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(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell
(NH) Salem, Nashua, Manchester

Regis Lanza Satélite en Lawrence



Regis Launches Satellite in Lawrence

Regis, una universidad líder católica, Northern Essex Community College (NECC), y la Ciudad de Lawrence han anunciado hoy el lanzamiento de un nuevo satélite de Regis en el centro de Lawrence. |2

Regis, a leading Catholic University, Northern Essex Community College (NECC), and the City of Lawrence today announced the launch of a new satellite of Regis in downtown Lawrence. |2

Noche de Elecciones en Haverhill



Andrés Vargas, de 22 años de edad, recién estrenado en la política, es felicitado por el Alcalde de Haverhill James Fiorentini por su victoria. Vargas, el primer candidato latino electo como concejal de la ciudad, quedó en tercer lugar con 3,830 votos. El Alcalde Fiorentini fue también reelegido por un séptimo término sin oposición. |9

Election Night in Haverhill

22-year-old political newcomer Andres Vargas is being congratulated by Haverhill Mayor James Fiorentini for his victory. Vargas, the first Latino being elected as city councilor, came in third with 3,830 votes. Mayor Fiorentini was also reelected for a seventh term without opposition. |9

Bandera Turca fue izada en Lawrence



Una mujer envuelta en la bandera turca, escucha al Cónsul turco Omur Budak durante su participación en la celebración del Día de la República de Turquía celebrado en Lawrence el martes, 27 de octubre con el izamiento de su bandera. A la derecha, Kemal Bozkurt, Director Interino, Biblioteca Pública de Lawrence. |7

Noviembre 19 es el Día Nacional para Dejar de Fumar

November 19 is National Smoking Cessation Day

Turkish flag was hoisted in Lawrence

A woman draped in the Turkish flag listening to Turkish Consul Omur Budak during his participation in the celebration of Turkish Republic Day a ceremony held in Lawrence on Tuesday, October 27th with the raising of their flag. At right, Kemal Bozkurt, Acting Director, Lawrence Public Library. |7



Noche de Elecciones en Lawrence Election Night in Lawrence

Desde la izquierda, Brian DePeña, Nilka Álvarez-Rodríguez and Modesto Maldonado, los tres recién electos Concejales por toda la ciudad en las elecciones llevadas a cabo el 3 de noviembre, 2015. |8

From Left, Brian DePeña, Nilka Alvarez-Rodriguez and Modesto Maldonado, the three newly-elected Lawrence City Councilors at-Large on election held November 3, 2015. |8

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Regis lanza satélite en Lawrence con Northern Essex Community College

Ciudad de Lawrence Aboga por la Educación, la Iniciativa Económica

Regis, una universidad líder católica, Northern Essex Community College (NECC), y la Ciudad de Lawrence han anunciado hoy el lanzamiento de un nuevo satélite de Regis en el centro de Lawrence.

El satélite, Regis Norte, se centrará en traer nuevas oportunidades educativas y profesionales para la ciudad y los residentes del área. A través de una asociación con NECC, Regis ofrecerá programas flexibles y convenientes de licenciatura en enfermería, salud pública y ciencias de la salud que llevan a las carreras de la salud en la carta.

El satélite Regis North está plenamente acreditado por la Asociación de Nueva Inglaterra de Escuelas y Colegios (NEASC). Regis quiere contribuir al futuro en la Ciudad de Lawrence, planeando ampliar las ofertas de grado más allá de enfermería y de salud pública para incluir una variedad de títulos profesiones de salud a medida que la demanda de los estudiantes va en aumento. El alumno podrá recibir el 100 por ciento de sus créditos para un título de Regis en el sitio de Lawrence. Además, todos los graduados recibiendo una licenciatura en Ciencias en Enfermería de Regis Norte tendrán un *minor* en salud pública, lo que refleja el fuerte compromiso de Regis a la educación del cuidado de la salud, no sólo para el individuo, sino para toda la comunidad.

El programas de bachillerato de Regis Norte es el líder en enfermería y las organizaciones profesionales de salud pública, como la Asociación Americana de Escuelas de Enfermería (AACN) y

el Departamento de Salud y Servicios Humanos (Healthy People 2020) que piden el aumento de la diversidad en la enfermería y fuerza de trabajo de salud pública a fin de reflejar mejor los cambios demográficos de la población del país. Como parte de este esfuerzo, el programa de asociado a bachiller de Regis North también está respondiendo a la necesidad aumentar el número de enfermeras preparadas con licenciatura.

"Este es el comienzo de una fuerte y fructífera relación con la Ciudad de Lawrence y NECC," dijo la presidenta de Regis Antoinette M. Hays, PhD, RN. "Regis tiene un largo historial de educar a los estudiantes multiculturales, de primera generación y ve un gran potencial en los residentes de Lawrence. Creemos que podemos contribuir significativamente a la economía de la zona mediante la mejora de la calidad y habilidad de nuestros trabajadores de la salud".

"Northern Essex cuenta con más de 1,800 estudiantes matriculados en uno de nuestros 25 programas de salud. Gracias a esta asociación con Regis, después de graduarse de Northern Essex, estos estudiantes pueden continuar sus estudios cerca de su casa, mientras trabaja en el campo de la salud", dijo Lane Glenn, presidente de Northern Essex. "Ahora tenemos una escala educativa para los

POR FAVOR VEA **REGIS/NECC**
 ■ CONTINÚA EN LA PAGINA 15

Regis Launches Satellite in Lawrence with Northern Essex Community College

City of Lawrence Advocates for Educational, Economic Initiative

Regis, a leading Catholic University, Northern Essex Community College (NECC), and the City of Lawrence today announced the launch of a new satellite of Regis in downtown Lawrence.

The satellite, Regis North, will focus on bringing new educational and professional opportunities to the City and area residents. Through a partnership with NECC, Regis will offer flexible and convenient bachelor degree completion programs in nursing, public health and health sciences that lead to in-demand health care careers.

The Regis North satellite is fully accredited by the New England Association of Schools and Colleges (NEASC). Regis is staking a claim for a future in the City of Lawrence, planning to expand degree offerings beyond nursing and public health to include a variety of health professions degrees and to grow as student demand increases. Students will be able to earn 100 percent of their credits toward a Regis bachelor's degree at the Lawrence site. Additionally, all graduates receiving a Bachelor of Science in Nursing from Regis North will have a minor in public health, reflecting Regis' strong commitment to education in health care, not just for the individual, but for the entire community as well.

fruitful relationship with the City of Lawrence and NECC," said Regis president Antoinette M. Hays, PhD, RN. "Regis has a long track record of educating multicultural, first-generation students and sees great potential in the residents of Lawrence. We believe we can significantly contribute to the area's economy by improving the quality and skill of our healthcare workforce."

"Northern Essex has over 1800 students enrolled in one of our 25 health care programs. Thanks to this partnership with Regis, after graduating from Northern Essex, these students can continue their education close to home, while working in the health field," said Lane Glenn, president of Northern Essex. "We now have an educational ladder for local residents who want advanced health degrees."

The collaboration between Regis and NECC allows students settled in the Lawrence area easy access to well-respected, accredited bachelor degree programs, including the Regis nursing program which is designated a "Center of Excellence in Nursing Education" by the National League of Nursing. The two institutions have worked together to

PLEASE SEE **REGIS**
 ■ CONTINUES ON PAGE 15

EDITORIAL | EDITORIAL

Para Andy, el cielo es el límite

En un mensaje publicado en Facebook, el Concejal Electo Andy Vargas escribió: "¡Lo logramos! Gracias. Ayer por la noche se confirmó que el mayor capital en la vida viene en la forma de la familia, amigos, seguidores y creyentes dedicados. Estos, junto con el trabajo duro, el sacrificio y la pasión, pueden marcar el comienzo de un cambio real y positivo. ¡Gracias Haverhill! Comencemos a trabajar."

Este mensaje describe la personalidad de un residente de Haverhill de 22 años de edad que en lugar de pasar las noches bebiendo en entretenimiento frívolo, saltando de un club nocturno a otro, mostró su madurez proyectando su mensaje hacia su comunidad, su ciudad, su estado y mucho más allá.

A pesar de que Vargas hizo historia por ser el primer latino electo en la historia de Haverhill, haciéndonos orgullosos a muchos de nosotros, él no fue elegido por esa razón. Él fue elegido por su historial.

Andy asistió a las escuelas públicas. Fue aquí donde tuvo su primera experiencia de participación cívica, trabajando como líder en un equipo de Intervención y Prevención de la Violencia. Mientras asistía a Boston University, continuó esta pasión por el servicio público; hizo una pasantía en la Cámara Estatal de Brian Dempsey, Chairman of the Ways and Means Committee, la Embajada de Estados Unidos en España y la Casa Blanca.

Ahora, de regreso en casa y como funcionario electo, Andy quiere atraer nuevos negocios, hacer frente a nuestra crisis de opiáceos, centrarse en temas de juventud y construir un futuro para mantener a las familias jóvenes y nuestros ancianos a quedarse aquí.

Andy tiene un mensaje para sus seguidores: "Creo que juntos podemos hacer cosas increíbles. Creo que el éxito, la eficiencia y la calidad de nuestra democracia dependen de su decisión de participar activamente en las elecciones, las organizaciones de la comunidad y el activismo.

En última instancia, como su Concejal, prometo traer estos valores de la transparencia, la innovación y la participación de la comunidad para trabajar en pro de un futuro brillante para Haverhill".

¡Esta es la clase de líderes que toda comunidad necesita!

For Andy, the Sky is the limit

In a message posted in Face Book, City Councilor Elect Andy Vargas wrote: "We did it! Thank you. Last night confirmed that the greatest capital in life comes in the form of family, friends, dedicated supporters and believers. These, combined with hard work, sacrifice and passion, can usher in a real and positive change. Thank you Haverhill; let's get to work."

This message describes the personality of a 22-year-old Haverhill resident that instead of going drinking in frivolous entertainment, jumping from one night club to another, showed his maturity projecting his message towards his community, his city, his state and beyond.

Even when Vargas made history for being the first Latino elected in the history of Haverhill, making proud a lot of us, he was not elected for such. He was elected because of his track record.

Andy attended public schools. It was here where he got his first taste for civic engagement, working as a leader of the Violence Intervention and Prevention Team. While attending Boston University, he continued this passion for public service; interning in the State House for Brian Dempsey, Chairman of the Ways and Means Committee, the US Embassy in Spain and the White House.

Now at home, and as an elected official, Andy wants to attract new businesses, tackle our opioid crisis, focus on youth issues and build a future that will keep young families and our seniors here.

Andy has a message for his supporters: "I believe we can do incredible things together. I believe that the success, efficiency, and quality of our democracy are dependent upon your decision to actively participate in elections, community organizations, and activism.

Ultimately, as your Haverhill City Council, I promise to bring these values of transparency, innovation, and community engagement to work towards a bright future for Haverhill."

This is the kind of leadership that every community needs!

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley



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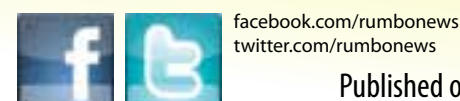
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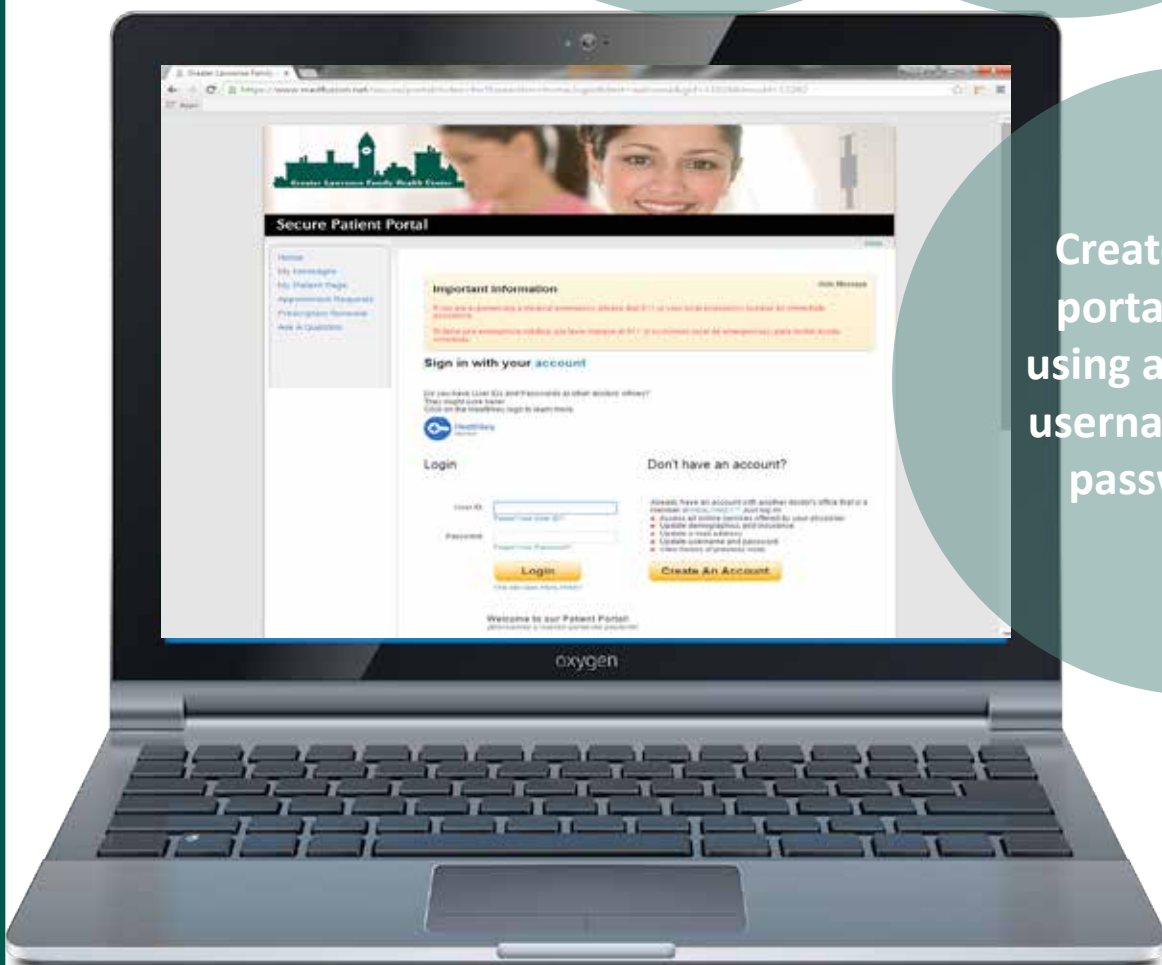
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POR DALIA DÍAZ
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■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



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.



PERDIDO DE LAWRENCE



Sean Cronin
State Fiscal Overseer for Lawrence

EDITOR @
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Gran honor para Lawrence

La semana pasada Lawrence recibió un premio nacional siendo seleccionada como ganadora del Premio Robert Wood Johnson Cultura de la Salud del 2015. Lawrence fue una de las ocho comunidades seleccionadas en un proceso muy competitivo, para el que 340 comunidades aplicaron inicialmente. Este es otro gran símbolo de la fuerte labor de colaboración que está en curso entre las muchas organizaciones que luchan por mejorar la comunidad de Lawrence.

Felicitaciones y muchas gracias.

Las cosas buenas que suceden en Lawrence

Regis College ha abierto una nueva sucursal denominada Regis Norte en Northern Essex Community College para las personas interesadas en las profesiones de la salud. Las oportunidades educativas disponibles para el Valle de Merrimack son enormes con estas dos instituciones, junto con Cambridge College, que ofrece cursos de licenciatura en el Riverwalk y Suffolk University con su programa de MBA también en el Riverwalk están haciendo de Lawrence una "ciudad universitaria", mientras que traen cientos de visitantes a diario.

La Ley de Residencia

Le recomiendo que lea el artículo "La Ley de Residencia: Los números hablan" en la página 13 delineando la forma en que los residentes votaron a favor de este requisito por toda la ciudad. El Alcalde Rivera sigue diciendo que no va a firmar una ley de este tipo, no importa cuántas veces le traigan el tema. Ese artículo investigativo que escribí claramente demuestra el deseo del pueblo. Vamos a esperar y ver cómo va a ignorarlo esta vez.

El alcalde hace las rondas

El esfuerzo de destitución que se está llevando a cabo ha obligado al Alcalde Dan Rivera a enfrentar al público y empezar a responder preguntas. Últimamente, ha estado visitando los negocios latinos acompañado de su chofer/guardaespalda Orlando Maldonado y el ex ingeniero de la ciudad Theodoro Rosario, quien es ahora Supervisor de Proyectos y Planificación. Al parecer, Theo no tiene mucho que hacer en su trabajo actual, tampoco. Por cierto, nadie sabe si tomó algún curso durante los 15 meses que ocupó esa posición temporal en busca de una licencia - y nadie preguntó.

También se ha llegado a mi conocimiento que el alcalde ha estado llamando a los candidatos que no fueron exitosos en este proceso electoral y ofrecerles posiciones en cualquier junta que deseen.

También ha salido en algunos programas de radio en español tratando de explicar su situación actual, lo cual yo considero que es un gran error. El alcalde es conocido por ser impulsivo, no pedir consejos y cuando se los dan, no escucha. Esta fue probablemente una de esas veces. Él se arriesgó a las preguntas del público y no tenía las respuestas correctas.

