

### Celebran gran apertura de la Y



**Y Grand Opening Celebration** | 12

El jueves, 21 de abril la Andover / North Andover YMCA celebró la gran inauguración de la ampliación de su centro localizado en el 165 de la Calle Haverhill (Rte.133) en Andover con la asistencia de más de 150 dignatarios, miembros de la YMCA, el personal y miembros de la comunidad. La expansión de \$21 millones duplicó el espacio de instalación existente que ahora cuenta con un número de mejoras incluyendo un nuevo centro de desarrollo de cuidado de niños, un centro de deportes acuáticos ampliado, un centro de adultos activos, un centro de bienestar ampliado y un centro de rehabilitación operado por el Hospital General de Lawrence.

On Thursday, April 21 the Andover / North Andover YMCA celebrated the grand opening of the expansion of its center located at 165 Haverhill Street (Rte.133) in Andover attended by more than 150 dignitaries, members of the YMCA, staff and community members. The \$21 million expansion doubled the existing facility space and features a numbers of enhancements including a new childcare development center, an expanded aquatics facility, active adult center, expanded wellness center and a rehabilitation center operated by Lawrence General Hospital.

Disponiéndose a cortar la cinta roja inaugural se encuentran desde la izquierda:

Getting ready to cut the inaugural red ribbon, are from left:

From the left, Chris Mosby and Don Schaalman members of the Building Committee; Marilyn Fitzgerald, former Chair of the Corporate Board; Joseph Alwan, Andover/North Andover Branch Board Chair; John Fouhy, Board of Trustees; Mike Mancuso, Chair, Board of Trustees; Gary Morelli, President and CEO; and Alex Turek, Executive Director, A/NA YMCA.

### A visit to the Ward Reservation



Some of the Merrimack College students who organized this outing from left to right, back row are Bram Kools and Ryan LaRoche. Front row, Caisie Wynot, Kaileigh Tremble, and Amy Byrne. |9

Photo Exhibit in Haverhill by George Richardson.

Exhibición de fotos en Haverhill por George Richardson.

Essex Art Center  
May 6- June 17

Jewelry, Sculptures and Astrophotography by New Hampshire based artists  
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### Feria de Seguros para Inquilinos



Wayne Hayes, su esposa Kathy y el Bombero Juan "Manny" González, fundadores de HealLawrence, una organización local creada para ayudar a las víctimas de fuego enfrentar la trágica pérdida de propiedad debido a un incendio, tuvo lugar su primera Feria de Seguro para Inquilinos el sábado, 23 de abril en el Lawrence Senior Center. |5

### First Renters Insurance Fair

Wayne Hayes, his wife Kathy and Firefighter Juan "Manny" Gonzalez founders of HealLawrence, a local organization created to help victims of fire cope with the tragic loss of property due to a fire, held their first Renters Insurance Fair on Saturday, April 23 at the Lawrence Senior Center. |5

### Nuevo Centro de Salud en la Y



Desde la izquierda, Ron Pollina, Miembro de la Junta de LGH, Ginny Sbeedy y Dianne J. Anderson, Presidente y CEO, del Hospital General de Lawrence, en la entrada del nuevo Centro de Rehabilitación inaugurado en el recién ampliado Andover/North Andover YMCA.

### New Health Center at the Y

From left, Ron Pollina, LGH Board Member, Ginny Sbeedy and Dianne J. Anderson, President and CEO, Lawrence General Hospital, at the entrance of the new Rehabilitation Center inaugurated at the newly expanded Andover/North Andover YMCA. |13

## Scarito Park: Condiciones actuales / Present conditions - Pg. 11

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# Methuen Police Sergeant Completes Boston Marathon



Sgt. Eric Ferreira ran the 2016 Boston Marathon to raise money for the Perkins School for the Blind. (Courtesy Photo)

Chief Solomon is pleased to announce that Sgt. Eric Ferreira of the Methuen Police Department ran the 2016 Boston Marathon as part of the Perkins Marathon Team benefiting the Perkins School for the Blind.

Sgt. Ferreira, who completed the marathon in just under four hours, has a personal connection to the Perkins School: his 10-year-old son, Eric, attends. The Perkins School taught Eric his first use of sign language, a skill that greatly improved his quality of life as he slowly lost the ability to verbally communicate. Now blind, Eric can be found dancing his way through campus - sometimes backwards - with the use of his white cane.

The team has raised \$25,765 to date. All proceeds went to the Perkins School in an effort to help blind children and young adults reach their full potential.

"I am very proud of Sgt. Ferreira for his dedication to both the Perkins School and his marathon training," Chief Solomon said. "He serves as an example not only for our department, but also for his family and fellow parents of children at the Perkins School."

Karin Kucukistepanoglu, a dispatcher for the Methuen Police Department and

volunteer for the Boston Marathon for the past 14 years, was on the route to cheer on Sgt. Ferreira. Additionally, Perkins School students, family, and staff were scattered throughout the route cheering on the Perkins Team. Ferreira's family, friends, and in-laws awaited him in Natick, while Ferreira's father met him at the Finish Line.

Sgt. Ferreira has been a member of the Methuen Police Department for 3 1/2 years, and was promoted to his current rank in January. He previously served as an officer at the National Security Agency at Fort Meade, Md., and for the Hudson, N.H. police department. A member of the United States Marine Corps Reserves for over 14 years, Sgt. Ferreira has been deployed twice to Iraq. Upon becoming a member of the Methuen Police Department, he attended the 20th Recruit Officer Course at the Boylston Police Academy. He currently lives in Methuen with his wife, Rebecca, and his two sons, Eric Jr. and Davis.

"I would like to thank my entire department, especially Chief Solomon, for their support during my training, fundraising and race," Sgt. Ferreira said. "It was an honor to bring awareness to an organization that has so strongly impacted my own family."

## EDITORIAL | EDITORIAL

### ¡Llegaron las festividades de Semana Hispana!

Todos los años las festividades del verano comienzan con los festivales y los reinados de Semana Hispana, presentando a niñas de todas las edades compitiendo no solo en belleza pero también en talento, algo que ya se ha convertido en un cuño de identificación de la sociedad de habla española.

Este año, ampliando las actividades, Semana Hispana, anunció cuatro nuevas actividades a sus programas habituales, dando comienzo con una Cena D'Gala en Elks' Lodge durante el mes de marzo. Le siguió una Feria Cultural el 17 de abril y un Concurso de Talento entre las participantes a los reinados infantiles que se efectuó el pasado sábado 23 del corriente mes de abril. La nueva adición, el concurso de Miss Abuelas, el más esperado de todos no será hasta el 7 de mayo.

Estos concursos son una experiencia maravillosa para las niñas y sus familias quienes gastan gran cantidad de dinero y tiempo preparándolas para la competencia. Por lo regular la noche del evento está llena de diversión y todo el que asiste, no importa la nacionalidad que sea, la disfruta.

Estos concursos se están llevando a cabo en el local de de la YMCA de Methuen situado en el 29 de la calle Haverhill, en Methuen. Exhortamos a nuestros lectores a asistir a ellos y animar a los concursantes

Semana Hispana cumple este año 37 años de fundada. Imagínese que entre las primeras concursantes en la categoría Miss Abuelas encontremos a algunas de las que fueron elegidas Reinas en 1979.

¡No falte a esta elección para celebrarlos juntos!

### Hispanic Week festivities has arrived!

Summer festivities begin every year with the Semana Hispana festivals and its pageants, featuring girls of all ages competing not only in beauty but also in talent, something that has become the identification stamp in the Spanish-speaking society.

This year, expanding their activities, Semana Hispana, announced four new activities to its usual programs, beginning with a D'Gala Dinner at the Elks' Lodge during March, followed by a Cultural Fair on April 17 and a talent contest among a group of children that took place on Saturday, April 23rd. The new addition, the Miss Grandmothers, the most anticipated of all is not until May 7.

These contests are a wonderful experience for girls and their families who spend a lot of money preparing for competition time. Usually the night of the event is full of fun and everyone who attends, no matter what nationality, enjoys it.

These competitions are being held at the local YMCA located at 29 Haverhill Street in Methuen. We encourage our readers to assist them to cheer the contestants.

Hispanic Week this year celebrates 37 years of existence. Imagine that among the first contestants in the Miss Grandmothers category we find some that were chosen queens in 1979.

Do not miss this election to celebrate together!

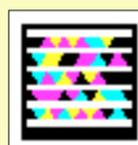
"Accept responsibility for your life... It is you who will have to get you where you want to go, nobody else."

"Acepte la responsabilidad por su vida... Depende de usted llegar hasta donde aspira a llegar, nadie más."

- Les Brown

## Rumbo

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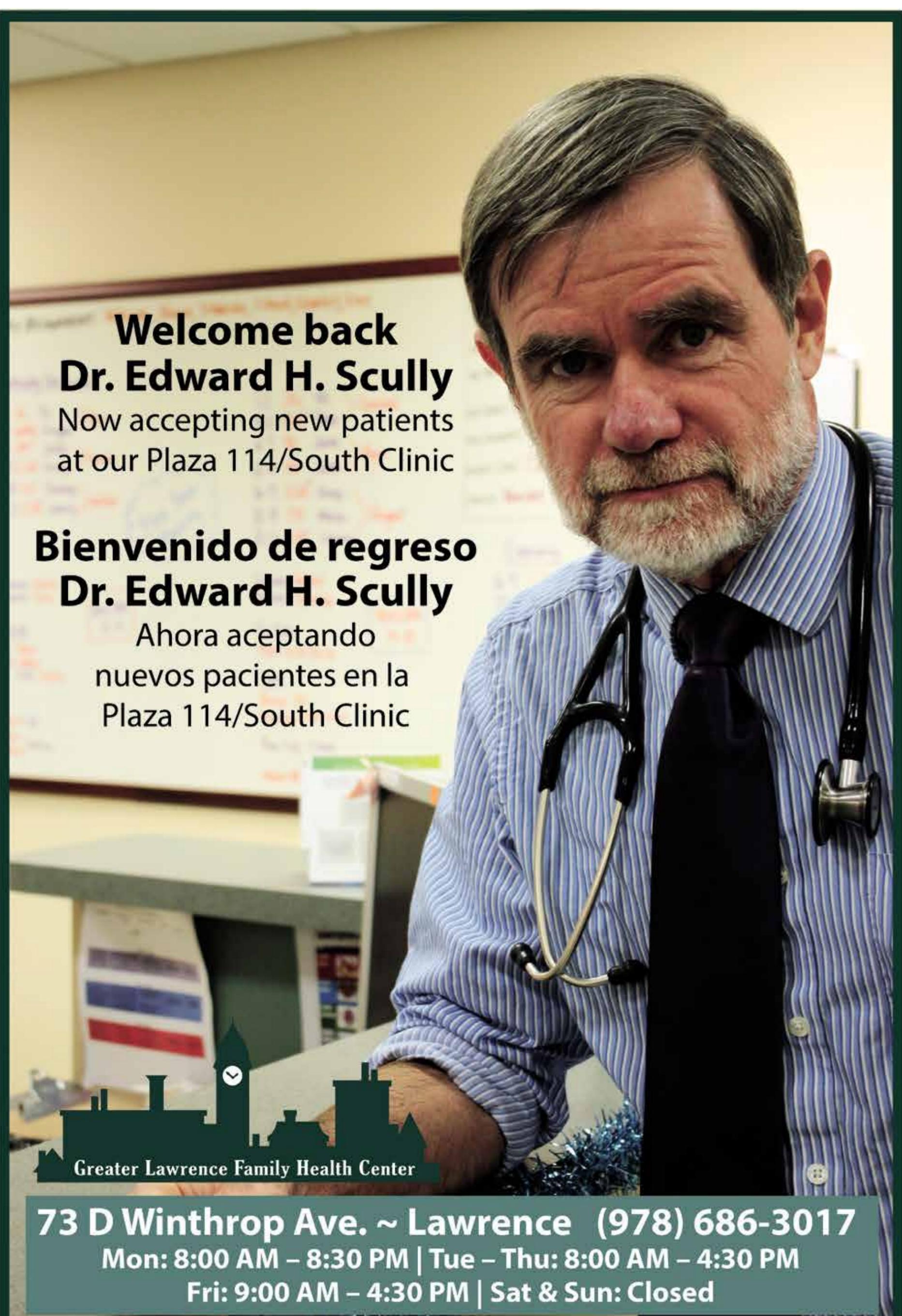
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## Declaración del Alcalde Daniel Rivera sobre Melrose Street

Como saben, el martes, tuvimos un incidente de violencia doméstica que, con la ayuda del Departamento de Policía de Lawrence, la policía estatal de Massachusetts, el Departamento del Sheriff del Condado de Essex y otros, terminó salvando a una madre y un niño pequeño. Como dije el martes, la violencia doméstica es un problema no sólo en nuestra comunidad, pero en nuestra sociedad y es un problema en el que tenemos que trabajar en forma diligente juntos.

A través de informes de los medios y de algunas investigaciones, nos dimos cuenta de que a la víctima del tiroteo se le concedió una orden de restricción un día antes de este incidente, y el Departamento de Policía de Lawrence recibió la orden de restricción minutos antes del incidente. Esto no le dio al departamento de policía la oportunidad de tratar de servir esta orden de restricción.

El verano pasado, después de un incidente de violencia doméstica que terminó en un asesinato y suicidio, se encontró que el proceso de orden de restricción estaba defectuoso. Dirigí nuestro departamento de policía a poner orden y responsabilidad a un proceso de fax anticuado de la corte. Pensamos que este problema se había solucionado. Esto incluyó el establecimiento de un proceso de correo electrónico que asegura que cada orden de restricción por fax al departamento de policía fue también enviado por correo electrónico de forma instantánea. El correo electrónico permite no sólo la recepción inmediata sino un registro de recibo y una manera de archivar y dar cuenta de todas las órdenes de restricción. Para asegurar el servicio más rápido y eficaz de las órdenes de alejamiento de los acusados, el jefe también asignó un oficial de policía que sería el punto de contacto y no hiciera otra cosa que servir las órdenes de alejamiento.

El servidor (el equipo) de la ciudad que

utilizamos para los faxes falló, previniendo que todos los faxes de la ciudad fuesen enviados por correo electrónico. Todos ellos salieron el martes por la tarde y la policía comenzó su proceso.

