

La Escuela Breen recibió subvención de Verizon



Kendrys Vásquez, Alcalde Interino y Presidente del Concejo Municipal de Lawrence, izquierda y Margarita Amy, Directora de la Escuela Breen, a la derecha, recibiendo de la representante de Verizon Stephanie Lee el cheque de \$20,000 para la Escuela Breen para ampliar el trabajo de enriquecimiento de Breen con Groundwork Lawrence y la promoción del trabajo STEM en los grados elementales. 19

Breen School received a grant from Verizon

Acting Lawrence Mayor and Council President Kendrys Vasquez, left, and Margarita Amy, Breen School Principal, right, receiving from Stephanie Lee a Verizon representative, the \$20,000 check given to the Breen School to expand Breen's enrichment work with Groundwork Lawrence and promoting STEM work in early elementary grades. 19

La YMCA ofrece despedida a Julián Villegas

En la foto aparece Gary Morelli, Presidente de la YMCA del Valle de Merrimack presentando una foto de la sucursal de Lawrence firmada por muchas de las personas que trabajaron con él antes de partir para San Diego, California. Vea más detalles en la página 10.

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Best wishes to Councilor Roger Twomey

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Mensaje de Año Nuevo

Por Humberto Caspa, Ph.D.

Desde la pequeña alcoba que me sirve para organizar mis ideas, envío a todos los lectores un saludo fraterno y el deseo más sincero de éxitos en el Año Nuevo.

Como articulista de temas políticos, económicos y sociales, mi trabajo no es solamente informar a mis lectores de los acontecimientos políticos del país y de otras partes del mundo. Mi trabajo también implica analizarlos para que las personas que los lean tengan mejor entendimiento.

En otras palabras, soy, más o menos, como un médico que se dedica a la cirugía. Nada más que mis pacientes son el país, la sociedad, el pueblo, el individuo como tal, el sistema económico y político, a quienes hago cortes con un bisturí mojado de tinta y extraigo sus elementos más significativos para que la gente pueda verlos con más detenimiento.

A lo largo de este año que terminó, he tenido una variedad de personas que me han escrito. Una de mis políticas personales es siempre responder a todas las personas que se dignan en leer y luego hacer un comentario de las opiniones que vierto en mis columnas.

Las respuestas de mis lectores tienen diversas perspectivas. Algunos son argumentativos, como es el caso de una trabajadora de un gobierno local (no voy a identificar nombres), quién tiene mucha inclinación hacia las políticas conservadoras del ala derecha del Partido Republicano, me recuerda que los “ilegales no respetan a nuestro país”, y en consecuencia deben ser deportados.

Muchos, tal vez la mayoría, que responden a mis escritos son personas que concuerdan con lo que opino en mis columnas. Un señor, con algunas deficiencias en su escritura en español, muy amablemente me dice que había enviado una carta en inglés a un medio de comunicación anglosajón para hacer relucir su desapruebo con las políticas de Donald Trump.

Hay también personas que me escriben no tanto en torno al contexto de las políticas del país que normalmente expongo en mis columnas, sino en la escritura, especialmente en la utilización de palabras. Por ejemplo, un señor me decía que nunca había leído

o escuchado la palabra “matoneo” para hacer referencia a lo que en inglés se llama “bullying”.

Hay veces encuentro enfermedades sociales terribles en la sociedad norteamericana, como los radicales de la derecha —muchos racistas y nativistas— que se deleitan con las palabras de Trump.

Otras veces encuentro situaciones llenas de esperanza, como la agenda del Papa Francisco. Aunque no lo crean, hay también circunstancias que yo mismo no sé cómo descifrarlas o interpretarlas, como el hecho de que algunas mujeres islámicas en Estados Unidos deciden vestir cubriéndose desde la cabeza hasta los pies.

Esa es mi tarea como columnista semanal. Algunas personas seguramente dirán que es un trabajo aburrido, que me dedico a situaciones intangibles y a problemas que están más allá de la resolución del ser humano. Sin embargo, también hay personas que, de acuerdo a las cartas que me escriben, les gustaría seguir mis pasos y convertirse en analistas de estos procesos sociales, políticos y económicos.

Nada más quiero decirles que soy amante de los fenómenos políticos y sociales. Para que mis lectores obtengan un mejor producto de los quehaceres diarios del país trato de enterarme de muchas maneras y darle una perspectiva personal.

No quiero jactarme de lo leo, pero es importante que mis lectores sepan que todos los días mi análisis se enriquece con la lectura de periódicos importantes, como el Washington Post, New York Times, Huffington Post, La Opinión, La Razón de Bolivia. Asimismo, escucho la estación de radio pública KPCC, veo programas de CNN, leo también libros y artículos académicos.

Es una tarea que lo hago con mucho gusto. Mis escritos son para servir mejor a mis lectores de este medio de difusión escrito. Que tenga un Feliz Año Nuevo.

Humberto Caspa, Ph.D., es profesor e investigador de Economics On The Move. E-mail: hcletters@yahoo.com

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EDITORIAL | EDITORIAL

Recordando al Dr. King

Todos los años por esta fecha, recordamos los tiempos previos al pase de la Décimo Quinta Enmienda Constitucional en 1869 que dio a los Negros el derecho al voto y el Movimiento de los Derechos Civiles entre los años del 1954 y 1968 dándoles la verdadera igualdad en este país. Ellos nos abrieron las puertas a todos nosotros de diferentes razas y nacionalidades, dándonos la verdadera libertad que hoy disfrutamos.

Nosotros los que vivimos esos tiempos no podemos referirnos a ellos como “los buenos tiempos” porque esos fueron un bochorno para la historia de este país.

A medida que los años han pasado, hemos tenido la oportunidad de aprender sobre la vida y sacrificios de Martin Luther King permitiéndonos reconocer y apreciar más las acciones y el valor del Dr. King.

Él fue arrestado una multitud de veces durante manifestaciones apoyando causas contra abusos e injusticias. Aunque la violencia siempre seguía sus demostraciones, él siempre llevó al público clamando paz.

Martin Luther King murió asesinado en 1968 y no hemos vuelto a ver líderes de su calibre desde entonces.

El domingo, 17 de enero y lunes, 18 de enero, la congresista Niki Tsongas estará celebrando la vida y legado del Dr. Martin Luther King, Jr. en los eventos en Haverhill, Andover y Lowell.

La Rep. Tsongas dará un discurso en la Iglesia UU de Haverhill el domingo en el 30 aniversario del Dr. Martin Luther King Desayuno organizado conjuntamente por la Iglesia Bautista el Calvario y la Iglesia UU de Haverhill, y el lunes en el Desayuno de Martin Luther King Jr. del NAACP del Valle de Merrimack en Andover y la celebración anual de la Fundación Lura Smith /Middlesex Community College de la vida del Dr. Martin Luther King, Jr. en Lowell.

Remembering Dr. King

At this time every year, we remember what times were like prior to the passing of the Fifteenth Constitutional Amendment in 1869 that gave Blacks the right to vote and the Civil Rights Movement between 1954 and 1968 that gave them real equality in this country. They opened the doors for all of us from different races and nationalities, giving us the true freedom we so enjoy.

Those of us who lived through it cannot refer to them as “the good old days” because they were an embarrassment to this country’s history.

As the years passed, we had the opportunity to learn about Martin Luther King’s life and sacrifices allowing us to recognize and appreciate more Dr. King’s actions and courage.

He was arrested a multitude of times during protests supporting causes against abuse and unfairness. Although violence always followed his demonstrations, he always led the public in a peaceful mode.

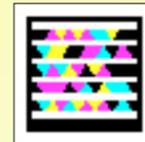
Martin Luther King died assassinated in 1968 and we have not seen leaders of his caliber since.

On Sunday, January 17 and Monday, January 18, Congresswoman Niki Tsongas will be celebrating the life and legacy of Dr. Martin Luther King, Jr. at events in Haverhill, Andover and Lowell

Rep. Tsongas will give remarks at the UU Church of Haverhill on Sunday at the 30th Anniversary of Dr. Martin Luther King Breakfast hosted jointly by the Calvary Baptist Church and the UU Church of Haverhill, and on Monday at the Merrimack Valley NAACP Martin Luther King, Jr. Breakfast in Andover and the annual Lura Smith Fund /Middlesex Community College Foundation annual celebration of the life of Dr. Martin Luther King, Jr. in Lowell.

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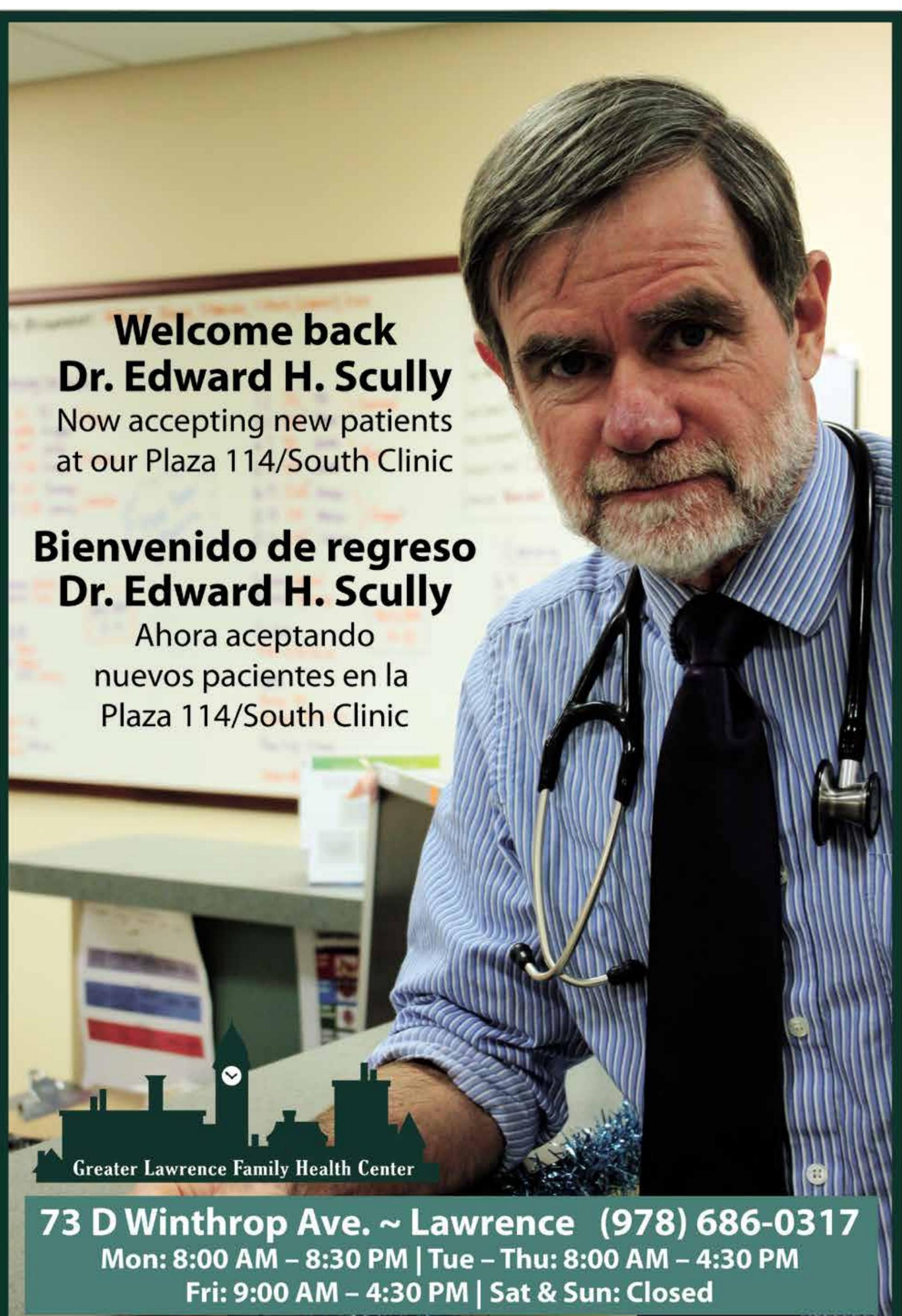
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POR DALIA DÍAZ
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■ READ IT IN ENGLISH ON PAGE 16

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.

El poder de la oficina

El periódico local diario en el idioma inglés informó el martes pasado sobre un caso que fue escuchado en la Corte de Distrito de Haverhill con el oficial de policía William Green y Oficial Iván Meléndez, producto de una discusión el pasado mes de mayo.

