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The BILINGUAL Newspaper of the Merrimack Valley

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

(NH) Salem, Nashua, Manchester

Quota Int'l Partners with NILP



From left to right are: Krista Brown, NILP Marketing and Outreach Coordinator; Eileen Giordano, President of Quota International of Lawrence; Nanette Goodwin, NILP Assistant Director; Rob Duff, NILP DHILS (Deaf and Hard of Hearing Independent Living Services) Skills Specialist; and June Cowen Sauvageau, NILP Executive Director.

Quota International of Lawrence has partnered with Northeast Independent Living Program to establish a much needed training program. A donation of \$2,500 from the Quota International of Lawrence was presented to fund trainings for Hearing Parents with Deaf Children and Deaf Parents of Hearing Children as well as the need of disadvantaged women and children.

Eileen Giordano, President of Quota Int'l of Lawrence stated, "Our Quota members are so please to support this

program as we continue to carry out our mission to serve the Deaf and Hard of Hearing in our local community."

The 3 session training will take place in April.

Northeast Independent Living program provides advocacy and services to people with all disabilities who wish to live and work as independently as possible. "We sincerely appreciate Quota's great support and donation to our programs" – stated Mark Wheeler of NILP.

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Diana Bourgeois de North Andover ha estado leyendo a los miembros del Club de Lawrence Boys & Girls durante cuatro años.

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Diana Bourgeois of North Andover has been reading to members of the Boys & Girls Club of Lawrence for four years.

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Importancia de la salud dental de los niños latinos

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Alcalde Fiorentini Electo Presidente de la Asociación de Alcaldes de MA

El Alcalde de Haverhill James J. Fiorentini fue elegido por unanimidad Presidente de la Asociación de Alcaldes de Massachusetts (MMAA) durante la Reunión Anual de la Asociación Municipal de Massachusetts (MMA), celebrada en Boston el 23 y 24 de enero de 2015.

El Alcalde Fiorentini fue elegido por sus compañeros alcaldes para liderar la Asociación de Alcaldes, que se reúne regularmente durante todo el año para que los alcaldes del estado puedan discutir estrategias sobre las principales cuestiones que enfrentan las ciudades y pueblos, incluida la ayuda local, el transporte, la educación, el desarrollo económico y la creación de empleo. En virtud de su elección, el Alcalde Fiorentini continuará sirviendo como miembro de la Junta de Directores de MMA. La Asociación de Alcaldes es un grupo de miembros de la MMA, la organización de defensa de todo el estado sin fines de lucro no partidista para las ciudades y pueblos.

"El Alcalde Fiorentini es ampliamente reconocido por sus colegas alcaldes y funcionarios locales como un líder notable en su comunidad y en todo el Estado", dijo el director ejecutivo de MMA Geoffrey C. Beckwith. "Los alcaldes de nuestro estado le han pedido que sea su líder en la promoción de las necesidades de nuestras ciudades y pueblos, y estamos muy contentos de que haya aceptado este puesto clave", dijo Beckwith.

El Alcalde James J. Fiorentini dijo: "Me siento profundamente honrado y

halagado de ser elegido para este puesto por mis compañeros, este grupo de Alcaldes es el grupo más fino que he trabajado, mientras que he servido como alcalde".

"Como cualquier alcalde o funcionario local le puede decir, nuestras comunidades se enfrentan a retos comunes y están unidos en una agenda para el crecimiento", dijo el alcalde Fiorentini. "No hay ninguna ciudad o pueblo pueden hacerlo solos, por lo que todos estamos trabajando juntos en temas críticos.

Este año, el debate se centrará en ganar inversiones potentes en ayudas locales, transporte y educación para hacer crecer nuestra economía, crear empleos y construir una fuerte recuperación. Estamos comprometidos a trabajar con el Gobernador Baker y la Legislatura para forjar una alianza entre el Estado y nuestras ciudades y pueblos, para que podamos crear un futuro vibrante para Massachusetts y de cada comunidad. Agradezco el voto de confianza de mis compañeros alcaldes y yo espero continuar mi trabajo con ellos y con el MMA en esta nueva posición de liderazgo".

Como miembro de la Junta de Directores de MMA, el Alcalde Fiorentini también servirá en la Comisión Asesora del Gobierno (LGAC) a nivel estatal, que se reúne durante todo el año con los principales líderes estatales para discutir los problemas

POR FAVOR VEA FIORENTINI

■ CONTINÚA EN LA PAGINA 4

Haverhill Mayor James Fiorentini Elected Pres. of Massachusetts Mayors' Association

Haverhill Mayor James J. Fiorentini was unanimously elected President of the Massachusetts Mayors' Association (MMaA) during the Annual Meeting of the Massachusetts Municipal Association (MMA) held in Boston on January 23 and 24, 2015.

Mayor Fiorentini was elected by his fellow mayors to lead the Mayors' Association, which meets regularly throughout the year so that the mayors of the state can discuss and strategize on major issues facing cities and towns, including local aid, transportation, education, economic development and job creation. By virtue of his election, Mayor Fiorentini will continue to serve as a member of the MMA Board of Directors. The Mayors' Association is a member group of the MMA, the statewide nonprofit, nonpartisan advocacy organization for cities and towns. "Mayor Fiorentini is widely recognized by his mayoral colleagues and local officials as a remarkable leader in his community and across the Commonwealth," said MMA Executive Director Geoffrey C. Beckwith. "The mayors of our state have asked him to be their leader in advancing the needs of our cities and towns, and we are very pleased that he has accepted this key post," Beckwith said.

Mayor James J. Fiorentini said, "I am deeply honored and flattered to be chosen for this position by my peers, this group of Mayors is the finest group I have worked with while I have served as Mayor."

"As any mayor or local official can tell you, our communities are facing common

challenges and are united on an agenda for growth," Mayor Fiorentini said. "No city or town can go it alone, which is why we are all working together on critical issues. This year the debate will center on winning powerful investments in local aid, transportation and education to grow our economy, create jobs and build a strong recovery. We are committed to working with Governor Baker and the Legislature to forge a partnership between the state and our cities and towns, so we can create a vibrant future for Massachusetts and every community. I appreciate the vote of confidence from my fellow mayors and I look forward to continuing my work with them and with the MMA in this new leadership position."

As a member of the MMA Board of Directors, Mayor Fiorentini will also serve on the statewide Local Government Advisory Commission (LGAC), which meets throughout the year with top state leaders to discuss issues facing cities and towns.

"Mayor Fiorentini's knowledge and skill will be of enormous value to all of the cities and towns of Massachusetts," Beckwith continued. "He is a forceful and effective advocate on behalf of local officials and taxpayers in all communities, as mayors and local leaders promote a robust partnership with the state in our common work to make Massachusetts stronger and more prosperous."

We are deeply grateful that Mayor Fiorentini has stepped forward to assume this essential leadership role."

EDITORIAL | EDITORIAL

Época de ayudar

Mucho se ha dicho y escrito sobre la nieve que nos ha caído estos días y pasarán meses y años sin que se nos borre de la memoria. Tener dos Blizzards en un mes no creo que haya sucedido antes. Tal parece un castigo a New England por el hecho de que los Patriots ganaran el Super Bowl.

Ampliar las calles y avenidas de las inmensas pilas de nieve acumuladas a lo largo de las vías y aceras con nuestros propios recursos, nos hubiera tomado solo Dios sabe hasta cuándo, y gracias por la ayuda del Gobernador que nos ha facilitado equipos y mano de obra de la Guardia Nacional, la enorme tarea se está llevando a cabo con éxito.

Durante esta crisis, debemos tener varias cosas en mente, además de nuestra seguridad y la de nuestra familia, y es la de velar por la seguridad de nuestros vecinos y sobre todo, a aquellos que necesiten ayuda y darles una mano.

También es importante recordar que mientras estamos en casita, abrigados y con abundancia de alimentos hay criaturas afuera que dependen de nuestra ayuda para sobrevivir. Aves, gatos, ardillas, etc. que debido al espesor de la capa de nieve no encuentran nada para subsistir. En su próximo viaje al supermercado, recuerde comprar semillas para las aves y comida, preferiblemente seca, para gatos.

¡Ellos también son criaturas de Dios!

It's time to help out

Much has been said and written about the snow that has fallen on us these days and months and years will pass without being erased from memory. Having two Blizzards in one month I do not think it happened before. It seems like punishment to New England for the Patriots winning the Super Bowl.

Widening the streets and avenues of the huge piles of snow accumulated along the roads and sidewalks with our own resources, would have taken us only God knows how long, and thanks to the Governor's help who provided equipment and labor from the National Guard, the enormous task is being carried out successfully.

During this crisis, we should keep several things in mind, in addition to our security and that of our family it is to ensure the safety of our neighbors and especially those who need help and give them a hand.

It is also important to remember that while we are inside our houses, warm and with plenty of food, there are creatures out there that depend on our help to survive. There are birds, cats, squirrels, etc. that due to the thickness of the snow cannot find anything to eat. In your next trip to the supermarket, remember to buy seeds for birds and food, preferably dry, for cats.

They are also God's creatures!

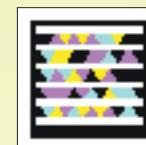
"About the only thing that comes to us with no effort is old age."

"Lo único que nos llega sin ningún esfuerzo es la vejez."

- Gloria Pitzer

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley



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Dear Patients

As of February 28, 2015, Greater Lawrence Family Health Center (“GLFHC”) will no longer be a participating provider for Tufts Health Public Plans, Inc. /Network Health. This means you will no longer be able to use your Network Health coverage to see your doctor here at GLFHC. We hope that you will continue as a patient at GLFHC. As a result, we are providing the contact information for other insurance plans that we accept in order to assist you in switching your insurance coverage and remaining a patient of our clinic. We appreciate the trust you place in us to provide your health care needs, and thank you for being a patient of GLFHC. If you have any questions, call your clinic at 978-686-0090.

Queridos Pacientes

A partir del 28 de febrero del 2015, la Clínica ‘Greater Lawrence Family Health Center (“GLFHC”)’ no será un proveedor participante de los planes médicos ‘Tufts Health Public Plans, Inc./Network Health’. Esto significa que usted no podrá utilizar su cobertura con ‘Network Health’ para ver a su médico aquí en GLFHC. Nosotros esperamos que usted continúe siendo paciente de GLFHC. Como resultado, estaremos proporcionando información sobre otros planes médicos que aceptamos, para poder ayudarles a cambiar su cobertura de seguro y que así continúe siendo paciente en nuestra clínica. Agradecemos la confianza que usted deposita en nosotros para satisfacer sus necesidades de atención de salud, y gracias por ser un paciente de GLFHC. Si tiene alguna pregunta, por favor llame a su clínica al (978) 686-0090.



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"Conversaciones del Commonwealth"

Grupo del Senadores viene al Valle de Merrimack a oír al público en una amplia gama de cuestiones



La senadora estatal Barbara A. L'Italien (D-Andover), junto con el presidente del Senado Stanley Rosenberg (D-Amherst) anunció que el Senado será el anfitrión en una reunión de Ciudad de estilo Salón, el 23 de febrero en el restaurante Salvatore en Merrimack Street en Lawrence.

El evento, de 7 a 8:30 pm estará abierto al público y es parte de una gira de ocho paradas para los Senadores de Massachusetts obtener la opinión de los residentes antes de establecer su agenda y las prioridades para el próximo año.

A los asistentes se les anima a hablar de los temas más urgentes del Valle de Merrimack y ofrecer ideas para resolver grandes problemas y desafíos de la región.

La Senadora L'Italien, cuyo distrito incluye Lawrence, Andover, Dracut y Tewksbury, subrayó que todas las cuestiones están abiertas para la discusión en el foro, que será transmitido en vivo en línea y traducido en español.

"Asegurarse de que los problemas y preocupaciones de la gente del Valle de Merrimack están frescos en la mente de los senadores, para empezar a configurar nuestra agenda y las prioridades para el próximo año es de suma importancia", dijo la Senadora L'Italien, presidenta de la Asamblea Legislativa de Comisión Mixta de Municipios y Gobierno Regional. "Estoy muy contenta de que el presidente del Senado Rosenberg y el resto de mis

colegas en el Senado sean capaces de llevar a cabo este foro en Lawrence y de escuchar directamente de la gente del Valle de Merrimack por los que todos trabajamos."

L'Italien dijo que los foros en todo el estado están diseñados para desarrollar ideas para mejorar y estimular el desarrollo económico, la educación, el medio ambiente, los servicios humanos, la creación de empleo, la vivienda y la seguridad pública.

Algunas cuestiones locales claves que se espera sean discutidas en Lawrence incluyen cómo crear más puestos de trabajo y oportunidades educativas, empeoramiento de la crisis de adicción a la heroína en la región, los planes para una nueva estación de policía de Lawrence y la tubería de gas Kinder Morgan propuesta. La principal vía preferente de la compañía se extiende desde Pensilvania a Dracut, atravesando partes del occidente de Massachusetts y el sur de New Hampshire antes de terminar en Dracut. Líneas más pequeñas serían entonces colocadas a través de Andover, a lo largo de la frontera con Tewksbury.

Los Senadores locales que forman parte de la parada de Merrimack Valley incluyen a los Senadores L'Italien (D-Andover), Bruce Tarr (R-Gloucester), Kathleen O'Connor Ives (D-Newburyport), Thomas McGee (D-Lynn), Joan B. Lovely (D-Salem), Kenneth J. Donnelly (D-Arlington) y Jason Lewis (D-Winchester).

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Las cuestiones planteadas por el público en los dos primeros foros en Holyoke, en Worcester, incluyeron el alto costo de la atención de salud y la atención en el hogar y el kindergarten universal de día completo, el transporte público, el aumento del costo de la televisión por cable y servicios de Internet, los mandatos educativos no financiados, causas fundamentales de encarcelamiento, derechos de los animales, la política agrícola, la asistencia de ejecución hipotecaria de vivienda y financiación para las bibliotecas públicas.

Se espera que el presidente Rosenberg y el líder de la minoría Tarr asistan a los ocho foros con un panel rotatorio de senadores locales.

"En mi discurso de toma de posesión hablé de liderazgo compartido y la participación ciudadana", dijo el presidente del Senado Rosenberg. "Estas conversaciones nos ayudarán a elaborar nuestra agenda con la participación del público en el buen trabajo que esperamos lograr en esta sesión legislativa."

