

Dana-Farber opens new facility in Merrimack Valley



Photo courtesy of Dana-Farber Cancer Institute, Department of Communications

Dana-Farber Cancer Institute opened a new site this week in the Merrimack Valley, located at 5 Branch Street in Methuen. Cutting the inaugural ribbon, are:

Front row: Cindy Arcieri, Director of Nursing and clinical operations; Stacey Fusco, patient; Yamil Kouri, MD, Medical Director – DF Merrimack Valley; Darcy Cardarelli, patient; Kathy Karwowski, Operations Director; Terri Rousseau, Practice Manager.

Back row: Emma Dann, Associate Chief Nurse; Sarah Francis, Vice President, Network Operations; David Dougherty, MD, Medical Director; Methuen Mayor Neil Perry; Representative Linda Dean Campbell; Methuen City Councilor Jessica Finocchiaro; Senator Barry Finegold.

207 aniversario del nacimiento de Duarte



Photo: Dick Russell

Dominicans in Lawrence got together last Sunday, January 26th to celebrate the 207 anniversary of the father of the country Juan Pablo Duarte's birth in the Dominican Republic.

Pg. 5

La comunidad de Lawrence enfrenta el tema de las hookas en bares, clubes nocturnos y restaurantes

Alrededor de 60 miembros de la comunidad se reunieron en la reunión de la Junta de Salud de Lawrence el 14 de enero de 2020 para expresar su desaprobación por permitir fumar hookahs en bares, clubes nocturnos y restaurantes.

La representación de una amplia gama de la comunidad incluyó personal clínico del Centro de Salud Familiar Greater Lawrence, pastores locales y miembros de su iglesia, y adolescentes que forman parte del capítulo Lawrence del Movimiento 84, un movimiento juvenil estatal que lucha contra el tabaco.

Fumar hookah representa una amenaza para la salud física de la comunidad debido a los químicos en el humo del tabaco y al riesgo de adicción a la nicotina.

Fumar hookahs también presenta un gran riesgo de incendio. Los presidentes de la Junta de Salud eliminaron la propuesta de consideración para proteger a la ciudad de las enfermedades relacionadas con el tabaquismo y los riesgos de incendio.

Lawrence Community Fights Hookah in Bars, Night Clubs and Restaurants

About 60 community members gathered at the Lawrence Board of Health meeting on January 14, 2020 to voice disapproval for allowing hookah smoking in bars, night clubs, and restaurants.

Representation from a wide range of the community included clinical staff of Greater Lawrence Family Health Center, local pastors and their church members, and teenagers who are a part of the Lawrence chapter of The 84 Movement, a state-wide youth movement fighting tobacco.

Hookah smoking poses a threat to the physical health of the community because of the chemicals in the burning tobacco smoke and the risk of nicotine addiction.

Hookah smoking also presents a large fire hazard risk. The chairmen of the Board of Health removed the proposal from consideration to protect the city from smoking-related illnesses and fire hazards.

¡Hookas, No!



Votación Temprana en la Ciudad de Haverhill para elecciones Primarias Presidenciales, martes, 3 de marzo de 2020

La Secretaria de la Ciudad de Haverhill, Linda Koutoulas, se complace en anunciar los horarios y lugares para la votación anticipada de la Primaria Presidencial que se estrena por primera vez en Massachusetts este año. Votación anticipada fue promulgada por la Legislatura de Massachusetts en 2014 y la votación anticipada para la Primaria Presidencial se agregó en 2019.

La votación anticipada para la Primaria Presidencial se llevará a cabo del lunes, 24 de febrero de 2020 al viernes, 28 de febrero de 2020, durante el horario comercial habitual, de lunes a viernes, de 8 a.m. a 4 p.m., en el Ayuntamiento de Haverhill, 4 Summer Street, en el sótano (en la antigua ubicación del RMV).

Además, la Ciudad ha programado la Votación Temprana el miércoles, 26 de febrero, de 8 a.m. a 8 p.m. para permitir la votación por la noche en el mismo sitio.

Debe ser un votante registrado en Haverhill para votar temprano, y la fecha

límite para registrarse para votar en esta elección es el 12 de febrero a las 8pm. La Oficina de la Secretaria de la Ciudad estará abierta solo para el registro de votantes esa noche. Como se trata de una votación anticipada, no se requiere presentar una razón para votar antes.

Una vez que haya votado, su boleta será asegurada en una bóveda cerrada y entregada a su lugar de votación habitual el día de las elecciones para ser contada.

Puede verificar su estado de votante en línea en sec.state.ma.us. Si usted es un votante inactivo, deberá proporcionar una identificación/prueba de residencia al momento de su voto. Su estado también se puede verificar en línea.

Si tiene alguna pregunta, comuníquese con la oficina de la Secretaria al 978-374-2312 ó envíe un correo electrónico al Administrador de Elecciones Jim Blatchford a jblatchford@cityofhaverhill.com.

Early Voting in the City of Haverhill for Presidential Primary Election, Tuesday, March 3, 2020

Haverhill City Clerk, Linda Koutoulas, is pleased to announce the times and locations for early voting for the Presidential Primary which debuts for the first time in Massachusetts this year. Early Voting, enacted into law by the Massachusetts Legislature in 2014, and early voting for the Presidential Primary was added in 2019.

Early Voting for the Presidential Primary runs from, Monday, February 24, 2020 through Friday, February 28, 2020, during regular business hours, Monday through Friday, from 8am to 4pm, at Haverhill City Hall, 4 Summer Street, in the basement (formerly the RMV location).

Additionally, the City has scheduled Early Voting on Wednesday, February 26, from 8AM to 8PM to allow for voting in the evening in the same place.

You need to be a registered voter in

Haverhill to vote early, and the deadline to register to vote for this election is February 12th at 8pm – The City Clerk's Office will be open only for voter registration that evening. As this is early voting, no reason is required to vote early.

Once you have voted, your ballot will be secured in a locked vault and delivered to your regular polling location on Election Day to be counted.

You can check your voter status online at sec.state.ma.us. If you are an inactive voter, you will need to provide ID/proof of residence at the time of your vote. Your status can also be checked online.

If you have any questions, please contact the Clerk's office at 978-374-2312 or email Elections Administrator Jim Blatchford at jblatchford@cityofhaverhill.com.

Andover Senior Center Services Temporarily Moved to Bridges® by EPOCH During Renovations

Bridges® by EPOCH at Andover, a memory care assisted living community located at 254 Lowell Street, will host the Andover Senior Center's Parkinson's Support Group and Caregiver Support Group while the center is closed for renovations.

"Families rely on the Andover Senior Center for advice, support and guidance, just like they rely on Bridges," says Kim O'Connell, MSW, LCSW, Senior Advisor and Support Group Facilitator at Bridges® by EPOCH at Andover. "Our partnership is a natural one, and we're happy to help ensure the center's services remain available to the community while the center undergoes upgrades and improvements to its physical space and programs."

The Andover Senior Center's Parkinson's Support Group will meet on the second Thursday of each month at 2 p.m. and its Caregiver Support Group will meet on the third Monday of each month at 1:30 p.m. at Bridges® by EPOCH until the center reopens.

Bridges® by EPOCH will also host the podiatry clinic every Wednesday for Andover Senior Center members. The clinic will be in the Wellness Suite at Bridges® but appointments should be scheduled directly with the Andover Senior Center staff.

For more information about this partnership or services temporarily provided at Bridges® by EPOCH at Andover, call Kim O'Connell or Peter Bruce at 978-296-0058.

EDITORIAL | EDITORIAL

Coronavirus, algo nuevo de que preocuparnos

Cuando parece que estamos saliendo de algo que nos ha venido afectando por varios meses, aunque comenzó a incubarse hace tres años y que de seguro, cualquiera que sea el veredicto final, va a afectar al país por los años venideros, nos ha llegado algo nuevo con las mismas características.

Nos referimos en primer lugar al Impeachment del Presidente Trump y al 2019 Novel Coronavirus en segundo lugar.

Aunque del Impeachment aún no sabemos cómo va a terminar, solo rogamos al Todopoderoso, que intervenga y evite que radicales de uno u otro bando no comiencen una revuelta, cualquiera que sea el resultado.

Del 2019 Novel Coronavirus sólo reproducimos lo que el Centro para el Control y Prevención de Enfermedades de USA nos dice, que es una enfermedad del aparato respiratorio, identificada por primera vez en Wuhan, provincia de Hubei en China y que hasta el presente a resultado en más de 1,000 casos confirmados en varios lugares del mundo, incluyendo los EEUU.

Este virus probablemente surgió originalmente de una fuente animal, pero ahora parece estar propagándose de persona a persona. Es importante tener en cuenta que la propagación de persona a persona puede ocurrir en un continuo. Algunos virus son altamente contagiosos (como el sarampión), mientras que otros virus lo son menos. En este momento, no está claro qué tan fácil o sostenible se está propagando este virus entre las personas.

Actualmente no existe una vacuna para prevenir la infección 2019-nCoV. La mejor manera de prevenir la infección es evitar exponerse a este virus. Sin embargo, como recordatorio, los CDC siempre recomiendan acciones preventivas diarias para ayudar a prevenir la propagación de virus respiratorios, que incluyen:

Lavarse las manos con frecuencia con agua y jabón durante al menos 20 segundos.

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Coronavirus, something new to worry about

When it seems that we are coming out of something that has been affecting us for several months, although it started to hatch three years ago and that surely, whatever the final verdict is going to affect the country for years to come, something new has come to us with the same characteristics.

We refer first to President Trump's impeachment and the 2019 Novel Coronavirus second.

Although we still don't know how the Impeachment will end, we only beg the Almighty to intervene and prevent radicals from one side or another from starting a revolt, whatever the outcome.

From 2019 Novel Coronavirus, we only reproduce what the US Center for Disease Control and Prevention tells us, which is a respiratory disease, first identified in Wuhan, Hubei province in China and that until now has resulted in more than 1,000 confirmed cases in various parts of the world, including the US.

This virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people.

There is currently no vaccine to prevent the 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including: Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

These are everyday habits that can help prevent the spread of several viruses.

There is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with 2019-nCoV should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to 2019-nCoV should contact your healthcare provider immediately.

Rumbo

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DIRECTOR AND GRAPHIC DESIGN

Dalia Díaz
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

Alberto M. Surís
albertosuris@rumbonews.com

Publicación de SUDA, Inc.
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Tel: (978) 794-5360 | www.rumbonews.com



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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Reuniones sobre la Iglesia de Santa Ana

Esta semana hubo varias reuniones celebradas en el Centro de Salud y Tecnología Aliada de Northern Essex Community College, para obtener información de los miembros de la comunidad.

Hubo un gran entusiasmo por parte de la mayoría de los asistentes y algunas preocupaciones, particularmente la situación del estacionamiento en esa área de Haverhill y Franklin St.

En general, todos reconocieron que esta es una ventaja no solo para Lawrence, sino también para las ciudades y pueblos de los alrededores para presentar todo tipo de actuaciones, conciertos, sinfonías e incluso fiestas privadas.

Tengo la intención de escribir un artículo más largo la próxima semana que describa las preocupaciones de las personas.

Vagabundos (homeless)

Durante mucho tiempo he criticado la forma en que la Ciudad de Lawrence ha abusado de la población sin hogar (lejos de ayudarlos o encontrar soluciones a ese problema) y la semana pasada, realizaron el censo anual para ver cuántos tenemos aquí. Incluso enviaron un correo electrónico a toda la ciudad pidiendo voluntarios para ayudar a contar a las personas sin hogar. Creo que solo querían tener testigos de que estaban haciendo algo por las personas sin hogar porque no va más allá.

El jefe de policía publicó un comunicado de prensa en la página de internet del departamento. Puede verlo en LAWPD.com pero en parte dice:

“Típicamente, estos conteos ocurren anualmente durante la última semana de enero. Como ciudad, es importante asegurarse de que las personas sin hogar se cuenten y se representen con precisión. Los resultados del recuento de personas en la Ciudad determinan los fondos federales que llegan a la Ciudad para servicios, programas y recursos, para vivienda y personas sin hogar.

"Hoy, por primera vez, en preparación para el recuento de este año, el teniente Jay Cerullo y

el oficial Eddey Southworth de la Unidad de Drones LPD se unieron con la Coordinadora de personas sin hogar de la ciudad Sandy Guerrier para usar el dron del Departamento para localizar áreas a lo largo de las orillas del Río Merrimack donde se han establecido campamentos para personas sin hogar. El propósito de esta operación era utilizar la tecnología de drones para asignar mejor los recursos para el conteo real. Usando el dron, se cubrió una vasta área a lo largo del río en poco tiempo".

Entonces, ¿qué van a hacer con esa información? Sandy Guerrier, la coordinadora de personas sin hogar, fue contratada para proporcionar servicios como vivienda, educación, atención médica, servicios de empleo, etc. para ayudarlos a levantarse, según la descripción de su trabajo. Nada de eso está ocurriendo.

Primero compraron las cámaras y ahora el dron. ¿Por qué no comprar un software de reconocimiento facial y contar caras?

¡Tengo una idea! Mejor aún, ¡usen el dron para tomar el censo!

Empleo de UMass desapareció

El State House Newsletter publicó un artículo anunciando la contratación del decano de UCLA Marcelo Suárez-Orozco como canciller de la Universidad de Massachusetts/Boston. Después de entrevistar a 11 candidatos para el puesto, llegó a ser el único finalista y fue votado por unanimidad por un comité de 21 miembros.

Suárez-Orozco es argentino y ha realizado investigaciones centradas en la migración masiva, la globalización y la educación y los efectos psicológicos de esas tendencias. Esto encajará perfectamente en UMass-Boston ya que el 54% de su inscripción de otoño de 2019 está compuesto por estudiantes de color.

Ha habido rumores que un lawrenciano ya había sido contratado para esa posición. Parece que no fue verdad. Bueno, nos estamos acostumbrando a eso.

Sobre la cobertura de noticias

La semana pasada escribí sobre la

falta de cobertura local de noticias y un amigo señaló que no es solo local: es un problema nacional. Es cierto, pero deberíamos preocuparnos por el aspecto local porque es el que nos afecta más inmediatamente y dónde podríamos hacer algo, si lo intentamos.

Si, deberíamos leer diferentes publicaciones y ver diferentes noticieros (incluso si no estamos de acuerdo con el contenido) porque esa es la única manera de distinguir las diferencias y encontrar algo de la verdad.

Mi amigo es de Haverhill e hizo una sugerencia. Dado que la comunidad de habla hispana de Haverhill está mejor organizada que en Lawrence, deberían intentar hablar con Tim Coco, propietario de WHAV-FM 97.9, para tener un programa de entrevistas regular.

Eso debería interesar también a los residentes de Lawrence porque, aunque tiene licencia para Haverhill, se puede escuchar claramente en Lawrence. Ya sea un programa regular o simplemente proporcionar noticias a medida que suceden, estoy bastante segura de que si alguien se acerca a Tim con una historia, la publicaría en un abrir y cerrar de ojos.

La mayoría de la gente quiere quejarse, mientras que pocos quieren lograrlo.

CARTAS AL EDITOR RUMBO

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

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.

CONTINÚA DE LA PÁGINA 2

EDITORIAL

Si no hay agua y jabón disponibles, use un desinfectante para manos a base de alcohol.

Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.

Evitar el contacto cercano con personas que están enfermas.