El Oficial Meléndez, quien fue la "víctima" en este caso, no se presentó en la corte y el juez desestimó el caso, pero esa misma tarde, se restableció a petición del Alcalde Daniel Rivera.

Eso me recordó un caso siendo televisado alrededor del 1960 cuando el tribunal cubano encontró a alguien no culpable durante un juicio en el comienzo de la revolución. Fidel Castro compareció en televisión en uno de sus discursos que duran muchas horas declarando que los tribunales habían cometido un error y que debía ser juzgado de nuevo. El hombre fue enviado al pelotón de fusilamiento.



Más vergüenza de Devers

En diciembre pasado asistí a una conferencia de prensa en la que representantes de la Comisión de Políticas de Salud de Massachusetts trajeron \$1.5



millones para el Hospital General de Lawrence.

La reunión duró de 2 a 3 PM y el Representante Estatal Marcos Devers se presentó a las 2:30, como acostumbra a llegar tarde, pero lo peor fue que él estaba allí sólo para la sesión de fotos y comenzó

a chequear los mensajes en su teléfono, haciendo caso omiso de lo que se decía.

Observe cómo todos estaban atentos, excepto él. En un momento dado, el invitado de Boston dijo algo y lo llamó por su nombre a lo que Devers respondió: "¿Puede repetirlo?"

Otra demanda contra la Ciudad

Como el caso de David Camasso terminó recientemente costando a la ciudad cientos de miles de dólares y el juicio de Lorenza Ortega está programado para ser escuchado en febrero y esperan tener el mismo resultado, Gilda Durán, ex planificadora de vecindarios bajo la Administración de Lantigua ha presentado otra demanda contra el Alcalde Daniel Rivera y la Ciudad de Lawrence por despido injustificado. Lea partes de la demanda en la página 7.

Viaje a República Dominicana

El Alcalde Rivera había confirmado su asistencia al Desayuno de Alcaldes de la Cámara de Comercio el viernes, 15 de enero y lo canceló en el último minuto después de ser invitado por el Presidente de NECC Lane Glenn que lo acompañara a la República Dominicana.

El alcalde no tenía razón para estar allí ya que los acuerdos educativos no

son establecidos por los funcionarios del gobierno, sino las instituciones educativas. El Presidente Glenn inició el viaje e invitó al Alcalde Rivera y el Representante Estatal Marcos Devers a unirse a él y la Dra. Noemí Custodia-Lora que planeaban visitar dos escuelas adicionales. No me explico qué hacía Theodoro Rosario en ese viaje causando gastos innecesarios a la ciudad.

La prueba de que no eran necesarios para ese fin es que el martes por la tarde y la mañana del miércoles, el Alcalde Rivera, Theodoro y el Representante Devers fueron por su cuenta, mientras que el Presidente Glenn y la Dra. Custodia-Lora están realizando un servicio oficial. Por supuesto, los tres estaban disponibles para las fotografías.

La Dra. Clara Benedicto, directora de USAD para la cooperación y las relaciones internacionales, acompañó al grupo durante todo el tiempo. La Dra. Benedicto estuvo en Lawrence en agosto, cuando el acuerdo fue anunciado por primera vez.

Hacer a Lawrence Mejor

Una forma de ayudar a que Lawrence mejore, es ayudando a las empresas locales

tengan éxito. Comprando en nuestras tiendas locales es vital para su crecimiento así que me pregunto por qué el Alcalde Rivera compra tan a menudo fuera de la ciudad como en licorerías y floristerías. Un buen ejemplo es tres compras que hizo en Holland Flowers en Bradford: July 14, \$149.19; 4 de diciembre de \$54.50 y el 11 de diciembre de \$703.02.

Nilka y el Comité de Vivienda

Hay señales de discordia en el Concejo Municipal de Lawrence y me temo que va a empezar a desintegrarse muy pronto. La noche del miércoles, la Concejala at-Large Nilka Álvarez-Rodríguez abandonó la reunión del Comité de Viviendas porque ella aceptó participar en ese comité con la condición de que ella estaría presidiéndolo.

Todos sabemos que Nilka no disfruta de la mejor salud. Ella dijo estar dispuesta a hacer un sacrificio siempre y cuando ella lo presidiera y lo dejó claro con el Presidente del Concejo Kendrys Vásquez. En lugar de ello, Vásquez abogó por Jeovanny Rodríguez y al no ser seleccionada se negó a participar.

Comisión de Derechos Humanos

He llegado a mi máximo nivel de frustración con esta organización. Se suponía que iban a tener su reunión mensual el pasado lunes, 11 de enero, pero no pudieron hacerlo por falta de quórum. ¡Uno de sus miembros VIVE en New Hampshire y no podía ir!

Me reuní con el Presidente Asdrovel Tejeda el 5 de noviembre, 2015 y él me dijo que iba a pedir a la secretaria de actas que enviara las minutas de las sesiones disponibles y no ha pasado nada.

Ahora, casi no hay miembros disponibles para reunirse (suponiendo que quisieran hacerlo) y el alcalde no ha hecho ningún esfuerzo para designar a nuevos miembros a esa junta. ¿Cómo podemos conseguir que alguien de la oficina de la Procuradora General o el Departamento de Justicia se involucren? El gobierno prefiere mantener

ese cuerpo en silencio siendo inexistente mientras que las quejas y abusos continúan.

Noticias del Dept. de Policía

...o la falta de ellas. Recibimos notas de prensa de muchos departamentos de policía de ciudades que nos rodean y otras de más lejos proporcionándonos todo tipo de noticias, pero nunca de Lawrence. Al llamar a esa agencia de Georgetown, me dijeron que, "Ellos no tienen un contrato con nosotros."

Es reconfortante cuando un departamento de policía se preocupa lo suficiente de difundir las buenas noticias y mantener a los residentes informados de las cosas a medida que ocurren.

¿Commonwealth o Estado?

Parece haber confusión con el nombre de nuestro Estado de Massachusetts, ya que no se llama un Estado sino Commonwealth.

Cuatro de los 50 estados de los EE.UU. se llaman a sí mismos un Commonwealth: Virginia, Massachusetts, Pennsylvania y Kentucky. Constitucionalmente, no hay diferencia entre un Estado y Commonwealth.

Commonwealth significaba originalmente una región gobernada por el pueblo o "mancomunidad". Durante la Revolución Americana, las colonias de Massachusetts, Virginia y Pennsylvania se declararon Commonwealth. De esta manera hicieron señas de que ya no se rigen por la monarquía británica, pero eran repúblicas independientes o libre-asociadas. En ese momento, Kentucky era parte de Virginia. En 1790 cuando se separó de Virginia, Kentucky decidió retener el apodo de mancomunidad o Commonwealth. Cuando se unieron a los Estados Unidos, optaron por mantener la forma antigua en lugar de utilizar "estado" como su título.

En los tiempos modernos, el término república también se refiere a "una unidad política que tiene la autonomía local, sino voluntariamente unidos con los EE.UU." Ejemplos de este tipo de mancomunidades son Puerto Rico y las Islas Marianas del Norte.

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Danny García desde la
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Another Lawsuit!

Gilda Durán filed lawsuit against Mayor Rivera and the City of Lawrence

On January 11, 2016 a lawsuit has been brought by Gilda Durán against Mayor Daniel Rivera, and the City of Lawrence for their wrongful termination of January 3, 2014, from her employment as a Neighborhood Planner, in the City's Community Development Department, because of her political affiliation. Durán was discharged, immediately after Mayor Rivera was elected, because of her longtime and continuing political support for former Mayor William Lantigua, who was Rivera's opponent in the 2013 election.

The lawsuit claims that Ms. Durán was subjected to political discrimination and retaliation; and violated her fundamental rights pursuant to the First and Fourteenth Amendments of the United States Constitution. Although Ms. Durán met and exceeded all reasonable expectations for the Neighborhood Planner's position, Mayor Rivera terminated Durán for her political affiliation and activities. Durán neither received any negative performance reviews, nor any other indication that her work did not meet her employers' reasonable expectations of job performance. Durán served for nearly four full years as Neighborhood Planner, continuing to the end of Mayor Lantigua's term, and ending on January 2, 2014, simultaneously, with the beginning

of Mayor Daniel Rivera's election. On January 5, 2014 Durán returned from her vacation, and received the January 2, 2014 termination letter with neither any prior notice nor a pre-termination hearing.

Durán has been friends with former Mayor Lantigua for more than twenty (20) years. She has supported Lantigua in each of his political campaigns, by either volunteering or contributing money. Ms. Durán was very involved in the re-election campaign of Mayor Lantigua. Together, Durán and Lantigua attended public coffees and fundraisers, and met with community stakeholders. Durán helped in Lantigua's campaign office during her non-work personal time.

Ms. Durán actively worked toward the reelection of Mayor Lantigua. She was a volunteer observer for Mayor Lantigua's campaign, during the vote re-count process.

Within minutes of becoming Mayor, Rivera had signed Durán's termination letter, along with the letters for other City employees who had supported Mayor Lantigua's re-election. Rivera demonstrated a similar pattern of political discrimination and retaliation with other city employees, who were in good standing on their jobs during the same period the court motion states. More than seventy (70) full-time city employees, who supported

Mayor Lantigua's reelection, have been terminated, laid-off, or compelled to resign or retire, since Mayor Rivera took office on January 2, 2013.

The lawsuit claims that Rivera acted under color of law, with deliberate indifference, and intended to violate Durán's constitutional rights. Rivera appointed Wendy Luzon to the Neighborhood Planner position, previously held by Ms. Durán. Ms. Luzon had worked in Rivera's campaign. She started working in Durán's former position on the 6th of January, 2014, even though the Neighborhood Planner position was only posted in the City's website, for (ten) 10 days, from January 8 through 18, 2014, after Luzon was hired by Mayor Rivera. Ms. Luzon who has no formal education did not meet the minimum required qualifications for the position of Neighborhood Planner. Ms. Durán has a Master's in Community Economic Development and years of experience in the Profit and Non-profit sector.

The suit claims that Rivera published via newspaper, radio and television broadcasts to City of Lawrence residents, community stakeholders and possible employers that he cleaned out City Hall and he has gotten rid of all the corrupt and unqualified Lantigua employees.

Ms. Durán received neither prior written nor verbal notice of her employment termination. She was terminated for non-merit based performance, political affiliation, and "arbitrary action of political coercion," states the complaint.

The lawsuit is asking Judgment for: Prospective injunctive relief requiring Mayor Rivera in his official capacities to take all necessary and appropriate action to cease any and all political retaliations against present and former City of Lawrence employees; reinstate her to her previous position with all applicable wage increases as a Neighborhood Planner; and or pay Plaintiff front pay in lieu of her reinstatement and pay raises; that she be paid a salary comparable to her previously same or similar positions; that she be compensated for any loss of wages, and back pay incurred as a result of the Mayor's actions; that she be awarded an amount of money which will fairly compensate her for her emotional pain and suffering, damage to her reputation, and earning



capacity; that she be awarded liquidated damages as provided by 29 U.S.C. §216(b); that the Mayor pay her costs and attorney's fees pursuant to 42 U.S.C. §1988, resulting from this action; that the Mayor pays interest on any judgment entered as required by law; that only the Defendant Daniel Rivera, in his individual capacity, be ordered to pay the Plaintiff punitive and or treble damages; such other equitable relief as the Court deems just and proper.

Ms. Durán is also demanding a trial by jury on all issues that are triable. Ms. Durán is represented by Boston Attorney Ozell Hudson, Jr. He is a graduate of the University of Dubuque, Iowa, and received his law degree from the University of Wisconsin-Madison. He has been an instructor at Harvard Law School, the University of Wisconsin, the University of South Carolina, Armstrong State College, and Paine College. He is a member of the bar of the Supreme Judicial Court of Massachusetts, and also licensed to practice law in Wisconsin, South Carolina and Georgia. He has successfully represented people of color and women in cases involving voting rights, jury discrimination, employment discrimination, police brutality, racial violence, interracial child custody, segregated public housing, mortgage discrimination, criminal defense, and Minority/Women Business Enterprise (MWBES).

Hudson has been vigilant in providing high quality pro bono representation for victims of racial and national origin discrimination. His strategy is to combat institutionalized, economic, and political discrimination that perpetuates the hatred and bitterness that fester and divide us and leads to racial violence.

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¡Otra Demanda contra la ciudad!