El foro tendrá lugar en Salvatore's Functions Facility - Entrada B, #354 de Merrimack St.

CONTINUA DE LA PAGINA 2

FIORENTINI

que enfrentan las ciudades y pueblos.

"El conocimiento y la habilidad del alcalde Fiorentini serán de enorme valor para todas las ciudades y pueblos de Massachusetts," Beckwith continuó. "Él es un firme y efectivo defensor a favor de los funcionarios locales y los contribuyentes en todas las comunidades, como alcalde y líder local promueve una asociación sólida con el estado en nuestro trabajo común para hacer Massachusetts más fuerte y más próspero.

Estamos profundamente agradecidos de que el alcalde Fiorentini ha dado un paso adelante para asumir este papel esencial de liderazgo".

CARTAS AL EDITOR

RUMBO

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Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Senate "Commonwealth Conversations" tour coming to Merrimack Valley Senators fan across state to hear from public on wide range of issues

State Sen. Barbara A. L'Italien (D-Andover) along with Senate President Stanley Rosenberg (D-Amherst) announced today that the Senate will host a Town Hall-style meeting Feb. 23 at Salvatore's Restaurant on Merrimack Street in Lawrence.

The event from 7 to 8:30 p.m. is open to the public and is part of an eight-stop listening tour of Massachusetts for senators to gather input from residents before setting their agenda and priorities for the coming year.

Attendees are encouraged speak about the Merrimack Valley's most pressing issues and to offer ideas for solving the region's greatest problems and challenges.

Sen. L'Italien, whose district includes Lawrence, Andover, Dracut and Tewksbury, stressed any and all issues are open for the discussion at the forum, which will be broadcast live online and translated in Spanish.

"Making sure the issues and concerns of the people of the Merrimack Valley are fresh in the minds of senators as we begin setting our agenda and priorities for the coming year is of utmost importance," said Sen. L'Italien, chairman of the Legislature's Joint Committee on Municipalities and Regional Government. "I am so pleased Senate President Rosenberg and the rest of my colleagues in the Senate are able to hold this forum in Lawrence to hear directly from the people of the Merrimack Valley whom we all work for."

L'Italien said the statewide forums are designed to develop ideas for improving and spurring economic development, education, the environment, human services, job-creation, housing and public safety.

Some key local issues expected to be discussed in Lawrence include how

Local senators heading up the Merrimack Valley stop include Sens. L'Italien (D-Andover), Bruce Tarr (R-Gloucester), Kathleen O'Connor Ives (D-Newburyport), Thomas McGee (D-Lynn), Joan B. Lovely (D-Salem), Kenneth J. Donnelly (D-Arlington) and Jason Lewis (D-Winchester).

Issues brought up by the public at the first two forums in Holyoke in Worcester included the high cost of health care and home care, universal full-day kindergarten, public transportation, the rising of cost of cable television and internet service, unfunded educational mandates, root causes of incarceration, animal rights, farm policy, housing foreclosure assistance and funding for public libraries.

President Rosenberg and Minority Leader Tarr are expected to attend all eight forums with a revolving panel of local senators.

"In my swearing-in speech I spoke about shared leadership and civic engagement," said Senate President Rosenberg. "These conversations will help us craft our agenda and engage the public in the good work that we hope to accomplish this legislative session."

The forum will take place at Salvatore's Functions Facility – Entry B, 354 Merrimack St.

Moody Actualiza a Lawrence en la categoría A3 con una perspectiva estable



La semana pasada, Moody's Investors actualizó la calificación crediticia de Lawrence como A3 desde Baa1. Esta mejora en la calificación es la primera vez que Lawrence ha recibido una calificación nivel "A" de Moody desde 1986. La mejora en la calificación con perspectiva estable valida la recuperación financiera de la ciudad y tendrá un impacto directo a los residentes con tasas de interés favorables por los compradores de bonos municipales, que disminuirá la cantidad anual global de la ciudad de la deuda y liberar muy necesarios dólares del presupuesto para la seguridad y la infraestructura pública.

La mejora en la calificación ejemplifica el trabajo duro de la ciudad y el compromiso de mejorar sus prácticas financieras desde la designación de un registrador fiscal estatal en 2010. Por cuarto año

consecutivo se aprobó el presupuesto de la Ciudad en el tiempo y estructuralmente equilibrado sin el uso de las reservas y la ciudad ha generado resultados operativos positivos durante cinco años consecutivos. "Quiero reconocer y agradecer a todos los empleados y funcionarios electos de la ciudad de Lawrence que jugaron un papel clave en ayudar a alcanzar este éxito, tanto en mi administración como la anterior", dijo el Alcalde Daniel Rivera. "En concreto, quiero reconocer a Mark Ianello, nuestro director de Presupuesto y Finanzas y el ex Fiscal Supervisor Bob Nunes, quien proporcionó valiosa orientación y liderazgo a la Ciudad en el logro de este objetivo."

La mejora de la calificación de la ciudad para A3 reconoce la gestión prudente de la situación financiera de la ciudad y su esfuerzo para construir sus reservas sin dejar de pagar su deuda pendiente. La ciudad se ha estabilizado, su posición financiera a través de una gestión fiscal más conservadora, y la mejora de las políticas financieras, lo que resulta en una reserva más grande y flujo de efectivo estable.

Moody's Upgrades Lawrence to A3 with a Stable Outlook

Last week, Moody's Investors Service upgraded the City of Lawrence's credit rating to A3 from Baa1. This rating upgrade is the first time Lawrence has received an "A" level rating from Moody's since 1986. The rating upgrade with a stable outlook validates the city's financial recovery and will directly impact residents with favorable interest rates by municipal bond buyers, which will lessen the city's overall annual debt amount and free up much needed budget dollars for public safety and infrastructure.

The rating upgrade exemplifies the city's hard work and commitment to improve its financial practices since the appointment of a state fiscal overseer in 2010. For the fourth consecutive year the City budget was passed on time and structurally balanced without the use of one-time reserves and the city has generated

positive operating results for five years in a row. "I want to recognize and thank all City of Lawrence employees and elected officials who played key roles in helping to achieve this success in both my Administration, and the previous one," said Mayor Daniel Rivera. "Specifically, I want to recognize Mark Ianello, our Budget and Finance Director and former Fiscal Overseer Bob Nunes, who provided valuable guidance and leadership to the City in achieving this goal."

The upgrade of the city's rating to A3 recognizes the prudent management of the city's financial position and its effort to build its reserves while continuing to pay down its outstanding debt. The city has stabilized its financial position through more conservative fiscal management, and improved financial policies, resulting in a larger reserve and healthier cash flow position.



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La desconfianza de la Policía

Esa es la razón principal por la cual los latinos no llaman al 9-1-1 en caso de un paro cardiaco

El miedo a la policía, las barreras lingüísticas, la falta de conocimiento de los síntomas de paro cardíaco y las preocupaciones económicas que impiden que los latinos - en particular los de nivel socioeconómico más bajo - busquen ayuda médica de emergencia y realizar la reanimación cardiopulmonar (RCP), según un estudio publicado en línea en la revista Annals of Emergency Medicine "Barreras para Llamar al 911 y el Aprendizaje y la Realización de Resucitación Cardiopulmonar (RCP) para los residentes de barrios, de Alto Riesgo Principalmente latinos en Denver, Colorado".

"Los residentes de bajos ingresos, de barrios minoritarios tienen dos strikes en su contra: la incidencia de un paro cardíaco fuera del hospital es mucho más alta que el promedio y tasas de RCP por testigos están por debajo de la media", dijo el autor principal del estudio Comilla Sasson, MD, PhD, FACEP de la American Heart Association y la Universidad de Colorado School of Medicine en Aurora, Colorado. "Tenemos que hacer un mejor trabajo superando las barreras significativas a la atención médica oportuna para los latinos que sufren un paro cardíaco. La educación pública culturalmente sensible acerca de un paro cardíaco y RCP es un primer paso fundamental".

Los investigadores realizaron grupos focales y entrevistas con los residentes de los barrios latinos, principalmente de bajos ingresos en Denver para determinar por qué la subutilización de los servicios de emergencia 9-1-1 y la forma de aumentar el conocimiento y el rendimiento del RCP en las personas que sufren un paro cardíaco. La desconfianza general de aplicación de la ley, a los cuales los servicios 9-1-1 se han agrupado, se citó como razón principal para no llamar al 9-1-1 por la mayoría de los participantes.

Muchos sujetos también creen - erróneamente - que no sería capaz de montar

una ambulancia al hospital sin antes pagar por ella, ya que es la práctica en México, de donde muchos participantes vinieron. Los sujetos también expresaron una falta de comprensión acerca de los síntomas de un paro cardíaco y cómo RCP puede salvar una vida. Reticencia fuerte de tocar un extraño por temor a que podría ser malinterpretado era una barrera cultural única para realizar la RCP. Las barreras del idioma - ya sea con 9-1-1 despachadores o socorristas - Los sujetos también inhibieron de involucrarse con alguien que está experimentando un paro cardíaco.

Con el fin de educar a más personas sobre cómo realizar la RCP, los participantes apoyaron ampliamente los cambios de políticas que harían CPR ya sea un requisito de graduación de escuela secundaria o un pre-requisito para recibir una licencia de conducir.

"Habrá que conducir más investigaciones para entender mejor cómo las campañas culturalmente sensibles de educación pública son dirigidas, que puedan mejorar la prestación de RCP por testigos y las tasas de supervivencia de paro cardíaco en barrios de alto riesgo", dijo la Dra. Sasson.

Anales de Medicina de Emergencia es la revista científica revisada por otros socios para el Colegio Americano de Médicos de Emergencia, que representa la medicina de emergencia de la sociedad médica nacional. ACEP está comprometido a avanzar en el tratamiento de emergencia a través de la educación continua, la investigación y la educación pública. Con sede en Dallas, Texas, ACEP tiene 53 capítulos que representan a cada estado, así como Puerto Rico y el Distrito de Columbia. Un Capítulo de Servicios Gubernamentales representa a los médicos de emergencia empleados por las ramas militares y otras agencias gubernamentales. Para obtener más información, visite www.acep.org.



Distrust of Police Is Top Reason Latinos Don't Call 9-1-1 for Cardiac Arrest

Fear of police, language barriers, lack of knowledge of cardiac arrest symptoms and financial concerns prevent Latinos – particularly those of lower socioeconomic status – from seeking emergency medical help and performing cardiopulmonary resuscitation (CPR), according to a study published online in Annals of Emergency Medicine “Barriers to Calling 911 and Learning and Performing Cardiopulmonary Resuscitation (CPR) for Residents of Primarily Latino, High-Risk Neighborhoods in Denver, Colorado”.

“Residents of low-income, minority neighborhoods have two strikes against them: the incidence of out-of-hospital cardiac arrest is much higher than average and rates of bystander CPR are below average,” said lead study author Comilla Sasson, MD, PhD, FACEP of the American Heart Association and the University of Colorado School of Medicine in Aurora, Colo. “We need to do a better job of overcoming the significant barriers to timely medical care for Latinos suffering cardiac arrest. Culturally sensitive public education about cardiac arrest and CPR is a key first step.”

Researchers conducted focus groups and interviews with residents of primarily lower-income Latino neighborhoods in Denver to determine why they underutilize 9-1-1 emergency services and how to increase knowledge and performance of CPR on people suffering cardiac arrest. General distrust of law enforcement, of which 9-1-1 services are bundled, was cited as a top reason for not calling 9-1-1 by most participants.

Many subjects also believed – incorrectly – that they would not be able to

ride an ambulance to the hospital without first paying for it, as that is the practice in Mexico where many participants came from. Subjects also expressed a lack of understanding about the symptoms of cardiac arrest and how CPR can save a life. Strong reticence about touching a stranger for fear that it might be misconstrued was a unique cultural barrier to performing CPR. Language barriers – either with 9-1-1 dispatchers or first responders – also inhibited subjects from getting involved with someone experiencing cardiac arrest.

In the interest of educating more people on how to perform CPR, participants widely supported policy changes that would make CPR either a high school graduation requirement or a pre-requisite for receiving a driver’s license.

“Future research will need to be conducted to better understand how targeted, culturally-sensitive public education campaigns may improve the provision of bystander CPR and cardiac arrest survival rates in high-risk neighborhoods,” said Dr. Sasson.

Annals of Emergency Medicine is the peer-reviewed scientific journal for the American College of Emergency Physicians, the national medical society representing emergency medicine. ACEP is committed to advancing emergency care through continuing education, research, and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. A Government Services Chapter represents emergency physicians employed by military branches and other government agencies. For more information, visit www.acep.org.

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Juan Alberto Del Toro

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Help for Elders

Elder Services is currently recruiting & training more volunteers to help the elderly remain safely in their homes for as long as possible; the volunteers will help with:

- With door to door Transportation to medical appointments.
- With an advocate, to accompany the elder into the medical appointment.
- With food shopping & picking up prescriptions.
- With companionship, someone they can just talk with.

Request - This is a wonderful program for our elders who have no one to help them. However, Elder Services needs many more volunteers throughout the Merrimack Valley to answer all the calls for help we are receiving. We hope the folks who are reading this Ad can put a few hours aside each month and help support this critical need.

Contact: Renee A. Baker at 978-946-1463

Tiso y Torres se unen a WHAV como ayudantes; la nueva FM sigue adelante

Sarah E. Tiso y Alyssa L. Torres se han unido a WHAV como pasantes en la víspera de la construcción de la nueva estación de FM en la ciudad. Sus responsabilidades incluyen las contribuciones a la recopilación y transmisión de noticias, la producción del programa "Community Spotlight" y la radiodifusión en el aire.

Tiso, de Haverhill, actualmente estudia periodismo y comunicaciones en Northern Essex Community College. Su experiencia profesional incluye posiciones en los campos de educación y servicios humanos.

Torres, también de Haverhill, está matriculada en el programa de comunicaciones de Northern Essex Community College. Ella tiene experiencia en hospitalidad y servicio social.

"Estas personas serán enormemente decisivas en la misión permanente de WHAV para proporcionar la mejor cobertura de noticias locales posibles. Esto es especialmente importante como WHAV

hace el salto de la radio por Internet y la televisión por cable a una nueva estación de FM", dijo el presidente y gerente general de WHAV Tim Coco. "Su experiencia y entusiasmo son recursos muy valorados en la estación."

