

Enero/January 15, 2018

EDICIÓN NO. 609

The BILINGUAL Newspaper of the Merrimack Valley

Calendario de actividades
/ Calendar of activities

Pg. 22

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

Desayuno anual de la Cámara de Comercio



Joseph J. Bevilacqua, MVCC President and CEO da la bienvenida a Karyn Polito, Vice-Gobernadora de Massachusetts, invitada especial al desayuno anual de la Cámara de Comercio llevada a cabo el viernes, 12 de enero, 2018 en el Andover Country Club.

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Annual breakfast of the Chamber of Commerce

Joseph J. Bevilacqua, MVCC President and CEO welcomes Karyn Polito, Massachusetts Lt. Governor, special guest at the Chamber of Commerce's annual breakfast held on Friday, January 12, 2018 at Andover Country Club.

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B & G Club Welcomes Gus Cruz as Assistant Director of Beacon Unit

The Boys & Girls Club of Lawrence has appointed Gus Cruz as assistant director of its Beacon Unit in South Lawrence.

Cruz earned dual bachelor's degrees in psychology and sociology from the University of Connecticut, which he attended on a full football scholarship. Prior to joining the club, the Lawrence resident was a youth counselor, child protective services worker, paraprofessional for elementary school children with learning disabilities and residential instructor for clients with emotional and psychological disabilities. In college, he worked with youth sports organizations and was a founding member of Collective Uplift, through which he mentored underclass ethnic minorities to facilitate positive and supportive relationships on campus.



In his new role at the Boys & Girls Club of Lawrence, Cruz helps oversee a myriad of programs promoting youth members' academic success, healthy lifestyles, leadership development and community involvement. While the fun aspect of the activities hooks the kids, expectations for their behavior and future success are high.

"Coaching and working with young minds is what drives me," said Cruz, who seeks to inspire club kids with his own dedication to academics at Kimball Union Academy prior to his success as a collegiate student-athlete.

"For me, it's a matter of helping our kids discover a talent they never knew they had, develop a passion for it and then take pride in the process of setting and achieving high goals around it," he added. "When you look back, you don't want to see yourself in the pages of the woulda, shoulda, coulda book. The best way I know to avoid regret is through hard work."

The Beacon Unit of the Boys & Girls Club of Lawrence is conducting a membership drive for ages 6 to 18, with tours offered on an ongoing basis at 71 Duckett Ave. in South Lawrence.



El domingo, 14 de enero, la Biblioteca Pública de Lawrence recibió la visita de los Tres Reyes Magos donde una multitud de niños y niñas los esperaban. El encuentro fue coordinado por el Movimiento Puertorriqueño. La próxima semana tendremos una amplia cobertura del evento.

The Three Wise Men visited Lawrence

On Sunday, January 14th, the Three Wise Men visited the Lawrence Public Library where a crowd of children awaited them. The meeting was coordinated by the Puerto Rican Movement. Next week we will have ample coverage of the event.

Por/By Dalia Diaz
rumbonews.com/blogs

Desde Mi Esquina

Renuncia del Jefe de Policía de Lawrence
El Refugio Daybreak necesita ayuda

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Por/By Dalia Diaz
rumbonews.com/blogs

From My Corner

Chief of Police in Lawrence resigns
Daybreak Shelter needs help

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Parte de prensa del Alcalde Rivera el 12 de enero del 2018.

Renuncia el jefe de la policía de Lawrence El Alcalde Rivera designa jefe interino

Cuando me eligieron en 2014, prometí reconstruir nuestros departamentos de seguridad pública y en los últimos cuatro años hemos hecho justamente eso. Hemos aumentado el número total de oficiales en servicio activo en la calle de 115 a 145 con la adición de 23 nuevos agentes de policía y menos oficiales en ILD (la lista de oficiales accidentados en el trabajo) y en puestos administrativos. Hemos trabajado en cuestiones de moral proporcionando nuevos vehículos y nuevos equipos, capacitación de servicio al cliente, junto con un esfuerzo renovado para una nueva estación de policía. Ha habido muchas mejoras en los procesos administrativos y la burocracia de LPD. Específicamente, hemos implementado mejores herramientas para administrar asuntos internos, quejas civiles y menciones, y almacenamiento de evidencia. Hemos diversificado el departamento con la contratación de nuevos reclutas bilingües y soluciones creativas en el proceso de selección del Servicio Civil. Este es el esfuerzo de contratación policial más étnica y de género en la historia del departamento. Todo esto incluye el nombramiento de los primeros dos tenientes de la policía hispana en décadas, así como la primera detective latina en la historia del departamento.

Ha habido un gran progreso en la reducción de la delincuencia en todas las áreas, incluida la disminución de robos de automóviles, asaltos simples, robos residenciales y comerciales, con la excepción

de los homicidios. Si bien mi oficina y el Concejo Municipal y los trabajadores y trabajadoras de LPD apoyaron este esfuerzo, este ha sido el trabajo del Jefe James Fitzpatrick. No podríamos haber hecho estas cosas sin su liderazgo. Ha sido un gran socio en la reconstrucción del departamento y su integridad.

Después de una discusión con el Jefe Fitzpatrick, él me ha dado y he aceptado su renuncia como Jefe del Departamento de Policía de Lawrence y, a partir del 13 de enero de 2018, será reintegrado a su puesto como Capitán en el Departamento. Esta acción no es un reflejo del Jefe Fitzpatrick o su tiempo al frente del departamento. Le agradezco al Jefe Fitzpatrick por su tiempo como Jefe y le deseo lo mejor a él y a su familia.

A partir del 13 de enero de 2018 designaré al Capitán Roy Vasque como Jefe Interino de la Policía hasta que se pueda hacer un nombramiento permanente. Él tendrá plena autoridad y poderes del Jefe. Mientras tanto, estaré en conversaciones con los miembros del Concejo Municipal y los diferentes sindicatos y miembros de la comunidad mientras trabajamos en esta transición.

Nosotros, como administración, junto con el Jefe interino, esperamos centrar el departamento en algunos objetivos nuevos en los próximos cuatro años. Entre estos objetivos están:

POR FAVOR VEA POLICÍA

CONTINÚA EN LA PÁGINA 4

Press release from Mayor Rivera on January 12, 2018.

Lawrence Police Chief Resigns Mayor Rivera Appoints Acting Chief

When I got elected back in 2014, I promised to rebuild our Public Safety Departments and in the past four years we have done just that. We have increased the total number of active duty officers on the street from as low as 115 to 145 with addition of 23 new police officers and fewer officers out on ILD and in administrative posts. We have worked on morale issues; providing new vehicles and new equipment, customer service training, along with a reenergized effort for a new police station. There have been many improvements to LPD administrative processes and bureaucracy. Specifically, we have implemented better tools to manage internal affairs, civilian complaints and commendations, and evidence storage. We have diversified the department with the hiring of new, bilingual recruits and creative solutions in the Civil Service selection process. This is the most ethnically and gender diverse police hiring effort in the department's history. All of this includes the appointment of the first two Hispanic police lieutenants in decades, as well as the first Latina detective in the department's history.

There has been great progress in reducing crime in all areas, including decreases in car thefts, simple assaults, residential and commercial burglaries, with the exception of homicides. While my office and the City Council and the hardworking men and women of LPD supported this effort, this has been the work of Chief James Fitzpatrick. We could not have done these things without his leadership. He has been a great partner in rebuilding the department and its integrity.

After some discussion with Chief Fitzpatrick he has given me and I have accepted

his resignation as Chief of the Lawrence police department and as of January 13th, 2018 he will be reinstated to his position as Captain in the Department. This action is not a reflection on Chief Fitzpatrick or his time leading the department. I thank Chief Fitzpatrick for his time as Chief and wish him and his family all the best.

As of January 13th, 2018 I will be appointing Captain Roy Vasque as Acting Chief of Police until a permanent appointment can be made. He will have full authority and powers of the Chief. Meanwhile I will be in conversations with members of the City Council and the different unions, and members of the community as we work through this transition.

We as an administration, along with the Acting Chief, are hoping to focus the department on some new goals in the next four years. Amongst these goals are:

- An increased tempo and effort against the growing Opioid Crisis in our City;
- Focus to stem the violence that has increased homicide numbers
- Finalize the creation of the Director of Community Relations position at the LPD to improve community relations in all aspects, but with specific focus on the victims of crime, including domestic violence victims and runaways.

My administration, along with the Interim Chief, will work hard to ensure a thoughtful, smooth transition for the residents of the city and the men and women of the Lawrence Police Department.

EDITORIAL | EDITORIAL

Somos afortunados

No es lo que usted piensa, nuestra fortuna no es tangible. Va más allá de la acumulación de obras de arte, inversiones millonarias, oro inclusive. Cosas que a muchos los hacen sentir ricos. Somos afortunados porque contamos con la amistad incondicional de amigos que consideramos especiales.

Entre ellos, podemos destacar a Nunzio DiMarca, alguien muy especial, que desafortunadamente perdió a su señora madre, Agata, el pasado jueves, 4 de este mes de enero.

Doña Agata nació el 4 de diciembre de 1917 en el pueblo de Motta Santa Anastasia, Provincia de Catania, Sicilia. El 14 de febrero de 1941 se casó con Don Andrea Giuseppe DiMarca y tuvieron 4 hijos, Nunzio, Orazio, Anastasio y Carmelo.

Abordo del buque Saturnia llegaron a América, como todo inmigrante, llenos de ilusiones. Nunzio tenía 12 años, Orazio 10, Anastasio 3 y Carmelo, el más pequeño, solo 6 meses. A los 3 días de arribar a Lawrence, Doña Agata comenzó a trabajar de costurera en Grieco Brothers, donde laboró por 28 años.

Por más de 30 años, todos los años, el desfile de Los Tres Santos, en su recorrido por las calles de Lawrence, hacen una parada muy especial frente a la casa de Doña Agata DiMarca en la calle Newbury, en Lawrence. La razón de la parada de la Vara es recibir un rollo de billetes que la Sra. DiMarca, familiares y amigos colectan para ser donado a la Sociedad de San Alfio.

Somos afortunados porque tuvimos la oportunidad de tomarle fotos que sonriente, desde la ventana, saludaba a los cientos de espectadores que a su vez la saludaban a ella. Nadie sospechaba que esta sería su última aparición en ella.

Somos afortunados porque a través de Nunzio tuvimos la oportunidad de, el día 4 de diciembre, 2017, fotografiarla el día que cumplió 100 años. Estaba feliz, entre sus hijos Nunzio y Orazio, entonando las notas de Feliz Cumpleaños. Nadie podía sospechar que este sería su último cumpleaños.

Somos afortunados, porque tuvimos la oportunidad, en compañía de la familia, a llevarla a su última morada. ¡Que en paz descanse Doña Agata!

We are fortunate

It is not what you think, our fortune is not tangible. It goes beyond the accumulation of works of art, millionaire investments, including gold. Things that make many feel rich. We are fortunate because we have the unconditional friendship of people that we consider special.

Among them, we can highlight Nunzio DiMarca, someone very special, who unfortunately lost his mother, Agata, last Thursday, January 4th.

Doña Agata was born on December 4, 1917 in the town of Motta Santa Anastasia, Province of Catania, Sicily. On February 14, 1941, she married Don Andrea Giuseppe DiMarca and they had four children, Nunzio, Orazio, Anastasio and Carmelo.

On board of the ship Saturnia they arrived in America, like all immigrants, full of dreams. Nunzio was 12 years old, Orazio 10, Anastasio 3 and Carmelo, the youngest, only 6 months. Within 3 days of arriving in Lawrence, Doña Agata began working as a seamstress at Grieco Brothers, where she labored for 28 years.

For more than 30 years, every year, the parade of the Three Saints, in its journey through the streets of Lawrence, made a very special stop in front of Doña Agata DiMarca's home on Newbury Street, in Lawrence. The reason for the stop of the Vara is to receive a roll of dollar bills that Mrs. DiMarca's family and friends collected to be donated to the San Alfio Society.

We are fortunate because we had the opportunity to photograph her smiling from the window greeting the hundreds of spectators who in turn greeted her back. No one suspected that this would be his last appearance there.

We are fortunate because through Nunzio we had the opportunity to photograph her on December 4, 2017, the day she turned 100. She was happy, between her sons Nunzio and Orazio, singing the Happy Birthday notes. No one could suspect that this would be her last birthday.

We are fortunate, because we had the opportunity, in the company of the family, to take Agata to her final resting place. May Doña Agata rest in peace!

Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."

- Emily Kimbrough

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Renuncia del Jefe de Policía

Muchos residentes que se han estado quejando abiertamente por la radio sobre la actuación del jefe James F. Fitzpatrick se salieron con la suya con la sorprendente medida tomada el viernes pasado.

No era un secreto lo que la gente pensaba de él. Mientras nos están lavando el cerebro por la repetición de "el crimen está bajando", sabemos más que eso. Hice mi parte tratando de hacer un seguimiento del Daily Log en su sitio web, quejándome de que no se actualiza durante muchas semanas, el tiempo suficiente para que las personas se olviden de lo que estaban tratando de verificar. También fue evidente cómo la información es alterada para minimizar la peligrosidad de una situación y simplemente mienten.

Las personas que llaman por radio suelen quejarse de llamar a la policía y no responder en absoluto. En el caso de los automóviles que fueron vandalizados, la respuesta del oficial fue que debían traer el auto a la estación y si se ponían dichosos, le daban un informe para la compañía de seguros. Eso siempre ha sido una lucha.

La reputación del Jefe tuvo su mayor impacto después del asesinato de Lee Manuel Viloria Paulino, el adolescente que fue decapitado por el río. Su cabeza fue encontrada a unos 50 pies de distancia y sus manos fueron cortadas debajo del codo, pero nunca se encontraron.

Lee Manuel desapareció el 18 de noviembre del 2016 y lo consideraron un fugitivo a pesar de que no era un niño problemático y que iba a la iglesia con su

familia. Lee Manuel fue encontrado el 1 de diciembre y el departamento de policía no hizo nada para investigar su paradero. Él había estado muerto por alrededor de 12 horas.

Y el Alcalde Dan Rivera siempre culpa a todos los crímenes cometidos en la ciudad de "un negocio de drogas que salió mal" sin pruebas ni una investigación.

La muerte de Lee Manuel Viloria Paulino debe pesar mucho en la conciencia del jefe Fitzpatrick, o al menos eso espero.

Ahora, inesperadamente, Fitzpatrick presenta su renuncia, no para retirarse, sino que vuelve a ser un Capitán y el alcalde tiene que luchar para encontrar un reemplazo. El alcalde lo elogió por los adelantos en el departamento durante su mandato; si estaba haciendo tan buen trabajo, ¿por qué renunció?

En lugar de emitir un breve anuncio, Danny encuentra otra excusa para continuar su adoctrinamiento de la población. Lo publicamos en la página 2. Lea el primer párrafo donde dice el número total de oficiales que tenemos ahora. No quiero burlarme de la habilidad matemática de nuestro CEO, pero él debería explicarnos cómo llegó al número 145 porque 115 oficiales de policía que teníamos y 23 nuevos reclutas sumaban 138. Probablemente esté en lo cierto sobre el total, pero no debe dar por hecho que aceptaremos cualquier cosa que nos arroje. Solo quiero una aclaración.