Me estoy reuniendo con la administración de la Corte de Distrito de Lawrence y el jefe de policía hoy para hablar de lo que pasó y desarrollar una estrategia para acelerar esta entrega de órdenes de protección. Al mismo tiempo, estamos hablando con nuestro departamento de tecnología informática para ordenar un nuevo servidor y crear un ambiente seguro dedicado a estas comunicaciones. Está claro que cada momento cuenta. Estoy seguro de que el público se sorprendió al descubrir que un documento tan importante se transmite de una manera tan imperfecta.

Para reiterar, la violencia doméstica es un problema grave no sólo para la ciudad de Lawrence, pero en todo el país. Es una prioridad para nosotros hacer todo lo posible para mantener a las víctimas de la violencia doméstica seguras y asegurarnos de que se haga justicia. Es importante para cualquier persona en una situación de violencia doméstica que siga utilizando el proceso de orden de restricción, incluyendo llenar el formulario completamente y con la mayor precisión posible. Una orden de protección es un documento civil – no le da derecho a un oficial de policía de arrestar. Si el abusador es conocido por tener acceso a armas – legales o ilegales, es importante anotarlo en la planilla – pues esto permite a la autoridad inmediata de la policía remover las armas de la propiedad. Vamos a trabajar para construir una mayor confianza en este proceso.

Una vez más - tuvimos un incidente de violencia doméstica trágica que con la ayuda de la Policía de Lawrence, la policía del estado de Massachusetts y otros, terminó salvando la vida de la madre y de un niño pequeño.

## Mayor Daniel Rivera statement on Melrose Street

As you know, on Tuesday, we had a domestic violence incident that with the help from the Lawrence Police Department, the Massachusetts State Police, Essex County Sheriff's Department and others, ended with the saving of a mother and young child. As I stated on Tuesday, domestic violence is a problem not only in our community but in our society and it is a problem that we need to work on diligently together.

Through media reports and some investigation, we became aware that the shooting victim was granted a restraining order one day prior to this incident, and the Lawrence Police Department received that restraining order minutes before the incident. This did not afford the police department the opportunity to attempt to serve this restraining order.

Last summer, after a domestic violence incident that ended in a murder-suicide we found that the restraining order process was broken. I directed our police department to bring order and accountability to the court's antiquated fax process. We thought we fixed this problem. This included establishing an email process that ensured every restraining order faxed to the police department was emailed instantaneously. The email allowed not only for immediate reception but a record of receipt and a way to archive and account for all restraining orders. To ensure the more rapid and effective service of restraining orders on defendants, the Chief also assigned one police officer to be the point of contact and to do nothing else but serve restraining orders.

The city server we use for faxes went down, preventing all of the city's faxes from

being emailed. All of them were released on Tuesday afternoon and the police began their process.

I am meeting with the administration of the Lawrence District Court and Police Chief today to discuss what happened and develop a strategy to expedite this delivery of restraining orders. Simultaneously, we are talking with our I.T. department to order a new server and create a dedicated fail safe environment for these communications. It is clear that every moment counts. I am sure that the public will be shocked to find out that such an important document is being transmitted in such an imperfect way.

To reiterate, domestic violence is a serious problem not only for the City of Lawrence, but nationwide. It is a top priority for us to do everything in our power to keep victims of domestic violence safe and be sure that justice is served. It is important for anyone in a domestic violence situation to please continue to use the restraining order process, including filling out the form completely and as accurately as possible. A restraining order is a civil document—it does not give a police officer the right of arrest. If the abuser is known to have access to weapons—legal or illegal, it is important to note that on the application—this allows the police immediate authority to remove weapons from the property. We will work to build higher confidence in this process.

Again - we had a tragic domestic violence incident that with the help from the Lawrence Police the Massachusetts State Police and others, ended with saving the life of mother and young child.

### SE NECESITAN VOLUNTARIOS PARA DAR A NIÑOS SIN HOGAR UN MEJOR MAÑANA

¿Tiene usted dos horas cada semana para jugar con niños (0-6) en uno de nuestros 4 centros llamados Playspaces? ¿Es usted una persona divertida, responsable y buscando por una forma en que pueda hacer una diferencia en el Valle de Merrimack y la zona del norte?

Para más información o para inscribirse en línea, favor de visitar el sitio [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org) o llame al 978.557.2182.

## Impacto Noticias

LUNES A VIERNES | 12PM - 1PM

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



Productor José Ayala

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# Feria de Seguros Para Inquilinos

El sábado, 23 de de abril el Senior Center de Lawrence se asoció con Heal Lawrence para ofrecer la primera Feria de Seguros Para Inquilinos.

HealLawrence ha aprendido durante los últimos tres años que una solución a aliviar un poco la angustia de un trágico incendio es tener seguro para inquilinos.

El evento comenzó a las 10 con café, donuts y socialización. A las 11 tuvieron oradores invitados, entre ellos dos clientes que no tienen seguro, seguido de representantes de agencias de seguros. Luego, dos clientes que sí tenían seguro.

Los residentes tuvieron la oportunidad de hablar con las agencias de seguros invitadas que tenían sus mesas con la literatura pertinente a los servicios que ofrecen.

El mensaje principal a través de este evento fue "lo importante y asequible que es tener seguro para inquilinos".



Kathy y Wayne Hayes, Juan "Manny Gonzalez y Gloribel Gonzalez, los organizadores recibiendo un certificado de apreciación de la alcaldía entregado por Eileen Bernal, jefa de despacho del Alcalde Daniel Rivera / The organizers, receiving a certificate of appreciation from Mayor Daniel Rivera from Eileen Bernal, Mayor's Chief of Staff.

# Renters Insurance Fair

On Saturday, April 23rd the Lawrence Senior Center partnered with HealLawrence for the first Renters Insurance Fair.

HealLawrence has learned over the last three years that a solution to alleviating a little of the heartbreak of a tragic fire is Renters Insurance.

The event began at 10 for coffee, donuts and socializing. At 11 am they had guest speakers, including two clients that did not have insurance followed by representatives of insurance agencies. Then, from two clients that did have insurance.

Residents had the opportunity to speak with the invited insurance agencies who had tables with literature pertinent to the services they offer.

The main message throughout this event was "how important and AFFORDABLE Renters Insurance is".



A la izquierda vemos a María González conversando con Eduardo Fernández de New York Life.

At left, María Gonzalez is chatting with Eduardo Fernandez from New York Life.

A la derecha, María Rodríguez recibe información de Sara Pérez.

At right, María Rodríguez is receiving information from Sara Perez.





## AHORA:

LOS MEJORES DOCTORES DE BOSTON AL ALCANCE DE SUS MANOS.

**Lawrence General Hospital está asociado con algunos de los mejores hospitales de Boston.** Esto significa que usted y su familia pueden ser tratados por doctores expertos de Beth Israel Deaconess Medical Center y Floating Hospital for Children de Tufts Medical Center, precisamente aquí, muy cerca de su casa.

Ahora están ocurriendo cambios asombrosos en la medicina en Lawrence General Hospital. **Para más información, visite [lawrencegeneral.org/today](http://lawrencegeneral.org/today)**



Dr. Khai Trien, MD, Gastroenterólogo de Pediatría, Floating Hospital for Children - Tufts Medical Center, Centro de Especialidad Pediátrica de Lawrence

## Centro Histórico de Lawrence honrará a Martha Vélez

Es con gran placer que el Consejo de Administración del Lawrence History Center anuncia el ganador del Premio de Historia Eartha Dengler 2016:

### Martha López-Vélez

Nacida en Cuba, inmigró a Lawrence a los cinco años, Martha y su familia llegaron a los Estados Unidos con la esperanza de una vida mejor. Anclada en el amor por su familia y su nueva ciudad, Martha ha envuelto sus brazos alrededor de todos los que viven en Lawrence, creando un puente entre diversas culturas y dando una voz, la dignidad y el respeto a todos los que conoce.

Su liderazgo en el Lawrence Council on Aging y su compromiso como directora del Senior Center de Lawrence le ha dado un enfoque integral en la creación de comunidad dando como resultado un ambiente vibrante, enriquecido, que sirve a miles de personas de la tercera edad al año, veteranos y familias enteras.

En todo lo que Martha hace, ella aporta su naturaleza de trabajo duro, su espíritu agradecido, y su profundo conocimiento personal de los sacrificios que las familias inmigrantes hacen cuando vienen a este país, para ayudar a levantar y fortalecer la ciudad de Lawrence para el futuro.

El Comité Organizador del Premio de Historia Eartha Dengler del 2016 está compuesto por Laura Alefantis, Terry Kelley, Vilma Lora, Grupo de Trabajo de Salud del Alcalde, María Morris Pannos, Alcalde Daniel Rivera, JT Torres, Helen Tory y Francisco A. Ureña, Secretario de Servicios para Veteranos.

Por favor, únase a nosotros como un huésped y/o patrocinador del evento el jueves, 23 de junio de, el año 2016!

Para más información por favor visite: <http://www.lawrencehistory.org/dengler/2016>

## Lawrence History Center will honor Martha Vélez

It is with great pleasure that the Board of Directors of the Lawrence History Center announces the recipient of the 2016 Eartha Dengler History Award:

### Martha Lopez-Velez

Born in Cuba, an immigrant to Lawrence at age five, Martha and her family came to the United States with the hope of a better life. Anchored in love for her family and her new city, Martha has wrapped her arms around all who live in Lawrence by creating a bridge between diverse cultures and by giving a voice, dignity, and respect to all she meets.

Her leadership at the Lawrence Council on Aging and her commitment as director of the Lawrence Senior Center to a holistic approach in creating community has resulted in a vibrant, enriching environment that serves thousands of people a year—seniors, veterans, and entire families. In all that Martha does, she brings together her hard working nature, her grateful spirit, and her deep personal understanding of the sacrifices immigrant families make when they come to this country, to help lift up and strengthen the city of Lawrence for the future.

2016 Eartha Dengler History Award Host Committee, Laura Alefantis, Terry Kelley, Vilma Lora, Mayor's Health Task Force, Mary Morris Pannos, Mayor Daniel Rivera, JT Torres, Helen Tory, Francisco A. Ureña, Secretary of Veterans' Services.

Please join us as a guest and/or event sponsor on Thursday, June 23, 2016!

For more information, please visit: <http://www.lawrencehistory.org/dengler/2016>



The Lawrence History Center invites you and your guests to attend the  
**2016 Eartha Dengler History Award Ceremony**  
 to honor  
**Martha Lopez-Velez**  
**Thursday, June 23, 2016, 5:30 pm**  
 Lawrence Senior Center  
 155 Haverhill Street, Lawrence, MA

**Gala Reception**  
 \$60.00 / \$40.00 \*

**RSVP by paid reservation by Thursday, June 16, 2016**

\* Millennial Generation rate for those under 35 years old

For event and reservation information:  
[www.lawrencehistory.org](http://www.lawrencehistory.org)  
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## Active Science Program Receives Prestigious Grant



Merrimack College's Health Sciences Department Associate Dean Kyle McInnis (left) is partnering with the Merrimack Valley YMCA and Chief Operating Officer Francis J. Kenneally III to expand the innovative Active Science program

The prestigious Robert Wood Johnson Foundation recently awarded Merrimack College's Health Sciences Associate Dean Kyle McInnis a \$1 million grant to expand the innovative Active Science program to help increase physical activity and science achievement among school-age children.

The grant awarded to McInnis and his team in partnership with the Merrimack Valley YMCA will support scaling the program to over 100 locations around the country during the next 24-months. It is expected that over 50,000 children will enroll in the program during that time period.

# Donaciones para víctimas de terremoto en Ecuador Donations for victims of Ecuador earthquake

El president del Club Ecuatoriano de Lawrence, Luis Landivar, nos envió fotos de algunos de los artículos que recibieron el domingo, 24 de abril en la Escuela General Donovan en la ciudad de Lawrence, MA.

Estas donaciones fueron traídas por miembros de la comunidad ecuatoriana residente en las ciudades de Hyannis y Fall River para que sean enviadas a Ecuador y así tratar de aliviar un poco el dolor causado por el terremoto del día 16 de abril 2016.

He aquí la información de los lugares de recolección. Estos estarán disponibles hasta el día 7 de mayo.

Hay tres unidades de recolección de donaciones disponibles en el área de Methuen, Lawrence y Lowell:

**Escuela General Donovan**

50 Cross Street, Lawrence, de 5:00 pm a 8:00 pm de lunes a viernes y de 10:00 am a 5:00 pm el sábado.

**LJ Market**

135 Lowell Street, Methuen, de las 8am a 8pm de lunes a domingo.

**LatinGlobal Multiservice**

2 French Street, Lowell, de 10am 5pm los sábados, y de 10am a 6:30pm de lunes a viernes.



The president of the Ecuadorian Club of Lawrence, Luis Landivar, sent us pictures of some of the items they received Sunday, April 24 at the General Donovan School in the city of Lawrence, MA.

These donations were brought by members of the Ecuadorian community in the cities of Hyannis and Fall River to be sent to Ecuador trying to alleviate some of the pain caused by the earthquake on April 16, 2016.

Here is the information and the collection sites. These will be available until May 7.

There are three units available collecting donations in the area of Methuen, Lawrence and Lowell:

**General Donovan School**

50 Cross Street, Lawrence, from 5:00 pm to 8:00 pm Monday through Friday and from 10:00 am to 5:00 pm on Saturday.

**LJ Market**

135 Lowell Street, Methuen, 8am to 8pm from Monday to Sunday.

**LatinGlobal Multiservice**

2 French Street, Lowell, 10am 5pm on Saturdays and from 10am to 6:30 pm Monday through Friday.



## Centro de Recursos Para La Familia y La Comunidad

¡Atención Familias con hijos menores de 18 años!

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# NECC's Student Success Center Reconocido por su Trabajo con Estudiantes Latinos

El Student Success Center de Northern Essex Community College fue elogiado recientemente por su uso eficaz de los fondos federales en la educación de los latinos con éxito.

La Alianza de Educadores en Instituciones Sirviendo a los Hispanos (Alliance of Hispanic Serving Institution Educators - AHSIE) reconoció a Northern Essex por la creación de programas que contribuyan a un mayor nivel de rendimiento académico de sus estudiantes hispanos.

En un informe titulado "De Financiación a la Práctica: Un Informe Sobre Fondos Federales y Programas de Alto Impacto Entre Instituciones Sirviendo a los Hispanos" Northern Essex fue uno de sólo 12 instituciones educativas en todo el país reconocidas por su éxito al servicio de la población hispana.

