que los venenos para roedores están fuera del alcance de las mascotas.

Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

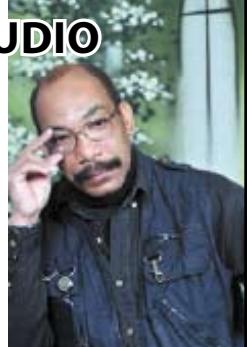
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Please contact Heal Lawrence if you want to help. A fire can happen at any time.

Si desea ofrecer sus servicios póngase en contacto con Heal Lawrence. Un incendio puede ocurrir en cualquier momento.

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Keep pets safe as record lows forecast for most of country

Winter is back with a vengeance this year and doctors from BluePearl Veterinary Partners want people to make sure their pets are safe.

"Cold temperatures and the injuries associated with the winter-related weather can often be avoided," said Dr. Jennifer Welser, chief medical officer of BluePearl Veterinary Partners. "As the current weather reminds us of those potential problems, we hope this list will offer some valuable guidance and reminders."

- Ice on roadways can clearly cause automobile accidents. When people bring their pets in their vehicles, they are often left unsecured. This can cause serious injury or death. Please limit the time your pet is in an automobile to the absolute minimum.

- Ice on walkways and compressed snow can become very slippery. Dogs or cats could potentially injure themselves by slipping. Always make sure that if your pet has experienced an injury that you have him examined by a veterinarian.

- Deicers can be toxic to pets. Check with your veterinarian and local pet store to see which deicers are non-toxic to animals.

- Similar to when it is hot outside, never leave your pet alone in a car during cold weather. In the winter, a car holds in the cold like a refrigerator and your pet could potentially freeze to death.

- Dogs and cats can get frostbite! Any dog or cat that is exposed to very cold temperatures for more than brief periods of time can develop frostbite. If pets begin to shiver or their ears, tail, and feet show signs of frostbite such as redness in the early stages and pale, white or patches in more advanced cases of frostbite, bring them inside immediately.

- Antifreeze is highly toxic to people and animals. Cats and dogs are attracted to its sweet smell and taste, and will often sample some if left out in a container or spilled on the garage floor. If you suspect that your pet has come into contact with antifreeze, contact your veterinarian immediately. The success of treatment to antifreeze exposure depends on quick action.

- Much like humans, damp and cold weather can aggravate symptoms associated with arthritis in dogs and cats. If your pet is having trouble getting up or laying down, walking the stairs, or cries out when being picked up, a visit to the veterinarian is in order.

- Never medicate your dog or cat with human prescriptions or over-the-counter medications without consulting your veterinarian first. Most of them are toxic for pets; numerous arthritis treatments are available for them. Also, your dog or cat deserves a comfortable bed. Several pet and feed stores carry safe heated floor mats or non-electric warm bedding.

- Pets need to have fresh water at all times. If you leave water outside for your pets, be sure it does not freeze.

- Animals may seek shelter near something warm like a car engine on cold days. If an animal is near the engine when the car is started, serious injury can occur.

- Starting a car to warm it up in a garage will trap carbon monoxide. It can only take a few minutes for a small pet to die in a sealed garage with a car running.

- During winter months, rodents are often attracted to the warmth of homes. Make sure poisons and rodenticides are out of reach of pets.

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Holy Family Hospital Announces free seminar on MAKOplasty partial knee resurfacing and total hip replacement

MAKOplasty Partial Knee Resurfacing and Total Hip Replacement, a medical Meet the Expert seminar with Orthopedic Surgeon Gregory Johnson, MD on January 20, 2015, 6-7 p.m. in Holy Family Hospital at Merrimack Valley's first-floor auditorium, 140 Lincoln Ave., Haverhill, MA. Attendees will learn the benefits of MAKOplasty computer enhanced

robotic assisted orthopedic surgery, how it minimizes pain and increases stability, why it is considered bloodless and transfusion free, and who is a candidate. Free and open to the public. Registration required. Light refreshments. One contact free hour in nursing. For more information or to register, please email jean.macdougall-tattan@steward.org or call Jean at 978.420.1168.

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