Las iniciales que identifican a WHAV se han asociado con la radiodifusión local desde 1947. WHAV está hoy operado a través de Public Media of New England Inc., una corporación sin fines de lucro. Desde el año 2004, WHAV.net ha servido al Valle de Merrimack como la emisora pionera de radio por Internet y un número de canales de televisión por cable de acceso público en Andover, Haverhill y Methuen, y Plaistow y Sandown, NH. La estación también se escucha por la 1640 AM en el norte Haverhill y Plaistow, NH. La Comisión Federal de Comunicaciones concedió recientemente a WHAV un permiso de construcción para montar una nueva licencia en FM 97.9 MHz.



Alyssa L. Torres



Sarah E. Tiso

Tiso and Torres Join WHAV as Interns as New FM Moves Forward

Sarah E. Tiso and Alyssa L. Torres have joined WHAV as interns on the eve of construction of the city's new FM station. Their responsibilities include contributions to news gathering and reporting, producing the "Community Spotlight" program and on-air broadcasting.

Tiso, of Haverhill, currently studies journalism and communications at Northern Essex Community College. Her professional experience includes positions in the education and human services fields.

Torres, also of Haverhill, is enrolled in Northern Essex Community College's communications program. She has a background in both hospitality and social service.

"These individuals will be greatly instrumental in pursuing WHAV's ongoing mission to provide the best possible local news coverage. This is especially important as WHAV makes the leap from Internet radio and cable television to a new FM outlet," said WHAV President and General Manager Tim Coco. "Their experience and enthusiasm are resources greatly valued at the station."

The WHAV call letters have been associated with local broadcasting since 1947. WHAV is today operated by Public Media of New England Inc., a not-for-profit corporation. Since 2004, the call has served the Merrimack Valley's pioneer Internet radio station at WHAV.net and a number of public access cable television stations in Andover, Haverhill and Methuen, and

Plaistow and Sandown, N.H. The station is also heard over AM 1640 in northern Haverhill and Plaistow, N.H. The Federal Communications Commission recently granted WHAV a construction permit to build a new FM license at 97.9 MHz.

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La Ciudad de Lawrence envió el censo; por favor, devuélvalo

La División de Elecciones de la Ciudad de Lawrence ha enviado el Censo Anual 2015, a todos los Residentes de la Ciudad de Lawrence. El Censo está impreso en inglés y español para la conveniencia de todos. Es importante que usted complete y devuelva el formulario del Censo para que la residencia de los miembros de su hogar esté establecida. La información del censo nos permite actualizar la Lista de Votantes. Su respuesta al censo además nos provee información estadística necesaria para la asignación de servicios públicos para los residentes de la Ciudad de Lawrence. Su inmediata atención y cooperación es solicitada y la División de Elecciones de la Ciudad de Lawrence le pide que por favor siga las instrucciones cuando esté completando el censo de la Ciudad.

1. Verifique que toda la información impresa en el formulario este correcta
2. Asegúrese de incluir todos los miembros de la familia cuya dirección legal es la misma.
3. Esto incluye miembros del núcleo familiar que puedan estar lejos debido a Servicio Militar, estudiantes, o personas que por razones de salud se encuentran en recluidas en centros de cuidados de salud.
4. Tache cualquier miembro que ya no viva en su hogar y escriba su nueva dirección si la conoce.
5. Por favor identifique cualquier miembro que se haya mudado o fallecido.
6. Firme y escriba la fecha en la forma.

Por favor complete y devuelva el formulario del Censo dentro de los próximos diez (10) días, o lo más pronto posible, en el sobre pre-pagado que está adjunto al formulario con la dirección de envío impresa para mayor facilidad. La dirección de retorno es: División de Elecciones, 200 Calle Common, sala #4, Lawrence MA 01840. Número de teléfono es: 978-620-3290, si necesita información adicional

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La Academia de Bellesini es una escuela secundaria católica independiente, sin matrícula que sirve a estudiantes en grados 5-8 de familias de bajos ingresos en Lawrence.

Volunteers Diana Bourgeois of North Andover and Laura Jordan of Andover Inspire Love of Reading at Boys & Girls Club of Lawrence

Diana Bourgeois had long been familiar with the Boys & Girls Club of Lawrence (BGCL) as a resident of neighboring North Andover, so it was the first organization that came to mind when she wanted to share her love of reading with children.

After discussing her ideas with former volunteer coordinator Maureen Kelley, Bourgeois formed a reading program at BGCL four years ago. It began in the spring, extended to the fall, and now she works with children every Monday and Wednesday from 3:30 to 6:30 p.m. or "as long as someone wants to read." The Club is open weekdays until 8 p.m., with supper provided as part of the \$30 annual membership fee.

"I wanted something to bring joy into my life," said Bourgeois, a former hospital chaplain, "and this is a very joyful thing to do."

Bourgeois said her goal is to increase the children's reading comprehension, vocabulary, and overall enjoyment, calling reading the "foundation for all education" as well as a relaxing pastime for their entire lives. She finds that consistency is important – not just because the children constantly ask when she is returning, but because reading aloud isn't a tradition in some cultures.

Since books aren't always available in the children's homes, Bourgeois supplements the Club's donated collection with dozens borrowed from the library. She

lines up the book titles in a comfortable couch area set apart from the rest of the homework room, where she and a child or small group read aloud to one another.

"There is such a wealth of wonderful children's books, so I try to mix it up with different topics to make it a special experience for all reading levels," said Bourgeois, noting that she and the Club members both enjoy a variety of non-fiction and children's literature.

"Some children are shy and don't talk much, but after a few minutes, they might lean in or rest their head on my shoulder, which is very dear," she added. "Friends who are teachers tell me you never know the difference you can make to a child, and it's a thrill when they come back from prior years. It has been a lovely experience for me, and I hope it's an enriching one for them, too."

On Tuesdays and Thursdays, reading duties fall to BGCL board member Laura Jordan of Andover, who has also volunteered as a mentor, homework room tutor, college advisor, and auction committee member. This is her second year reading to BGCL members twice a week, for which she also totes a large bag of library books and others which she has purchased.

"It's rewarding for me, and hopefully for them as well. The kids and staff are so warm and appreciative," said Jordan, a retired corporate trainer who holds a Master of Education degree. "I want reading to be seen as a fun and relaxing activity."

From Jordan's perspective, that is

happening. There have been several instances, for example, in which children have excitedly recognized a book that they also read at school. Other times, two or three children take turns reading pages from the same book or talk in the voices of the characters.

"I totally believe in the mission of the Club, which is giving kids a safe place to go after school with strong enrichment programs," Jordan said. "Personally, I feel that what makes the biggest impact is when kids develop relationships with adults who care about spending time with them."

Stephanie Bryant, volunteer coordinator at BGCL, said there are as many volunteer opportunities as there are needs to be met.

"People shouldn't underestimate their contribution, whatever they have to share," Bryant said. "Giving your time and attention to children is such an important way to help your community. And it's fun."

For more information about volunteer opportunities at BGCL, contact Bryant at 978-683-2747, ext. 117 or sbryant@lawrencebgc.com. To donate, visit www.lawrencebgc.com or contact Development Director Dennis McCarthy at (978) 683-2747, ext. 118 or dmccarthy@lawrencebgc.com.

come for hot meals, homework help, fitness and nutrition programs, college and career planning, and lasting personal relationships. The Club offers critical programs that focus on academic success, healthy lifestyles, and community involvement at two locations: the Boys & Girls Club of Lawrence at 136 Water St., and the Beacon Boys & Girls Club at 71 Duckett Ave. For more information, visit www.lawrencebgc.com.

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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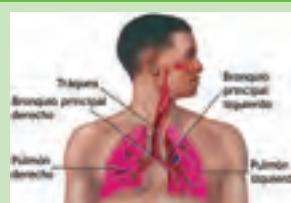
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Voluntarios Diana Bourgeois de North Andover y Laura Jordan de Andover Inspirando amor por la lectura en el Boys & Girls Club de Lawrence

Diana Bourgeois hace mucho tiempo que ha estado familiarizada con el Club de Niños y Niñas de Lawrence (BGCL) como residente de la vecina ciudad de North Andover, por lo que fue la primera organización que vino a su mente cuando quiso compartir su amor por la lectura con los niños.

Después de discutir sus ideas con la ex coordinadora de voluntarios Maureen Kelley, Bourgeois formó un programa de lectura en BGCL hace cuatro años. Se inició en la primavera, se extendió en el otoño, y ahora ella trabaja con los niños todos los lunes y miércoles de 3:30 hasta las 6:30 ó "mientras que haya alguien que quiera leer." El club está abierto entre semana hasta las 8 pm, con la cena proveída como parte de la cuota anual de \$30.

"Quería algo que llevara alegría a mi vida", dijo Bourgeois, un ex capellán del hospital", y esto es algo muy alegre."

Bourgeois dijo que su objetivo es aumentar la comprensión de la lectura, vocabulario y disfrute general de los niños, llamando la lectura la "base de toda la educación", así como un pasatiempo relajante para toda su vida. Ella encuentra que la consistencia es importante - no sólo porque los niños preguntan constantemente cuándo ella regresa, sino porque la lectura en voz alta no es una tradición en algunas culturas.

Como los libros no siempre están disponibles en los hogares de los niños, Bourgeois complementa la colección donada del club con decenas prestados de la biblioteca. Ella alinea los títulos de los libros en una cómoda zona de sofá apartado del resto de la habitación de hacer la tarea, donde ella y un niño o un grupo pequeño lean en voz alta el uno al otro.

"Hay una gran cantidad de maravillosos libros infantiles, así que trato de mezclarlo con diferentes temas para que sea una experiencia especial para todos los niveles de lectura", dijo Bourgeois, señalando que ella y los miembros del Club ambos disfrutan de una variedad de no-ficción y literatura infantil.

"Algunos niños son tímidos y no hablan mucho, pero después de unos minutos, apoyan o descansan su cabeza en mi hombro, lo cual es muy dulce", agregó. "Amistades más que son maestros me dicen que nunca se sabe la diferencia que puede hacer a un niño, y es una emoción cuando regresan de años anteriores. Ha sido una experiencia maravillosa para mí, y espero que sea un enriquecedora para ellos también".

Los martes y jueves, Laura Jordan de Andover miembro de la junta BGCL, se encarga de la lectura y se ha ofrecido como un mentor, tutora de la sala de tarea, consejera universitaria y miembro del comité de la

subasta. Este es su segundo año leyendo a los miembros del BGCL dos veces a la semana, por lo que también carga una gran bolsa de libros de la biblioteca y otros que ha adquirido.

"Es muy gratificante para mí, y espero que para ellos también. Los niños y el personal es tan cálido y agradecido", dijo Jordan, una entrenadora de empresas jubilada que tiene un grado de Maestría en Educación. "Quiero que aprendan que leer es una actividad divertida y relajante."

Desde la perspectiva de Jordan, ya eso está sucediendo. Ha habido varios casos, por ejemplo, en que los niños han reconocido con entusiasmo un libro que también leen en la escuela. Otras veces, dos o tres niños se turnen para leer las páginas del mismo libro o hablar en las voces de los personajes.

"Creo totalmente en la misión del Club, que está dando a los niños un lugar seguro a donde ir después de la escuela con programas de enriquecimiento fuertes", dijo Jordan. "Personalmente, creo que lo que hace el mayor impacto es cuando los niños desarrollan buenas relaciones con los adultos que se preocupan por pasar tiempo con ellos."

Stephanie Bryant, coordinadora de voluntarios en BGCL, dijo que hay tantas oportunidades de voluntariado, como necesidades que cumplir.

"La gente no debería subestimar su contribución, lo que tienen que compartir", dijo Bryant. "Dar de su tiempo y atención a los niños es una manera importante de ayudar a su comunidad. Y es divertido".

Para obtener más información acerca de las oportunidades de voluntariado en BGCL, póngase en contacto con Bryant en 978-683-2747, ext. 117 ó sbryant@lawrencebgc.com. Para hacer una donación, visite www.lawrencebgc.com o comunicarse con el Director de Desarrollo de Dennis McCarthy al (978) 683-2747, ext. 118 ó dmccarthy@lawrencebgc.com.

Sobre el Boys & Girls Club de Lawrence

El Boys & Girls Club de Lawrence proporciona un refugio seguro después de la escuela para más de 2,700 jóvenes (edades de 7 a 18) a venir por una comida caliente, ayuda con las tareas, programas de acondicionamiento físico y nutrición, planificación de carrera y la universidad y relaciones personales duraderas. El Club ofrece programas críticos que se centran en el éxito académico, estilos de vida saludables, y participación de la comunidad en dos lugares: el Club de Niños y Niñas de Lawrence en el 136 Water St., y el Beacon Boys & Girls Club en 71 Duckett Ave. Para obtener más información, visite www.lawrencebgc.com.



Laura Jordan de Andover, miembro de la junta directiva y voluntaria en el Boys & Girls Club de Lawrence, lee a Philip Mwangi de 8 años de edad, de Lawrence.

Laura Jordan of Andover, a board member and volunteer at the Boys & Girls Club of Lawrence, reads to 8-year-old Philip Mwangi of Lawrence.



Diana Bourgeois de North Andover ha estado leyendo a los miembros del Club de Lawrence Boys & Girls durante cuatro años.

Diana Bourgeois of North Andover has been reading to members of the Boys & Girls Club of Lawrence for four years.