Quédese en casa cuando esté enfermo. Cubra su tos o estornude con un pañuelo desechable, luego tírelo a la basura.

Limpie y desinfecte objetos y superficies que se tocan con frecuencia.

Estos son hábitos cotidianos que pueden ayudar a prevenir la propagación de varios virus.

Hasta el momento, no existe un tratamiento antiviral específico recomendado para la infección 2019-nCoV. Las personas infectadas con 2019-nCoV deben recibir atención de apoyo para ayudar a aliviar los síntomas. Para casos severos, el tratamiento debe incluir atención para apoyar las funciones vitales de los órganos.

Las personas que piensan que pueden haber estado expuestas a 2019-nCoV deben comunicarse con su proveedor de atención médica de inmediato.


"Nuestra libertad depende de la libertad de prensa y no puede ser limitada pues la perderemos."

"Our liberty depends on the freedom of the press, and that cannot be limited without being lost."

- Thomas Jefferson

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Monday's from 11 am to 1 pm

FREE BLOOD PRESSURE SCREENINGS

The City of Lawrence and the City of Lawrence Public Health Nurse will be offering **FREE Blood Pressure Screenings at the Lawrence Public Library in the Local History Room located on the 3rd Floor**. BP screenings will be held on **Monday's from 11 am to 1 pm**.

Please bring your blood pressure records and names of your blood pressure medication in case you have questions.

For more information, feel free to call the Public Health Nurse Jackie Aguilar at 978-620-3261 or the Lawrence Public Library at 978-620-3600. If you cannot make it during those times please let the City of Lawrence Public Health Nurse know, so that she can plan other times during the following months.


PRUEBAS DE PRESIÓN ARTERIAL GRATIS



Lunes
De 11 am a 1 pm

La Ciudad de Lawrence y la Enfermera de Salud Pública de la Ciudad de Lawrence ofrecerán **exámenes de presión arterial GRATUITOS en la Biblioteca Pública de Lawrence en la Sala de Historia Local ubicada en el 3er piso**.

Por favor traiga sus registros de presión arterial y los nombres de sus medicamentos para la presión arterial en caso de que tenga preguntas.

Para obtener más información, no dude en llamar a la enfermera de salud pública Jackie Aguilar al 978-620-3261



Celebran el Natalicio de Juan Pablo Duarte



Algunos de los residentes que pagaron tributo a Duarte en la celebración en Broadway y Essex.

Carmen Milagros Almonte, Cónsul General de República Dominicana en Boston fue la oradora principal en el evento llevado a cabo en Lawrence, el domingo, 26 de enero 2020, con motivo del 207 aniversario del natalicio del Padre de la Patria en la República Dominicana. Los Vice-Cónsules Domingo Mejías y Claudio Pérez también estuvieron presente.



Photos: Dick Russell





AHORA:

NICK SALIÓ DE LA BANCA DE SUPLENTE Y ESTÁ EN UNA MISIÓN

Nick Savarese, de Haverhill, se ha empeñado en prevenir que el dolor de espalda lo vuelva a frenar. Cuando se descubrió que tenía un disco herniado, Nick buscó tratamiento en Lawrence General, que ofrece atención integral de la columna vertebral y tiene un nuevo centro quirúrgico con el primer quirófano híbrido de la región. Los expertos en columna del hospital le hicieron una cirugía que le cambió la vida y le alivió años de dolor crónico. Ahora, Nick hace lo que le gusta con sus seres queridos.

La historia de Nick puede ser la suya. Para mayor información, llame al 978-683-4000 ext. 2872 o visite lawrencegeneral.org/spine

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MILAGROS

Los Jefes de Policía de las Ciudades Principales Respaldan Legislación sobre Licencias de Conducir

Los Policías de Mass. Piensan Que La Ley de movilidad laboral y familiar es buena para la seguridad pública

BOSTON: el martes 21 de enero, en su reunión mensual, la Asociación de Jefes de Ciudades Principales de Massachusetts (MMCC)— una organización compuesta por la mayoría de los jefes de policía de las ciudades del Massachusetts, junto con los representantes de la policía estatal y la autoridad de tránsito de la Bahía de Massachusetts —votó para respaldar la Ley de movilidad laboral y familiar (WFMA). Si se aprueba, la WFMA ampliaría la capacidad de obtener una licencia de conducir estándar de Massachusetts a inmigrantes indocumentados elegibles, haciendo que nuestras carreteras sean más seguras para todos. Este respaldo otorga un impulso importante a esta legislación urgente, que debe ser votada fuera del comité de transporte antes del 5 de febrero y aprobada en julio de 2020.

"Como organización comprometida con la policía comunitaria y la justicia racial siendo primordial en reducir la delincuencia, estamos orgullosos de respaldar la Ley de movilidad laboral y familiar", dijo Brian Kyes, jefe del departamento de policía de Chelsea y presidente del MMCC. "Este proyecto de ley promovería la confianza entre la policía y todas las comunidades a las que servimos y protegemos. Para que los oficiales de policía de nuestro estado hagan mejor su trabajo y se mantengan seguros mientras lo hacen, deben ser capaces de identificar quién está detrás del volante.

Todas las familias de Massachusetts se merecen tranquilidad sabiendo que los conductores en nuestras carreteras y calles de la ciudad han pasado el mismo examen de manejo y conocen las reglas de nuestras carreteras".

Según el Centro de Investigación Pew, a partir de 2016 había 250,000 inmigrantes "no autorizados" que viven en Massachusetts. Sin embargo, estos inmigrantes, muchos de los cuales han vivido en nuestro estado durante décadas y están criando niños nacidos en los Estados Unidos aquí, no califican para una licencia de conducir estándar de Massachusetts, lo que significa que cada vez que necesitan llevar a sus hijos a la escuela o al médico, corren el riesgo de ser detenidos o deportados. 15 estados, el Distrito de Columbia y Puerto Rico, han aprobado leyes que otorgan a los conductores elegibles la capacidad de obtener una licencia de conducir, independientemente de su estatus migratorio. Estas leyes mejoran la seguridad pública al garantizar que todos los conductores aprueben el mismo examen de manejo, obtengan exámenes de la vista y tengan seguro de automóvil. También impulsan la economía y se ha demostrado que disminuyen los incidentes de impacto y ejecución en Connecticut y otros estados.

La WFMA tiene un amplio apoyo en todo Massachusetts. En una audiencia para el proyecto de ley en septiembre de 2019,

más de 600 simpatizantes se reunieron en la casa estatal, incluidos inmigrantes afectados y sus hijos, defensores de la comunidad, médicos, trabajadores sociales, educadores, líderes empresariales y líderes religiosos. Con inmigrantes constantemente atacados por la Administración Trump, es hora de que Massachusetts tome una posición para proteger a nuestros amigos y vecinos inmigrantes.

La Asociación de Jefes de Policía de las Ciudades Principales de Massachusetts (MMCC) está comprometida con estrategias innovadoras para reducir y prevenir la delincuencia, creando un cambio de paradigma total en la capacitación policial, haciendo un compromiso a largo plazo con la justicia racial en las prácticas de justicia penal y seguridad pública, y desarrollando un instituto modelo de liderazgo. MMCC está compuesto por los jefes de policía de las ciudades principales de Massachusetts,

la Autoridad de Tránsito de la Bahía de Massachusetts y la Policía del Estado de Massachusetts.

Dirigida por 32BJ SEIU y el Centro de Trabajadores de Brasil, "The Driving Families Forward Coalition" está compuesta por más de 200 organizaciones, empresas, líderes religiosos y funcionarios electos que los respaldan. La coalición se centra en aprobar la Ley de movilidad laboral y familiar para julio de 2020.

Con 175,000 miembros en once estados y Washington, D.C., incluidos 20,000 en Massachusetts, 32BJ SEIU es el sindicato de trabajadores de servicios de propiedad más grande del país.

Fundada en 1995, la misión del Centro Brasileño de Trabajadores es apoyar las luchas de los trabajadores en el área del Gran Boston en torno a temas de derechos laborales e inmigración.

Major City Police Chiefs Endorse Driver's License Legislation

Mass. Law Enforcement Sees Work & Family Mobility Act as Good for Public Safety

BOSTON—On Tuesday, January 21, at their monthly meeting, The Massachusetts Major City Chiefs of Police Association (MMCC)—an organization comprised of most of the police chiefs for the bay state's cities, along with those representing the state police and the Mass Bay transit authority—voted to endorse the Work and Family Mobility Act. If passed, the WFMA would extend the ability to obtain a Massachusetts standard driver's license to qualified undocumented immigrants, making our roads safer for all. This endorsement lends an important boost to this urgent legislation, which must be voted out of the transportation committee by February 5 and passed into law by July 2020.

"As an organization committed to community policing and racial justice as paramount to reducing crime, we are proud to endorse the Work and Family Mobility Act," said Brian Kyes, Chief of the Chelsea Police department and President of the MMCC. "This bill would promote trust between law enforcement and all the communities we serve and protect. In order for our state's police officers to best do their jobs and remain safe while doing so, they need to be able to identify who's behind the wheel. All Massachusetts families need peace of mind knowing that the drivers on our highways and city streets have passed the same driving test and know the rules of our roads."

According to the Pew Research Center, as of 2016 there were 250,000 "unauthorized" immigrants living in Massachusetts. Yet, these immigrants—many of whom have lived in our state for decades and are raising U.S.-born children here—don't qualify for a Standard Massachusetts Driver's license, meaning every time they need to drive their children to school or to the doctor, they risk detention or deportation. 15 states, the District of Columbia, and Puerto Rico, have passed legislation that gives eligible drivers the ability to obtain a driver's license,

regardless of immigration status. These laws improve public safety by ensuring that all drivers pass the same driver's test, get vision exams and have car insurance. They also boost the economy, and have been shown to decrease hit and run incidents in Connecticut and other states.

The WFMA has widespread support across the Commonwealth. At a hearing for the bill in September 2019, 600-plus supporters packed into the statehouse, including affected immigrants and their children, community advocates, doctors, social workers, educators, business leaders, and faith leaders. With immigrants under constant attack by the Trump Administration, it's time for Massachusetts to take a stand to protect our immigrant friends and neighbors.

The Massachusetts Major City Chiefs of Police Association (MMCC) is committed to innovative strategies to reduce and prevent crime, creating a total paradigm shift in police training, making a long-term commitment to racial justice in criminal justice and public safety practices, and developing a model leadership institute. MMCC is comprised of the chiefs of police for most major cities in Massachusetts, as well as the Massachusetts Bay Transit Authority and the Massachusetts State Police.

Led by 32BJ SEIU and the Brazilian Workers' Center, The Driving Families Forward Coalition is made up of 200 endorsing organizations, businesses, faith leaders, and elected officials. The coalition is focused on passing the Work & Family Mobility Act by July 2020.

With 175,000 members in eleven states and Washington, D.C., including 20,000 in Massachusetts, 32BJ SEIU is the largest property service workers union in the country.

Founded in 1995, The Brazilian Worker Center's mission is to support workers' struggles in the Greater Boston area around issues of workplace rights and immigration

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Preparations Begin for Summer Meals Program

Efforts target childhood hunger by providing children and youth access to healthy meals

The Baker-Polito Administration, in collaboration with the state Department of Elementary and Secondary Education (DESE), is preparing now to launch the 2020 Summer Food Service Program in June and hopes additional organizations will come forward to sponsor meal sites.

The Summer Food Service Program is a U.S. Department of Agriculture-funded initiative that provides free, nutritious meals to children when school is not in session. In Massachusetts, DESE administers the program.

More than 400,000 children across Massachusetts qualify for free or low-cost school meals during the school year. During the summer months, children and families lose access to these nutritious meals, and families frequently find it difficult to replace the lost food. Without access to meals, children are at a greater risk of developing unhealthy eating habits, fatigue, weight gain and summer learning loss.

The Summer Food Service Program fills this gap by providing nutritious meals in eligible areas throughout the state. The program provides children with access to meals at schools, parks, swimming pools, playgrounds, and other community sites, often in conjunction with enrichment and recreational activities.

"Food insecurity doesn't disappear just because school is out for the summer," Education Secretary James Peyser said.

"The Summer Food Service Program helps students continue to grow and be ready to learn even when school isn't in session."

"Our students can achieve amazing things with the right supports, and those include the Summer Food Service Program," Elementary and Secondary Education Commissioner Jeffrey C. Riley said. "I am grateful to all the sponsors who distribute food and in many cases provide enrichment opportunities for students, and I hope additional organizations will consider becoming sponsors this year."

Participation in the summer feeding program has been increasing annually for more than 25 years. Last summer, over 100 sponsoring organizations participated, feeding an average of nearly 60,000 young people per day at more than 1,000 feeding sites across the state. The Department of Elementary and Secondary Education expects the program to grow again this year.

Many Summer Food Service Programs will open before July 4 and will operate until mid-August. Sponsors operate the sites with close technical support from DESE and outreach assistance from the Child Nutrition Outreach Program (CNOP) at Project Bread.

For information on summer meals, including how to become a sponsor, call Project Bread at 617-723-5000.

Comienzan los preparativos para el programa de comidas de verano

Los esfuerzos se centran en el hambre infantil al proporcionar a niños y jóvenes acceso a comidas saludables

La Administración Baker-Polito, en colaboración con el Departamento de Educación Primaria y Secundaria (DESE) del estado, se está preparando ahora para lanzar el Programa de Servicio de Alimentos de Verano 2020 en junio y espera que organizaciones adicionales se presenten para patrocinar sitios de comidas.

El Programa de Servicio de Alimentos de Verano es una iniciativa financiada por el Departamento de Agricultura de EE. UU. Que proporciona comidas gratis y nutritivas a los niños cuando la escuela no está en sesión. En Massachusetts, DESE administra el programa.

Más de 400,000 niños en Massachusetts califican para comidas escolares gratuitas o de bajo costo durante el año escolar. Durante los meses de verano, los niños y las familias pierden el acceso a estas comidas nutritivas, y a las familias con frecuencia les resulta difícil reemplazar la comida perdida. Sin acceso a las comidas, los niños corren un mayor riesgo de desarrollar hábitos alimenticios poco saludables, fatiga, aumento de peso y pérdida de aprendizaje durante el verano.

El Programa de Servicio de Alimentos de Verano llena este vacío al proporcionar comidas nutritivas en áreas elegibles en todo el estado. El programa brinda a los niños acceso a comidas en las escuelas, parques, piscinas, parques infantiles y otros sitios comunitarios, a menudo junto con actividades de enriquecimiento y recreación.

"La inseguridad alimentaria no desaparece solo porque la escuela está cerrada para el verano", dijo el Secretario de Educación James

Peysen. "El Programa de Servicio de Alimentos de Verano ayuda a los estudiantes a seguir creciendo y a estar listos para aprender incluso cuando la escuela no está en sesión".

"Nuestros estudiantes pueden lograr cosas increíbles con los apoyos adecuados, y estos incluyen el Programa de Servicio de Alimentos de Verano", dijo el Comisionado de Educación Primaria y Secundaria Jeffrey C. Riley. "Estoy agradecido a todos los patrocinadores que distribuyen alimentos y en muchos casos brindan oportunidades de enriquecimiento para los estudiantes, y espero que organizaciones adicionales consideren convertirse en patrocinadores este año".