"A través de este informe estamos destacando 12 de las instituciones con mejor comportamiento y departamentos que han utilizado las subvenciones de Título V del Departamento de Educación y han establecido iniciativas programáticas de una manera que demuestra la innovación en la práctica y una excelente administración de los fondos federales," dice el Dr. David A. Ortiz, vicepresidente de AHSIE. "Northern Essex fue seleccionado de un grupo competitivo de participantes para representar un modelo de excelencia en la aplicación de las subvenciones federales para el desarrollo de programas de alto impacto que contribuyen a un mayor nivel de rendimiento académico para los latinos en NECC."

Esta fue la segunda vez en tan sólo unos pocos meses que el Student Success Center de NECC ha recibido reconocimiento nacional por su trabajo con la comunidad hispana. En septiembre, fue uno de 20 programas reconocidos como "Ejemplos de Excelencia". Esta iniciativa fue creada por "Excelencia en Educación", una organización que promueve los latinos en la educación superior.

El Student Success Center de NECC (SSC), que se encuentra en el campus de Lawrence, se ha comprometido a proporcionar a los estudiantes de Northern Essex con los recursos, servicios y programas que los ayudarán a tener éxito tanto dentro como fuera del aula. El

personal ayuda a los estudiantes del SSC con recursos académicos, exploración de carreras, el comportamiento en clase y expectativas, conocimientos financieros y su planificación, así como planear para la vida, y talleres. El SSC es financiado, en parte, por el programa federal Título V que se designa "Construyendo Puentes para el Éxito del Estudiante Hispano: Para Mejorar el Rendimiento Académico, Retención y Graduación/Tasas de transferencia".

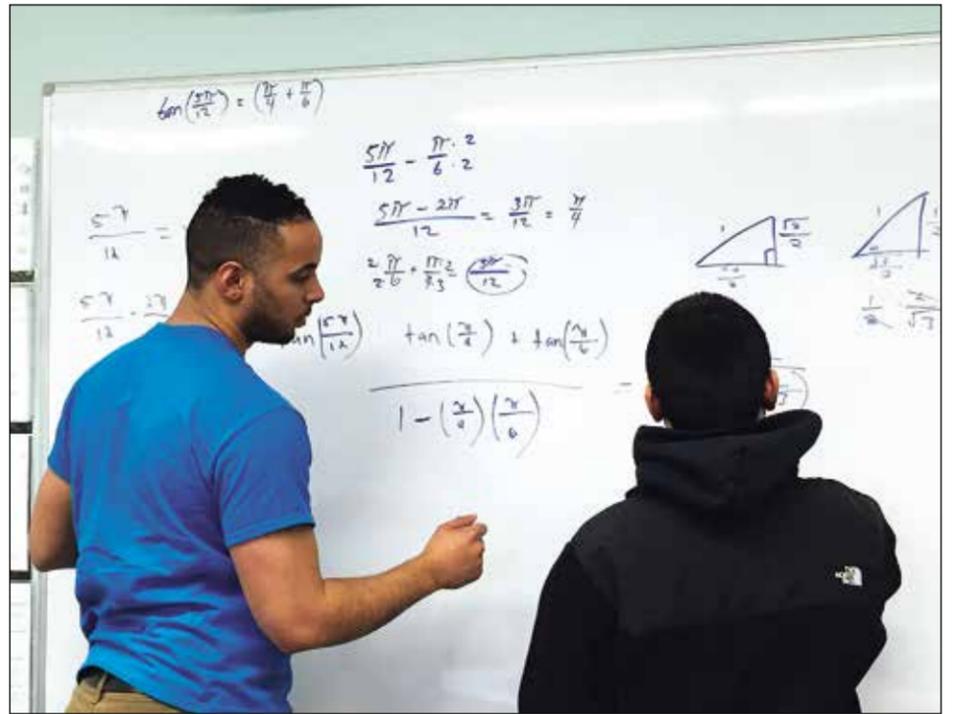
"Como una institución al servicio de los hispanos, NECC está comprometido con el éxito del estudiante latino", dice Gisela Ramírez Nash, directora de Programas de NECC de Título V para el Exito Estudiantil. "Northern Essex está explorando continuamente oportunidades para avanzar en sus logros educativos. En sólo cuatro años el Centro de Éxito Estudiantil ha hecho una diferencia positiva en las vidas de muchos estudiantes latinos, ayudando a incrementar su rendimiento académico, y la retención".

El SSC sirve a aproximadamente 600 estudiantes de Northern Essex al año; la mayoría son estudiantes latinos de primera generación que tienen múltiples y opuestas necesidades que pueden impedir que completen su grado.

Las estadísticas muestran que los estudiantes latinos que utilizan los servicios del SSC tuvieron una tasa de finalización del curso 11.3% más alta y una tasa de retención del 19% superior en comparación con los latinos que no utilizan los servicios de CSS.

La Alianza de Educadores en Instituciones Sirviendo a los Hispanos (AHSIE) fue creada para apoyar el trabajo de Instituciones de Servicio a Hispanos (HSI) en todo el país en su intento de proporcionar oportunidades educativas de calidad a sus estudiantes y comunidades. La conferencia anual de mejores prácticas de HSI y el Título V de AHSIE proporciona a los miembros oportunidades de establecer contactos y compartir comentarios con otras instituciones miembros de HSI, mientras que aprenden a gestionar eficazmente las iniciativas educativas y maximizar los fondos concesionarios.

Para obtener información adicional póngase en contacto con Ramírez Nash al 978-738-7413 ó gnash@nec.mass.edu



Methuen resident and NECC student Carlos Rivera, who is a student assistant in the Student Success Center, reviews a math problem with a student.

## NECC's Student Success Center Recognized for Work with Hispanic Students

Northern Essex Community College's Student Success Center was recently lauded for its effective use of federal funds in educating Latinos successfully.

The Alliance of Hispanic Serving Institution Educators (AHSIE) recognized Northern Essex for creating programs that contribute to an increased level of academic achievement among its Hispanic students. In a report titled "From Funding to Practice: A Status Report on Federal Funding and High Impact Programs among Hispanic Serving Institutions," Northern Essex was one of just 12 educational institutions nationwide recognized for its success serving the Hispanic population.

"Through this report we are highlighting 12 of the top performing institutions and departments that have used Department of Education Title V grants and have established programmatic initiatives in a manner that demonstrates innovation in practice and excellent stewardship of federal monies," says Dr. David A. Ortiz, AHSIE vice president. "Northern Essex was selected from a competitive group of applicants to represent a paragon of excellence in applying federal grants to the development of high impact programs that contribute to an increased level of academic achievement for Latinos at NECC."

This was the second time in just a few short months that NECC's Student Success Center received national recognition for its work with the Hispanic community. In September, it was one of 20 programs recognized as "Examples of Excelencia". This initiative was created by "Excelencia in Education" an organization that promotes Latinos in higher education.

NECC's Student Success Center (SSC), which is located on the Lawrence campus, is committed to providing Northern Essex students with resources, services, and programs that will help them succeed both in and out of the classroom. Staff at the SSC

help students with academic resources, career exploration, classroom behavior and expectations, financial literacy and planning, life planning, and workshops. The SSC is funded, in part, by the federal Title V program which is designated for "Building Bridges for Hispanic Student Success: To Improve Academic Performance, Retention and Graduation/Transfer Rates".

"As an Hispanic Serving Institution, NECC is committed to Latino student success," says Gisela Ramírez Nash, director of NECC's Title V/Student Success Programs. "Northern Essex is continually exploring opportunities to advance its educational achievements. In four short years the Student Success Center has made a positive difference in the lives of many Latino students, helping to increase their academic performance, and retention."

The SSC serves approximately 600 Northern Essex students a year; the majority are first generation Latino students who have multiple and competing needs that can prevent them from completing their degree. Statistics show that Latino students using SSC services had an 11.3% higher course completion rate and a 19% higher retention rate when compared with Latinos not using SSC services.

The Alliance of Hispanic Serving Institution Educators (AHSIE) was created to support the work of Hispanic Serving Institutions (HSIs) across the nation as they seek to provide quality educational opportunities to their students and communities. AHSIE's HSI/Title V annual best practices conference provides members opportunities to network and share feedback with other HSI member institutions while learning how to effectively manage educational initiatives and maximize grant funding.

For additional information contact Ramírez Nash at 978-738-7413 or gnash@nec.mass.edu

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# Arte en la huerta - Un día de paz y aprendizaje

Por Dalia Díaz

¡La primavera ha llegado! En esta época de renacimiento y renovación, no hay mejor momento para celebrar la conexión humana con la belleza natural y entre sí. Pasar una hermosa tarde en la Reservación Ward en Andover caminando entre los árboles de manzana de 100 años de edad, escuchando a los músicos locales, observando a los artistas locales interpretan el paisaje, ver demostraciones de carpintería en directo utilizando las ramas de manzana podadas, y participar en actividades artísticas y artesanales.

Kaileigh Tremble, una estudiante senior en Merrimack College en los estudios ambientales y el programa de sostenibilidad fue uno de los organizadores de este día perfecto, cálido en la Reserva Ward, el domingo, 24 de abril.

"Nuestro objetivo es encontrar formas creativas de hacer que la gente, especialmente los más jóvenes, sientan una profunda conexión con un entorno tan bello que tenemos en nuestros propios patios", dijo Kaileigh Tremble. "Los estudiantes han podido conectarse con los ambientalistas locales, incluyendo aquellos en el Comité

de la Propiedad de Ward, para crear la visión prevista para el evento."

El mérito es de Mabel Ward por su previsión, generosidad y amor duradero. En 1940, siete años después de la muerte de su marido, Charles W. Ward, ella rindió homenaje a su memoria y su unión al hacer una donación original de 153 acres a los fiduciarios. En los años siguientes, la familia Ward y otros han hecho donaciones adicionales; la reserva asciende ahora a 700 acres.

Senderos enlazan tres importantes cerros - Shrub, Boston, y Holt - y mirando desde sus cumbres se puede ver cómo la propiedad se funde con el paisaje circundante. Los "Solstice Stones" marcan la cumbre cubierta de hierba de Holt Hill, el punto más alto en el Condado de Essex. Esta disposición de compás de piedras indica los puntos cardinales de la brújula, los puntos de los solsticios de verano e invierno, y los puntos de la primavera y el equinoccio de otoño.

En la base de la colina de Holt, pise sobre una pasarela que conduce a Pine Hole Pond, momento en el que usted puede preguntar: ¿Es esto agua o tierra? De hecho, usted está caminando a través de un pantano raro (quaking bog), compuesto por anillos concéntricos de vegetación flotante, cada uno con condiciones únicas de crecimiento. El pantano es el hogar de un número de especies de plantas interesantes, incluyendo orquídeas y plantas carnívoras se alimentan de insectos. Deténgase en las estaciones numeradas lo largo del camino, cada uno de los cuales indica una característica botánica o geológica interesante. Recoja un folleto interpretativo en el tablón de anuncios de seguir estaciones



Desde la izquierda / From the left, Ryan LaRoche, Kaileigh Tremble, Ben Kellman and college advisor Bryan Bannon!



numeradas a lo largo del paseo y aprenda más acerca de este raro fenómeno natural.

Casi 10 millas de senderos, algunos son fáciles de caminar mientras que otros son moderados y extenuantes en algunos lugares. Se puede visitar durante todo el año, todos los días de 8 am a la puesta del sol. Permita un mínimo de 2 horas.

La Reservación Ward está localizada en Andover. Desde la Ruta 114, tome la Ruta 125 Sur y a aproximadamente una milla, doble a la izquierda en Prospect St. Es un área residencial pero pronto verá el área de estacionamiento a su derecha.



## Arts in the Orchards A day of peace and learning

By Dalia Diaz

Spring has arrived! In this time of rebirth and renewal, there's no better time to celebrate the human connection to natural beauty and each other. Spending a beautiful afternoon at the Ward Reservation in Andover walking among 100-year-old apple trees, listening to local musicians, watching local artists interpret the landscape, watching live woodworking demonstrations using the pruned apple branches, and participating in arts and crafts activities.

Kaileigh Tremble, a senior at Merrimack College in the Environmental Studies and Sustainability program was one of the organizers of this perfect, warm day at the Ward Reservation on Sunday, April 24th.

"Our goal is to find creative ways to make people, especially younger people, feel a deep connection with such a beautiful environment that happens to be right in our own backyards," said Kaileigh Tremble. "The students have been able to connect with local environmentalists, including those on the Ward Property Committee, to create the vision intended for the event."

Credit Mabel Ward for her foresight, generosity, and enduring love. In 1940, seven years after the death of her husband, Charles W. Ward, she paid tribute to his memory and their union by making an original donation of 153 acres to The Trustees. In ensuing years, the Ward family and others have made additional gifts; the reservation now totals 700 acres.

Trails link three major hills – Shrub, Boston, and Holt – and looking out from their summits you can see how the property melds with the surrounding landscape. The "Solstice Stones" mark the grassy summit of Holt Hill, the highest point in Essex County. This compass-like arrangement of stones indicates the cardinal points on the compass, the points of the summer and winter solstices, and the points of the spring and autumnal equinoxes.

At the base of Holt Hill, step onto a boardwalk that leads to Pine Hole Pond, at which point you may ask: Is this water or land? In fact, you are walking across a rare quaking bog, comprised of concentric rings of floating vegetation, each with unique growing conditions. The bog is home to a number of interesting plant species, including orchids and insect-eating pitcher plants. Stop at the numbered stations along the way, each of which signals an interesting botanical or geologic feature. Pick up an interpretive booklet at the bulletin board to follow numbered stations along the boardwalk and learn more about this rare natural phenomenon.

Almost 10 miles of trails, easy-to-moderate hiking, strenuous in places. You may visit year-round, daily, 8am to sunset. Allow a minimum of 2 hours.

The Ward Reservation is in Andover. From Rt. 114 take Rt. 125. About a mile later, turn left onto Prospect St. This is a residential area but you will soon see the parking lot.

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# ANA Synchro Earns Gold at US National Championships

ANA Synchro athletes Grace Alwan, Gates Bryan, Sophia Ju, and Reverie Nedde of Andover, along with Maxie Zimmerman of North Andover, are National Champions, earning a Gold medal in the Senior Combination Free Routine at synchronized swimming's most prestigious meet, the US National Championships, held earlier this month in Mesa, AZ.

Over 350 athletes from more than 35 teams across the United States earned the opportunity to compete in Arizona based on results at local and regional competitions earlier in the season.