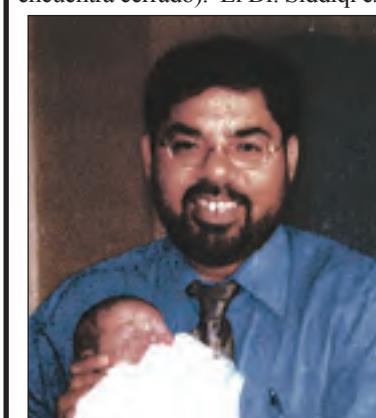
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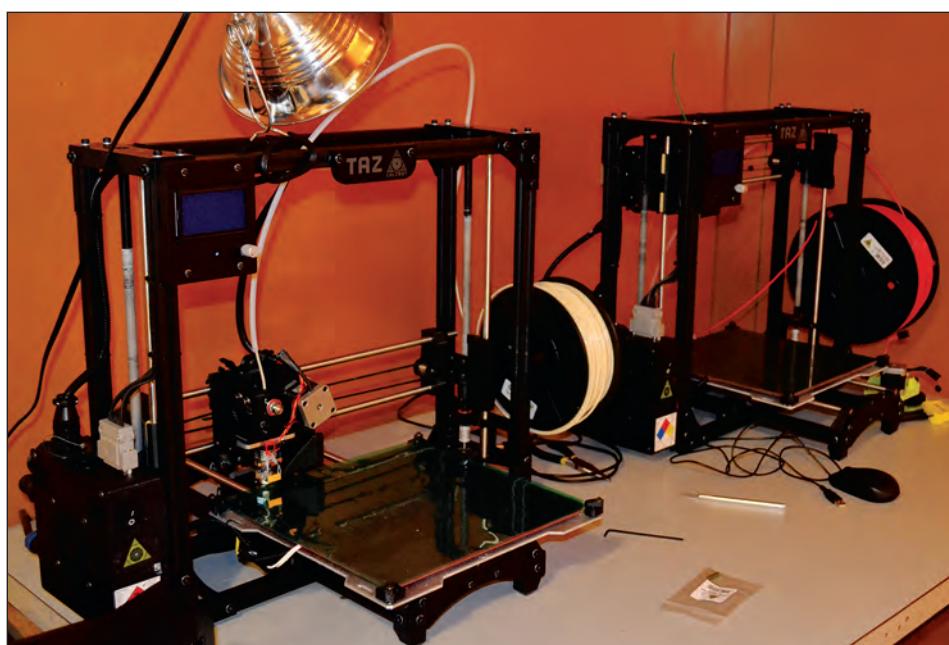
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Gift Advances STEM Options

YDO receives 3D printers & prototyping equipment



After last year providing seed funding for YDO to establish the STEM Design Lab, Mark Gelfand and the Gelfand Family Charitable Trust have stepped forward again to support STEM education in Lawrence.

In December, Mr. Gelfand visited YDO to check on the new engineering programs and the progress being made by our students. He was generous with his time, which provided a valuable opportunity for the kids to interact with one of the professionals directly investing in their out-of-school education.

Pleased with what he found, Mr. Gelfand wrote the following morning to say that he wanted to accelerate YDO's pace of expansion and to provide the necessary equipment for an advanced prototyping setup, including 3D printers, a laser scanner and a CNC machine.

YDO's Director of STEM Programs, Doug Prime, has already started an Arduino Exploration class for advanced projects; and, as a group of student leaders emerges, our program offerings and capabilities will expand greatly. So, stay tuned...

Girls' Coding Club Outing

YDO Kids visit Tufts hackathon



On Saturday, February 14th, YDO's coding class took a trip to Tufts University to meet and interact with project teams of college students who had freshly developed ideas for solving real-world problems. Despite their youth (ranging from 2nd to 5th grade), the YDO girls impressed not only the college students but also the event organizers with their levels of interest, inquiry and engagement.

About the hackathon:

The International Development Hackathon (ID Hack) was a 24-hour event that brought

together hackers, coders/developers, international development enthusiasts, and NGOs from the greater Boston area to work on projects that will make an impact on international development.

The event was co-organized by Harvard Developers for Development, MIT Global Poverty Initiative, Tufts Entrepreneurs Society, and Tufts Empower.

Special thanks to Leonard D'Avolio for organizing the trip!

Leonard, a volunteer coding instructor for YDO, is director of informatics at Ariadne Labs.

Field Trip to Kiva Systems

STEM group tours facility during Feb vacation



Competitions Nearing

Preparations continue for regional & state events

Saturday, March 14th will be a big day for many of the YDO Kids. This year, two of the annual competitions will take place on the same day, splitting our efforts between Lawrence and Worcester.

learning through the "creative process from imagination to innovation".

Science Olympiad at Assumption College

Two teams of 10-12 middle schoolers take their knowledge, skills and projects to test their mettle against schools from across the Commonwealth. YDO students have been preparing with the help of a team of high school volunteers organized and led by Jennifer Tran (Gr. 12, Central Catholic).

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Division 8 AOH Announces Schedule of Events for 2015 Irish Heritage Month

The Rev. James T. O'Reilly OSA Division 8 Ancient Order of Hibernians has a full slate of activities scheduled to take place during Irish Heritage Month – March, 2015 in the City of Lawrence. Among the highlights of this year's activities is an exhibit on the Civil War, "Hometown Heroes" which will be on display at the Lawrence's Heritage Park Visitors Center, 1 Jackson St., Lawrence, MA. This exhibit will also feature several lectures by authors of books and historians, a film festival, among other events. All are welcome to attend these lectures and view the exhibit free of charge. A full listing of activities for the month is noted here.

Sunday, March 1, 2015 OPENING RECEPTION and EXHIBIT - "Hometown Hero's" with featured guest speaker, Dennis Ahern, who will speak on "The Other April 19th" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 2 pm Sponsored by Division 8 AOH & the Irish Foundation (FREE) – Handicap Accessible.

Sunday, March 1, 2015 – 22nd ANNUAL CLADDAGH PUB ROAD RACE – 11 am (rain or shine) # 2 of the Wild Rover Race Series - For more information runthecladdagh.com

Monday March 2, 2015 IRISH FLAG RAISING Across from City Hall – Common St. @ 11 a.m.

Wednesday, March 4, 2015 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: Open House 10 am – 1 pm Showcase of Irish Books, CD's and DVD's – All Month (Monday, Wednesday, Saturday 10 am – 5 pm) Sponsored by Division 8 & the Irish Foundation (FREE) – Handicap Accessible.

Saturday, March 7, 2015 - THE 144th ANNUAL SAINT PATRICK'S DAY BANQUET AND DANCE at the Lawrence Firefighters Association Reliefs' In, One Market Street, South Lawrence, MA. Traditional Corned Beef & Cabbage Dinner with dancing to the Jolly Tinkers from 6 pm – 11 p.m. – Awarding of the Richard Cardinal Cushing and Irishman & Irishwoman of the Year Awards. For more information please contact Robert Gauthier at 978 686-2786. Sponsored by Division 8 AOH – Handicap Accessible.

Sunday, March 8, 2015 – SAINT PATRICKS DAY PARADE 1:00 pm for more information please see their website www.lawrencestpatssparade.com, or email them at information@lawrencestpatssparade.com

Friday, March 13, 2015 – 46th ANNUAL SAINT PATRICK'S DAY LUNCHEON at the Lawrence Firefighters Association Reliefs' In, One Market Street, South Lawrence, MA Traditional Corned Beef and Cabbage Dinner with entertainment by the Silver Spears Irish Show Band at NOON. Awarding of the Honorable John E. Fenton Citizenship Award - For more information please contact Jack Lahey at 603 898 7766. Sponsored by Division 8 AOH – Handicap Accessible.

Sunday, March 15, 2015 WHITE FUND LECTURE Dr. John "Sean" Condon, Ph.D. Associate Professor and Chair of the History Department at Merrimack College and Author will speak on "Challenging Slavery during the American Revolution: Maryland, 1775-1800" at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Sponsored by Division 8 AOH & the Irish Foundation (FREE) - Handicap Accessible.

Sunday, March 22, 2015 - Native Lawrencian Robert Bateman now of New York, will speak on "PATRIOT IRISH AMERICAN -- The Latter Years in the Life of Captain Timothy Deasy" at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Sponsored by Division 8 AOH & the Irish Foundation (FREE) - Handicap Accessible.

Saturday, March 28, 2015 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 10:00 a.m. Sponsored by Division 8 AOH For further information please call 978 794-1655. (FREE) – Handicap Accessible.

Sunday, March 29, 2015 IRELAND IN SONG - CELTIC MELODIES FOR VOICE AND PIANO - performed by Terri and George Kelley at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by the Friends of the Lawrence Public Library & The Irish Foundation. (FREE) – Handicap Accessible

Irish heritage month is sponsored by the Ancient Order of Hibernians Division 8 and is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For information on weather related possible cancellation of any of Irish Heritage Month events, please contact the AOH/LAOH Cancellation Line @ 603-893-5802

Parade Postponed!

Due the unprecedent amount of snow and extremely cold weather, the Parade Committee has decided to move the date of the Parade from Sunday March 8th to Saturday March 28th.

This decision was made after a lengthy discussion among the Parade Committee, as well as in consultation with City Officials. The safety of the participants and spectators is a top priority for everyone. It is the hope of the committee that the later date will bring beautiful weather, which will provide a wonderful experience for everyone after this very trying winter.

The Lawrence Saint Patrick's Day Parade will take place Saturday March 28, 2015 at 1PM.

The Parade will follow the same route as it did in 2014. The Parade will begin at the intersection of Amesbury Street and Common Streets, and proceed down Amesbury Street by the Claddagh Pub over the Central Bridge onto Parker Street turning left onto Salem Street down Salem Street past Pizza King Turning left onto Market Street past the Relief's In ending at Market and Osgood. (Good viewing locations: Claddagh Pub, Pizza King, Relief's In)

(No Parking on street will be in effect from 11AM-4PM the day of the parade along the route)



Donations and Participant Registration Information

Anyone wishing to donate can send their donations made payable to: Lawrence St. Patrick's Day Parade c/o Relief's In 1 Market Street Lawrence, MA 01843. A Memorial Page has been set up for anyone wishing to donate a \$100.00 in memory of a loved or some special person in your life. For more information of if you're interested in participating please return the registration form no later than March 14th.

All forms to register to participate are downloadable on the website: www.lawrencestpatssparade.com

Division 8 AOH Announces Award Recipients por 2015 Irish Heritage Month

The Rev. James T. O'Reilly OSA Division 8 Ancient Order of Hibernians has announced the recipients for their 2015 Awards. The Hon. John E. Fenton Citizenship Award will be presented to Massachusetts Secretary of Veterans Affairs, Francisco Urena, at Division 8's 46 Annual Saint Patrick's Day Luncheon on Friday, March 13, 2015. Mr. Urena previously served as the City of Lawrence's Director of Veterans Services from 2007 – 2011 and the City of Boston's Commissioner of Veterans Affairs from 2011 – 2015. He was appointed to his present position in January by Governor Baker. He served in the US Marine Corps from 1998 – 2006. While in the Marine Corps, he served in Operation Iraqi Freedom. In 2005, he was awarded a Purple Heart, a decoration for military members who are wounded in action. He is a native of the Dominican Republic.

Sister Mary Murphy, SND de Namur, PhD, has been selected as the Division 8's 2015 recipient of the Richard Cardinal Cushing Award. This award will be presented at Division 8's Saint Patrick's Day Dinner Dance which will be held on Saturday, March 7, 2015. Arriving in Lawrence in 1998, Sister Mary Murphy established the Notre Dame Education Center which she directed from 1998 to 2003. In 2004 Sister Mary founded Notre Dame Cristo Rey High School in Lawrence, so the Sisters of Notre Dame could continue educating the children of immigrants. In June, 2014 she stepped down as president of the school. The Cushing award is presented annually to an Irish Catholic who resides in the Greater Lawrence area, and is named after the great Irish Catholic Prelate

who served the Archdiocese of Boston for nearly 50 years.

Methuen resident, Thomas P. Canney, a member and officer of Division 8, has been selected, as Division 8's 2015 Irishman of the Year. This award will be presented at the 144th Annual Saint Patrick's Day Dinner Dance on March 7, 2015. The Irishman of the Year Award, which was established in 1964, is the highest award the Division can bestow on a member. A native of Lawrence, Massachusetts, Tom and his wife, Ruth, are the proud parents of two children and two grandchildren. Tom also presently serves as the Grand Knight of the Saint Monica Council Knights Council 14725.

This year's 144th ANNUAL SAINT PATRICK'S DAY BANQUET AND DANCE will be held at the Lawrence Firefighters Association Reliefs' In, One Market Street, South Lawrence, MA 01843 on Saturday, March 7, 2015. It will feature a traditional Corned Beef and Cabbage Dinner with dancing to the Jolly Tinkers from 6:00 p.m. – 11:00 p.m. Anyone wishing more information on this event or tickets should contact Dinner Dance Co-Chairman, Robert Gauthier at 978 686 2786.

The Division's 46th Annual Saint Patrick's Day Luncheon will also be held at the Lawrence Firefighters Association Reliefs' In, One Market Street, South Lawrence, MA 01843. This event will take place on Friday, March 13, 2015 at Noon and will feature a Corned Beef and Cabbage Dinner with entertainment by the Silver Spears Irish Show Band. Anyone wishing more information on this event or tickets should contact Luncheon Chairman, Jack Lahey at 603 898 7766.

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Voices of the future - Today

By Dalia Diaz

Nicholas McCool has always been interested in public speaking. Starting in grade four, he did the PA announcements at school and continued that through middle school and into Central Catholic High School. In addition to starting a school's first podcast, the Everything McCool about Central podcast. He also serves as the PA announcer for Central Catholic's Varsity basketball teams, and plans to do play-by-play work for these and other CCHS Athletics clubs in the coming seasons, as Central moves closer to livestreaming events to their website.

"For some reason, I have always gravitated towards the microphone, the podium, and the front of the classroom while my peers shy away. I love to make people smile with my presentations in class, aiming not only to meet the criteria of the project but also to thoroughly entertain my classmates. For me, there is no greater joy than to hear from other people that an audience enjoyed a show I did, a basketball game I announced, or a presentation I gave," he said enthusiastically. "I have also been led in the direction of radio and television by many of my show-business idols, namely David Letterman, Johnny Carson, and Howard Stern, and hope to pursue a future career in radio and television broadcasting on a national level."

As he prepared to attend Central Catholic, Nick went to a Kiwanis Club Youth Summit with his middle school's Academic Bowl team, where he met Brother Rene Roy, effectively the face of Central. He told him of his plan on attending Central, and asked him if Central had a radio show, station or podcast. He explained that Central did not have one at the time, but he would put him in contact with the right people once he started.

"I had no idea what a 'podcast' was but I saw the enthusiasm and intelligence that would make him a great student at Central," Brother Rene told me. He is so resolute in his ideas, so mature for his young years that I was highly impressed."