La participación en el programa de alimentación de verano ha aumentado anualmente durante más de 25 años. El verano pasado, más de 100 organizaciones patrocinadoras participaron, alimentando a un promedio de casi 60,000 jóvenes por día en más de 1,000 sitios de alimentación en todo el estado. El Departamento de Educación Primaria y Secundaria espera que el programa vuelva a crecer este año.

Muchos programas de servicio de alimentos de verano abrirán antes del 4 de julio y funcionarán hasta mediados de agosto. Los patrocinadores operan los sitios con el apoyo técnico cercano de DESE y asistencia de alcance del Programa de Extensión de Nutrición Infantil (CNOP) en Project Bread.

Para obtener información sobre las comidas de verano, incluido cómo convertirse en patrocinador, llame a Project Bread al 617-723-5000.



La mejor atención del cáncer en Nueva Inglaterra está ahora en Merrimack Valley.



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El cáncer no es fácil. Pero puede ser más llevadero con la atención y el sistema de apoyo adecuados cerca de su hogar. Dana-Farber Cancer Institute, el mejor centro de Nueva Inglaterra para el tratamiento del cáncer, tiene un nuevo centro oncológico de vanguardia en Merrimack Valley. Usted merece tener acceso a terapias de avanzada, a estudios clínicos y a la pericia de nuestros especialistas. Aproveche el renombre del líder en la atención del cáncer allí donde usted vive.



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Frost Middle School students made big contribution to homeless



Durante los últimos meses, los estudiantes de la Escuela Intermedia Frost en Lawrence han estado coleccionando calcetines para las personas sin hogar.

Fueron dirigidos por el Consejo Stuent y trabajaron con el asesor estudiantil de la facultad Matt Debroke y el Departamento Lawrence.

La semana pasada, el Departamento de Bomberos se reunió con miembros del Consejo Estudiantil para recoger la donación de calcetines para entregar en refugios locales, pero junto con eso, también recaudaron más de \$ 200 para beneficiar a las personas sin hogar.

For the past couple of months, students at the Frost Middle School in Lawrence, have been collecting socks for the homeless.

They were led by the Stuent Council and worked with faculty student adviser Matt Debroke and the Lawrence Department.

Last week, the Fire Department met with members of the Student Council to pick up the donation of sock for delivery to local shelters but along with that, they also collected over \$200 to benefit the homeless.



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Hablo Español.

Mi abuelo me dijo una vez que hay dos tipos de personas: los que hacen todo el trabajo y los que se llevan el mérito. También me dijo que debo estar en el primer grupo; hay menos competencia.

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

— Indira Gandhi

El regalo perfecto de San Valentín

Ayude a su ser querido a dejar de vapear, fumar o el uso de otros productos de tabaco

Por Ashley Hall, MS

Asociación de la comunidad sin tabaco del noreste

Febrero es el Mes Americano del Corazón, así que antes de pensar en qué tipo de flores o tipo de dulces comprar para el Día de San Valentín, elija el San Valentín que sea mejor que cualquier ramo de rosas rojas caras o una caja de bombones: demuestre su amor apoyando a su amor para dejar de vapear, fumar o usar otros productos de tabaco.

Según los Centros para el Control y la Prevención de Enfermedades (CDC), fumar es una de las principales causas de enfermedad cardíaca; puede provocar el estrechamiento de los vasos sanguíneos y la hipertensión arterial. Dejar de fumar mejora en gran medida la salud del corazón. Vaping todavía es bastante nuevo y se sabe menos sobre su efecto en el corazón. Sin embargo, la American Heart Association informa que dos nuevos estudios encuentran que el vapeo puede ser tan peligroso al aumentar los factores de riesgo de enfermedad cardíaca.

Dele un nuevo significado al Día de San Valentín ayudando a su ser querido a dejar de vapear, fumar o usar otros productos de tabaco. Si su pareja está pensando en dejar de fumar, aquí hay algunas formas en que su donación de apoyo puede alentarlos a lo

largo de su viaje:

1. Hágle saber a tu amor que serás su pareja para dejar de fumar durante el tiempo que sea necesario: una persona generalmente intenta dejar de fumar muchas veces antes de dejar de fumar para siempre.
2. Recuérdele que de repente no siempre es la mejor opción. Recomiende que hablen con su médico sobre medicamentos para ayudarlos a dejar de fumar. ¡Las personas que usan medicamentos para dejar de fumar tienen el doble de probabilidades de dejar de fumar para siempre!
3. Ayúdelo a celebrar las pequeñas victorias, como las primeras 24 horas de estar libres de nicotina, la primera semana o la primera vez que superan un evento estresante sin usar tabaco o productos de nicotina.
4. Tráigale golosinas sin azúcar, mentas y refrigerios saludables para ayudarlo a mantener sus manos y boca ocupadas.
5. Distráigale de los antojos y ayúdelos a aliviar el estrés: salgan a caminar con ellos,

envíenles un mensaje tranquilizador o simplemente vayan a hacer un recado juntos.

Si parece que su ser querido está de mal humor, trate de no tomarlo personalmente, ¡la nicotina es una droga muy adictiva! Dejar de fumar es una de las cosas más difíciles que harán.

Por último, es común que aquellos que intentan dejar de fumar se equivoquen y vapeen o fumen un cigarrillo. Si esto le sucede a su ser querido, no se desanime ni critique. Ayúdelo a pensar en lo que aprendieron de ese intento de dejar de fumar y recuérdale todas sus buenas razones para dejar de fumar. Lo que es más importante, hágale saber que está allí para él o ella

cuando estén listos para volver a intentarlo.

Para obtener más información sobre cómo puede ayudar a su ser querido a dejar de vapear, fumar o usar otros productos de tabaco, visite [Keep TryingMA.org](http://KeepTryingMA.org). Vapers, fumadores y otros usuarios de productos de tabaco pueden llamar al 1-800-QUIT NOW (1-800-784-8669) para recibir asesoría gratuita por teléfono, chat electrónico y mensajes de texto las 24 horas del día, los siete días de la semana o pueden inscribirse en línea a través de [Keep TryingMA.org](http://KeepTryingMA.org).

Este Día de San Valentín y Mes Americano del Corazón, dé el regalo perfecto; demuestre a su amada cuánto le importa con el don de apoyo y, en última instancia, la salud del corazón.

The Perfect Valentine's Gift

Help Your Loved One Quit Vaping, Smoking, or Other Tobacco Products

By Ashley Hall, MS

Northeast Tobacco Free Community Partnership

February is American Heart Month, so before you think about what kind of flowers or type of candy to buy for Valentine's Day, choose the Valentine that is better than any bouquet of expensive red roses or box of chocolates: show your love by supporting your sweetheart in quitting vaping, smoking or other tobacco products.

According to the Centers for Disease Control and Prevention (CDC), smoking is a leading cause of heart disease; it can lead to the narrowing of blood vessels and high blood pressure. Quitting smoking greatly improves heart health. Vaping is still fairly new and less is known about its effect on the heart. However, the American Heart Association reports that two new studies find that vaping may be just as dangerous by increasing heart disease risk factors.

Give Valentine's Day new meaning by helping your loved one quit vaping, smoking or other tobacco products. If your sweetheart is thinking about quitting, here are some ways your gift of support can encourage them along their journey:

1. Let your sweetie know you'll be their quit partner for as long as it takes – a person usually tries to quit many times before they quit for good.
2. Remind them that going cold turkey is not always the best option. Recommend that they talk to their doctor about medications to help them quit. People who use quit medicine are twice as likely to quit for good!
3. Help them celebrate the small victories – like the first 24 hours of being nicotine-

free, the first week, or the first time they make it through a stressful event without using tobacco or nicotine products.

4. Bring them little treats like sugar-free gum, mints, and healthy snacks to help keep their hands and mouth busy.
5. Distract them from cravings and help them relieve stress – take a walk with them, send them a reassuring text, or just run an errand together.

If it seems like your loved one is in a bad mood, try not to take it personally – nicotine is a very addictive drug! Quitting is one of the most difficult things they will ever do.

Lastly, it is common for those attempting to quit to slip up and vape or have a cigarette. If this happens to your loved one, don't be discouraged or critical. Help them think about what they learned from that quit attempt and remind them of all of their good reasons for quitting. Most importantly, let them know you're there for them when they're ready to try again.

To learn more about how you can help your loved one quit vaping, smoking or using other tobacco products, visit KeepTryingMA.org. Vapers, smokers and other tobacco product users can call 1-800-QUIT NOW (1-800-784-8669) for free coaching through phone, e-chat, and text 24 hours each day, seven days a week or they can enroll online through KeepTryingMA.org.

This Valentine's Day and American Heart Month, give the perfect gift; show your beloved just how much you care with the gift of support and, ultimately, heart health.

New Year's Resolutions for 2020: Ready to Quit Smoking? "Quit, Don't Switch" to E-Cigarettes

The American Lung Association reminds the public that e-cigarettes, or vaping, is not quitting smoking

Along with hitting the gym more often and starting a diet, quitting smoking tops many New Year's resolution lists. There are currently 715,500 smokers in Massachusetts and nearly 60% tried to quit last year. New ads from e-cigarettes companies would have those smokers falsely believe that switching to vaping is quitting smoking. The American Lung Association is reminding Massachusetts residents that the Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit.

This year, the Lung Association is encouraging smokers to "Quit, Don't Switch." Through December 31, 2019, achieve complete smokefree freedom with a 10% discount to the proven-effective Freedom From Smoking® Plus program at Lung.org/quit-dont-switch.

Amber Pelletier, Division Director for Health Promotions for the American Lung Association in Massachusetts said, "Misinformation about the health risks of vaping is rampant and e-cigarette use, especially among youth has been declared an "epidemic" by the U.S. Surgeon General. The simple truth is that e-cigarettes are tobacco products, and the Lung Association has been helping people avoid and quit using tobacco for decades. As New Year's inspires a new group of smokers to quit—we hope to direct them to proven-effective strategies and FDA-approved medications, while helping them understand that e-cigarettes are not the answer."

Pelletier also offered these facts about e-cigarettes:

E-cigarettes are tobacco products. No tobacco product is safe, and that includes e-cigarettes. Recent hospitalizations and deaths related to vaping underscore the fact that vaping is in fact harmful.

Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine, which can be very difficult.

Research shows that e-cigarettes contain dangerous metals and toxic chemicals that can cause irreversible lung disease. Get the facts at Lung.org/ecigs

"One of the biggest problems with e-cigarettes is that many times people become dual users, meaning they smoke cigarettes when they can and use vaping devices at other times," says Albert A. Rizzo, M.D., American Lung Association Chief Medical Officer. "Using e-cigarettes is not safe: a new study released in December found adults who currently or ever used e-cigarettes are 30% more likely to develop chronic lung disease, including asthma, bronchitis and emphysema," said Rizzo.

For years, the American Lung Association has been urging the FDA to crack down on these unproven quit smoking claims made by the e-cigarette industry. These ongoing claims have made it more confusing for smokers to know what to do when they're ready to quit.

For media interested in speaking with an expert about e-cigarettes, lung health, tobacco use and tobacco policies, contact the American Lung Association at Jennifer.Solomon@lung.org



Three Recognized for Work at NECC

Three Northern Essex Community College employees, Sharon McManus of Danvers, Martha Bixby of Merrimac, and Patricia Portanova of Newburyport, recently received the Employee Recognition Award for the final quarter of 2019.

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

Bixby, an academic advisor was nominated by Stephanie Wares, NECC's director of the Student Success Hub who praised her saying "She is humble and is always willing to come in early and stay late." Her nomination was supported by colleague Mike Rideout, transfer advisor, who wrote, "Martha is always friendly, cooperative, supportive, thoughtful, and professional...she is an unsung hero." Vanessa Desani, academic advisor and community referral counselor, and Jayne Ducharme, academic advising coordinator, also supported the nomination.

An alumna of NECC, Bixby has worked at the college, in different positions, for 11 years. She earned two Associate of Science degrees from NECC including Computer Information Sciences: Computer Operations and Accounting. She earned a Bachelor of Science in Business Administration, a Master of Business Administration, and a graduate certificate in human resource management from Southern New Hampshire University.

Portanova, holds several positions including associate professor of English, coordinator of liberal arts, coordinator of liberal arts: writing option, and faculty

lead for the Center for Liberal Arts. She has taught at NECC for more than five years.

She was nominated by Janel D'Agata-Lynch, coordinator civic engagement, service-learning & community resources. "She has been a constant support and encouragement to the Office of Civic Engagement and Service Learning, working in and out of the classroom to expand civic inquiry and engagement opportunities for students." The nomination was supported by Paula Richards, coordinator service of the service learning faculty fellows program, and Janice Rogers, associate dean liberal arts and student success hub.

She earned a Bachelor of Arts in English Literature and a Master of Art in English Literature: Concentration in Creative Writing from Bridgewater State College and a PhD in Rhetoric and Composition from the University of New Hampshire.

McManus, who has worked at NECC for five years, was nominated by Ashley Moore, director of academic, career, and civic engagement, who praised her for among other things "her consistently high on-the-job performance...she is also an excellent team player and she is committed to going the extra mile to make sure the work gets done."

Her nomination was supported by Kim Burns, dean of academic innovations and professional development, Kathleen Bartolini, adjunct faculty, human services, Kelly Saretsky, dean of institutional research and planning.

McManus earned a Bachelor of Arts in Sociology and Spanish from the University of New Hampshire, a Master of Higher Education in Leadership from Merrimack College, and is a Certified Gallup Strengths Coach.



Cutline: Northern Essex Community College President Lane Glenn congratulates (l to r) Professor Trish Portanova, Martha Bixby, and Sharon McManus, on receiving the NECC Employee Recognition Award for the final quarter of 2019.

Gov. Baker Recognizes NECC Students During Address



Five Northern Essex Community College Promise Program students attended Massachusetts Governor Charlie Baker's State of the Commonwealth address Tuesday night at the Massachusetts State House.

The group broke into smiles when the Governor introduced them during his remarks. Talking about education reform, Baker highlighted successful initiatives such as "gifted and talented programs, acceleration academies, parental outreach, applied learning opportunities, longer school days, and early college programs" that have "helped students find their footing."

Speaking of Lawrence's Early College partnerships, Baker said "Dozens earned full scholarships at area colleges. Joining us today are 11 of them, 6 from Merrimack College and 5 from NECC."

The students attended the annual event, which was televised, and were seated in the visitors' gallery with Massachusetts

State Education Commissioner Jeff Riley, Lawrence Mayor Dan Rivera, and Lawrence Superintendent of Schools Cynthia Paris.

The Lawrence High School (LHS) alumni participated in NECC's Early College Program while attending LHS. They are all now enrolled at NECC under the Promise Program, which supports Early College students who attend NECC after graduating from high school to pursue a degree or certificate.

The NECC students were Kirmy Ramos – Computer Information Sciences: Transfer Option, Tayraingely Santiago – criminal justice, Alex Suarez – medical assisting, Estebanya Gonzalez – general studies art & design, and Tehanny Lemma – general studies individualized option.

Baker encouraged them to stand and be recognized. He congratulated them on their achievements and wished them the best on continuing their education. They received a strong ovation from legislators.

NECC Plans Health Care Information Sessions

Thinking of working in health care, but don't know where to begin? Northern Essex Community College will hold a series of Information sessions highlighting the various health programs offered at the associate degree and certificate level.