Luego continúa hablando en voz alta sobre las mejoras, como quejas civiles cuando eso no ha cambiado. Los residentes continuaron siendo maltratados en la estación, mintieron y fueron amenazados por hablar. Sí, ha contratado reclutas bilingües



pero están siendo entrenados por la guardia vieja y muestran los mismos rasgos que sus entrenadores.

¿Qué pasó con el entrenamiento que Ed Davis iba a proporcionar y que recibió tanta publicidad? ¿O fue solo una sesión de fotos para el alcalde? Lo que escuché es que no se hizo cumplir y muchos oficiales se negaron a tomarlo. Quienes participaron dijeron que fue una gran pérdida de tiempo.

El alcalde se refiere al 11vo asesinato el año pasado como "un pequeño aumento" cuando en realidad es el número más alto en la ciudad. Además, que robos comerciales y otros crímenes han disminuido, ¡muy lejos de la verdad!

El registro diario de la policía no se ha actualizado desde el 19 de diciembre de 2017 y las estadísticas de delitos para diciembre del 2017 no se han publicado. Los números más recientes publicados son hasta noviembre del 2017 comparando el año pasado con años anteriores. Por ejemplo:

	2016	2017
Asalto agravado	330	361
Robo comercial	54	64
Larceny	282	395

Y eso sin contar los incidentes durante el mes de diciembre del 2017. Puede verificarlo usted mismo en www.lawpd.com e ir a Crime Reports en el lado izquierdo de la página. Debajo de Crime Reports encontrará el inútil Daily Log.

El Alcalde Rivera piensa que somos tontos y cree todo lo que dice. Somos pensadores y podemos leer, Danny!

Sabemos que la crisis de los opioides es una tragedia nacional, no solo en Lawrence. Sigue diciendo sobre sus esfuerzos para combatir la epidemia y todo lo que sabemos es que contrató a un coordinador de servicios. Ha estado en ese puesto durante un año y lo único que ha hecho es asistir a reuniones con otras organizaciones. Estoy ansiosa esperando a que comparezca ante el Concejo Municipal y que le pregunten sobre sus deberes y logros.

Ahora, ¿está planeando crear un comité de búsqueda para atraer a los mejores y más brillantes agentes del orden a fin de guiar a este departamento o contratarlo desde dentro para continuar administrándolo desde el

CARTAS AL EDITOR RUMBO

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

Ayuntamiento?

El refugio necesita ayuda

He visitado Daybreak Shelter varias veces y he aprendido un poco sobre los servicios que brindan. Ofrecen refugio de emergencia para personas sin hogar que tengan dificultad con el alcohol y otras drogas. La Ciudad de Lawrence cree que reubicarlos de abajo del puente central o no permitirles dormir en los parques públicos es la forma de controlar la situación. Eso es solo esconderlos. Recientemente, se han reunido en el río, detrás del Boys and Girls Club, escondidos entre los árboles.

Daybreak está ayudando lo mejor que puede dadas sus limitaciones financieras, que son demasiadas. Todos los huéspedes tienen acceso a una cena caliente, una ducha caliente y un alojamiento seguro para dormir, pero necesitan ayuda. Además de un lugar más grande o un edificio propio, necesitan urgentemente toallas, sábanas y fundas de almohada porque se lavan todos los días. El gasto que implica la electricidad es enorme y en el verano optan por colgar todo para secarse al aire libre.

Recuerde que entre ellos, hay personas que trabajan que van a trabajar una vez que se bañan y desayunan, así como a los estudiantes de nuestras escuelas públicas. Simplemente no tienen un hogar a donde ir.

También puede contribuir con artículos de papel (platos, vasos, utensilios de plástico, etc.), artículos de tocador, jabón y restos de comida de fiestas y eventos. Dan la bienvenida a todo, incluidas las donaciones en efectivo.

El trabajo que este refugio hace es increíble para ayudar a las personas a recuperar sus vidas con educación, capacitación, asesoramiento o lo que sea que necesiten.

Vaya a su sitio web para ver más fotos. Póngase en contacto con Greg Davenport, Director del programa para obtener más información.

Daybreak Shelter está ubicado en 19 Winter Street, Lawrence. Teléfono (978) 975-4547.

CONTINUA DE LA PAGINA 2

POLICÍA

- Un mayor ritmo y esfuerzo contra la creciente Crisis de Opioides en nuestra Ciudad;
- Enfoque para detener la violencia que ha incrementado los números de homicidios
- Finalizar la creación del puesto de Director de Relaciones con la Comunidad en el LPD para mejorar las relaciones con la comunidad en todos los aspectos, pero con un enfoque

específico en las víctimas del delito, incluidas las víctimas de violencia doméstica y los fugitivos.

Mi administración, junto con el Jefe interino, trabajará arduamente para garantizar una transición cuidadosa y sin problemas para los residentes de la ciudad y los hombres y mujeres del Departamento de Policía de Lawrence.

"You can fool some of the people all of the time; you can fool all of the people for some of the time; but you cannot fool all the people all the time."

"Uno puede engañar a algunas personas todo el tiempo; puede engañar a todos por algún tiempo; pero no puede engañar a todo el mundo todo el tiempo."

- Abraham Lincoln



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Recordando al Dr. King / Remembering Dr. King

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

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

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

El fue arrestado una multitud de veces durante manifestaciones apoyando causas contra abusos e injusticias.

Aunque la violencia siempre seguía sus demostraciones, él siempre llevó al público clamando paz. Martin Luther King murió asesinado en 1968 y no hemos vuelto a ver líderes de su calibre desde entonces.

La foto muestra a Martin Luther King Jr. pronunciando su discurso durante la Marcha en Washington en 1963. El discurso de King denunciando el racismo en este país fue un evento crucial en la historia de los derechos civiles y uno que por siempre será recordado.

(Publicado originalmente en 1/8/2017)

(Originally published on 1/8/2017)



Martin Luther King Jr. delivering his "I Have a Dream" speech during the March in Washington in 1963. King's speech addressing racism in this country was a crucial event in the history of civil rights and one that will always be remembered.

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

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

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

actions and courage. He was arrested a multitude of times during protests supporting causes against abuse and unfairness.

Although violence always followed his demonstrations, he always led the public in a peaceful manner. Martin Luther King died assassinated in 1968 and we have not seen leaders of his caliber since.



Michael Diodati, paciente de Lawrence General Hospital y residente de Lawrence

AHORA: MICHAEL TIENE MÁS FUERZA EN LA CADERA, Y MÁS CABALLOS DE FUERZA

Después de un dolor debilitante de cadera y rodilla, Michael Diodati se ha vuelto a sentir como siempre. Cuando no pudo caminar más ni ocuparse de su negocio de construcción, y mucho menos de su pasatiempo de coches antiguos, se sometió a una cirugía de reemplazo de rodilla. Y un año más tarde, de cadera. "La segunda vez, fui parte de un programa nuevo. En preparación para la cirugía, fui a una clase de Articulaciones en Movimiento y me explicaron qué esperar en cada etapa. Hoy en día, mis articulaciones y mi MG funcionan como nuevos."

Para obtener más información sobre la experiencia de Michael y hacer una evaluación del dolor en línea, visite lawrencegeneral.org/joints.

Lawrence General. La misma atención de calidad que en Boston, cerca de su casa.

 Lawrence
General
Hospital
MILAGROS

Desayuno anual de la Cámara de Comercio con Alcaldes y Administradores del área

Por Alberto Surís

Desayuno anual de la Cámara de Comercio del Valle de Merrimack con Alcaldes y Managers de ciudades y pueblos de los alrededores del Valle de Merrimack llevado a cabo el viernes, 12 del corriente mes de enero en el Andover Country Club, con la Vice-Gobernadora como invitada especial.

Annual breakfast of the Chamber of Commerce with Mayors and Managers

Annual breakfast of the Chamber of Commerce of the Merrimack Valley with Mayors and Managers of cities and towns from around the Merrimack Valley held on Friday, January 12th in the Andover Country Club, with the Lt-Governor as Special guest.



From left, James Jajuga, Methuen Mayor; Andrew Maylor, North Andover Town Manager; Allison Heartquist, Haverhill Chief of Staff; Daniel Rivera, Lawrence Mayor; Joseph J. Bevilacqua, MVCC President and CEO; Karyn Polito, Massachusetts Lt. Governor; Salvatore Lupoli, Lupoli Companies/Riverwalk Properties, MVCC Board Chairman; Andrew Flanagan, Andover Town Manager; Donna Holaday, Newburyport Mayor and Ken Gray, Amesbury Mayor.



Below, Joseph J. Bevilacqua, MVCC President and CEO welcoming Francis Kenneally, COO of Merrimack Valley YMCA.



Attending the breakfast, sitting at the Greater Lawrence Family Health Center table are, Left to right, seated, Lauren Dariisse, Director, Compliance & Risk Management; Richard Napolitano, Jr., Senior Vice President, External Relations; John Silva, President and Chief Executive Officer; Robert Urquhart, Senior Vice President and Chief Financial Officer; Saifur Rahman, Senior Vice President of Operations. Left to right, standing, Marta Corvelo, Associate Vice President, Site Operations; Mary Lyman, Manager, Development and Comm. Relations and Ann Marie Borgesi, Senior Vice President, Administration/Human Resources.

Daybreak Shelter needs help



Daybreak Shelter ofrece refugio de emergencia para personas bajo la influencia del alcohol y otras drogas.

Todos los huéspedes tienen acceso a una cena caliente, una ducha caliente y un alojamiento seguro para dormir, pero necesitan ayuda. Necesitan urgentemente toallas, sábanas y fundas de almohada porque se lavan todos los días.

También puede contribuir con artículos de papel (platos, tazas, etc.), artículos de tocador y restos de comida de fiestas y eventos. Dan la bienvenida a todo, incluidas las donaciones en efectivo.

El trabajo que este refugio hace es increíble para ayudar a las personas a recuperar sus vidas con educación, capacitación, asesoramiento o lo que sea que necesiten.

Vaya a su sitio web para ver más fotos.

Daybreak Shelter offers emergency shelter for individuals under the influence of alcohol and other drugs.

Every guest has access to a hot dinner, warm shower, and safe sleeping accommodations but they need help. They urgently need towels, sheets and pillow cases because they get washed every day.

You may also contribute with paper goods (plates, cups, etc.), toiletries and left over food from parties and events. They welcome everything including cash donations.

The work this shelter does is amazing helping people get their lives back with education, training, counseling or whatever they may need.

Go to their website to see more photos.

Greg Davenport, Program Director.
Daybreak Shelter
19 Winter Street, Lawrence, MA 01841
PHONE (978) 975-4547
FAX (978) 975-2672

Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken for ESOL (English-for-Speakers-of-Other-Languages), Citizenship Preparation and English Communication for Employment classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843.

Anyone interested in signing up for morning or evening classes should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

Fire victims / Víctimas de incendios

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

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

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The Non-Walkability of Lawrence

By Dalia Diaz

In the January 8th edition (How Local Politicians Discriminate Against Minorities in Lawrence) and on December 1st (Traffic Woes in Lawrence), I wrote about transportation issues in the City of Lawrence. In keeping with the same aspect, this week I bring you other issues affecting pedestrians.

Pedestrians should have easy ways to move through plazas, parks, restricted-access delivery streets, and other places cars can't go. Clear signage explaining how to navigate around a complex is important, especially for tourist-heavy areas. A need to provide clear, continuous pedestrian access is necessary. However, more necessary and it is a fact that Lawrence is not a pedestrian- or bike-friendly city. In the last few years (20 or so) we have stripped our streets of every function except the movement of vehicles, and as previously reported that remains a disaster.

The City of Lawrence was designed for walking, walking to schools, walking to the mills to work and walking to the neighborhood stores. When this city was founded it had a downtown (Essex St.) that was designed for walking from store to store. Due to the fact that foreigners came to work in the mills and did not have transportation they would use the sidewalk and alley ways to cut short their walk to work.

The City of Lawrence needs a walkability project. The city needs a bike path project as well. We need an overhaul of

everything from friendly walkable and bikeable streets and sidewalks to an overhaul of streets signage, traffic lights, pedestrian's ramps, and walk signals throughout the entire city. In many occasions I have waited so long for a "walk" signal that I jaywalked! In several occasions, I have seen traffic signal take so long that I have seen car operators precede through the red stop light.

I have researched many resources of many cities trying to make their city pedestrian friendly for its residents, but Lawrence is not one of those cities. Look, I understand that there are legal hurdles to good street designs (both pedestrians and vehicles). But we have to have a much better vision than the complacent "this is Lawrence" attitude. I want to go through a street I want to go versus a street I need to go through. Here are some examples and some reasons I believe some of these ideas should be implemented.

How to use the access to public transit. In any city of the nation, there is a simple bus stop with overhead cover and seating for riders to wait for scheduled bus(es) to arrive. Not Lawrence. If you want to get on a bus, you must either go the Buckley Bus Station or hail the bus as you would a taxi cab. Designing access for bus stops throughout the city would be beneficial to a pedestrian friendly program, but also have economic impact for those locations. We could envision that the increases in pedestrian traffic flow have a

better possibility of creating or opening new businesses along these routes.

In this city a family of four would have four cars yet most Lawrence dwelling have two parking spaces. This abundance of vehicles have made a simple errand go from what it took us fifteen minutes now it takes one hour. Having a well-designed public transit system will alleviate these all day any hour traffic jams.

Better maintained sidewalks. Have you noticed the amount of sidewalks that protrude excessively upwards because of disrepairs or excessive tree stumps? Well, let me enlighten you on why we have all these roots coming out of the sidewalks. When those trees were planted they had to be watered and trimmed constantly so the roots were going down deep into the soil. They had to be trimmed for the first few years. DPW did not do this and that's why now those trees have ruined the sidewalks. It is imperative to have better maintenance, of both trees and sidewalks, to create a friendly walkable city.

Students. We say so many positive things about protecting our children, advocating for our students, bending over backwards to say things just for the noise pollutions, but we never walk the walk and instead just talk about how important this and that is for Lawrence school students. The fact of the matter is that this city is dangerous for any child or student, of any age, to be walking on any city sidewalk and street. Think about this; in the past month the city has had two significant snow falls and even though we (including me) state how great the job has been of the DPW to clear streets, we never speak or discuss of the awful job that DPW, residents and home owners of clearing the sidewalks of the snow.

The lack and failure of clearing the sidewalks leave our students and children in dangerous predicament while walking to and from their schools and their homes. This city needs a "keep your sidewalk clean" education campaign. I can't begin to tell you the sidewalks I see un-cleaned this week. So many sidewalks that one has to walk on the gutter of streets just to avoid a dangerous slippage or making a difficult task of walking even more difficult. I know that the city has ordinances in place to deal with the sidewalk clearance of snow, but I have yet to know of any inspector of the inspectional services department give a fine to a homeowner for its violation. And homeowners should be ashamed to only clear enough snow from their front door to the edge of the street just for their convenience. These selfish homeowners should think about any person, but especially children, who have to trek through the frontage.