Eventually, Brother Rene put him in contact with Chuck Putney, the Website Project Manager at Central and he informed him that because of the live nature of a radio show, a Central-based radio program would be difficult, much less a station. However, a school podcast would be possible, and over the past two and a half years, they have collaborated, along with a varied crew of other students, including his cohost Todd Oliveira and technical manager Harrison Allen, to create and post the Everything McCool about Central podcast, which can be found at the Podcast Central tab under Student Life at www.centralcatholic.net.

Then, last December, he became a new voice at WCCM 1110 AM. When I listened for the first time on a Saturday at 3 o'clock, I thought it was an interesting program dealing with local current issues and a great voice. Upon meeting Nick, my surprise was even bigger; his demeanor, self-esteem and presence was that of a true media professional.

"My start at WCCM, I owe completely to my uncle, who owns Superior Cleaners

and Tailors in Lawrence, Mass. At the time of my big break, I had only appeared on radio once, also on Superior's behalf; doing a live read on The Sicilian Corner. However, this past summer, my uncle Russell allowed me to go on The Nunzio DiMarca Italian Radio Show during their remote from the Feast of the Three Saints, in the Tripoli Bakery parking lot. During the remote on the Sunday of the feast, Patrick Costa, the owner of WCCM, gave me his card and told me to give him a call, because he might be able to get me an internship at the station," he explained. "Within days, I was sitting in his conference room, along with his operations manager, Deborah Metros, when he told me he wanted to give me a Saturday afternoon radio show on WCCM. I don't think I could do justice with the written word to the incredible excitement that overcame me. I couldn't believe that at 16 years of age, I was going to be the host of my own radio show. Sometimes I still can't believe it."

The McCool Show has taken shape as a roundtable discussion aimed at teenagers and young adults, giving a forum to topics not normally discussed on the radio. As the content manager for the show, he tries to keep the show's feel upbeat and fun, because it has been his wish from the start that this show should be a break from the normally tragic and depressing feel to most news.

"I always solicit calls on the show, and love to hear my callers' takes on youth issues that affect young adults in the Merrimack Valley. While this show is still very young, I hope in the coming months to develop it into something the youth of the Merrimack Valley tune into every Saturday afternoon, to be part of a conversation that is based on the youth we all share. This show should be relatable to the high school or college-aged kid, and we hope that they give us a try on 1110 Eagle Radio Saturdays at 3pm," Nick explains.

Contrary to what he said about the show being for young people, there is substance on their topics and sensible discussions. He joined forces with Haley Norris, 17 and Dawson Shyne-Appignani, 16, and the stories they choose to discuss are worthy of attention from adults in the entire coverage area.

"Neither Haley nor Dawson were original members of The McCool Show cast, but both have become cast members through single show appearances they made. Both are good friends from school, and I value my relationships with both of them outside my business in radio," said Nick.

Haley earned her spot on the show when she called in to the maiden broadcast, to weigh into their cell phone debate in favor of the Apple iPhone. "During this call-in, she demonstrated not only a very distinguished female radio voice, but also a jovial disposition on the air I felt the show would benefit from. She has been a cast member on the show for every subsequent week, and has proven invaluable on the air," he explained.

"I used to do a lot of acting and I really have a love for public speaking," Haley told me and this seemed to be a natural transition for her.

Dawson was a later addition to the



At left / a la izquierda: Nick McCool with Dawson Shyne-Appignani.

program, and made his first appearance as a guest on the show to discuss whether or not schools should abolish grades, and adopt an assessment system more conducive to the long-term educational process and Nick explained that, "After discovering a passion for being on the air, along with demonstrating his keen knowledge of the sports world, Dawson was added to the show's cast, and has appeared on every subsequent show, excepting one, since his first appearance."

I met Dawson and Haley during one of their broadcasts. "For me," said Dawson, "being on the radio has become the highlight of every week, without fail. The idea that I am able to communicate with such a large audience and share ideas or observations with them and hear theirs in return is downright incredible. And with the McCool Show, I am not forced to argue about politics like history class, or religious belief like my morality class. I am able to comment on entertainment news, or analyze sports events while hearing others' takes on these events. This alone makes being on the show one of the most enriching experiences of my life. Of course, I don't want this to end as some backroom project by a bunch of kids either; my hopes are for the show to grow in audience and grow in familiarity with people. So when we come on the air on Saturdays, not only am I, or Nick, or Haley, sharing our ideas or knowledge, we will now have callers who want to give their point of view. That's what makes this opportunity amazing; we aren't just lecturing to people, we are conversing with them, and I hope that continues for a long time."

His religion class teacher, Anne Martino sees that ability in him. "Nick is a great student; he is very open to learning and has a great ability telling a story. He is not only very gifted but a good human being."

Curious to know what preparations go into each production I asked Nick how he plans his shows. Do you usually have guests?

"I plan an individual show's content

several weeks in advance. I have a running list of topics that I want to discuss on the show, and we generally assign one topic to a show, which makes up the middle segment of the program. Dawson will provide a weekly sports segment, as will Haley for entertainment, and these segments are presented in two parts, the first half at the top of the show and the second half in the last block of the show." Nick's response showed me a mature person who will carve out his way in society with the same care.

Nick continued, "In order to maintain the youthful atmosphere of the show, I very carefully consider the topics that make it to air. We need ideas that will not only generate entertaining conversation, but do so with a youth audience. Topics covered on the show have included debates over the best cell phones, similar debates about social media applications, and New Year's Resolutions.

"While we do not have a guest on the show every week, I really enjoy the interview process, and feel that the quality of the show greatly benefits from introducing new voices to the program. We have had guests ranging from a Wampanoag Native American (appearing on a Thanksgiving special) to a Verizon Wireless employee (to help with the phone debate) to one of CCHS's guidance counselors (to discuss the college applications process). Guests on our program are generally making their first radio appearance on our program, and it is great fun to facilitate that," he concluded.

One of his professors, Mr. Kevin McCarthy, had this to say about Nick: Doing the radio show with Nick was nothing short of amazing. Although Nick is a high school student I felt like I was working with a highly experienced radio personality that has been working the air waves for years. From the pre-interview process to manner in which Nick kept the interview flowing, my only wish is that we had more time to talk. It is inspiring to see an individual like Nick identify his passion at such a young age. I look forward to tracking his success for years to come.

That makes two of us.

Voces del futuro - Hoy en día

Por Dalia Diaz

Nick McCool siempre ha estado interesado en la oratoria. Desde el cuarto grado, él viene haciendo los anuncios a través del altavoz en la escuela y continuó haciéndolo en la escuela media y en Central Catholic High School. Además de iniciar el primer podcast de su escuela, el programa Everything McCool about Central podcasts. También se desempeña como el anunciador de los equipos de baloncesto de Central Catholic, y planea hacer el trabajo de play-by-play para estos y otros clubes atléticos de CCHS en las próximas temporadas, ya que Central va a transmitir en vivo sus eventos en su página web.

"Por alguna razón, siempre he gravitado hacia el micrófono, el podio, y el frente de la clase, mientras mis compañeros se apartan. Me encanta hacer sonreír a la gente con mis presentaciones en clase, con el objetivo no sólo para cumplir con los criterios del proyecto, sino también para entretenerte a fondo mis compañeros de clase. Para mí, no hay mayor alegría que oír de otras personas que el público disfrutó de un espectáculo que hice, un partido de baloncesto que anuncie, o una presentación que hice", dijo con entusiasmo. "También me han dirigido en la dirección de la radio y la televisión muchos de mis ídolos del mundo del espectáculo, como lo son, David Letterman, Johnny Carson, y Howard Stern, y tengo la esperanza de seguir una futura carrera en la radio y televisión a nivel nacional."

Mientras se preparaba para asistir a Central Catholic, Nick fue a una Cumbre Juvenil del Club Kiwanis con el equipo académico de su escuela secundaria, donde se reunió con el Hermano René Roy, quien es la cara de Central. Le habló de su plan de asistir a Central y le preguntó si Central tiene un programa de radio, estación o podcast. Explicó que Central no tenía uno en ese momento, pero él lo pondría en contacto con las personas adecuadas una vez que hubiese comenzado.

"Yo no tenía idea de lo que era un 'podcast', pero vi el entusiasmo e inteligencia que le haría un gran estudiante en Central," me dijo el Hermano René. Él es tan firme en sus ideas, tan maduro para sus jóvenes años que yo quedé muy impresionado".

Finalmente, el hermano René le puso en contacto con Chuck Putney, el Gerente de Proyectos Web en Central y él le informó que debido a la naturaleza en vivo de un programa de radio, un programa de radio basado en Central sería difícil, y mucho menos una estación. Sin embargo, un podcast sería posible, y en los últimos dos años y medio, han colaborado, junto con un variado equipo de otros estudiantes, incluyendo a su coanfitrión Todd Oliveira y gerente técnico Harrison Allen, para crear y publicar el programa Everything McCool about Central podcast, que se puede encontrar en la página web de la escuela www.centralcatholic.net bajo Vida Estudiantil.

Luego, en diciembre pasado, se convirtió en una nueva voz en WCCM 1110 AM. Cuando escuché por primera vez un sábado a las 3 de la tarde, pensé que era un interesante programa que trata temas de actualidad local y una gran voz. Al conocer a Nick, mi sorpresa fue aún mayor; su porte, la autoestima y la presencia fueron de un verdadero

profesional de los medios de comunicación.

"Mi comienzo en WCCM, se lo debo completamente a mi tío, que es dueño de Superior Cleaners and Tailors en Lawrence, Massachusetts. En el momento de mi gran oportunidad, yo sólo había aparecido en la radio una vez nada más, también en representación de Superior haciendo una lectura en vivo en The Sicilian Corner. Sin embargo, el verano pasado, mi tío Russell me permitió ir en el programa italiano de Nunzio DiMarca durante su transmisión desde la Fiesta de los Tres Santos, en el estacionamiento de la Panadería Trípoli. Durante el control remoto en el domingo de la fiesta, Patrick Costa, el dueño de WCCM, me dio su tarjeta y me dijo que le diera una llamada, porque él podría conseguirme una pasantía en la estación", explicó. "En cuestión de días, yo estaba sentado en su sala de conferencias, junto con su gerente de operaciones, Deborah Metros, cuando me dijo que quería darme un programa de radio el sábado por la tarde en WCCM. Yo no creo que pueda hacer justicia con la palabra escrita a la increíble emoción que me invadió. No podía creer que a los 16 años de edad, yo iba a ser el anfitrión de mi propio programa de radio. A veces todavía no lo puedo creer."

El Show de McCool ha tomado forma como una mesa redonda dirigida a adolescentes y adultos jóvenes, dando un foro para temas normalmente no discutidos en la radio. Como encargado del contenido del show, él trata de mantenerlo animado y divertido, ya que ha sido su deseo desde el principio que este programa debe ser un descanso de la sensación normalmente trágica y deprimente de la mayoría de los noticieros.

"Yo siempre solicito llamadas en el programa y me encanta escuchar la opinión de mis oyentes en temas de juventud que afectan a los adultos jóvenes en el Valle de Merrimack. Mientras que este programa es aún muy joven, espero en los próximos meses poder desarrollarlo en algo que los jóvenes del Merrimack Valley sintonicen todos los sábados por la tarde, para ser parte de una conversación que se basa en la juventud que todos compartimos. Este programa debe ser fácil identificarse con estudiantes de la escuela secundaria o en edad universitaria, y esperamos que hagan la prueba en 1110 de Eagle Radio los sábados a las 3:00PM", explica Nick.

Contrario a lo que dijo que el show es para los jóvenes, hay sustancia en sus temas y sus discusiones son sensatas. Pronto se unió con Haley Norris, 17 y Dawson Shyne-Appignani, 16 y las historias que optan por discutir son dignas de atención por parte de los adultos en toda el área de cobertura.

"Ni Haley ni Dawson eran miembros originales del elenco de The McCool Show, pero ambos se han convertido en miembros del reparto a través de comparecencias individuales que hicieron. Ambos son buenos amigos en la escuela, y valoro mis relaciones con ambos fuera de mis asuntos en la radio", dijo Nick.

Haley se ganó su lugar en el show cuando ella llamó a la primera emisión para opinar en su debate a favor del teléfono celular iPhone de Apple. "Durante esta llamada, ella demostró no sólo una voz de radio femenina muy distinguida, pero también una disposición jovial en el aire que me sentí que el programa se beneficiaría. Ella ha sido un miembro del elenco todas las semanas posteriores, y ha demostrado ser de gran valor en el aire", explicó.

"Yo solía actuar cada vez que tenía la



Haley Norris, 17, en los controles. / Haley Norris, 17, at the controls.

oportunidad y realmente me encanta hablar en público," me dijo Haley y esto pareció ser una transición natural para ella.

Dawson fue una adición posterior al programa, e hizo su primera aparición como invitado para discutir si las escuelas deben abolir grados, y adoptar un sistema de evaluación más propicio para el proceso educativo a largo plazo y Nick explicó que, "después de descubrir una pasión por estar en el aire, junto con la demostración de su gran conocimiento del mundo de los deportes, Dawson está en el elenco y ha aparecido en cada show posterior, con excepción de uno, desde su primera comparecencia."

Conocí a Dawson y Haley durante una de sus emisiones. "Para mí", dijo Dawson, "estar en la radio se ha convertido en el punto culminante de cada semana, sin falta. La idea de que soy capaz de comunicarme con una audiencia tan grande y compartir ideas u observaciones con ellos y escuchar de ellos a cambio es francamente increíble. Y con The McCool Show, yo no me veo obligado a hablar de política, como en la clase de historia, o creencia religiosa como en mi clase de moralidad. Puedo comentar noticias de entretenimiento, o analizar eventos deportivos mientras que escucho la opinión de otros sobre estos eventos. Esto resulta en una de las experiencias más enriquecedoras de mi vida. Por supuesto, no quiero que esto termine como otro proyecto por un grupo de estudiantes; mi esperanza es que el show crezca en audiencia y en la familiaridad con la gente. Así que cuando llegamos al programa los sábados, no sólo yo, o Nick, o Haley, compartiendo nuestras ideas o conocimientos, que ahora tendrá a las personas que llaman que quieren dar su punto de vista. Eso es lo que hace que esta oportunidad sea increíble; no sólo estamos dando una conferencia a la gente, estamos conversando con ellos, y espero que continuará por mucho tiempo."

Su profesora en la clase de religión, Anne Martino ve la capacidad que él tiene. "Nick es un buen estudiante; él es muy abierto a aprender y tiene una gran capacidad para contar una historia. Él no sólo es muy talentoso, sino un buen ser humano".