Gilda Durán presentó demanda contra el Alcalde Rivera y la Ciudad de Lawrence

El 11 de enero de 2016 una demanda fue sometida por Gilda Durán contra el Alcalde Daniel Rivera y la Ciudad de Lawrence por despido injustificado el 3 de enero del 2014, ella fue despedida de su posición de empleo como una planificadora de Vecindarios, en el Departamento de Desarrollo Comunitario de la ciudad, debido a su afiliación política. Durán fue dada de baja, inmediatamente después de ser juramentado el Alcalde Rivera, debido a su apoyo político desde hace mucho tiempo y continuo para el ex alcalde William Lantigua, quien fue rival de Rivera en las elecciones del 2013.

La demanda afirma que la Sra. Durán fue sometida a discriminación política y represalias y sus derechos fundamentales fueron violados en virtud de la Primera y Decimocuarta Enmiendas de la Constitución de Estados Unidos. Aunque la Sra. Durán superó todas las expectativas razonables para la posición de Planificadora de Vecindarios, el Alcalde Rivera la despidió por sus actividades y afiliación política. La Sra. Durán tampoco recibió ninguna evaluación negativa, ni cualquier otra indicación que su trabajo no cumplió con las expectativas razonables de sus patrones en el trabajo. Ella sirvió por casi cuatro años como Planificadora, continuando hasta el final del mandato del Alcalde Lantigua que terminó el 2 de enero de 2014, al mismo tiempo, del principio de la elección del Alcalde Daniel Rivera. El 5 de enero de 2014 Durán regresó de sus vacaciones y lo primero que encontró fue su carta de despido firmada el 2 de enero del 2014.

La Sra. Durán tiene una amistad con el ex Alcalde Lantigua que data de más de veinte (20) años. Ella ha apoyado a Lantigua en cada una de sus campañas políticas, sirviendo como voluntaria o aportando dinero. Ella estuvo muy implicada en la campaña de reelección del Alcalde Lantigua. Juntos, ellos asistieron a los cafés públicos y recaudación de fondos, así como reuniones con votantes importantes de la comunidad. Ella ayudó en la oficina de campaña de Lantigua durante su tiempo personal. La Sra. Durán trabajó activamente hacia la reelección del alcalde Lantigua, utilizando su tiempo personal.

La Sra. Durán fue una observadora/organizadora voluntaria para la campaña

del Alcalde Lantigua durante el proceso de recuento de votos.

Tan pronto fue juramentado como alcalde, Rivera firmó y fechó la carta de despido, junto con las cartas de otros empleados de la ciudad que habían apoyado la reelección del Alcalde Lantigua. Rivera demostró un patrón similar de discriminación política y venganza con otros empleados ejemplares de la ciudad durante el mismo período. Más de setenta (70) empleados que apoyaron la reelección del Alcalde Lantigua han sido despedidos u obligados a renunciar o jubilarse, desde que tomó el cargo el 2 de enero del 2013.

La demanda reclama que Rivera actuó con deliberada indiferencia y la intención de violar los derechos constitucionales de Durán. El Alcalde Rivera nombró a la Sra. Wendy Luzón, en la posición de Planificadora de Vecindarios, anteriormente ocupada por la Sra. Durán. La Sra. Luzón, trabajó en la campaña de Rivera. Ella empezó a trabajar en la posición el 6 de enero de 2014, a pesar que dicha posición fue publicada solamente en el sitio del internet de la ciudad, por diez (10) días, del 8 hasta el 18 de enero del 2014, después que Luzón fue contratada por el Alcalde Rivera. La Sra. Luzón que no tiene educación formal no cumplió con los requisitos mínimos requeridos para el cargo. La Sra. Durán tiene una maestría en Desarrollo Económico Comunitario y años de experiencia en el sector comercial así como sin fines de lucro.

El Alcalde Rivera recaló a los residentes de la Ciudad de Lawrence y posibles empleadores mediante los periódicos, transmisiones de radio y televisión que él limpió la ciudad botando a todos los empleados malos, corruptos e incompetentes que Lantigua tenía como empleados.

Ella fue despedida por razones sin mérito, su afiliación política y "acción arbitraria de coerción política", dice la queja.

La demanda pide justicia para que requieran que el Alcalde Rivera en su capacidad oficial tome todas las medidas necesarias y apropiadas para cesar las represalias políticas contra actuales y ex empleados de la Ciudad de Lawrence; reintegrarla a su puesto anterior con todos los aumentos de salarios aplicables como

Planificadora de Vecindarios; o pagar remuneración a la demandante en lugar de su reinstalación y aumentos de sueldo; que le paguen su salario comparable a su posición anterior u otra similar; que ella pueda compensar cualquier pérdida de salario y pago incurrido como resultado de acciones de la Alcaldía; que le otorguen una cantidad de dinero que compense su dolor emocional y sufrimiento, daño a su reputación y su capacidad de ganarse la vida; que le otorguen daños conforme a lo dispuesto por la ley 29 U.S.C. § 216(b); que el alcalde le pague por sus los gastos y honorarios legales de acuerdo con 42 U.S.C. §1988, resultando de esta acción; que sólo el demandado Daniel Rivera, en su capacidad individual, sea ordenado a pagar por los daños punitivos o agudos de la demandante; y cualquier otra compensación equitativa que la corte considere justo y apropiado.

La Sra. Durán también exige un juicio por jurado en todos los problemas que sean juzgados. La Sra. Durán está siendo representada por el abogado Ozell Hudson, Jr., de Boston, él es graduado de la Universidad de Dubuque, Iowa y recibió su licenciatura de derecho de la Universidad de Wisconsin-Madison. Ha sido instructor de la Facultad de Derecho de Harvard, la Universidad de Wisconsin, Universidad de Carolina del Sur, Armstrong State College y Universidad de Paine. Él es miembro de la Corte Suprema Judicial de Massachusetts y



también tiene licencia para practicar leyes en Wisconsin, Carolina del Sur y Georgia. Él ha representado exitosamente a personas de color y mujeres en casos de derechos al voto, discriminación de jurado, discriminación en el empleo, brutalidad policial, violencia racial, custodia interracial, vivienda segregada, discriminación de hipoteca, defensa criminal y minorías y mujeres empresarias (Minority/Women Business Enterprise - MWBE).

Hudson ha sido vigilante en la prestación de representación pro bono de alta calidad para las víctimas de discriminación de origen racial y nacional. Su estrategia es combatir discriminación institucionalizada, donde perpetúa el odio y la amargura que infectan, nos dividen y nos lleva a la violencia racial.

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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. Es una experiencia muy agradable que beneficia a los niños y también a todas las personas que se envuelven en el programa.



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Prepárese por si ocurre un desastre

Por Marilenin Vásquez
Especialista en Relaciones Públicas
Administración del Seguro Social

Para muchos de nosotros, el prepararse para el invierno implica sacar los abrigos pesados del armario y asegurarse que nuestro automóvil esté listo para inclemencias del clima. Ya sea que el invierno traiga nieve, hielo o inundaciones, es necesario estar preparado.

De la misma manera debe prepararse para la posibilidad de quedar incapacitado, ya sea física o mentalmente. Muchas personas no piensan que el quedar incapacitados es algo que les puede suceder. Las estadísticas muestran que las posibilidades de quedar incapacitado son mayores de lo que las personas piensan. Hay 56 millones de personas incapacitadas en los EEUU., o 1 de cada 5 personas. Y hay 38 millones de personas en los EEUU, con incapacidades severas, o 1 de cada 10 personas. Un hecho relevante para las personas que están en sus 20 años de edad es que más de una cuarta parte de ellos se incapacitará antes de que cumplan su edad de jubilación. Una incapacidad le puede ocurrir a cualquiera. Pero, ¿quién está preparado?

En caso de que quede incapacitado, el

Seguro Social puede ayudarle a satisfacer sus necesidades económicas básicas. Nuestros programas de beneficios por incapacidad le proporcionan ayuda económica y cobertura médica, y para aquellos que califican, les puede ayudar a pagar las visitas médicas, los medicamentos por recetas y tratamientos. Para informarse mejor acerca de cómo podría estar cubierto si se incapacita, visite nuestra página de Internet, www.segurosocial.gov

El Seguro Social le proporciona beneficios a personas que trabajaron y pagaron impuestos de Seguro Social, pero que ya no pueden trabajar y cuya condiciones médicas cumplen con la estricta definición de incapacidad establecida por la Ley del Seguro Social. La Ley establece que se considera que una persona está considerada incapacitada aquella que no puede trabajar debido a una enfermedad.

La enfermedad de la persona debe impedir que la persona pueda desempeñarse en empleos que anteriormente había realizado, y también debe impedir que la persona se pueda adaptar a otro trabajo basado en su edad, educación y experiencia laboral.

La Seguridad de Ingreso Suplementario es otro de nuestros programas por incapacidad que se basa en la necesidad

económica de la persona y está diseñado para personas cuyos ingresos y recursos son limitados.

En nuestra publicación titulada, Beneficios por incapacidad, podrá encontrar más información sobre el derecho a recibir los beneficios y qué beneficios están disponibles. Esta publicación está disponible en www.segurosocial.gov.

Aunque el invierno no nos afecte a todos, el riesgo de que suframos una

incapacidad y necesitemos ayuda, no es basado en la geografía. Muy posiblemente conozca a alguien que sufra de alguna incapacidad o quizá sea usted quien esté viviendo con una incapacidad. Si desea ayudar a uno de sus familiares o a sus amigos o si simplemente quiere estar preparado por si le ocurre una incapacidad, manténgase informado y visite nuestro sitio de Internet en www.segurosocial.gov

Be prepared when disaster strikes

By Marilenin Vasquez
Public Affairs Specialist
Social Security Administration

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared.

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at www.socialsecurity.gov/planners/disability

Social Security pays benefits to people who worked and paid Social Security taxes,

but who can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

The person's medical condition must prevent him or her from doing work that he or she did in the past, and it must prevent the person from adjusting to other work based on their age, education, and experience.

Supplemental Security Income (SSI), our other disability program, is a needs-based program for people with limited income and resources.

You can find all the information you need about eligibility and benefits available to you by reading our publication, Disability Benefits, available at www.socialsecurity.gov/pubs

While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn't based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member - or need to plan for disability yourself - visit www.socialsecurity.gov/disability

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La Escuela Breen recibió una subvención de Verizon

Breen School Received a Grant from Verizon

Por Alberto Surís

El jueves, 14 de enero Stephanie Lee, representante de Verizon presentó un cheque por \$20,000.00 a Margarita Amy, Directora de la Escuela John Breen. El dinero es parte del plan de Verizon Innovate Learning Grant para ayudar a las escuelas de EE.UU. con instrucción avanzada de STEM y el aprendizaje y el uso efectivo de la tecnología en los primeros grados de primaria.

Los trabajos que requieren ciencia, tecnología, ingeniería y matemáticas (STEM) están establecidos para superar a todos los demás en los próximos diez años. Actualmente, más de 3 millones de esos trabajos están realmente vacantes. Este es un tema crítico, y uno que se cree la tecnología puede ayudar a abordar a través de programas de educación, utilizando la tecnología móvil para aumentar el rendimiento estudiantil y el interés en temas de STEM.

"Hoy, estamos preparando a estos niños para el trabajo en puestos de responsabilidad que no se han inventado todavía", dijo el Superintendente Jeffrey C. Riley al aceptar la subvención mientras dirigía su mirada al grupo de estudiantes presentes entre las edades de 5 a 6 años.



Students from The John Breen School holding the check received from Verizon are, from left: Scarlett, Solymar, Eddy, Nismelyes, Asiahs and Bentham. Behind, Acting Lawrence Mayor and Council President, Kendrys Vasquez; Margarita Amy, Breen School Principal; Stephanie Lee from Verizon, and Lawrence Schools Superintendent Jeffrey C. Riley.

By Alberto Suris

On Thursday, January 14th, Verizon's representative Stephanie Lee presented a check for \$20,000.00 to Margarita Amy, Principal of the John Breen School. The money is part of the Verizon Innovate Learning Grant plan to help U.S. schools advance STEM instruction and learning and the effective use of technology in early elementary grades.

Jobs that require science, technology, engineering and math (STEM) skills are set to outpace all others within the next ten years, but more than 3 million of those jobs are currently unfilled. This is a critical issue, and one that is believed technology can help address through education programs, using mobile technology to increase student achievement and interest in STEM subjects.

"Today, we are preparing these children for work in jobs that have not been invented yet", said Superintendent Jeffrey C. Riley accepting the grant while looking at the group of 5-6 years old students present.



AHORA:

DAMARYS TIENE 100 LIBRAS MENOS Y 4 PULGADAS MÁS ALTA

La cirugía para perder peso ayudó a Damaris Morales a recuperar su antigua pasión: usar tacones altos. Damaris pesaba 280 libras cuando se inscribió en nuestro programa de cirugía para perder peso. Pero con el continuo apoyo no sólo de su familia sino también del equipo médico especializado, de las nutricionistas y de los entrenadores físicos, Damaris rebajó a 165 libras y pudo lucir sus tacones sofisticados.