El alcalde también insultó a muchas personas con su conocimiento limitado del idioma. Siguió refiriéndose a los despidos de la administración anterior como "botellas", que significa entre nosotros "empleo parasitario" o empleados que cobran un sueldo por quedarse en casa. Ninguno de los despidos fue a gente de esa clase - ellos estaban realizando un trabajo.

Yo creo que él debió decir "patronage" que significa padrinazgo, y es exactamente

lo que él está haciendo. ¿Cuál es la posición de Theodoro Rosario y de Wendy Luzón, si no mecenazgo? Se trata de dos individuos incompetentes sin las credenciales adecuadas que él sigue protegiendo. Entiendo que pueda ser un amigo leal, pero no hasta el punto de poner en peligro su administración y su futuro político. ¡Eso es un suicidio político!

Cuando le preguntaron las personas que llamaron a los programas de radio, levantó su voz de una manera inusual, gritando más y por encima de la voz en el teléfono que Theo es super inteligente y los títulos que tiene, lo califica para hacer cualquier cosa debido a su inteligencia. Correcto; pero no es un ingeniero civil.

También ha sido presionado respecto a los \$9 millones en reservas que la ciudad tenía cuando él tomó el cargo y ahora sólo quedan \$2 millones restantes. Una vez más, él alzó su voz para decir: "¡Mira las cosas que hemos hecho! Estamos arreglando las carreteras y parques".

Debería haber sabido que esas preguntas iban a llegar y una mejor preparación para sus respuestas era vital.

Incluso si pierde, ¿usted gana?

El Alcalde Rivera aparentemente está ofreciendo posiciones en juntas directivas a los candidatos que perdieron las elecciones. He escuchado que está sucediendo y he podido confirmarlo en el caso de Linette Pérez, candidata para el Concejo Municipal del Distrito D. El día después que fuimos a votar, la llamó por teléfono y le ofreció un puesto en la Junta de Licencias. Esta posición lleva un pequeño estipendio de aproximadamente \$2,500.

Capsula del español en Lawrence

Por Pedro Payano

A manera de introducción: El objetivo de esta columna es una reflexión o aclaración que queremos compartir con nuestros lectores sobre el uso de algunas PALABRAS en español, en los medios de comunicación de la ciudad de Lawrence, Massachusetts. No pretendemos asumir el papel de un lingüista ni de un experto del idioma, porque no lo somos. Tampoco es un tratado de gramática. Toda la información la buscaremos en los diccionarios de la Real Academia Española (RAE). Es simple y llanamente tratar de mejorar un poco la comunicación en nuestro medio.

Recientemente, una colega nos preguntaba por qué los dominicanos usan la palabra casimente. Eso nos ha motivado

a comenzar esta columna con esta palabra.

Por razones que desconozco, los dominicanos y hondureños han unido el adverbio casi con el elemento compositivo -mente que forma adverbios a partir de adjetivos, por ejemplo: Fácilmente. Es decir, que es innecesario unir casi con mente, pero este es uno de los accidentes del idioma en una región determinada.

Casimente: En República Dominicana significa, casi, por poco. En Honduras tiene diferentes significados: De este modo, de esta manera. (rural). //Mas bien, en verdad. //Por casualidad. Y en ambos países: Aproximadamente. (Fuente: Diccionario de americanismos, 2010.)

Impacto Noticias

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



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"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

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Carolynn Logo-Torres
 Experta en inscripción
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Recalls I and II in Lawrence

By Alberto Surís

On November 2, 2015, Jennifer Lopez, on behalf of Citizens for Justice in Lawrence, received from City Clerk William Maloney the necessary documentation to begin collecting signatures for Recall #2.

About half an hour later the same day, Lawrence Police Officer William Green, representing the Foundation for Transparency in Government received the necessary documentation to start collecting signatures for Recall #1. This one was finally approved on Saturday, October 31 by members of the Board of Registrars of Voters after a long battle with Mayor Daniel Rivera's lawyers that began on September 2, 2015.

So far, City Attorney Boddy have been twice in court with lawyers representing Mayor Rivera presenting the same objections to Recall #2, as they did to Recall #1 which took 62 days to be resolved.



El Escribano de la ciudad William Maloney, izq., da instrucciones a Jennifer López y Alfonso Rodríguez antes de entregarle la documentación necesaria para comenzar a coleccionar firmas para el Recall #2.

City Clerk William Maloney, left, instructs Jennifer Lopez and Alfonso Rodriguez before handing the documentation needed to start collecting signatures for the Recall No. 2.

By Alberto Surís

El 2 de noviembre, 2015, Jennifer López, en representación de Ciudadanos por la Justicia en Lawrence, recibió del Escribano de la Ciudad, William Maloney la documentación necesaria para comenzar a coleccionar firmas para el Recall #2.

Aproximadamente media hora más tarde del mismo día, el Oficial de la Policía de Lawrence William Green, en representación de Fundación por la Transparencia en el Gobierno recibió la documentación necesaria para comenzar a recoger firmas por el Recall #1. Este fue finalmente aprobado el sábado, 31 de octubre por miembros del Board of Registrars of Voters luego de una larga batalla con los abogados del Alcalde Daniel Rivera que comenzó el 2 de septiembre, 2015.

Hasta el momento, abogados de la ciudad así como del Alcalde han estado dos veces en la corte, con abogados representando al Alcalde Rivera presentando las mismas objeciones al Recall #2, que presentaron al Recall #1 que duró 62 días en ser resuelto.



El Oficial de Policía William Green, recibiendo la documentación correspondiente al Recall #1 de manos del Escribano de la ciudad William Maloney.

Police Officer William Green, receiving the documentation for the Recall #1 from the City Clerk William Maloney.



"La gente se está deteniendo a firmar el Recall", dijo Rafael (Danielito) Guzmán quien, para darles la bienvenida, tenía una barbacoa en el estacionamiento de su edificio ubicado en la esquina de la Franklin con la Common.

"People are stopping to sign the Recall", said Rafael (Danielito) Guzmán who to welcome them, had a barbecue in the parking lot of his building located at Franklin St, corner of Common.



Turkish flag was hoisted in Lawrence

Turkish Lawrencians celebrated their 92nd annual Turkish Republic Day Ceremony and raised the red and white Turkish Flag outside city hall last week. The ceremony was held on Tuesday, October 27th, led by Acting Lawrence Public Library Director, Kemal Bozkurt.

Mr. Bozkurt talked about how the Turkish community settled into Lawrence. Mr. Bozkurt said that mostly Turkish tailors were the people who went to Rochester NY, and then they started to move into Lawrence around 30 years ago because of the mills and the ample job opportunities available for them. But after a while, most of them moved towards Methuen where there is a Mosque on Oakland Ave.

Mr. Bozkurt also mentioned that the City of Lawrence is like the country of Turkey, it's very welcoming towards everybody. Even though Lawrence is comprised of mostly Latinos, there are many other different ethnicities still moving to Lawrence.

Kemal Bozkurt gave an example of himself and how Lawrence is giving opportunities to the immigrants. He said when he came to Lawrence from his home city of Istanbul, his English was 5% and the City of Lawrence hired him at the library with limited English. Now, after 15 years, he is the acting Director of the Library.

Mr. Bozkurt thanked all the wonderful guests who came to the annual Turkish Flag raising ceremony. "We hope to

continue this tradition every year and we would like to see more of our community attend this wonderful gathering. A special thank you goes out to Mayor Rivera and Turkish Consulate General of Boston Mr. Omur Budak. They took time out of their extremely busy schedules and enlightened us with their presence," he said.

Mayor Rivera thanked Kemal and all the guests for joining the ceremony last week, and said that our city is a diverse city and we are very happy to attend any nationalities flag raising ceremony. Mayor Rivera then provided a Proclamation to Mr. Omur Budak.

The Turkish Consulate General of Boston, Mr. Omur Budak said that he was very happy to attend once again the Turkish Flag raising ceremony in Lawrence and thanked the Mayor and Mr. Bozkurt for the invitation.


"I'm very happy to be here again to support my Turkish community," said State Representative Marcos Devers.

Mr. Bozkurt expressed special thanks to our City Councilor Mr. Roger Twomey; Ana Rodriguez, Lawrence Public Library Trustee; Victoria Woodley Pollard Memorial Library director and Mr. Ahmet Ozkan Faculty Member from the Dumlupinar Kutahya University whom all made effort to attend the ceremony.

The program concluded with a flag raising, Turkish National Anthem and delicious food which was sponsored by Mr. Ozcan Varujan.




From left, Kemal Bozkurt, acting director Lawrence Public Library; Turkish Consulate General of Boston Mr. Omur Budak and Lawrence Mayor Daniel Rivera ready to raise the flag.



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Elecciones en Lawrence / Elections in Lawrence

Por Alberto Surís

El recién llegado político Brian DePeña y el que más votos obtuvo en esta campaña, entró en el ayuntamiento la noche de la elección con la fuerza y el entusiasmo sólo vista en la elección de un alcalde, rodeado de decenas de seguidores. DePeña recibió 3,576 votos, 2,188 más que en la elección preliminar.

La veterana Concejala Nilka Álvarez-Rodríguez quedó en segundo lugar con 3,104 y el Presidente del Concejo de la Ciudad Modesto Maldonado, fue tercero con 2,961.

James Blatchford, Marie Gosselin y Richard Russell fueron eliminados por los votantes. Recibieron 2,663, 1,763 y 1,379 votos, respectivamente. Todos ellos estaban postulados para Concejales por toda la ciudad.



By Alberto Surís

Top vote getter and political newcomer Brian DePeña entered city hall the night of the election with the force and enthusiasm only seen in a Mayoral Election race, surrounded by dozens of followers. DePeña received 3,576 votes, 2,188 more than in the preliminary election.

Veteran Councilor Nilka Alvarez-Rodriguez came in second place with 3,104 and City Council President Modesto Maldonado, took third with 2,961.

James Blatchford, Marie Gosselin and Richard Russell were eliminated by the voters. They received 2,663, 1,763 and 1,379 votes, respectively. They were all running for Councilor at-Large.

El recién electo Concejal at-Large Brian DePeña entrando al Ayuntamiento acompañado de su esposa Dilenny Reyes e hijo Jeral, más un grupo de simpatizantes que ayudaron a elegirlo, celebrando la ocasión.

Newly elected Councilor at-Large Brian De Peña entering City Hall with his wife Dilenny Reyes and son Jeral and a group of supporters who helped elect him, in a celebration mode.

Resultado de las Elecciones / Elections Results

District A Councilor, Sandy Almonte won over Myra Ortiz 458 vs 339.
District A Sch. Comm., Kemal Bozkurt, 70 votes by sticker.

District B Councilor, Estela Reyes won over Ruth Rojas 895 vs 257.
District B Sch. Comm., Francisco Paulino, 44 votes by sticker.

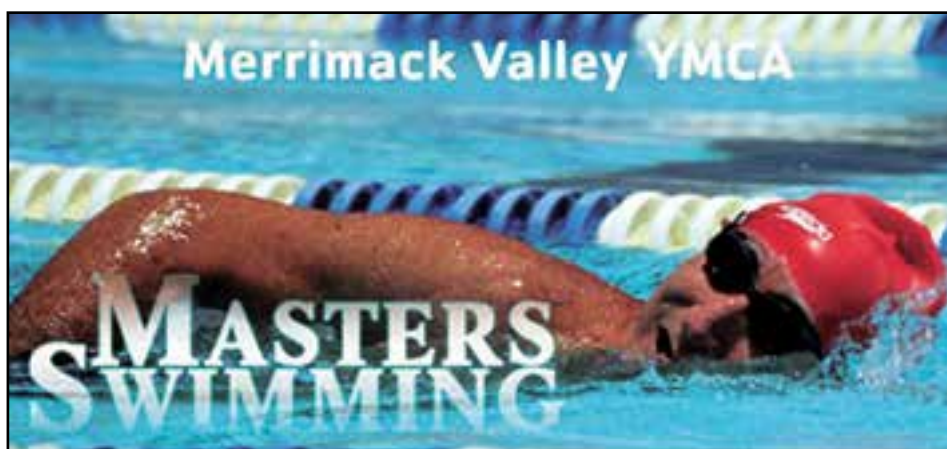
District C Councilor, Kendrys Vasquez won over Arlene Garcia 711 vs 479.
District C Sch. Comm., Pavel Payano won over Amy Berard 743 vs 383.

District D Councilor, Jeovanny Rodriguez won over Linette Perez 735 vs 526.
District D Sch. Comm., Marianella Rivera, 6 votes by sticker.

District E Councilor, David Abdo won over Frederick Diaz 1,090 vs 442.
District E Sch. Comm., Patricia Mariano won over Homayoun Maali 1236 vs 165.

District F Councilor, Marc Laplante won over Robert Flete 658 vs 286.
District F Sch. Comm., Joe Robles, 24 votes by sticker.

Tech School Committee: Angel García: 4,511 – Leo Lamontagne: 3,274 and Gary Mannion, Jr.: 3,021.



UPDATE!!!

We're excited to announce:

Carlton Cronin will be expanding his duties to include coaching the Masters Swim team. He is also our Lead Age Group Coach for the ANA Hurricanes as well. This will be effective immediately.

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Elecciones en Haverhill Elections in Haverhill

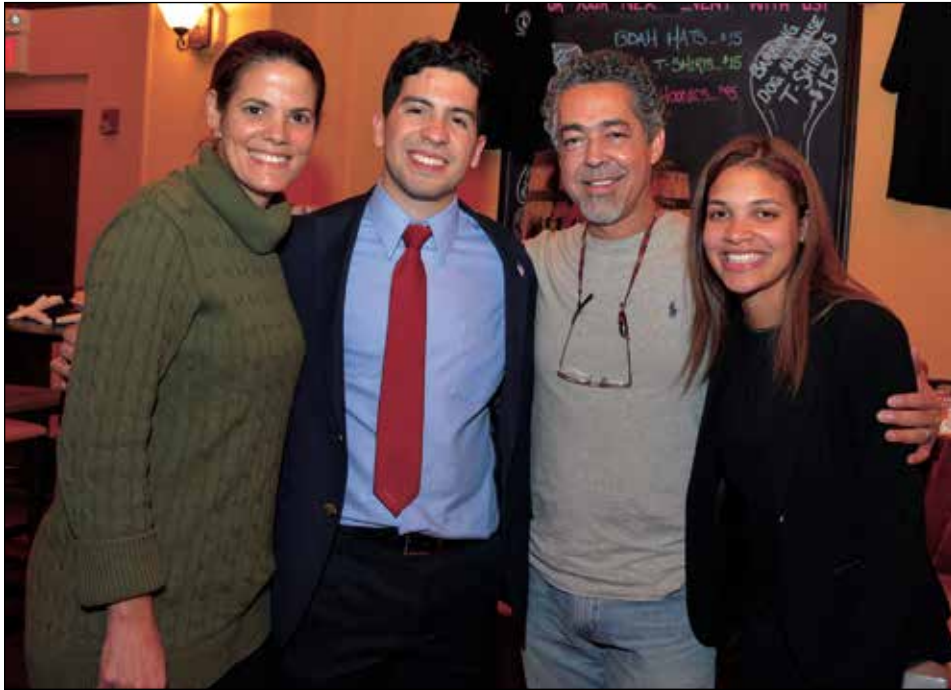
Por Alberto Suris

Haverhill está haciendo historia políticamente hablando. No sólo ha elegido el primer latino como concejal de la ciudad, pero un alcalde durante siete períodos consecutivos, y esta vez, corrió sin oposición.

Andrés Vargas, el primer latino electo como concejal de la ciudad, quedó en tercer lugar con 3,830 votos, después de John Michitson quien llegó en primer lugar con

4,441 votos y Melinda Barret que llegó en segundo lugar con 3,877.

Había 15 candidatos corriendo para 9 posiciones. Joseph Bevilacqua, nombre familiar para la comunidad de Lawrence como Presidente/CEO de la Cámara de Comercio del Valle de Merrimack llegó en quinto lugar en la carrera para concejal después de servir durante varios años como miembro del Comité Escolar.



Desde la izquierda / From left: Mory Espaillat, Andy Vargas, Benny Espaillat and Vargas' fiancée, Rikelma Jiménez celebrando el triunfo en / celebrating the triumph at The Barking Dog Ale House.



City Councilor Elect Andy Vargas, center, with his parents Orlando y Veronica Vargas and Benny Espaillat, at left.

By Alberto Surís

Haverhill is making history politically speaking. Not only they have elected the first Latino as City Councilor but a Mayor for seven consecutive terms and this time, he ran unopposed.

Andres Vargas, the first Latino being elected as city councilor, came in third with 3,830 votes, after John Michitson who came in first with 4,441 votes and Melinda

Barret who made it second with 3,877.

There were 15 candidates running for 9 positions. Joseph Bevilacqua, a familiar name for the Lawrence Community as President/CEO of the Merrimack Valley Chamber of Commerce came in 5th, in the City Councilor race after serving for several years as a member of the School Committee.



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NECC Branch of Eastern Bank Celebrates One Year

Northern Essex Community College students studying in Lawrence frequently hang out in the Common Street branch of Eastern Bank and Bank Manager Rachel Concepcion could not be happier.