Crime. Yes crime significantly affects the walkability of our streets. There needs to be in place a better strategy for dealing with crime in areas that are more walkable for our residents and students than currently exist.

However, crime is a story for another edition of Rumbo, but it's a huge part of this strategy. Bicycle Lanes. Non-existent in Lawrence. Many times bicyclist must compete with pedestrians for the sidewalk because of the inability to ride on the streets. If you don't understand why, just read the previous two editions of Rumbo on traffic issues. In a future article I am going to research how many bicycle-car-people we have had in Lawrence. It would be interesting to know, of course I am assuming that we are keeping those statistics.

Illegal Parking. I wrote about the traffic issues in previous editions of Rumbo, so we won't get too much into it in this edition except to say that the vehicle that park all the way up to the corner of an intersection is actually a liability to all. This law is considered or called the "corner clearance" and is intended to provide safety to pedestrians, cyclists and motorists with a clear field of vision when using intersections. However, in Lawrence that ordinance is not enforced. You'd think the city would enforce it with the amount of traffic officers the city has in place, but not!

Shrubbery. Just as "corner clearance" is an issue, so is the shrubbery in and around locations throughout Lawrence that impede the view of the pedestrian and vehicles. When was the last time that DPW trimmed those trees and shrubbery? I don't recall seeing anybody from the city doing such important task not only for safety but also to beautify this city.

Lighting. There are some places that are made to walk in the City of Lawrence. But many of these places are not well lit. Actually, some of these places have available funds and are not even a blimp on the radar of the department or division (hint DPW and Water & Sewer). These parks, public gathering areas and places that are designed for walking and running need to be updated and maintained.

In closing, let me say that the City Council has given priority to the needs of motor vehicles. This has resulted in street environments that are unattractive for people on foot, whether travelling along the street, or using the street as a destination for economic or social activities. Additionally, the Office of Planning & Development, along with current and future mayors must address pedestrian access on all ongoing or future projects. The Mayor's Health Task Force should be interested to know that walking is healthy!

We, the residents and students of the City of Lawrence, are demanding (as Urban Planner Jeff Speck would say www.jeffspeck.com) a safer, useful, comfortable, and interesting walk. Let's make it so, because after all the Neighborhood Planner is useless and the Planning Director is busy running four different departments to do a strategic plan, monitor and implement.

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Please send a telephone number or email address by which we may confirm the sender.

Los problemas de los peatones en Lawrence

Por Dalia Diaz

La semana pasada, en la edición del 8 de enero (Cómo los políticos locales discriminan contra las minorías en Lawrence) y el 1ro de diciembre (Martirios de tráfico en Lawrence), escribí sobre problemas de transporte en la Ciudad de Lawrence. Siguiendo con el mismo tema, esta semana escribo sobre los problemas que afectan a los peatones.

Los peatones deben tener formas fáciles de moverse a través de plazas, parques, calles de acceso restringido y otros lugares a los que los automóviles no pueden llegar. La señalización clara que explica cómo navegar por un área es importante, especialmente para las zonas con gran densidad de turistas. Es necesario proporcionar un acceso peatonal claro y continuo. Sin embargo, es más necesario y es un hecho que Lawrence no es una ciudad amigable para peatones o ciclistas. En los últimos años (más o menos 20) hemos despojado a nuestras calles de todas las funciones, excepto el movimiento de vehículos, y como se informó anteriormente, sigue siendo un desastre.

La ciudad de Lawrence fue diseñada para caminar, caminar a las escuelas, caminar a las fábricas para ir a trabajar y caminar a las tiendas del vecindario. Cuando se fundó esta ciudad tenía un centro (Essex St.) que fue diseñado para caminar de tienda en tienda. Debido al hecho de que los extranjeros venían a trabajar en las fábricas y no tenían transporte, utilizaban la acera y los callejones para acortar su camino al trabajo.

La Ciudad de Lawrence necesita un proyecto que facilite a los peatones poder caminar. La ciudad también necesita un proyecto de ruta en bicicleta. Necesitamos una revisión de todo, desde calles y aceras aptas para peatones y aptos para bicicletas hasta una revisión de la señalización de calles, semáforos, rampas para peatones y señales para caminar por toda la ciudad. ¡En muchas ocasiones he esperado tanto tiempo por una señal de "caminar" que no pude caminar! En varias ocasiones, he visto que la señal de tráfico tarda tanto que he visto a los operadores de automóviles preceder a través de la luz roja de detención.

He investigado muchos recursos de muchas ciudades tratando de hacer que su ciudad sea amigable para sus residentes en términos peatonales, pero Lawrence no es una de esas ciudades. Mire, entiendo que hay obstáculos legales para los buenos diseños de calles (peatones y vehículos). Pero tenemos que tener una visión mucho mejor que la actitud complaciente de "esto es Lawrence". Quiero pasar por una calle que quiero ir en lugar de una calle por la que tengo que pasar. Aquí hay algunos ejemplos y algunas razones por las que creo que algunas de estas ideas deberían implementarse.

Cómo usar el acceso al transporte público. En cualquier ciudad de la nación, hay una simple parada de autobús con cubierta y asientos para que los pasajeros esperen a que lleguen los autobuses programados. No en Lawrence. Si desea tomar un autobús, debe ir a la estación de autobuses de Buckley o parar el autobús en la calle como lo haría con un taxi. Diseñar el acceso para las paradas de autobús en toda la ciudad sería beneficioso para un programa amigable para los peatones, pero también tendría un impacto económico para esos lugares. Podríamos imaginar que los aumentos en el flujo de tráfico peatonal tienen una mejor posibilidad de crear o abrir nuevos negocios a lo largo de estas rutas.

En esta ciudad, una familia de cuatro

personas tendría cuatro automóviles, pero la mayoría de los residentes de Lawrence tienen dos estacionamientos. Esta abundancia de vehículos ha hecho un simple recado de lo que nos llevó quince minutos, ahora lleva una hora. Tener un sistema de transporte público bien diseñado les aliviará todo el día un atolladero de tráfico a cualquier hora del día.

Aceras mejor mantenidas. ¿Ha notado la cantidad de aceras que sobresalen excesivamente debido a la falta de reparaciones o raíces excesivas de árboles? Bueno, permítame explicarle por qué tenemos todas estas raíces saliendo de las aceras. Cuando se plantaron esos árboles, tuvieron que regalarlos y recortarlos constantemente para que las raíces crecieran profundamente en el suelo. Tuvieron que ser recortados durante los primeros años. DPW no lo hizo y es por eso que ahora esos árboles han arruinado las aceras. Es imperativo tener un mejor mantenimiento, tanto de árboles como de aceras, para crear una ciudad amigable y transitable.

Estudiantes. Decimos muchas cosas positivas sobre la protección de nuestros niños, abogando por nuestros estudiantes, haciendo todo lo posible para decir cosas solo por la polución acústica, pero solo hablamos de lo importante que esto y aquello es para los estudiantes de las escuelas de Lawrence. El hecho es que en esta ciudad es peligroso para cualquier niño o estudiante, de cualquier edad, caminar por cualquier acera y calle de la ciudad. Piense sobre esto; en el último mes, la ciudad sufrió dos fuertes nevadas y, aunque nosotros (incluido yo) mencionamos cuán excelente ha sido el trabajo del DPW para despejar la nieve de las calles, nunca hablamos ni discutimos el terrible trabajo que DPW, los residentes y propietarios de viviendas han hecho limpiando las aceras de la nieve.

La falta y el fracaso de despejar las aceras dejan a nuestros estudiantes y niños en situaciones peligrosas mientras caminan hacia y desde sus escuelas y sus hogares. Esta ciudad necesita una campaña educativa de "mantener las aceras limpias". No puedo comenzar a decirle las aceras que vi esta semana sin limpiar. Tantas aceras que uno tiene que caminar en la cuneta de las calles solo para evitar resbalar dificultando aún más la tarea de caminar. Sé que la ciudad cuenta con ordenanzas para lidiar con la limpieza de la acera de la nieve, pero aún tengo que saber si un inspector del departamento de servicios de inspección le ha puesto una multa a un propietario por su violación. Y los propietarios deberían avergonzarse de limpiar la nieve lo suficiente desde la puerta de entrada hasta el borde de la calle solo para su conveniencia. Estos propietarios egoístas deben pensar en otras personas, pero especialmente en los niños, que tienen que caminar por frente a su casa.

Crimen. El crimen sí afecta significativamente la capacidad de caminar de nuestras calles. Es necesario que exista una mejor estrategia para enfrentar el delito en áreas que son más transitables para nuestros residentes y estudiantes que las que existen actualmente. Sin embargo, el crimen es una historia para otra edición de Rumbo, pero es una gran parte de esta estrategia.

Carriles para bicicletas. Inexistentes en Lawrence. Muchas veces el ciclista debe competir con los peatones por la acera debido

a la imposibilidad de andar en las calles. Si no entiende por qué, solo lea las dos ediciones anteriores de Rumbo sobre problemas de tráfico. En un artículo futuro, voy a investigar cuántas personas que dependen de autos o bicicletas tenemos en Lawrence. Sería interesante saber, por supuesto, estoy asumiendo que mantenemos esas estadísticas.

Estacionamiento ilegal. Escribí sobre los problemas de tráfico en las ediciones anteriores de Rumbo, por lo que no seguiré el tema mucho en esta edición, excepto para decir que el vehículo que se estaciona cerca de la esquina de una intersección es en realidad un peligro para todos. Esta ley se considera o se denomina "límites de esquina" y tiene como objetivo brindar seguridad a los peatones, ciclistas y automovilistas con un campo de visión claro al usar las intersecciones. Sin embargo, en Lawrence esa ordenanza no se aplica. Uno pensaría que la ciudad lo haría cumplir con la cantidad de oficiales de tráfico que tiene la ciudad, ¡pero no!

Arbustos. Al igual que el "despeje de las esquinas" es un problema, también lo son los arbustos en los alrededores de Lawrence que impiden la vista de los peatones y los vehículos. ¿Cuándo fue la última vez que DPW recortó esos árboles y arbustos? No recuerdo haber visto a alguien de la ciudad haciendo una tarea tan importante no solo por la seguridad sino también para embellecer esta ciudad.

Iluminación. Hay algunos lugares que se hacen para caminar en la ciudad de Lawrence. Pero muchos de estos lugares no están bien iluminados. De hecho, algunos de estos lugares tienen fondos disponibles y ni siquiera figuran en el radar del departamento o división (sugerencia DPW y Water & Sewer). Estos parques, áreas públicas de reunión y lugares que están diseñados para caminar y correr necesitan ser actualizados y mantenidos.

Para terminar, permítanme decir que el Concejo Municipal ha dado prioridad a las necesidades de los vehículos de motor. Esto ha resultado en ambientes callejeros que no son atractivos para las personas a pie, ya sea que viajen por la calle o que utilicen la calle como destino de actividades económicas o sociales. Además, la Oficina de Planificación y Desarrollo, junto con los alcaldes actuales y futuros deben abordar el acceso peatonal en todos los proyectos en curso o futuros. La organización que vela por la salud del Alcalde (The Mayor's Health Task Force) debería estar interesada en saber que caminar es saludable!

Nosotros, los residentes y estudiantes de la Ciudad de Lawrence, estamos demandando (como diría el urbanista Jeff Speck www.jeffspeck.com) una caminata más segura, útil, cómoda e interesante. Hagámoslo así, porque después de todo la Planificadora de Vecindarios es inútil y la Directora de Planificación está ocupada manejando cuatro departamentos diferentes para hacer un plan estratégico, monitorearlo e implementarlo.



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www.cdcpsgateway.org

978.688.4343

jortiz@cdcpsgateway.org



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La División de Elecciones de la Ciudad de Lawrence ha enviado el Censo Anual 2018, a todos los Residentes de la Ciudad de Lawrence. El Censo está impreso en inglés y español para la conveniencia de todos. Es importante que usted complete y devuelva el formulario del Censo para que la residencia de los miembros de su hogar esté establecida. La información del censo nos permite actualizar la Lista de Votantes. Su respuesta al censo además nos provee información estadística necesaria para la asignación de servicios públicos para los residentes de la Ciudad de Lawrence. Su inmediata atención y cooperación es solicitada y la División de Elecciones de la Ciudad de Lawrence le pide que por favor siga las instrucciones cuando esté completando el censo de la Ciudad.

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3. Tache cualquier miembro que ya no viva en su hogar y escriba su nueva dirección si la conoce.
4. Por favor identifique cualquier miembro que se haya mudado o fallecido.
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The City of Lawrence Election Division will soon mail the 2018 Annual Census to the residents of the City of Lawrence. The Census is printed in Spanish and English for everyone's convenience. It is important to complete and return the Census Form so that the residence of each household member is established. The Census is also used to develop the voting list to be used during the year. Reponses to the City Census also provides the City of Lawrence with statistical information necessary to plan and allocate the delivery of public services to the residents of Lawrence. Your immediate attention and cooperation is requested and The City Election Division asks that you please follow these instructions when completing the City Census:

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

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

Lawrence Election Division
Tel: (978) 620-3290

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.

MCC First-Year/Interdisciplinary Seminars Lead to Overall Success

Middlesex Community College's innovative First-Year Experience/Interdisciplinary Studies Program is designed to help turn a successful college start into a successful college career.

Registration is now open for spring-semester courses that begin Monday, Jan. 22.

"While many institutions offer first-year classes, we wanted to find a way to offer more courses to a diverse group of new students who have varied interests and specific needs," said Phil Sisson, Provost and Vice President of Academic & Student Affairs.

Most academic-degree programs require new students to enroll in a bundle of three, one-credit First-Year Experience/

Interdisciplinary Studies (FYE/IDS) seminars, Sisson said. There are almost 20 different seminars to choose from, focusing on topics as varied as leadership, personal finance, career exploration and entrepreneurship.

"Instead of offering a traditional three-credit 'Intro to College' course, we developed a variety of topical, interdisciplinary FYE/IDS seminars that can be paired with a standard intro course – or can stand alone," he said. Taken together, these two courses promote essential overall college-success skills for new students.

The behaviors and habits students learn in the one-credit "Freshman Seminar" can then be applied to increase their success in the linked three-credit course – as well as all



Team-building exercises are just one way Middlesex Community College's innovative First-Year Experience/Interdisciplinary Studies Program fosters a strong sense of community among new students.

MCC Hosts Info Session for Students with Learning Disabilities

Learn more about Middlesex Community College's nationally recognized Transition Program, a two-year, noncredit vocational certificate program for students with learning/cognitive disabilities. A Transition Program Information Session will be held from 9 to 11 a.m. Thursday, Jan. 18, in MCC's Bedford Campus Center's Café East, 591 Springs Road.

"MCC's Transition program is designed for students with significant learning disabilities who would find traditional college-level academics too challenging, even with extensive support services," said Patricia Bruno, MCC's Associate Dean of Student Support Services. "The Transition Program helps students achieve their potential through coursework and hands-on experience in work settings."