Ahora, los milagros son sorprendentes en Lawrence General Hospital. **Para leer más sobre la historia de Damaris y realizar la autoevaluación de la cirugía para perder**

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METABOLIC AND BARIATRIC SURGERY ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM ACCREDITED CENTER



Wishing Julián the best in San Diego



Julian shares a wonderful luncheon with his Y friends. Here he is with two former chairs of the Corporate Board of Directors, James Kapelson (center), and Marko Duffy.

When Julian Villegas came from Colombia as a young child, he spent all of his free time at the YMCA in his city. As he grew up, his dream was to become director of a branch and eventually, he did.

Having made a name for himself at the Boston YMCA, he was hired at the Martha's Vineyard Y to set up programs for elderly residents. His reputation preceded him and the Merrimack Valley YMCA went out there to recruit him. We needed someone like Julian at the Lawrence Branch. Under his administration, the branch has grown in programs and services, as well as

membership.

He will always be remembered for introducing this community to Zumba and making Ciclovía in Lawrence so successful for two consecutive years.

Now, time has come for Julian to continue growing and he became the Executive Director of the San Diego, California YMCA. That's a wonderful opportunity for him and, while we are saddened to see him leave, we are also very happy for such a hardworking, decent individual. We'll certainly miss him.

Cuando Julián Villegas llegó de Colombia de pequeño, pasaba todo su tiempo libre en la YMCA en su ciudad. Al crecer, su sueño era convertirse en director de una sucursal y, finalmente, lo hizo.

Después de haberse destacado en la YMCA de Boston, fue contratado en la Y de Martha's Vineyard para poner en marcha programas para los residentes de edad avanzada. Su reputación le precedía y la Merrimack Valley YMCA fue allí para reclutarlo. Necesitábamos a alguien como Julián en la sucursal Lawrence. Bajo su administración, ha crecido en programas y

servicios, así como en miembros.

Siempre será recordado por la introducción en esta comunidad de Zumba y haciendo que Ciclovía en Lawrence tuviera tanto éxito durante dos años consecutivos.

Ahora, ha llegado el momento para Julián para seguir creciendo y se convirtió en el Director Ejecutivo de la YMCA de San Diego, California. Esa es una gran oportunidad para él y, mientras nos entristece verlo partir, también estamos muy felices por ser un trabajador dedicado y un individuo decente. Desde luego, le echaremos de menos.

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Lawrence City Council honors outgoing Councilor Roger Twomey

Photos: John Mejía

The Lawrence City Council honored Councilor at-Large Roger Twomey during his last council meeting after serving the city for many years, eight of those in the City Council.

Mr. Twomey is highly respected by everyone who ever came in contact with him. Even during his tenure as Chairman of the Licensing Commission, he earned the reputation from local businesses receiving a fine or scolding that he had been fair. Few people in this city have garnered the respect and admiration he received.

Mr. Twomey's departure from the City Council is a great loss. He was the voice of reason and when he took a vote on any issue, he was brave, never playing politics. A rare breed, indeed.



The members of the Lawrence City Council posed for a picture with him and his wife Marilyn. They are, from the left, Kendrys Vasquez, Marc Laplante, Estela Reyes, Modesto Maldonado, Sandy Almonte, Marilyn and Roger Twomey, Nilka Alvarez-Rodriguez and Jeovanny Rodriguez.



Council President Modesto Maldonado presenting the proclamation to Councilor Roger Twomey.



Roger Twomey addressing the council in appreciation for their cooperation.

This picture was taken from the seat he occupied during their meetings.

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

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Parade Fundraiser Information



The Lawrence Saint Patrick's Day Parade will take place Sunday, March 19, 2016 at 1PM.

The Parade will follow the same route as it did in 2015. The Parade will begin at the intersection of Amesbury Street and Common Streets, and proceed down Amesbury Street by the Claddagh Pub over the Central Bridge onto Parker Street turning left onto Salem Street down Salem Street past Pizza King turning left onto Market Street past the Relief's In ending at Market and Osgood. (Good viewing locations: Claddagh Pub, Pizza King, Relief's In)

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

Parade Fundraiser

The Parade Fundraiser will take place Friday January 29, 2016 at 7:00PM Reliefs In 1 Market Street Lawrence, MA. There will be: raffles, Bagpipes, Irish Step Dancers, Irish Music, and Live Entertainment Silver Spears. Tickets are \$20.00 and are available at the Reliefs In or through the website: www.lawrencestpatparade.com. Donations for raffle prizes are needed. Commemorative Tee-Shirts for sale \$20.00

Donations and Parade Information

For more information or to donate go to www.lawrencestpatparade.com

Participant Registration Information:

All forms to register to participate are for download on the website: www.lawrencestpatparade.com

Austin Prep Middle School hosts Open House

Austin Preparatory Middle School is hosting an Open House for families of boys and girls interested in grades six through eight.

The school offers small class sizes (14 students is the average), a 1:1 iPad program, and a unique long-block schedule that encourages creativity and critical thinking.

The Middle School Open House is Wed., Feb. 10 at 10 a.m., at 101 Willow St., Reading. All families are asked to register so the school is fully prepared for

your visit – register at www.austinprep.org/openhouse.

Families will have the opportunity to meet Headmaster James Hickey and Head of Middle School Michael McLaughlin, speak with middle school faculty members and take tours of the campus with current middle school students. Tours will include visits to the new Stadium Athletic Complex, arts and music wings, classrooms and MultiPurpose Facility (gymnasium).

Teens make first-quarter honor roll at Austin Prep

The following students have made the first-quarter honor roll at Austin Preparatory School in Reading.

Lawrence

HONORS: Elizabeth Abdo, Crystal Arias, Tarialis DeLeon

Lowell

HONORS: Aidan Curran, Hannah Farley

Methuen

HONORS: Zachary Beeley, Adriana Farias, Catherine Flagg, Natalia Guerra, Eric Naish

North Andover

DISTINCTION: Elizabeth Boucher, Vikramaaditya Gonuguntla, Michael Kamelle

HONORS: Danielle Abdenour, Stanley Alger, Christopher Applegate, Grace Barry, Lindsey D'Addario, Evan Foulds, Matthew Foulds, Emily Lucera, Megan Mahan, Emily Mastrocola, Caitlyn Mazzocchi, Salina Nihalani, Molly O'Leary, Avani Patel, Elizabeth Raymond, Melissa Saindon, Anna Schiff, Maya Worden, Olivia Zdrojewski

Andover

DISTINCTION: Meghan Bodette, Logan Bravo, William Hamilton, Ranjini Iyengar, Eric Kim, Sana Nadkarni, Timothy Norton, Sofia Saltamartini

HONORS: Caroline Benson, Maria Bernal, Tyler Brown, Hyunjae Cho, Nicholas Christopher, Peter Giangrande, Liam Goddard, Alexander Gorman, Alicia Green, Niamh Green, Madeline Hickey, Alexis Horan, Dokyoung Jeong, Andrew Kazmer, Christopher McCarthy, Devon Middlebrook, Irina Noonan, Nicole Poirier, Olivia Raza, Michael Reddy, Stephen Reddy, Julia Rice, Alison Richmond, Poppy Simmonds, Grant Smith, Patrick Szekely, Shiyu Wu

Haverhill

DISTINCTION: Cheyenne Smith

HONORS: Alexander Gilmore

Salem, N.H.

HONORS: Alicia Gaudet

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Methuen YMCA Winter Programs!

Check out the Methuen YMCA Winter Programs starting the week of January 4th! Register online at www.mvymca.org or at any of the Merrimack Valley YMCA branches.

- **Music Lessons** - Guitar, Piano, Drums, Voice & Songwriting, and Recording & Beat Making
- **Art Classes** - Mixin' It Up, Monsters & Aliens, Comic Book Drawing, Superheroes 101, and Illustration 101
- **Special Interest Classes & Clubs** - Cooking Basics, Slimy Science, Creative Writing, Drama Club, Lego Club, Play-Doh Club, and Board Game Club

For more information, contact the Methuen YMCA at (978) 683-5266. We look forward to seeing you!



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Three NECC Employees Recognized for Work



Northern Essex Community College Lane Glenn congratulates NECC employees Jason DeCosta of Haverhill and Victor DeJesus of Berlin, NH, who along with Dalisa Diaz of Lowell (not photographed), received the NECC Employee Recognition Award for the fourth quarter of 2015.

Three Northern Essex Community College employees, Jason DeCosta of Haverhill, Victor DeJesus of Berlin, NH, and Dalisa Diaz of Lowell, have been named recipients of the NECC Employee Recognition Award for the fourth quarter of 2015.

The Employee Recognition Award recognizes the many and varied contributions of the college's nearly 700 employees. Employees are selected each quarter based on recommendations from supervisors and co-workers. Recipients receive a \$150 certificate to the restaurant or mall of his or her choice.

DeCosta, a systems analyst, is a 2013 graduate of Northern Essex. He holds associate degrees in computer information science: information technology and computer applications and certificates in computer networking and computer security. He is currently enrolled in a bachelor's degree in information science at Merrimack College. He has also worked at NECC as a supplemental instructor and computer science tutor.

DeCosta was nominated by several of his colleagues who praised him for his knowledge, reliability and self-motivation.

"Jason comes in extra hours...he does research and projects at home to make sure that he's ready for whatever we need," wrote Adrianna Holden-Gouveia, a Northern Essex computer science professor. "He is willing to try new things and very open to suggestions and requests. He also is willing and happy to teach others."

"He is self-motivated and directed and has proven to be an excellent problem solver," wrote Joyce Brody an administrative assistant in NECC's Division of Technology, Arts, and Professional Studies. "His dedication, high work standards, and follow-through have proven

to be indispensable qualities..."

Tricia Butler, also an administrative assistant in the Division of Technology, Arts, and Professional Studies, concurred, writing, "He's hardworking, knowledgeable and brings much enthusiasm and creativity to problem solving...he designed and custom-made a special adapter for our 3D printers so that an air filtration system could be connected, ensuring cleaner air for the lab and surrounding area."

For 10 years, De Jesus has worked at Northern Essex - first as a work-study student, then a part-time help desk staffer, a computer science tutor, and a today, a full-time system analyst.

He also holds an associate degree in information technology from NECC, and a bachelor's in information technology with a concentration in networking & telecommunications from Southern New Hampshire University.

He was nominated for the award by Ana Valdez and Susan Chory from NECC's iHealth Program. They praised DeJesus for being reliable, knowledgeable, and competent with a calm demeanor and reassuring style.

Diaz, a staff associate in the human resources office, has worked at NECC for four years. She was nominated by NECC Events Coordinator Allison Gagne who praised her for her work ethic and attitude. "Dalisa has maintained this amazing customer service and happy personality... she has taken on different roles at NECC and each one she handles with a great attitude."

Diaz earned her associate degree from Northern Essex and is currently enrolled in a Bachelor of Arts in Business Administration: Human Resources program at Southern New Hampshire University.

Enroll Now for NECC's Spring Semester

If your New Year's resolution was to finally earn that college degree or jumpstart your career, then enroll now at Northern Essex Community College for the spring semester which begins Wednesday, January 20, 2016.

It's not too late to register for courses that could lead toward a degree or a certificate.

Northern Essex offers more than 70 associate degrees and certificates in fields such as health care, criminal justice, computer science, business, engineering, and much more. Classes and programs are offered days, evenings, weekends, and online. Campuses are in Haverhill and Lawrence.

Walk-in hours for interested students are available Monday through Thursday from 9 a.m. to 6:30 p.m. and Friday from noon to 4:30 p.m. in Haverhill (Behrakis One-Stop Student Services Center, 100 Elliott St.) or Lawrence (El-Hefni Allied Health & Technology Center, 414 Common St.)

For more information, contact enrollment services at Northern Essex at 978-556-3700 or admissions@necc.mass.edu or visit www.necc.mass.edu

With campuses in Haverhill and Lawrence, Northern Essex Community College is a state-assisted college, offering over 90 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. More than 7,400 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 6,700 take non-credit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. Northern Essex 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

Lawrence gets \$35K for heroin overdose drug, among 31 communities to win state funds

Gov. Charlie Baker and the Massachusetts Department of Public Health recently announced that \$700,000 will be awarded to police and fire departments in Lawrence and 30 other Massachusetts communities heavily impacted by the opioid epidemic.