On Wednesday, Oct. 21, the bank and the college celebrated the one-year anniversary of the opening of the NECC branch of the bank with a luncheon for college faculty and staff.

When the bank opened last year, it was called “the branch of the future.” The space is small—just 350 square feet—but it is packed with amenities including a contemporary lounge area with comfortable couches and high top tables, laptops and tablets for use for free, free Wi-Fi, and a tech bar where visitors can charge their electronic devices, also for free. Another highlight of the branch is an oversized touch screen which displays tips for financial literacy, covering topics such as buying a house or car, student loans, and how to build your credit score.

In addition to being small and loaded with technology, this branch has more of an educational focus than other bank branches. “We’re here to inform students,” said Concepcion. “We want to share the financial practices that will help them be successful.”

Eastern Bank also hires college students as interns and employees, taking the educational mission even further.

Lindsey Sander of Haverhill, an Eastern Bank service associate and student

in the Northern Essex accounting program, has been working in the bank 20 hours a week since last January, balancing work in her field with three courses a semester. She’s planning to graduate in December and transfer to Southern New Hampshire University for a Bachelor’s Degree in Accounting.

“I’m in love with accounting. There are so many learning and training opportunities here,” says the 2012 graduate of Whittier and former nursing assistant.

Conception says the bank hopes to use this partnership as a model for partnerships with other colleges.

“This was the first, and we’ve found we really like getting students involved,” she said.

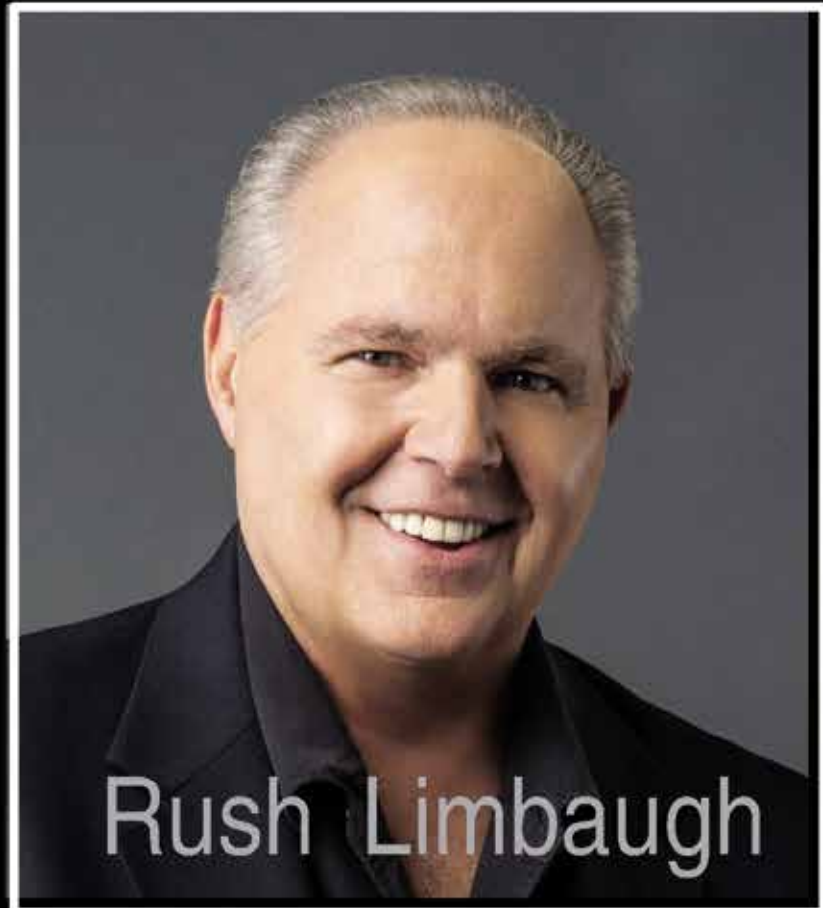
Eastern Bank shares the first floor of 420 Common Street with the Naples-inspired Napolitana Flatbread Pizzeria Bar, and a full-service bookstore operated by Follett.

“Eastern Bank and our other business partners have created a student center for our Lawrence Campus,” says Lane Glenn, president of Northern Essex. “Students socialize, study, and grab a bite to eat, and doors are open to the community, too. It really fills a great need in Lawrence.”

The second and third floors of the building house classrooms, including two computer classrooms equipped with sophisticated equipment, the college’s Center for Instructional Technology, and administrative offices.



NECC President Lane Glenn, Rachel Concepcion, branch manager, Eastern Bank, and Noemi Custodia-Lora, executive director of NECC’s Lawrence campus and community relations.



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Lawrence Family Development Charter School Hosts High School Fair

Since 2009, Lawrence Family Development Charter School (LFDCS) has sponsored a High School Admissions Fair by inviting to its campus the admissions representatives from primarily admissions-based high schools and boarding schools throughout New England. This year's High School Admissions Fair was held on Wednesday, October 14 at the Upper School gymnasium at 404 Haverhill Street and was open to Upper School students accompanied by their parents. This is a great opportunity for parents and students to learn about the diverse and unique characteristics of independent and private New England secondary schools. Preceding the fair, LFDCS hosted for dinner the recruiting high schools' admissions staff members and included a number of "Welcome Back" special alumni who also attended the fair. Many of our former LFDCS graduates accompany high school admissions staff to the High School Admissions Fair and are great "cheerleaders" for their new high school. Along with LFDCS students, invitees included Lawrence public schools' students who are excellent students and members of area youth development organizations. This year's fair had the following high schools in attendance:

- | | | | |
|------------------------------------|--------------------------------------|--|--|
| 1. Abbott Lawrence Academy (MA) | 8. Central Catholic High School (MA) | 15. Milton Academy (MA) | 22. Presentation of Mary Academy (MA) |
| 2. Austin Preparatory School (MA) | 9. Concord Academy (MA) | 16. Northfield Mount Hermon School (MA) | 23. St. John's Preparatory School (MA) |
| 3. Academy of Notre Dame (MA) | 10. Ethel Walker School (CT) | 17. Northwood School (NY) | 24. St. Mark's School (MA) |
| 4. Berkshire School (MA) | 11. Foxcroft Academy (ME) | 18. Notre Dame Cristo Rey High School (MA) | 25. The Taft School (CT) |
| 5. Bradford Christian Academy (MA) | 12. Fryeburg Academy (ME) | 19. Phillips Academy Andover (MA) | 26. The White Mountain School (NH) |
| 6. Brooks School (MA) | 13. Governor's Academy (MA) | 20. The Pingree School (MA) | 27. Winchendon School (MA) |
| 7. Cambridge School of Weston (MA) | 14. Holderness School (NH) | 21. Pomfret School (CT) | |

The Lawrence Family Development Charter School Placement Office is at the core of a successful high school transition program called "Opening Doors." Throughout the year, the Placement Counselor, Carlos Cedeño, establishes the overall schedule of workshops to be delivered in the classrooms of grades 7 and 8 and is responsible for the outreach to area secondary schools as well as those throughout New England. The Placement Office plans and manages the High School Admissions Fair which includes in-school presentations by admissions directors and coordinated visits to many of the schools. In addition, the Placement Counselor meets with every eighth grade student and their parent(s) to discuss best options, sets deadlines for applications and completes hundreds of required forms. Each year, Mr. Carlos Cedeño, LFDCS Placement Counselor, and Ms. Amelia Hernandez-Marinez, LFDCS Alumni Coordinator, work with Principal Dr. Susan Earabino and Head of School, Ms. Stephanie Cole, to increase the number of schools in LFDCS' outreach portfolio and provide new opportunities for students' consideration. These counselors and the LFDCS Upper School team assist eighth graders to submit applications to one or more admissions-based secondary schools and assist parents in filling out their financial aid forms. In addition, teachers are supported with writing recommendation letters and mailing over 200 applications. To assist with the success of LFDCS graduates once they matriculate into high school, full-time Alumni Coordinator, Ms. Hernandez-Marinez, also supports LFDCS Upper School students by providing workshops which helps students, once accepted, make the transition to high school. In addition to helping prepare upcoming graduating classes, she is responsible for meeting with all LFDCS alumni—LFDCS Classes of 2011, 2012, 2013, 2014 and 2015—and to follow-up on high school grades, monitor community service requirements and help alumni solve personal issues in order for them to focus their efforts on academic excellence.

Founded in 1995, the Lawrence Family Development and Education Fund, Inc.'s Lawrence Family Development Charter School (LFDCS) is one of the first K-8 Commonwealth public charter schools. As a "Level 1" public school for MCAS performance in 2012, 2013, 2014 and 2015, the work of the Lawrence Family Development Charter School is known for its best practices as a Massachusetts urban school. The school uses research-based practices for academic instruction and intervention, and supplements this instruction with after school and summer school programs.



Desde el año 2005, Lawrence Family Development Charter School (LFDCS) ha patrocinado una Feria de Admisión a Escuelas Secundarias invitando a su campus los representantes de admisiones principalmente escuelas de admisión selecta e internados en todo Nueva Inglaterra. Este año la Feria de admisiones a Escuelas Secundarias se celebró el miércoles 14 de octubre en el gimnasio de la Escuela Intermedia en el 404 Haverhill Street donde los estudiantes de la Escuela Intermedia asistieron con sus padres. Esta es una gran oportunidad para los padres y estudiantes para aprender acerca de la diversidad y las características únicas de escuelas independientes y privadas de Nueva Inglaterra. Antes de la Feria, LFDCS presento una cena a los funcionarios de reclutamiento y admisiones de escuelas e incluía un número de alumnos graduados que también participaron en la feria. Muchos de nuestros graduados de LFDCS acompañaron el personal de admisiones de las escuelas secundarias a la Feria siendo grandes "apoyadores" de su nueva escuela secundaria. Juntos con los estudiantes de LFDCS, los invitados incluyeron estudiantes de las escuelas públicas de Lawrence y de promedio alto y miembros de las organizaciones de desarrollo de la juventud del área. Este año la feria tuvo las siguientes escuelas en asistencia:

- | | | | |
|------------------------------------|--------------------------------------|--|--|
| 1. Abbott Lawrence Academy (MA) | 8. Central Catholic High School (MA) | 15. Milton Academy (MA) | 22. Presentation of Mary Academy (MA) |
| 2. Austin Preparatory School (MA) | 9. Concord Academy (MA) | 16. Northfield Mount Hermon School (MA) | 23. St. John's Preparatory School (MA) |
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| 7. Cambridge School of Weston (MA) | 14. Holderness School (NH) | 21. Pomfret School (CT) | |

La Oficina de colocación de Lawrence Family Development Charter School es el núcleo de un exitoso programa de transición a escuelas secundarias llamado "Opening Doors." A lo largo de todo el año, el Consejero de Colocación el Sr. Carlos Cedeño establece la programación general de los talleres para ser entregados en las aulas en los grados 7mo y 8vo y es responsable del alcance de escuelas secundarias en el área, así como aquellas de todo Nueva Inglaterra. La Oficina de Colocación planifica y administra la Feria de admisiones de las escuelas secundarias que incluye presentaciones en las escuelas por los directores de admisiones y visitas coordinadas a muchas de las escuelas. Además, el consejero de Colocación se reúne con cada estudiante de octavo grado y su(s) padre(s) para discutir las mejores opciones, establece plazos para las solicitudes y completa cientos de formularios requeridos. Cada año el Sr. Carlos Cedeño, Consejero de Colocación y la Sra. Amelia Hernandez-Marinez, Coordinadora de Alumnos egresados de LFDCS, trabajan con la Principal la Dra. Susan Earabino, y la Sub-Directora la Sra. Stephanie Cole, para aumentar el número de escuelas en el portafolio de promoción de LFDCS y ofrecer nuevas oportunidades para consideración de los estudiantes. Estos consejeros y el equipo de LFDCS en la Escuela Intermedia ayudan a alumnos de octavo grado para presentar solicitudes para una o más escuelas secundarias basadas en admisión selecta y ayudar a los padres a llenar sus formularios de ayuda financiera. Además, los maestros respaldan con el envío y escritura de cartas de recomendación a más de 200 aplicaciones. Una vez que los Estudiantes se matriculan en la escuela secundaria, la Coordinadora de Estudiantes egresados la Sra. Amelia Hernandez-Marinez brinda apoyo a los estudiantes de la escuela Intermedia de LFDCS ofreciendo talleres que ayudan a los alumnos hacer la transición a la escuela secundaria. Además de ayudar a preparar las próximas clases graduandas, ella es responsable de cumplir con todos los alumnos graduados de LFDCS – Las clases de 2011, 2012, 2013, 2014, y 2015- y al seguimiento de calificaciones durante la escuela secundaria, supervisar los requisitos de servicio comunitario y resolver problemas personales con el fin de que los estudiantes centren sus esfuerzos en la excelencia académica.

Fundada en el 1995, Lawrence Family Development and Education Fund, Inc.'s, Lawrence Family Development Charter School (LFDCS) es una de las primeras escuelas públicas Charter de K-8 de Massachusetts. Como escuela pública de "Nivel 1" en el rendimiento de los exámenes MCAS en el 2012, 2013, 2014 y 2015, el trabajo por Lawrence Family Development Charter School se conoce por sus mejores prácticas como escuela urbana de Massachusetts. La escuela utiliza prácticas basadas en la investigación en la enseñanza académica y de intervención, y complementa esta instrucción con programas después de la escuela y programas de la escuela de verano.

The Residency Law: The Numbers Speak

By Dalia Diaz

On the ballot, during this recent election, a question was posed as to residency requirement for city employment positions. After much controversy, from some of the elected officials and a few from the press, it has been found that the people of Lawrence really do want such rule in place. The numbers speak for themselves. Sixty-three percent (63%), a margin of almost 2-1, expressed favorable for a residency rule.

Only a few elected officials, and some candidates that lost, believe that the residency rule is not an effective rule. However, this rule should not be about whether the elected officials agree or disagree with the residency requirements for city employment. This request, and now a demand on the election ballot and by vote, is because the people of Lawrence want this rule in place. Elected officials should start listening to the people because when you don't listen to the people, the people will send a clear message and find a way for you to listen. I know you hear them, but are you really listening?

Some may argue that the residency rule limits the City's options. That may have been an argument 10 years ago, or even 15 years ago when this debate was also part of the political landscape, but the City is in a much better position. The City has many college graduates seeking employment and there are many really experienced individuals wanting to make this city a

better place for their children. We insist on our children to get an education and return to give back our community only to find there are no jobs available and preference for city jobs is given to outsiders and friends.

I recently read somewhere that an individual stated that demanding that a Police Officer reside in their community is an insult to their work. I, on the other hand, believe that not demanding that a police officer reside in his or her community is an insult to the community in which they sworn to protect. However, as many of us know, this residency is not about police, fire or teachers. The City of Lawrence already has a residency preference rule for police and fire and there is a state law that states that they must live within 10 miles of their city's border. The question becomes whether this ten mile radius law is being enforced. I know many officer and fire protection personnel who live in the state of New Hampshire or so far south that they almost can be categorized as a resident of the state of Connecticut (sarcasm).

This story is about the other 90% of employment positions that are available at any given time. Currently there are 31,515 unemployed individuals in the City of Lawrence. There are over 3,200 city and school employment positions in Lawrence, a little over 2,000 if we eliminate teachers from the totals. Now, I

am not saying that this rule would eliminate the unemployment in Lawrence. It may just be a drop in the bucket. In a city in which the unemployment rate is double to the statewide average, every little bit of opportunity to work and reduce this high rate should be applied.

Right from the start many of our Lawrencians are discriminated. What many elected officials fail to notice is that a Lawrence contact address, on your resume, most of the time gets one eliminated from even being considered for jobs across Massachusetts outside of Lawrence. We are the ones being discriminated. These very same Lawrence elected officials just want their options open to allow their friends, from other communities and higher elected officials, to garner these sought-after positions in our communities.

Let's look at the recent numbers, in detail, to see how the people of Lawrence voted. District D (North Lawrence) had the three highest percentage numbers of the north side of the city for a yes vote on residency requirements (79.46%, 77.05% and 69.90%). District D city councilor vacant position was won by Mr. Jeovanny Rodriguez and is included in Representative Frank Moran state district as well. I hope both these individuals see that this district numbers was well over the 2-1 ratio and the people feel very strongly about it.

District F3 and E4, which are in South Lawrence right along the river closest to the north, had the highest percentages of any South Lawrence district that voted yes for residency with 75.89% and 70.11%, respectively.

All districts, except for one district, voted in favor of residency. District E2 voted against the rule by a slim margin of 4.26%. Actually, all districts farthest south in Lawrence had the lowest votes for residency requirements with F1 = 51.55%, E1 = 50.75% and E2 = 45.75%. These districts tend to be populated by fewer minorities and have a higher median income concentration than many other districts in Lawrence.

Most people in Lawrence just want people to stop keeping them down in poor paying jobs and heavily struggling

positions that don't allow for upward mobility. Of the over 2000 plus positions (teachers not included) only 953 employees are from Lawrence. Not bad; that equals out to 47%. But when you look at the number further, you find that of those 953 most are cafeteria workers, custodians, mechanics, clerical, emergency hires and building based educators (another fancy word for substitute teacher that pays only 22K a year). What elected officials fail to see is that many of the good paying positions (are still low when compared to other communities across the Commonwealth) such as administrators, coordinators, directors, supervisors, managerial positions, nurses, accountants/financial, foremen, firefighters and police go mostly to people who resides outside of Lawrence.