Other results for ANA Synchro:

**Junior Duet:** Alwan and Ju (8th)

**13-15 Age Group Team (8th):** Noa Margolin, Lakshita Motwani, Reverie Nedde, and Ruby Remati of Andover; Olivia Freund of North Andover; Olivia Yang and Nina Robbe of Acton; and Kyra Donahue of Methuen.

**13-15 Duet:** Nedde and Remati (8th).

**13-15 Solo:** Remati (7th).

**13-15 Figures:** Nedde (12th).

Additionally, Alwan, Nedde, and Remati were selected to join US National Teams. They will train in California with other selected athletes from around the country and will then represent the US in international competitions. Alwan will travel to Kazan, Russia in July for the FINA World Junior Championships, and Nedde and Remati will travel to Puerto Rico in



ANA Synchro's 13-15 Age Group athletes celebrate their top 8 finish at US National Championships in Mesa, AZ: (l-r) Ruby Remati, Kyra Donahue, Noa Margolin, Head Coach Leah Pinette, Lakshita Motwani, Olivia Freund, Nina Robbe, and Olivia Yang.

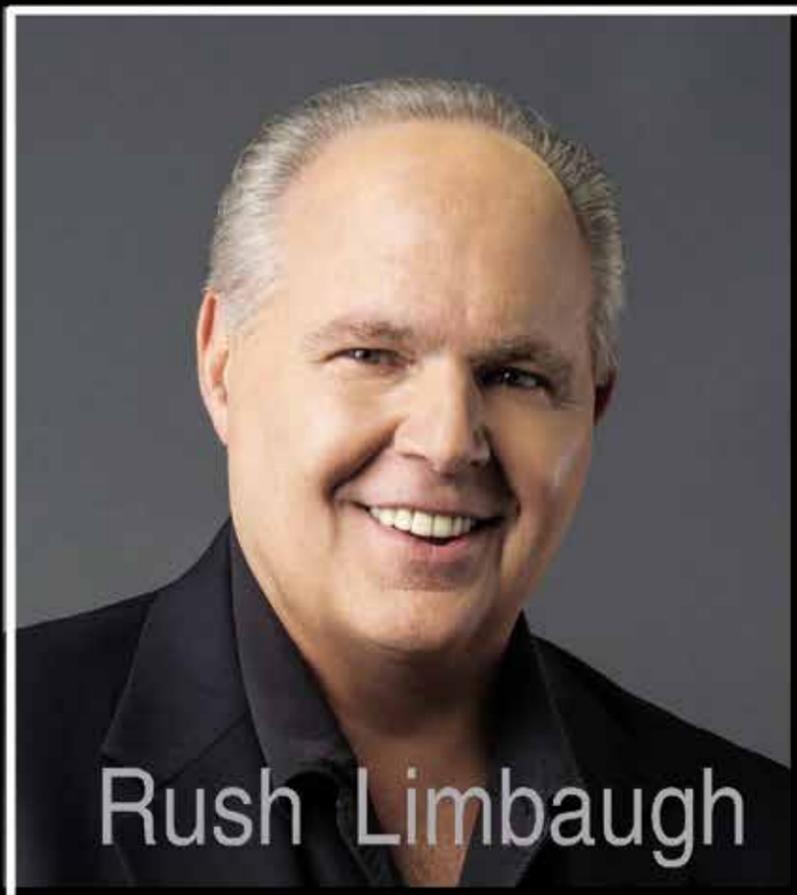
September for the UANA Pan American Championships.

"ANA Synchro had its most successful US Nationals ever!" said Head Coach Leah Pinette, who is now in her third season with ANA Synchro. "It is really hard to just qualify for this meet. The fact we had so

many routines in finals, placing as well as they did, shows how hard the athletes have worked all season. I am really proud of all of them."

ANA Synchro is the competitive synchronized swimming team of the Andover/North Andover YMCA. The

team is open to girls ages 6 to 19. For more information, contact Head Coach Leah Pinette at 978-685-3541, [lpinette@mvyymca.org](mailto:lpinette@mvyymca.org), or visit the team's website [www.anasynchro.org](http://www.anasynchro.org)



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# Trash it out Scarito Park



Por/By José A. Ayala

Las condiciones en Scarito Park en la calle Brook están empeorando. Ahora es el grafito en este precioso pabellón.

Things are getting worse at Scarito Park on Brook St.. Now it's the graffiti on this beautiful small pavilion.



## Elecciones en RD 15 de mayo

### Más que un escrutinio un verdadero desafío

Por Felix Batista

Este 15 de mayo los dominicanos tanto en la patria como en el exterior tenemos una cita cívica yendo a las urnas para elegir nuevas autoridades. En cada proceso electoral se suscitan situaciones diferentes, pero este año tiene una connotación especial. Me explico, a modo de pinceladas hacemos un recuento histórico porque estas marcarán la diferencia de avanzar o destruir la nación.

En el año 1962 los dominicanos celebramos por primera vez elecciones democráticas y libres de injerencias, siendo electo para cuatro años el profesor Juan Bosh. Toma posesión de la presidencia y siete meses después es objeto de un golpe de estado con el vago pretexto de que se instalaría un régimen comunista al igual que la vecina isla de Cuba. Esta fue organizada y dirigida por la oligarquía criolla y foránea las cuales no aceptaban un gobierno democrático, sino que tenían otros planes para saquear la riqueza nacional y necesitaban un presidente que fuera un pequeño burgués con "ambiciones" y no un marxista incomparable e incorruptible que era Don Juan, porque para un hombre de esa formación todos los bienes materiales que posee el planeta resultan insuficientes para doblegar.

Los golpistas pudieron demostrar que tenían razón porque los comunistas tenían su base de operación en estos importantes tres lugares, primero en la Loma de la Peguera en el municipio de Bonao; segundo en la comunidad de Cotui (La Rosario); tercero, en las tierras fértiles de la provincial La Romana. Merecen una reverencia los hombres y mujeres que perdieron sus vidas inútilmente tratando de evitar que ese saqueo se materializara.

El títere para la nueva pero malsana situación es nada más y nada menos que el funesto y pichón de dictador Joaquin Balaguer. En el caso de la mina de Bonao no solo la regala sino que la exonera al pago

de impuestos por 25 años. En ese lugar, en materia de minerales se ha extraído simplemente de todo. Regala las fértiles tierras cañeras de La Romana situada al este del país. Se entrega como regalo la mina de oro de Cotui (La Rosario) como pago para asegurar su permanencia en el usurpado poder del estado. En el año 1978 arriba al poder el burgués liberal Don Silvestre Antonio Guzmán por su condición no necesitó sustraer dinero de manera fraudulenta del erario público. Don Antonio nacionalizó lo que quedaba de la mina La Rosario y revisó el contrato de la Falcon Brige ( mina de Bonao) logrando que por lo menos pagaran impuestos.

Al asumir la presidencia Hipólito Mejía firma un contrato para explotar la mina de Pueblo Viejo Cotui, a un 50% de su producción lo cual no era necesario porque el país estaba en plenas condiciones de explotarla tanto con material humano como financiamiento. Al regresar a la presidencia Leonel Fernández conjuntamente con un grupo de depredadores... digo legisladores, actuando con asechanza y alevosía modifican el contrato ya no por el 50% si no por 97%, lo sorprendente es que nadie dice nada.

Queda otra inmensa fortuna por negociar que se llama Loma Miranda que consiste en una mina de oro que de explotarse afectaría los mejores ríos del país y el 80% de las tierras cultivables. Los dominicanos todos podemos estar plenamente seguros que si Danilo continúa al frente del gobierno va a explotar esta importante mina, sin importarle las consecuencias que traerá en las presentes y futuras generaciones. Este es el momento de impedir ese crimen de lesa humanidad.

Cerramos con una frase del padre de la patria Juan Pablo Duarte: "Mientras no se escarmienten a los traidores como se debe, los nobles y verdaderos dominicanos serán víctimas de sus maquinaciones!"

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# Celebran gran apertura de la YMCA de Andover

Cuando Gary Morelli subió al podio para recibir a los visitantes a la celebración el jueves, 21 de abril, comenzó recordando que cuando se hizo el director ejecutivo de esa sucursal de la YMCA, escuchó muchas quejas de los miembros. Eso fue hace 20 años.

Las quejas variaban desde la imposibilidad de inscribirse para las clases o espacio de entrenamiento hasta las condiciones de los vestuarios. La YMCA necesitaba expandirse pero sabía que sería una propuesta muy cara. La recaudación de fondos se inició hace varios años y, a un costo de \$21 millones, hoy es la joya del Valle de Merrimack.

Ahora, como presidente y CEO Gary tuvo el orgullo de enumerar las muchas ventajas que este esfuerzo ha hecho posible. El programa de ejercicios de grupo ahora ofrece más de 60 clases por semana - incluyendo Yoga, TRX, spinning, zumba y muchos más. A finales de mayo, cuando toda la expansión se ha completado, estará ofreciendo más de 90 clases por semana.

La nueva piscina que lleva el nombre de Jane Orr Cronin Family Pool fue diseñada para que todos los miembros y familias para participar en tiempo de natación libre. La parte más popular de la nueva alberca es la zona de juegos de chapoteo para los niños, con una canal para desizarse.

La vista por la noche desde Haverhill St. del área de bienestar es lo más impresionante. La primera planta cuenta con equipos nuevos incluyendo escaleras, treadmills para correr, máquinas elípticas y mucho más. La segunda planta dispone de piezas exclusivas como escalera de Jacob, eSpinners, etc.

El centro de desarrollo infantil con la más moderna técnica abrió el año pasado.

El programa preescolar y kindergarten está diseñado para centrarse en todas las áreas del desarrollo y el programa de edad escolar está diseñado para las edades de 5-13 para enriquecer y complementar la experiencia escolar del niño.

El Centro de Vida Activa para Personas Mayores, una zona de ejercicios específicamente para las personas mayores es un área muy acogedor para los miembros de más edad que prefieren un área propia. Esto es parte del Centro de Rehabilitación de Lawrence General que también se encuentra en el nuevo edificio de gran utilidad para la comunidad.

El Centro de Educación Activa es una iniciativa de educación llamada Ciencia Activa, a través de la cual se desarrollan los programas que aumentan la actividad física con aprendizaje contextualizado. Durante Ciencia Activa los estudiantes realizan actividades que requieren movimiento, mientras que usan un podómetro digital o un dispositivo similar. A continuación introduciendo los datos en la aplicación de la Ciencia Activa situado en tabletas móviles y se utiliza para guiar a los estudiantes a través de sus propias lecciones diseñadas para él o ella. La aplicación está llena de actividades divertidas y atractivas que se alinean con las normas nacionales para su grupo de edad en las áreas de ciencia, tecnología, ingeniería y matemáticas (STEM).

La construcción duró dos años, aunque el esfuerzo de recaudación de fondos fue mucho más largo. Gary Morelli, al igual que el director ejecutivo de ANA Alex Turek y Don Schaalman, un miembro del comité de construcción, agradecieron a los numerosos colaboradores que lo han hecho posible.



Gary Morelli, president and CEO of the Merrimack Valley YMCA speaks at the inauguration of the new facilities expressing his satisfaction with a job well done.

## Celebran gran apertura de la YMCA de Andover

When Gary Morelli took the podium to welcome the visitors to the celebration on Thursday, April 21, he began by reminiscing that when he became executive director of that YMCA Branch, he heard complaints from members. That was 20 years ago.

They ranged from the inability to sign up for classes or workout space to the conditions of the dressing rooms. The YMCA needed to expand but they knew it would be a very expensive proposition. The fundraising began several years ago and, at a cost of \$21 million, it is the jewel of the Merrimack Valley.

Now, as president and CEO Gary was proud to list the many advantages this effort has made possible. The group exercise program now offers over 60 classes per week - including Yoga, TRX, Spinning, Zumba, HIIT and many more. By the end of May when all the expansion is complete, they will be offering over 90 classes per week.

The brand new Jane Orr Cronin Family Pool was designed for all members for kids and families to participate in open swim time. The most popular part of the new pool is the Splash Pad play area for kids, complete with a slide and splash features.

The view at night from Haverhill St. of the wellness area is most impressive. The first floor has brand new equipment including stair masters, treadmills elliptical trainers and much more. The second floor offers unique pieces such as a Jacob's Ladder, eSpinners, etc.

The state-of-the-art child development

center opened last year. The preschool and kindergarten program is designed to focus on all area of development and the School Age program is designed for ages 5-13 to both enrich and complement the child's school experience.

The Active Living Center for Older Adults, a fitness area specifically for seniors is a very welcoming area for older members who prefer an area of their own. This is part of Lawrence General Rehabilitation Center that is also located in the new building to great convenience for the community.

The Active Education Center hosts a signature education initiative called Active Science, through which programs that increase physical activity through contextualized learning are developed. During Active Science students perform activities that require movement, while wearing a digital pedometer or a similar device. The data is then entered into the Active Science app located on mobile tablets and used to guide students through their very own custom designed lesson. The app is filled with fun and engaging activities that align with national standards for their age group in the areas of science, technology, engineering and math (STEM).

The construction took two years although the fundraising effort was a lot longer. Gary Morelli, along with ANA Executive Director Alex Turek and Don Schaalman, a member of the building committee, thanked the many contributors who made it possible.



Lawrence Mayor Daniel Rivera presented Gary Morelli with a Certificate of Appreciation for his outstanding achievement and Grand Opening of the newly renovated facility.



If the view of the building from outside is spectacular, exercising inside is a pleasure watching nature.

Si la vista del edificio desde afuera es espectacular, hacer ejercicios adentro es un placer mirando la naturaleza.

“Obstáculos son las cosas que una persona ve cuando no sigue su meta.”

\*\*\*

“Obstacles are things a person sees when he takes his eyes off his goal.”

- E. Joseph Cossman

# Nuevo dispensario de Community Medical Associates en la YMCA de Andover

Como parte de la Celebración de la Gran Apertura de la YMCA de Andover/North Andover, el dispensario de Community Medical Associates (CMA), afiliado a Lawrence General Hospital fue inaugurado a la vuelta de la esquina de la entrada principal. Las nuevas instalaciones, elegantes y confortables cuentan con muchas salas de examen y salas de tratamientos terapéuticos, inclusive con una cocina donde pueden dar clases de comidas saludables.