The funding is intended to facilitate the purchasing, carrying and administering of the opioid overdose reversal drug, naloxone. In the area, Lowell receives \$50,000, Lawrence has been awarded \$35,000 and Haverhill \$21,125.

"This funding is critically important to the city of Lawrence and there is no doubt it will save lives," said Sen. Barbara L'Italien, D-Andover. "These grants are part of a multifaceted strategy to fight the terrible opioid crisis that includes legislation passed by the Senate several months ago and more recently by the House."

Grants for \$10,000 to \$50,000 are being awarded to the following communities: Lawrence, Haverhill, Barnstable, Beverly, Brockton, Chelsea, Chicopee, Everett, Fall

River, Falmouth, Fitchburg, Framingham, Leominster, Lowell, Lynn, Malden, Medford, New Bedford, North Attleboro, Plymouth, Quincy, Revere, Salem, Saugus, Somerville, Taunton, Westfield, Weymouth, Winthrop, Worcester, Yarmouth.

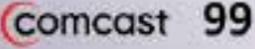
The state has also established a bulk purchasing fund allowing first responders in municipal entities to access the state rate for naloxone purchases, and when available, receive an additional discount.

"The awarding of \$35,000 to the Lawrence Police and Fire Departments for the use of naloxone will greatly help our first responders as they continue to confront this heartbreaking opioid epidemic," said state Rep. Diana DiZoglio, D-Methuen.

"This investment will help to support first responders in communities that are heavily impacted by the Commonwealth's opioid epidemic and will help strengthen our communities as we work together to battle overdoses," said state Rep. Frank Moran, D-Lawrence.

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House Opioid Legislation Includes DiZoglio Bill to Limit Prescriptions to Children

DiZoglio Legislation to Expand Substance Abuse Education in Schools Also Included

Included in legislation to be introduced before the Massachusetts House of Representatives to address the Commonwealth's opioid epidemic are two proposals from State Representative Diana DiZoglio (D-Methuen), including limiting the prescription of opioids to children and expanding substance abuse education in Massachusetts public schools.

The legislation, which is expected to be considered by the House in January, would for the first time limit patients prescribed opioids to a seven-day supply and persons admitted to the emergency room due to an apparent drug overdose would be required to undergo a substance abuse evaluation within 24 hours.

Under the bill, children are only allowed a seven-day opioid prescription, whether for the first time or not, unless

there are extreme circumstances such as cancer or terminal illness.

The inclusion of this measure comes on the heels of legislation filed by DiZoglio, House Bill 3811, to regulate the prescription of the opioid OxyContin to children. DiZoglio's bill came in response to the FDA's recent approval of the powerful painkiller, known in recent years for its frequent abuse, for children as young as 11.

"The legislation I filed earlier this year would have prohibited the prescribing of OxyContin to children," said DiZoglio. "Unfortunately, such a ban would not pass through federal regulations. As a state, we are only able to do so much, as former Governor Deval Patrick found in his ordering of a ban on the opioid Zohydro in 2014, which was overturned by the U.S.

District Court. I would like to see much stronger regulations but this marks a step in the right direction. Right now, there are no limitations in Massachusetts on prescription opioids. While we had to make some concessions through the committee process, the House legislation does expand limitations beyond OxyContin to all opioids and I am very pleased with that. I am committed to working with the Committee to make further improvements throughout the process."

Since the filing of the DiZoglio bill, a bipartisan group of federal legislators, including U.S. Senators Edward Markey (D-MA), Kelly Ayotte, (R-NH) and Jeanne Shaheen (D-NH), as well as Congresswoman Niki Tsongas (D-MA) and Seth Moulton (D-MA), have called on the FDA to reconsider their decision to allow

the prescribing of such a powerful opioid to children.

A study from the National Institute on Drug Abuse found that in 2014, nearly 1 in 30 high school seniors had abused OxyContin and 1 in 20 had abused Vicodin. In 2009, the Massachusetts OxyContin and Heroin Commission found that in 2007 alone there were 4,544 substance abuse treatment admissions in Massachusetts for persons age 15 to 19. The commission noted the second most-common source for obtaining prescription opioids was through a physician.

"Each day, according to the American Society of Addiction Medicine, 2,500 youth in the United States abuse a prescription pain reliever for the first time," said DiZoglio. "The number of opioids prescribed to adolescents and young adults nearly doubled between 1994 and 2007 and this continues to be a serious problem. We have a duty to our children to regulate the distribution of such powerful drugs."

In January, DiZoglio also filed legislation, House Bill 344, designed to expand and strengthen substance abuse education in Massachusetts public schools. In the Commonwealth, there has been a 90 percent increase in opiate overdoses from 2000 to 2012, with one in five high school students having reported being offered, sold or provided illegal drugs at school. This legislation to expand substance abuse education to all students was also included as part of the House proposal.

Some good news from Lawrence schools

Two schools Community Day Arlington School and UP Academy Leonard Middle School were among four schools statewide that were allowed by the state Dept. of Elementary and Secondary Education (DESE) to move out of Level 4 under-performing status because they met state improvement targets. Both schools are now designated Level 1, the state's highest rating.

Both of these schools are examples of the success that can come from partnerships between district schools and charter public schools. Both of them are formerly failing district schools that were turned around after the involvement of the Community Day and UP Academy charter schools, in partnership with a receiver.

This is a great example of progress in Lawrence public education.

CAMBODIAN AMERICAN SMALL BUSINESS PANEL DISCUSSION

WEDNESDAY, JANUARY 20

Presented in Partnership By:
CMAA & Entrepreneurship for All

HEAR FROM EXPERTS ABOUT LEADERSHIP, CHALLENGES AND COMMUNITY INVOLVEMENT

DATE: Wednesday, January 20
TIME: 6:00 pm - 8:00 pm
LOCATION: CMAA, 465 School St., Lowell, MA

Join CMAA (Cambodian Mutual Assistance Association) and EforAll (Entrepreneurship for All) with support by the City of Lowell, as we host our first Cambodian American panel discussion. Experts from various sectors will share their history and experiences with Q/A and open dialogue session proceeding the panel discussion.

Panel Speakers:
Dahvy Tran - Executive Director - Angkor Dance Troupe
Paul-Ratha Yem - Owner - Global Realty Network, LLC
Sam Neang - Co-Owner - Simply Khmer Restaurant
Soben Pin - Co-Owner - KhmerPost USA

****Complimentary food & refreshments.**

Please RSVP to: <http://cmaapanel.bpt.me>

Logos: Theodore Edson Parker Foundation, Angkor Dance Troupe, Global Realty Network, LLC, KhmerPost USA, Entrepreneurship for All.

For more information, contact Nareth Muong, 978.454.6200 x1018

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Baker-Polito Administration Unveils Urban Agenda Grant Winners

Grants will empower local communities to meet local needs

Governor Charlie Baker and Lt. Governor Karyn Polito announced the inaugural round of awards from the Commonwealth's Urban Agenda Grant Program, a new grant program that seeks to unlock community-driven responses to local economic opportunities through partnership-building, problem-solving, and shared accountability. The awards, totaling \$3 million in grant funding, will fund 16 economic development, planning, and housing development initiatives, across 13 communities.

"The focus of our urban agenda is community empowerment across the Commonwealth, to meet local needs with locally driven solutions," said Governor Charlie Baker. "The partnerships that have formed in response to this new program will be essential to building leadership, collaboration, and capacity, while creating economic opportunities in the short term, and building a foundation for long-lasting economic development in our urban communities."

"Urban Agenda grants build on our administration's commitment to empowering communities," said Lieutenant Governor Polito. "By supporting community-driven responses to local economic opportunities, this grant program will help transform urban neighborhoods."

"By engaging cities and community-based organizations around local economic assets, urban agenda grants will help communities unlock dynamic growth," said Housing and Economic Development Secretary Jay Ash.

"Multi-family housing development strengthens communities," said Housing and Community Development Undersecretary Chrystal Kornegay. "By funding hard-to-finance soft costs, Urban Agenda Housing Program grants support the revitalization of vacant and underutilized publicly-owned land, and advance our mission to create vibrant communities."

The Commonwealth's Urban Agenda promotes economic vitality and cultivates safer, stronger urban neighborhoods and communities throughout Massachusetts. The Urban Agenda grant program seeks to advance vibrant communities, and unlock economic mobility for residents, through community-based partnerships that address workforce development, entrepreneurship, and mixed-income housing development. The inaugural round of the grant program received 54 applications, requesting a total of \$12.7 million in funding, from both Gateway Cities and non-Gateway communities of varying sizes. The grant program made awards to three types of projects: economic development implementation grants, economic development planning grants, and housing grants.

Urban Agenda Economic Development Implementation grants will empower urban communities to advance employment and economic opportunity by providing flexible grant funding that supports creative local partnerships and capitalizes on local economic opportunities. The Urban Agenda Economic Development Implementation grant program challenged urban neighborhoods across Massachusetts to form partnerships that leverage existing economic assets, target specific workforce

populations, define their economic development and quality of life goals, and then deliver on those goals.

Urban Agenda Planning and Technical Assistance grants will be used by communities to bring residents and other stakeholders together for a facilitated process to identify opportunities for shared work on quality-of-life issues, and to build coalitions and social capital within the community.

Urban Agenda Housing Program grants will assist municipalities in expanding housing opportunities by supporting predevelopment and soft costs related to the construction of multi-family housing, with a particular emphasis on housing opportunities that leverage vacant or under-utilized publicly-owned land.

2016 URBAN AGENDA GRANT AWARD WINNERS

Transformative Development Initiative.

Lawrence - \$250,000

The Lawrence Working Families Initiative will scale up an existing Working Cities Challenge partnership aimed at long-term building prosperity among low-income Latino parents of Lawrence Public Schools students, by operationalizing Lawrence employers' local hiring and commitments, implementing new job recruitment and internal promotion programs, and extending job coaching, skills training, job placement, and professional mentorship supports to low-income residents. The Initiative's partners are Lawrence Community Works, the Lawrence Partnership, the Lawrence Public Schools, the City of Lawrence, ValleyWorks Career Center, The Community Group, Northern Essex Community College, Notre Dame Education Center, the Adult Learning Center, the Greater Lawrence Family Health Center, and the Family and Community Resource Center of Family Services, Inc.

Grupos de apoyo ofrecidos a cuidadores en María Inmaculada

De acuerdo con la Asociación de Alzheimer, una de cada tres personas mayores muere de la enfermedad de Alzheimer cada año. Para ayudar a las personas que cuidan a sus seres queridos impugnadas por la pérdida de memoria, María Inmaculada Servicios de Cuidado de la Salud ha formado dos grupos de apoyo para cuidadores.

El tercer miércoles de cada mes, la familia y/o amigos que cuidan a sus seres queridos con la enfermedad de Alzheimer o demencias relacionadas están invitados a la cocina Country Kitchen en Marguerite's House Assisted Living en María Inmaculada. Marguerite's House se encuentra en el 189 de Maple Street en Lawrence, en la parte delantera del campus MI.

El programa comienza a las 6:30 pm y las sesiones se llevan a cabo en inglés.

El Grupo de Apoyo a Cuidadores Latinos se celebra el segundo jueves de cada mes en el segundo piso del Centro de Salud de Adultos Diurno en MI en el 189 Maple Street en Lawrence. El programa comienza a las 4:00 pm.

Ambas sesiones se enfocan en la forma de cuidar de manera segura por un ser querido con problemas de pérdida de memoria. Estos servicios son gratuitos y abiertos al público. Para obtener información adicional o para inscribirse en la sesión celebrada en inglés, llame a Kathy Moriarty al 978-620-1492. Para obtener más información sobre el Grupo de Apoyo a Cuidadores Latinos, póngase en contacto con Glenn Ramos al 978-620-1494.

Caregivers Support Groups Offered at Mary Immaculate

According to the Alzheimer's Association, one in three seniors dies of Alzheimer's disease each year. To help those caring for loved ones challenged by memory loss, Mary Immaculate Health/Care Services has formed two support groups for caregivers.

On the third Wednesday of every month, family and/or friends caring for loved ones with Alzheimer's disease or related dementias are invited to the Country Kitchen at Marguerite's House Assisted Living at Mary Immaculate. Marguerite's House is located at 189 Maple Street in Lawrence, at the front of the MI campus.

The program begins at 6:30pm and the sessions are conducted in English.

A Latino Caregiver Support Group is held the second Thursday of each month on the second floor of the MI Adult Day Health Center at 189 Maple Street in Lawrence. The program begins at 4:00 pm.

Both sessions focus on ways to safely care for a loved one with memory loss issues. They are free and open to the public. For additional information or to register for the session held in English, call Kathy Moriarty at 978-620-1492. For more information about the Latino Caregiver Support Group, contact Glenn Ramos at 978-620-1494.