Out of 129 fire personnel, only 49 reside in Lawrence; that's 37%! Residency is almost the same for police officials (124/47) in that only 38% reside in Lawrence, with ten individuals residing in another state! Of the 46 building based educators in the city's public schools only 19 reside in Lawrence (41%).

Of the 140 administrators, managers, supervisor and directors who run this city (whether a department, school, division, etc.) only 31 reside in Lawrence (22%). These numbers indicate that city decisions are being made mostly by people who reside outside of the City. These numbers speak! These leaders are mostly saying you are too dumb to get these jobs. Yes, that's exactly what is being stated, except they use words such as "this will reduce the number of applicants in the pool," "this reduces our chances of finding the right candidate," and "this will hurt our recruitment efforts". They fill in words with "will" instead of "may". These individuals, who are against the residency rule, use these psychological measures to continue making you believe that you are not smart enough to work in the City government positions.

So when you hear Council President Modesto Maldonado or any of the very few councilors advocating for residency, these are the numbers they see and the voices of Lawrence people that he listens to. These numbers speak!



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Nestor H. De Jesús
 Presidente

La Ley de Residencia: Los números hablan

Por Dalia Díaz

En las elecciones, durante esta reciente elección, hubo una pregunta sobre el requisito de residencia para los puestos de trabajo de la ciudad. Después de mucha controversia, de algunos de los funcionarios electos y algunos de la prensa, se ha encontrado que el pueblo de Lawrence realmente quiere tal regla en su lugar. Los números hablan por sí mismos. Sesenta y tres por ciento (63%), un margen de casi 2-1, se expresó favorable hacia una regla de residencia.

Sólo unos pocos funcionarios electos y algunos candidatos que perdieron, creen que la residencia no es una regla eficaz. Sin embargo, esta regla no debe ser acerca de si los funcionarios electos están de acuerdo o no con los requisitos de residencia para el empleo de la ciudad. Esta solicitud, y ahora una demanda en la boleta electoral y por el voto, es porque el pueblo de Lawrence quieren esta regla en su lugar. Los funcionarios electos deben empezar a escuchar a la gente, porque cuando usted no escucha a la gente, la gente va a enviar un mensaje claro y encontrar una manera para que usted escuche. Sé que usted oye, pero ¿está realmente escuchando?

Algunos pueden argumentar que la residencia limita las opciones de la Ciudad. Eso puede haber sido un argumento hace 10 años, o incluso hace 15 años, cuando este debate fue también parte del paisaje político, pero la ciudad está en una posición mucho mejor. La ciudad tiene muchos graduados universitarios que buscan empleo y hay muchas personas con mucha experiencia que quieren hacer de esta ciudad un lugar mejor para sus hijos. Nosotros insistimos a nuestros hijos que se hagan de una educación y regresen a servir en esta comunidad encontrando que no hay empleos disponibles y le dan preferencia para trabajos con la ciudad a gente de afuera y amistades

Hace poco leí en alguna parte que un individuo declaró que exigir que un oficial de policía resida en su comunidad es un insulto a su trabajo. Yo, por el contrario, creo que no exigir que un oficial de policía resida en su comunidad es un insulto a la comunidad que juraron proteger. Sin embargo, como muchos de nosotros sabemos, esta residencia no se trata de la policía, bomberos o maestros. La Ciudad de Lawrence ya tiene un principio de preferencia de residencia para la policía y los bomberos y hay una ley estatal que establece que deben vivir a 10 millas de la frontera de su ciudad. La pregunta es si esta ley de un radio de diez millas se está aplicando. Sé de gran parte del personal de oficiales y de protección contra incendios

que viven en el estado de New Hampshire o tan al sur que casi se pueden clasificar como un residente del estado de Connecticut (sarcasmo).

Esta historia es sobre el otro 90% de los puestos de trabajo que están disponibles en un momento dado. Actualmente hay 31,515 personas desempleadas en la Ciudad de Lawrence. Hay más de 3,200 puestos de empleo de la ciudad y las escuelas en Lawrence, un poco más de 2,000 si eliminamos a los profesores de los totales. Ahora, no estoy diciendo que esta regla eliminaría el desempleo en Lawrence. Puede que sólo sea una gota en el balde. En una ciudad en la que la tasa de desempleo es el doble que el promedio estatal, cada poquito de oportunidades de trabajo con tal de reducir esta alta tasa debe utilizarse.

Desde el principio muchos de nuestros lawrencianos son discriminados. Lo que muchos funcionarios electos no se dan cuenta es que poner una dirección de Lawrence en su hoja de vida, la mayoría de las veces elimina la oportunidad de siquiera ser considerado para puestos de trabajo en Massachusetts fuera de Lawrence. Somos los que estamos siendo discriminados. Estos mismos funcionarios electos de Lawrence simplemente quieren que sus opciones queden abiertas para permitir que sus amigos, de otras comunidades y funcionarios superiores elegidos, reserven estos codiciados puestos en nuestras comunidades.

Echemos un vistazo a los números recientes con cuidado para ver cómo la gente de Lawrence votó. Distrito D (North Lawrence) tuvo los tres números porcentuales más altos del norte de la ciudad por un voto afirmativo por el requisito de residencia (79.46%, 77.05% y 69.90%). La posición del concejal en el Distrito D estaba vacante y fue ganada por el Sr. Jeovanny Rodríguez y está incluido en el distrito del Representante Estatal Frank Moran también. Espero que estas dos personas vean que estos números de ese distrito fueron muy por encima del promedio de 2-1 y la gente se siente muy firme al respecto.

Los Distritos F3 y E4, que son en el sur de Lawrence a lo largo del río más cercano al norte, tuvieron los porcentajes más altos de cualquier distrito Sur Lawrence que votaron sí por la residencia con 75.89% y 70.11%, respectivamente.

Todos los distritos, a excepción de un distrito, votaron a favor de la residencia. El Distrito E2 votó en contra de la regla por un estrecho margen de 4.26%. En realidad, todos los distritos más al sur en Lawrence tuvieron los votos más bajos para el requisito de residencia con F1 =

51.55%, E1 = 50.75% = y E2 = 45.75%. Estos distritos tienden a ser poblados por un menor número de minorías y tienen una concentración de ingreso medio más alto que muchos otros distritos en Lawrence.

La mayoría de los residentes en Lawrence sólo quieren que la gente deje de mantenerlos en empleos pobres luchando fuertemente en posiciones que no permiten la movilidad hacia la mejora. De los más de 2,000 puestos (profesores no incluidos) sólo 953 empleados son de Lawrence. No está mal; eso equivale a 47%. Pero cuando nos fijamos en el número con más cuidado, usted encuentra que los 953 son trabajadores de la cafetería, conserjes, mecánicos, oficinistas, contrataciones de emergencia y lo que llaman "building based educators" (otra palabra elegante para decir maestros sustitutos que paga sólo \$22,000 al año). Lo que los funcionarios electos no ven es que muchas de las buenas posiciones que pagan (siguen siendo salarios bajos en comparación con otras comunidades de todo el estado) como administradores, coordinadores, directores, supervisores, gerentes, enfermeras, contables/financieros, capataces, bomberos y la policía van sobre todo a las personas que residen fuera de Lawrence.

De los 129 bomberos, ¡sólo 49 residen en Lawrence; eso es 37%! La residencia es casi igual para los oficiales de policía (124/47) en el que sólo el 38% reside en Lawrence, con diez personas que residen en

otro estado! De los 46 educadores llamados "building based educators" en las escuelas públicas de la ciudad sólo 19 residen en Lawrence (41%).

De los 140 administradores, gerentes, supervisores y directores que dirigen esta ciudad (ya sea un departamento, escuela, división, etc.) sólo 31 viven en Lawrence (22%). Estos números indican que las decisiones de la ciudad se están haciendo en su mayoría por personas que residen fuera de la ciudad. ¡Estos números hablan! Estos líderes en su mayoría dicen que usted es demasiado tonto para conseguir estos puestos de trabajo. Sí, eso es exactamente lo que están diciendo, excepto que utilizan palabras como "esto reducirá el número de solicitantes", "esto reduce nuestras posibilidades de encontrar al candidato adecuado," y "esto va a afectar nuestros esfuerzos de reclutamiento". Utilizan palabras que no dejan probabilidad de equivocación. Estos individuos, que están en contra de la Ley de Residencia, utilizan estas medidas psicológicas para seguir haciéndole creer que usted no es lo suficientemente inteligente para trabajar en las posiciones del gobierno de la Ciudad.

Así que cuando escuche al Presidente del Concejo Modesto Maldonado o cualquiera de los muy pocos concejales que abogan por la residencia, estos son los números que ellos ven y las voces de la gente Lawrence que escuchan. ¡Estos números hablan!

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La lucha contra la Nicotina: La adicción 'persistente'

Especialista en Adicciones Intenta diferentes enfoques para ayudar a los pacientes a poner fin al hábito del tabaco

El experto en salud mental y especialista en adicciones Dr. Gregory L. Jantz ve pacientes que luchan contra todo tipo de adicciones en el Centro de Consejería y Salud, cerca de Seattle.

Pero incluso después de que la gente conquistar algunos de sus problemas más debilitantes - alcohol, el juego, las drogas - un hábito persistente tiende a perdurar.

"Cuando las personas tienen múltiples adicciones, tabaquismo suele ser el último en irse", dice Jantz. "Es como si estuvieran diciendo: 'No me lo quite todo.'" En general, dada la oportunidad, las personas quieren dejar de fumar. Pero no creen que pueden o no saben cómo".

Cerca de 46 millones de estadounidenses fuman, pero la mayoría desean que no lo hicieran, según los Centros para el Control de Enfermedades. Una encuesta del 2010 mostró que el 70 por ciento de los fumadores en los EE.UU. le gustaría dejar de fumar, y en el 2012 más del 40 por ciento intentó activamente dejar de fumar.

Los Institutos Nacionales de Salud apuntan a numerosas razones para acabar con el hábito. Los fumadores que dejan de fumar reducen su riesgo de contraer varios tipos de cáncer, incluyendo el cáncer de pulmón, y también reducir sus posibilidades de padecer enfermedades del corazón, derrame cerebral, enfisema y otras enfermedades graves.

Averiguar una estrategia para dejar de fumar implica el reconocimiento de las

profundidades de la adicción al tabaco, dice Jantz. Algunos puntos para entender incluyen:

- **Fumar satisface las necesidades emocionales, así como las necesidades físicas.** "Llena una enorme necesidad de bienestar", dice. "Así que los fumadores tienen que preguntarse, '¿Cómo puedo llevar consuelo a mi vida sin fumar?'"

- **Fumar es relacional.** Los fumadores se reúnen con otras personas a fumar, lo cual alimenta el hábito. "Una vez que te conviertes en un ex fumador, ya no formas parte de ese grupo", dice Jantz. "Y eso no es divertido. Pero si los fumadores pueden empezar a ver la posibilidad de sí mismos como más saludables, personas vibrantes, entonces son más inclinados a hacer el esfuerzo".

- **Dejar de fumar de repente no funciona para la mayoría de la gente.** Incluso todas esas advertencias sanitarias en los paquetes de cigarrillos y las imágenes de los medios de comunicación que retratan los resultados devastadores del cigarrillo no tienen el impacto que usted pueda imaginar, dice Jantz. "Esto es tan adictivo y tan poderoso que la gente puede ver estas fotos y seguir haciéndolo", dice Jantz. "Esa es una adicción poderosa." La Sociedad Americana del Cáncer informa que sólo alrededor de 4 a 7 por ciento de los fumadores son capaces de detenerlo por su cuenta sin necesidad de utilizar productos

para dejar de fumar, sin embargo, casi todos estos productos usan terapia de reducción de la nicotina (NRT), que requiere que los fumadores dejen de fumar de golpe. La mayoría de los fumadores que han intentado con productos NRT no logran dejar de fumar aún después de varias veces. Hay un nuevo producto que Jantz comenzó recientemente a utilizar con algunos de sus pacientes llamados NicoBloc (www.nicoblocusa.com), un enfoque más innovador para ayudar a los fumadores a dejar el hábito gradualmente, así que ir de golpe no es necesario. NicoBloc ha demostrado ser un éxito notable (más del 60 por ciento de las tasas de abandono) en programas para dejar de fumar en Europa.

"Obviamente, las personas pueden y deben parar", dice Jantz. "A veces sólo necesitan el método correcto y el enfoque que puede liberarlos de los aspectos físicos y emocionales de su adicción. Estamos

enfocados en el tratamiento de la adicción a la nicotina, eliminando el uso de la nicotina en el tratamiento, sobre todo porque la nicotina sigue siendo la droga más adictiva conocida por el hombre".

Acerca de Gregory L. Jantz, Ph.D

Gregory L. Jantz (www.aplaceofhope.com) tiene casi tres décadas de experiencia en consejería de salud mental y es el fundador de El Centro de Asesoramiento y Recursos Sobre la Salud cerca de Seattle, Washington. El Centro, "un lugar para la esperanza", provee información integral, la atención coordinada de un equipo de tratamiento que aborde médico, físico, psicológico, emocional, nutricional, física y factores espirituales involucrados en la recuperación. Él es el autor más vendido de más de 28 libros y es un colaborador habitual de The Huffington Post y Psicología Hoy blogs.

Tackling Nicotine: The 'Lingering' Addiction

Addiction Specialist Tries Different Approaches To Help Patients End The Stubborn Tobacco Habit

Mental health expert and addiction specialist Dr. Gregory L. Jantz sees patients battling all types of addictions at his Center for Counseling and Health near Seattle.

But even after people conquer some of their most debilitating problems – alcohol, gambling, drugs – a persistent habit tends to linger.

"When people have multiple addictions, smoking is usually the last to go," says Jantz. "It's as if they are saying, 'Don't take everything from me.' Generally, given the opportunity, people do want to quit smoking. But they don't believe they can or don't know how."

About 46 million Americans smoke, but most wish they didn't, according to the Centers for Disease Control. A 2010 survey showed that 70 percent of smokers in the U.S. would like to quit, and in 2012 more than 40 percent actively tried to stop.

The National Institutes of Health points to numerous reasons to end the habit. Smokers who quit lower their risk of getting various cancers, including lung cancer, and also reduce their chances of suffering from heart disease, stroke, emphysema, and other serious diseases.

Figuring out a strategy for quitting involves recognizing the depths of the smoking addiction, Jantz says. A few points to understand include:

- **Smoking meets emotional needs as well as physical needs.** "It meets a huge need for comfort," he says. "So smokers need to ask themselves, 'How do I bring comfort into my life without smoking?'"

- **Smoking is relational.** Smokers get together with other people to smoke, which fuels the habit. "Once you become an ex-smoker, you are no longer part of that group," Jantz says. "And that's not fun. But if smokers can begin to see the possibility of themselves as healthier, vibrant persons, then they are more inclined to make the effort."

- **Going cold turkey doesn't work for most people.** Even all those health

warnings on cigarette packages and images in the media portraying the devastating results of smoking don't have the impact you might imagine, Jantz says. "This is so addictive and so powerful that people can see these pictures and continue to do it," Jantz says. "That's a powerful addiction." The American Cancer Society reports that only about 4 to 7 percent of smokers are able to stop on their own without using smoke-cessation products, yet almost all of these products use nicotine reduction therapy (NRT), which require smokers to quit cold turkey. Most smokers who have tried NRT products fail to quit multiple times. There is one new product Jantz recently began using with some of his patients called NicoBloc (www.nicoblocusa.com), a more innovative approach helping smokers to quit the habit gradually, so going cold turkey isn't necessary. NicoBloc has proven to be remarkably successful (over 60 percent quit rates) in stop smoking programs in Europe.

"Obviously, people can and do stop," Jantz says. "Sometimes they just need the right method and approach that can free them from both the physical and emotional aspects of their addiction. We are focused on treating nicotine addiction by eliminating the use of nicotine in treatment, primarily because nicotine remains the most addictive drug known to man."

About Gregory L. Jantz, Ph.D

Gregory L. Jantz (www.aplaceofhope.com) has nearly three decades of experience in mental health counseling and is the founder of The Center for Counseling and Health Resources near Seattle, Wash. The Center, "a place for hope," provides comprehensive, coordinated care from a treatment team that addresses medical, physical, psychological, emotional, nutritional, fitness and spiritual factors involved in recovery. He is the best-selling author of more than 28 books and is a regular contributor to The Huffington Post and Psychology Today blogs.

Noviembre 19 es el Día Nacional para Dejar de Fumar

November 19 is National Smoking Cessation Day

	
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CONTINUA DE LA PAGINA 2

REGIS/NECC

residentes locales que desean grados de salud avanzados."

La colaboración entre Regis y NECC permite que los estudiantes de la zona alrededor de Lawrence tengan fácil acceso a respetados programas de licenciatura acreditados, entre ellos el programa de enfermería de Regis que se designa un "Centro de Excelencia en Educación en Enfermería" por la Liga Nacional de Enfermería. Las dos instituciones han trabajado juntas para crear opciones de programas flexibles y convenientes, ideal para el equilibrio de muchos estudiantes entre la familia, el empleo y otras responsabilidades mientras avanzan su educación.