Three days a week, Transition Program students attend classes designed to teach independent-living skills, computer and job-survival skills, and social skills. Small class size ensures that students receive individualized attention and a program tailored to meet their needs. Two days a week, students work as interns in competitive employment situations in office and business support environments.

Transition students may participate in all Middlesex student activities and student support services.

Graduates of MCC's Transition Program receive a Certificate of Completion in Office and Business Support Skills and typically obtain employment in office support, business support, or retail support.

Transition Program candidates should have a high school diploma, GED credential or certificate of completion, interest in training for entry-level work in business and industry, fifth- to eighth-grade level reading and math skills, and the maturity and emotional stability to effectively participate in a program on a college campus.

Information session participants will receive an overview of the program, as well as in-depth information on the curriculum, application procedures, details of the required internship portion of the program, and prospective job opportunities.

For more information about MCC's Transition Program, or to register for an information session, contact Nancy Slegers, Transition Program Coordinator at 781-280-3676 or slegern@middlesex.mass.edu.

other MCC courses, Sisson explained.

Designed to be academically enriching and socially engaging, all FYE/IDS seminars foster a strong sense of community, said Jo Mucci, Director of First-Year Experience and Student Success. They feature small classroom settings, group projects and presentations, and promote strong relationships among students, instructors and the college community.

"Originally, our 'first-year experience' was centered on making students aware of what will be expected of them in college, as the demands and the independent-learning requirements are different from high school to college," said Mucci. "But, we discovered that students enrolled in these

first-year seminars became more engaged with the college and were ultimately more successful. As a result, we expanded on the idea."

"The varied offerings of our FYE/IDS seminars have proven time and again what national research has shown – that students are more successful in completing courses, in graduation rates, and in overall achievement when they are personally engaged with their college," said Sisson.

To learn more about Middlesex, or to register for spring 2018 courses, visit www.middlesex.mass.edu or call 1-800-818-3434. For more information about MCC's First-Year Experience/Interdisciplinary Studies Seminar Courses, visit: <https://www.middlesex.mass.edu/fye>

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La Administración de Baker-Polito anuncia \$60,000 en subsidios de emergencia de McKinney-Vento para personas sin hogar para ayudar a los estudiantes que llegan desde Puerto Rico

La Administración de Baker-Polito anunció hoy \$60,000 en subsidios competitivos financiados por el gobierno federal a través del programa McKinney-Vento Homeless Education para ayudar a 12 distritos. Estos distritos atienden aproximadamente al 85 por ciento de los estudiantes puertorriqueños que llegaron a Massachusetts después de perder su vivienda debido a los huracanes.

Los distritos pueden usar el dinero para ofrecer una variedad de actividades, que incluyen tutoría, programas antes y después de la escuela y colaboraciones con proveedores de salud mental y servicios comunitarios.

"Las escuelas, institutos y universidades de Massachusetts han desempeñado un papel integral en el apoyo a los estudiantes y las familias de Puerto Rico y las Islas Vírgenes de los Estados Unidos después del

huracán María", dijo el Gobernador Charlie Baker. "Nos complace poder otorgar estos importantes subsidios de McKinney-Vento a varias comunidades que abrieron sus escuelas a quienes lo necesitan, y esperamos trabajar con la legislatura para proporcionar fondos adicionales este año fiscal a cualquier distrito escolar afectado por estudiantes inesperados".

"Ya sean sus escuelas, sus hogares o sus primeros respondedores locales, las ciudades y pueblos de la Commonwealth se han intensificado como socios principales en nuestros esfuerzos de ayuda para los afectados por el huracán María", dijo la Vicegobernadora Karyn Polito. "Estamos contentos de que estas subvenciones estén disponibles para ayudar a brindar apoyo a tantas ciudades y pueblos locales con orgullosas comunidades puertorriqueñas".

"Durante su visita a Boston el mes

pasado, el Gobernador de Puerto Rico, Ricardo Rosselló, dijo que las familias que evacúan la isla están preocupadas por la educación de sus hijos. Estos fondos permitirán a los distritos escolares ayudar a estas familias con parte del apoyo que necesitan", dijo el Secretario de Educación James Peyser.

"Me complace anunciar estas subvenciones, que proporcionarán a los estudiantes sin hogar que han perdido sus viviendas en Puerto Rico durante el Huracán María los servicios académicos y de apoyo que necesitarán para tener éxito en la escuela", dijo el Comisionado Interino Wulfson.

Los 12 distritos recibirán \$5,000 cada uno. Los distritos son: Boston, Chicopee, Fall River, Fitchburg, Holyoke, Lawrence, Leominster, Lowell, New Bedford, Southbridge, Springfield y Worcester.

A partir de mediados de diciembre, más de 2,100 estudiantes de Puerto Rico afectados por el huracán María se inscribieron en las escuelas K-12 en todo el estado.

En noviembre, el Gobernador Baker anunció planes para solicitar fondos escolares adicionales para ayudar a los distritos escolares locales a pagar la educación de los niños que han sido evacuados. Además, la Junta de Educación Superior de Massachusetts votó el mes pasado para otorgar tasas de matrículas estatales a los evacuados de Puerto Rico y las Islas Vírgenes de EE. UU. Que han sido desplazados por el huracán María. Los colegios comunitarios, las universidades estatales y los campus de la Universidad de Massachusetts ofrecerán tarifas de matrícula dentro del estado de inmediato y hasta el semestre de primavera de 2018.

Baker-Polito Administration Announces \$60,000 in McKinney-Vento Homeless Emergency Support Grants to Help Students Arriving from Puerto Rico

The Baker-Polito Administration today announced \$60,000 in federally-funded, competitive McKinney-Vento Homeless Education grants to assist 12 districts. These districts serve approximately 85 percent of the Puerto Rican students who came to Massachusetts after losing their housing due to hurricanes.

Districts can use the money to offer a variety of activities, including tutoring, before and after-school programs, and collaborations with mental health providers and community services.

"Massachusetts' schools, colleges and universities have played an integral role in supporting students and families from Puerto Rico and the U.S. Virgin Islands following Hurricane Maria," said Governor Charlie Baker. "We are pleased to be able to award these important McKinney-Vento grants to a number of communities who opened their schools to those in need, and we look forward to working with the legislature to provide additional funding this fiscal year to any school district impacted

by unexpected students."

"Whether it's been their schools, their homes or their local first responders, cities and towns across the Commonwealth have stepped up as a major partner in our relief efforts for those affected by Hurricane Maria," said Lieutenant Governor Karyn Polito. "We are glad these grants are available to help provide support to so many local cities and towns with proud Puerto Rican communities."

"While visiting Boston last month, Puerto Rico Gov. Ricardo Rosselló said families evacuating the island are concerned about their children's education. These funds will enable school districts to help these families with some of the support they need," Education Secretary James Peyser said.

"I am pleased to announce these grants, which will provide homeless students who have lost their housing in Puerto Rico during Hurricane Maria with the academic and support services they will need to succeed in school," Acting

Commissioner Wulfson said.

The 12 districts will receive \$5,000 each. The districts are: Boston, Chicopee, Fall River, Fitchburg, Holyoke, Lawrence, Leominster, Lowell, New Bedford, Southbridge, Springfield and Worcester.

As of mid-December, more than 2,100 students from Puerto Rico impacted by Hurricane Maria were enrolled in K-12 schools across the Commonwealth.

In November, Governor Baker announced plans to request additional school funding to help local school districts pay for the education of children who have been evacuated. In addition, the Massachusetts Board of Higher Education voted last month to grant in-state tuition rates to evacuees from Puerto Rico and the U.S. Virgin Islands who have been displaced by Hurricane Maria. Community colleges, state universities and the University of Massachusetts campuses will offer in-state tuition rates immediately and through the spring semester of 2018.

Fire victims / Víctimas de incendios

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

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

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Whittier Tech Carpentry and Masonry Students Build Dugouts for Junior Varsity Baseball Field

Students from Groveland, Haverhill, Ipswich, Merrimac, Newburyport and West Newbury Work on Project

HAVERHILL – It'll soon be time to play ball, and to ensure the junior varsity baseball field is ready for first pitch, Whittier Tech carpentry and masonry students are busy building two new dugouts.

Students began surveying the area two months ago. They poured concrete foundations, mixed mortar and are building the block walls for the 10-foot by 30-foot area.

Carpentry teachers Earl Corr, Mike Sandlin and John Lavigne, and Masonry instructor Lee Gastonguay are overseeing 35 sophomores, juniors and seniors as they work on the project. Although they've been halted due to below freezing temperatures and continued snow fall, they're still on track to complete the project by the start of the season in the spring.

"There is a sense of urgency to get this done before we're in the depths of winter," Corr said. "As it gets colder, we may have to build the wooden structures inside in pieces and then bring them out."

In December, students at the site quickly shoveled sand delivered by a backhoe to backfill one dugout, while on the other side of the field, masonry students laid out brick to build walls.

This is the third set of dugouts students have built at Whittier Tech in recent years. Students previously constructed areas for varsity baseball and softball teams.

"It's great to be able to spend the day working outside," said senior Tom Benedetti, of Haverhill. "It's satisfying to be able to start and finish a project that will be used by athletes and coaches for many years." Kyle McCoy, a junior from Newburyport who is working on the block foundation, said he has enjoyed crafting a building outside of the shop.

"It's really different than being inside," he said. "It's very structured in there. We go from one project to the next, but when we're



Left to right: Juniors Kyle McCoy, of Newburyport, and Kayla MacNeill, of Salisbury, layout bricks for the dugout's block walls. (Courtesy Photo Whittier Tech)

out in the field we're putting 100 percent into it because we know it's not going to be taken down. It's permanent."

The project was made possible in part by a generous donation from Joset Corporation, a general contracting company in Ipswich, which supplied hardware and the use of their concrete pouring forms. Students on the job are:

Carpentry juniors: George Shionis, Ethan Rousseau, Joe Cahill, Jordan Flete, Nathan Angus, Serena Muniz, Carlos Martinez, Angel Hernandez, all of Haverhill, Chase Germaine of Groveland, Julian Hallahan of Merrimac, and Tyler Stanton of Ipswich.

Seniors: Tom Benedetti, Manny Garcia, Jenna Keefe, Yurig Buttrick, Yuris Martinez and Desiree Michaud all of Haverhill, Garrett Girard of West Newbury, Mia Greco of Ipswich, and Julia Matos of Groveland. Masonry sophomores: Matthew Nunez, Xavier Valdivieso, Edward Fernandez and Hector Valentin, all of Haverhill.

Juniors: Jonathan Caron, Michael Doucette, Shannon Loh, Lauren Powers, Riley Spring, Adam Correia, Shaylee Lavallee, Christopher McNulty and Griffen Rogers, all of Haverhill; Kayla MacNeill, of Salisbury, and Kyle McCoy, of Newburyport.



Left to right: Junior Griffen Rogers, of Haverhill, Kyle McCoy, of Newburyport, and Michael Doucette, of Haverhill, operate a generator to power electric tools for the project. (Courtesy Photo Whittier Tech)



UN PUNTO DE VISTA

Por Paul V. Montesino, PhD, MBA, CCP

El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com

La pesadilla de un maestro hecha realidad

Como padre preocupado de dos hijos antes y un profesor de universidad de muchos años más tarde, la salud y el bienestar de mi familia y mis estudiantes, una familia extensa cuando usted es realmente un maestro, siempre me preocupaban.

Era importante que tuvieran un buen desayuno, almuerzo y cena. También fue beneficioso si tenían una buena noche de sueño. ¿Y tengo que decir algo sobre su ambiente y la calidad de sus vidas? ¿Qué tal el tiempo suficiente para la recreación y el estudio? No hay duda en mi mente que esos factores ayudan a cualquier niño a crecer sano e inteligente. Ahora no creo que otros padres no sientan lo mismo por su descendencia. Es por eso por lo que mi mente se ofende y mi corazón se hiere cuando miro a los llamados "soñadores" demostrando en las calles pidiendo una oportunidad de ser simplemente.... "estudiantes".

Hace muchos años, como estudiante universitario en Cuba, era imposible para mí y para miles de otros estudiar porque las clases habían sido interrumpidas o las instituciones de educación superior habían sido paralizadas por huelgas y manifestaciones peligrosas de la calle. La difícil situación de estos soñadores como inmigrantes hoy ha nublado el hecho de que, a una edad temprana, cuando su única preocupación debería ser entender y aprender de sus libros y maestros, deben abandonar esa empresa legítima porque la sociedad los ha abandonado por razones políticas sin relación con la educación.

Como profesor, no puedo pensar en ninguna otra pesadilla que me mantendría despierto por la noche. Es un castigo cruel e inusual, una violación de la octava enmienda a la Constitución de los Estados Unidos. No sólo eso, también es injusto y no americano.

Y ese es mi punto de vista hoy.

A teacher's nightmare made reality

As a concerned parent of two children before and a college professor of many years later, the health and wellbeing of my family and my students, an extended family when you are really a teacher, I always worried about them.

It was important that they had a good breakfast, lunch and dinner. It was also beneficial if they had a good night's sleep. And do I have to say anything about their environment and the quality of their lives? How about sufficient time for recreation and studying? There's no question in my mind that those factors help any child grow healthy and smart. I don't now any other parents who does not feel the same for their offspring. That's why my mind gets offended and my heart wounded when I watch the so-called "Dreamers" demonstrating in the streets asking for a chance to be simply.... "students."

Many years ago, as a university student in Cuba, it was impossible for me and thousands of others to study because classes had been interrupted or the institutions of higher education had been paralyzed by strikes and dangerous street demonstrations. The plight of these dreamers as immigrants today has clouded the fact that, at an early age when their only concern should be to understand and learn from their books and teachers, they must abandon that legitimate undertaking because society has abandoned them for new political reasons, none related to education.

As a teacher, I cannot think of any other nightmare that would keep me awake at night. It is cruel and unusual punishment, a violation of the eighth amendment to the Constitution of the United States. Not only that, it's also unfair and unamerican.

And that is my point of view today.

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

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

- Gloria Pitzer



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Departamento de Salud Pública de Massachusetts

Tablas de retención de 2018 están disponibles

Contribuyentes podrían ver cambios en sus cheques para febrero

El Servicio de Impuestos Internos publicó el Aviso 1036, que actualiza las tablas de retención de impuestos sobre el ingreso para 2018 y que reflejan los cambios realizados por la legislación de reforma tributaria promulgada el mes pasado. Este es el primero en una serie de pasos que el IRS tomará para ayudar a mejorar la precisión de la retención luego de cambios mayores realizados por la nueva ley tributaria.

Las tablas actualizadas, publicadas hoy en IRS.gov, muestran las nuevas tasas que los empleadores pueden usar durante 2018. Los empleadores deben comenzar a usar las tablas de retención revisadas lo antes posible, pero no más tarde del 15 de febrero de 2018. Deben seguir usando las tablas de retención de 2017 hasta implementar las tablas de retención de 2018.