Curiosa por saber cómo hacen los preparativos para cada producción, le pregunté a Nick cómo planea sus programas. ¿Usualmente tienes invitados?

"Planeo el contenido con varias semanas de anticipación. Tengo una lista

actualizada de los temas que quiero tratar en el programa, y generalmente asignamos un tema a cada semana lo cual constituye el segmento medio del programa. Dawson proporcionará un segmento deportivo semanal, así como Haley con el de entretenimiento, y estos segmentos se presentan en dos partes, la primera al principio del programa y el segundo en el último bloque del programa. "La respuesta de Nick me mostró una persona madura que sabe labrarse su camino en la sociedad con el mismo cuidado.

Nick continuó: "A fin de mantener el ambiente juvenil del show, considero muy cuidadosamente los temas que salen al aire. Necesitamos ideas que no sólo van a generar conversación entretenida, pero lo hacemos con una audiencia juvenil. Los temas tratados en el programa han incluido debates sobre los mejores teléfonos celulares, debates similares sobre las aplicaciones de medios sociales, y las Resoluciones de Año Nuevo.

"Si bien no tenemos un invitado en el programa cada semana, yo realmente disfruto del proceso de la entrevista, y siento que la calidad del programa se beneficia enormemente introduciendo nuevas voces. Hemos tenido invitados desde un nativo americano Wampanoag (que hizo un especial de Acción de Gracias), a un empleado de Verizon Wireless (para ayudar con el debate de teléfono), a uno de los consejeros de orientación de CCHS (para discutir el proceso de solicitud de la universidad). Los invitados en nuestro programa general están haciendo su primera comparecencia en la radio en nuestro programa, y es muy divertido para facilitar eso", concluyó.

Uno de sus profesores, el Sr. Kevin McCarthy, tuvo esto que decir acerca de Nick: Hacer el programa de radio con Nick fue algo increíble. Aunque Nick es un estudiante de secundaria me sentí que yo estaba trabajando con una personalidad de radio de gran experiencia que ha estado trabajando las ondas de aire durante años. Desde el proceso de pre-entrevista al modo en que Nick mantuvo la entrevista con fluidez, mi único deseo fue que quisiera haber tenido más tiempo para hablar. Es inspirador ver a un individuo como Nick identificar su pasión a una edad tan joven. Espero con interés el seguimiento de su éxito en los años venideros.

Seremos dos.

Baker-Polito Administration Announces Release of \$13 Million in Federal Heating Assistance for Massachusetts Residents

Funding Will Help Approximately 180,000 Families Pay Heating Bills

Governor Baker and Department of Housing and Community Development Undersecretary Chrystal Kornegay today announced the release of over \$13 million in federal funding to the Low Income Home Energy Assistance Program (LIHEAP), bringing the total fuel assistance funding awarded to Massachusetts in FY15 up to \$144 million. The funding will be distributed to 22 local administering agencies that will allocate benefits to approximately 180,000 eligible families in need of assistance.

"In this especially cold and unprecedented winter for the

Commonwealth of Massachusetts, these funds will be important to seeing our families have the assistance they need to stay warm," said Governor Baker. "We will continue to work with the legislature to ensure Massachusetts' vulnerable families have the proper heating resources available."

"This funding comes at a critical time for Massachusetts residents who need a helping hand in heating their homes during these cold winter months," said Chrystal Kornegay, Undersecretary of the Department of Housing and Community Development, which manages LIHEAP.

The \$13 million is the final 10 percent of the total funding allocated to Massachusetts' LIHEAP from the United States Department of Health and Human

Services (HHS). In October 2014, HHS awarded Massachusetts a total of \$131 million in fuel assistance for qualifying residents, representing 90 percent of the FY15 LIHEAP funding.

The energy and fuel assistance program provides funding to help eligible households pay for a portion of their heating bills. Eligibility for LIHEAP is determined based on household size and the gross annual income of every household member

18 years or older. The maximum income eligibility for LIHEAP is 60 percent of the estimated state median income.

New applicants are encouraged to apply for the program. LIHEAP agencies will be accepting applications until April 30, 2015. To find out if you are eligible to receive fuel benefits, please visit here <http://www.mass.gov/hed/docs/dhcd/cd/liheap/fy15liheap-incomeeligibilityandiniti/albenefitlevels.pdf>.



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LAWRENCE 2015

Y O U !

C O N T I N U O U !

The Department of Housing and Urban Development (HUD) and the Continuum of Care in Lawrence will be conducting its annual Youth Count.

All youth ages 15 to 24 are invited to participate in a survey that will help better understand the number of young people without a stable place to live on any given night in Lawrence. If you have been couch surfing, at risk of losing your primary nighttime residence or simply have had to move 2 or more times in the past 60 days and are likely to remain unstable fill out this survey! The survey data will help us see the number of youth who are currently lacking fixed and adequate housing. Helps us get the word out!

The survey will be conducted at: the following agencies:

Wed, February 25th to 27, 2015 4:30 PM to 8:00 PM Merrimack Valley YMCA 40 Lawrence Street Lawrence, MA 01841	Saturday, February 28, 2015 10:00 AM To 12:00 Noon Boys & Girls Club Lawrence 136 Water Street Lawrence, MA 01841
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The survey can also filled out online at: <https://www.surveymonkey.com/s/massyouth>

LAWRENCE 2015

Y O U !

C O N T I N U O U !

El Departamento de Vivienda y Desarrollo Urbano en conjunto con Continuum of Care de Lawrence llevará a cabo un estudio anual sobre la situación de los jóvenes sin hogar

Todos los jóvenes de 15 a 24 años están invitados a participar en un estudio que nos ayudará comprender mejor los números de jóvenes sin un hogar estable en una noche cualquiera en Lawrence. ¡Si Usted duerme de sofá en sofá y no tiene UN hogar permanente, y estas en riesgo de perder su residencia primaria o simplemente ha tenido que mudarse 2 o más veces en los últimos 60 días; y es probable que siga siendo inestables debe completar Este estudio! Los datos de los estudios nos ayudarán a ver el número de jóvenes que actualmente no tienen un hogar fijo y adecuado. ¡Ayúdanos a difundir la información sobre este estudio!

Los estudios se realizará en los siguientes agencias:

Miércoles, 25 - 27 de Febrero, 2015
4:30 PM to 8:00 PM
Merrimack Valley YMCA
40 Lawrence Street
Lawrence, MA 01841



Sábado, 28 de Febrero, 2015
10:00 AM To 12:00 PM
Boys & Girls Club Lawrence
136 Water Street
Lawrence, MA 01841

Los Estudios también se puede completar vía internet: <https://www.surveymonkey.com/s/massyouth>

La crisis de salud dental infantil afecta a millones de niños Latinos

Febrero es el mes de la Salud Dental Infantil, un período importante para promover el conocimiento y para combatir la crisis de salud dental que está afectando a millones de niños en Estados Unidos. Desafortunadamente, los niños desde los dos años de edad sufren de caries en los dientes primarios y uno de cada cuatro jóvenes no recibe tratamiento.

Lo más alarmante es el número de jóvenes y adolescentes que sufrirán de caries en los dientes permanentes antes de terminar la secundaria. El Centro de Control de Enfermedades reconoce que las caries dentales son la enfermedad crónica #1 de niños en los Estados Unidos.

Las condiciones bucales que causan

caries en niños son relacionadas con riesgos adversos a la salud, inseguridad en uno mismo, dificultad de articulación, reducción de concentración y problemas de nutrición.

La población Hispana y Afro-Americaná está expuesta al mayor riesgo del desarrollo de caries dentales. Un estudio realizado por la Institución Nacional de Investigación Dental y Craneofacial indica que el 65% de Latinos adolescentes sufre de caries en los dientes permanentes. Al envejecer, el riesgo de desarrollar condiciones médicas más serias como la diabetes, enfermedad cardíaca, demencia y algunos tipos de cáncer aumentan.

"Las caries dentales pueden causar



complicaciones que afectan gravemente la calidad de vida y la habilidad de triunfar de un niño", dice la Dra. Leslie Townsend, DDS., Directora Dental Regional en Jefferson Dental Clinics. "Está en las manos de los padres y los encargados del cuidado del niño el enfatizar la importancia de establecer buenos hábitos higiénicos. Con prevención y el cuidado apropiado el problema de caries dentales pueden ser evitadas".

Cada niño merece un comienzo saludable, para promover y reforzar los hábitos saludables desde una edad temprana utilice estos consejos:

- Durante el primer año de edad es importante que los niños establezcan el hábito de lavarse los dientes dos veces por día. Para bebés sin dientes utilice una toallita mojada para limpiar las encías después de comer.
- Consulte a su dentista sobre el uso de selladores dentales, una capa protectora aplicada a las muelas para prevenir caries.
- Después de los 3 años, introduzca una pasta dental con fluoruro para reforzar el esmalte de los dientes. La Asociación Americana Dental no recomienda el uso de fluoruro en niños menores de dos años.
- Cuando el niño tenga dos dientes en contacto empiece el uso del hilo dental. Hasta que ellos lo puedan hacer solos, enséñales cómo usarlo y la importancia del hilo dental. El 35% de la superficie

de los dientes no se limpia sin el uso del hilo dental.

- Muchos jugos de fruta contienen un alto nivel de azúcar que perjudica la salud oral. Limite los biberones a contener leche, fórmula o agua.
- Prepare comidas saludables y balanceadas. Limite los alimentos altos en azúcar o muy pegajosos, estos alimentos aumentan la acumulación de bacteria y el ácido que destruye el esmalte dental.
- Haga citas regulares con el dentista, es recomendado ir cada 6 meses para obtener limpiezas profesionales y examinaciones bucales.
- Finalmente, sea el modelo del cuidado dental de los niños. Tener una sonrisa saludable es cosa de familia, el mejor ejemplo lo ponemos los mayores.

Muchos planes de seguros privados cubren hasta dos limpiezas dentales por año, tome el paso hacia la prevención de la salud oral tomando beneficio de estos servicios. Los planes de salud como Medicaid y CHIP cubren el costo de las visitas dentales y el período de inscripción está abierto durante todo el año.

Febrero es el mes para reforzar la salud oral de los más chiquitines, no deje que su niño sea la próxima víctima de la crisis dental infantil. Para más información sobre el cuidado bucal y para más educación de prevención dental, visite www.dandonrisas.com

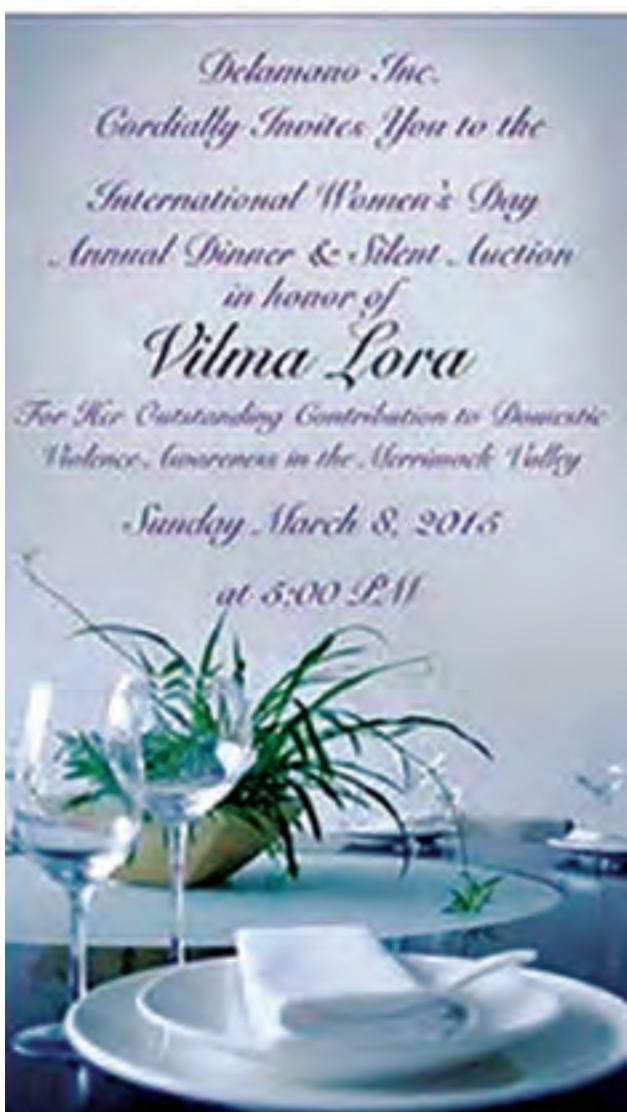
Help for Elders

Elder Services is currently recruiting & training more volunteers to help the elderly remain safely in their homes for as long as possible; the volunteers will help with:

- With door to door Transportation to medical appointments.
- With an advocate, to accompany the elder into the medical appointment.
- With food shopping & picking up prescriptions.
- With companionship, someone they can just talk with.

Request - This is a wonderful program for our elders who have no one to help them. However, Elder Services needs many more volunteers throughout the Merrimack Valley to answer all the calls for help we are receiving. We hope the folks who are reading this Ad can put a few hours aside each month and help support this critical need.

Contact: Renee at, 978-946-1463



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DEBEN TENER 4 AÑOS CUMPLIDOS PARA EL 1 DE SEPTIEMBRE 2015

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Para más información y una aplicación pueden llamar a Zori Davidovich @ 978.689.9863, ext. 140 o visite nuestra página de Internet www.lfdc.org.

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Lawrence Family Development
Charter School

EARLY-KINDERGARTEN PROGRAM

ADMISSION BY LOTTERY ~ WEDNESDAY, MARCH 11TH

Upper School Gymnasium, 400 Haverhill Street, Lawrence
MUST BE 4 YEARS OLD BY SEPTEMBER 1, 2015

Accepting applications through February 27, 2015

For information and an application, contact Zori Davidovich @ 978.689.9863, ext. 140 or visit our website at www.lfdc.org.

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Lawrence Selected as Finalist for RWJF Culture of Health Prize

Community Health Efforts Recognized as Lawrence Advances in Prize Selection Process

The good news just keeps coming for Lawrence, which was chosen today as a finalist for the third annual RWJF Culture of Health Prize. As a finalist, Lawrence is one step further to the RWJF Culture of Health Prize which honors only a handful of communities from across the nation whose efforts illustrate an enduring commitment toward building a Culture of Health for all residents.