Se trata de una práctica médica centrada en el paciente y en la familia para proporcionar servicios de atención integral de salud para usted y su familia, desde pediatría hasta la geriatría. Con una variedad de profesionales y practicantes de muchas disciplinas diferentes, las familias de la zona no tienen necesidad de esperar en la sala de emergencias o citas inconvenientes que ofrecen servicios preventivos y de bienestar en general, tales como servicios de Atención Primaria; Pediatría, Adolescentes, Adultos y Ancianos; Servicios de Salud para la Mujer; Manejo de Enfermedades Crónicas; y referencias para especialistas.

Con su Programa de Acceso Abierto, las citas se hacen en el día y hora que sea mejor para el paciente. Las citas están disponibles para el mismo día o al día siguiente, así como el personal que están

de guardia 24/7 para ayudar con cualquier pregunta durante la noche.

## Terapia Ambulatoria Ocupacional y de Mano

Terapia de mano es un área de práctica especializada de la terapia ocupacional. Los terapeutas ocupacionales, en este contexto, tienen que ver con el tratamiento de condiciones para optimizar el uso funcional del brazo y la mano. Los terapeutas ocupacionales utilizan un enfoque basado en la ocupación del cliente ya que identifica sus necesidades - lo que el cliente encuentra significativo en su vida diaria.

La Terapia Ocupacional comienza con una evaluación completa por un terapeuta ocupacional. Esta evaluación incluye la función del paciente, ROM, su fuerza y pruebas especiales que se utilizan para confirmar el diagnóstico. El tratamiento de la terapia ocupacional es de 30 minutos y es individual con un terapeuta.

Para obtener más información o para programar una cita, por favor, póngase en contacto con Community Medical Associates en sus tres convenientes lugares: Andover/North Andover YMCA en Andover, ((978) 946-8387; Lawrence en Marston Medical Center, (978) 683-4000 x 2061, y también en el 138 Haverhill St, Andover, (978) 475-5656.



Dianne J. Anderson, president and CEO of Lawrence General Hospital chats with some of the staff members at the new Community Medical Associates at the Andover YMCA.



Some of the staff members at the new health center: Roohi Khanna, DO, family practice, Marie Levesque, FNP, BC, family practice and Victor Peña

Parte del personal en el nuevo centro de salud consta de Roohi Khanna, DO, práctica familiar, Marie Levesque, FNP, BC, práctica familiar y Víctor Peña



Sitting, Marge Caron. Back row, from left, Joan Thompson, Lisa Bernard and Liz McCullon. They all exercise every Tuesday and Thursday at the new Community Medical Associates gym. The rest of the week it is used for physical therapy by the center.

[www.rumbonews.com](http://www.rumbonews.com)

## Community Medical Associates now open at the Andover/North Andover YMCA

As part of the Andover/North Andover YMCA's Grand Opening celebration, Community Medical Associates (CMA), affiliated with Lawrence General Hospital was inaugurated just around the corner of the main entrance. The brand new, elegant and convenient facility boasts many examination rooms and therapeutic treatment rooms, including a kitchen where they can teach healthy cooking.

This is a patient- and family-centered medical practice that provides comprehensive health care services for you and your family, from pediatrics to geriatrics. With a variety of practitioners and professionals in many different disciplines, area families have no need to wait in the emergency room or inconvenient appointments offering preventive and wellness services such as Primary Care Services; Pediatric, Adolescent, Adult and Elderly; Women's Health Services; Chronic Disease Management; and Referrals to Specialists.

With their Open Access Scheduling, appointments are made on the day and time that works best for the patient. Same day and next day appointments are available, as well as staff who are on-call 24/7 to assist

with any questions after-hours.

## Outpatient Occupational/ Hand Therapy

Hand therapy is a specialty practice area of occupational therapy. Occupational therapists, in this setting, are concerned with treating conditions to optimize the functional use of the arm and hand. Occupational therapists use an occupation-based approach that identifies the needs of the client – what the client finds meaningful in daily life.

Occupational Therapy begins with a comprehensive evaluation by an Occupational Therapist. This evaluation includes patient function, ROM, strength, and special tests used to confirm the diagnosis. Occupational therapy treatment is 30 minutes 1-on-1 with an OT.

For more information or to schedule an appointment, please contact Community Medical Associates in their three convenient locations: Andover/North Andover YMCA in Andover, ((978) 946-8387; Lawrence at Marston Medical Center, (978) 683-4000 x 2061; and also at 138 Haverhill St., Andover, (978) 475-5656.

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

**¡Gracias por tu apoyo!**

# Semana Hispana - Primer Show de Talento

Fotos cortesía de Justo García

El sábado, 23 de abril, 2016, Semana Hispana presentó su primer Show de Talento entre las candidatas Pequeñitas, Chiquititas, Infantiles, Juveniles y Señoritas previo a los certámenes eliminatorios que se llevarán a cabo entre todas las candidatas en las próximas semanas con el objeto de elegir a sus reinas.

A continuación presentamos las candidatas que finalizaron en primer, segundo y tercer lugar en el mencionado evento.

## El sábado, 7 de mayo Miss Abuelas Methuen YMCA 129 Haverhill Street



Pequeñitas: De izq. a der. 1er. Lugar Marlin Gómez; 3er. Lugar Danelly Soler y 2do. lugar, Arielis Reyes.



Chiquititas: De izq. a der. 3er lugar, Joceliz Rodríguez; 2do lugar, Laisha Rivas y 1er. Lugar Anabel Peña.



Infantiles: De izq. a der. 3er lugar, María Lorenzo; 2do lugar, Izanaih Boria y 1er. lugar Taisha Silva.



Juveniles: De izq. a der. 3er lugar, Nimzay Viera Vásquez; 2do lugar, Brandy Segura y 1er lugar Yvana Pérez.



Señoritas: De izq a der. 3er lugar, Loranny De los Santos; 2do lugar Cristauris Cruz y 1er lugar, Luisauris Montilla.

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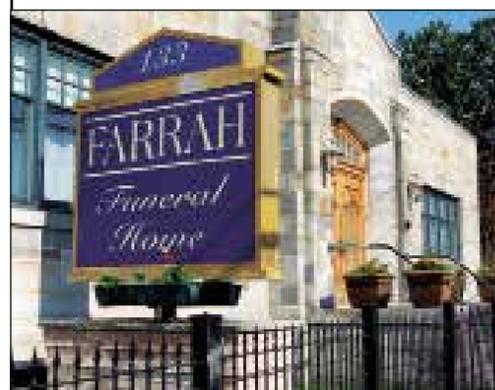
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**MR. B'S SPORT STORIES**

BY FRANK BENJAMIN

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

**Pedestrians Beware of LHS New Drivers in 57**

In 1957 a big group of students passed the exam to become new operators of motor vehicles at the RMV. The following boys will be new drivers in the City of Lawrence: Paul Sarcione, Ellsworth Brown, James Rosenberg, James Tondreau, John Cronin now a Methuenite and a retired electrician. Mike Ackery, Ed Lonardo a Lancer hoop star now retired from Raytheon; Charlie Keenan of the Salisbury Keenans now and also a fine roundball player, David Smith, Dick Gazda, Frank Gerato, Rick Parthum a now retired teacher and still active in LHS alumni activities who was also a big runner in our area, Dave Faeber, Mark Wicholas, Dario Pepe, Nazareno Nastasti. Also George Kawash, Bob Klute, Tony Branco, Joe Mele, John Hosty a good little baseball pitcher for the Lancers; Ron Caron, Moe Ferris another good pitcher who lived in Southie and now lives at the Cape.

Valerio, Bob Erban, Carl Rullo, Larry Adams, David Morrow, Gerald Fox and Kachadoor Naroin.

The warning is out for these new drivers in the City and now the worst is yet to come as the new lady drivers are now filling the streets of the area:

Barbara Farnham, Peggy Emmert, Phyllis Frass, Shelia Young, MaryJane Guiney, Gerry Sullivan, Corrine Solak, Claire Wheeler, Noreen Claus, Ann Herzog, Gerry Autiello, Marcia Dillon, Elizabeth Connor, Jean Whalen, Helen Weisman, Patricia Coughlin, Joyce Tineo, Louise Uliano, Roberta Bernstein and Miriam Casey. It was a happy and proud group of students who obtained the right to drive after taking driving courses at LHS in 1957.

Chuck Gugliemino, Tim Beauchesne, Ken Donahue, Joe Grudzinski, Ray Wholey, John Brown, Walter King, Al

Please ignore my feeble attempt at humor about women drivers be proud of all these new drivers that probably learned more about driving than most of us senior citizens. The 1957 new drivers are ready to put the pedal to the mettle.

**Frank Benjamin's book "Mr. B's Sports Memories" is for sale. At the recent Roast in his honor, Mr. B requested that the evening's profit be dedicated to the Canal Street Boxing Gym, a place he greatly admires for the work they do with Lawrence youth. This is a great keepsake for anyone growing up in the Merrimack Valley.**



**If interested in acquiring a copy, go to the gym located at 250 Canal St., Lawrence. Call Jose "Bugzy" Martinez at (978) 747-6558 to check that they still have copies left. The cost is only \$15.**

**State House: Foster Kids Awareness Day**

La Representante Estatal Diana DiZoglio (D-Methuen) y Niños de Crianza del Valle de Merrimack, Inc. serán los anfitriones de Foster Kids Day para crear conciencia en la Casa del Estado de Massachusetts el miércoles, 11 de mayo.

y de todo el estado, para que reconozcan los casi 10,000 niños de crianza que residen actualmente en Massachusetts. La Representante presentará una resolución durante el evento.

DiZoglio patrocinó recientemente una resolución, copatrocinada por más de 30 legisladores del Valle de Merrimack

El programa, está programado para comenzar a las 11 am en el Lounge de los Miembros de la Cámara, es gratuito y abierto al público.

State Representative Diana DiZoglio (D-Methuen) and Foster Kids of the Merrimack Valley, Inc. will host Foster Kids Awareness Day at the Massachusetts State House on Wednesday, May 11.

and across the Commonwealth, recognizing the nearly 10,000 foster children who currently reside in Massachusetts. The Representative will present the resolution during the event.

DiZoglio recently sponsored a resolution, co-sponsored by more than 30 other legislators from the Merrimack Valley

The program, which is scheduled to begin at 11am in the House Members Lounge, is free and open to the public.

**Annia Lember**  
**Que en paz descance**

Annia "Jenny" Lember, recordada como una líder en su comunidad, falleció el 24 de abril, 2016 a la edad de 69 años en Merrimack Valley Hospice House en Haverhill con sus cuatro hijas junto a ella.



Jenny nació y se educó en Santo Domingo, República Dominicana, hija del difunto Arsenio Lember y su esposa Ana Mercedes. Jenny se trasladó a la ciudad de New York a la edad de 20 años, donde trabajó como cosmetóloga en la Funeraria Rivera localizada en Washington Hights.

Siempre una fanática de los NY Yankees, Annia fue bendecida por el nacimiento de sus cuatro bellas hijas en la ciudad de New York. En 1989 se mudó a Lawrence donde se envolvió en las actividades de la ciudad.

Ella sirvió como miembro y más tarde como presidenta del Merrimack Valley Partnership. Ella fue nombrada miembro de la Comisión de Derechos Humanos de la Ciudad de Lawrence y miembro de la Junta de Bread and Roses. Annia participó activamente en distintas campañas políticas en la ciudad.

Rodríguez de Portsmouth, RI; Ann Rodríguez de Filadelfia, PA y Johanna Rodríguez Blanco de Miami, FL. También la sobreviven su nieta Kimberly Durán, otros 13 nietos y 17 biznietos, 13 sobrinas y sobrinos, un hermano, Arsenio Lember, Jr de Inverness, FL.; Germean Lember y su esposa Ana Delta de Lawrence, MA y Luz Lember de Newburyport, RI.

Annia se retiró en el 2013 después de trabajar durante 22 años en Malden Mills donde sirvió como representante sindical y secretaria de "Unite", Local 311, la Unión de los trabajadores de la confección por muchos años.

Los servicios funerales se llevaron a cabo el pasado sábado, 30 de abril en la Iglesia Jesús es el Señor, localizada en el 96 de la Calle Haverhill en Lawrence y fue velada en la Funeraria Farrah localizada en el 133 de la Calle Lawrence en Lawrence, MA.

Católica de nacimiento, Anna encontró su fe en el Cristianismo, convirtiéndose en miembro de la Iglesia Jesucristo es el Señor en Lawrence.

La sobreviven sus hijas, Caroline

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## Cuestiones Prácticas de Dinero

# Cómo mantener los gastos en deporte de sus niños bajo control

POR NATHANIEL SILLIN



La mayoría de los padres recorren millas en sus vehículos para llevar y traer a sus niños de las diversas prácticas y juegos deportivos a lo largo de la escuela primaria y secundaria.

Y con el dinero que se va detrás de todos esos viajes y las compras de uniformes, equipos, lecciones y diversas cuotas de las actividades, los números son como para abrir bien los ojos. Un estudio realizado por Families in Sport Lab de Utah State University en 2014 (<http://www.usufamiliesinsportlab.com>) demuestra que la inversión anual por familia en deportes juveniles llega a los \$2292.42, o 1.84 del porcentaje del ingreso bruto anual de esa familia.

Otra investigación realizada dentro del programa indica que muchos padres gastan mucho más – a veces por encima del 10 por ciento del ingreso bruto anual.

Que esa cifra suene baja o alta dependerá del deporte elegido por su hijo y la cantidad de años que él participe en dicha actividad.

Aunque el interés que su hijo tenga en los deportes sea temporal o a largo plazo, no solo es importante planificar y presupuestar lo que gastará sino las maneras de ahorrar. A continuación, algunos pasos para comenzar:

**Póngase en contacto con otros padres.** Se trate de fútbol, hockey o baseball después del horario escolar o en fines de semana, su primer recurso de inteligencia está con los padres que ya tienen niños que practican ese deporte. Converse de todo, desde el mejor programa para su hijo en general hasta los costos individuales y tarifas asociadas con el deporte - y no olvide preguntar cómo hacen para mantener su presupuesto.

**Coordine para los mejores descuentos.** No deje pasar ninguna oportunidad de ofertas en mercadería o descuentos

en las cuotas de los entrenamientos y actividades. Pagar con antelación la mercadería, campamentos deportivos o cuotas de actividades de pretemporada puede representar importantes ahorros con el tiempo. Sobre todo, evite los cargos por inscripción tardía en todos los deportes y actividades.