The information sessions will be held once a month beginning in February in the Dr. Ibrahim El-Hefni Allied Health & Technology Center, 414 Common St., Lawrence, at 5:30 p.m. information sessions are free and open to the public. The dates are February 12, March 25, April 15, and May 20.

Northern Essex offers associate degrees in business management: healthcare practice, exercise science, general studies:

health specialization, health fitness instructor, nursing associate degree (AND), nursing: advanced placement option – LPN to ADN, paramedic technology, public health, radiologic technology, and respiratory care.

NECC also offers certificates in community health worker, dental assisting, healthcare technician, medical assistant, medical billing, medical coding, medical office assistant, paramedic technology, practical nursing, and sleep technologist.

Training is also offered for nurse assistants. Learn more about Northern Essex health care programs at www.necc.mass.edu For additional information contact Linda Comeau at lcomeau@necc.mass.edu



HELP YOUR TEEN QUIT VAPING

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Dana-Farber abrió nuevas instalaciones en Merrimack Valley

El martes, 28 del corriente mes de enero, 2020, el Instituto del Cáncer de Dana-Farber, abrió un nuevo sitio en Methuen, ofreciendo con esto, un mayor acceso y servicios ampliados para pacientes con cáncer.

Después de un corte festivo de cinta, el Instituto del Cáncer Dana-Farber dejó inaugurado un nuevo sitio en el Valle de Merrimack que ofrece atención ampliada para el cáncer y el trastorno de la sangre y servicios ambulatorios para pacientes adultos en la región. El nuevo sitio, ubicado en 5 Branch Street en Methuen, une las prácticas médicas de Dana-Farber en Lawrence y Methuen en una ubicación para pacientes externos.

Con un entorno similar a la ubicación de Dana-Farber Longwood (Boston), el sitio del Instituto de Cáncer Dana-Farber - Merrimack Valley ha ampliado el espacio con 24 salas de examen y 32 bahías de infusión.

El nuevo espacio permite a los pacientes en Dana-Farber - Merrimack Valley acceder a muchos de los ensayos clínicos abiertos de Dana-Farber, la capacidad de hacerse pruebas genéticas y reunirse con un asesor genético para obtener más información sobre el riesgo de cáncer basado en el historial personal y familiar, coordinar la atención con dietistas registrados que tienen capacitación especial en oncología y medicina integral, y se reúnen con trabajadores sociales clínicos con licencia en oncología para consulta, orientación y asesoramiento de apoyo.

Además, habrá un mayor nivel de

comodidad y conveniencia para los pacientes con una sala de espera ampliada, bahías de infusión privadas, estaciones de carga en todas las áreas de espera e infusión, sillas de infusión con función de calefacción, así como estacionamiento gratuito en el lugar y una cafetería en el primer piso.

Hay luz natural en todo el espacio y las ventanas dan al paisaje. La sala de espera presenta una foto aérea de 30 pies que representa el Valle de Merrimack y varios puntos de referencia locales, conectando a la comunidad con esta nueva instalación.

“Estamos encantados de abrir este nuevo sitio que beneficiará a los pacientes en el Valle de Merrimack y les ofrecerá un mejor acceso a los oncólogos y equipos de atención de Dana-Farber. Este nuevo sitio nos ayudará a proporcionar la atención excepcional y conveniente para el cáncer, que es una parte importante de nuestra misión”, dijo Craig A. Bunnell, MD, MPH, MBA, Director Médico, Dana-Farber.

“Esta nueva instalación es emocionante para los pacientes y será genial tener a los miembros del personal de Dana-Farber de Lawrence y Methuen bajo un mismo techo. En general, será más conveniente para pacientes con áreas de infusión nuevas, más grandes y más cómodas. Gracias a Dana-Farber por ayudar a los pacientes en su viaje por el cáncer”, dijo Stacey Fusco, una paciente de Methuen.

Todos los servicios clínicos se brindan en el tercer piso del edificio, en aproximadamente 30,000 pies cuadrados.



Front row, L. to R. Margarita Jose, Eddy Tabit, Cloty Tabit, Elena Kouri, Alberto Vasallo, Miriam Gorriaran, Josie Fine. Back row, L. to R. Ernesto Jose, Yamil Kouri, Jan Fine.



L. to R. Dr. Pedro Sanz, Eddy Tabit, Suzanne Kouri, Dr. Yamil Kouri, MD, Medical Director - DF Merrimack Valley and his mother Clara Kouri, enjoying the event.



Darcy Cardarelli, patient, is speaking in a festive fashion, about her positive experiences at Dana-Farber.



The new mayor of Methuen, Neil Perry, shows his appreciation to Dana-Farber for opening this facility in Methuen.



Ivonne Frazier, also a patient, now free of cancer, according to her, thanks to Dana-Farber with her extended family.

Dana-Farber opened new facility in Merrimack Valley

On Tuesday, January 28th, 2020, Dana-Farber Cancer Institute opened a new site in Methuen offering increased access and expanded services for patients with cancer.

Following a festive ribbon cutting, Dana-Farber Cancer Institute opened a new site in the Merrimack Valley offering expanded cancer and blood disorder care and outpatient services for adult patients in the region. The new site, located at 5 Branch Street in Methuen, unites the Dana-Farber physician practices in Lawrence and Methuen into one outpatient location.

With an environment similar to the Dana-Farber Longwood (Boston) location, the Dana-Farber Cancer Institute - Merrimack Valley site has expanded space with 24 exam rooms and 32 infusion bays.

The new space allows patients at Dana-Farber - Merrimack Valley access to many of Dana-Farber's open clinical trials, the ability to get genetic testing and meet with a genetic counselor to learn more about cancer risk based on personal and family history, coordinate care with registered dietitians who have special training in oncology and integrative medicine, and meet with licensed oncology clinical social workers for consultation, guidance and supportive counseling.

In addition, there will be a higher level of comfort and convenience for patients

with an expanded waiting room, private infusion bays, charging stations throughout the waiting and infusion areas, infusion chairs with a heated function as well as free onsite parking and a café on the first floor.

There is natural light throughout the space and the windows overlook the landscape. The waiting room features a 30-foot aerial photo depicting the Merrimack Valley and various local landmarks, connecting the community to this new facility.

“We are thrilled to open this new site that will benefit patients in the Merrimack Valley and will offer them enhanced access to Dana-Farber oncologists and care teams. This new site will help us provide the exceptional and convenient cancer care which is an important part of our mission,” said Craig A. Bunnell, MD, MPH, MBA, Chief Medical Officer, Dana-Farber.

“This new facility is exciting for patients and it will be great to have the Dana-Farber staff members from Lawrence and Methuen under one roof. Overall, it will be more convenient for patients with brand new, larger, and more comfortable infusion areas. Thank you to Dana-Farber for helping patients on their cancer journey,” said Stacey Fusco, a patient from Methuen.

All clinical services are provided on the third floor of the building, over approximately 30,000 square feet.

El Jefe de Bomberos del Estado Ostroskey anuncia la semana de concienciación sobre quemaduras del 2 al 8 de febrero de 2020

La semana nacional de concienciación sobre quemaduras es del 2 al 8 de febrero de 2020. El jefe de bomberos del estado Peter J. Ostroskey dijo: "La semana de concienciación sobre quemaduras es una oportunidad para que los profesionales médicos, de salud y de incendios revisen algunos pasos simples de seguridad que las personas pueden tomar para prevenir lesiones por quemaduras en casa, en el trabajo y al aire libre".

El tema de este año de la Asociación Estadounidense de Quemaduras es Quemaduras por contacto: piel dañada por superficies calientes. Tocar un objeto caliente provoca lo que los profesionales médicos llaman una quemadura por contacto.

Según los datos del Sistema de Informes de Lesiones por Quemadura de Massachusetts (M-BIRS), los niños menores de cinco años representan una cuarta parte de todas las lesiones por quemaduras reportadas. En los últimos diez años, casi la mitad (45%) de todas las quemaduras de contacto fueron a niños menores de cinco años. Los niños pequeños están ocupados explorando su entorno como parte natural del aprendizaje, pero es importante supervisarlos y mantenerlos a salvo. Tocar los equipos de calefacción y cocina, otros artículos calientes del hogar (como planchas de ropa) y caminar descalzo sobre el pavimento caliente son las principales causas de quemaduras por contacto en los niños pequeños.

- El 9 de noviembre de 2019, un niño de 11 meses tocó la porción de vidrio de un horno en uso y recibió quemaduras graves de tercer grado en la mano izquierda.

- El 10 de noviembre de 2019, un niño de 11 meses se cayó sobre un calentador de pedestal en su casa y recibió quemaduras graves en el muslo, la pantorrilla y el talón.

Consejos para prevenir quemaduras de contacto

- En el interior, supervise a los niños alrededor de calentadores, estufas de leña, chimeneas, radiadores y estufas y hornos en uso. Manténgalos a tres pies de distancia de las cosas que pueden calentarse usando puertas para bebés, tronas y corralitos.
- Al aire libre, mantenga a los niños a tres pies de distancia de parrillas y fogatas. Mantenga el área libre de riesgos de tropiezos para que nadie caiga al fuego.
- Apague las almohadillas térmicas, las mantas eléctricas y los calentadores antes de dormir. Esto es especialmente importante para los adultos mayores que pueden sufrir quemaduras graves más rápidamente a medida que su piel se adelgaza con la edad.
- Tenga almohadillas calientes disponibles cuando cocine. Los guantes largos para horno son mejores cuando se necesita alcanzar o sobre superficies calientes, como dentro de un horno o sobre una parrilla. Suponga que todas las ollas y sartenes están calientes antes de tocarlas.
- Recuerde tratar los artículos que provienen del microondas como si fueran artículos del horno. Asegúrese de que los niños sean más altos que el microondas y supervise su uso.
- Proteja sus pies usando zapatos cuando camine sobre pavimento caliente o arena y también mantenga a las mascotas alejadas del pavimento caliente.

Quemaduras de líquidos calientes en niños menores de 5 años

El principal problema de quemaduras en el estado son las quemaduras de líquidos calientes a niños menores de cinco años, lo que representa una de cada cinco de cada quemaduras reportadas. "Recuerde que los líquidos calientes se queman como el fuego", dijo Ostroskey.

Seguridad de bebidas calientes

- Nunca sostenga o cargue a un niño mientras tiene una bebida caliente en la mano. Un bebé que se menea puede causar

- un derrame sobre sí mismo o sobre usted.
- Considere usar una "taza de viaje" con una tapa bien ajustada para evitar o minimizar los derrames.
- Mantenga las bebidas calientes y las sopas alejadas del borde de las mesas y mostradores. Ponerlos en el centro de la mesa los mantiene alejados de los dedos curiosos.
- Use manteles individuales en lugar de manteles y gire las manijas hacia adentro para evitar que los niños tomen líquidos calientes sobre sí mismos.

Seguridad del agua del grifo

- Ajuste su calentador de agua a 125°F o menos. La ley de Massachusetts requiere una temperatura entre 110°F y 130°F.
- Supervise a los niños pequeños en el baño y enfréntelos lejos de los grifos. Los bebés y los niños pequeños pueden abrir el agua caliente cuando les das la espalda.
- Nunca deje a un niño solo en la bañera ni por un instante.
- Use un termómetro para analizar el agua que sale del grifo del baño.
- Pase la mano por el agua del baño para detectar puntos calientes.

State Fire Marshal Ostroskey Announces Burn Awareness Week February 2-8, 2020

National Burn Awareness week is February 2-8, 2020. State Fire Marshal Peter J. Ostroskey said, "Burn Awareness Week is an opportunity for fire, health, and medical professionals to review some simple safety steps people can take to prevent burn injuries at home, at work, and outdoors."

This year's theme from the American Burn Association is Contact Burns – Hot Surfaces Damage Skin. Touching a hot object causes what medical professionals call a contact burn.

According to data from the Massachusetts Burn Injury Reporting System (M-BIRS), children under five account for one-quarter of all reported burn injuries. In the past ten years, nearly half (45%) of all contact burns were to children under five. Toddlers are busy exploring their environment as a natural part of learning, but it is important to supervise them and keep them from danger. Touching heating and cooking equipment, other hot household items (like clothes irons), and walking barefoot on hot pavement are the leading causes of contact burns to young children.

- On November 9, 2019, an 11-month old boy touched the glass portion of an oven in use and received severe third degree burns to his left hand.

- On November 10, 2019, an 11-month old boy fell onto a baseboard heater at his home and received severe burns to his thigh, calf and heel.

Tips to Prevent Contact Burns

- Indoors, supervise children around space heaters, woodstoves, fireplaces, radiators, and stoves and ovens in use. Keep them three feet away from things that can get hot by using baby gates, high chairs and playpens.
- Outdoors, keep children three feet away from barbecue grills and campfires. Keep area clear of trip hazards so no one falls into the fire.
- Turn heating pads, electric blankets and space heaters off before sleeping. This is especially important for older adults who

can suffer serious burns more quickly as their skin thins with age.

- Have hot pads available whenever cooking. Long oven mitts are best when needing to reach in or over hot surfaces, such as inside an oven or over a grill. Assume all pots and pans are hot before touching.
- Remember to treat items coming from the microwave as you would items from the oven. Make sure children are taller than the microwave and supervise them using it.
- Protect your feet by wearing shoes when walking on hot pavement or sand and keep pets off hot pavement too.

Hot Liquid Burns to Children Under 5

The leading burn problem in the Commonwealth is hot liquid scalds to children under five, accounting for one in five of every burns reported. "Please remember that hot liquids burn like fire," said Ostroskey.

Hot Drink Safety

- Never hold or carry a child while you have a hot drink in your hand. A wiggling baby can cause a spill on themselves or on you.
- Consider using a "travel mug" with a tight-fitting lid to prevent or minimize spills.
- Keep hot drinks and soups away from the edge of tables and counters. Putting them in the center of the table keeps them away from curious fingers.
- Use placemats instead of tablecloths and turn pot handles inward to prevent children from pulling hot liquids onto themselves.

Tap Water Safety

- Set your hot water heater to 125°F or less. Massachusetts law requires a temperature between 110°F and 130°F.
- Supervise young children in the bath and face them away from faucets. Babies and toddlers can turn on hot water when you turn your back.
- Never leave a child in the tub alone for even an instant.
- Use a thermometer to test the water coming out of your bath water tap.
- Run your hand through bath water to test for hot spots.

Lithuanian Independence Day in Lawrence

Sunday February 16, 2020 – Vasario 16

Corpus Christi Church

10:30 Mass in lower church,

Lithuanian Dinner @ 12noon

Church hall on Common St.

Donation: Adults \$ 15.

Children \$ 5.

After the three courses there will be raffles, and a tradition Lithuanian folk song concert by the soloist - Danute Mileika.

Please join us and bring a friend to this entertaining annual event sponsored by the Lawrence Chapter of the American Lithuanian Council Inc.- ALTAS. For information call Jonas @ (978) 685-4478



"A leader is not a searcher for consensus but a leader of consensus."

"Un líder no es el que busca consenso sino el que lidera el consenso."

- Martin Luther King, Jr.

Termina período de reclamos con Columbia Gas

Columbia Gas claims period ends

Durante tres sábados en enero, abogados representando el acuerdo con Columbia Gas ayudaron a casi mil residentes de Lawrence, Andover y North Andover llenando las planillas tomando parte en el convenio de los \$143 millones. El próximo paso es ir ante el juez que tendrá que aprobar los reclamos.