Selected from more than 340 communities across the country, Lawrence joins just 14 other finalist communities and only one other community from Massachusetts, Everett. The 10 winners will be announced this fall, with a site visit to Lawrence planned for the spring.

"Lawrence, MA is excited to have advanced as a RWJF Culture of Health Prize finalist community," said Lawrence Mayor Dan Rivera. "We've recognized for years that health is about so much more than treating illness. It's about making sure that everyone has access to the services they need, to safe and affordable housing, to education and to employment, and that's what drives our commitment to creating a Culture of Health. We can't wait to showcase Lawrence during the upcoming Robert Wood Johnson site visit."

To earn Prize finalist status, Lawrence had to demonstrate how its efforts to improve health outcomes for residents reflect the six RWJF Culture of Health Prize criteria which include:

- Defining health in the broadest possible terms.

- Committing to sustainable systems changes and policy-oriented long-term solutions.
- Cultivating a shared and deeply held belief in the importance of equal opportunity for health.
- Harnessing the collective power of leaders, partners, and community members.
- Securing and making the most of available resources.
- Measuring and sharing progress and results.

"The RWJF Culture of Health Prize finalists are transforming their communities to make them healthier places to raise a family, provide jobs, and educate their children," said Risa Lavizzo-Mourey, RWJF president and CEO. "These inspiring finalists are one step closer to being named 2015 Prize winners this fall."

The RWJF Culture of Health Prize is one pillar of the County Health Rankings & Roadmaps program, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The Rankings show communities where they can improve; the Roadmaps show communities how to take action to expand opportunities for healthier choices, and the Prize honors communities that represent solutions-driven leadership at its finest. Together, these pillars serve as a platform for the Foundation's vision to build a Culture of Health, now and for generations to come. Find out more at www.rwjf.org and www.countyhealthrankings.org.

[countyhealthrankings.org](http://www.countyhealthrankings.org)

Lawrence (www.cityoflawrence.com), population 77,000, is located 25 miles north of Boston and is truly a city of immigrants and industry. Lawrence was built in the 1840's as the nation's first planned industrial city. Known as the "Immigrant City", Lawrence has always been a multi-ethnic and multicultural gateway city with a high percentage of foreign-born residents, with the largest Latino population in the Commonwealth. To view a video submitted as part of the Culture of Health Application, visit <http://youtu.be/b0DT4ZZNP9w>.

LETTERS TO THE EDITOR

RUMBO
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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.

CatholicTV will begin to air the Sunday Catholic Mass in Spanish beginning the second Sunday of Lent season, March 1st

CatholicTV is pleased to announce that a weekly Spanish Mass from the Chapel of the Holy Cross in the CatholicTV studios will now air on Sundays. "After much planning, the CatholicTV Network will bring a greater richness to the schedule by producing a weekly Sunday Mass in Spanish. We are grateful to the many priests who have offered to celebrate the Mass each Sunday and we all look forward to the first of March" said Fr. Robert Reed, President of the CatholicTV Network.

The first Spanish Mass will air March 1, 2015 with Reverend Francisco J. Anzoategui or "Padre Paco" as he is better known, who is the director of the Hispanic Apostolate and part of the team ministry at St. Stephen Parish in Framingham, Mass. Through the duration of the month Rev. Alonso E. Macias will also be celebrating Sunday Mass at CatholicTV. The Spanish Mass will air on Sundays at 8 AM EST and 5:30 PM. For more information about CatholicTV and Spanish Mass, please visit our website at: www.CatholicTV.com.

CatholicTV is grateful for the support

and guidance of the Office of Outreach and Cultural Diversity and the Hispanic Apostolate along with Auxiliary Bishop Emilio S. Allué, Vicar for the Hispanic Apostolate in the Archdiocese of Boston. To learn more about the apostolate please visit: <http://www.apostoladohispanoboston.org>

The Mass will be in addition to the celebration of the Mass from the San Fernando Cathedral in the Archdiocese of San Antonio (TX).

About the CatholicTV Network:

Founded in 1955, CatholicTV Network is a national broadcast television network streaming a live feed 24 hours a day at CatholicTV.com. Heeding Pope Benedict XVI's call to greater utilize the power of television and new media, the CatholicTV Network features its cable TV station, Catholic web site and mobile. Celebrate Mass online; pray The Rosary; enjoy programs on prayer, the saints, the Scriptures and the Catholic Church on America's Catholic Television Network.

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RUMBONEWS.COM**

City of Lawrence sent out Census; please respond

The City of Lawrence Election Division has mailed the 2015 Annual Census to all residences in the City of Lawrence. The Census is printed in Spanish and English for everyone's convenience. It is important to complete and return the Census Form so that the residence of each household member is established. The Census is also used to develop the voting list to be used during the year. Responses to the City Census also provides the City of Lawrence with statistical information necessary to plan and allocate the delivery of public services to the residents of Lawrence. Your immediate attention and cooperation is requested and The City Election Division asks that you please follow these instructions when completing the City Census:

- Verify the accuracy of all information contained or provided on the form;
- Be sure to list all family or household members whose legal address is the same. Include any member of the family members who may be away from the household due to military service, school attendance, or who may be at a rest home or convalescent facility;
- "Cross off" any resident who may no longer reside at the address and provide their new address, if known;
- Please identify anyone who has moved or is deceased;
- Sign and date the form;

Please complete and return the Census Form within TEN (10) DAYS or as soon as possible. Postage on each return envelope provided by mail is pre-paid and the return address is pre-printed for your ease and convenience. If you prefer, the Census Form may be returned in person to: The City of Lawrence Board of Registrars, Room 4, 200 Common Street, Lawrence, MA 01840. Please contact the Election/Census Division at (978) 978-620-3290 if you need additional information.

Lawrence Election Division
Tel: (978) 620-3290

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

NOTAS DE SU BIBLIOTECARIA

BY/POR MAUREEN NIMMO
Lawrence Public Library Director

Hola, queridos lectores de Rumbo. ¡Cuando pensábamos que no podría ser peor! Este invierno ha sido y continúa siendo un desastre absoluto. Mencioné en mi último artículo que ya no teníamos lugar para poner la nieve, ya sea aquí en la biblioteca o en casa. Probablemente hemos tenido tres pies más desde entonces y sin fin a la vista. Para añadir un toque extra, también estamos disfrutando temperaturas de un dígito durante el día y las temperaturas negativas por la noche. Generalmente, ese tipo de frío se limita a enero. Gracias a Dios, estamos los dos tercios del camino

a través de invierno, pero, por ahora, ya no puedo recordar, realmente, como se siente un buen tiempo. La primavera parece más un mito agradable (casi en la categoría de Santa Claus o el ratoncito Pérez) que nos contamos a nosotros mismos, pero la creencia se vuelve cada vez más difícil de mantener.

Tengo que admitir que no hay mucho que decir acerca de lo que está pasando aquí en la biblioteca. Podría darte una cuenta viva de todo lo que pudiera estar pasando aquí, excepto que todo ha sido cancelado. Mis intentos de conseguir una reunión con mi Junta de Síndicos se han frustrado a cada paso. Nos hemos puesto de acuerdo en cuatro fechas distintas; hasta ahora todos tuvieron que ser cancelados debido a las ventiscas. Prácticamente lo mismo se puede decir de nuestro Grupo de Amigos de la Biblioteca.

Yo también podría hablar del asunto de la educación en la ciudad y algunas de las grandes cosas que están sucediendo en las escuelas y lo productivo que me parece ser que la biblioteca está estrechamente integrada con las escuelas. De hecho, disfruté ver las nuevas oficinas del departamento escolar en 60 Island Street en la última reunión del consejo asesor del Superintendente en enero. Como siempre, cuando salgo de esas reuniones (y creo que no estoy sola en esto), me sentí emocionada por todas las cosas que estamos planeando y feliz de ver a todos estos organismos que trabajan juntos haciendo lo que es mejor para nuestras escuelas. Por desgracia, después de la reunión escolar, probablemente, han cancelado las clases más que han tenido clases. Nuestros pobres niños asistirán clases hasta agosto si seguimos este ritmo - o ¡asistirán a la escuela siete días a la semana por doce horas al día en mayo y junio sólo para ponerse al día!

Hay una cosa que quiero decir que es positivo entre todo este pesimismo. Quiero dar las gracias a nuestros conserjes aquí en la biblioteca por hacer la obra de mantener nuestros edificios accesibles y limpios. Juan Fajardo, Franklin Arias, y William Cruz son definitivamente mis héroes. Recuerde, tenemos dos edificios para mantener - la biblioteca principal y la sucursal. Estos tres hombres han estado trabajando sin descanso tratando de mantener nuestras aceras libre de nieve, nuestras escaleras limpias, y han hecho lo que sea necesario para que nuestras puertas puedan estar abiertas y podemos atender a nuestros clientes. Felicitaciones también a los trabajadores de DPW. Sé que la gente se siente frustrado por las condiciones, pero sin estos hombres que trabajan todo el día en todas estas cosas, sería mucho peor.

Una vez más, tengo que expresar mi gratitud a los Patriotas de Nueva Inglaterra por su victoria del Super Bowl - ¡oficialmente la única cosa buena que ha pasado aquí este año hasta la fecha! Nos vemos en la biblioteca.

NOTES FROM YOUR LIBRARIAN

Hello Rumbo readers. Just when you thought it couldn't get worse! This winter has sure been and continues to be an absolute ordeal. I mentioned in my last article that we no longer had any place to put the snow either here or at home. We have probably had three more feet since then and no end in sight. To just add that little extra touch we are also enjoying single digit temperatures during the days and negative temperatures at night. Generally that sort of cold is limited to January. We are, thank God, two thirds of the way through with winter but, by now, I can no longer really remember what nice weather feels like. Spring seems more like a pleasant myth (sort of in the category of Santa Claus or the Tooth Fairy) we keep telling ourselves will one day really happen, but belief becomes harder and harder to sustain.

I must say that there is not a great deal to say about things going on here in the library. I could give you a lively account of everything that would have or would be going on here except that everything has been cancelled. My attempts to get a meeting with my Board of Trustees have been frustrated at every turn. We have agreed on four different dates so far all of which had to be cancelled due to blizzards. Pretty much the same is true of our Friends of the Library Group.

I could also talk about the education side of things in the city and some of the great things going on with the schools and how productive I find it to be to have the library being closely integrated with the schools. I did, in fact, enjoy seeing the school department's new "digs" at 60 Island Street at the Superintendent's last advisory board meeting back in January. As always, when I leave those meetings (and I believe I am not alone in this) I felt excited about all the things we are planning and happy to see all these agencies working together doing what is best for our schools. Alas, of course, since that meeting school has probably been out of session more than it has been in. Our poor kids will still be in school in August at this rate—either that or attending school seven days a week for twelve hours a day in May and June just to catch up!

There is one thing I want to say that is positive amongst all this gloom. I want to thank our custodians here at the library for doing yeoman's work in keeping our buildings accessible and clean. Juan Fajardo, Franklin Arias and William Cruz are definitely my heroes. Remember, we have two buildings to maintain—the main library and the branch. These two men have been out there tirelessly trying to keep our walks clear, our stairs clean and whatever is necessary so that our doors can be open and we carrying on business. Kudos also to the DPW workers. I know people are frustrated by conditions but without these guys working around the clock in all this things would be a WHOLE lot worse.

Once again, I have to state my gratitude to the New England Patriots for their Super Bowl victory—officially the only bloody good thing to happen here year to date! See you at the library.

¡La Fundación Big Brother Big Sister necesita tu ayuda!



Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

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

¡Gracias por tu apoyo!

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SNHU Concert Series Presents World-Class Soprano Elaine Alvarez

Elaine Alvarez, a world-class Cuban-American soprano, will be performing a vocal recital, that will include compositions by Georges Bizet, Richard Strauss, and Fernando Obradors, at Southern New Hampshire University on Wednesday, February 25 at 7:00 p.m. in the Banquet Hall at the SNHU Dining Center. Alvarez will be accompanied by Stephanie Otto Orvik, a well-respected collaborative pianist in the Boston area, on piano.

Alvarez has just returned from a return engagement as Mimi with the Opera National de Bordeaux in France and will be performing the title role in Kat'a Kabanova with the Boston Lyric Opera in March. Ms. Alvarez recently made her New York City professional debut in the title role of La hija de Rappaccini

for Gotham Chamber Opera, with sold out performances in New York, Los Angeles and Venice, Italy. Alvarez was declared "Another star is born .." after she made her breakout company debut in 2007 with the Lyric Opera of Chicago as Mimi in La bohème.

"We are so very fortunate to have a vocalist of Ms. Alvarez's caliber here at SNHU to share her love and talent of performing opera," said Dr. Karen Erickson, Dean of the School of Arts and Sciences at SNHU. "Since her launch into the international spotlight eight years ago, she has become one of the world's finest and engaging sopranos. Her voice and personality flourish on stage and we are delighted to have the opportunity to host her for a beautiful night of music and drama."



TOWER HILL NEIGHBORHOOD ASSOCIATION

MONTHLY MEETING

Wednesday, February 25, at 6:30pm

OLGC Parish, Judson Hall, 526 Lowell Street

Join us early for refreshments (6:00pm): snacks, pastry, coffee

ALL WELCOMED, please spread the word, bring a neighbor

GUEST SPEAKER: OPEN FORUM

TAKE THIS OPPORTUNITY TO VOICE YOUR CONCERN WITH:

FELLOW MEMBERS/NEIGHBORS

City Councilors, State Representatives, Police Chief, Fire Chief, Mayor Rivera and his staff, State Senator

The THNA is a non-profit group founded in 1988 by residents, friends and business owners who work together to improve the quality of life for all on Tower Hill and the City of Lawrence. For additional information visit - thnalawrence.com or "LIKE US" at www.facebook.com/thnalawrence

mix of traditional, classical and modern musical genres designed to appeal to individuals across generations and tastes. The annual program features nationally recognized artists and emerging talent of distinction.

Already in her young career, Alvarez has performed at some of the world's leading opera houses including Oper Frankfurt, with celebrated performances of Magda in La rondine, Micaela in Carmen for Florida Grand Opera, the Countess in Mozart's Le nozze di Figaro with Opera Cleveland, and a new production of La traviata for Theater St Gallen in Switzerland, to name a few.