"Estamos emocionados de tener a Regis College y agradecidos de la inversión que están haciendo en Lawrence. Junto con NECC y su expansión, Lawrence se está convirtiendo en un lugar donde los jóvenes pueden venir para obtener una educación de alta calidad con un camino real para una carrera gratificante. Regis North ayuda a solidificar la idea de que Lawrence está abierta para los negocios, y agradezco a la Presidenta Hays y al Presidente Glenn para Hacer a Lawrence Mejor", dijo el Alcalde Daniel Rivera.

ACERCA DE REGIS

Regis es una universidad católica de liderazgo en Boston, con más de 1,900 estudiantes de pregrado, postgrado y doctorado en las artes, las ciencias y profesiones de la salud dedicados a participar, servir y avanzar en una comunidad global. Con un enfoque estratégico de posgrado en la atención médica, Regis fue nombrado recientemente un Centro de Excelencia en Educación en Enfermería por la Liga Nacional de Enfermería por tercera vez. El campus intergeneracional y multifacético en Weston incluye un programa preescolar y un programa de Aprendizaje Permanente (LLARC) para los adultos mayores con una pasión por el aprendizaje. Regis North, un campus satélite en Lawrence, Massachusetts, es una iniciativa del Instituto Regis de Estudios Avanzados (NIC) en asociación con Northern Essex Community College (NECC) y dedicado a la licenciatura en enfermería, salud pública y otras ciencias de la salud. Regis es también una Escuela Distinguida de Apple en el 2014 hasta 2016. Visita Regis en la Web en www.regiscollege.edu.

Acerca de Northern Essex Community

Con sedes en Haverhill y Lawrence, Northern Essex Community College ofrece más de 70 programas certificados y títulos asociados, así como cientos de cursos sin crédito diseñados para el enriquecimiento personal y crecimiento profesional. Más de 6,600 estudiantes están matriculados en programas certificados y títulos asociados de crédito en los campus de Haverhill y Lawrence; y otros 6,700 toman desarrollo laboral sin crédito y clases de educación de la comunidad en el campus, y en las empresas y sitios de la comunidad a través del Valle de Merrimack. Más de 1,800 estudiantes están matriculados en uno de los 25 títulos de asociado de Northern Essex y programas de certificación en el campo de la salud, incluyendo la enfermería y la tecnología radiológica. La universidad es la única universidad estatal situada en el Valle de Merrimack Región inferior de Massachusetts. Para obtener más información, visite el sitio web en www.necc.mass.edu.

CONTINUES FROM PAGE 2

REGIS

create flexible and convenient program options, ideal for students balancing family, employment and other responsibilities while advancing their education.

"We are excited to have Regis College and appreciative of the investment they are making in Lawrence. Together with NECC and its expansion, Lawrence is becoming a place where young people can come for a high quality education with a real path to a rewarding career. Regis North helps solidify the idea that Lawrence is open for business, and I thank President Hays and President Glenn for Making Lawrence Better," said Mayor Daniel Rivera.

Regis North's baccalaureate degree completion programs come as leading nursing and public health professional organizations such as the American Association of Colleges of Nursing (AACN) and the U.S. Department of Health and Human Services (Healthy People 2020) are calling for increasing diversity in the nursing and public health workforces to better reflect the changing population demographics of the country. As part of this effort, the associate's to bachelor's degree completion program in nursing at Regis North is also responding to the calls of professional organizations for an increase in the number of bachelor's prepared nurses.

ABOUT REGIS

Regis is a leading Catholic university in greater Boston with over 1900 undergraduate, graduate and doctoral students in the arts, sciences and health professions devoted to engage, serve and advance in a global community. With a strategic graduate focus on health care, Regis was recently named a Center of Excellence in Nursing Education by the National League of Nursing for the third time. The intergenerational and multifaceted Weston campus includes a pre-school and a Life Long Learning program (LLARC) for senior adults with a passion for learning. Regis North, a satellite campus in Lawrence, Massachusetts, is an initiative of the Regis Institute of Advancing Studies (IAS) in partnership with Northern Essex Community College (NECC) and dedicated to bachelor's degree completion in nursing, public health and other health sciences. Regis is also an Apple Distinguished School for 2014-2016. Visit Regis on the Web at www.regiscollege.edu.

About Northern Essex Community College

With campuses in Haverhill and Lawrence, Northern Essex Community College offers over 70 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. More than 6,600 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 6,700 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. Over 1800 students are enrolled in one of Northern Essex's 25 associate degrees and certificate programs in the health care field including nursing and radiologic technology. The college is the only state college located in the lower Merrimack Valley Region of Massachusetts. For more information, visit the website at www.necc.mass.edu.



Desde la izquierda / From the left: M. J. Doherty, PhD, Special Assistant to the President; Lane Glenn, President of Northern Essex Community College; Cheryl Goodwin, Assistant to the President, Northern Essex Community College; Antoinette M. Hays, PhD, RN, President of Regis College; and Dr. Noemi Custodia-Lora, Executive Director of the Lawrence Campus at Northern Essex Community College.



Joseph J. Bevilacqua, President and CEO of the Merrimack Valley Chamber of Commerce and newly elected city Councilor in the City of Haverhill came to celebrate the good news. Here he is with the President of Regis College Antoinette M. Hays, PhD, RN.

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BY DALIA DÍAZ
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■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR

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Letters must be less than 300 words in length.
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MISSING FROM LAWRENCE



Sean Cronin
State Fiscal Overseer for Lawrence

Great honor for Lawrence

This past week Lawrence received a national award being selected as a 2015 Robert Wood Johnson Culture of Health Prize Winner. Lawrence was one of eight communities selected in a very competitive process, for which 340 communities initially applied. This is another great symbol of the strong collaborative work that is on-going among the many organizations fighting for the betterment of the Lawrence community. Congratulations and many thanks.

Good things happen in Lawrence

Regis College has opened a new branch called Regis North at Northern Essex Community College for people interested in the health professions. The educational opportunities available to the Merrimack Valley are enormous with these two institutions along with Cambridge College, offering bachelor's degree courses at the Riverwalk and Suffolk University with its MBA program also at the Riverwalk are making our city a "college town" while bringing hundreds of visitors daily.

The Residency Law

I recommend that you read the article "The Residency Law: The Numbers Speak" on page 12 outlining the way residents voted in favor of this requirement all over the city. Mayor Rivera keeps saying that he will not sign such a law no matter how many times they bring it up. That investigating piece I wrote clearly demonstrates the desire of the people. Let's wait and see how he will ignore it this time.

The mayor makes the rounds

The recall effort has forced Mayor Dan Rivera to face the public and start answering questions. Lately, he has been visiting Latino businesses accompanied of his chauffeur/bodyguard Orlando Maldonado and the former city engineer Theodoro Rosario, who is now Projects and Planning Supervisor. Apparently, Theo doesn't have much to do in his current job, either. By the way, nobody knows if he took any courses during the 15 months he held that temporary position in search of a license – and no one asked.

It has also been brought to my attention that the mayor has been calling the candidates who did not make it on this election process and offered them positions on any board they desire.

He has also gone on some Spanish language radio programs trying to explain his current situation which I consider to be a huge mistake. The mayor is known for being impulsive, not asking for advice and when given, he does not listen. This was probably one of those times. He opened himself up for questions from the audience and he did not have the right answers.

The mayor also insulted many people with his limited knowledge of the language. He kept referring to the firings from the former administration as "botellas" which means "no shows" or employees who collect a salary for staying at home. None of the layoffs were to people of the sort – they were performing a job.

I believe that he meant to say "patronage jobs" which is exactly what he is doing. What's Theodoro Rosario's and Wendy Luzón's position, if not patronage? They are two incompetent individuals without the proper credentials that he keeps fighting for. I understand that he can be a loyal friend but not to the point of endangering his administration and his political future. That's political suicide!

When he was asked by callers on the radio programs, he raised his voice in an unusual manner, screaming over the voice on the telephone that Theo is super brainy and the degrees he hold, which qualifies him to do anything because of his intelligence. Correct; but he is not a civil engineer.

He has also been chastised because when he took over, the city had \$9 million in reserves and there are only \$2 million left. Again, he raises his voice to say: "Look at the things we've done! We're fixing the roads and parks."

He should have known those issues would be brought up and better preparation for his responses was vital.

Even if you lose, you win?

Mayor Rivera apparently is offering board positions to candidates who lost the elections. I heard that's going on and I was able to confirm it in the case of Linette Perez, candidate for City Council for District D. The day after we went to vote, he called her and offered a place on the Licensing Board. This board carries a small stipend of approximately \$2,500.

Cartas al Editor / Letters to the Editor

We need more involvement in our schools

On Election Day, I was eager to exercise my right to vote. As a Hispanic woman, I'm thankful to those who have stood up for my right to vote and proud to be a part of the political decision making process. When I received my ballot, I was deeply disappointed to see that there was no one running for District D School Committee. I left the polls in disbelief and wondering why this was happening in our community. As it turns out, there were no candidates running for school committee in four out of six of Lawrence's districts. So why is this happening? It's because the state has relinquished control from the school committee and given it to the state receiver, Jeffery Riley.

This year is the 50th anniversary of The Voting Rights Act and although the rights enacted by this law are still in effect, minorities continue to face barriers to their votes. Rather than facing barriers to the ballot box, we now are faced with local elected officials being stripped of their power in school committees of Hispanic and African American schools and districts throughout the country. These state takeovers are taking our rights away as parents and community members to make decisions that will have an impact on the education and future of our children. Instead of taking away the power from our school committee, the parents from our community need to feel EMPOWERED to make a difference in their children's lives.

A study conducted in the early 1990's by Betty Hart and Todd Risley found that there is a 30 MILLION word gap between children from low income and high income households by the time a child is 3 years old. Many of our children come from low socioeconomic status households and are at an educational disadvantage before they even step foot in Lawrence Public Schools. This word gap is a major reason why our students are struggling with their literacy skills in school. We need the support of state elected officials to provide the resources that parents need in order to help our students be successful in school rather than appoint a state receiver to dictate changes in school policies and fire the teachers who are working so hard to bridge the word gap. There has been too much time committed to test prep and testing rather than training parents on how to reinforce teacher's lessons at home.

We need more parents and teachers involved in our school committee so that we can reach out to other parents who need help to carry over educational objectives at home. Our students need their parents, teachers, community members, and the school committee to work together so that we can provide the best education for our children both at school and at home. Our students need the Massachusetts Board of Education to give our community back the power to make these changes.

Dr. Marianela Rivera, Lawrence

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— John F. Kennedy —

AZ QUOTES

NEMLEC Foundation Donates \$5,000 to Cops For Kids With Cancer

Money to Benefit 16-Year-Old Andover Resident Battling Leukemia

The NEMLEC Police Foundation, Inc. is pleased to announce that it has donated a portion of its annual fundraising proceeds to Cops For Kids With Cancer. The Foundation made a special \$5,000 donation to the organization, which donated it to the family of a 16-year-old boy from Andover who is fighting Leukemia.

On Oct. 30, representatives from the NEMLEC Foundation presented a check to Robert Faherty, Chairman of Cops For Kids With Cancer and retired Superintendent-in-Chief of the Boston Police Department, at an event at the Andover Police Department.

The money will go toward helping Andover resident Michael Harris, 16, and his parents Caren and Daniel Harris. Daniel has also battled cancer.

“We are proud to be able to support worthy causes like Cops For Kids With Cancer,” Rich Raymond, President of the NEMLEC Foundation said. “We always like to seize the opportunity to make a positive impact in someone’s life whenever possible.”

In addition to the \$5,000 donation, the Andover Police Department provided gifts to the family and hosted a complimentary lunch for guests in attendance.

“It is an honor to be able to host this event to help one of our young residents who is battling cancer,” Andover Police Chief Patrick Keefe said. “This generous donation from the NEMLEC Foundation will help the family focus on recovering by lessening the financial burden associated with conquering this disease.”

The NEMLEC Police Foundation exists to promote and pursue training, education, research, projects, and programs that benefit municipal police agencies and their communities in Northeastern Massachusetts. It receives gifts, contributions, and grants from individual benefactors or private organizations and distributes those gifts to benefit cities and towns in its membership. Cops For Kids With Cancer is a regular benefactor of the Foundation's yearly donations.

“We are very thankful for NEMLEC and appreciate their continued generosity and support,” Faherty said. “Our hope is to always ensure young children, like this resident from Andover, receive the support they need during a difficult time in their lives.”



Former Boston Police Superintendent-in-Chief Robert Faherty served in the Boston Police Department from 1960 to 2000 and currently holds the role as the Chairman of the Board of Cops For Kids With Cancer.

Left to right: Lincoln Police Chief Kevin Kennedy, NEMLEC Foundation Director Sharon Crowley, NEMLEC Foundation President Rich Raymond and Robert Faherty, Chairman of the Board of Cops For Kids With Cancer.

About Cops For Kids With Cancer:

In 2005, retired Boston Police Captain John Dow and his wife, Joan, wanted to find a way to support children with cancer who were being treated at Massachusetts General Hospital. Captain Dow, a cancer survivor, was sensitive to the needs of cancer patients and had a particular empathy for children undergoing difficult treatments. Soon after, the non-profit he founded, Cops For Kids With Cancer, began directing significant support to pediatric cancer patients at Massachusetts General Hospital. Cops For Kids With Cancer supports emergency assistance to families, events for patients and their families, and special “wishes” for teens, who are too old to be served by the Make-a-Wish Foundation. Captain Dow lost his battle with cancer in 2007, but his vision of supporting children and their families continues.

www.rumbonews.com

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Employees Honored by Mary Immaculate Health/Care Services

Mary Immaculate Health/Care Services (MIHCS) recently honored 46 employees for their commitment to the organization and their length of service. "We are pleased to be able to recognize so many for their service and commitment to Mary Immaculate," said Gerard Foley, President and CEO. "As a group, these employees represent 620 years of service," Foley continued. "Continuity is such a key part of quality care for older adults, and we are so appreciative of the efforts of our employees on behalf of those entrusted to us."

At the ceremony held at the Lawrence Elks Club, Larry Njau of Lowell and Ramon Demata of Bradford, were named Kathy Callahan Employees of the Year. The award is named in memory of Kathy Callahan, MI's beloved director of mission who passed away unexpectedly.

Njau is a certified nursing assistant at the MI Nursing/Restorative Center. In announcing his selection, Foley commented on his calm and steady presence, and said he "is an outstanding role model and positive mentor."

Demata is a driver MI Transportation. He was selected because he is a great problem solver and often has suggestions to improve work processes. His big smile and sincere hello are characteristics that endear him to those in his care.

The evening also included recognition of many other Mary Immaculate employees for their length of service. These included:

40 Years of Service

Therese Michaud, CNA, MI Nursing/Restorative Center of Atkinson, NH

Sandra Vinciguerra, Nursing Office, MI Nursing/Restorative Center of Salem, NH

35 Years of Service

Bernadette Betit, Laundry, MI Nursing/Restorative Center of Dracut

Diane Purcell, CNA, MI Residential Community of Lawrence

30 Years of Service

Marcia Neal, Dietary, MI Nursing/Restorative Center of Lawrence

25 Years of Service

Donna Brousseau, Medical Records, MI Nursing/Restorative Center of Lawrence

20 Years of Service

Noemi Quinones, MI Transportation of Lawrence

Barbara Cranston-Neal (Dionne), Dietary, MI Nursing/Restorative Center of Salem NH

Tania DeFrancisco, CNA, MI Residential Community of Lawrence

Mavis Fischer, CNA, MI Residential Community of Methuen

Priscilla Valentin, CNA, MI Nursing/Restorative Center of Lawrence



15 Years of Service

Rosa Correa, CNA, MI Residential Community of Lawrence

Ricardo Leon, Laundry, MI Nursing/Restorative Center of Methuen

Martina Ortiz, CNA, MI Nursing/Restorative Center of Lawrence

Sonaira Silverio, CNA, MI Nursing/Restorative Center of Lawrence

Patricia Woodard, MDS Coordinator, MI Nursing/Restorative Center of Methuen

10 Years of Service

Nancy Aspinall, LPN, MI Nursing/Restorative Center of Salem, NH

Evelyn Calixto, CNA, MI Residential Community of Lawrence

Margaret Chege-Tronsen, CNA, MI Nursing/Restorative Center of Dracut

Linda Chhun, Reception, MI Nursing/Restorative Center of Lawrence

Luz Colon, CNA, MI Residential Community of Chelmsford

Christina Conway, RN, MI Nursing/Restorative Center of Lowell

Donald Dowd, Dietary, MI Residential Community of Methuen

Robin Dowd, LPN, MI Nursing/Restorative Center of Methuen

Stewart Goff, Administrator, MI Nursing/Restorative Center of Belmont

Mona Italien, Housekeeping, MI Nursing/Restorative Center of Lawrence

Carmen Marcela, CNA, MI Nursing/Restorative Center of Methuen

Anne Njau, LPN, MI Nursing/Restorative Center of Lowell

Teresa Orsillo, Social Service Director, MI Nursing/Restorative Center of Haverhill

Melanie Ortega, CNA, MI Nursing/Restorative Center of Lowell

Dana Paradis, LPN, MI Nursing/Restorative Center of Salem NH

Ruth Tejada, CNA, MI Nursing/Restorative Center of Lawrence

Sheila Thomas, CNA, MI Nursing/Restorative Center of Lawrence

Serah Waweru, CNA, MI Nursing/Restorative Center of North Andover

5 Years of Service

Marucia Amaro, CNA, MI Nursing/Restorative Center of Lawrence

Lisa Arcand, Painter, MI Nursing/Restorative Center of Lawrence

Joyce Briggs, A/R Supervisor, MI Nursing/Restorative Center of Amesbury

Evelyn Cordones, CNA, MI Residential Community of Lawrence

Maria Cruz, Activity Director, MI Nursing/Restorative Center of Lawrence

Ramon Demata, MI Transportation of Bradford

Rukayat Ibraheem, LPN, MI Nursing/Restorative Center of Lowell

Makra (Lisa) Long, Dietary, MI Nursing/Restorative Center of Lawrence

Kelvin Mbaka, LPN, MI Nursing/Restorative Center of Lowell

Precillia Mbaka, LPN, MI Nursing/Restorative Center of Lowell

Jessica Tapia, CNA, MI Nursing/Restorative Center of Lawrence

Phylis Waweru, LPN, MI Nursing/Restorative Center of Dracut

In addition, each month, Mary Immaculate Health/Care Services names an employee of the month. For 2015, these have included:

Ramon Demata, MI Transportation

Angela Dowd, MI Nursing Restorative Center, Activities

Eileen Grenier, RN, La Casa de Inmaculada

Yamira Gonzalez, Occupancy Assistant, MI Residential Community

Lidia Liriano, Business Office, MI Nursing Restorative Center

Grisel Mendez, RN, MI Nursing Restorative Center

Larry Njua, CNA, MI Nursing Restorative Center

Amalia Santiago, CNA, Marguerite's House, MI Residential Community

Barbara Tigere, Unit Manager, MI Nursing Restorative Center

Luis Vazquez, Environmental/Maintenance, MI Nursing Restorative Center

Serah Waweru, CNA, MI Nursing Restorative Center

Coleen Voulgaris, Unit Manager, MI Nursing Restorative Center

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

Cantautora de Andover Casey McQuillen participó en concierto contra la intimidación en el Boys & Girls Club de Lawrence

La cantautora de Andover Casey McQuillen abrió su programa anti-bullying recientemente en el Boys & Girls Club de Lawrence con su video de la audición de "American Idol", durante la que recibió elogios unánimes el año pasado por parte de los jueces Jennifer Lopez, Keith Urban, y Harry Connick Jr. por su interpretación de Demi Lovato "Skyscraper".