Muchos empleados comenzarán a ver aumentos en sus cheques para reflejar la nueva ley en febrero. El tiempo que los empleados verán los cambios en sus cheques de pago variará según la rapidez con que los empleadores implementen las nuevas tablas y con qué frecuencia se les paga, generalmente semanalmente, quincenalmente o mensualmente.

Las nuevas tablas de retención están diseñadas para funcionar con los Formularios W-4 que los trabajadores ya han presentado a sus empleadores para reclamar exenciones en la retención. Esto minimizará la carga de los contribuyentes y empleadores. Los empleados no tienen que tomar ninguna acción en este momento.

"El IRS agradece la ayuda de la comunidad de nómina que trabaja con nosotros en estos importantes cambios," dijo David Kautter, Comisionado Interino del IRS. "La retención de la nómina puede ser complicada, y las necesidades de los contribuyentes varían en función de su situación financiera personal. En las próximas semanas, el IRS proporcionará más información para ayudar a las personas a comprender y revisar estos cambios."

La nueva ley hace una serie de cambios para 2018 que afectan a los contribuyentes individuales, incluida la ampliación de algunos beneficios tributarios, como la

deducción estándar, la eliminación de exenciones personales y cambios en las tasas y niveles de impuestos.

Para las personas con situaciones tributarias más simples, las nuevas tablas están diseñadas para producir la cantidad apropiada de retención de impuestos. Las revisiones también tienen como objetivo evitar la retención insuficiente de impuestos tanto como sea posible.

Para ayudar a las personas a determinar su retención, el IRS está actualizando la calculadora de retención de impuestos en IRS.gov. El IRS anticipa que esta calculadora debería estar disponible para finales de febrero. Se exhorta a los contribuyentes a usar la calculadora para ajustar su retención una vez este disponible.

El IRS también trabaja en la revisión del Formulario W-4. El formulario y la calculadora actualizada reflejarán los cambios de la nueva ley, tales como cambios en deducciones detalladas, aumentos en el crédito tributario por hijo, el nuevo crédito por dependientes y la eliminación de exenciones de dependientes.

La calculadora y el nuevo Formulario W-4 pueden usarse por aquellos empleados que quieren actualizar su retención en respuesta a la nueva ley tributaria o por cambios en sus circunstancias personales en 2018, y por trabajadores que comienzan un nuevo trabajo. Hasta que se emita un nuevo Formulario W-4, los empleados y empleadores deben continuar usando el Formulario W-4 de 2017.

Además, el IRS ayudará a educar a los contribuyentes sobre las nuevas directrices de retención y la calculadora. El esfuerzo se diseñará para ayudar a los trabajadores a asegurarse de que no están sacando demasiado o muy poco impuesto de su salario.

Para 2019, el IRS anticipa realizar nuevos cambios relacionados con la retención. El IRS trabajará con la comunidad de negocios y nómina para alentar a los trabajadores a presentar nuevos Formularios W-4 el próximo año y compartir información sobre los cambios en la nueva ley tributaria que afectan la retención.

Razones para usar depósito directo para un reembolso de impuestos

A medida que los contribuyentes se preparan para el inicio de la temporada de impuestos el 29 de enero, deben considerar un depósito directo (en inglés) para cualquier reembolso adeudado. Es fácil, seguro, rápido y la mejor manera de obtener un reembolso. Es por eso que el 80 por ciento de los contribuyentes lo eligen todos los años.

Depósito directo del IRS:

Es rápido. La manera más rápida para que los contribuyentes obtengan su reembolso es presentar electrónicamente su declaración de impuestos federales y usar el depósito directo. Pueden usar Free File del IRS para preparar y presentar electrónicamente declaraciones federales de forma gratuita. Los contribuyentes que presentan una declaración en papel también pueden usar el depósito directo.

Es seguro. Como los reembolsos van directamente a una cuenta bancaria, no hay riesgo de que se le robe o pierda un cheque en papel. Este es el mismo sistema de transferencia electrónica que deposita casi el 98 por ciento de todos los beneficios de Seguro Social y Asuntos de Veteranos en millones de cuentas.

Es fácil. Elegir depósito directo es fácil. Con e-file, solo siga las instrucciones en el software de impuestos. Para las

declaraciones en papel, las instrucciones del formulario tributario sirven de guía. Asegúrese de ingresar los números correctos de cuenta bancaria y de ruta.

Tiene opciones. Los contribuyentes pueden dividir un reembolso en varias cuentas financieras. Estos incluyen cuentas de cheques, ahorros, salud, educación y ciertas cuentas de retiro. Use el Formulario 8888 del IRS, Asignación de reembolso (incluidas las compras de bonos de ahorro), para depositar un reembolso en hasta tres cuentas. No use este formulario para designar parte de un reembolso para pagar a preparadores de impuestos.

Los contribuyentes deben depositar los reembolsos en las cuentas en su nombre, el nombre de su cónyuge o ambos. Evite hacer un depósito en cuentas de otros. Algunos bancos requieren los nombres de ambos cónyuges en la cuenta para depositar un reembolso de impuestos de una declaración conjunta. Los contribuyentes deben consultar con su banco las reglas de depósito directo.

Hay un límite (en inglés) de tres reembolsos de depósito electrónico en una única cuenta financiera o tarjeta de débito prepaga. El IRS enviará un aviso y un cheque de reembolso por correo a los contribuyentes que se excedan del límite.

Murphy Joins Haverhill Bank Board of Directors

Kristin M. Murphy, owner of Bradford Country Club, has joined the board of directors of Haverhill Bank.

Murphy, a Haverhill native was unanimously approved as a director at the bank's annual meeting in November.

"As a small business owner, Kristin is an ideal choice to join the bank's board. Her knowledge of the market, deep roots in the community and longtime advocacy of area charities and causes greatly support the local mission of the bank," said Haverhill Bank President and CEO Thomas L. Mortimer. "It is critical that a local bank continuously assess community needs and create initiatives to meet them for long-term forward growth. Kristin plays a strong role in advancing that vision," Mortimer added.

Murphy graduated from Stonehill College in 1996 with a bachelor's in Business Administration. In addition to owning Bradford Country Club, she donates her time and expertise to fundraise for various nonprofits in the community, including St. James Parish's Open Hand Pantry, All Saints Parish, Haverhill Police Relief Fund, Opportunity Works and the VFW Santa Parade. She resides in Haverhill with her husband, Kevin, and children, Mackenzie, 14, Matthew, 12, and Thomas, 9.

A depositor-owned institution, Haverhill



Bank was founded in 1877 and is the oldest cooperative bank in Massachusetts. The bank's main office is at 180 Merrimack St. in Haverhill. Haverhill Bank also maintains offices at 163 South Main St., 1094 Main St., Haverhill High School and Whittier Regional Vocational Technical High School in Haverhill; 6 West Main St., Merrimac, and 396 Main St., Salem, N.H.

"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

ALMACÉN DE COMIDA DE FIN DE SEMANA PARA NIÑOS EN EDAD ESCOLAR

JUEVES
4:00 - 6:00PM

Para establecer una cita comunicase con:
CATHY FLYNN
978-725-6681 ext. 121
cflynn@mvymca.org

No es demasiado tarde para vacunarse contra la gripe

¿Todavía no se ha vacunado contra la gripe? No es demasiado tarde. Y todavía hay buenas razones para vacunarse.

La gripe, conocida más formalmente como influenza, es una enfermedad viral grave que puede ocasionar la hospitalización e incluso la muerte. Aunque cada temporada de gripe es diferente, la gripe ha ocasionado entre 9.2 millones a 35.6 millones de enfermedades; 140,000 a 710,000 hospitalizaciones; y de 12,000 a 56,000 muertes cada año desde 2010, según los Centros para el Control y la Prevención de Enfermedades (CDC, en inglés).

Los virus de la gripe se diseminan a través de diminutas gotitas de personas infectadas con gripe que tosen, estornudan o hablan. La gripe también se transmite tocando una superficie u objeto que tiene virus de la gripe. Aunque los virus de la gripe circulan durante todo el año, la actividad de la gripe alcanza su punto máximo entre los meses de diciembre a febrero, pero la actividad puede durar hasta mayo en los EE. UU.

Una vacuna contra la gripe puede ayudar

Una vacuna anual contra la gripe estacional es la mejor manera de reducir el riesgo de enfermarse y propagar la enfermedad a otros. La vacuna generalmente se rediseña cada año para contener las cepas del virus de la gripe que se espera prevalezcan durante la próxima temporada de gripe. Las cepas se inactivan en la vacuna para que no le causen gripe, pero activarán su sistema inmunológico para producir anticuerpos que pueden protegerle contra la enfermedad de la influenza.

Entre más personas se vacunan, menos podrá propagarse la gripe en una comunidad. Pueden transcurrir aproximadamente dos semanas después de la vacunación para que los anticuerpos se desarrolleen en el cuerpo.

La Administración de Alimentos y Medicamentos de los Estados Unidos (FDA, por sus siglas en inglés) desempeña un papel clave para garantizar que las vacunas sean seguras y eficaces y estén disponibles cada temporada de gripe. De hecho, la tarea de producir una nueva vacuna para la próxima temporada de gripe comienza mucho antes de que termine la temporada actual. Para la FDA, es una iniciativa durante todo el año.

Por qué necesitamos nuevas vacunas contra la gripe todos los años

De acuerdo con la Oficina de Investigación y Revisión de Vacunas de la FDA, hay varias razones por las que se deben hacer nuevas vacunas contra la gripe cada año.

Los virus de la gripe pueden cambiar de un año a otro debido a los diferentes subtipos y cepas que circulan cada año. Se necesita una vacuna que incluya cepas de virus que coincidan más estrechamente con las que están en circulación, y la protección proporcionada por la vacuna del año anterior disminuirá con el tiempo.

¿Quién está en mayor riesgo de contraer la gripe?

Por lo general, los niños y las personas mayores corren más riesgo de contraer la influenza, pero de vez en cuando circula un virus de la gripe que afecta desproporcionadamente a los adultos jóvenes y de mediana edad.

Las temporadas de gripe y la gravedad son impredecibles. La vacunación anual es la mejor manera de prevenir la influenza entre las personas de 6 meses en adelante. También, usted puede reducir la propagación



de la gripe y reducir sus efectos tomando medidas prácticas como lavarse las manos, cubrirse la boca al toser y estornudar, y quedarse en casa cuando esté enfermo.

Aunque los medicamentos antivirales no son un sustituto de las vacunas, pueden ayudar a tratar la influenza. Existen varios medicamentos antivirales aprobados por la FDA recomendados por los CDC para su uso contra los virus de la influenza más recientes que circulan.

Identificación de cepas del virus de la gripe

Cada febrero, antes de que finalice la temporada de gripe de ese año, la FDA, la Organización Mundial de la Salud, los CDC y otros expertos en salud pública colaboran en la recopilación y revisión de datos de todo el mundo para identificar los virus de la gripe que pueden causar la mayoría de las enfermedades durante la próxima temporada de gripe. Con base en esa información y las recomendaciones de un comité asesor de la FDA, la agencia selecciona las cepas de virus para que los fabricantes con licencia de la FDA las incluyan en sus vacunas para su uso en los Estados Unidos.

Mientras más se acerque la semejanza entre las cepas de virus elegidas para la vacuna y las cepas que están circulando y causando enfermedades durante la próxima temporada de gripe, mejor será la protección que las vacunas contra la gripe pueden proporcionar.

Para garantizar que las vacunas sean seguras, efectivas y de alta calidad, la FDA prepara y proporciona reactivos (materiales para estandarizar vacunas) que los fabricantes de vacunas necesitan para fabricar su vacuna y para verificar su identidad y fortaleza. La FDA también inspecciona las instalaciones de fabricación regularmente y evalúa la vacuna de cada fabricante anualmente para fines de aprobación.

Las vacunas contra la gripe son seguras

La supervisión de la FDA no termina allí. Después de que los fabricantes hayan distribuido sus vacunas para uso del público, Los científicos de la FDA y de los CDC evalúan de manera rutinaria las denuncias recibidas a través del Sistema de Denuncia de Efectos Adversos de las Vacunas (VAERS) sobre los problemas de salud que pudieran estar relacionados con alguna inmunización. Y la FDA y los Centros de Servicios de Medicare y Medicaid llevan a cabo una vigilancia anual del síndrome de Guillain-Barre, una rara afección neurológica asociada con la vacuna contra la gripe de 1976.

Existen otras vías para controlar la seguridad de las vacunas. La FDA lleva a cabo la vigilancia de la influenza y otras vacunas dentro del Sistema Mini-Sentinel de Rápido Control de la Seguridad de las Inmunizaciones Tras su Autorización (PRISM, por sus siglas en inglés).

Y los CDC también vigilan la seguridad de las inmunizaciones anuales contra la influenza y otras vacunas a través del Enlace de Transmisión de Datos sobre la Seguridad de las Vacunas (VSD, por sus siglas en inglés), mediante una observación casi en tiempo real de la salud de las

personas inmunizadas, en colaboración con nueve organizaciones de servicios de salud integradas.

Este artículo está disponible en la página de Artículos para el consumidor de la FDA, en la cual se publican las últimas novedades sobre todos los productos controlados por la FDA.

It's not too late to get your flu shot

Haven't had your flu shot yet? It's not too late. And there are still good reasons to get one.

Flu — more formally known as influenza — is a serious viral disease that can lead to hospitalization and even death. Although every flu season is different, flu has resulted in anywhere from 9.2 million to 35.6 million illnesses; 140,000 to 710,000 hospitalizations; and 12,000 to 56,000 deaths every year since 2010, according to the Centers for Disease Control and Prevention (CDC).

Flu viruses are spread through tiny droplets by people infected with flu who cough, sneeze, or talk. Flu also is spread by touching a surface or object that has flu viruses on it. Although influenza viruses circulate year-round, flu activity peaks between December and February most years, but activity can last as late as May in the U.S.

A Flu Vaccine Can Help

An annual seasonal flu vaccine is the best way to reduce your risk of getting sick and spreading it to others. The vaccine typically is redesigned each year to contain flu virus strains expected to be prevalent during the upcoming flu season. The strains have been inactivated so that they don't cause you to get sick with flu, but will trigger your immune system to produce antibodies that can protect against influenza disease.

When more people get vaccinated, less flu can spread through a community. It can take about two weeks after vaccination for antibodies to develop in the body.

The U.S. Food and Drug Administration plays a key role in ensuring that safe and effective vaccines are available every flu season. In fact, the task of producing a new vaccine for the next flu season starts well before the current season ends. For the FDA, it's a year-round initiative.

Why We Need New Flu Vaccines Every Year

According to the FDA's Office of Vaccines Research and Review, there are several reasons new flu vaccines must be made each year.

Flu viruses can change from year to year because of different subtypes and strains that circulate each year. A vaccine is needed that includes virus strains that most closely match those in circulation, and the protection provided by the previous year's vaccine will diminish over time.

Who's Most at Risk of Getting the Flu

Typically, children and older people are most at risk for influenza, but occasionally a flu virus will circulate that disproportionately affects young and middle-age adults.