Admission to the event is free and open to the public. The Southern New Hampshire Concert Series is an engaging

Visit snhucalendar.snhu.edu for more information or contact the School of Arts & Sciences with any questions at 603.629.4626, email ksavage@snhu.edu



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"That...and a Cup of Tea" An Afternoon Tea with Legendary Irish Entertainer Carmel Quinn

"Laughter is what we all need right now – especially in these trying times." – Carmel Quinn.

Join us at "That...and a Cup of Tea," 2:00 p.m. on Saturday, March 14, 2015, Chelmsford Center for the Arts, Chelmsford, Massachusetts, for a delicious Afternoon Tea with the legendary Irish singer and storyteller Carmel Quinn, 2014 Radio Hall of Fame inductee. She will delight with stories of growing up in Ireland, coming to America and her 50 years on radio, stage and television. Fans will remember seeing her on "The Arthur Godfrey Show," "The Ed Sullivan Show," "The Late, Late Show," "The Merv Griffin Show," and "Live with Regis and Kathie Lee." She has performed in Broadway shows such as "Finian's Rainbow," "The Boyfriend" and "The Sound of Music." Join us for the perfect St. Patrick's Day celebration! Try your luck at some raffles and support the Concord Women's Chorus. Tickets: \$35 adults, \$30 seniors and students, which includes tea service. For tickets: www.concordwomenschorus.org.

For more information: 978-852-4239.

"Laughter is what we all need right now, especially in these trying times"
Carmel Quinn



That...and a Cup of Tea
An Afternoon Tea with legendary Irish
singer and storyteller
Carmel Quinn

A Benefit for The Concord Women's Chorus
Saturday March 14
2pm

Chelmsford Center for the Arts
1 North Road, Chelmsford, MA
\$35 Adults, \$30 Seniors/Students
Includes a delicious tea service
www.concordwomenschorus.org

Let's Get Outside!

Discover Health Benefits of the Outdoors with Greenbelt in 2015

Did you vow to lose weight, exercise more, reduce stress and spend more quality time with friends and family? You can do some or all of these things with Greenbelt, Essex County's Land Trust. Let's Get Outside is Greenbelt's year-long push to inspire people of all ages to discover better health and happiness in nature.

Experts agree that experience outdoors can change the way people feel physically and emotionally. For families and friends, time spent in nature can also build lifelong memories. Greenbelt's county-wide conserved properties are open free of charge, dawn till dusk, every day for discovery.

To further encourage outdoor

adventures, Greenbelt conducts scheduled, guided walks and spontaneous outdoor activities that offer companionship and the chance to meet new friends. Greenbelt's website, ecga.org, and facebook page provide information, directions and downloadable maps of local reservations. Also look for the newly published Greenbelt Guide at independent booksellers and outdoor adventure retailers. It offers updated trail and property information for favorite Greenbelt locations to hike, paddle and observe wildlife.

Greenbelt has also launched Nature this Month, an on-line nature blog and calendar by popular local naturalist Jim MacDougall that will help you learn about and discover the flora and fauna of Essex County. The blog postings offer a monthly theme, like mammals or songbirds, and weekly suggestions of Greenbelt properties where you can personally experience plant and animal activity outdoors.

Lawrence Senior Center

Actividades Futuras

- Feb 24 "Mi vida, Mi salud" 9:30am-12:00pm
- Feb 27 Venta bajo techo. 9:30-12:30pm
- Mar 6 Día Internacional de las Mujeres
- Mar 9 Comienzan todas las clases.
- Mar 12 Funda de compra. 9:30-11:30am Tarjeta Azul

Upcoming Events

- Feb 27 Indoor Yard sale. 9:30am-12:30pm
- Mar 6 International Women's Day
- Mar 9 Classes begin.
- Mar 12 Brown Bag Day. 9:30-11:30am Blue card

Lowell Lead Paint Abatement Program

Atención propietarios, dueños de casas e inquilinos

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

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

Attention Homeowners, Landlords and Tenants

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

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

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

Rumbo

"The Bilingual Newspaper of the Merrimack Valley"

www.rumbonews.com

Gallery Exhibition: Tim McCool "We're All Fine Here Now"

**SHE SAID SHE
NEEDED
SOME SPACES SO
I BECAME AN
ASTRONAUT**

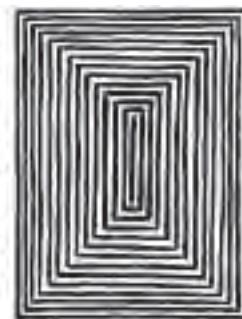


Image credit: Tim McCool, "So I became an astronaut", diptych, acrylic on Bristol board, 19 x 12"(total dimensions), 2014. For additional information about this exhibition or to receive high resolution digital images for publication, please contact Cathy McLaurin cathyesssexartcenter@yahoo.com or at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

Exhibition dates:

January 9 – March 6, 2015

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.

CALENDARIO | CALENDAR OF EVENTS

Holy Family Hospital at Merrimack Valley to Offer Free Seminar on Heel Pain

Podiatric Surgeon Kristyn Pistone, DPM will present a seminar entitled Diagnosing, Treating and Preventing Heel Pain on March 3, 2015 from 6 to 7 p.m. in Holy Family Hospital at Merrimack Valley's first-floor auditorium.

Dr. Pistone will talk about the various causes of heel pain, the best ways to prevent heel pain, current treatment options, and when surgery is necessary.

The presentation is part of the Meet the Expert series of seminars held monthly throughout the year. Seminars are free and open to the public. Light refreshments are served, and registration is required. Nurses in attendance are awarded one continuing education credit at the end of the presentation.

Holy Family Hospital at Merrimack Valley is located at 140 Lincoln Avenue in Haverhill, MA. For more information or to register, please email jean.macdougall-tattan@steward.org or call Jean at 978.420.1168.

This program meets the criteria for Continuing Education in Nursing in Massachusetts pursuant to 244 CMR 5.04, The Board of Registration in Nursing Rules and Regulations.

Holy Family Hospital at Merrimack Valley to Host Senior Lunch on Evaluation and Management of Arthritis

Rheumatologist Maosong Qi, MD will talk about Evaluation and Management of Arthritis in Seniors during Senior Lunch at Holy Family Hospital at Merrimack Valley on March 3, 2015.

Dr. Qi, a board certified rheumatologist, is on staff at Holy Family Hospital in Methuen and Haverhill. His clinical interests include rheumatoid arthritis, osteoarthritis, psoriatic arthritis, lupus, fibromyalgia, irritable bowel syndrome, myositis, gout, pseudogout, scleroderma, Sjogren's disease, osteoporosis, and vasculitis.

The cost of Senior Lunch is \$5, which includes a full dinner and the presentation. The menu is a full Irish boiled dinner, rolls and butter, coffee, tea and dessert.

The luncheon presentation will be held from 1 to 2 p.m. in the hospital's first-floor auditorium. Holy Family Hospital at Merrimack Valley is located at 140 Lincoln Avenue in Haverhill.

Seating is limited. Registration is required. To register, please call our DoctorFinder™ line at 1-800-488-5959. For more information please call Jean at 978-420-1168.

READ PREVIOUS ARTICLES BY FRANK BENJAMIN ON OUR WEBSITE RUMBONEWS.COM

The Lawrence History Center presents an In Good Company production:

The Golden Door
A new musical play about Boston's immigrants, past and present.

A play by JOYCE VAN DYKE
Directed by Jonathan Carpenter
Original stage direction by Emily Rose
Original music direction by Kay Durkin

Sunday, March 8, 2015
3 pm

Everett Mill, 15 Union Street, Lawrence, MA 01840

Ani and her husband Marco run a failing Armenian grocery store in a transitional Boston neighborhood. On the day they put the store up for sale, unexpected events bring in immigrants from Mexico, China, and the Caribbean. As these customers share their stories, songs and dances, they change the way they see each other, their community, and the future of the store.

Tickets

Adults: \$20 / Children 11 and under: \$12
BUY TICKETS ONLINE AT: www.lawrencehistory.org

Questions? Call 978-686-9230



This program is supported in part by grants from Mass Humanities and the Lawrence Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.



In Good Company presents original musical theater performances inspired by history in schools in the greater Boston area and in public venues throughout New England.
To learn more, visit: www.ingoodcompanytheater.org



Haverhill Firefighting Museum

Haverhill Firefighting Museum & Children's Corner is open on Saturdays from 10 a.m. to 1 p.m. The museum houses one of the largest collections of New England firefighting history as well as a newly expanded Children's Corner equipped with a 12-foot wooden fire truck children can actually play in, fire reels and hoses children can pull, a dress up area complete with children's gear and the Haverhill Fire Department's fire safety smoke tunnel which teaches children how to crawl to safety beneath smoke should a fire occur. Admission is \$5 for adults,

\$2 for children under 12, and \$10 for families. Admission is free for service men and women. All children must be accompanied by an adult. The museum is located in the Historic Armory Building, 75 Kenoza Avenue in Haverhill, MA. Come Experience the Evolution of New England Firefighting History!

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

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

Lazarus House Ministries

Work Preparation Program offers two free job training opportunities

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This is specifically designed for limited English speakers. It consists of 4 weeks of ESOL class, Monday-Friday 9:00 AM -2:00 PM, followed by a 5 month paid internship.

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Classroom and hands-on training for 10 weeks, Monday-Friday 9:00 AM-1:00 PM followed by a 10 week paid internship.

Participants also receive assistance with job search, resume writing, interview preparation and job placement. Life Skills workshops are also included.

Classes start February 23, 2015

Call for an appointment today!

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BRIAN DE PEÑA

CALENDARIO | CALENDAR OF EVENTS

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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.

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!

Dig Into Native History in New Hampshire

Many Abenakis went underground in New Hampshire, concealing their identities for generations to avoid discrimination and persecution. Join Robert Goodby at the Nashua Public Library on Thursday, February 26, at 7 p.m., when he will talk about the archaeological evidence showing their deep presence here, inches below the earth's surface.

Goodby is an associate professor of anthropology at Franklin Pierce University in Rindge. He earned his Ph.D from Brown University and has devoted his career to the study of Native American archaeological sites in New England.

The program, which is sponsored by the New Hampshire Humanities Council, is of interest to middle schoolers through adults. It is free and open to the public.

Registration is not required.

Learn to use Skype

Would you like to see your far-away friends or relatives while you talk to them? On Friday, February 27, at 10 a.m., Derek Pollitt will show you how, on Skype, the free online video call service you can use on your computer, laptop, iPad, tablet, or smartphone.

You'll also learn how to call other people's phones on Skype for just pennies per minute, a great way to save on international calls.

Bring your device with you if you have one. Also bring the email address of someone you want to talk to on Skype.

The class is free and open to the public, but registration is required. Go to [www.tinyurl.com/nplevents](http://tinyurl.com/nplevents) and scroll down to February 27. Or call (603) 589-4610.

Thursday
26 FEBRUARY, 2015

POETRY OPEN MIC NIGHT

AT THE PAINT & WINE LOUNGE
57 Wingate St. Suite 103
Haverhill, MA 01832

ALL AGES 6:30 PM TO 8:00 PM

(18+) 8:00 PM TO 9:30 PM

\$2/P
Suggested
Donation

Email Jenny@haverhillchamber.com
to reserve a time slot.
(Pre registration is preferred, but not required.)
*Performances limited to 7 min. or less.

creative haverhill **MCC**
This program is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

**¿Comenzando un Negocio? ¿Comprando un Negocio?
¿Haciendo Crecer su Negocio?**

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ORGANIZACIÓN SIN ÁNIMO DE LUCRO

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Excepto el 3^{er} jueves de cada mes

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ADOPT A PET

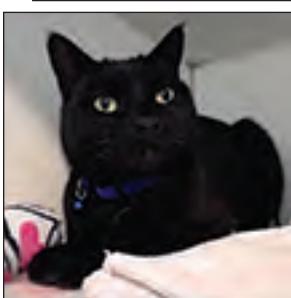
**MSPCA-METHUEN & RUMBO
COOPERATIVE EDUCATION COLUMN**

Pet of the week at Nevins**LENNY**

Lenny is an active bunny looking for a great home! He is 6 months old. He previously lived in a large dog crate. Lenny loves to eat cucumbers; he'll munch them right up! If you need an athletic bunny in your life, come down and see Lenny today!

**RUBIX**

If you can't find Rubix when you visit the adoption center, be sure to ask for him 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!

MASTER

Master is a beautiful 13 year old severe macaw. Master is still a youngster. Severe Macaws can live to 50+ years.



Master loves peanuts, fruits and vegetables. Master loves swing toys around and being silly. Master would like to live with a family in which Master is the only bird. Master and his forever Family can watch their favorite tv shows together.

The adopter for Master should have large bird experience and take his/her time acclimating Master to all the fun stuff in your household.

EIGHT IS ENOUGH - POLISH ROOSTERS

If your flock needs a rooster, why not add some pizzazz? We have 8 Golden Laced Polish roosters looking for homes. There is every style hair-do and every style of beard for any preference.



Polish chickens are a lighter build and tend to be a little flighty by nature. Their vision is limited and many things can spook them. They should also have a little extra protection from predators.

We can adopt out as singles, pairs or trios.

GEORGIA

Georgia is a 3 month old gerbil. She is a friendly girl but doesn't like to be held. She is super spunky and playful. Her spinning wheel is her absolute favorite hang-out spot! Why don't you come into the shelter to meet me and fall in love?

**CHERRY**

Cherry is a gorgeous 4-year-old Pit Bull mix. She enjoys car rides, swimming, and being with her humans. Cherry likes people so much that she gets anxious when they leave her so will need a home that has experience and can work with her to let her know you will be coming home.



She may enjoy living with another dog and older children but doesn't enjoy cats. Cherry is a snuggle dog who would love to be in her forever home where she can show off her true nature.

Come in and meet this beautiful girl

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Sat March 7 & Sun March 8



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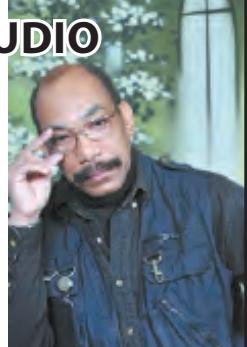


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Apply in person at 215 Market St. Lawrence, MA or by email to amacallum@jacksonlumber.comEDITOR @
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