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BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR

RUMBO
315 Mt. Vernon St.
Lawrence MA 01843
Email: rumbo@rumbonews.com



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

The power of the office

The local daily English-language newspaper reported last Tuesday on a case heard in Haverhill District Court involving Police Officer William Green and Officer Ivan Melendez, stemming from an argument last May.

Officer Melendez, who was the “victim” in this case, did not show up in court and the judge dismissed the case but later that afternoon, it was reinstated at the request of Mayor Daniel Rivera.

That reminded me of a case being televised around 1960 when the Cuban tribunal found someone not guilty during the trials at the beginning of the revolution. Fidel Castro went on television in one of his speeches lasting many hours declaring the courts had made a mistake and that he should be tried again. The man was sent to the firing squad.



More embarrassment from Devers

Last December I attended a press conference at which time representatives from the Massachusetts Health Policy Commission brought \$1.5 million to



Lawrence General Hospital.

The meeting lasted from 2 to 3 PM and State Representative Marcos Devers showed up at 2:30, fashionably late, but the worst part was that he was there just for the photo shoot and began to check on his telephone messages, ignoring what was

being said.

Notice how everyone was attentive, but him. At one point, the guest from Boston said something and called him by his name to which Devers responded, “Can you repeat that?”

Another lawsuit against the City

As the case of David Camasso was settled recently costing the city hundreds of thousands of dollars and Lorenza Ortega’s case is schedule to be heard in February with the same expected outcome, Gilda Duran, former neighborhood planner under the Lantigua Administration has filed another suit against Mayor Daniel Rivera and the City of Lawrence for wrongful termination. Read portions of the demand on page 6.

The proof that they were not needed for that purpose is that on Tuesday afternoon and Wednesday morning, Mayor Rivera and Representative Devers were on their own while President Glenn and Dr. Custodia-Lora were on official business. Of course, they were both available for the photo ops.

Dr. Clara Benedicto, USAD director of cooperation and international relations, accompanied the group the entire time. Dr. Benedicto was in Lawrence in August when the agreement was first announced.

Lawrence City Council and I fear that it will start disintegrating very soon. Last Wednesday night, Councilor at-Large Nilka Alvarez-Rodriguez walked out of the Housing Committee meeting because she accepted the assignment on the condition that she would be chairing it.

We all know that Nilka is not in the best of health. She said to be willing to make a sacrifice as long as she would chair it and made it clear to Council President Kendrys Vasquez. Instead, Vasquez advocated for Jeovanny Rodriguez to be selected and she refused to participate.

news and keep residents informed of things as they happen.

Commonwealth or State?

There seems to be confusion with the name of our Commonwealth of Massachusetts because it is not called a State.

Four of the 50 states in the U.S. call themselves a Commonwealth: Virginia, Massachusetts, Pennsylvania and Kentucky. Constitutionally, there is no difference between a state and a commonwealth.

Commonwealth originally meant a region governed by the people. During the American Revolution, the colonies of Massachusetts, Virginia and Pennsylvania declared themselves commonwealths. Thereby they signaled that they were no longer governed by the British monarchy but were an independent republic. At the time, Kentucky was part of Virginia. In 1790 when it separated from Virginia, Kentucky chose to retain the commonwealth moniker. When they joined the United States, they chose to keep the old form instead of using “state” as their title.

In modern times, the term commonwealth also refers to “a political unit having local autonomy but voluntarily united with the U.S.” Examples of these types of commonwealths are Puerto Rico and the Northern Mariana Islands.

Trip to Dominican Republic

Mayor Rivera had confirmed his attendance to the Chamber of Commerce’s Mayors Breakfast taking place on Friday, January 15th and only canceled it at the last minute upon being invited by NECC President Lane Glenn to accompany him to the Dominican Republic.

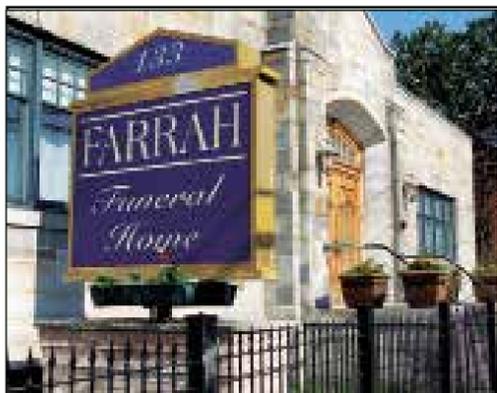
The mayor had no reason to be there since educational agreements are not set by government officials but educational institutions. President Lane initiated the trip and invited Mayor Rivera and State Representative Marcos Devers to join him and Dr. Noemí Custodia-Lora who planned to visit two additional schools. I have no idea why Theodoro Rosario had to cause that unnecessary expense to the city.

Making Lawrence Better

One way to help make Lawrence better is by helping local businesses succeed. Shopping at our local stores is vital to their growth so, I wonder why Mayor Rivera shops so often outside of the city such as out of town liquor stores and flower shops. A good example is three purchases he made at Holland Flowers in Bradford: July 14, \$149.19; December 4, \$54.50 and December 11, \$703.02.

Nilka and the Housing Committee

There are signs of discord in the



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Human Rights Commission

I have reached my maximum level of frustration with this organization. They were supposed to have their monthly meeting last Monday, January 11, but couldn’t do it because of lack of quorum. One of their members LIVES in New Hampshire and could not make it!

I met with Chairman Asdrovel Tejada on November 5, 2015 and he told me that he would ask the recording secretary to submit the minutes of the meetings available and nothing has happened.

Now, there are hardly any members available to meet (assuming they want to) and the mayor has not made any effort to appoint new people to that board. How can we get anyone at the Attorney General’s office or even the Justice Department involved? The administration prefers keeping that body silent by being non-existent and the complaints and abuses continue.

Police Department news

...or lack thereof. We receive press releases from many police department around us and beyond providing all kinds of news, but never from Lawrence. Upon calling that Georgetown agency handling them I was told that, “They don’t have a retainer with us.”

It is comforting when a police department cares enough to spread good

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MR. B'S SPORT STORIES

BY FRANK BENJAMIN

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

Bill Quinlan #83 - Part 2

To write about such a legend is not such an easy thing so that is why I've decided to continue of this amazing athlete from our area. I promise you that as you read of his exploits you may think this is stuff made up by someone with a vivid imagination.

Everything you read here is the unadulterated truth.

The other day while sitting in Billy's great friend's towing company Sheehan's Towing on Lawrence Street I was talking to LHS Hall of Famer and now a softball and football official Steve Misserville and after reading my last story he brought up that when I was inducted into the Methuen Hall of Fame he sat at a table with Big Bill and how #83 had everyone in stitches with stories of his college and pro career.

Sometimes when he was in the mood he could talk of athletes that we've only read about.

For instance did anyone of us know that the great tough running back Jim Taylor was one of the cheapest guys he'd ever met, and Taylor would bet any of the new rookies 50 bucks he could walk further on his hands than any of them. He always won and gladly took their dough. The rookies didn't know Taylor could walk the whole 100 yards on his hands and would snooker the newcomers.

Can you imagine calling Bart Starr, Paul Hornung, Bobby Layne, Sam Huff your pals? Bill would say, "We players

weren't into drugs but a lot of us were big time drunks." Some of the names would shock you!

In the football draft, the Browns drafted the great Jim Brown #1 and Michigan States, Quinlan #2.

I have to tell you this story about Bill being the catcher in a big rivalry baseball game against the CCHS nine. It was played at the old O'Sullivan Park on Water St. where the Boys' Club stands today.

LHS is winning late in the game 1-0 when Billy Sawyer a Water St "rat" on a slide into 2nd base. The next hitter out and the next batter hits a line drive to short left field and Sawyer at about 120 pounds of toughness starts from 2nd base and rounds third with his head down and his only thought was to score and tie the game. Throw from left field was at least 15 feet of the waiting catcher Quinlan, here comes Sawyer head down arms and legs churning and he doesn't see the big catcher coming up the line not even trying to chase the wayward throw down and he hits Sawyer with a big 10 football block, as Sawyer now semi-conscious and arms still flailing towards home plate Big Bill walks over to the ball and then to the still groggy runner and tags him. The umpire yells to Sawyer, "You're safe" and to Quinlan, "You're out, out of the game."

I was at that game and a few nights ago the former boxer and Water St. rat Paul

Despres and I had a long talk about that game.

Stories about Quinlan continue to grow many are mixed with fabrications and are myths.

He had many challenges from people who wanted to test him, even pipsqueaks who weighed 140/150 pounds. Bill would accommodate one and all comers.

He'd be at Sheehan's and jump up to open the door for an elderly person and would also walk them to and into their cars.

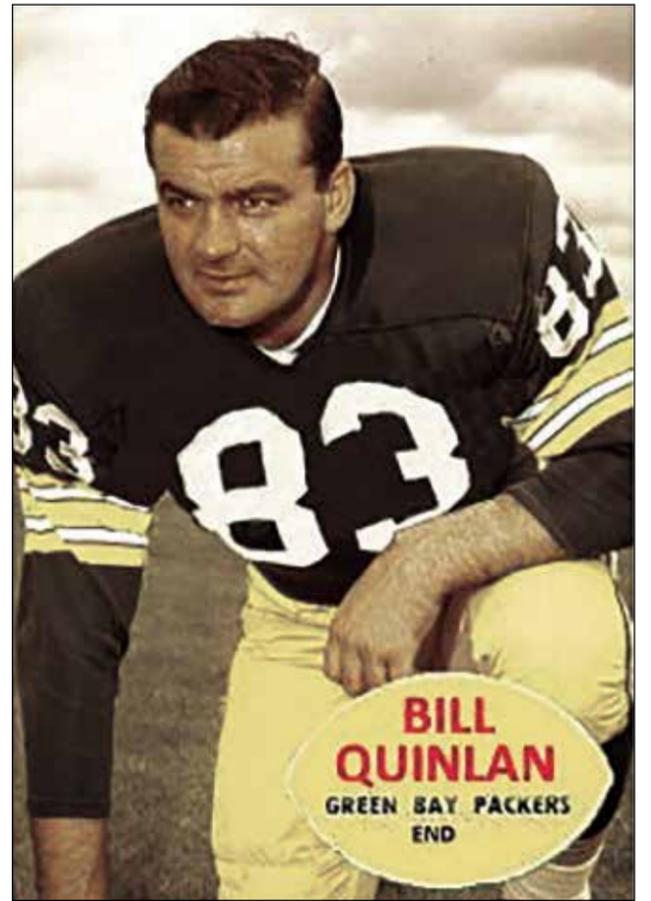
As he got sick and stopped driving, his high school sweetheart and now wife was his driver.

She told me laughingly how she had to take him to Salisbury to check their cottage every day. She'd take him to Tommy Markey's and sometimes to Heav'nly Doughnuts in Methuen.

Betty was a nurse and at the end she used all her medical years of training to keep her man going. It was like the old movie Love Story these two together again. The one thing that was different was that his

wake and funeral showed that she had to share his love with many of us.

Bill Quinlan #83 on your scorecard was a living legend who roamed around us mere mortals.



Listen to Mr. B and Joe Murphy with Michael Walsh on the controls on WCCM-1110AM every Saturday from 10:00 to 11:00 a.m., talking sports. Like in the past, they will be receiving calls from coaches updating the latest results.



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

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News from Middlesex Community College

MCC Named Top School in Military Guide for Colleges & Universities

Thanks to Middlesex Community College's Veterans Resource Center, Veterans Advisory Board and other special veterans services, MCC has been designated a Top School in the 2016 Military Advanced Education & Transition (MAE&T) Guide to Colleges & Universities, which measures best practices in military and veteran education.

"The number of veterans enrolled at MCC continues to grow," said Maryanne Mungovan, Director of Multicultural and Veterans Affairs. "This award recognizes all the work Middlesex does to create a welcoming and supportive environment for our student veterans."

Now in its ninth year of publishing the guide, MAE&T evaluated more than 600 institutions nationwide based on their military culture, financial aid, flexibility, on-campus support and online support services. MAE&T's ratings enable prospective students to quickly target schools that follow best practices in military education, and then put these in context with other academic or career considerations.

Resource advocates are available to assist military service members and their families in finding answers to help aid in the transition from military service to higher education through support and guidance during the application, admissions and academic process. The VRC also provides a support system where veterans meet other veterans as they become members of the Middlesex college community.

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

For more information about MAE&T's 2016 Guide to Colleges and Universities or to access it online, visit: www.mae-kmi.com.