**Verifique que el seguro de salud de su niño sea el correcto.** Dependiendo del deporte que practique su hijo, es posible que deba adquirir una cobertura de seguro adicional además del seguro de salud familiar. Una o dos estancias en el hospital pueden representar miles y miles de dólares, por lo tanto, tome todas las medidas para asegurarse de que su hijo tenga la cobertura adecuada. Algunas compañías de seguro incluso ofrecen coberturas especiales de deporte para menores, pero si su hijo practica un deporte organizado por el sistema escolar o una liga, es posible que tengan sus propios requisitos de seguro para que su hijo participe. Puede haber otras opciones de cobertura también-revise esas opciones con un experto calificado en finanzas o padres amigos que estén asegurando a sus niños contra lesiones deportivas.

**Compre usado.** Se trate de equipos o uniformes, fíjese si hay opciones seguras para comprar usados. Los sitios de subastas pueden ofrecer algunas soluciones mientras que muchas comunidades conocidas por determinados deportes cuentan con tiendas de equipos usados que pueden reducir sus gastos en gran manera. Si su hijo no está destinado para ser un profesional, comprar usado tiene sentido - ¿por qué comprar el precio total si en determinado momento el niño pierde el interés?

**Compre varios talles y colores y estilos neutros.** Si tiene un niño en crecimiento que es posible que mantenga su interés en un deporte en particular durante varias temporadas, abastézcase de ropa de diferentes tallas y elija colores y estilos neutros de segunda mano y unisex.

**Negocie los costos de transporte y tarifas**

**grupales cuando sea posible.** De nuevo, júntese con otros padres o su sistema escolar, vea si hay formas más económicas de viajar, compre indumentaria y busque un lugar de práctica y de juego. Siempre preste atención a las opciones más económicas y establezca contactos, por email o redes sociales, donde haya un flujo gratuito de consejos para ahorrar y descuentos que puedan ser convenientes. En cuanto a las lecciones, pruebe el modelo de clase. Si su hijo quiere mejorar en un deporte, trabaje con otros padres para contratar un instructor que dé lecciones grupales para garantizar

un costo más bajo por familia.

**Conclusión:** Aunque su hijo no crezca con la habilidad innata de uno de los hermanos Manning o una de las hermanas Williams, es posible introducirlos en el mundo del deporte sin llevar a la ruina su economía familiar.

*Nathaniel Sillin dirige los programas de educación financiera de Visa. Siga Practical Money Skills en Twitter: [www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney)*

## Practical Money Matters

### Keeping Kids' Sports Costs Under Control

BY NATHANIEL SILLIN



Most parents put countless miles on the car driving kids back and forth from various practices and games throughout elementary and secondary school.

As for the actual dollars behind all that driving and purchasing of uniforms, equipment, lessons and various activity fees, the numbers are pretty eye-opening. A 2014 study by the Utah State University's Families in Sport Lab (<http://www.usufamiliesinsportlab.com>) shows that the average annual family financial investment in youth sports came out to \$2,292.42, or 1.84 percent of that family's gross annual income.

Other research done within the program indicates that many parents spend much more – some in excess of 10 percent of gross annual income.

Whether that figure sounds low or high depends on your child's chosen sport and the number of years your child participates in it.

Whether your child's interest in sports is temporary or a long-term commitment, it's not only important to plan and budget what you're spending but to find ways to save. Here are some steps to begin:

**Link up with other parents.** Whether it's after-school or weekend soccer, hockey or baseball, your first source of intelligence is with parents who already have kids playing the sport. Discuss everything from the best program for your child overall to individual costs and fees associated with play – and don't forget to ask them how they've kept their budget in line.

**Schedule for the best discounts.** Don't miss any opportunities for sales on merchandise or discounts on training and activity fees. Paying early on merchandise, sports camp or pre-season activity fees can save significant money over time. Above all, avoid late registration fees on all sports and activities.

**Make sure your child's health insurance is adequate.** Depending on what sport your child plays, you may end up buying additional coverage beyond what your family health insurance allows. It takes virtually no time for a night or two in the

hospital to run into tens of thousands of dollars, so take every step to make sure your child has the right coverage. Some health insurers may sell special sports coverage for minors, but if your child is playing an organized sport within a school system or league, they may have their own insurance requirements before they allow your child to play. There may be other coverage options as well – run those options by your qualified financial experts or fellow parents who are insuring their children against sports injuries.

**Buy used.** Whether it's equipment or uniforms, see if there are safe options to buy used. Auction sites may provide some solutions while many communities known for particular sports may have used equipment stores that can cut your bills extensively. If your child isn't destined for the pros, buying used makes a lot of sense – why buy full price if at some point their interest wanes?

**Buy multiple sizes and neutral colors and styles.** If you've got a growing child who is likely to maintain interest in a particular sport over several seasons, stock up on clothing in different sizes and go for neutral colors and styles that allow for gender-neutral hand-me-downs.

Negotiate shared transportation and group fees when possible. Again, in partnership with other parents or your school system, see if there are cheaper ways to travel, buy gear and find play and practice space. Always be on the lookout for cheaper options and set up a network either by email or social media where there's a free flow of spending tips and discounts that might come in handy. As for lessons, try the classroom approach. If your child wants to improve in a sport, work with other parents to hire an instructor who will do group lessons that will assure a lower cost per family.

**Bottom line:** Even if your child doesn't grow up with the natural skill of a Manning brother or a Williams sister, it's possible to introducing them to youth athletics without ruining your family finances.

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

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# “Siete Historias”

## Exhibición Fotográfica de George Richardson, 25vo Aniversario en fotografía

Cinefoto y Wicked Big Café se unen para traer al Merrimack Valley la exhibición fotográfica de George Richardson.

“Siete Historias” es un ensayo, tanto visual como literario de siete sucesos en siete personas en la que cada historia es además de un poema; un manifiesto. Historias que comienzan e historias que terminan. El mundo visto al través de los ojos de las minorías. El artista muestra una obsesión inusual por dominar o romper las reglas impuestas por el medio.

Su trabajo muestra la miseria con dignidad.

El 2016 marca un año significativo para el artista quien celebra el 25vo aniversario de su carrera en fotografía.

La exhibición durará hasta el 28 de mayo en Wicked Café, en el 19 de Essex Street en Haverhill.

Todas las fotografías artísticas estarán a la venta a precios económicos en el café. La entrada es gratis.



Foto © George Richardson/Cinefoto

### Photography Exhibition

**Wicked Big Cafe**  
19 Essex St.,  
Haverhill, MA

### “Siete Historias (Seven Stories)”

Photography Exhibition  
by George Richardson,  
25th Anniversary  
in Photography

Guest Artists (Japan)

Yukari Sakamoto  
Tomokatsu Endo

Through May 28

Viewing hours Mon-Fri, 6 - 6 pm  
Sat 7- 5 pm & Sunday 8-3 pm

-10% of the proxy would be kindly donated to Somos Patria.org

Cinefoto and Wicked Big Cafe are joining forces to bring to the Merrimack Valley, the photography exhibition of George Richardson.

The exhibition “Siete Historias (Seven Stories)” is an essay, both literary and visual, both poem and speech. It is a diary of one hundred minutes conversation about the minority stock in the world. The artist shows his willingness to bend the rules of the medium in ways rarely seen.

His work shows poverty with dignity.

2016 marks a significant year for George Richardson as he celebrates 25th anniversary since toasted the camera.

The exhibition runs until May 28, 2016 at the Wicked Cafe, 19 Essex Street Haverhill, MA.

All fine art photography for sell at affordable price at the Cafe. Free admission.



Essex Art Center | 56 Island Street | Lawrence, MA 01840 | www.essexartcenter.org | 978-685-2343

Forms, Volume, Space - Jewelry, Sculptures and Astrophotography by New Hampshire based artists Joe Montroy, Rachel Montroy and Christopher Georgia

May 6- June 17, 2016  
Opening reception: Friday, May 6, 5-7 pm

The Chester F. Sidell Gallery at Essex Art Center is pleased to present: Forms, Volume, Space. Jewelry, Sculptures and Astrophotography by New Hampshire based artists Joe Montroy, Rachel Montroy and Christopher Georgia.

Forms, Volume, Space; three New Hampshire based artists come together with a variety of media to cultivate our senses through their versatile artwork.

Joe Montroy's current focus is the jewelry scale object, sometimes functional, sometimes more sculptural with a reference to something recognizable. In all cases, continuing the explorations of materials, volume, form and texture. Using references from the natural world that intrigue him, he approaches jewelry design pragmatically and strives towards a minimal and modest aesthetic.

Rachel Montroy ceramic sculptures are personal meditations on the beauty of natural forms and the way that they grow. Her hope is that her sculptures contain a quiet presence that warrants closer observation to notice their subtle qualities. She enjoys playing with certain nuances within these organic forms, like the tension created by a swollen berry or the way a stem bends as it reaches towards the sun. Her sculptures are hybrids of primarily flowers,

seeds, fruit, and succulents, intending to provoke contemplation of their origin.

Astrophotographer Christopher Georgia journey into the stars began at a young age with a great fascination of the night skies in the White Mountains of New Hampshire. After years of patience and practice with film, digital cameras and a self-taught education in astronomy, Christopher will display numerous color photographs of the Milky Way, Aurora Borealis and star filled skies from New Hampshire's White Mountains, the mountains and coastlines of Maine, and beaches of Massachusetts.

For additional information about this exhibition or to receive high resolution digital images for publication, please contact Sara Hidalgo Sara@EssexArtCenter.org or at 978-685-2343.

The Chester F. Sidell Gallery is located on the first floor of Essex Art Center at 56 Island Street, Lawrence, MA.

Gallery hours: M-Fri 10-6  
Call for additional evening hours  
Galleries are FREE and open to the public  
www.essexartcenter.org

Essex Art Center  
56 Island St.  
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## MCC Hosts Dual Enrollment Orientation Sessions for High School Students

Middlesex Community College will host orientation for the Middlesex Dual Enrollment Academy, which allows qualified high school and home-schooled students to earn college credit while satisfying their high school graduation requirements.

A Bedford Campus Dual Enrollment Orientation Session will be held from 3 to 4 p.m. Wednesday, May 11, in Bedford Campus Center's Café East, 591 Springs Road.

A Lowell Campus Dual Enrollment Orientation Session will be held from 3 to 4 p.m. Monday, May 23, in the Federal Building Assembly Room, 50 Kearney Square.

As part of MCC's Dual Enrollment Academy, qualified students may enroll in college-level courses offered online, during the day, evening or weekend on MCC's Bedford or Lowell campuses. Flexible options are available to focus on science and math, engineering and technology, health professions or business administration.

Also welcome are students who just want to get a head start on completing the general-education courses required by most

colleges and universities. Students can take Dual Enrollment courses during one of four summer sessions, including special evening and online sessions that run June 6 through Aug. 2.

A Middlesex Dual Enrollment Academy advisor will be assigned to work with each applicant, their parent/guardian, and high school guidance counselor to design a program based on the student's academic skill level and educational goals. To maximize success, MCC offers academic counseling, tutoring, computer labs and library services and encourages students to participate in on-campus events and student clubs.

Dual Enrollment students pay reduced tuition costs. State funding is available to cover tuition and fees for a limited number of admitted Massachusetts residents enrolled in college-level courses that are transferable to an associate or bachelor's degree program.

For more information about the Middlesex Dual Enrollment Academy, visit <https://www.middlesex.mass.edu/dualenroll/> or contact MCC's Academic, Career & Transfer Center at 1-800-818-3434.

## Make Your Summer Matter at Middlesex Community College

Make your summer matter at Middlesex Community College. Enroll in one of our four Summer Sessions – or send your kids to one of our unique College for Kids summer programs. Registration is now open for all summer programming.

Day Summer Sessions run May 31 to June 30 and July 11 to Aug. 10. Day summer session classes meet four days a week, Monday through Thursday, on the Bedford and Lowell campuses.

MCC is also offering expanded Online and Evening summer sessions that run June 6 to Aug. 2 and June 20 to Aug. 16. Classes meet online, or two evenings a week, Monday and Wednesday, or Tuesday and Thursday.

MCC's College for Kids programs are designed to provide children with fun and challenging opportunities to explore

careers, gain new knowledge and skills, and boost self-confidence. Camps are offered for children ages 8 to 15, and run July 11 through Aug. 18, on the Bedford and Lowell campuses.

To register for MCC's Summer Sessions or College for Kids, call 1-800-818-3434 or visit [www.middlesex.mass.edu/summer](http://www.middlesex.mass.edu/summer).

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



Dondequiera que estés  
Wherever you are

rumbonews.com

## NECC Jazz Ensemble Presents Spring Concert



Left to right are Anthony Perez and Jay Marmol of Lawrence; Sean Lavinge of Methuen; Dominic Marraffa, III of Derry, NH; Seth Persson of Ipswich; Richard Wildes of Haverhill; Center: Emma Grace Deily-Swearingen of Amesbury.

The Northern Essex Community College Jazz Rock Ensemble, under the direction of NECC music professor Michael Lecuyer, will present its spring concert on Thursday, May 5, 6:30 p.m. in the Hartleb Technology Center on the Haverhill campus, 100 Elliott St.

This event is free and open to the public.

The ensemble will perform jazz classics

covering all genres of jazz, including Be Bop, ballads, modal, Latin, and swing by jazz composers such as Miles Davis, Antonio Jobim, Dave Brubeck, Rodgers & Hart, and others.

The NECC Music Club will sell refreshments at the conclusion of the event.

For additional information contact Lecuyer at [mlecuyer@necc.mass.edu](mailto:mlecuyer@necc.mass.edu)

## NECC Chamber Ensemble Performs Free Concert

Northern Essex Community College's Chamber Ensemble, under the direction of NECC Professor Christina Dietrich and Ingrid Marstaller, assistant to the director, will perform a free Spring Concert on Saturday, May 7 at 7 p.m. in the David Hartleb Technology Center on the Haverhill Campus, 100 Elliott St.

The performance will feature works

by JS Bach, WA Mozart, H. Zimmer, and others.

Northern Essex offers an Associate in Arts Degree: Music Option and a certificate in music technology.

For further information contact Christina Dietrich at [cdietrich@necc.mass.edu](mailto:cdietrich@necc.mass.edu)

## Free Palliative Care Educational Series offered to community Sponsored by Mary Immaculate and Holy Family Hospital

Many families face difficult challenges related to illness and aging. Very often, caregivers wrestle with medical options and care planning decisions during times of emergency and crisis.

Holy Family Hospital and Mary Immaculate Health/Care Services invite all community members to a free educational program called "Supporting the Chronically and Seriously Ill and Their Families."