During three Saturdays in January, attorneys representing the Columbia Gas settlement helped almost 1,000 residents of Lawrence, Andover and North Andover filling out the claims forms applying for part of the \$143 million agreement. The next step is going before the judge who will have to approve the claims.



Susan Larosa was assisted with her application by attorneys Al and Lou Farrah.



Attorneys José López and Danilo Gómez advising María Parra with her application.

Chinese & Vietnamese New Year Celebration

A Chinese & Vietnamese New Year Celebration will take place on Saturday, February 8, 2020 from 10 AM to 2 PM at the Lawrence Senior Center, 155 Haverhill St., Lawrence. The City of Lawrence Council on Aging and the Merrimack Valley Immigrant & Education Center are sponsoring this event. They are inviting the general public to experience an Asian Lunar New Year 2020 "Year of the Rat" celebration.



Tickets for lunch are \$8 per adult and \$3 per child and must be purchased in advance. Entertainment will be provided by cultural Asian dancers from Lawrence known as the Dance Troupe at Lam Ty Ni Temple who will perform the traditional Lion Dance, a fan favorite.

For tickets or more information, contact the Lawrence Senior Center at 978-620-3540. The program is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Celebrando el Año Nuevo Chino y Vietnamita

La celebración del Año Nuevo chino y vietnamita tendrá lugar el sábado, 8 de febrero de 2020 de 10 a.m. a 2 p.m. en el Lawrence Senior Center, 155 Haverhill St., Lawrence. El Concejo de Ancianos de la Ciudad de Lawrence y el Centro de Educación e Inmigrantes de Merrimack Valley están patrocinando este evento. Están invitando al público en general a experimentar una celebración del "Año de la Rata" del Año Nuevo Lunar Asiático 2020.

Los boletos para el almuerzo cuestan \$8 por adulto y \$3 por niño y deben comprarse

con anticipación. El entretenimiento será proporcionado por bailarines asiáticos culturales de Lawrence conocidos como la Compañía de Danza en el Templo Lam Ty Ni, quienes interpretarán la Danza del León tradicional, un favorito de los fanáticos.

Para boletos o más información, contacte al Lawrence Senior Center al 978-620-3540. El programa es apoyado en parte por una subvención del Lawrence Cultural Council, una agencia local que cuenta con el apoyo del Mass Cultural Council, una agencia estatal.



Maria Thomas was one of the residents affected by the gas explosion.



Leo Boyle (standing) was one of the attorneys who worked extensively during the September 11 tragedy in New York City. He is with Attorney Scott Fenwick, another volunteer.



Volunteering with such a large crowd were Katherine López and Stephanie Gómez.

IRS: no sea víctima de un preparador de impuestos "fantasma"

Por **Alejandra Castro**
Internal Revenue Service, Media Relations Specialist

WASHINGTON — Con el comienzo de la temporada de impuestos de 2020, el Servicio de Impuestos Internos les recuerda a los contribuyentes que eviten los preparadores de declaraciones de impuestos sin ética, conocidos como preparadores "fantasmas".

Según el IRS, los preparadores fantasmas no firman la declaración de impuestos que preparan. Los preparadores fantasmas sin escrúpulos imprimen la declaración y le indican al contribuyente que la firme y la envíen por correo al IRS. Para las declaraciones presentadas electrónicamente, éstos las preparan, pero no las firman digitalmente como el preparador pagado.

Por ley, cualquier persona a quien se le pague para preparar o ayudar a preparar declaraciones de impuestos federales debe tener un Número de Identificación Tributario de Preparador (en inglés) o PTIN válido. Los preparadores pagados deben firmar la declaración e incluir su PTIN en la declaración. No firmar una declaración es una señal que el preparador pagado busca hacer dinero rápido al prometer un reembolso grande o tener cargos de cobro a base del tamaño del reembolso.

Los preparadores "fantasmas" también pueden:
Requerir el pago en efectivo y no proporcionan un recibo.

Inventar ingresos para calificar erróneamente a sus clientes para créditos tributarios.

Reclamar deducciones falsas para permitir que el contribuyente obtenga un reembolso mayor.

Dirigir los reembolsos a sus propias cuentas bancarias en lugar de la cuenta del cliente.

El IRS insta a los contribuyentes a elegir un preparador de declaraciones de impuestos sabiamente. La página cómo elegir un preparador de impuestos (en inglés), tiene información de credenciales y calificaciones (en inglés) de los preparadores. El Directorio (en inglés) de Preparadores de Impuestos Federales con Credenciales y Calificaciones Seleccionadas del IRS ayuda a encontrar a muchos preparadores por tipo de credencial o calificación.

La preparación gratuita de declaraciones de impuestos básica con presentación electrónica está disponible para individuos calificados por parte de voluntarios certificados por el IRS en los sitios del Programa de Ayuda Voluntaria a los Contribuyentes (VITA, por sus siglas en inglés) y el Programa de Asesoramiento Tributario para Personas de Edad Avanzada (TCE, por sus siglas en

inglés) en todo el país. Para obtener más información y encontrar la información más cercana, visite Ayuda gratuita con la preparación de la declaración de impuestos para contribuyentes calificados en IRS.gov.

No importa quién prepare la declaración, el IRS insta a los contribuyentes a revisarla cuidadosamente y hacer preguntas acerca de cualquier cosa que no esté clara antes de firmar. Los contribuyentes deben verificar su número de ruta y cuenta bancaria en la declaración de impuestos completada para cualquier reembolso de depósito directo. Además, los contribuyentes deben estar en alerta a preparadores "fantasmas" que ingresa su propia información de cuenta bancaria en las declaraciones.

Los contribuyentes pueden presentar quejas de preparadores abusivos al IRS con el Formulario 14157, Quejas: Preparadores de Impuestos (PDF, en inglés). Si un contribuyente sospecha que un preparador presentó o cambió la información en su declaración sin su consentimiento, debe presentar el Formulario 14157-A, Declaración Jurada de Mala-Conducta o Fraude de Preparador (PDF, en inglés).

IRS: Don't be victim to "ghost" tax return preparers

WASHINGTON — With the start of the 2020 tax filing season near, the Internal Revenue Service is reminding taxpayers to avoid unethical "ghost" tax return preparers.

According to the IRS, a ghost preparer does not sign a tax return they prepare. Unscrupulous ghost preparers will print the return and tell the taxpayer to sign and mail it to the IRS. For e-filed returns, the ghost will prepare but refuse to digitally sign as the paid preparer.

By law, anyone who is paid to prepare or assists in preparing federal tax returns must have a valid Preparer Tax Identification Number, or PTIN. Paid preparers must sign and include their PTIN on the return. Not signing a return is a red flag that the paid preparer may be looking to make a fast buck by promising a big refund or charging fees based on the size of the refund.

Ghost tax return preparers may also:

- Require payment in cash only and not provide a receipt.
- Invent income to qualify their clients for tax credits.
- Claim fake deductions to boost the size of the refund.
- Direct refunds into their bank account, not the taxpayer's account.

The IRS urges taxpayers to choose a tax return preparer wisely. The Choosing

a Tax Professional page on IRS.gov has information about tax preparer credentials and qualifications. The IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications can help identify many preparers by type of credential or qualification.

Free basic income tax return preparation with e-file is available to qualified individuals from IRS-certified volunteers at Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites across the country. For more information and to find the closest visit Free Tax Return Preparation for Qualifying Taxpayers on IRS.gov

No matter who prepares the return, the IRS urges taxpayers to review it carefully and ask questions about anything not clear before signing. Taxpayers should verify both their routing and bank account number on the completed tax return for any direct deposit refund. And taxpayers should watch out for ghost preparers inserting their bank account information onto the returns.

Taxpayers can report preparer misconduct to the IRS using IRS Form 14157, Complaint: Tax Return Preparer (PDF). If a taxpayer suspects a tax preparer filed or changed their tax return without their consent, they should file Form 14157-A, Tax Return Preparer Fraud or Misconduct Affidavit (PDF).

Improve English Language Skills at MCC

Students at Middlesex Community College have several opportunities to improve their English learning skills. Registration is now open for MCC's spring-semester Intensive English Institute (IEI) and the English Learner Institute (ELI).

A selective, noncredit program, the Intensive English Institute provides rigorous instruction and cultural immersion for non-native speakers who want to improve their English-language skills in order to advance in their studies or on the job. Classes begin Wednesday, Jan. 22.

Located within MCC's World Language Institute on the Lowell Campus, the IEI offers advanced and high-intermediate English courses. Placement is determined by a one-on-one evaluation.

IEI curriculum includes reading, writing and grammar, speaking and listening exercises, and one-on-one conferences with instructors. The program meets 9 a.m. to 3 p.m. Monday through Thursday on the Lowell campus.

"Our talented and hard-working English-as-a-second-language students deserve to have teaching and learning that prepares them for their dreams and goals," said Marilyn Glazer-Weisner, Director of the World Language Institute & IEI. "Our IEI curriculum is informed by research and results in the field of language learning. Our students are exposed to material written by native speakers, for native speakers."

The English Learner Institute also offers a variety of noncredit courses focusing on developing basic English and other skills essential to functioning in American society, and helping students continue their education.

MCC's IEI spring-semester runs Jan. 27 through May 15. Classes meet for approximately three hours, during the day and evening on the Lowell campus. All IEI courses are offered at a reduced rate. Admission to IEI is open to all and does

not require an MCC admission application.

Class options are available Monday through Friday. A Saturday class option is debuting this semester – the Bridge to College course will meet 9 a.m. to noon, Feb. 8 through March 28. This noncredit program is designed for students wanting to improve their English-level in time for fall 2020 courses at Middlesex. The cost is \$150, in addition to material fees.

ELI courses are designed to serve students who are newcomers to the United States or who need to develop basic English skills. Topics such as technology, life skills and social conventions are covered. ELI courses are non-sequential. Students may enter the program in the fall, spring or summer semesters.

Support services are available to all ELI students, including an English Language Learner Tutoring Lab, a technology-enhanced Language Lab, access to computers, library services, and student services, such as career counseling and academic advising.

For more information about MCC's Intensive English Institute, contact Marilyn Glazer-Weisner at glazerm@middlesex.mass.edu or 781-280-3934. Visit <https://www.middlesex.mass.edu/iei> for more information.

For more information about the English Learner Institute, courses offered, and fees, visit: <https://www.middlesex.mass.edu/internationalstudents/pac.aspx> or call 978-656-3104. To register for MCC spring-semester courses, visit: www.middlesex.mass.edu/registration/ or call 1-800-818-3434.

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, we educate, engage and empower a diverse community of learners. MCC offers more than 80 degree and certificate programs – plus hundreds of noncredit courses – on our campuses in Bedford and Lowell, and online. Middlesex Community College: Student success starts here!

Buon Giorno
Good Morning
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Seated, Nunzio DiMarca, standing Neal Perry, Pio Frittitta and Vincenzo Buonanno.

IRS ayuda a trabajadores, negocios con el nuevo Centro de Ayuda Tributaria para la Economía Compartida

Por Alejandra Castro
Internal Revenue Service, Media Relations Specialist

WASHINGTON — El Servicio de Impuestos Internos lanzó esta semana un nuevo Centro de Ayuda Tributaria para la Economía Compartida (en inglés) en IRS.gov para ayudar a las personas en esta área de rápido desarrollo a cumplir con sus obligaciones tributarias a través de información más simplificada.

"El IRS desarrolló este centro en línea para ayudar a los contribuyentes en este segmento emergente de la economía", dijo Chuck Rettig, Comisionado del IRS. "Ya sea que alquilen un dormitorio o proporcionen paseos en auto, queremos que la gente entienda las reglas para que puedan cumplir con sus impuestos y evitar sorpresas."

La economía compartida también se conoce como disponible por encargo o de acceso. Por lo general, incluye empresas que operan una aplicación o sitio en línea para conectar a las personas que usan su propio equipo o propiedad para proporcionar servicios a los clientes. Aunque hay muchos tipos de negocios de economía compartida, el alquiler de autos y casas son dos de los más populares.

Educar a trabajadores de la economía compartida acerca de sus obligaciones y beneficios tributarios es vital pues muchos no reciben formularios W-2 o 1099 para reportar sus ingresos al IRS. Sin embargo, ingresos de estas fuentes generalmente están sujetos a impuestos, independientemente de si los trabajadores reciben formularios

de reportes informativos o no. Esto es cierto incluso si el trabajo es secundario, un negocio a corto plazo o si la persona se paga en efectivo. También se puede exigir a los trabajadores que presenten pagos trimestrales de impuestos estimados, que paguen su porción de impuestos de la Contribución de Seguro Federal (FICA), Medicare y Medicare Adicional si son empleados y pagan impuestos sobre el trabajo por cuenta propia si no les considera empleados.

La economía compartida reorganiza varios recursos, facilitándole a los contribuyentes la búsqueda de información acerca de las implicaciones tributarias para las empresas que prestan los servicios y las personas que los realizan.

Ofrece consejos y recursos acerca de una variedad de temas que incluyen:

Requisitos de presentación

- pagos trimestrales de impuestos estimados
- pagos de impuestos sobre el trabajo por cuenta propia
- pago de FICA, Medicare y Medicare Adicional
- deducción de ingresos calificados de negocios
- reglas para alquileres de viviendas

Para más información, consulte el nuevo Centro de Ayuda Tributaria para la Economía Compartida (en inglés) en IRS.gov.

IRS helps workers, businesses with new Gig Economy Tax Center

WASHINGTON — The Internal Revenue Service this week launched a new Gig Economy Tax Center on IRS.gov to help people in this growing area meet their tax obligations through more streamlined information.

"The IRS developed this online center to help taxpayers in this emerging segment of the economy," said IRS Commissioner Chuck Rettig. "Whether renting out a spare bedroom or providing car rides, we want people to understand the rules so they can stay compliant with their taxes and avoid surprises down the line."

The gig economy is also known as the sharing, on-demand or access economy. It usually includes businesses that operate an app or website to connect people to provide services to customers. While there are many types of gig economy businesses, ride-sharing and home rentals are two of the most popular.

Educating gig economy workers about their tax obligations is vital because many don't receive form W-2s, 1099s or other information returns for their work in the gig economy. However, income from these sources is generally taxable, regardless of whether workers receive information returns. This is true even if the work is

fulltime, part-time or if the person is paid in cash. Workers may also be required to make quarterly estimated income tax payments, pay their share of Federal Insurance Contribution (FICA), Medicare and Additional Medicare taxes if they are employees and pay self-employment taxes if they are not considered to be employees.


The Gig Economy Tax Center streamlines various resources, making it easier for taxpayers to find information about the tax implications for the companies that provide the services and the individuals who perform them.

It offers tips and resources on a variety of topics including:

Filing requirements

- making quarterly estimated income tax payments
- paying self-employment taxes
- paying FICA, Medicare and Additional Medicare
- deductible business expenses
- special rules for reporting vacation home rentals

For more information, check out the new Gig Economy Tax Center on IRS.gov.



Foster Kids of the Merrimack Valley Inc.

January 2020

Dear Friends,

It's hard to believe that nearly 15 years ago, we gathered around our kitchen table to discuss the specific needs of this region's foster kids – and the steps were taken by which to respond to those needs.