Influenza seasons and severity are unpredictable. Annual vaccination is the best way to prevent influenza among people ages 6 months and older. You also can reduce the spread of the flu and reduce its effects by taking such practical measures as washing



your hands, covering coughs and sneezes, and staying home when you're sick.

Although antiviral drugs are not a substitute for vaccines, they can help to treat influenza. There are several FDA-approved antiviral drug products recommended by CDC for use against recently circulating influenza viruses.

Identifying Flu Virus Strains

Each February, before that year's flu season ends, the FDA, the World Health Organization, the CDC, and other public health experts collaborate on collecting and reviewing data from around the world to identify the flu viruses likely to cause the most illnesses during the next flu season. Based on that information and the recommendations of an FDA advisory committee, the agency selects the virus strains for FDA-licensed manufacturers to include in their vaccines for use in the United States.

The closer the match between the virus strains chosen for the vaccine and what strains are circulating causing disease during the next flu season, the better the protection that the flu vaccines can provide.

To ensure that vaccines are safe, effective, and of high quality, the FDA prepares and provides reagents (materials to standardize vaccines) that vaccine manufacturers need to make their vaccine and to verify its identity and strength. The FDA also inspects the manufacturing facilities regularly and evaluates each manufacturer's vaccine annually for approval purposes.

Flu Vaccines Are Safe

The FDA's oversight doesn't end there. After manufacturers have distributed their vaccines for use by the public, the FDA, working with CDC scientists, routinely evaluates reports to the Vaccine Adverse Event Reporting System (VAERS) of health problems that may be associated with a vaccine. And the FDA and Centers for Medicare and Medicaid Services conduct annual surveillance for Guillain-Barre syndrome, a rare neurological condition associated with the 1976 flu vaccine.

Other avenues exist to monitor vaccine safety. The FDA conducts influenza and other vaccine surveillance within the Sentinel Post Licensure Rapid Immunization Safety Monitoring (PRISM) system.

And the CDC maintains the Vaccine Safety Datalink (VSD), which provides nearly real-time monitoring of people who are vaccinated, in collaboration with nine integrated health care organizations.

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

Police Chief's resignation

Many residents who have been complaining openly on the radio about Chief James F. Fitzpatrick's performance got their way with the surprising measure taken last Friday.

It was no secret what people thought of him. While we are being brainwashed by the repetition of "crime is down," we know better. I've done my part trying to keep track of the Daily Log on their website, complaining how it is not updated for many weeks, long enough for people to forget what they were trying to check out. It was also blatant how the information was altered to downplay the dangerousness of a situation and simply lie.

Radio callers usually complained about calling police and not responding at all. In the case of cars being vandalized, the call taker's response was that they should bring the car to the station and lucky if they got a report for the insurance company. That has always been a struggle.

The Chief's reputation took its biggest hit after Lee Manuel Viloria Paulino's murder, the teenager who was decapitated by the river. His head was found some 50 feet away and his hands were cut below the elbow but were never found.

Lee Manuel went missing on November 18, 2016 and considered a runaway even though he was not a troublemaker and a church-going kid along with his family. Lee Manuel was found on December 1st and the police department did nothing to investigate his whereabouts. He had been dead for about 12 hours.

And Mayor Dan Rivera always blames every crime committed in the city to "a drug deal gone bad" without proof or an investigation.

The death of Lee Manuel Viloria Paulino must be weighing heavily on Chief Fitzpatrick's conscience – or at least, I hope so.

Now, unexpectedly, Fitzpatrick renders his resignation, not to retire but going back to

be a Captain and the mayor has to scramble to find a replacement. The mayor praised him for all the advances in the department under his tenure; if he was doing such a god job, why quit?

Instead of issuing a brief announcement, Danny finds another excuse to continue his indoctrination of the population. We published it on page 2. Read the first paragraph where he claims the total number of officers we now have. I don't want to mock the mathematical ability of our CEO but he should explain to us how he arrived to the number 145 because 115 police officers we had and 23 new recruits adds up to 138. He is probably right on the total but we should not be taken for granted that we will accept anything he throws at us. I just want clarification.

Then he goes on to loud the improvements like civilian complaints when that has not changed. Residents continued being manhandled at the station, lied to and threatened for speaking up. Yes, he has hired bilingual recruits but they are being trained by the old guard and they are showing the same traits as their trainers.

Whatever happened to the well-touted training Ed Davis was to provide? Or, was it just a photo op for the mayor? What I hear is that it was not enforced and many officers refused taking it. Those who participated said it was a great waste of their time.

The mayor refers to the 11th murder last year as "an uptick" when it is really the highest number in the city. Also, that commercial burglary and other crimes have decrease – far from the truth!

The Daily Log has not been updated since December 19, 2017 and the crime stats for December 2017 have not been posted. The most recent numbers posted are through November of 2017 comparing last year with previous years. For example:

	2016	2017
Aggravated Assault	330	361
Commercial Burglary	54	64
Larceny	282	395

And that's not counting the incidents during the month of December 2017. You can check it yourself on www.lawpd.com



and go to Crime Reports on the left side of the page. Below Crime Reports you will find the useless Daily Log.

Mayor Rivera thinks we are all dunces and believe anything he says. We are thinkers and can read, Danny!

We know the opioids crisis is a national tragedy, not just in Lawrence. You keep saying about efforts to combat the epidemic and all we know is that you hired a coordinator of services. He's been in that position for a year and all he has done is attend meetings with other organizations. I can wait for his to appear before the City Council and be asked about his duties and accomplishments.

Now, are you planning to create a search committee to attract the best and brightest of law enforcement to guide this department or hire from within in order to continue micromanaging it from City Hall?

The shelter needs help

I have visited Daybreak Shelter a few times and learned a little about the services they provide. They offer emergency shelter for homeless individuals under the influence of alcohol and other drugs. The City of Lawrence believes that relocating them from under the central bridge or not allowing them to sleep in the public parks is the way to control the situation. That's just hiding

LETTERS TO THE EDITOR

RUMBO

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

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

them. Recently, they have been gathering by the river, behind the Boys and Girls Club, hidden by trees.

Daybreak is helping the best they can given their financial limitations which are too many. Every guest has access to a hot dinner, warm shower, and safe sleeping accommodations but they need help. Besides a bigger place or a building of their own, they urgently need towels, sheets and pillow cases because they get washed every day. The expense involved in the electricity is huge and in the summer they opt for hanging everything to dry outdoors.

Remember that among them, there are working people who go to work once they have their shower and breakfast as well as students in our public schools. They just don't have a home to go to.

You may also contribute with paper goods (plates, cups, plastic utensils, etc.), toiletries, bath soaps and left over food from parties and events. They welcome everything including cash donations.

The work this shelter does is amazing helping people get their lives back with education, training, counseling or whatever they may need.

Go to their website to see more photos. Contact Greg Davenport, Program Director for more information.

Daybreak Shelter is located at 19 Winter Street, Lawrence. Phone (978) 975-4547.



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fb/david avocado wolfe

A brave snake saving a fish from drowning.

This is how the media reports the news these days.

Agata DiMarca

December 4, 1917 ~ January 4, 2018 (age 100)

Agata (DiMauro) DiMarca, 100, of Lawrence passed away Thursday, January 4, 2018 at her home surrounded by her loving family. Born in Motta S. Anastasia, Sicily, Italy, she was the daughter of the late Orazio and Agata (Durso) DiMauro.

Mrs. DiMarca was raised and educated in Italy and immigrated to Lawrence with her family in 1956. She retired from Grieco Brothers where she worked as a seamstress for 28 years. She was a member of the Sons of Italy, Italian Mother's Club, St. Rita's Sodality, and a parishioner at Holy Rosary Church.

Mrs. DiMarca was predeceased by her beloved husband, Andrea Giuseppe DiMarca, and siblings Giuseppe, Salvatore, Antonino, Santo, Mario, and Angelo DiMauro, and Grace Grasso.

She is survived by her children, Nunzio DiMarca and his wife Patricia of Methuen, Orazio DiMarca and his wife Leona of Methuen, Anastasio DiMarca of Methuen and Carmelo DiMarca of Italy; grandchildren, Agata, Anna Maria, Giuseppe, Miguel, Katherine, Treva, Andrew, Anastasia, Sofia and Lukas; great-grandchildren, Nicholas, Dominic, Natalia, Anthony, Lilly and Logan as well as many nieces and nephews.

Mrs. DiMarca's home was the meeting place for her family. She loved company and often prepared sumptuous Sicilian meals for



all to enjoy, especially during the annual Feast of the Three Saints in Lawrence. She loved her family, always offering coffee and having biscotti and cookies ready to give to them and visitors, alike. The wake was held Thursday, January 11, 2018 at Cataudella Funeral Home, 126 Pleasant Valley St., Methuen. Her funeral mass was held on Friday, January 12, 2018 at Corpus Christi Parish at Holy Rosary Church, 35 Essex St., Lawrence. She was buried at Bellevue Cemetery, Lawrence. In lieu of flowers, donations in her memory may be made to St. Alfio's Society, 20 Common St., Lawrence, MA 01840 or to a charitable organization of your choice.

Agata DiMarca

**4 de diciembre de 1917 ~ 4 de enero de 2018
(100 años de edad)**

Agata (DiMauro) DiMarca, 100, de Lawrence, falleció el jueves, 4 de enero de 2018 en su casa rodeada de su amorosa familia. Nacida en Motta S. Anastasia, Sicilia, Italia, era hija del difunto Orazio y Agata (Durso) DiMauro.

La Sra. DiMarca creció y se educó en Italia y emigró a Lawrence con su familia en 1956. Se retiró de Grieco Brothers donde trabajó como costurera durante 28 años. Ella era miembro de los Hijos de Italia, del Club de Madres de Italia, de la Congregación de Santa Rita y feligrés de la Iglesia del Santo Rosario.

Su amado esposo, Andrea Giuseppe DiMarca, y sus hermanos Giuseppe, Salvatore, Antonino, Santo, Mario, y Angelo DiMauro, y Grace Grasso murieron antes que ella.

Le sobreviven sus hijos, Nunzio DiMarca y su esposa Patricia de Methuen; Orazio DiMarca y su esposa Leona de Methuen; Anastasio DiMarca de Methuen y Carmelo DiMarca de Italia; sus nietos, Agata, AnnaMaria, Giuseppe, Miguel,

Katherine, Treva, Andrew, Anastasia, Sofia y Lukas; bisnietos, Nicholas, Dominic, Natalia, Anthony, Lilly y Logan, así como muchos sobrinos y sobrinas.

La casa de la Sra. DiMarca era el lugar de reunión de su familia. Adoraba la compañía y a menudo preparaba suntuosas comidas sicilianas para que todos las disfrutaran, especialmente durante la Fiesta anual de los Tres Santos en Lawrence. Ella amaba a su familia, siempre ofrecía café y biscotti y galletas listas para regalarles tanto a ellos como a los visitantes.

El velorio se llevó a cabo el jueves, 11 de enero de 2018 en Cataudella Funeral Home, 126 Pleasant Valley St., Methuen. Su misa fúnebre se celebró el viernes, 12 de enero de 2018 en la Parroquia de Corpus Christi en Holy Rosary Church, 35 Essex St., Lawrence. Fue enterrada en el cementerio de Bellevue, Lawrence. En lugar de flores, las donaciones en su memoria se pueden hacer a St. Alfio's Society, 20 Common St., Lawrence, MA 01840 ó a una organización caritativa de su elección.

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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.

1956 LHS Gridsters A Memorable Team

The Lancers of 1956 wearing their blue and white uniforms had the City logo with pride and great pleasure as they drew great crowds to every game they played. Their home games were played at the Veteran's Memorial Stadium as they do to these days. The big difference was that they drew monstrous crowds at all their games. I'm not lying when I tell you that crowds up to 18,000 would fill the stands and ring the playing area. The team was filled with many players who would eventually be inducted into the school's Hall of Fame and most were multi-sport stars.

On Thanksgiving Day they played against their perennial holiday rival: Lowell. This great rivalry has gone the way of all great games as realignment has taken away many great games and crowds these days. It is my great pleasure to remind you of these players who came from all parts of the city were sporting a 6 & 2 season after beating the downriver Haverhill Hillies last Sunday 28/19. Yes, I said Sunday; many home games were played on the Sabbath.

The line featured Tommy Carroll now a retired detective from the Lawrence PD. Tom was a multi sporter for the blue and white and is a school Hall of Famer. He still resides in the city and is married to his high school sweetheart Rachel.

Buddy Ralph was the right tackle, Al McLennan was the right guard and he and his family own and operate McLennan was the right guard.

Bobby Diodati was the center and captain. Bob is also a Hall of Famer and is retired from Malden Mills. He still lives locally; his son Mark was a great lineman later for LHS until he got badly injured in a nasty car accident.

Billy Adams was the left guard. Don Sott a future Hall of Famer retired from the Mass State Police played right tackle. Eddie Lonardo another multi sportster was a fine high school hoopster and is now retired from

Raytheon and still lives in the area.

The backfield featured Mike DiGaetano who would become a great and tough as nails running back. Ralph Forgione was the QB and was a magician with his deceptive fakes with the pigskin he later became a top referee in the game he played so well.

Mike Riccio was also a running back and a tremendous blocking back. A Hall of Famer he served on the LPD and also the City Public Works Department. He is retired now and as much as he loved the game of football he loved the woods of Maine and New Hampshire and hunting for bear and deer and bigtime game. He and his good buddy Tommy Healey were always at the ready to hit out for the woods and land a big booty. Mike lives in NH now I think to be close to the sport he still loves.

These athletes get together every year or so for a reunion and the invite this writer who couldn't carry their jocks, but they never forget me. The stories and memories come fast and furious and most are hilarious and inside team stuff.

I've heard this one many times and am not betraying any secrets, many of this team members were Italian and there was a diner on Lawrence St. close to where the donut shop is today, very close to the school. Well, when the players would cut classes they would meet at Frank's Diner. Sometimes most of the team would be there. One mid-morning as the boys were acting as big time customers the head coach and his assistants pulled a raid a caught most of their team enjoying the ambiance of Frank's place, from that day on after being caught by their coaches Frank's was off limits for the boys.

I've met many high school players in my day but these guys were and are special; they carried themselves with a championship walk to this day as in later years they would become State Champions that really put the icing on the cake for their many fans.

Pensar es el trabajo más difícil que existe. Quizá esa sea la razón por la que haya tan pocas personas que lo practiquen.

Thinking is the hardest work there is. Perhaps that is why there are so few people who practice it.

- Henry Ford

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Massachusetts
Department of
Public Health

Greater Lawrence Family Health Center Welcomes Four New Board Members

Greater Lawrence Family Health Center has welcomed four new members to its board of directors.

Joanna de Peña, of Lawrence, Mass., is the founder and executive director of Top Notch Scholars. She received her master's degree in education from Merrimack College, and has received recognition at the YWCA Tribute to Women and as a member of the El Mundo Boston Latino 30 under 30.

Timothy DiBona, of North Easton, Mass., is the CEO of Doctors' Management Service. He has over 25 years of experience in health care management. DiBona also serves as secretary of the Medical Group Management Association board of directors and as president of Salus Resource Group.