Aunque ese momento sigue siendo un punto culminante en su carrera, ella dijo a la audiencia de cerca de 300 estudiantes que ganó algo mucho más significativo que la celebridad a través de la experiencia.

"En ese momento, pensé que las opiniones de esas tres personas son más importantes que lo que creía sobre mí, más importante que mis 10 años de trabajo duro", dijo McQuillen a los estudiantes del quinto y sexto grado de la Escuela Primaria Guilmette en Lawrence. La escuela Guilmette es una de las seis Escuelas Públicas de Lawrence que participan en un programa de enriquecimiento en el Boys & Girls Club de Lawrence.

"Tenía miedo de fracasar, y tuve miedo de decepcionar a la gente, pero fui más dura conmigo misma", agregó. "Usted no puede preocuparse por lo que piensen los demás."

McQuillen compartió otros mensajes de auto-respeto, confianza y la importancia de la compasión por los demás mediante la descripción de las historias detrás de las canciones originales que cantó acompañada de su guitarra. Por ejemplo, ella escribió "Enough" para expresar su angustia

sobre el acoso sufrido por un amigo cuya apariencia cambió durante una crisis de salud. En "Beautiful", ella detalla su propio sufrimiento a manos de abusadores en la escuela media, que dice haberle tomado años para superar.

La actuación fue una de las dos que McQuillen está donando al Boys & Girls Club de Lawrence. Una recién graduada de Berklee College of Music, ella ha estado llevando a cabo su gira "You Matter" en escuelas de la zona durante dos años.

"Si hay una cosa que los niños aprenden de mis experiencias", dijo, "es que la opinión de nadie debe importar más que la suya propia."

Para obtener más información, visite www.caseymcquillen.com.

Acerca del Boys & Girls Club de Lawrence

El Boys & Girls Club de Lawrence ofrece un refugio seguro después de la escuela por más de 3,800 jóvenes que vienen a comer todas las noches, ayuda con las tareas, programas de acondicionamiento físico y nutrición, la universidad y la planificación de carreras y relaciones personales duraderas. El club ofrece programas críticos que se centran en el éxito académico, estilos de vida saludables, y la 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.



La cantautora de Andover Casey McQuillen realiza un programa anti-bullying a través de su gira "You Matter" en el Boys & Girls Club de Lawrence. Andover singer-songwriter Casey McQuillen performs an anti-bullying program through her "You Matter" tour at the Boys & Girls Club of Lawrence.

Andover Singer-Songwriter Casey McQuillen Donates Anti-Bullying Performance to Boys & Girls Club of Lawrence

Andover singer-songwriter Casey McQuillen opened her recent anti-bullying program at the Boys & Girls Club of Lawrence with her audition tape from "American Idol," during which she received unanimous praise last year from judges Jennifer Lopez, Keith Urban, and Harry Connick Jr. for her rendition of Demi Lovato's "Skyscraper."

Although that moment remains a career highlight, she told the audience of nearly 300 students that she gained something far more meaningful than celebrity through the experience.

"At the time, I thought the opinions of those three people were more important than what I believed about myself, more important than my 10 years of hard work," McQuillen told the fifth and sixth graders from Guilmette Elementary School in Lawrence. Guilmette is one of six Lawrence Public Schools that participate in a school-day enrichment program at the Boys & Girls Club of Lawrence.

"I was afraid of failing, and I was afraid of disappointing people, but I was hardest on myself," she added. "You cannot worry about what others think."

McQuillen shared other messages of self-respect, confidence, and the importance of compassion for others by describing the stories behind original songs which she performed while playing guitar. For example, she wrote "Enough" to express

her heartbreak over the bullying endured by a friend whose appearance became altered during a health crisis. In "Beautiful," she details her own suffering at the hands of bullies in middle school, which she said took years to overcome.

The performance was one of two which McQuillen is donating to the Boys & Girls Club of Lawrence. A recent graduate of Berklee College of Music, she has been performing her "You Matter" tour at area schools for two years.

"If there's one thing that the kids learn from my experiences," she said, "it's that no one's opinion of you should matter more than your own."

For more information, visit www.caseymcquillen.com.

About the Boys & Girls Club of Lawrence

The Boys & Girls Club of Lawrence provides a safe, after-school haven for more than 3,800 youths to come for nightly 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.

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Fundan la Coalición Dominico-Americana de Massachusetts

De inmediato comienzan los endosos

Quedó formalmente instituida la Dominican American Coalition of Massachusetts (DACOM), la cual tiene como misión principal motivar a la comunidad latina, en particular la dominicana, a la participación en política en el Estado de Massachusetts.

"La Coalición Dominico Americana de Massachusetts se concentrará en motivar a los hispanos en general a hacerse ciudadanos de los Estados Unidos, realizar campañas de registración de nuevos votantes y apoyar a aquellos candidatos locales y estatales con agendas que fomenten el desarrollo y las oportunidades para los hispanos", dijo la publicista Milagros Marte, relacionista pública de la organización.

"Apoyaremos candidatos en todos los niveles: concejales, alcaldes, representantes, senadores, gobernadores y otros, siempre y cuando esos candidatos sean solidarios con las agendas comunitaria, social y política. Además, haremos un esfuerzo especial en la formación e integración de jóvenes latinos al proceso político local", dijo otro dirigente, Yoleny Ynoa de Lynn.

Durante una conferencia de prensa este pasado jueves, 22 de octubre en Nate Smith House en Jamaica Plain, los directivos de DACOM dijeron que la organización dará prioridad para que los jóvenes se motiven a ingresar y graduarse de college y universidades, como una manera de lograr mejores puestos de trabajos a niveles privado y público.

La coalición también tiene entre sus objetivos encontrar y promover oportunidades que promuevan el desarrollo económico, profesional y político de la comunidad Dominico-Americana de Massachusetts.

La Dominican American Coalition of Massachusetts inició sus trabajos político-comunitarios aprobando por unanimidad su endoso a Domingo Domínguez, candidato a concejal "at-large" de la ciudad de Salem. De salir vencedor, Domínguez se convertiría en el primer latino electo al Concejo Municipal en esa ciudad del North Shore de Massachusetts.

Domínguez es de origen dominicano y ha estado involucrado desde su adolescencia en trabajos comunitarios de diversas índoles y diversos grupos étnicos. "Mi mayor deseo es continuar trabajando con y para la comunidad que es la mejor manera de mejorar nuestra ciudad y



Ceremonia de endoso de DACOM a Domingo Domínguez en Jamaica Plain.

apoyar a los jóvenes", dice un emocionado Domínguez tras el endoso de DACOM.

El candidato a concejal quien cuenta con el apoyo de oficiales y ex oficiales electos, entre ellos el ex gobernador William Weld, actualmente es presidente de la Asociación de Comerciantes Latinos del North Shore. Fue miembro de la organización "Vecino a Vecino"; Presidente del Festival Hispano de Salem por dos ocasiones; ex-vicepresidente del consejo directivo del CDC, y miembro de la Coalición de Líderes Latinos de Salem. Fue maestro de las Escuelas Públicas de Salem por 3 años, y es dueño de negocio por más de 15 años.

Domínguez, quien además de un exitoso comerciante, lleva haciendo trabajo comunitario en Salem por más de 20 años, reiteró que ya es tiempo que los latinos tengan una voz en el Concejo Municipal de Salem, una ciudad donde los latinos forman el 16% de la población.

"Si salimos a votar este martes, 3 de Noviembre "podemos tener una representación en el City Hall. Tenemos el apoyo de grandes líderes de la comunidad latina, anglosajona y oficiales de la ciudad, y estamos seguros que con este apoyo y el voto masivo de los latinos podré ser Concejal General de Salem", dijo Domínguez.

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Despiden ex Militar Héroe de La Revolución de Abril

Falleció Héroe de la Revolución Dominicana de Abril de 1965



Carlos M. Cuevas, J. Odalis Lachapell, Cristóbal Jerez, Gladys Polanco, José E. Cuevas Pineda, Luis Pérez y Pérez, Matilde Polanco Luciano y Manuel Castro Santana.

Con la presencia de su viuda y algunos familiares de ella, así como de otros ex-militares que también forman parte de la legión de combatientes en la Guerra de Revolución de Abril del 1965 en República Dominicana, se le ofreció el último adiós, al Alférez de Fragata de la Marina de Guerra, Alfredo Rosario Acosta, durante un velatorio que se efectuó el jueves 29 de octubre en la Funeraria Farrah de la calle Lawrence, luego que falleciera el pasado domingo 25 de octubre a las 5 a.m.

Rosario Acosta, perteneciente al equipo élite de los "Hombres Rana", creados y dirigidos por el entonces Coronel Ramón Montes Arache, que intervino con su tropa en la Revolución defendiendo la constitucionalidad al lado de los combatientes del Pueblo, en contra

de las fuerzas invasoras del Ejército de los Estados Unidos, salvó su vida en plena guerra al lanzarse del Puente Juan Pablo Duarte hacia el Rio Ozama para evitar morir en una emboscada de las fuerzas interventoras, azaña que ha sido destacada por varios historiadores dominicanos en sus relatos sobre la Revolución de abril.

El ex-militar residía en Estados Unidos desde el 1966 cuando salió exiliado por persecución política en su país y sus restos permanecerá sepultados en Cementerio Municipal de Lawrence, aunque le sobrevive un solo hijo con el mismo nombre, Alfredo Rosario, en la funeraria solo estaba como parte de la familia, la viuda, Sra. Gladys Polanco, que llevaba mas 40 años unida al Ex Militar dominicano.

Cartas al Editor / Letters to the Editor

National Home Health and Hospice Month

Sres. Editores:

El mes de dar gracias está sobre nosotros. Ya que noviembre es también El Mes Nacional de Salud en Casa y Hospicio, también es un momento perfecto para agradecer a los profesionales dedicados de Home Health VNA, Merrimack Valley Hospice y HomeCare, Inc., que aportan su habilidad y compasión a la puerta de muchos en nuestra comunidad.

Ser un profesional de hospicio o cuidado en el hogar requiere un nivel excepcional de conocimientos médicos. Nuestras enfermeras, terapeutas, trabajadores sociales, consejeros y ayudantes son reconocidos por los servicios de atención y apoyo médico de vanguardia que ofrecen en 110 ciudades y pueblos de Massachusetts y New Hampshire. Incluso cuando el tiempo en New England presenta cegadoras tormentas de nieve o lluvia torrencial, ellos viajan con valentía a través de nuestra área de servicio para asegurar que todos nuestros pacientes son atendidos y se mantienen seguros. Estoy muy orgulloso de todo nuestro personal de atención domiciliaria y cuidados paliativos, y me honra poder trabajar codo con codo junto a ellos todos los días.

Este mes, a medida que viajan muy lejos para estar con los amigos y la familia y dar gracias por las bendiciones simples, recuerde a los profesionales de atención domiciliaria y cuidados paliativos de Home Health VNA, Merrimack Valley Hospice y HomeCare, Inc. Ellos se han comprometido, entusiasta, cariñosos y seguir haciendo visitas, llueva o truene, para traer la atención a domicilio.

John G. Albert, MBA, FACHE
 Presidente/CEO
 Home Health VNA
 Merrimack Valley Hospice
 HomeCare, Inc.

To the Editor:

The month of giving thanks is upon us. Since November is also National Home Health and Hospice Month, it's also a perfect time to thank the dedicated professionals of Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc., who bring their skill and compassion to the door of so many in our community.

Being a home care or hospice professional requires an exceptional level of medical expertise. Our nurses, therapists, social workers, counselors and aides are renowned for the cutting-edge medical care and support services they provide in 110 cities and towns in Massachusetts and New Hampshire. Even when New England weather presents blinding snow storms or torrential rain, they bravely travel throughout our service area to ensure that all our patients are cared for and safe. I'm very proud of all our home care and hospice staff, and honored to work side by side with them every day.

This month, as you travel far and wide to be with friends and family and give thanks for simple blessings, remember the home care and hospice professionals of Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. They are committed, enthusiastic, caring and still make house calls, rain or shine, to bring care home.

John G. Albert, MBA, FACHE
 President/CEO
 Home Health VNA
 Merrimack Valley Hospice
 HomeCare, Inc.

GLCAC busca donaciones para la campaña de comida del Día de Acción de Gracias

Las fiestas son una época difícil para las personas y las familias de bajos ingresos. Cuando una familia tiene dificultades para pagar el alquiler o comprar comestibles, la cena del Día de Acción de Gracias puede ser un lujo inalcanzable.

Para ayudar a las familias humildes, el Greater Lawrence Community Action Council, Inc., está buscando donaciones para su campaña de comida del Día de Acción de Gracias. Una donación de \$50 puede comprarle una cena completa a una familia que está tratando de lograr la autosuficiencia.

“Agradecemos la generosidad del año pasado y esperamos que este año las empresas y las personas vuelvan a responder, porque desafortunadamente la necesidad aún existe. En esta época de fiestas, pedimos donaciones para ayudar a las familias necesitadas”, dijo Evelyn Friedman, Directora Ejecutiva de GLCAC, Inc., una agencia de servicios sociales de

Lawrence que asiste anualmente a unas 29,000 personas.

El año pasado, los donantes de la región de Lawrence permitieron que GLCAC ofreciera 100 comidas durante las fiestas. La donación sugerida es de \$50 a \$250 en la forma de un cheque a nombre de GLCAC, Inc., o una tarjeta de regalo a un supermercado local.

Las donaciones pueden enviarse por correo o entregarse en persona en la siguiente dirección: GLCAC Thanksgiving Food Drive, 305 Essex St., 4th Floor, Lawrence, MA 01840. También se pueden hacer donaciones en línea en <https://donate.glcac.org>.

Pedimos que las donaciones se hagan a más tardar el lunes, 17 de noviembre para poder entregar las comidas para el Día de Acción de Gracias. Para obtener más información, por favor comuníquese con Evelyn Friedman, llamando al 978-620-4700 ó escribiendo a efriedman@glcac.org.

GLCAC Seeks Donations for Thanksgiving Food Drive

The holidays are a challenging time for low-income families and individuals. When a family struggles to pay the rent or buy groceries, a holiday dinner is an unaffordable luxury.

To help families in need, the Greater Lawrence Community Action Council Inc. is seeking donations for its Annual Thanksgiving Food Drive. A \$50 donation can provide a complete Thanksgiving dinner for a family struggling to achieve self-sufficiency.

“We are grateful for the generosity shown last year, and we hope businesses and individuals will respond again this year as sadly the need remains. In this holiday season, we are asking for donations so that we may help feed those in need,” said Evelyn Friedman, Executive Director of

the GLCAC, Inc., a social services agency in Lawrence that annually assists 29,000 individuals.

Last year, Lawrence-area donors helped GLCAC provide nearly 100 holiday meals. The suggested donation is between \$50 and \$250, payable in a check to GLCAC Inc., or a gift card to a local supermarket.