Back then, it was only a dream; but today, through concerted efforts by Foster Kids of the Merrimack Valley, our collective dream has become a remarkable reality – far beyond what any of us could have envisioned, when we began.

This Holiday Season once again affords us the opportunity to say, "Many thanks to each one of you," for being such generous and caring community supporters. In your own individual and beautiful way, you have profoundly contributed to our growth and development, which has made a life-changing difference for every one of these very deserving children.

We are so grateful for our board's ongoing support and commitment toward advancing this vital cause. We respectfully urge them and all community supporters to take pride in knowing that each and every one of you who has been a Santa's Helper, wrapped gifts, made monetary donations or offered support of any kind has made a significant difference in our kid's lives.

This year, 2020 will be our 15th anniversary of service to our kids and hope our friends and the community will help us celebrate. Exciting plans are being made to mark this special occasion.

Foster Kids of the Merrimack Valley will continue to thrive and to serve its purpose, thru the generosity of so many!!

May GOD abundantly bless you and your loved ones throughout this New Year.

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

'All kids need is a little help, a little hope and somebody who believes in them.'
Earvin Magic Johnson

www.rumbonews.com

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SUBASTA PUBLICA DE AUTOS

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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Meetings about St. Anne's Church

This week there were several meetings held at Northern Essex Community College Allied Health & Technology Center, to get input from community members.

There was great enthusiasm from most of the attendees and some concerns, particularly the parking situation in that area of Haverhill and Franklin St.

Generally speaking, everyone recognized that this is an advantage not just for Lawrence but surrounding cities and towns to present all types of performances, concerts, symphonies and even private parties.

I am planning to write a longer article next week describing people's concerns.

Homeless count

For a long time I have been critical of the way the City of Lawrence has abused the homeless population (far from helping them or find solutions to that problem) and last week, they performed the annual census to see how many we have here. They even sent out an email to the entire city asking for volunteers in assisting to count the homeless. I think they just wanted to have witnesses that they were doing something for the homeless because it doesn't go any further.

The Police Chief posted a press release on the department's internet page. You can see it on LAWPD.com but it says in part:

"Typically, these counts occur annually during the last week in January. As a City, it is important to make sure those who are homeless are counted and are accurately represented. The results of the City's Point in Time count determines federal funding that comes to the City for services, programs and resources, for housing and homelessness.

"Today for the first time, in

preparation for this year's count, Lt. Jay Cerullo and Officer Eddey Southworth of the LPD Drone Unit joined with the City's Homeless Coordinator Sandy Guerrier to use the Department's drone to locate areas along the banks of the Merrimack River where homeless encampments have been set up. The purpose of this operation was to use drone technology to better allocated resources for the actual count. Using the drone, a vast area along the river was covered in a short time."

So, what are they going to do with that information? Sandy Guerrier, the homeless coordinator was hired to provide services such as housing, education, medical care, employment services, etc. to help them get on their feet, according to her job description. None of that is taking place.

First they bought the cameras and now the drone. Why not just purchase facial recognition software and count faces.

I have an idea! Better yet, use the drones for census taking!

UMass job is gone

The State House Newsletter published an article announcing the hiring of UCLA Dean Marcelo Suárez-Orozco as Chancellor of the University of Massachusetts/Boston. After interviewing 11 candidates for the position, he rose to be the lone finalist and was voted unanimously voted by a 21-member committee.

Suárez-Orozco is Argentinian and has done research focusing on mass migration, globalization and education and the psychological effects of those trends. This will be a great fit for UMass-Boston since 54% of their 2019 fall enrollment is made up by students of color.

There were rumors that a Lawrencian was already hired for that position. I guess it was not true. Oh well, we're getting used to it.

About news coverage

Last week I wrote about the lack of local news coverage and a friend pointed out that it is not just local: It's a national issue. True but we should be concerned with the local aspect because it is the one affecting us more immediate and where we could do something – if we try.

Yes, we should read different publications and watch different newscasts (even if we disagree with the content) because that's the only way to tell the differences and find some truth.

My friend is from Haverhill and made

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.

a suggestion. Since the Haverhill Spanish-speaking community is better organized than Lawrence, they should try speaking with Tim Coco, owner of WHAV-FM 97.9 to have a regular talk show.

That should interest also Lawrence residents because, although it is licensed to Haverhill, it can be heard clearly in Lawrence. Whether a regular show or simply providing news as they happen, I'm pretty sure if someone approached Tim with a story he would run it in a heartbeat.

Most people want to complain, while few want to accomplish.

Immigration Expert to Speak at NECC

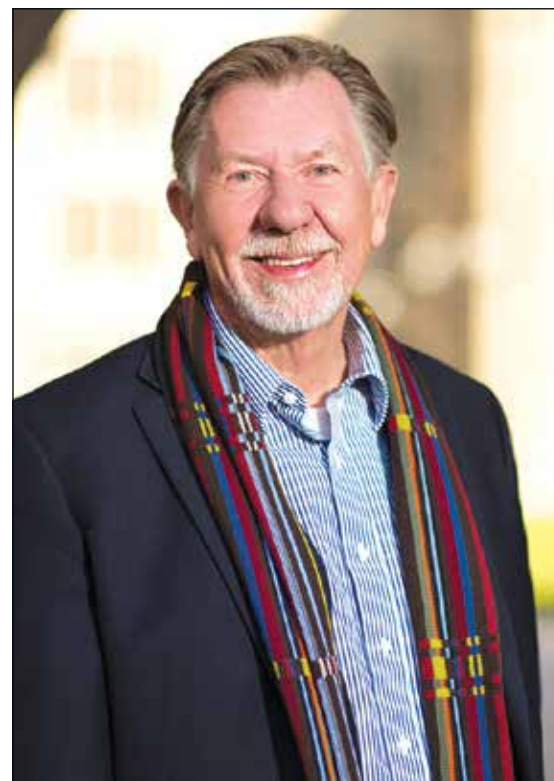
Dr. Westy Egmont, founding director of the Immigrant Integration Lab of the Boston College School of Social Work, will address the facts around U.S. immigration and the risks of poor immigration policy decisions during a presentation titled "We Need More Immigrants" on Wednesday, February 12 from 11 a.m. to 12:15 p.m.

Free and open to the public, the presentation will be held in the Pentucket Bank Lecture Hall in the Spurk Building on NECC's Haverhill Campus, 100 Elliott St., Haverhill, MA. A reception will follow the presentation.

Egmont has served as a leader of the Rift Valley Academy in Kenya and for a decade as the president of the International Institute of Boston, the largest immigrant and refugee service agency in New England. A frequent speaker, he has lectured at dozens of colleges and universities and in a variety of conferences across the US, Australia, and Europe, and been a frequent media guest on immigration issues.

He also has co-chaired the Massachusetts Governor's Advisory Council on Immigrants and Refugees and has been appointed by five governors to that advisory board.

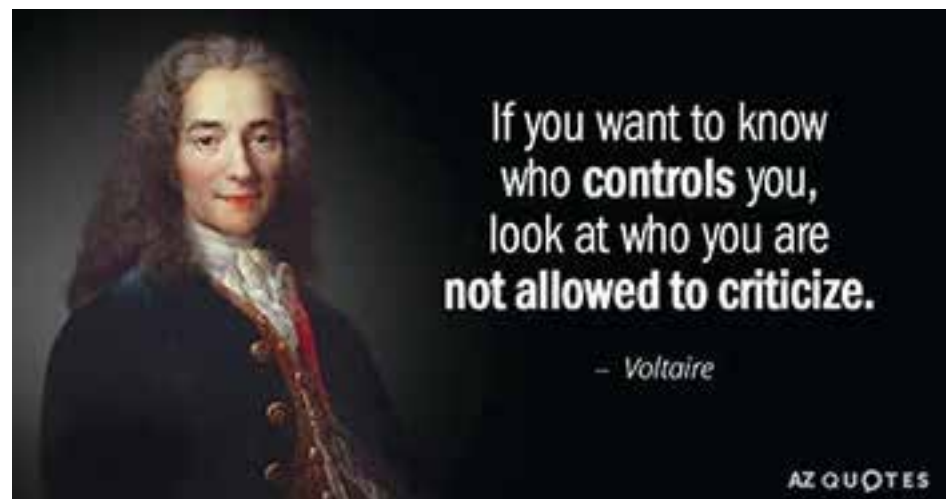
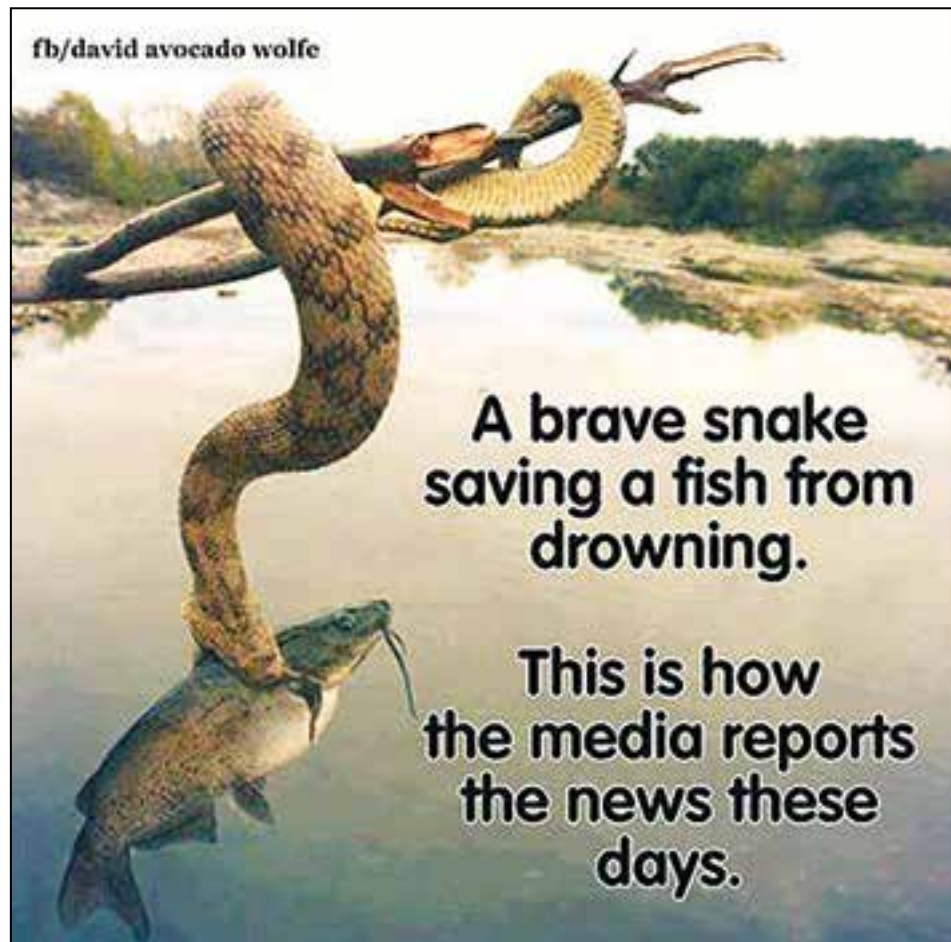
This presentation is made possible through funds from the college's Social Justice Award, which was presented for the first time to Dr. Paul St. Amand, retired English professor, at the college's 2019 Commencement. The Social Justice Award recognizes individuals, groups, departments, or initiatives that promote values such as a commitment to equity and diversity or the advancement of human rights and social justice. It comes with a cash prize



of \$1961—in honor of the year the college was founded—that the recipient chooses to enhance social justice initiatives.

Saint-Amand, a Vietnam-era veteran, is committed to peace and to supporting veterans. When he arrived at NECC 11 years ago, he brought with him the concept for the Peace Poetry Project – a contest for school and college-aged students to write poems about peace. To date, more than 12,000 original poems on peace have been submitted over 11 years.

For more information, contact Janel D'Agato-Lynch, NECC coordinator of civic engagement, service learning, and community resources, jdagatalynch@necc.mass.edu or 978 556-3471.



Show your community some love this Valentine's Day

By Quint Studer

Most of us love our community and want the best for it. It's our home. It's where we live, work, learn, play, and raise our families. And yet, it's easy to go about our daily lives without ever stopping to think, What can I do to make my community better?

I get it. We are all busy. And it's easy to assume that someone else will do what needs doing. But if there's one thing I've learned from my work with communities across the U.S., it's this: We are all owners. We don't need



an official title. We don't have to be assigned a task. We don't have to be wealthy. We all have gifts to share and the ability to make a difference in the lives of others.

My dream is that, in honor of Valentine's Day, every citizen would do just one small thing to make their community better. We all know that random acts of kindness have positive ripple effects that reach far and wide, often unexpectedly so. Could you imagine the amazing results if everyone took part in a mass outpouring of love and positivity?

I'm not talking about big, complicated improvements. If you're a homeowner, you know something as simple as a fresh coat of paint can be a "quick fix" that makes a huge difference in how a room looks (and how you feel living in it). The same is true of a community.

You might start by taking a slow drive around your city. What do you see that needs to be repaired or replaced? Is there a field that needs to be mowed? Does a city park need some shade trees? Do flowers need to be planted? Is there an empty lot that needs trash hauled away, or a dangerous road in need of a crosswalk?

Next, consider what resources you have at your disposal. Maybe you, personally, have the skills or the funding to fix something that's broken. If not, you may know someone who does. If you need proper permission, try to get it. There are always potential reasons why something "can't" be done, but it's often amazing what can happen when we just ask.

Maybe your way of showing your community some love is to serve on the school board, to head up a "housing for the homeless" committee, or to spend a day at your local food pantry or animal shelter. Not only will this single action serve a great practical need (everyone is desperate for volunteers!), it may inspire you to get involved on a deeper level.

This is a great opportunity for a group to work together on a project, but you don't have to join an organized effort. Individual acts of love and kindness are meaningful, too. You can offer to clean up a cluttered yard or place a bench under a tree at the park. Once you start looking, you'll find lots of simple things you can do to make things better.

Also, think about how you might use your time and skill set to bring opportunity

to others. Could you train entrepreneurs to better manage their finances or market themselves? Mentor someone inside your company? Tutor students who are struggling? Think broad and then narrow your scope: It's usually more impactful to pick one or two big things and go deep rather than try to tackle five big things.

Finally, we can all express our gratitude for what's right in our community. We can write a letter to the editor that celebrates the bright spots in our community. (Every community has them!) We can send a heartfelt thank-you note to the hospital that took care of our loved one. We can thank a maintenance worker for keeping the streets clean. Positivity and gratitude are contagious. They make a difference. And it feels good to practice them.

Making the decision to love our community is a powerful first step. It's a mind shift that truly changes the conversation around what's possible. I've seen it over and over: When a community decides "we are worth it" and takes control of their future, huge transformations can follow.

Happy Valentine's Day.

Quint Studer

Quint Studer is author of *Building a Vibrant Community: How Citizen-Powered Change Is Reshaping America* and *Wall Street Journal* bestseller *The Busy Leader's Handbook: How to Lead People and Places That Thrive*. He is founder of Pensacola's Studer Community Institute, a nonprofit organization focused on improving the community's quality of life, and Vibrant Community Partners, which coaches communities in building out a blueprint for achieving growth and excellence.