Charles Manzi, of Haverhill, Mass., is the Marketing Executive at Comfort Home Care. He has worked in the health care industry for more than 25 years. In addition to his newfound position on the GLFHC board, he serves as a member of

over 10 community organizations in the Merrimack Valley, including the NECC Foundation, the Greater Haverhill Chamber of Commerce and the Exchange Club of Lawrence.

Christopher Vrountas, of Andover, Mass., is president of Vrountas, Ayer & Chandler, P.C. He brings over 15 years of experience to the GLFHC board. Martindale-Hubbell rates Vrountas as "AV Preeminent," the highest peer review rating for legal professionalism and ethics.

The mission of Greater Lawrence Family Health Center is to improve and maintain the health of individuals and families in the Merrimack Valley by providing a network of high quality, comprehensive health care services and by training health care professionals to respond to the needs of a culturally diverse population. Nearly 60,000 patients depend on GLFHC for their primary health care needs at locations in Lawrence and Methuen.



Charles Manzi, of Haverhill, Mass., is the Marketing Executive at Comfort Home Care.



Christopher Vrountas, of Andover, Mass., is president of Vrountas, Ayer & Chandler, P.C.



Joanna de Peña, of Lawrence, Mass., is the founder and executive director of Top Notch Scholars.



Timothy DiBona, of North Easton, Mass., is the CEO of Doctors' Management Service.

Boys & Girls Club of Lawrence Welcomes Five New Board Members



Pictured, from left to right, are Boys & Girls Club of Lawrence Board President Michael B. Feinman Esq. of Andover and new board members David Gilkie of North Andover, Anthony Almanzar of Boston, and Gustavo Resendiz of Andover. Not pictured: James D'Angelo of North Andover and Ronald Hill of Andover.

Five local residents were recently elected to the Board of Directors of the Boys & Girls Club of Lawrence: North Andover residents James D'Angelo and David Gilkie, Andover residents Ronald Hill and Gustavo Resendiz, and Anthony Almanzar of Boston.

According to Markus Fischer, executive director of the Boys & Girls Club of Lawrence, board members serve as the governing body of the club, providing guidance and oversight to ensure the ability to provide critical programs focusing on academic success, healthy lifestyles, and community involvement for more than 4,000 youth members.

"We are grateful for the important contributions of time, broad experience, and perspective by these Merrimack Valley leaders for the benefit of our kids," Fischer said.

D'Angelo, principal of D'Angelo Engineering & Development in North Andover, provides civil engineering, real estate development, and expert witness services. After formative years working at the Massachusetts Department of Transportation, he co-founded a small, Boston-based engineering firm that grew to 850 employees in 14 offices before he left in 2002 and started an engineering firm in the Merrimack Valley. He sold his interest in that business in 2012, and now practices as a sole proprietor representing development clients working on projects in Massachusetts and New Hampshire.

D'Angelo earned a bachelor's degree in civil engineering from Merrimack College and a master's degree in engineering from Pennsylvania State University. A longtime supporter and former board president of the Boys & Girls Club of Lawrence, he raised money for the new club building as a member of the Development Committee, and helped oversee its construction as a member and president of the Facilities Committee.

Gilkie, senior vice president of leasing and advisory services at NAI Hunneman, has more than 25 years of experience in commercial real estate specializing in the north suburban Boston office/industrial market.

He earned the Society of Industrial Office and Realtors (SIOR) designation and is currently on the board of its New England chapter. He additionally holds the Certified Commercial Investment Member (CCIM) designation and is past president of its New England chapter.

Gilkie earned a bachelor's degree from the University of Massachusetts and an MBA from Babson College. A supporter of the Boys & Girls Club of Lawrence's auction and walkathon fundraisers, he is a

member of the Development Committee.

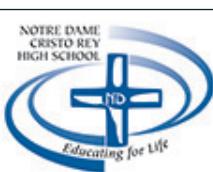
Hill, a financial advisor with more than 30 years of experience, has continued to maintain a small practice since officially retiring in 2014. His extensive community service over the past three decades has included supporting the Lawrence Rotary Club in various capacities including president, establishing the Read Aloud program at the Hennessey School in 1987 (which continues at the Guilmette School) in Lawrence, and multiple initiatives benefiting the town of Andover. Hill earned a bachelor's degree from the University of California Santa Barbara, a master's degree from UCLA, and the CLU and ChFC professional designations from American College.

Resendiz, who has more than 19 years of experience in corporate law, is general counsel and chief compliance officer for New Generation Advisors LLC in Manchester, Mass. He earned a bachelor's degree in political science from Northeastern University, as well as a law degree from the University of Southern California Law School. In addition to performing pro bono legal services and volunteer work for a variety of nonprofit organizations, Resendiz serves as a director of La Vida Scholars, an organization working with low-income, high-achieving high school students in Lynn.

In addition, Michael B. Feinman, Esq. of Andover has begun serving the second of a two-year term as board president. Principal of Feinman Law Offices in Andover, he is a member of the American Bankruptcy Institute; Massachusetts Academy of Trial Attorneys; Massachusetts, Essex County, and Lawrence Bar Associations; and Chancellor's Council for the University of Massachusetts at Amherst. He previously served as counsel for the Boys & Girls Club of Lawrence, and is a former member of the Lawrence chapter of Rotary International, Holy Family Hospital Men's Guild, and the Board of Governors for Temple Emanuel in Andover.

Feinman received a bachelor's degree in business administration and an MBA from the University of Massachusetts at Amherst, and a law degree from Western New England College School of Law.

"Upon returning to Lawrence to start my career, I remembered the club as a great place to meet friends – but I see it differently now, as a great place to do some good," Feinman said. "It feels good to give back to the community and associate with the incredible people who comprise the staff and community leaders that make the club work."



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Carta al Editor / Letter to the Editor

Agradecimiento de FKMV

En nombre de la Junta de Directores de Foster Kids of the Merrimack Valley, queremos extender nuestro más sincero agradecimiento a todos por su sincero apoyo y generosidad que brindarán consuelo, alegría y calidez a muchos niños que viven en hogares de guarda.

Puede haber tomado 10 años o más, pero nuestro sueño de establecer una agencia vibrante, comprometida y en crecimiento es ahora una realidad debido a la inversión incommensurable de tiempo, talento y compromiso hecho por personas que creen en nuestra misión de crear un cambio positivo y abogar por aquellos que aún tienen que encontrar su voz.

Seguimos agradecidos por el apoyo de nuestra junta, socios de la comunidad y fieles colaboradores que demuestran continuamente su pasión y compromiso con los niños con los que nos hemos comprometido a servir.

FKMC gives thanks

On behalf of the Foster Kids of the Merrimack Valley Board of Directors, we want to extend our sincerest thanks to everyone for their heartfelt support and generosity that will give comfort, joy and warmth to many children who live in foster care.

It may have taken 10 plus years, but our dream to establish a vibrant, engaged and growing agency is now a reality because of the immeasurable investment of time, talent and commitment made by people who believe in our mission to create positive change and advocate for those who have yet to find their voice.

We remain grateful for the support of our board, community partners and loyal supporters who continuously demonstrate their passion and commitment to the children we have committed to serve.

It does take a village and Magic Johnson

Se necesita una aldea y Magic Johnson fue perfecto cuando dijo "Todo lo que los niños necesitan es un poco de ayuda, un poco de esperanza y alguien que cree en ellos". Ese alguien sigue siendo usted. No hay forma de medir cuánto se aprecia su apoyo. Sin embargo, creemos que no hay otra palabra más poderosa o más importante que, gracias.

Muchos de nosotros encontramos nuestra propia manera especial de enriquecer nuestras vidas dando. Tenga en cuenta que aquellos de ustedes que apoyaron a Foster Kids of the Merrimack Valley hicieron una diferencia que cambió la vida de muchos niños en hogares de guarda y de algunos que ya han envejecido. La grandeza de uno no está en lo que guarda, está en lo que da.

JFeliz Año Nuevo!

Larry y Eileen Giordano
Niños Adoptivos de Merrimack Valley, Inc.

was spot-on when he said "All kids need is a little help, a little hope and somebody who believes in them". That someone continues to be you. There is no way to measure how much your support is appreciated. However, we do believe there are no two words more powerful or more important than, thank you.

Many of us find our own special way to enrich our lives by giving. Please know that those of you who supported Foster Kids of the Merrimack Valley made a life-changing difference for many children in foster care and for some who have aged out. One's greatness is not in what you keep, it is in what you give.

Happy New Year!

Larry and Eileen Giordano
Foster Kids of the Merrimack Valley, Inc.

MCC Offers Free Tutoring and Academic Support Services

Middlesex Community College's Academic Centers for Enrichment (also known as ACE) provide free and flexible individual and group tutoring on the Bedford and Lowell campuses. Staffed by peer tutors and professional learning specialists, ACE is open for walk-in help and by appointment Monday through Saturday throughout the fall and spring semesters.

Students can register now for spring-semester classes that begin Monday, Jan. 22.

"ACE is primarily a peer academic-support program," explained Noreen McGinness Olson, Director of Academic Support Programs. "We believe Peer Tutors and student Supplemental Instruction (SI) Leaders have often experienced the same difficulties and can better help students navigate the learning process."

"ACE peer tutors and SI Leaders not only help with learning content, but also help students develop and improve study skills and self-confidence," she said. "We often say we're not only helping students with 'what to learn,' but also 'how to learn.' Our individual and group tutoring sessions teach strategies that help students become independent learners."

Many students do their math homework in the Math Centers, added Olson. "This allows them to get help if they get stuck, then work with an available tutor, and continue on to complete their work."

"We also believe all writers should have another person read their papers, so why not use a trained writing tutor? We encourage students to come to the Writing Centers for an appointment any time during the writing process."

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

In addition to tutoring programs, ACE also offers free eTutoring online 24/7. Students can access online tutoring services by visiting the ACE website <https://www.middlesex.mass.edu/ace> or at www.etutoring.org.

To learn more about MCC's Academic Centers for Enrichment (ACE), or to schedule a tutoring appointment, visit: <https://www.middlesex.mass.edu/ace>

YWCA abre tres ubicaciones de satélite para proporcionar servicios de agresión sexual

YWCA Northeastern Massachusetts anunció el 15 de diciembre que ahora está prestando servicios para víctimas de agresión sexual en tres localidades adicionales de North Shore. Los tres nuevos sitios satélite contarán con un personal de medio día cada semana para complementar los servicios de tiempo completo disponibles de lunes a viernes en los sitios de YWCA en Lawrence, Haverhill y Lynn. Todos los servicios son gratuitos y confidenciales, y están disponibles para cualquier persona de 12 años o más.

YWCA Northeastern Massachusetts brinda servicios de crisis a las víctimas de violencia sexual en todo el Condado de Essex bajo un contrato con el Departamento de Salud Pública de Massachusetts. Los defensores de YWCA acompañarán a las víctimas a un hospital, departamento de policía o tribunal para proporcionar el apoyo adecuado. La YWCA también ofrece consejería y otros servicios de apoyo para sobrevivientes de asalto sexual. Lleva a cabo un extenso programa de alcance y educación que se enfoca en relaciones de citas saludables y respuestas seguras a la violencia sexual, ya sea como víctima o testigo. El programa de alcance y educación llega a miles de estudiantes cada año en las escuelas secundarias y universidades de North Shore

y Merrimack Valley. El personal de YWCA también realiza presentaciones y distribuye información en eventos comunitarios.

Estos servicios y programas se basan en los tres sitios principales de YWCA Northeastern Massachusetts en Lawrence, Haverhill y Lynn. Comenzando de inmediato, los servicios también estarán disponibles en las siguientes ubicaciones:

YWCA Greater Newburyport
13 Market Street
Newburyport, MA
Martes, de 10:00 a 2:00 p.m.

Cuartos de salud
100 Cummings Center, n.º 131-Q
Beverly, MA
Viernes, de 10:00 a 2:00 p.m.

Museum Place Mall
2 East India Square, Suite # 121
Salem, MA
Martes, de 3:30 a 7:30 p.m.

Para obtener información adicional, comuníquese con Nina Goodwin, LCSW, Directora del programa, YWCA North Shore Centro de Crisis de Violación, Lynn: ngoodwin@ywcanema.org o 781 477-2313.

YWCA Opens Three Satellite Locations to Provide Sexual Assault Services

YWCA Northeastern Massachusetts announced December 15 that it is now providing services for victims of sexual assault at three additional North Shore locations. The three new satellite sites will be staffed a half day each week to supplement full-time services available Monday through Friday at YWCA sites in Lawrence, Haverhill and Lynn. All services are free and confidential, and available to anyone 12 or older.

YWCA Northeastern Massachusetts provides crisis services to victims of sexual violence throughout Essex County under a contract with the Massachusetts Department of Public Health. YWCA Advocates will accompany victims to a hospital, police department, or courthouse to provide appropriate support. The YWCA also offers counseling and other support services to sexual assault survivors. It carries out an extensive outreach and education program focusing on healthy dating relationships and safe responses to sexual violence, whether as a victim or witness. The outreach and education program reaches thousands of students each year at North Shore and Merrimack Valley high schools and colleges.

YWCA staff also make presentations and distribute information at community events.

These services and programs are based at YWCA Northeastern Massachusetts' three main sites in Lawrence, Haverhill, and Lynn. Starting immediately, services will also be available at the following locations:

YWCA Greater Newburyport
13 Market Street
Newburyport, MA
Tuesdays, 10:00 to 2:00 p.m.

Health Quarters
100 Cummings Center, #131-Q
Beverly, MA
Fridays, 10:00 to 2:00 p.m.

Museum Place Mall
2 East India Square, Suite #121
Salem, MA
Tuesdays, 3:30 to 7:30 p.m.

For additional information, contact Nina Goodwin, LCSW, Program Director, YWCA North Shore Rape Crisis Center, Lynn: ngoodwin@ywcanema.org or 781 477-2313.

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NECC is Still Best for Vets

Northern Essex Community College takes good care of its military veterans and its showing. For the third consecutive year NECC was selected for the Military Times Best: Colleges 2018 rankings (formerly Best for Vets).

This is an annual ranking of the best colleges for veteran, active-duty, and military dependent students. More than 600 schools submitted an exhaustive 150-question survey to be considered for the honor.

NECC was one of 34, two-year colleges nationwide to receive the honor and one of 218 two and four-year college and universities to receive the prestigious designation. Only three Massachusetts community colleges received a ranking.

Of its nearly 6,000 students, NECC identifies 124 students as military. Northern Essex has a dedicated space for Veterans Services under the auspices of Sean Goldman, a former U.S. Marine who is now director of NECC's Veterans Services as well as a mental health clinician in NECC's counseling and psychological services.

The rankings were more competitive than ever according to the "Military Times". A record number of school participated in the survey and less than half received the designation.

"... Only the best made the cut," said George Altman, the "Military Times" editor in charge of the rankings. "For the past eight years, we've seen colleges and universities consistently increasing their resources, revising their policies and improving their academic outcomes for military and veteran students. The Military Times Best: Colleges rankings showcase the very best of these efforts."