Donations may be mailed or delivered to GLCAC Thanksgiving Food Drive, 305 Essex St., 4th Floor, Lawrence, MA 01840. Online donations can be made at <https://donate.glcac.org>.

Donations can be made up until Monday, November 16, to ensure delivery in time for Thanksgiving. For more information, please contact Evelyn Friedman, Executive Director, at 978-620-4700 or at efriedman@glcac.org.

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Register Now for Spring 2016 at Middlesex Community College

Registration is now open for spring semester courses at Middlesex Community College. Classes begin Monday, Jan. 25, 2016, on the Bedford and Lowell campuses, and online.

Middlesex offers more than 70 degree and certificate programs. The college has many transfer options, and enrollment counselors are available to answer questions and get you started on the path to academic success. MCC offers free academic, career and financial-aid counseling, as well as free tutoring and extensive support services.

In addition to traditional courses, MCC makes it easy to enroll in online, hybrid and Flexible Studies courses. We offer 17 degree and certificate programs that can be completed entirely online, as well as many other programs of study that are 80 percent online.

MCC's new Wintersession courses offer students a way to complete degree requirements and stay on track toward

graduation during the break between the fall and spring semesters. Classes are offered in a condensed, three-week format and cover the same content, maintain the same academic standards, and contain the same number of in-class instructional hours as courses scheduled during the traditional 15-week semester.

Wintersession classes run Jan. 4 – 22, 2016, on the Bedford campus or online. Students can earn credits in a wide variety of subjects, including humanities, science, social science, history, English, math, and more.

A complete listing of spring 2016 course offerings can be found in MCC's Spring Academic Advising Schedule, available online at <https://www.middlesex.mass.edu/registration/earlyreg.aspx>

To see the full list of Wintersession course offerings, visit www.middlesex.mass.edu/wintersession or call 1-800-818-3434.

Earn Credits During Winter Break with MCC's New 'Wintersession'

Earn credits during Winter Break with Middlesex Community College's new January Wintersession course offerings. During the normal break between fall and spring semesters, students can now take classes in a condensed, three-week format. Wintersession registration begins Monday, Oct. 19, and classes run Jan. 4 – 22, 2016, on the Bedford campus or online.

“Taking a class during the Winter Break is a great way to complete degree requirements and stay on track toward graduation,” said Marilyn Gallagan, Dean of Admissions. “Wintersession classes cover the same content, maintain the same academic standards, and contain the same number of in-class instructional hours as

courses scheduled during the traditional 15-week semester.”

Taking advantage of the time between semesters can help students reduce their course load during the spring semester or complete a course that won't fit into their fall or spring schedules. It also offers students a way to study one subject intensively for a short period of time, Gallagan added.

Wintersession students can earn credits in a wide variety of subjects, including humanities, science, social science, history, English, math, and more.

For more information or to see the full list of Wintersession course offerings, visit www.middlesex.mass.edu/wintersession or call 1-800-818-3434.

Chamber of Commerce's Women in Business Conference



By Alberto Suris

The Merrimack Valley Chamber of Commerce held its annual Women in Business Conference with a very special group of women in the panel, speaking about the success and challenges they face on daily. Pictured are, seating from left: United States Congresswoman Niki Tsongas, feature speaker. She enlightened the audience with tales of a work day in Washington fighting for the district she represents; Joanne Conroy, MD, Executive Vice President, Chief Executive Officer, Lahey Hospital and Medical Center; Cheryl

Goodwin, Assistant to the President, Northern Essex Community College; Kate Cook, Director of Sales, Comfort Home Care Inc; Kimberly Abare, President, New England Die Cutting, acted as moderator; Standing, from left, Salvatore Lupoli, MVCC Chairman; Joseph Bevilacqua, President/CEO, MVCC; Dianne Anderson, president of Lawrence General Hospital, and Dalia Diaz, Director, Rumbo.

The conference was held at Michael's Function Hall, located at 12 Alpha Street, Haverhill, MA.



The Lupoli brothers Nick, Michael and Salvatore were presented with a special recognition award posthumously to their mother Jeannette Lupoli, in acknowledgement of her leadership in business and contributions to community, by Joseph Bevilacqua, President/CEO MVCC and Eagle-Tribune Publisher, Karen Andreas.

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ADVERTISING SALES 978.794.5360

Play Ball! made significant contribution to Lawrence Public Schools' sports

Play Ball! donated \$200,000 to support the Lawrence Public Schools' intramural sports program for middle schools. This will allow the program to expand to include 5th and 6th grades as well as add new sports, hire more coaches and provide new equipment and uniforms.

Mayor Rivera, Superintendent Riley and Play Ball! co-founders Michael and Jennifer Harney were all on hand for the announcement event, which included cheer and musical performances by LPS students, as well as trophy presentations to intramural champions crowned that very morning.



Almuerzo en Margaritas

Invitados por la Cámara de Comercio del Valle de Merrimack, un grupo de miembros disfrutamos de un delicioso almuerzo en el Restaurante Tio Juan's Margaritas, situado en el 90 de Pleasant Valley St., Methuen (en el Loop).

La comida estuvo deliciosa y el servicio espléndido. Todos los miembros salimos más que satisfechos tanto de la comida como la atención.

Gracias especiales a Joe Bevilacqua por la invitación y a Jolanda Logan, gerente del Restaurante.



Michael Bevilacqua, MVCC Assistant Vice President Member Services/Programs and Jolanda Logan, Local Store Marketing Manager, our hosts. At right, Tricia Sabulis of A. P. Michaud Insurance Agency in Methuen, one of the sponsors.

Lunch at Margaritas

Invited by the Chamber of Commerce of the Merrimack Valley, a group of members enjoyed a delicious lunch at restaurant Tio Juan's Margaritas, located at 90 Pleasant Valley St., Methuen (at the Loop).

The food was delicious and the service superb. All members were more than satisfied with both the food and attention.

Special thanks to Joe Bevilacqua for the invitation and Jolanda Logan, manager of the restaurant.

Pintores dominicanos visitaron a Lawrence

Por Alberto Surís

El Essex Art Center tuvo una recepción la noche del 30 de octubre para presentar a tres afamados pintores dominicanos, Ramón Santiago, Ruddy Taveras y Ramón Sandoval que trajeron su arte a Lawrence para nuestro disfrute.

La exhibición estará abierta hasta el 11 de diciembre, 2015, de lunes a viernes desde las 10 de la mañana hasta las 6 de la tarde. La galería está localizada en el 56 de la calle Island, en Lawrence.

Dominican painters visited Lawrence

By Alberto Suris

The Essex Art Center held a reception the night of October 30 to present three famous Dominican painters, Ramon Santiago, Ruddy Taveras and Ramon Sandoval who brought their art to Lawrence for our enjoyment.

The exhibition will be open until December 11, 2015, Monday to Friday from 10 am to 6 pm. The gallery is located at 56 Island Street in Lawrence.



Desde la izq., posando contra la obra titulada Universo Paralelo de Ramón Sandoval, están el pintor Ramón Santiago, el matrimonio formado por Benny y Mory Espailat, responsables de las presentaciones de pintores dominicanos que han traído su arte a Lawrence últimamente con los pintores Ramón Sandoval y Ruddy Taveras.

From left, posing against a work entitled Parallel Universe, painted by Ramon Sandoval, are painter Ramon Santiago, with Benny and Mory Espailat, responsible for the presentation of many Dominican painters who have brought their art to Lawrence lately, and painters Ramon Sandoval and Ruddy Taveras.

Volunteers Needed!

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

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

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

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

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

Boys & Girls Club of Lawrence Exceeds \$10,000 in Second Annual Take Action Walkathon



Nearly 100 youth members, their parents, alumni, and volunteers raised more than \$10,000 at the second annual Take Action Walkathon benefiting the Boys & Girls Club of Lawrence on October 18.

Nearly 100 youth members, their parents, alumni, and volunteers raised more than \$10,000 for the Boys & Girls Club of Lawrence at the second annual Take Action Walkathon on October 18.

The two-mile walk along the Merrimack River began and ended at the club, followed by family activities including music, face painting, a rock climbing wall, and games. The fundraiser supports the club's annual operating budget for critical programs focusing on academic success, healthy lifestyles, and community involvement for more than 3,800 youth members at two locations.

Markus Fischer, executive director of the Boys & Girls Club of Lawrence, thanked the team leaders, walkers, and other supporters – especially prime sponsors Bank of New England, Holy Family Hospital, Lawrence General Hospital, Woodworth Motors, Coca-Cola, RE/MAX Insight Team Zingales, Mann Orchards, and Royal Screen Printing. The Keystone Club, a leadership development group for

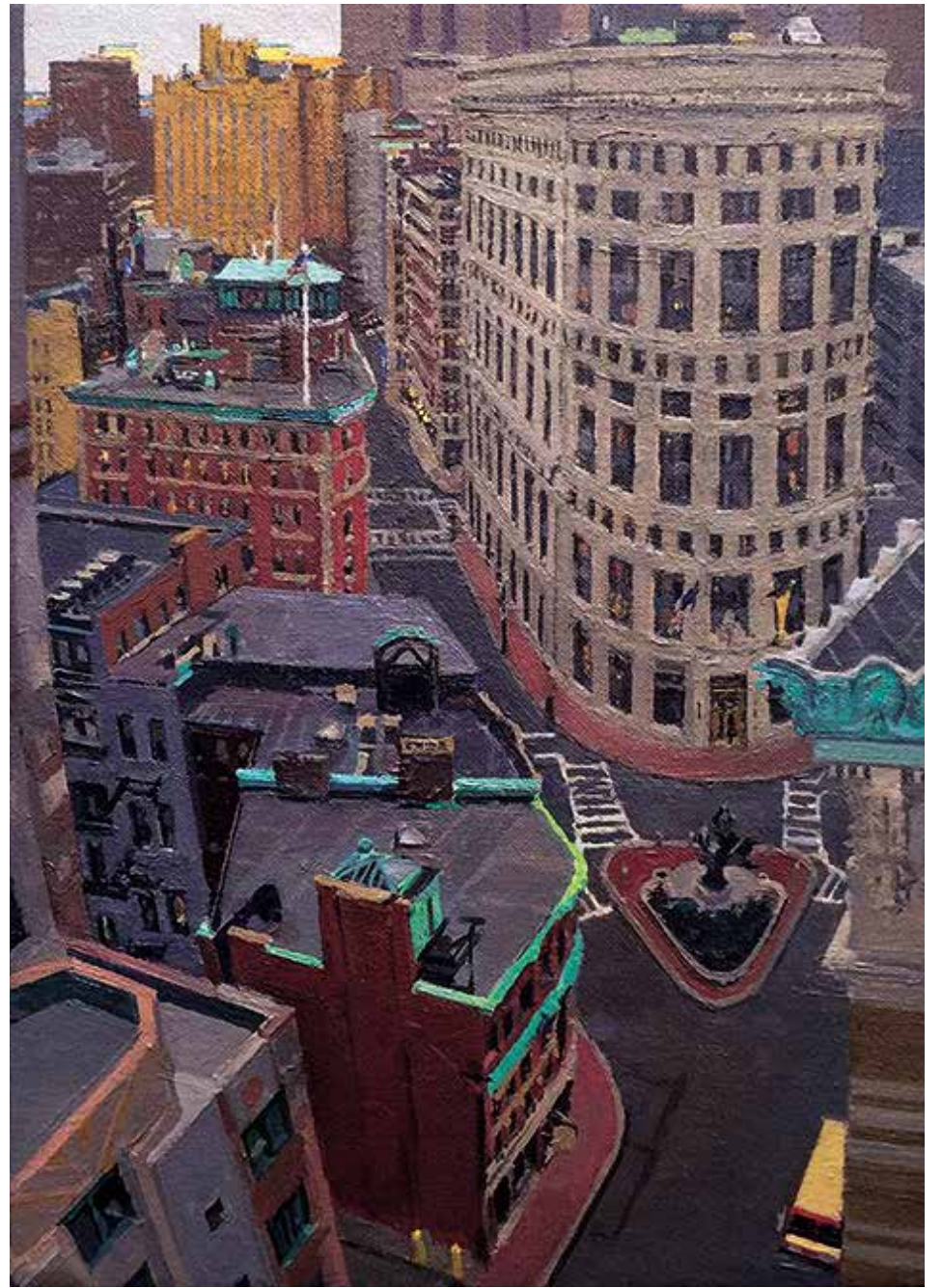
high school members of the Boys & Girls Club of Lawrence, volunteered at the event.

"Each and every one of our participants raised critically needed funds, and also helped us set an example of healthy living for our club kids," Fischer said. "We're grateful for the generous support of those who walked, fundraised, donated, volunteered, or cheered us on in our mission of changing kids' lives."

About the Boys & Girls Club of Lawrence

The Boys & Girls Club of Lawrence provides a safe, after-school haven for more than 3,800 youth to come for nightly 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.

Architecture in New England at SNHU's McIninch Art Gallery



The McIninch Art Gallery at Southern New Hampshire University presents Architecture in New England, curated by Colin Root, from Nov. 19 through Dec. 19, 2015. There will be an opening reception on Thursday, Nov. 19 from 5-7 p.m. The exhibition is free and open to the public.

Ranging from the colonial era to the present, this exhibit reflects the ever-changing styles of architecture in New England. Including prints, photographs, paintings and drawings, "Architecture in New England" seeks to immerse visitors in the types of buildings that surround them every day.

Perhaps more than any other region in the United States, the architecture of New England represents a true spectrum of building styles. Because it is home to some of the oldest structures in colonial America as well as modern, urban skyscrapers, New England offers a unique microcosm of architecture typologies that can be found throughout the United States. The exhibit "Architecture in New England" provides a look at that breadth. Using different media such as prints, photographs, oil paintings, blueprint drawings and physical objects, "Architecture in New England" walks the line between informational and experimental. When thinking about how

to assemble and categorize these works, it was decided that chronology does not correspond with one's experience of architecture in this region. Rather, different eras and styles intermingle and complement one another. Nearly all of the artists depicting the architectural landscape focus on a sense of merger and seamlessness between the buildings. Even though we are often dealing with a series of dissimilar (yet adjacent) structures, artists are responding to the way in which those structures blend into one another.

Artists include: Ben Aronson (Alpha Gallery), Reed Kay (Alpha Gallery), Richard Raiselis (Gallery Naga), Peter Vanderwarker (Gallery Naga); as well as a selection of historic prints, drawing and sand photographs from the Boston Public Library and Historic New England.

Catalogs available upon request.

Please call Debbie Disston at 603.629.4622, e-mail m.gallery@snhu.edu or visit www.snhu.edu for additional information. The McIninch Art Gallery, which was made possible by a generous gift from the McIninch Foundation, is open Mon. through Sat. from 10 a.m. to 3 p.m. and Thurs. from 5 to 8 p.m. All gallery events are free and open to the public.

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Cuestiones Prácticas de Dinero

Cómo pasar unas hermosas fiestas sin gastar de más

POR NATHANIEL SILLIN



¿Le aterroriza pensar en lo que gastará en estas fiestas? Pues no debería ser así.

Los regalos no son los únicos que pueden arruinar su presupuesto durante las fiestas. Durante

las semanas entre el Día de Acción de Gracias y Año Nuevo también se suele gastar mucho en provisiones, viajes, eventos, entretenimiento, energía, ropa y comidas afuera.

Los asesores financieros recomiendan usar no más del 1,5 por ciento de sus ingresos anuales en los gastos de las fiestas. Por lo tanto, tenga en cuenta las siguientes sugerencias para no perder el control.

Empiece por hacer una lista y un presupuesto.

Comience a planificar haciendo una lista con todos los gastos que pueda llegar a tener en estas fiestas –y no solo los regalos. Consulte el planificador de presupuesto para las fiestas de Habilidades Financieras Prácticas para la Vida (Practical Money Skills for Life) para que lo ayude a organizar mejor su información y hacer un seguimiento de sus gastos.

No oculte sus problemas financieros.

Si tiene dificultades financieras durante la época de las fiestas, no oculte el problema. No tenga vergüenza de hacer ajustes ni de decir a sus amigos y familiares que deberá reducir temporariamente sus gastos hasta que la situación mejore. Tal vez, hasta le agradezcan por hacerlos gastar menos a ellos también.

Arme un equipo cazador de ofertas.

Hágales saber a sus amigos y familiares que está buscando determinados juguetes, regalos, comidas o artículos de decoración y ofrézcales hacer lo mismo por ellos. Junte y comparta cupones de descuento. Pida a su grupo que busque recursos, consulte precios y comparta pedidos e ideas a través de las redes sociales. Los resultados podrían comenzar a llegar en cuestión de minutos.

Evalúe todos los gastos de transporte.

¿Necesita realmente salir a comprar una o dos cosas por vez? Designe ciertos días de la semana para determinados artículos, preste atención a los envíos gratuitos y póngase de acuerdo con sus

amigos y familiares para ir juntos de compras y compartir el viaje. Los que tienen vehículos grandes o camionetas pueden ayudar a trasladar, entregar e incluso instalar aparatos o equipos electrónicos si saben hacerlo. Otras opciones de transporte inteligente pueden ser compartir el auto o usar el transporte público para concurrir a eventos o salir a divertirse.