Quint speaks and works with communities across the country, helping them execute on their strategic plans, create a better quality of life, and attract and retain talent and investment. He is a businessman, a visionary, an entrepreneur, and a mentor to many. He currently serves as Entrepreneur-in-Residence at the University of West Florida, Executive-in-Residence at George Washington University, and Lecturer at Cornell University. For more information, please visit www.thebusyleadershandbook.com, www.vibrantcommunityblueprint.com, and www.studeri.org.

Nuevas Enfermera Asistentes/ Asistentes de Salud en el Hogar se gradúan



Notre Dame Education Center en el 354 de Merrimack Street, Suite 210 en Lawrence MA quisiera felicitar a los graduados de asistente de enfermería/ ayudante de salud en el hogar 56a clase de graduados.

Los estudiantes de Lawrence y las comunidades circundantes trabajaron junto con su enfermera instructora Amy White, RN, BSN para estudiar Anatomía, Fisiología y Control de Infecciones, ayudando con actividades de la vida diaria

como vestirse, bañarse y alimentar a sus clientes.

Cynthia Faulkner, Directora Ejecutiva, está orgullosa de los logros de estos estudiantes que trabajan duro y por su compromiso de cuidar a los enfermos y ancianos.

Para obtener más información sobre nuestro programa y la próxima sesión que comienza en abril de 2020, visite nuestro sitio web en <https://ndeclawrence.net/nursing-assistant-program>

New Nursing Assistants/Home Health Aide graduates

Notre Dame Education Center at 354 Merrimack Street, Suite 210, Lawrence MA would like to congratulate its Nursing Assistant/Home Health Aide Programs 56th graduating class.

Students from Lawrence and the surrounding communities worked together with their Nurse Instructor Amy White, RN, BSN to study Anatomy, Physiology, and Infection Control, assisting with

activities of daily living such as dressing, bathing and feeding their clients.

Cynthia Faulkner, Executive Director, is proud of the accomplishments of these hard working students and their commitment to caring for the sick and elderly.

For more information about our program, and the next session starting in April 2020, please visit our website at <https://ndeclawrence.net/nursing-assistant-program>

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Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction.

— E. F. Schumacher

Baker-Polito Administration Launches Career Technical Initiative

Program will help eliminate skills gaps in key sectors of the Massachusetts economy while creating more equitable access to middle class jobs for women and communities of color

Governor Charlie Baker and Lt. Governor Karyn Polito joined Secretary of Education James Peyser, Secretary of Housing and Economic Development Mike Kennealy, Secretary of Labor and Workforce Development Rosalin Acosta, Lawrence Mayor Dan Rivera and other local leaders to highlight the Career Technical Initiative, a program aimed at training an additional 20,000 skilled trades workers over the next four years to help close skills gaps and meet the needs of businesses across the Commonwealth.

The Baker-Polito Administration will work with school administrators, employers and leaders in cities and towns to provide additional career training opportunities for both young people and adults by operating three teaching shifts a day at vocational schools, and anticipates making a multi-year investment to expand enrollment in vocational schools during the day and build out evening programs for adults seeking skills and certification in high-demand industries.

The Career Technical Initiative aims to provide more Massachusetts residents access to career technical training using the state's existing resources at vocational high schools, while simultaneously helping businesses grow by increasing the population of skilled workers able to be employed in trade and construction jobs.

The plan takes a multi-pronged approach to increase student enrollment and includes new state funding to help adults pay for classes, boosts business involvement in program development and credentials, and reduces licensure barriers to incentivize mid-career professionals to become vocational teachers.

The new initiative – developed by the Governor's Workforce Skills Cabinet – has the support of school leaders and industry stakeholders. The Baker-Polito Administration proposed \$15 million in its recently submitted Fiscal Year 21 (FY21) budget to launch this initiative.

"Since taking office in 2015, our administration has been committed to providing the opportunities and resources for students and adult learners throughout the Commonwealth to develop the skills and education necessary to set them on a path to success," said Governor Charlie Baker. "The Career Technical Initiative represents an essential component in our work to close the achievement gap as we reimagine how

to best provide career technical training and encourage employer engagement at all levels."

"There are many highly-skilled jobs and industries that are growing in the Commonwealth that require the knowledge taught in career technical programs," said Lt. Governor Polito. "We need more young people and adults to take advantage of the educational assets we already have in the Commonwealth and expand them to keep our economy growing."

Under the plan, vocational schools will run three teaching shifts a day. From 9 a.m. to 2 p.m., students enrolled at vocational schools will take classes; from 2 p.m. to 5 p.m., students from area high schools will take technical classes at the vocational schools; and from 5 p.m. to 9 p.m., the schools will provide training for adults. The administration projects that over the next four years approximately 7,500 to 10,000 more students will be enrolled in high-impact vocational trade programs, which will reduce waitlists in programs at vocational schools around the state. Approximately 9,000 to 13,000 additional adult learners are expected to earn industry credentials, opening opportunities for them for obtain jobs in high-demand skilled industries.

Massachusetts, like the nation, faces a worker shortage and skills gap as the population of young people declines and the number of older people reach retirement age. By 2035, it is predicted that the number of people 65 and older will reach almost 1.7 million, while the number of five to 19-year-olds will hover around 1.2 million, according to the UMass Donahue Institute.

"Career and technical education gives students academic knowledge, technical skills, and employability skills," said Education Secretary James Peyser. "It helps them see how what they are learning applies to the needs of employers, and prepares students for the future whether they are headed to college or to the workforce."

"This initiative will create high-quality career pathways in some of the Commonwealth's largest job growth categories," said Labor and Workforce Development Secretary Rosalin Acosta. "It will help thousands of women, as well as youth and adults from communities of color, gain access to amazing job opportunities while also helping to fuel real-time employer workforce needs."

LANAM Club donates \$3,500 to High Pointe House for Hospice and Palliative Care



Members of the LANAM Club, a premier business and social club in Andover, recently donated \$3,500 to High Pointe House in Haverhill. The licensed, state-of-the-art hospice and palliative care residence of Merrimack Valley Hospice provides a comfortable, home-like alternative to hospitalization for patients with life-limiting illnesses and their families.

The LANAM Club, which partnered with the Clive and Suzanne Fazioli Charitable Foundation and Flowers by Steve, raised the funds through its Fall Harvest event featuring a three-course dinner prepared by Chef Richard Gianelly, dancing and a wine tasting.

The LANAM Club raised the funds through its Fall Harvest event, which included a three-course dinner prepared by Chef Richard Gianelly, dancing and a wine tasting.

Geoff Piva, general manager of the LANAM Club, said he expects the Fall Harvest to become an annual fundraiser.

"The members involved are supporters of High Pointe House and approached me to facilitate the event," Piva said. "LANAM Club is always excited to give back to the community when possible."

Hospice services are available to patients whose illness is no longer responding to curative treatment and

palliative, or comfort care, has been chosen. Merrimack Valley Hospice provides the clinical excellence, services and support necessary to enhance the quality of life for patients so they can live their final days pain-free and with dignity.

"We are extremely grateful for the support of the LANAM Club and its generous members," said Lauren Brousseau, philanthropy manager of Home Health Foundation, a member of the Wellforce Health System which includes Home Health VNA and Merrimack Valley Hospice. "As a nonprofit agency, community support is critical in order to continue providing the highest quality, compassionate care and bereavement services that our patients and their families require at this most vulnerable time in the lives."

Merrimack Valley Hospice offers comfort care and palliative services for patients nearing the end of life. Whether individuals are at home or in a hospital, long-term care residence, assisted living facility or High Pointe House, Merrimack Valley Hospice provides compassionate physical, emotional and spiritual care for patients and grief and bereavement support for families and caregivers. Referrals are available seven days a week by calling 800-333-4799. For more information, visit homehealthfoundation.org.

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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.

<http://heallawrence.org/>

heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>

CALENDARIO | CALENDAR OF EVENTS

Groups/Events at Nashua Library

The library is located at 2 Court Street. Visit nashualibrary.org/visit/ for directions and parking information. For other information, contact the Reference Department at 589-4611 or via email at reference@nashualibrary.org.

Public Health Clinics

The City of Nashua Division of Public Health holds regular clinics at the Nashua Public Library. Look for their van on the Library Plaza from 9:30 a.m. to 11:30 a.m. on these Wednesdays:

February 12 and 26

You can get immunizations, HIV and hepatitis C testing and counseling, and blood pressure screenings either free or at low cost. No one is turned away for inability to pay. If you have Medicare, please bring your card.

For the schedule of which services are available on which dates at the library, call the City of Nashua Division of Public Health at (603) 589-4500.

Spanish Class at Nashua Library

Adults are welcome to join the Tuesday morning Spanish class at the Nashua Public Library.

The group meets year-round from 9:30 a.m. to 11:30 a.m. in the Conference Room. Instruction is at the intermediate level; the class is not appropriate for beginners.

Library-cardholder discounts on concerts, plays

Nashua Public Library cardholders are eligible for discounts to Symphony NH and New Hampshire Philharmonic concerts, as well as plays at the Merrimack Repertory Theatre.

A limited number of \$10 tickets to Symphony NH concerts are available. Check out their 2019-2020 season at symphonynh.org.

Cardholders can get 20 percent off tickets to New Hampshire Philharmonic Orchestra concerts. Check out their 2019-2020 season at nhphil.org.

Merrimack Repertory Theatre offers \$10 off tickets. Their season is listed at mrt.org/show/2019-20-season-shows.

Instructions for getting these discounts are on the library's museum passes web page at nashualibrary.org/services/museum-passes-2. Or call 603-589-4611.

Immigration Advice

If you have questions about applying to enter the U.S. or becoming a citizen, come to the Nashua Public Library for a private meeting with an expert from U.S. Citizenship and Immigration Services. One of their staff members will be on hand to talk to you individually on Wednesdays, February 12, 2020, from 9:30 a.m. to 11:30 a.m.

No appointment is necessary for these meetings.

Census Holds Job Fairs at Nashua Library

Are you looking for work? The U.S. Census Bureau offers opportunities to get paid while helping your community. Jobs are available in many roles, requiring 20 to 40 hours a week with flexible hours, including some nights and weekends. The pay is up to \$18 per hour on a temporary

basis.

You can get more information and apply for these jobs during the bureau's job fairs at the Nashua Public Library. Additional dates have been added to the schedule. They will now be held on the following Thursdays from 3 p.m. to 7 p.m.: February 6 and 20, March 3.

Adult Craft Classes

Adult Craft Classes at the Nashua Public Library are for ages 18 and up. Daytime classes are on Tuesdays; evening classes are on Thursdays. They are open to the first 20 people who sign in at the Chandler Desk starting 30 minutes before the class.

Chalkboard Magnetic Tray
Sample: tinyurl.com/traychalkboard
2/11 at 3 p.m. or 2/20 at 7 p.m.

Crafters will also enjoy attending the library's Adult Coloring and Crafts Group. Attendees bring coloring, craft projects, knitting, crocheting, or needlework to the Activity Room on Mondays from 2 p.m. to 3:30 p.m. Come with friends or meet new ones!

Download audiobooks, video, and more on Hoopla

Your Nashua Public Library card is now your ticket to use Hoopla to borrow audiobooks—in addition to e-books, movies, music, graphic novels, and TV shows—free. Enjoy them on your computer, tablet, phone, or TV. Hoopla items are always available—no waiting lists here!

Four times a month, using your library card, you can stream an item immediately, or download it to your phone or tablet for offline enjoyment.

Go to nashualibrary.org and click Hoopla under Emedia, or download the Hoopla app from the Apple Store or Google Play.

If you need help, call the library's Information Desk at 603-589-4611.

Join a Library Book Group

Book lovers have a choice of joining a daytime or evening book group at the Nashua Public Library.

The Nashua Novel Readers usually meet on the second Thursday of the month at 7 p.m. in the Conference Room. Members of the group rotate leading the discussion each month. Upcoming selections are:

2/13 "Born a Crime" by Trevor Noah

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The Downtown Book Group, led by a reference librarian, meets monthly on Fridays at 3 p.m. in the Large Meeting Room. This winter they're talking about:

2/14 "The Immortalists" by Chloe Benjamin

If you need copies of the books, call 603-589-4611 or email reference@nashualibrary.org.

Family concert features young soloists



Kiran Klein and Tessa Avery violinists

Can your kids tell the difference between an oboe and a bassoon? Can you? The whole family can learn about the instruments of the orchestra, and even handle and play them, at the Nashua Chamber Orchestra's annual family concert.

Held on Sunday, February 9, at 3 p.m. at the Nashua Public Library, the concert will feature three student soloists. Tessa



Nicole Hu

Avery and Kiran Klein will play the violin in Beethoven's Doggy Waltz, and Nicole Hu will perform the solo in the Allegro maestoso from Chopin's Piano Concerto No 1.

Also on the program are selections from Tchaikovsky's Swan Lake and Haydn's "Surprise" Symphony.

The snow date for this concert is Sunday, March 8, at 3 p.m.

Library exhibit features paintings by Olga Sushkova-Hunyadi



Olga Sushkova-Hunyadi.jpg – "Girl With a Partridge"

Russian immigrant paints impressions of her new home "New England Windows," an exhibit of paintings by Olga Sushkova-Hunyadi, is on display at the Nashua Public Library in January.

The paintings depict Sushkova-Hunyadi's impressions of the character of New England, her new home, especially its architecture and nature. She is a recent immigrant from Russia now living in Lowell, Mass.

The paintings, done in oil and acrylic on canvas, are simple at first glance. But they show familiar objects from an unusual side,

conveyed through deep, thoughtful coloring.

International exhibitions

Sushkova-Hunyadi has been exhibiting her art for 14 years, with shows throughout Russia and abroad in Germany, Switzerland and Canada. Locally, she has taken part in group shows in Massachusetts and New York and had a solo show in Google offices in Cambridge.

Her work is held in private collections in Russia, Ukraine, Belarus, Germany, Switzerland, France, Italy, the Netherlands, Australia, Estonia, China, Canada, and the U.S.

Amoskeag Health Partners to Launch New Workforce Training Program

Registered Apprenticeship training program prepares career seekers to become medical secretaries.

Manchester, NH – A nonprofit health center in Manchester is tapping new resources to help fill high-demand positions. Amoskeag Health has launched a new medical secretary registered apprenticeship program. The program is made possible through a partnership with Manchester Community College (MCC) and the ApprenticeshipNH program, which seeks to address workforce needs in various sectors throughout the state through a combination of classroom instruction and on-the-job training. Amoskeag Health is currently seeking applicants interested in becoming an apprentice and starting a new career in healthcare.

“The medical secretary apprenticeship program allows us to address the workforce challenges we face,” said Kris McCracken, President and CEO of Amoskeag Health. “Medical secretaries play a key role in our call centers, helping to assist our patients and connect them to resources. With the growing challenge of hiring and retaining employees, this partnership is a great opportunity for us to invest in our employees through real-world education and training.”

Participants in the Amoskeag Health apprenticeship program will be newly-hired employees whose jobs with the company begin with the program. The program will include 315 hours of paid classroom instruction time offered by Manchester Community College, as well as one year of on-the-job training, which equates to 2,000 hours. Throughout the course of the apprenticeship, participants will earn wages with incremental raises as the program progresses.

“By combining hands-on training and classroom education, this apprenticeship will give participants the relevant skills needed to be successful in this field,” said Emily Zeien, ApprenticeshipNH grant manager. “Anyone interested in working in the healthcare industry is encouraged to

apply, regardless of education background or prior experience.”