The "Military Times" survey asks colleges and universities to meticulously document a tremendous array of services, special rules, accommodations and financial incentives offered to students with military ties; and to describe many aspects of veteran culture on a campus. These institutions were evaluated in several categories, with university culture and academic outcomes bearing the most weight.

The "Military Times" is an independent source for news and information for service members and their families. "Military Times" and "MilitaryTimes.com" are independent sources for news and information on the most important issues affecting their careers and personal lives.

As with all Military Times: Best Colleges 2018, it is an editorially independent news project that evaluates the many factors that help make colleges and universities a good fit for service members, military veterans, and their families.

The rankings were published online at MilitaryTimes.com, as well as ArmyTimes.com, NavyTimes.com, AirForceTimes.com and MarineCorpsTimes.com and appeared in full in a special magazine issue of "Military Times" on newsstands in mid-November. The release of this year's list also marks Military Times' inaugural declaration of the month of November as Veterans Month. The independently owned media company is celebrating veterans beyond Veterans Day, with 30 days of veteran-focused coverage.

Military Times' Best for Vets rankings include Colleges, Career & Technical Colleges, Business Schools, Franchises, Employers, Law Enforcement and Places to Live.

Northern Essex Announces Return of Intercollegiate Golf

After nearly 20 years, Northern Essex Community College is resurrecting its intercollegiate golf program for both men and women for the 2018-2019 academic year.

Recruitment of both student-athletes and a golf coach are underway.

NECC's Department of Athletics, under the direction of Dan Blair, announced that the intercollegiate golf program, which was last sponsored in 1999-2000 season, will join six other institutions which currently sponsor golf within the NJCAA Region XXI in Massachusetts and Rhode Island. The program will call the Atkinson Resort and Country Club in Atkinson, NH, its home course for practice and home competition. "This is a very exciting time for athletics at Northern Essex. This is one step in our commitment to provide new and enhanced opportunities in athletics to students throughout the Merrimack Valley,

North Shore and beyond," said Blair, NECC's Director of Athletics. "I would like to thank Sean Chipman and Peter Doherty for opening up Atkinson to our program and allowing us to practice and compete at one of the finest facilities in the region."

The golf program will compete in NJCAA Region XXI with matches held in March and April. The regional championship tournament is contested annually in May with the top team and individuals advancing to the NJCAA National Championship.

The college will immediately begin the process of conducting a search for a coach. Individuals interested in joining the golf program may contact Dan Blair, Director of Athletics at Northern Essex Community College by email dblair@necc.mass.edu or phone 978-556-3820.

Northern Essex Community College competes as a member of the National Junior College Athletic Association (NJCAA) and sponsors eight varsity intercollegiate sports including baseball, men's basketball, softball, women's volleyball, men's and women's cross country and men's and women's track and field. For more information on Northern Essex Community College Athletics please visit the official website of Northern Essex Athletics (<http://athletics.necc.mass.edu>).

LETTERS TO THE EDITOR

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Please send a telephone number or email address by which we may confirm the sender.



Lawrence Heritage State Park INTERPRETIVE PROGRAM

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Kehiria Maruf, left, and her twin sister, Kadra Maruf, Sudan | Copyright © Mark Chester

**The Bay State:
A Multicultural
Landscape...
Photographs of
New Americans**

**by
Mark Chester**

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You do not have to be a YMCA member to participate. Space is limited for each session, to allow for a low LIVESTRONG at the YMCA instructor-to-participant ratio. The program is available to adult cancer survivors 18-years +.

Are you a cancer survivor interested in participating in this program?

To register, please contact:

Nicole Bennett
nbennett@mvyymca.org or
visit our website at mvyymca.org.



Men's Ice Hockey Welcomes Caleb Hassan to Program through Partnership with Team IMPACT

Continuing what has been a rich department-wide tradition that has enhanced the quality of life of children facing serious and chronic illnesses, the Merrimack College men's ice hockey team is excited to announce the addition of Caleb Hassan to its roster effectively immediately in conjunction with the Team IMPACT program.

Caleb officially signed a National Letter of Intent (NLI) as part of a special draft day ceremony hosted by the program on campus Thursday night. Head coach Mark Dennehy, as well as the entirety of the team, were on hand to celebrate the momentous occasion and invited Caleb and his family to a special dinner afterward.

Caleb becomes the latest relationship that brings together Merrimack Athletics and Team IMPACT, which enriches the lives of young children facing life-threatening and chronic illnesses through the power of team. Caleb, 10, hails from nearby Haverhill, Massachusetts, and as a member of the team he will attend Warrior practices, games, team dinners, special events, and much more throughout the year.

The union is particularly special for the men's ice hockey program, which forged a relationship with Tim Burke back in January of 2012 as one of Merrimack's very first Team IMPACT partnerships. Burke has been a well-documented example of the Team IMPACT philosophy at its finest, as he has been involved with the program over the last six years as he overcame his battle with leukemia and was recently accepted to Merrimack College for the fall of 2018.

After Burke's initial match, the athletic department has continued to pair nearly all of its teams with at least one Team IMPACT connection; Caleb becomes the 22nd match among all varsity programs at Merrimack,

among the most from a single school nationwide and the most by a Division II institution.

Caleb was diagnosed with cystic fibrosis shortly after he was born. He has daily treatments that are necessary to help deal with the effects of his CF. Caleb also has frequent doctor visits which often lead to inpatient hospital stays. Though many obstacles have come his way, he continues to overcome the hurdles and is sure to be an inspiration to the Warriors in the weeks and months ahead.

Merrimack is back in action tomorrow night in a key conference matchup against the University of Connecticut, and Caleb will nearby cheering on his new teammates for the first of what promises to be many games.

About Team IMPACT

Team IMPACT is a national nonprofit headquartered in Boston, MA that connects children facing serious or chronic illnesses with college athletic teams, forming life-long bonds and life-changing outcomes. Since 2011, Team IMPACT has matched more than 1,300 children with more than 500 colleges and universities in 47 states, reaching over 35,000 participating student-athletes. The child joins the athletic team and the student-athletes join the child's support team. Throughout the journey, the child gains strength, camaraderie and support while the student-athletes experience lessons of courage, resiliency and perspective they can't learn in a classroom.

For continuing coverage of Merrimack College Athletics, visit MerrimackAthletics.com and follow the Warriors on Twitter, Instagram and Facebook.

Lawrence High School Graduates of 2010 through 2012

The Library received a large amount of LHS yearbooks (2010 and 2012) from the high school. They are giving them away. If interested, please contact Louise Sandberg in the Main Library, at 51 Lawrence St.

SUDOKU (Respuestas/Answers pg 23)

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Test your rowing skills by joining this fun indoor rowing event

The Northeast Erg Sprints is a great way to keep up your rowing skills in the middle of winter and beat the doldrums of erging alone. The event takes place on Saturday, January 27 at Merrimack College, in North Andover, MA. Hosted by Greater Lawrence Rowing, a program of the Greater Lawrence Community Boating Program, the day will feature events for all ages and skills, including races of 2000 meters, 1000 meters (for middle school-aged athletes), 1 minute

dashes, 4 x 500m relays, and 2x and 4x 1000 meter team events.

The event is open to all athletes, including members of rowing clubs, high school sports teams, college programs, and fitness/crossfit clubs. Test your rowing skills and fitness against other local rowing enthusiasts, and get a warm-up race prior to the C.R.A.S.H.-B sprints.

Go to <http://www.northeastergsprints.org> to register today!

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CALENDARIO | CALENDAR OF EVENTS

Early Childhood Fair at Nashua Library *Nashua history*

Bring the family to the Nashua Public Library on Sunday, January 21, from 1 p.m. to 2:30 p.m. for the annual Early Childhood Fair for children ages birth to 5.

The fair is part of the library's effort to raise families' awareness of the educational, health, and other services available to help children on the road to literacy. You'll be able to talk to staff from local child care centers and preschools about their programs. The tables will offer crafts, demos, and other family activities and send you home with child-friendly giveaways.

Give your child a healthy start by stopping at the City of Nashua Division of Public Health table for free lead screening and low-cost immunizations (bring immunization records).

Parents and caregivers—and children ages 5 and up—can sign up for library cards at the event. They can also pick up reading logs for the 1000 Books Before Kindergarten challenge, and enter a raffle to win prizes for children and adults. And kids will be able to pose for pictures with a special guest: the frozen snowman.

The fair had been held in April in the past, but was moved to January to allow parents



Scene from the Nashua Public Library Early Childhood Fairs of 2016 and 2017.

to learn about local preschool programs before winter registration deadlines for fall enrollment.

The library is located at 2 Court Street, Nashua. For directions and parking information go to [www.nashualibrary.org/visit/directions](http://www.nashualibrary.org/). Parking at the library is free on Sundays.

For other information contact Carol at carol.eyman@nashualibrary.org or (603) 589-4610.

Job training for 16-24-year-olds

Job Corps, a federal government agency, is looking for young adults ages 16 to 24 who would like to take advantage of their free, residential, education and job-training program.

Come to the Nashua Public Library on Thursdays between 2 pm and 4:30 pm and meet with a Job Corps admissions officer who can help you apply to the program. No appointment is necessary. More information about Job Corps is available at www.jobcorps.gov.

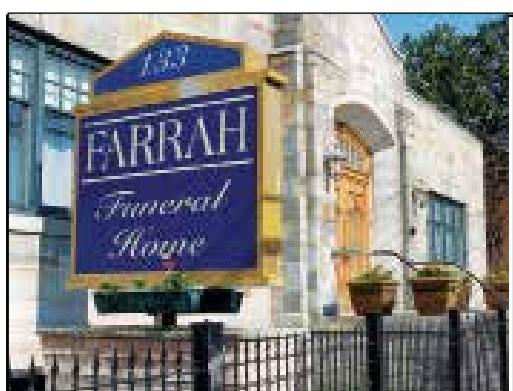
Film Series Return to Nashua Public Library

After a break for the summer, the Nashua Public Library's weekly film series have resumed.

As of November 1, Cinema Cabaret films for adults are shown on Tuesday nights at a new time: 6:30 p.m. Family Films are screened on Saturdays at 2 p.m.

For a schedule that lists the titles, ratings, and descriptions of the films, go to tinyurl.com/nplfilm.

All the movie screenings are free and open to the public. They are sponsored by the Friends of the Nashua Public Library.



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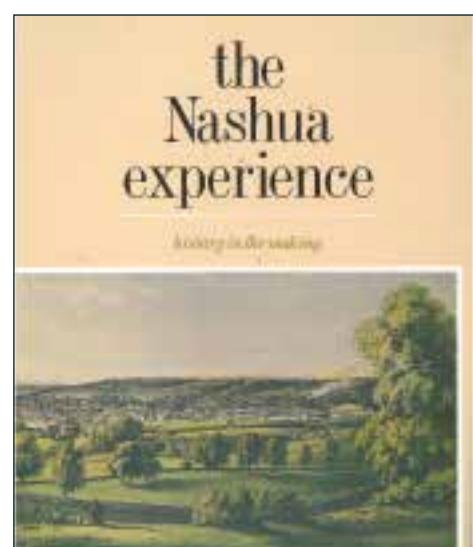
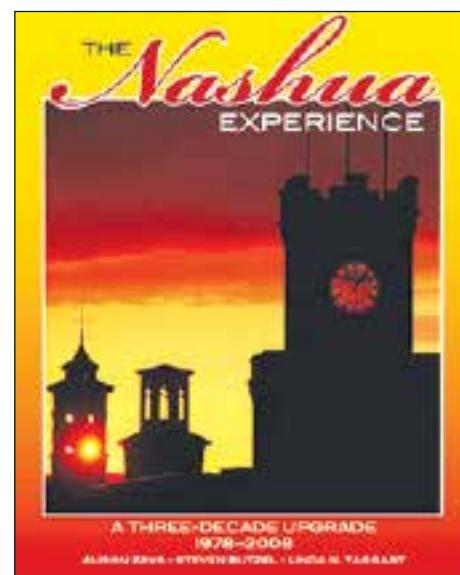
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Nashua history Buy two books for just \$25

Many people have asked the Nashua Public Library if they can buy copies of "The Nashua Experience: History in the Making, 1673–1978," written by a committee of Nashuans headed up by former Library Director Clarke S. Davis. Unfortunately, the book is out of print, and the library has no new copies on hand. However, until December 30, when you buy the book's sequel, "The Nashua Experience: A Three-Decade Upgrade, 1978–2008," at the library for \$25, you will receive a gently used copy of the earlier book free, while supplies last.



The second book was written by three Nashua librarians. Its story begins in the mayoral administration of Maurice Arel and ends with that of Donnalee Lozeau, the city's first female mayor. Richly complemented by dozens of photographs, the book is a keepsake and invaluable resource for anyone who loves Nashua, from those who called it home from 1978 to 2008, to the newest residents who want to better know their new hometown.

The library accepts cash and checks only as payment.



PLAYS THE LOWELL MEMORIAL AUDITORIUM,
VALENTINE'S DAY, FEBRUARY 14

THE NEW YORK TIMES says a "First-person, funny domestic tales and retro stand-up comedy based on The New York Times best-seller."

Lowell, MA - The Off-Broadway hit comedy Men Are From Mars – Women Are From Venus LIVE!, is a one-man fusion of theatre and stand-up, and is a light-hearted theatrical comedy based on the New York Times #1 best-selling book of the last decade by John Gray. Moving swiftly through a series of vignettes, the show covers everything from dating and marriage to the bedroom. This show will play Lowell Memorial Auditorium, on Valentine's Day, Wednesday, February 14. Tickets go on sale exclusively at LowellAuditorium.com on Monday, November 13 at 12 noon. For tickets or more information, visit lowellauditorium.com.

Men Are From Mars – Women Are From Venus LIVE! is more than just the book.

After beginning in Paris in 2007, Men are From Mars – Women are From Venus LIVE! has been seen by more than one million people around Europe. It debuted in the United States in February 2013 in Raleigh, North Carolina and will be playing to audiences around the United States and Canada throughout the year.

This hysterical show will have couples elbowing each other all evening as they see themselves on stage. Sexy and fast paced, this show is definitely for adults, but will leave audiences laughing and giggling like little kids! When Mars and Venus collide, the adventures are earth-shatteringly hysterical. It's a great recipe for a night out: a little storytelling blended with some comedy and a dash of sage wisdom from the book. A delicious evening of entertainment!

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Meeting Notice
Merrimack Valley Planning Commission
mvpc.org

Haverhill –Thursday, January 18, 2018 The Merrimack Valley Planning Commission will hold their monthly meeting on Thursday, January 18, 7pm at the MVPC Office, 160 Main Street, Haverhill. The agenda includes updates of the Commission's activities. The agenda is available on the MVPC website – www.mvpc.org

For more information call Nancy Lavallee at 978-374-0519 or email nlavallee@mvpco.org

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 January 23, 2018 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

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- 2004 Honda Civic VIN# 1HGEM21984L069365
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Robert Sheehan
Owner, Sheehan's Towing L.L.C.
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2	9	4	7	8	5	6	3	1
3	6	7	1	2	4	8	9	5
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