Computer Applications Courses

Middlesex Community College's Corporate and Community Education & Training offers a variety of noncredit computer applications courses for those interested in building their computer skills. Courses begin Tuesday, Jan. 26, on the Bedford and Lowell campuses.

Courses include:

Business Computer Applications Certificate (TEC 748 30) – This certificate course will prepare you for a position in offices where proficiency in software such as a Microsoft Office Suite is used. These positions include administrative assistant, customer service or data entry. Students will become proficient in computer skills, including file and folder management, system backup, device/printer setup, Internet basics, password management, word processing, creating spreadsheets and presentations, and mail and calendar software packages.

Accounting Fundamentals Certificate Program

Register now for Middlesex Community College's Community Education & Career Training Accounting Fundamentals Certificate Program. Classes begin Wednesday, Feb. 3, on the Bedford campus.

Students in this noncredit program will be introduced to theory and practice of basic concepts in accounting and bookkeeping. They will also gain a basic understanding of the documents and journals required to establish a computerized set of accounts for a small business. Individuals interested in starting an accounting career, or starting small or home-based businesses, and those with little to no accounting or bookkeeping experience, will benefit from this program.

Courses may be taken individually, but to complete the certificate program students should take the following courses:

Accounting/Bookkeeping Fundamentals I and II (CAR 797 30) – Students will learn essential terms and concepts related to starting an accounting system, including understanding debits and credits, classifying items as assets, liabilities, equity, revenue/sales, and expenditures. Students will use practice scenarios and complete basic procedures covering topics such as analyzing transactions, creating journal entries, using a general ledger, creating closing/adjusting entries, and financial reporting.

Computerized Accounting & Bookkeeping Using QuickBooks 2010 (CAR 722 30) – In this course, students will develop a working familiarity of QuickBooks 2010. This course provides hands-on experience performing common business transactions and will cover topics including the sales process, banking transactions, vendors and managing expenses, and running bank reconciliations and reports.

For more information about this or other MCC Community Education & Career Training programs, visit <https://www.middlesex.mass.edu/careertraining/> or call 1-800-818-3434.

Google It (TEC 749 80) – This 8-hour course will help you learn how to use Google Applications tools in your business. This course will teach you how to effectively set up and use Google Docs, Google Calendar, Gmail/Inbox, Chrome, Google Maps, Google+ and Blogger.

MS Word 2013 Certificate (TEC 751 30) – This 24-hour course provides the necessary skills for creating professional and eye-catching documents by using both basic and advanced techniques. Topics include designing and formatting documents, page layout features, use of mailing features, viewing documents side-by-side, print layout mode, and web layout mode. Participants should bring a flash drive to class.

To learn more about these or other Corporate and Community Education & Training programs, visit www.middlesex.mass.edu/careertraining

Middlesex Offers Free Tutoring and Academic Support Services

Middlesex Community College's Academic Centers for Excellence (ACE) provide free and flexible individual and group tutoring on the Bedford and Lowell campuses. Staffed by professional and peer tutors, ACE is open for walk-in help and by appointment Monday through Saturday throughout the fall and spring semesters. Enrollment is now open for MCC's spring semester courses, which begin Monday, Jan. 25.

The goal of ACE is to help students "learn how to learn" and achieve academic success by gaining an understanding of their personal learning styles. ACE provides a challenging and supportive environment, in which students can work independently or collaboratively to master learning strategies they can apply to their courses.

Tutoring is available in most subjects, including writing, reading/study skills, math, science, computer applications, accounting, business, economics, nursing and English Language Learner courses.

In addition to professional and peer tutoring programs, ACE offers free eTutoring online 24 hours a day, seven days a week. Students can access online tutoring services by visiting the ACE website www.middlesex.mass.edu/tutoringservices or at www.etutoring.org.

To learn more about MCC's Academic Centers for Excellence, or to schedule a tutoring appointment, visit, www.middlesex.mass.edu/tutoringservices.

Project Management Certificate Program

Middlesex Community College offers a noncredit certificate program in Project Management, which provides the basics of project management, regardless of the industry. Classes are held from 6 to 8 p.m., on the Bedford campus and begin Monday, Feb. 8.

Today, more than ever, project management is a necessity to accomplish projects on time and within budget. During this 36-hour course, students will discuss and practice the universal skills of project management, with practical, hands-on applications and case studies.

Topics covered include intro to project management; project planning and control; project team management; project decision-making and problem solving. Students will be required to complete a capstone project.

To learn more or to register for this or other noncredit certificate programs, visit www.middlesex.mass.edu/careertraining or call 1-800-818-3434.

Flexible Studies and Multiple Learning Options

Middlesex Community College's Flexible Studies Department emphasizes student-centered learning while supporting student success initiatives. Spring semester courses begin Monday, Jan. 25, and it's not too late to register.

Students in MCC's Flexible Studies courses can select from a variety of course meeting times that best fit their schedule, use self-pacing to extend or accelerate their coursework, and can work one-to-one with instructors.

"Instead of lecturing, we get our students actively engaged in learning by facilitating tasks, activities, and mini lessons," said Marilyn Glazer-Weisner, Coordinator of Flexible Studies. "We focus on creating a learning environment focused on the learner, and try to adapt to each student's preferred method of learning."

The Flexible Studies format is adaptable to diverse learning styles, incorporating Web-based technologies, computer programs, audio-visual materials, and one-to-one and small-group instruction. Online materials are used in all courses to give students the added benefit of enhanced learning.

Flexible Studies offers more than 80 credit courses, in subjects such as college readiness, reading, writing, ELL (English Language Learner), English composition, introduction to literature, and 13 world languages.

For more information about MCC's Flexible Studies course options, visit <https://www.middlesex.mass.edu/flexiblestudies/>.

Begin a Career in Health Care at MCC

Middlesex Community College's Academy of Health Professions (AHP) offers short-term training and college-credit programs that could lead to a satisfying career in an entry-level health care field. Classes start Monday, Jan. 25.

Programs offered include Certified Nursing Assistant, Medical Assisting, Medical Receptionist, Medical Office Administration, Clinical Laboratory Assistant, and Phlebotomy. AHP offers three levels of study and a flexible schedule that includes day, evening and weekend courses. All classes are held on the Lowell campus. Financial aid is available for those who qualify.

AHP offers a variety of traditional and non-traditional courses, career counseling and support, as well as tutoring. Two new clinical laboratories provide students ample space and the lab equipment necessary for hands-on training. Small class sizes ensure students receive individualized attention and support throughout the program.

In addition to credit courses, AHP offers a series of free, noncredit professional development Career Readiness Seminars. Open to all Health Career students, these seminars help students improve skills such as team building, professionalism, diversity awareness and conflict resolution.

Enrollment for MCC's AHP program is offered on a rolling basis and courses run throughout the year. For more information about MCC's Academy of Health Professions, call 1-800-818-3434.

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Mt. Vernon Garden Club

Holiday Decoration Ribbon Award winners

The Mt Vernon Garden Club awards two Ribbons a week in December: One daytime look and one nighttime look.

The Club asked residents to nominate homes they have seen in the neighborhood and submit the addresses.

“We want to keep the tradition of driving around the

neighborhood and seeing the festive decorations,” said Wayne Hayes. “I get to meet the families that do the decorations and see their surprise when they win.”

Wayne Hayes
Mt Vernon Garden Club



Week One Daytime -160 Weare St. A many year family tradition by the Terrio family.



Week One Nighttime -17 Westchester St. The Stoehrer family has a beautiful light show synched up to music that comes over your radio by tuning in to 91.1 FM.



Week Two Daytime -21 Wood Lane. New neighbors Claire Bishop and Bill Green decorated their home with wreaths and garland for a tasteful holiday look. Her son won a nighttime look when he lived there a couple of years ago.



Week Two Nighttime -19 Mt Vernon St. Carol Wilson decorates her home for most holidays. This year her festive lights stand out when you take the bend in the road in from of her house.



Week Three Daytime -121 Mt Vernon St. The O'Brien family won with their wonderful Bells on the Wreath. Simple, but unique.



Week Three Nighttime -48 Dunstable St. The McKay family shows their holiday spirit in a bright way.

Gary Haven Smith: A Celebration of Sculpture at SNHU's McNinch Art Gallery

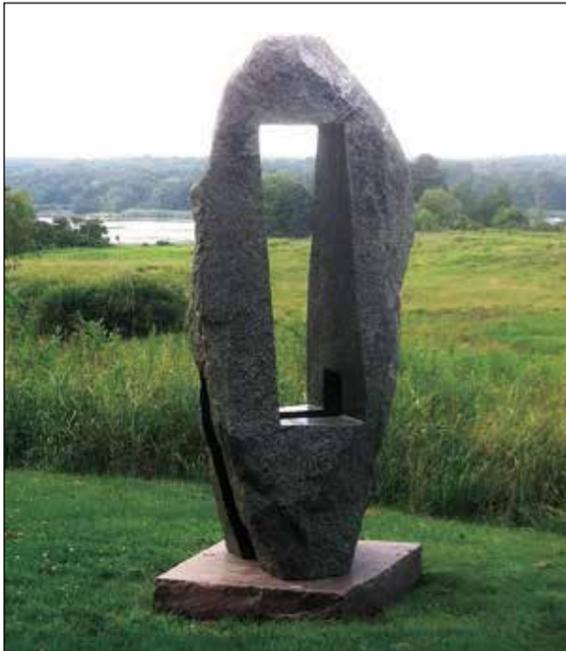
The McNinch Art Gallery at Southern New Hampshire University presents Gary Haven Smith: A Celebration of Sculpture, curated by gallery director Debbie Disston from January 14-February 20, 2016. There will be an opening reception on Thursday, January 21 from 5-7 p.m. The exhibition is free and open to the public.

Stones are what most of us would consider an afterthought of something much larger, a boulder, the remains of an ever shifting earth. A stone might be something one cradles in hand while readying to skip it across a silky surface of an azure blue lake. But to one artist, a stone is a massive granite boulder that he hunts for, much like a predator searching for its prey, in need of quenching a greater desire.

Gary Haven Smith works with massive granite found in various quarries of New Hampshire. He describes hunting for and selecting the stone he will work with as a means of understanding what the stone "wants to do." The sculptor works with the stone to create bent forms, flowing shapes and delicately carved interiors, properties that are the antithesis of granite.

In order to accomplish the exact evolution he envisions for his stones, Smith had to invent his own machinery which he can operate by himself. His ingenious design appears as if it could stand alone as a piece of Steam Punk sculpture within the modest barn the artist has maintained as his studio for decades. This machinery turns the stone while cutting into it with a flexible diamond-impregnated wire. Although each piece bears its own unique resemblance to a previously conjured form, there is a weightlessness that has been attributed to an object, a "stone" previously associated with denseness, heft and mass. The artist interprets the granite as objects from another place and time. He sees a more contemporary role for his stones, they become avatars for lost generations; or maybe they are space age objects beckoning us to an unforeseen future.

"The glacial boulders have a legacy



for me," Smith said. "They are nuggets of history that have been rolled and tumbled and abraded by glaciers as they traveled on their journey. I use diamond-embedded saws, a large granite wire saw, a sandblaster and carbide-tipped tools to cut, carve and work the granite. The stones are full of fluidity and movement, and I work to release that."

"I try to look at our technological lives today and connect them with the natural world we live in," Smith added.

Several of Smith's "paintings" are included in this exhibition. These two dimensional wall pieces are about as sculptural as paintings get. They are loaded with references to his sculpture and reveal his admiration of nature. The palette he chooses subtly transforms a two dimensional plane into something that might be construed as a fossilized plate from a long hidden plateau. Each piece is a beautiful accompaniment to the next.

Gary Haven Smith received his Bachelor of Fine Arts from the University of New Hampshire at Durham. He has exhibited widely throughout the U.S., Japan and the Netherlands. Smith's work is a part of many private and public collections including The Currier Museum of Art, as well as works completed for the New Hampshire Percent for Art Program and is a lifetime member of the New Hampshire State Council on the Arts.

Mary Jane Thomas named Board Chair of Home Health Foundation's Board of Trustees

Mary Jane "MJ" Thomas of Bartlett, NH has been named Chair of the Board of Trustees for Home Health Foundation. She previously served as a board member of the Seacoast Visiting Nurse Association in North Hampton, NH, joining the board of Home Health Foundation in 2009, upon the merger of Seacoast VNA and Home Health VNA.

Thomas succeeds Atty. Daniel Hayes, who had served as Board Chair since 2013 and oversaw the 7 suite wing expansion of Merrimack Valley Hospice House and a capital campaign that raised over 2 million dollars to fund the new wing. Hayes will continue to serve as a member of the Board.