This program is in two-parts, and participants may attend one or both sessions. The series schedule is:

**Tuesday, May 10, 2016:** "Planning for a Future that Includes Illness," presented by MC Sullivan,

RN, MTS, JD. This session will address Advanced Care Planning: what it is and how it works, and will define palliative care.

**Tuesday, May 17, 2016:** "Managing Expected and Unexpected Decisions," presented by Deborah Turiano, MD, HMDC. This session will address defining the natural course of chronic progressive disease, exploring choices you are likely to face, and learning to integrate family values into the care of your loved one.

Advanced care planning tools will be available for participants to take home including the Massachusetts Health Care Proxy and The Conversation Project Starter Kit.

Both sessions will begin at 6:30 pm and will be held in the Holy Family Hospital Methuen campus ground floor auditorium, 70 East St., Methuen. Light refreshments will be served. To register, call the Holy Family Hospital DoctorFinder™ line at 800-488-5959-800-488-5959.

## Regis at NECC Hosts Open House at NECC Spring Jam

Individuals interested in completing their bachelor's degree in Nursing, Public Health or Medical Imaging through Regis College at NECC in Lawrence are invited to visit with Regis faculty and staff at the NECC Spring Jam, Wednesday, May 4th from 11 a.m. until 1pm at the Dimitry Building.

Regis now offers extremely affordable bachelor completion programs entirely on campus at NECC in Lawrence. Programs are open to NECC alums as well as any prospective student who has an associate's degree in a relevant field. A Regis degree opens doors to successful careers in the

nursing and health professions. Regis graduates are in demand by leading hospitals, medical centers, government agencies, and human service organizations across New England and beyond. The National League for Nursing hails Regis as a Center for Excellence in Nursing Education — one of only 19 programs in the U.S. so recognized.

For more information contact, Alexandra Gryta, Admission and Academic Advisor at 781.768.8387 or Alexandra.gryta@regiscollege.edu, or visit [www.regiscollege.edu/necc](http://www.regiscollege.edu/necc)

Refreshments will be available.

## NECC African Student Club Hosts Fashion Show

New this year, Northern Essex Community College's African Student Club was created in part to help share African culture throughout the college.

On Wednesday, April 20 the club achieved that in a very colorful way when they hosted the first African Attire Fashion Show.

Students, faculty, staff, and alumni modeled beautifully patterned fashions from a host of countries including African countries Kenya, Nigeria, Cameroon, and Togo and the West Indian countries of St. Lucia, Jamaica, Grenada, and Haiti.

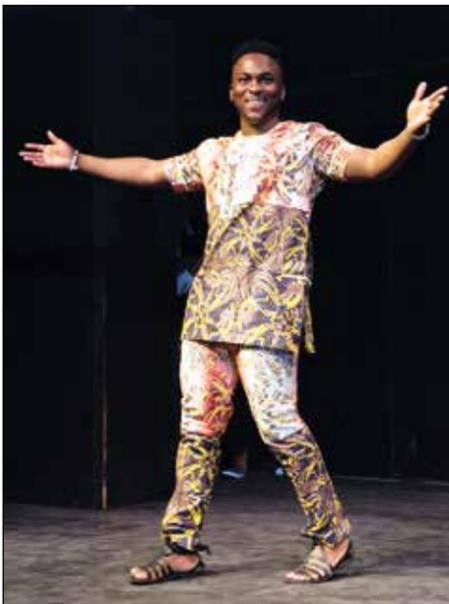
A highlight of the event was when model Ercania Mesidor of Methuen, a General Studies: Health Specialization major at NECC, sang a traditional Haitian song wearing a long Haitian dress in a boldly patterned geometric print incorporating green, turquoise, and black.

The clothing was modeled in four categories: Dashikis (a loose shirt or tunic), street and market wear, dressy/party outfits, and formal occasion, and NECC student Moesha Murray of Plaistow, NH was the announcer, sharing background on each model.

The idea for the club was born in Professor Peter Flynn's Psychology class. "We realized there were three persons of African descent in the class, and we



Kerlande Michel of Lawrence, a dance education major at NECC, modeled in the NECC African Students Club fashion show.



Mudasiru Oluwafolakemi of Lawrence, a business major at NECC, modeled in the NECC African Students Club fashion show.

decided to start a club," said Mudasiru Oluwafolakemi of Lawrence, club president, who is majoring in business at NECC. The students pooled their cell phone contact lists and discovered they were connected to a couple dozen NECC students who were of African descent, plenty to start a club.

The club meets every Wednesday at noon for refreshments and cultural presentations and members also socialize outside of school. Professors Peter Flynn and Sheila Pierre are faculty advisors to the club and club officers include Rose Bellahalea of Haverhill, Biology major, vice president; Tracy Mukami of Dracut, journalism communications major, secretary; and Casimir Ntar of Haverhill, accounting major, treasurer, in addition to President Oluwafolakemi.

For more information on the club, please contact Peter Flynn at [pflynn@necc.mass.edu](mailto:pflynn@necc.mass.edu) or 978 556-3363. For a list of student clubs at Northern Essex Community College, visit the website.

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**RUMBONEWS.COM**

## Lawrence Catholic Academy to Host Comedy Show

On Saturday, May 7, Lawrence Catholic Academy will be hosting their 2nd Annual Comedy night at the Saint Patricks Parish Center, 118 South Broadway, Lawrence, MA. The parish center is located directly behind the church, and there is off street parking available. There will also be a cash bar, raffles and silent auctions. The show is a fundraiser for the school and will feature three Boston area comedians.

John Turco is one of the busiest and most versatile comedians in the northeast, working clubs, colleges, fundraisers and theaters. He's also one of the most animated, punctuating his smart, sarcastic, satirical material with expressive faces and dead-on impressions. In addition to top clubs, he's performed at the Bushnell Theatre in Hartford, Conn.; the Cape Cod Melody Tent in Hyannis, Mass.; the South Shore Music Circus in Cohasset, Mass.; and the Somerville Theatre in Somerville, Mass. He's also performed at more than 100 colleges, and is one of the busiest corporate acts in New England. John is featured regularly on the morning show at Providence radio station 94 WHJY and Vermont's MOO 92.

Dave Rattigan headlines clubs, theater and private shows around New England, and his CD has received airplay on XM-Sirius Satellite Radio and English-speaking podcasts and radio stations around the globe. His video clips have been featured on web sites such as NickMom.com and RooftopComedy.com, and he's appeared three times on the syndicated Steve Katsos Show on TV. In addition, he's lent his voice to the animated feature Drillbooth

(scheduled for release in 2017) and appeared in popular regional commercials for Olympia Sports and iParty. He's also written humorous columns for The Boston Globe, Christian Science Monitor and NorthShore Magazine. In addition, he runs Scamps Comedy Productions, which has helped raise more than \$1.1 million for various good causes.

Chris Dimitrakopoulos, also called "Chris D." by the many people who can't pronounce his last name, has established himself as a Boston comedian on the rise. He works regularly at clubs and fundraisers, and is a member of the revolving cast of comedians on the popular standup theme show "How Men Think (Or Do They?)." In 2010, he won the "Witch City Comedy Festival" in Salem, Mass., and finished as a finalist in the "Boynton's Standup Standoff" in Manchester, N.H. He has performed on shows with top Boston/national headliners including Tony V., Paul D'Angelo, Juston McKinney, and Joe Wong.

Tickets are \$20.00 in advance or \$25.00 at the door the night of the show. They can be purchased at the school at 101 Parker Street or reserved by calling Jim Hayden at (978) 683-5822 (ext 19) or by email at jhayden@lawrencecatholicacademy.org

Lawrence Catholic Academy is an elementary Nursery through Grade 8 school located in Lawrence, Massachusetts. It offers a quality, motivating and full-bodied curriculum, enlightened by Catholic teaching and offers all students an excellent education in a faith-filled and supportive environment.

## Lawrence Catholic Academy auspicia noche de Comedia

El sábado, 7 de mayo de Lawrence Catholic Academy ofrecerá su 2ª noche de comedia en el centro parroquial de Saint Patrick's, 118 South Broadway, Lawrence, MA. El centro parroquial se encuentra justo detrás de la iglesia, y hay aparcamiento disponible. También habrá una barra (cash bar), sorteos y subastas silentes. El espectáculo es un evento para recaudar fondos para la escuela y contará con tres comediantes del área de Boston.

John Turco es uno de los cómicos más ocupados y más versátiles en el nordeste, clubes, colegios, recaudadores de fondos y teatros. También es uno de los más animados, marcando su material elegante, sarcástico, satírico por caras e impresiones expresivas. Además de los mejores clubes, se ha presentado en el Teatro Bushnell en Hartford, Connecticut; Melody Tent de Cape Cod en Hyannis, Massachusetts; el el South Shore Music Circus en Cohasset, Massachusetts; y el Teatro Somerville en Somerville, Massachusetts. También ha estado en más de 100 universidades y es uno de los actos corporativos más buscados en Nueva Inglaterra. John se presenta con regularidad en el programa mañanero de la emisora de radio de Providence 94 WHJY y en MOO 92 de Vermont.

Dave Rattigan trabaja en clubes, teatro y espectáculos privados de Nueva Inglaterra, y su CD ha recibido la cobertura radiofónica en XM-Sirius-Satellite-Radio y podcasts de habla inglesa y emisoras de radio alrededor del globo. Sus clips de vídeo han sido presentados en sitios web como el NickMom.com y RooftopComedy.com, y ha aparecido tres veces en el Steve Katsos Show en TV. Además, ha prestado su voz a la película de dibujos animados

Drillbooth (programado para salir en el 2017) y apareció en anuncios regionales populares para Olympia Sports y iParty. También ha escrito columnas graciosas para Boston Globe, Christian Science Monitor y NorthShore Magazine. Además, dirige Scamps Comedy Productions, que ha ayudado a recaudar más de \$1.1 millones para varias obras caritativas.

Chris Dimitrakopoulos, también llamado "Chris D." por mucha gente que no puede pronunciar su apellido, se ha establecido como un cómico de Boston que avanza. Trabaja con regularidad en clubes y recaudadores de fondos, y es un miembro del grupo de cómicos en el popular espectáculo "Cómo los Hombres Piensan (¿O lo hacen?)" En 2010, ganó el "Festival de la Comedia de la Ciudad de Brujas" en Salem, Massachusetts, y terminó como un finalista en "Boynton's Standup Standoff" en Manchester, N.H. Ha trabajado en espectáculos con comediantes de Boston y a nivel nacional incluyendo a Tony V, Paul D'Angelo, Juston McKinney y Joe Wong.

Las entradas son \$20.00 por adelantado o \$25.00 en la puerta la noche del espectáculo. Pueden ser comprados en la escuela en el 101 Parker Street o reservados llamando a Jim Hayden al (978) 683-5822 (ext. 19) o por el correo electrónico en jhayden@lawrencecatholicacademy.org

La Academia Católica de Lawrence es una escuela elemental desde nursery hasta el Grado 8 localizada en Lawrence, Massachusetts. Ofrece una educación de calidad, motivadora y un plan de estudios intenso, guiado por la enseñanza católica y ofrece a todos los estudiantes una educación excelente en un ambiente lleno de la fe y apoyo.

## Lawrence Business Forum

To answer your questions in English and Spanish about state laws and regulations pertaining to businesses operating in the Commonwealth.

With state officials from:  
Department of Industrial Accidents;  
Division of Professional  
Licensure; &  
Alcoholic Beverage Control  
Commission



Hosted by: Representative Frank A. Moran of Lawrence

**Monday, May 9, 2016**  
**Lawrence Public Library**  
**6:00 PM – 8:00 PM**

Para responder a sus preguntas en inglés y en español acerca de las leyes y reglamentos relativos a las empresas que operan en el estado.

Con los funcionarios estatales del:  
Departamento de accidentes; industriales; División de licencias  
profesionales; y Comisión de Control de Bebidas Alcohólicas

Auspiciado por: Representante Frank A. Moran de Lawrence

**Lunes, 9 de mayo 2016**  
**Biblioteca Pública de Lawrence**  
**6:00 PM – 8:00 PM**

[www.rumbonews.com](http://www.rumbonews.com)

Lawrence Catholic Academy Presents

## A NIGHT OF COMEDY



John Turco



Dave Rattigan



Chris D.

**Saturday, May 7**

**8:00 PM (Doors Open at 7 PM)**

**St Patrick's Parish Center**

**118 South Broadway, Lawrence, MA**

**Cash Bar \* Raffles \* Silent Auction**

**Tickets \$20.00 in Advance, \$25.00 at the Door**

Tickets Available at

Lawrence Catholic Academy, 101 Parker Street, Lawrence

OR Contact

Jim Hayden at (978) 683-5822 [jhayden@lawrencecatholicacademy.org](mailto:jhayden@lawrencecatholicacademy.org)

## CALENDARIO | CALENDAR OF EVENTS



**BLAZE A TRAIL: MAY 2016**

### Celebrate Older Americans Month 2016: with a Community Resource Open House on Thursday, May 19, 2016...

Lowell Elder Care provides adult day health services to older adults year-round, we will use Older Americans Month 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

We encourage you to get involved by attending our COMMUNITY Resource OPEN HOUSE on Thursday, May 19, 2016 from 10:00 AM until 2:00 PM and share your agencies resources with our clients, their families and this event is open to the public. Please arrive at 9:30 in order to set up your table. Refreshments will be served. I will plan on 100 people if you are planning on providing promotional materials. Your raffle items are welcome, the raffle will be at 1:00 following lunch.

Reserve your table now by calling Lynne at 978-596-1111 Extension 317 or email her at brown@lowelleldercare.com. There is no cost to host a table.

### Flowers and Friends Grow into Successful Fundraiser for Merrimack Valley Hospice



Stephen Janavicus of Flowers by Steve presented a floral arranging demonstration to cap off the 3rd annual Friends of Merrimack Valley Hospice "Spring Has Sprung" fundraiser brunch which raised over \$24,000.

The Friends of Merrimack Valley Hospice hosted their 3rd annual Spring Has Sprung fundraiser brunch on Sunday, April 17 with a special floral arranging demonstration by Stephen Janavicus of Flowers by Steve, flower sales and prize raffles. Support for the event brought in more than \$24,000 that day to benefit Merrimack Valley Hospice House and the services of Merrimack Valley Hospice.

Board vice president, Susan Desmet announced the 2016 Friends of Merrimack Valley annual gift commitment which includes specialized medication and computer carts to Merrimack Valley Hospice House located in Haverhill. These carts will enable the nurses to spend more time at the patient's bedside. Additional funds raised during the year will be put toward charitable care for those facing financial hardship, so that they may receive quality, end-of-life care they deserve and need.