Interested applicants are encouraged to attend an upcoming information session to learn more about the apprenticeship and application requirements. Sessions will be held at the NH Works Office, 300 Hanover Street, Manchester from 9:30am to 11:30am on Thursday January 23, and at Manchester Community College, 1066 Front Street, Manchester from 4:00pm to 6:00pm on Thursday January 23.

To learn more about the ApprenticeshipNH program, visit earnlearnnh.org, or contact apprenticeshipusanh@ccsnh.edu.

The ApprenticeshipNH Program, housed at the Community College System of New Hampshire, is a unique effort that prepares workers as Registered Apprentices to better compete in the modern workforce. Focusing on the Advanced Manufacturing, Healthcare, Construction, Hospitality, and Information Technology sectors, the ApprenticeshipNH Program provides workers with invaluable opportunities to pursue highly-skilled, high-paying jobs, and opportunities for employers seeking to build a qualified workforce in NH. The program is funded through a grant from the U.S. Department of Labor, Employment and Training Administration.

Amoskeag Health is a nonprofit 501(c)(3) federally qualified health center offering high-quality, comprehensive, and family-oriented primary health care and support services since 1993. Founded in 1980, The Dr. Selma Deitch Center for Children & Teens, formerly Child Health Services, is dedicated to improving the health and well-being of at-risk children. Through all its programs, Amoskeag Health serves nearly 18,000 active patients at four locations in Manchester. For more information visit www.amoskeaghealth.org



Photo Credit: Marissa Coidakis, Amoskeag Health

An Amoskeag Health employee assists a patient with insurance enrollment forms.

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.

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Saturday, Feb. 8, at 5:00pm




Free Admission, fully accessible; For info call 978-794-1655


CALENDARIO | CALENDAR OF EVENTS

Nevins Memorial Library Children's Room Programs: February 2020

Besides our usual storytimes and arts programs, this month we have a very special program during February vacation: Rainforest Reptiles will visit on February 20! Afterwards, you can enjoy a \$5 ice cream sundae at our "Chill Out" fundraiser -- check out our calendar, and join the fun! www.nevinslibrary.org.

- | | |
|--|--|
| Babies & Books (up to 24 months)
Feb. 7, 11, 19, 25 at 9:30am | "Parades" (Feb 25, 6:30pm) |
| Read & Play (ages 2-3)
"Weather" (Feb. 7, 10:30am)
"Valentine's Day" (Feb. 11, 10:30am)
"Penguins" (Feb. 25, 10:30am) | Sensory Storytime (ages 4 and up)
Feb. 29, 11am


Special Program: Rainforest Reptiles (ages 4-11)
February 20, 2pm |
| Preschool Storytime (ages 3-6)
Morning sessions:
"Pajamas" (Feb. 4, 10am)
"For Pete's Sake!" (Feb. 26, 10am) | Read to Therapy Dog Luna (ages 5-9)
February 24, 5:30pm |
| Afternoon sessions:
"Umbrellas" (Feb. 5, 1pm)
"Love" (Feb. 12, 1pm) | Story & Craft (grades K-3)
"Mice" (Feb. 22, 10am)
"Story & Craft" (Feb. 27, 4pm) |
| Bilingual Play Group (ages 3-6)
Feb. 13, 10am | LEGO Block Party (grades K-4)
Feb. 15, 2 pm |
| Science Explorers (ages 3-6)
"Magnets" (Feb. 12, 10am) | Book Chatters Book Group: One Trick Pony (grades 4-6)
Feb. 10, 7pm |
| Donuts with Dad (ages 3-8)
"Seasons" (Feb. 1, 10am) | Craft Club: Painting without Paintbrushes (grades 4-6)
Feb. 13, 6:30pm |
| Family Storytime (ages 3-8)
"It Came from Outer Space!" (Feb. 11, 6:30pm) | Creative Drama Club (grades 5-8)
Feb. 4, 11, 25, 5pm |



Lawrence Heritage State Park
INTERPRETIVE PROGRAM
1 Jackson Street
Lawrence, MA 01840
(978) 794-1655

Lawrence Goes to Hollywood, 2.0 The Frank Lackteen Story

Most Lawrencians know about Thelma Todd, Lawrence's ill-fated Hollywood star, but Frank Lackteen, a Lebanese-American from Lawrence, had a five-decade career in the movies. We'll explore his life and film career, largely stereotyped as ethnic villains. Film historian Omar Mouallen will share his deep research on his ancestor, Lawrence's Frank Lackteen.




Frank Lackteen in "Malice in the Palace"

Sponsored by the Friends of Lawrence Heritage State Park, the Lawrence History Center, the Friends of the Lawrence Public Library, and the American Lebanese Awareness Association

Sunday, February 9, at 1:30 pm

FREE POPCORN & REFRESHMENTS
Free admission; fully accessible

Lawrence Heritage State Park Visitor Center
1 Jackson Street, Lawrence, MA 01840
For info call 978-794-1654





CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

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

CONSEJOS GRATIS Y CONFIDENCIALES SOBRE NEGOCIOS POR UNA ORGANIZACIÓN SIN ÁNIMO DE LUCRO

Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM
Excepto el 3^{er} jueves de cada mes

Por favor, llame al 978-686-0900 para una cita con Lawrence SCORE

MERRIMACK VALLEY CHAMBER OF COMMERCE
264 ESSEX ST.
LAWRENCE, MA 01840-1516


SUDOKU (Respuestas/Answers pg 23)


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Please take part in our community survey  Participe en una encuesta comunitaria

With your help we can evaluate the following:

Con su ayuda podemos evaluar lo siguiente:




Transportación
Transportation



Alojamiento
Housing




Seguridad
Safety




Servicios de Salud
Health Services




Vivir Saludable
Healthy Living




Voluntario/ Empleo
Volunteer/
Employment




Apoyo Comunitarios
Community Support




Espacios Exteriores
Outdoor Spaces




Inmigración
Immigration Services

Si está interesado(a), por favor llame a:  If you are interested, please call:



Danetza Yachachin
Especialista de Salud/ Community Health Specialist
(978) 620-3544
DYachachin@cityoflawrence.com



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Notificación de Audiencias Públicas/Disponibilidad para Revisión y Comentarios

Por medio de este aviso se notifica la disponibilidad del siguiente documento preliminar para revisión y comentarios del público:

Proyecto de Enmienda # 1 a Enmienda # 5 a la Organización de Planificación Metropolitana del Valle de Merrimack (AF) 2020-2024 Programa de Mejoramiento del Transporte (TIP) enero 2020

El TIP es un documento del gobierno federal que programa la financiación de la construcción de transporte federal en la región. El TIP proporciona una breve descripción de cada proyecto de carreteras o tránsito, junto con estimaciones de costo y el año en que probablemente se anunciará para la construcción. Cualquier proyecto de transporte que utilice fondos de transporte federal debe estar en el TIP. Además, el Plan de Participación Pública de la MVMPO cumple con los criterios del proceso de participación pública de la Autoridad de Tránsito Regional del Valle de Merrimack para el desarrollo de su Programa de Proyectos.

Copias de los documentos mencionados arriba están disponibles para revisión en la oficina de la Comisión de Planificación del Valle de Merrimack (MVPC) localizada en el 160 de la calle Main en Haverhill y en las bibliotecas locales, para el período de revisión de veintidós días (21) empezando el 5 de febrero del 2020 y finalizando el 25 de febrero del 2020. Los documentos también están disponibles en la página web de MVPC la cual es www.mvpc.org.

El personal de la MVMPO aceptará comentarios por escrito o por correo electrónico sobre los proyectos hasta el 25 de febrero del 2020. Si se envía por correo regular, los comentarios públicos deben enviarse a:

Anthony Komornick, Transportation Program Manager
Merrimack Valley Metropolitan Planning Organization
c/o Merrimack Valley Planning Commission
160 Main Street
Haverhill, MA 01830

Si se envía por correo electrónico, los comentarios públicos deben enviarse a: akomornick@mvpc.org.

Dos (2) Audiencias Públicas sobre estos documentos se llevarán a cabo, uno en la tarde y otra por la noche:

Audiencias Públicas

Fecha	miércoles, febrero 19, 2020
Horario	1:00 pm y 6:00 pm
Lugar:	En la oficina del MVPC 160 Main Street Haverhill, MA 01830

La MVMPO espera tomar medidas sobre los documentos anteriores en su reunión de febrero (consulte a la página web www.mvpc.org hacia el final del período de revisión para ver las noticias recientes sobre la fecha de la reunión del MPO). Invitamos a los miembros del público a asistir. Las observaciones al documento preliminar también serán aceptadas por escrito u oralmente en esta reunión. En el caso de que se recomienden nuevas enmiendas al documento, el mismo se publicará para revisión pública de acuerdo con el Plan de Participación Pública de la MVMPO. Después de su adopción por el MVMPO, el TIP será considerado como el programa final de la MVMPO de los proyectos.

“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

Aviso de Desarrollo del Programa de Mejoramiento del Transporte (AF) 2021 -2025 y el Programa de Trabajo de Planificación Unificado (AF) 2021 de la Organización de Planificación Metropolitana del Valle de Merrimack

La Comisión de Planificación del Valle de Merrimack está preparando las versiones preliminares del Programa de Mejoramiento del Transporte (TIP) y el Programa de trabajo de planificación unificado (UPWP) 2021 de la Organización de Planificación Metropolitana del Valle de Merrimack (MVMPO) año fiscal 2021-2025

El TIP es un documento del gobierno federal que programa la financiación de la construcción de transporte federal en la región. El TIP proporciona una breve descripción de cada proyecto de carreteras o tránsito, junto con estimaciones de costo y el año en que probablemente se anunciará para la construcción. Cualquier proyecto de transporte que utilice fondos de transporte federal debe estar en el TIP.

El UPWP presenta información sobre las actividades de planificación de transporte que se llevarán a cabo en la región de la MVMPO durante el próximo año fiscal federal (1 de Octubre del 2020 a 30 de Septiembre del 2021). La mayoría de estos análisis y estudios serán realizados por el personal de planificación de transporte de la Comisión de Planificación del Valle de Merrimack. Sin embargo, también se identifican y se describen brevemente otros estudios importantes que afectan a la región, incluyendo estudios realizados por otras organizaciones.

Las versiones preliminares de los documentos anteriores se publicarán para revisión pública y comentarios a finales de este año. Si tiene alguna sugerencia para proyectos /estudios que se incluirán en el RTP, TIP o en el UPWP, comuníquese con Anthony Komornick, Gerente del Programa de Transporte de MVPC, al correo electrónico AKomornick@mvpc.org o al número (978) 374-0519 antes del 2 de Marzo de 2020.

Este Aviso, está preparado de acuerdo con el Plan de Participación Pública de la MPO del Valle de Merrimack, también cumple con los criterios del proceso de participación pública de la Autoridad de Tránsito Regional del Valle de Merrimack para el desarrollo de su Programa de Proyectos.

Las copias de las versiones anteriores de estos documentos se pueden encontrar en la página web de la MVPC: **MVMPO 2020 - 2024 Transportation Improvement Program; FFY 2020 Unified Planning Work Program;**o en las oficinas de la MVPC.

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(Job #2020-004)

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www.gsa.gov/fedrelay

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D-1132



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Tel: 978-686-3323
www.mvrestore.org

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Wednesday-Friday: 10am-6pm
Saturday: 10am-5pm

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(please call ahead for large donations)
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Please do not drop off items after store hours

Bring this ad to either store (Lawrence or Billerica) for a 10% discount on your purchase



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Established outboard motor and snowblower shop seeks technician. Must have good mechanical skills. Outboard experience good but not necessary.

781-245-3080 Wakefield

ADVERTISEMENT FOR BID

Sealed proposals for the Adams Street, Garfield Street & Taft Street Sidewalk and Roadway Improvements Project will be received at the Town of Salisbury Town Hall, 5 Beach Road, Salisbury, MA. 01952, until 2:00 pm on February 27, 2020 at which time and place will be publicly opened and read aloud:

Sealed proposals sent through the mail shall be mailed to: Town of Salisbury Planning Department, 5 Beach Road, Salisbury, MA. 01952. Proposals sent through the mail shall be marked "Adams Street, Garfield Street & Taft Street Sidewalk & Roadway Improvements Project - Bid Proposal".

In general, the work of this project includes the installation of 1,000 LF +/- of cement concrete sidewalk, granite curbing, roadway reclamation and pavement installation, drainage system improvements, landscape restoration, and safety controls for traffic and pedestrian management. Construction for this project is anticipated to begin on or about April 20, 2020.

The bidding for and award of the contract for this project are to be in accordance with the requirements of Massachusetts General Laws Chapter 30 § 39M. Bidders are on notice that this project is funded in part through a grant from the Massachusetts Community Development Block Program using U.S. Department of Housing and Urban Development Funds and Chapter 90 funding. This project is subject to the schedule of federal and state prevailing wage rates.

MassDOT pre-qualification is required for this project. All bidders must be MassDOT pre-qualified in order to take out "Official" bid documents. Contractors seeking "Informational Only" bid documents are not required to be MassDOT pre-qualified.

The Proposal Guaranty shall be in the form of either cash, bid bond, certified check, bank treasurer's check, or bank cashier's check, made payable to the Town of Salisbury in the amount of 5% of the value of the Bid. A performance bond and a payment bond, each in the amount of 100 percent of the contract price, will be required in the form described in the Information for Bidders

Bid documents can be acquired from the Salisbury Planning Department, 5 Beach Road, Salisbury, MA 01952 starting on January 29, 2020.

An optional pre-bid meeting for all bidders will be held on February 13, 2020 at 1:00 pm, 2nd floor meeting room.

The price for a complete set of bid documents to Official and Informational parties is \$50.00, which amount shall be refundable to all Official bidders following the opening of bids if the documents are returned within 30 days and in good condition. Bid documents can be obtained from the Salisbury Planning Department via mail at an additional cost of \$40.00. A separate remittance should be submitted for each set of bid documents requested in money order, certified check, bank treasurer's check, or bank cashier's check, made payable to the Town of Salisbury, MA.

Contract Documents will be also be available for viewing at the Salisbury Planning Department at the address stated above.

The Owner may waive any informality or reject any and all bids.

By: Board of Selectmen
Salisbury, MA.




978-885-1842

Jose Bugzy Martinez (Coach)
Daisy Martinez (owner)



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Phone: 978-747-6558
Mobile: 978-303-5298
250 Canal Street
Lawrence, MA 01841
canalstreetgym@yahoo.com

Canal Street Gym

SUDOKU Respuestas/Answers

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4	6	8	5	2	9	3	7	1
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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 February 9, 2020 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.

1. 2008 Honda Accord VIN 1HGCP26438A058349
2. 2002 Ford Mustang VIN 1FADP42X52F157715
3. 1995 Ford Mustang VIN 1FALP42T0SF120877
4. 2016 Nissan Sentra VIN 3N1AB7AP3GY223865
5. 2006 Mazda 5 VIN JM1CR29L760116249
6. 2013 Ford Edge VIN 2FMDK4KC2DBA44673
7. 2012 Toyota Sienna VIN 5TDKA3DC1CS012042
8. 2017 Toyota Corolla VIN 2T1BURHEXHC903498

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
1/22, 2/1, 2/8

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Abrimos los Sábados y de noche

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