During her three year term as Board Chair, Ms. Thomas will oversee the Executive Committee

in addition to continuing in her role as a member of Home Health Foundation's Finance Committee.

"MJ is a very dedicated and philanthropic supporter of the work we do, with a deep understanding of our impact in the community and healthcare landscape," said John G. Albert, MBA, FACHE, President and CEO of Home Health Foundation. "The Executive Committee and Board of Trustees look forward to her leadership to further the mission and vision of our agencies."



Home Health Foundation, the leader in home health care, is comprised of affiliate agencies Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. Together the three agencies serve more than 100 communities throughout the Merrimack Valley, Northeastern Massachusetts, and Southern New Hampshire. Merrimack Valley Hospice also serves the Southern Maine region as York Hospital Hospice in partnership with York Hospital. For more information, visit our website at www.HomeHealthFoundation.org

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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.

Need help finding a good book?

Are you looking for ideas on what to read next? Maybe you need suggestions for books to buy for your grandchildren or mother-in-law for the holidays. Let Nashua Public Library staff zero in on the right ones for you, with Reading Radar.

Just go to nashualibrary.org/connect/reading-radar. That's where eight staff members tell you a bit about their own reading preferences. Choose the one whose interests match yours fill out a short form, and that person will reply with five suggested titles.

If you want suggestions for children's books, go to nashualibrary.org/explore/kids.

See free films at Nashua Public Library

The Nashua Public Library shows free films several times a week in its theater from October through May. Cinema Cabaret films, geared to adults, are shown on Tuesday nights at 7 p.m.

The Family Film series is held on Saturdays at 2 p.m. Children 6 and under

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!

must be accompanied by an adult.

Teen films for ages 13 to 17 are shown occasionally in the afternoon, with upcoming dates of January 13 and February 25.

Le Cinema Francais, featuring classic French films, is held on the second Tuesday of the month at 3 p.m.

Titles of the films are listed on the online events calendar at tinyurl.com/nplfilm. Printed schedules are available in the library. For more information, call (603) 589-4600.

Cultural Diversity Exhibit

Photographs by Becky Field will be on exhibit at the Nashua Public Library from January 2 to 29.

The photos will be accompanied by text panels, all of which come from Field's book, "Different Roots, Common Dreams: New Hampshire's Cultural Diversity."

"This photo project started because of an act of hate," says Field. In 2011 and 2012, malicious graffiti was scrawled on the Concord, N.H., homes of four families that had escaped violence and persecution in their home countries. Field decided then to use her camera to honor the diversity of new Americans, to recognize their determination and expertise, to raise awareness about paths to resettlement, and to stimulate public dialogue on immigration.

Since then, Field has met thousands of recently resettled people in New Hampshire, from nearly 50 countries. Her book showcases her photographs and also includes six essays by immigrants about their journeys.

A reception for the photographer will be held at the library on Sunday, January 24, from 2 p.m. to 4 p.m. She will give a short talk about the project at the event. It is free and open to the public.

Field's photographs have been displayed in numerous New Hampshire galleries. In 2013 her portrait of a New Hampshire girl whose family had come as refugees from Somalia was a contest winner in Photo District News. The cultural diversity project was featured in New Hampshire Magazine in 2015.

Field holds a certificate in photography from the New Hampshire Institute of Art. Previously she was communications director with the American Red Cross in New Hampshire and before that, a wildlife research ecologist with the U.S. Department of Interior and a university faculty member. The photo exhibit can be viewed during regular library hours. The library is located at 2 Court Street, Nashua. For directions and parking information go to www.nashualibrary.org/visit/directions. For other information contact Bruce at bruce.marks@nashualibrary.org or (603) 589-4626.

Exotic Destinations

The final "Exotic Destinations" lecture, "Walking Across the United States," with Greg Hindy, will be held on Thursday, January 28, at 7 p.m.

All the lectures are free and open to the public. Registration is not required.

How you can protect NH wildlife

On Wednesday, January 20, at 7 p.m., the Nashua Public Library and the Audubon Society welcome Dr. John Kanter from New Hampshire Fish and Game, who will talk about how you can help protect New Hampshire wildlife.

Kanter will discuss the recently released New Hampshire Wildlife Action Plan, which identifies over 100 things that most anyone can do to prevent further losses of the most vulnerable species and habitats.

The public is welcome to attend and registration is not required.

There will be a brief monthly meeting of the Nashaway Chapter of the Audubon Society at the start of the program.

Symphony NH Concert Talk

On Saturday, January 23, Symphony NH performs works by Stravinsky, Prokofiev, Ravel, and Tchaikovsky.

On Thursday, January 21, at 5:30 p.m., join one of the orchestra's bassists, Robert Hoffman, at the Nashua Public Library as he primes you for the concert by exploring the history, context, and special musical moments of the pieces. Musical excerpts will illuminate the discussion. The library talk is free and open to the public.

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Titles of the films are listed on the online events calendar at tinyurl.com/nplfilm. Printed schedules are available in the library.

For more information, call (603) 589-4600.

Game Nights for Adults at Nashua Library

Round up some friends to compete in Super Smash Bros. for Wii U on the big screen at the Nashua Public Library this winter. Or bring your own system and get others to play.

Two game nights are planned: Monday, January 4, and Monday, February 29, both from 7 p.m. to 9 p.m.

Due to their huge popularity at last summer's Nashua Library ComicFest, we're adding board games to this year's game nights. We have Pictionary, Blokus, Cranium, Apples to Apples, and Scrabble; or bring whatever you and your friends like to play.

Game Nights are free and snacks will be provided. If you have a Wii U controller bring it along. The event is open to adults ages 18 and up.

Limited tax forms available at libraries this year

Because taxpayers are increasingly filing their tax returns electronically, the Internal Revenue Service has told libraries that it will cut back again this year on the type and number of forms provided for library customers.

This year the Nashua Public Library will only have the 1040, 1040A, and 1040EZ forms to give out, and only in limited quantities. The library will not be able to give away instruction booklets for these forms but will lend them out for short-term use.

If you have instruction booklets of your own, please consider donating them to the library once you are done with them.

You can order forms and instructions from the IRS by calling (800) 829-3676 or by visiting www.irs.gov/forms.

According to an email from the IRS, 95 percent of taxpayers filed electronically in 2015.

Free tax assistance for seniors and low-income taxpayers will be available again this year at the Nashua Public Library from February 1 through April 15. Volunteers from AARP/VITA will be in the Music/Art/Media Wing on Mondays and Wednesdays from 10 a.m. to 7 p.m. and Fridays from 10 a.m. to 2 p.m. More information will be available starting in late January at www.tinyurl.com/npltax.

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American Training's Annual Coat Drive

Spread the WOW! Magic in our community by donating coats and jackets to American Training's annual Coat Drive. Help us make life matter by keeping our community warm. Last year more than 100 coats were collected and thus, more than 100 community members were kept warm through the harsh winter.

This year, we're expecting another difficult winter and are hoping to collect even more coats and jackets. All donations will be distributed to those in our Community who are in need, through our own programs and Anton's Coat Drive.

Donations can be made now through February 1 at any of these three American Training locations (8 a.m. to 4:30 p.m., Monday through Friday): 6 Campanelli Drive in Andover, 150 Industrial Avenue in Lowell, and 107 Audubon Road in Wakefield, or by contacting Robin Gazelian at 978-685-2151, ext. 6822.

Be a part of the WOW! Magic, donate today! Find out more at americantraininginc.com/coatdrive2015.

Thank you for helping us make life matter!

Public Safety Awards

For the fifty fourth year the Exchange Club of Lawrence will recognize the outstanding service of some of our community's finest. Police officers, firefighters, and emergency medical technicians from Andover, Lawrence, and North Andover, the communities served by the Exchange Club of Lawrence, as well as paramedics from Lawrence General Hospital will be honored at a dinner on January 21 at the Wyndham Andover Hotel.

This year's honorees will include:

- Firefighters/EMTs David Eulie and Jamison Lockhart of the Andover Fire Department;
- Detectives Peter Reming and Kevin Aufiero of the Andover Police Department;
- From the Lawrence Fire Department, Lieutenants Matthew Nadeau and Ryan LaValee, as well as Firefighters Edward Burke and Jesus Flores;
- Officer Angel Lopez of the Lawrence Police Department.

- Lieutenant/EMT Jeffrey Judge, Firefighters/EMTs James White and Matthew Lacolla of the North Andover Fire Department;

- Officer Michael Gilligan, of the North Andover Police Department and State Trooper Kyle Flanagan.

The January 21 event will begin with a social hour at 6:00 P.M. followed by a dinner at 7:00. While uniformed officers are the guests of the Exchange Club, the public is invited for a ticket price of \$30.00. Tickets may be purchased by contacting Kevin Shea, Event Chairman, at 978-771-8962 or kjshea@gmail.com. The Exchange Club is grateful to Wheelabrator North Andover for being the principal event sponsor again this year.

The Exchange Club of Lawrence, a chapter of the national service organization focusing upon community service, Americanism, youth, and the prevention of child abuse.

Merrimack Valley Hospice Offers Free Grief Support for a Substance Related Loss

Merrimack Valley Hospice is offering a free support group for those who are coping with the loss of a loved one due to drugs, alcohol or other substance. This specialized support group, facilitated by counselors Lois Marra and Nancy Thornton, is designed to help participants learn about the unique features of this type of grief and the profound, complex emotions involved. Participants will share their experience and learn from each other in an environment of support, understanding and compassion. Sessions are tailored to meet the group's needs and

will help participants understand and process their emotions so they can begin healing.

Cosponsored by HL Farmer & Sons Aftercare Program, this ongoing group will begin on Wednesday, January 13, 2016, from 6:30 p.m. - 8:00 p.m., in the Griffin-White conference room at Merrimack Valley Hospice House, 360 North Ave in Haverhill, MA. It is free and open to the public, but registration is required. For more information, or to register, contact Lois at 978-552-4537.

Merrimack Valley Hospice Offers Free Loss of an Adult Child Support Group

Merrimack Valley Hospice is offering "Grief Support for the Loss of an Adult Child", a free support group for anyone who is grieving this particular type of a loss. The sessions will begin Tuesday, January 19, from 2:00 p.m. to 3:30 p.m., at the Merrimack Valley Hospice House, 360 North Ave in Haverhill, MA. The support group, co-sponsored by HL Farmer & Sons Funeral Homes, and facilitated by counselors Lois Marra and Nancy Thornton, will meet for 10 consecutive Tuesdays.

are tailored to meet the group's needs and will cover many difference topics including grief, loss and healing. If you have questions, or would like to register, please contact Bereavement Coordinator Lois Marra at 800-933-5593 ext. 4537.

Merrimack Valley Hospice is a not-for-profit agency offering comprehensive medical and supportive care to terminally ill patients and their loved ones. Together with Home Health VNA and HomeCare, Inc., the agencies provide a full continuum of home health and hospice care in more than 110 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. For more information visit MerrimackValleyHospice.org.

"Grief Support for the Loss of an Adult Child" is designed to help people who have recently experienced this type of loss learn about the grief process, share their experience, and support each other in a facilitated group environment. Sessions

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FRESCO COOKING CLUB



SHARE, LEARN, CREATE

Saturday, January 23rd — 2 - 4 p.m.

**Lawrence Senior Center
155 Haverhill Street, Lawrence**

Enjoy a fantastic opportunity to come together and enhance your knowledge of cooking and nutrition education. Fresco cooking club is a place where you can come share, learn, create and have fun!

Share: What you know about cooking and some of your favorite recipes

Learn: Tips on how to prepare healthy, but delicious meals

Create: Healthy and delicious meals and recipes

For more information contact Maria Natera:
mnatera@groundworklawrence.org, (978) 974-0770 ex 7006



Changing Places, Changing Lives Since 1999

FRESCO COOKING CLUB



COMPARTIR, APRENDER, CREAR

Sábado, Enero 23rd — 2 - 4 p.m.

**Lawrence Senior Center
155 Haverhill Street, Lawrence**

Disfrute de una fantástica oportunidad para reunirse y mejorar su conocimiento en la cocina y la educación nutricional. Fresco club de cocina es un lugar donde usted puede venir a compartir, aprender, crear y divertirse!

Compartir: ¿Qué sabe usted de cocina? y algunas de sus recetas favoritas

Aprender: Consejos sobre cómo preparar saludables, pero deliciosas comidas

Crear: Saludable y deliciosas comidas y recetas

Para más información contactar a Maria Natera:
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