Aproveche su creatividad.

Si hay algo que sepa hacer bien y le guste a la gente, podría hacer de eso un regalo para las fiestas. Desde alguna especialidad culinaria que sus amigos disfruten, hasta una prenda de vestir o una pieza artística, cualquier cosa bien hecha podría ser un excelente regalo. No descarte ofrecerse a dar lecciones de algo hacer alguna tarea especializada, ya que podrían ser buenos regalos especialmente para los familiares que no puedan pagar esos servicios en ese momento. Comprando los ingredientes o suministros inteligentemente, puede hacer regalos creativos y ahorrar dinero.

Vaya acopiando regalos durante el año.

Si hay regalos o provisiones que pueda comprar en oferta y guardar por un tiempo, puede tener una reserva de regalos de agradecimiento para los anfitriones, maestros y compañeros de trabajo durante todo el año. Reserve un espacio similar para las tarjetas, etiquetas y papeles de regalo. Recuerde también que muchas tiendas comienzan a liquidar los artículos de las fiestas antes de finalizar la temporada. Si cree que necesitará alguno de esos artículos el próximo año, tome sus cupones, aprovéchelos y guarde las compras para futuros regalos.

¿No ha ahorrado para los regalos?

Comience a hacerlo. Si no ha hecho un fondo para regalos de las fiestas, todavía está a tiempo de crear uno. Cada centavo cuenta. Todas las semanas, reserve el 5-10 por ciento de sus próximos sueldos hasta las fiestas. Si no lo utiliza, su fondo para los regalos de las fiestas podría convertirse eventualmente en un fondo de emergencia que podrá utilizar para otras metas de ahorro, e incluso para su retiro.

Tome notas para las próximas fiestas.

Arme un archivo digital o en papel con ideas para el próximo año. Consulte recursos impresos o en línea como Consumer Reports para buscar artículos que se puedan comprar

con descuento en determinados momentos del año y guardar hasta las fiestas –solo recuerde dónde los guarda.

En resumen: Cuidar la economía en las fiestas no es difícil si está dispuesto a planificar un poco, compartir ideas y llevar

registros. Esta es una actividad que podría hacer durante todo el año.

Nathaniel Sillin dirige los programas de educación financiera de Visa. Para seguir a Habilidades Financieras Prácticas en Twitter: www.twitter.com/PracticalMoney

Practical Money Matters

Making Holidays Bright – And Affordable

BY NATHANIEL SILLIN



Already dreading what you'll spend this holiday season? It doesn't have to be that way.

Gifts aren't the only budget-busting culprit during the holidays.

The weeks between Thanksgiving and New Year's are also a peak time for spending on groceries, travel, events, entertainment, energy, clothes and meals out.

Financial advisors recommend you use no more than 1.5 percent of your annual income on holiday spending holiday spending (<http://www.practicalmoneyskills.com/holiday>), so consider the following suggestions to keep it under control:

Start with a list and make a budget.

Begin your planning by listing every possible holiday expense you'll face – and don't stop at gifts. Consult the Practical Money Skills for Life comprehensive holiday budget planner (<http://www.practicalmoneyskills.com/yourholidaybudget>) to help organize your information and track your spending.

Be open about money trouble.

If you are facing financial difficulties during the holiday season, don't spend to hide the problem. Don't be ashamed to make adjustments and tell friends and family members that you'd like to temporarily downsize your spending until conditions improve. They might actually appreciate a spending reprieve, too.

Build a bargain-hunting strike force.

Let friends and family know you're looking for particular toys, gifts, foods or decorating items and volunteer to do the same for them. Save and share coupons. Encourage your group to find resources, check prices and share requests and ideas via social media. Results can come back in a matter of minutes.

Evaluate all transportation costs.

Do you really need to run out of one or two items at a time? Designate certain days of the week for particular items, keep an eye out for free delivery and see if friends and family might want to share errands. Those with large vehicles or trucks can help move, deliver and even install appliances or electronics if they have the skills to do so. Smart transportation choices extend to car pools or public transportation for events and entertainment.

Leverage your creativity.

If there's something you make or do really well that people love, consider making such accomplishments into gifts. From specialty food items your friends enjoy, to clothing or art, anything done well can be a gift. Don't rule out lessons or skilled labor as potential holiday gifts, particularly for relatives who can't afford such services at this time. Smart shopping for ingredients or supplies can make such creative gifts a real money saver.

Build a year-round gift stash.

If there are gifts or foodstuffs you can buy on sale and keep for a while, you'll have a ready source of thank-you gifts for hosts, teachers or co-workers year-round. Set aside a similar area for cards, gift tags and wrapping paper. Also keep in mind that many retailers put holiday-themed items on sale before the holidays are finished. If you think you'll need these items next year, grab your coupons, take advantage and put those items aside for future gift giving.

Late saving for gifts?

Do it anyway. If you don't have a holiday fund set up, don't let that keep you from starting one. Every little bit helps. Take 5-10 percent of your next paycheck and set it aside, doing it each week throughout the holidays. If you keep it up, your holiday fund can eventually become an emergency fund to be used for other savings goals, including retirement.

Take notes for next holiday season.

Create a paper or digital file where you can collect ideas for next year. Check print and online resources like Consumer Reports for items that can be bought at specific times of the year at a discount so you are able to hide them for the holidays – but remember where you hid them.

Bottom line: Keeping holidays affordable isn't a challenge when you're willing to do a little planning, idea-sharing and record-keeping. Make it an activity you can do year-round.

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

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MERRIMACK VALLEY CHAMBER OF COMMERCE
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NECC Presents "King Lear"

The miseries and joys of humanness are explored in the Northern Essex Community College production of "King Lear," presented next month in the Chester Hawrylcw Theatre on the third floor of the Spurk Building on the Haverhill campus.

The play opens Sunday, November 8, at 7 p.m. Other performances will be held Friday, November 13, and Saturday, November 14, at 7:30 p.m. There will also be a performance on Thursday, November 12, at 4 p.m. Tickets are \$10 for general admission and \$8 for students and seniors. They can be purchased at the door or online at www.MVarts.info

"The play 'King Lear' encompasses all of society from the exalted monarchy to the lowly beggar," says Theater Professor Jim Murphy, who takes on the role of Lear. "The play explores the journey of man through life and deals with the extreme emotions of tenderness, anger, anguish, and despair experienced in the journey. The play shows both human cruelty and misery along with goodness, loyalty, devotion, kindness and self-sacrifice. In short, what it is to be human."



Christian Doyle of Newburyport takes on the role of Edgar and Daniel Burns of Methuen is Edmund in the Northern Essex Community College production of King Lear presented next month in the Chester W. Hawrylcw Theater on the third floor of the Spurk Building on the Haverhill campus.

Library Concert November 15

The second free concert of the Lawrence Classical Music Series will take place on Sunday, November 15 at the Lawrence Public Library, 51 Lawrence St., Lawrence.

The one hour concert features world-renowned Ukrainian pianist Oleksandr Poliykov.

Mr. Poliykov was born and educated in Kiev, Ukraine, where he received B.M. and M.M. degrees in Music. He also studied in the U S with Michael Lewin for the Artist Diploma.

He has won numerous awards and competitions in such places as New York, Netherlands, Germany, and Boston where he was a first prize winner of the Steinway Competition in 2008.

Mr. Poliykov also holds degrees in orchestral conducting, and pedagogy.

Currently he gives masterclasses, piano performances, and conducts orchestras all over the world.

He holds teaching staff positions at Longy School of Music, and Boston Conservatory.

His program on November 15 includes music by Haydn, Schubert, and Brahms, among others.

Artistic Director, Terri Kelley has a



Oleksandr Poliykov, pianist

third concert planned for May 1 at 4 pm at The Corpus Christi Church, 35 Essex St. Lawrence. The May 1 concert features the New England Classical Singers and The Lawrence High School Girls Ensemble.

The concert series is supported by The Catherine McCarthy Memorial Trust, and The White Fund.

All concerts are free and open to the public.

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GROUNDWORK
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CALENDARIO | CALENDAR OF EVENTS

El Comité Cultural Colombiano Del Valle Del Merrimack Les Invita A Celebrar:



NOCHES DE CARTAGENA 2015

BAILE DE ANTIFACES Y FANTASIA

NOVIEMBRE 14

Lugar: Belief's In - 1 Market St., Lawrence, MA 01843
 Precio: \$55 incluye antifaz, comida y rifas
 Hora: 7:00 p.m. a 12:00 p.m.

Traje Formal

ProBeca Estudiantil "Sí Se Puede" y Proyecto Piscicola

Información: 978-764-9802 y 978-476-1971

Music by: DJE GO

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Colombian Cultural Committee of Merrimack Valley | síguenos en facebook www.ccnv.org | Diego's Catering | Merrimack Valley Chamber of Commerce



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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:

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- With an advocate, to accompany the elder into the medical appointment.
- With food shopping & picking up prescriptions.
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Contact: Renee at, 978-946-1463

Cars4Kidneys.com



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Lowell Lead Paint Abatement Program

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¡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.

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- FREE soil testing

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

3DIMENSIONS



Dominican Painters
 Ramón Santiago, Ruddy Taveras, and Ramón Sandoval

EAC essex art center

Opening Reception
 Friday, Oct 30 at 5pm
 Free admission & Refreshments

Exhibition Open
 Oct 30 - Dec 11

Gallery Hours:
 Monday to Friday
 10 am to 6 pm

56 Island St.
 Lawrence, MA 01840
 (978) 685-2343
 essexartcenter.org

CALENDARIO | CALENDAR OF EVENTS

NEWS NASHUA, NH NASHUA PUBLIC LIBRARY

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

OPEN STORYTIMES AND PUPPET SHOWS

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

Learn WordPress at Nashua Library

The Nashua Public Library now offers a class in how to use WordPress to create websites and blogs. This class is in addition to other one-time computer workshops offered at the library: Computer Basics; Internet; Microsoft Word, Excel, PowerPoint, and Access; Genealogy; and Online Job Searching. View the schedule at www.nashualibrary.org/computerclasses.htm. All are free and open to the public, although registration is required (call 589-4611).

Bring the Family to the Zoo for Peanuts

Now you can visit the Franklin Park Zoo in Boston or the Stone Zoo in Stoneham at greatly reduced admission prices, using your Nashua Public Library card. Simply go to nashualibrary.org and click Museum Passes. Then follow the instructions to reserve a pass for the date you want to go. The pass admits six people at just \$6 per adult and \$4 per child ages 2 to 12. Children under 2 are free. Regular admission is \$12-\$18. You can also book a pass at the reference desk in the library or by calling (603) 589-4611.

Memory Café at Nashua Public Library

Come to the Nashua Public Library on the third Friday of the month from 2 p.m. to 3:30 p.m. for Memory Café, a gathering of people with early memory loss and their caregivers. Each month's program will have activities centered on a theme, along with plenty of time to enjoy free refreshments and socialize.

If you would like to attend, please register by calling 589-4610 or going to www.tinyurl.com/nplevents and scrolling down to the date of the event. Memory Café is sponsored by the library and Home Health and Hospice Care.

Library needs your ideas

As part of its long-range planning,

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!

the Nashua Public Library is conducting a survey. Whether you use the library or not, staff wants your input. You can complete the eight-question survey at www.tinyurl.com/nplsurvey2015 or pick up a printed copy at the library.

A Spanish version of the survey is available online at www.tinyurl.com/nplsurveysp2015 or in print at the library. The survey is available until October 30.

The Beatles: Band of the Sixties

On Thursday, November 12, at 7 p.m., Aaron Krowicz explores the music of the Beatles in a multimedia presentation at the Nashua Public Library.

Part history and part musical analysis, the presentation spans the 1960s, from the seminal visits to Hamburg, through Beatlemania, and concluding with Abbey Road. It includes audio clips of music and excerpts from interviews with the band.

Krowicz won a research grant in 2011 to study the Beatles and has presented his findings at over 100 venues across the country. The event is free and open to the public. Registration is not required.

Symphony NH Concert Talk

On November 14, Symphony NH welcomes soloist Jennifer Koh performing Dvorak's Violin Concerto. Also on the program are Mendelssohn's Fair Melusina Overture and Bartok's Concerto for Orchestra.

Come to the Nashua Public Library on Thursday, November 12, at 5:30 p.m. to learn more about this music, as symphony bassist Robert Hoffman explores the history, context, and special musical moments of the works being performed. Musical excerpts will illuminate the discussion. The library talk is free and open to the public.

Youth Writing Workshop

A Youth Writing Workshop for students in grades 6 through 12 will be held Monday, November 16 from 6 PM to 8 PM at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union St., Building 2, Level B, Lawrence, MA 01843. The workshops are offered on a monthly basis for a fee of \$10 per session.

Robert Largess will conduct the workshop. He has more than 20 years' experience teaching in Boston Public Schools and has taught our successful Summer Youth Writing Program. Workshops will combine student writing—short stories, poems, essays, and reports—with reading classic stories and poems, and learning a bit about Asian Culture and history, the Ancient Greeks, and the myths and tales of other cultures.

Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

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- Library Tours and Cards
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- Tours de la Librería
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Free Fun for Families!

Celebrate this special day to promote family reading and help make reading and learning more fun for kids.

Diversión Gratis para Toda la Familia!

Celebre esta día especial para promover la lectura en la familia y ayudar a hacer el aprendizaje más divertido para los niños.

Free Memory Screenings Offered

Concerned about your memory? Do you answer "yes" to any of these questions?

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am or where I am going?
- Has family or friends told me that I am repeating questions or saying the same thing over and over again?
- Am I misplacing things more often?
- Have I become lost when walking or driving?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

Free, confidential memory screenings will be held on Tuesday, November 17 from 10am to 2pm at the Mary Immaculate Adult Day Health Center at 189 Maple Street in Lawrence. Call Denise at 978-620-1474 to set up your appointment!

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Clyde

Handsome Clyde is a magnificent brown tabby with tons of purrrsonality! He is affectionate and shows it all the time. He gives leg rubs and head butts and just loves to cuddle and be petted. He will nap in your lap and sleep with you at night. He is great with people and likes to say hi to visitors.



Clyde is 11 years young, declawed and requires an indoor only home for his own safety. He is at the adoption center with his sister Bonnie, also 11 and declawed, another friendly, sweet cat. They can be adopted separately but wouldn't it be great if there was someone out there that wanted two cats that love each other already?! The best home for Clyde would be with adults in a quieter home. Older, respectful children to play with would be appreciated. He loves to be brushed and fussed over, but he is not needy and is most likely going to nap during the day and look for cuddles in the evening.

Louise

Louise is a beautiful red merle catahoula mix. She is 6 years old, the perfect age, no puppy silliness for this girl. Louise loves kids!! Sometimes she's more comfortable with the younger humans than the adults, but she warms up quickly. Louise would be happiest as the only dog in her new family as other dogs make her a little nervous. She might be okay with a dog savvy cat. Louise is a well behaved sweet girl who wants to go home soon, so come on over and meet her. Oh and bring the kids please



Linguini

Do you have room on your lap for a cute little girl like Linguini? Well Linguini hopes the answer is yes! This sweetie does not want to spend anymore time waiting for her new family, she really wants to go home.



A quiet adult only home will be the perfect fit for this mellow 9 year old love. A kitty friend would be fine, but Linguini does not want to share your attention with another dog. She thinks she should hold that special place in your heart reserved for the best dog ever.

Sapphire

Sapphire is a 5 month old bunny full of energy! She would prefer to live in a ring pen as she is the type to like her own space. Sapphire is nice but mischievous and needs a rabbit savvy owner who knows rabbit behavior and loves them for it. You will love to work with wonderful rabbit and will appreciate her intelligence and need for mental stimulation.



Pow

Pow is a rambunctious two month old bunny! She was one of the most playful of her litter and is now ready to find a home that welcomes her mischievous nature. Pow is very comfortable with being held (a rare trait in a bunny, they are naturally ground animals!) and absolutely loves the high energy of children. Come down and meet Pow today!



Lenny and Lola

Lenny and Lola are an adorable pair of medium sized Pekins. Lola has a lovely pouf on her head. Lenny is so enamored with his Lola that he never leaves her side. We are looking for a home that can take them as a pair.



Eggbert and friends

These three little cockatiels are each looking for a home. Cockatiels are wonderful birds and have such great personalities. Cockatiels can live over 20+ years with awesome food and enrichment, and of course, love. Cockatiels can get noisy when they are happy; they love to sing.



Momma and Bingo

Bingo (a 13 year old black and white paint) and her Momma (a bay 16 year old) are an adorable mini pair who are looking to go home together. Momma is a little bit more brave and socialized but once Bingo warms up to you she is a sweetie. These little girls came from a situation where they were not being cared for properly. They will need a little TLC but are looking for their forever homes.



Little Man

Little Man is a 25 years young Appaloosa gelding. He is quiet under saddle and would do well with an advanced beginner rider who would like to hit the trails or do some ringwork. Little Man is currently in a foster home where he is ridden consistently and enjoying some extra attention! He is great out with mares or geldings. Sometimes he forgets his ground manners but will listen to corrections.



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

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Marjorie de Sousa
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Carla Morrison
FUNDADORA **PETALATINGO**

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Para más información o para inscribirse en línea, favor de visitar el sitio www.horizonsforhomelesschildren.org o llame al 978.557.2182.

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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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