"The work of hospice and those cared for by Merrimack Valley Hospice is never forgotten," said Stephen Janavicus, president of Friend of Merrimack Valley Hospice. "We are deeply appreciative of those who shared in making the Friends of Merrimack Valley Hospice 3rd annual Spring Has Sprung fundraiser brunch and flower show such a huge success!"

The Friends of Merrimack Valley Hospice was created by a passionate group of individuals touched by the work of Merrimack Valley Hospice and the Merrimack Valley Hospice House. Friends of Merrimack Valley Hospice is an auxiliary, all-volunteer service organization supporting Merrimack Valley Hospice's patients and their families by raising awareness and funds through yearly activities. Membership is open to all and information is available at [www.MerrimackValleyHospice.org/friends](http://www.MerrimackValleyHospice.org/friends) or by calling 978-552-4927.

# "Celebrating Health" **13TH** "Fiesta de Salud"



**Saturday, May 14, 2016**      **Sábado 14 de Mayo, 2016**

**10:00 AM - 2:00 PM**

**Lawrence Senior Center, 155 Haverhill Street, Lawrence, MA**  
**978-620-3540**



**Community Food Pantry!**  
*¡Dispensa de Alimentos para la comunidad!*

**Free Wellness Health Screenings**  
**Blood Pressure, Dental, Eyes, Glucose, Foot Screenings.**

*Pruebas Gratis del Bienestar de la Salud*  
*¡Presión Arterial, Dentales, Visión, Glucosa, Chequeo de los pies.*

**Entertainment for the Entire Family!**  
*¡Entretenimiento para Toda la Familia!*

**Bike Raffles!**  
*¡Rifa de Bicicletas!*

IN CASE OF BAD WEATHER, THE FAIR WILL BE HELD INDOORS    EN CASO DE MAL TIEMPO LA FERIA SE LLEVARÁ A CABO BAJO TECHO



**Children's Activities!**  
*Sumo Wrestling, Clown, Inflatable Obstacle Course, Face Painting and More...*

**¡Actividades para niños!**  
*Payaso, Lucha Libre Sumo, Pintando caras y Más...*

**"Green" cleaning solutions and environmental education**  
*Soluciones de limpieza "Verde" y educación ambiental.*



*DJ Angel*



**Lawrence Fire Department!**  
*¡Departamento de Bomberos de Lawrence!*

**Door Prizes, Food, Music, Exercising, and More!**  
*¡Premios, Comida, Música, Ejercicios, y Más!*

**Cooking Activities!**  
**Nutrition Games!**

*¡Actividades de cocina y nutrición!*

**Sponsored by:**

The Diabetes Today Coalition; Mayor Dan Rivera, American Diabetes Assoc.; City of Lawrence: Community Development Lead Program, Dep. Of Public Works, Fire Department, Lawrence Council on Aging, Recycling Dept., Bicioccina, Child Development and Education, Cooking Matters, Dana-Farber Cancer Institute, Family Services of the Merrimack Valley, Genesis Health Care/Woodmill Center, Girl Scouts; Greater Boston Food Bank; Greater Lawrence Community Action Council Lead Poisoning Prevention/WIC; Greater Lawrence Family Health Center; Groundwork Lawrence; Holy Family Hospital, HomeCare, Inc., Home Health VNA, Lawrence General Hospital, Massachusetts Hispanic Dental Association, Mayor's Health Task Force, Merrimack Valley Community Service Corp/ VIP, MSPCC, New Balance, Polished, LLC, Tobacco Free Partnership, U-Mass Extension, Walgreen's Pharmacy, YWCA of Greater Lawrence.

**Es facil encontrar a**  
**Rumbo**  
**(978) 794-5360**

**CALENDARIO | CALENDAR OF EVENTS**

**Raíces 7: "Flamenco & Congas"**

El Movimiento Pro Cultura presenta la séptima versión de su reconocido evento multicultural "Raíces". Esta presentación contará con la participación de tres compañías de música y danza de gran reputación, las cuales expondrán razgos culturales determinantes de la cultura caribeña en términos de música y danza.

De España, la madre patria blanca, Raíces 7 expondrá el arte flamenco, único en el mundo, al son de las guitarras, la caja, las palmas y el taconeo. A cargo de esta hermosa entrega estará "Flamenco Dance Project", una de las mejores compañías de danza flamenca en el mundo.

De África, la madre patria negra, disfrutaremos del baile contagioso y cargado de energía que imponen las congas africanas. Y para deleitarnos con la mejor representación de la música y danza africana, la mejor compañía en su género en todo el mundo: Universal African Dance and Drums Ensemble.

Este poderoso espectáculo contará con un toque cultural distintivo de nuestro trópico, espacio que sirvió de fusión a estos dos orígenes y que quedó representado fuertemente en la rumba y la salsa caribeña. Este delicado detalle quedará en las piernas y las caderas de "Rumba y Timbal Dance Company", campeones de este electrificante género.

Este evento se presentará el sábado, 7 de mayo, en el auditorio de la North Common Educational Center (antigua Lawrence High School), localizado en el 255 de la Haverhill St., Lawrence MA. Dará inicio a las 7:00 pm y tendrá un costo de \$20.00 p/p. Los fondos recaudados por este evento serán dedicados al programa de becas del MPC. Boletas disponibles en JQ Communications, 191 South Broadway, Lawrence, MA.

**GARDEN WORKSHOPS**



**TALLERES DE JARDINERIA**

**LEARN, GROW, NOURISH  
FREE GARDEN WORKSHOP SERIES**

**How to Start a Garden**

**Saturday April 2, 2016 12 – 2pm**

Interested in growing your own herbs, tomatoes, lettuce or other vegetables and not sure how? This workshop will help you get started.

**Starting Seeds**

**Saturday April 9 2016 12– 2pm**

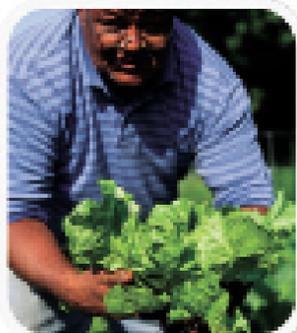
Would you like to learn how to save money by starting your garden with seeds instead of buying starter plants? Then join us!

**Soil & Compost**

**Saturday June 25, 2016 12 – 2pm**

Learn about the importance of soil and how to create and add your own compost to create nutrient rich soil for a thriving garden.

For more information contact Maria Natera: [mnatera@groundworklawrence.org](mailto:mnatera@groundworklawrence.org), (978) 974-0770 x7006



**APRENDER, CRECER, ALIMENTAR  
GRATIS SERIE DE TALLER DE JARDINERIA**

**Como Empezar un Jardín**

**Sábado 2 de Abril, del 2016 12 – 2pm**

Estas interesado en crecer tus propias hierbas, tomates, lechugas o otros vegetales y no estas seguro como? Este taller te puede ayudar a empezar.

**Empezando las Cemillas**

**Sábado 9 de Abril del 2016 12 – 2pm**

Te gustaría a prender como ahorrar dinero en empezando tu propio jardín con semillas en vez de comprar las plantas? Entonces únete a nosotros!

**Suelo Y Abono**

**Sábado 25 de Junio del 2016 12 – 2pm**

Aprende sobre la importancia del suelo y cómo crear y añadir tu propio abono para crear un suelo rico en nutrientes para un jardín floreciente.

Para mas información, póngase en contacto con Maria Natera: [mnatera@groundworklawrence.org](mailto:mnatera@groundworklawrence.org), (978) 974-0770 x7006

**DOE FAMILY FOUNDATION**



**Rumbo**



*Changing Places, Changing Lives*

# CALENDARIO | CALENDAR OF EVENTS

## NEWS NASHUA, NH NASHUA PUBLIC LIBRARY

2 COURT STREET  
For directions and information on parking go to: [www.nashualibrary.org/directions.htm](http://www.nashualibrary.org/directions.htm)  
Phone 603-589-4610  
Fax: 603-594-3457

### OPEN STORYTIMES AND PUPPET SHOWS

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

### Learn WordPress at Nashua Library

The Nashua Public Library now offers a class in how to use WordPress to create websites and blogs. This class is in addition to other one-time computer workshops offered at the library: Computer Basics; Internet; Microsoft Word, Excel, PowerPoint, and Access; Genealogy; and Online Job Searching. View the schedule at [www.nashualibrary.org/computerclasses.htm](http://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](http://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.

Come to the Nashua Public Library on Friday, February 19, 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 has activities centered on a theme, along with plenty of time to enjoy free refreshments and socialize.

Memory Café will not be held in March; the April meeting will be held on the 15th.

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

### Learn About Genetically Modified Food

Did you know that genetically modified

### 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](http://tinyurl.com/nplteen) and start signing up!

food is not new? It's been around for centuries. On Thursday, May 12, at 7 p.m. at the Nashua Public Library, join Michael Cross as he explores the world of genetically modified food, including how it's created and how abundant it is in our food supply.

Dr. Cross, an instructor of chemistry at Northern Essex Community College in Massachusetts, holds a Ph.D. in organic chemistry from the University of Utah. He is appearing courtesy of the Northern Essex Community College Speakers' Bureau. This event is free and open to the public.

### 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](http://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](http://nashualibrary.org/explore/kids).

### New Reading Programs for Kids at Nashua Library

The Nashua Public Library is now offering two reading programs to promote children's literacy.

The library encourages parents to take the challenge to read 1000 Books Before Kindergarten with their young children. Everything you read together counts—even the same book over and over—and your child will win small prizes along the way! Pick up a reading log in the Children's Department.

Kids who already know how to read can join the Nashua Silver Knights Reading Incentive. Kids log the books they read from April 25 to June 20. When they reach 10 books, they win a ticket to a Silver Knights baseball game and a hot dog to enjoy while they watch. Pick up a reading log in the Children's Department starting April 25.

## The 3rd Annual North Canal Classic 5k Road Race! Sunday, 15th May 2016 9am start!



(Logo design by Robert Lussier)

With the help of our generous sponsors, the Lawrence History Center is hosting its 3rd Annual 5k Run/Walk in the North Canal District of Lawrence to raise awareness of the History of the community, and to promote fitness and economic and cultural development in the city of Lawrence.

Join us on Sunday May 15, 2016 at 9:00am for a scenic run through the city's revitalization of the local parks and historic mill buildings.

Start/Finish line: Corner of Union and Canal Streets, Lawrence

Registration and Parking: Everett Mills, 15 Union Street, Lawrence

Events Offered: 5K Run/Walk, Kids Canal Dash (ages 12 and younger)

### Prize Categories:

1st Place Overall (Male): \$50.00

1st Place Overall (Female): \$50.00

1st Place Under 18 (Male): \$25.00

1st Place Under 18 (Female): \$25.00

Kids Canal Dash: To be determined

Other prizes will be raffled off at the end of the race to be determined.

### Registration Fees:

5k Run/Walk Individual Entries: \$25.00

Kids Canal Dash Entries: \$5.00 (ages 12 and younger)

Groups of 10 or More Entries: \$15.00 a person

Race Day/Walk-up Fees: \$30.00 for 5k Individual Entries/\$20 a person for 5k Group Entries. CASH/CHECK ONLY ON RACE DAY

Note: If registering a group of 10 or more entries, please use the Paper Application option when registering.

## CLASIFICADOS | CLASSIFIEDS

### LEGAL NOTICE

#### NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after May 2, 2016 starting at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees:

- 2000 Honda Civic VIN# 1HGEJ6676YL024891
- 2008 Hyundai Sonata VIN# 5NPEU46F78H376934
- 2008 Toyota Corolla VIN# 2T1BR32E78C925255
- 2015 Honda CRV VIN# 5J6RM4H98FL080204
- 2008 Ford Escape VIN# 1FMCU03138KB93424
- 2012 Volkswagen Passat VIN# 1VWBP7A3XCC031763
- 2005 Acura TL VIN# 19UUA66245A025996

Vehicles are being stored at Sheehan's Towing L.L.C. and may be inspected by appointment only.

Robert Sheehan  
Owner, Sheehan's Towing L.L.C.  
4/15, 4/22, 5/1

### NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencias de servicio social y organizaciones de salud, está buscando voluntarios para llevar a ancianos a citas al médico y otras citas de calidad de vida a través del Programa de Friends in Deed de Elder Services of the Merrimack Valley. Si usted puede, aunque sea ocasionalmente, por favor, llame a Renee A. Baker, reclutador de voluntarios, al 978-946-1463 (y mencione Interfaith Caregivers.)

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

## Open Studios – Island Street Studios

Please join us Friday, May 5, 2016, 5-9 p.m. at the Island Street Studios as the artists open up their doors to the public, located at 50 Island Street, Second Floor Suite 205, Lawrence, MA. Looking for that special Mother's Day gift? Choose from a wide array of art including: photography, fine art painters, stained glass, pottery, jewelry, fused glass and more. Free, donations are welcome. For more information, contact Renee at 978-722-2636.

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**CAN YOU SPARE 2 HOURS TO PLAY WITH A HOMELESS CHILD?**

Volunteers are needed to play with young children living in family homeless shelters throughout Massachusetts.

Horizons for Homeless Children is a nonprofit organization dedicated to improving the lives of homeless children by providing quality play and opportunities for early education. Volunteer with homeless children at a Horizons Playspace in one of more than 100 family shelters state-wide including in Lynn, Peabody, Lawrence and Lowell.

A commitment of 2 hours a week for 6 months and formal training are required. To find out more or to apply, call (978) 557-2182 or visit [horizonschildren.org/playspace](http://horizonschildren.org/playspace). Please join us in giving homeless children a better tomorrow.

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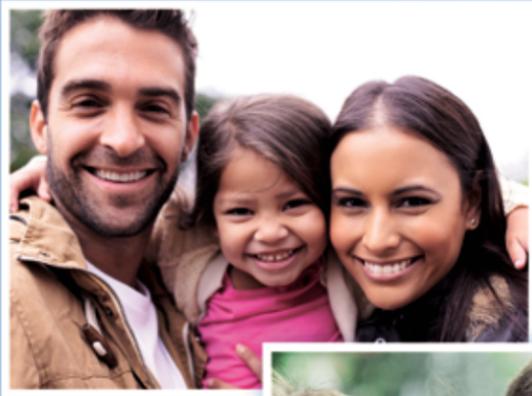
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