



# Rumbo

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## Un Puente para el Héroe



Admirando la placa acabada de develar en honor del Sargento Alex R. Jiménez que será colocada en el puente sobre el Río Spicket, conectando la Calle Marston con la Calle Canal están, de izquierda a derecha, el Alcalde de Lawrence William Lantigua; los padres de Alex Jiménez, María Durán y Andy Jiménez. También en la foto a la derecha está el director de la Oficina de Servicios al Veterano de Lawrence, Jaime Meléndez.

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### A Hero's Bridge

Admiring the just unveiled plaque in honor of Staff Sgt. Alex R. Jimenez to be affixed to the bridge over the Spicket River, connecting Marston Street with Canal Street are, from left, Lawrence Mayor William Lantigua, Alex Jimenez's parents, Maria Duran and Andy Jimenez. Also pictured at right is Lawrence Veterans' Services Department Director, Jaime Melendez.

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### Panel hears complaints about CLASS

From left, State Representative and Lawrence City Council President Frank Moran; Pastor Luciano Taveras, Spanish Free Methodist Church, Lawrence and Milagro Grullon, Executive Director, Lawrence Community Connections, listened on alleged workers' rights from recently fired CLASS employees.

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### Panel escucha quejas de CLASS



De izquierda a derecha, el Representante Estatal y Presidente del Concejo Municipal de Lawrence, Frank Moran; el Pastor Luciano Taveras, de la Iglesia Hispana Metodista Libre, y Milagro Grullón, Directora Ejecutiva, Lawrence Community Connections, escucharon sobre supuestas violaciones de derechos de los trabajadores de algunos empleados recién despedidos de CLASS.

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# El Puente del Héroe



Un momento con su hijo. / A moment with her son.

Por Alberto Suris

De ahora en adelante, atravesar el nuevo puente construido sobre el Río Spicket que conecta Marston con la Calle Canal tendrá un significado especial. Usted no estará cruzando un puente cualquiera, usted estará cruzando el Puente Sargento Alex R. Jiménez: El Puente de nuestro héroe.

El viernes, 15 de noviembre de 2013 autoridades estatales y municipales, veteranos y familiares de Jiménez se reunieron en el puente para dedicar una placa que se adjuntará en un sitio visible para recordar a las generaciones futuras del sacrificio de este joven soldado.

Según el Presidente del Concilio de Lawrence, Frank Moran, varios veteranos se le acercaron con la idea de dedicar un puente a Alex; luego de presentar la propuesta al pleno del ayuntamiento, esta fue aprobada por unanimidad el 19 de septiembre, 2013.

Jiménez, de Lawrence, Massachusetts, de 25 años de edad, Especialista del Ejército,

asignado a la cuarta infantería, Fort Drum, New York, fue capturado el 12 de mayo 2007 por fuerzas enemigas en Jurf Al Sakhar, Irak, cuando su unidad fue atacada por insurgentes usando armas automáticas y explosivos. Sus restos fueron recuperados más de un año después, el 8 de julio 2008.

En la acción, también perdieron la vida el soldado Byron J. Fouty, 19, de Michigan y el soldado Joseph J. Anzack, Jr., 20, de Torrance, California; Sargento Primera clase James D. Connell, Jr., el soldado Daniel W. Courneya; Cpl. Christopher E. Murphy y el sargento Anthony J. Schober. Diez días más tarde, el cuerpo de Anzack fue encontrado flotando en el río Éufrates.

Jiménez fue enterrado el 2 de agosto de 2008 en Long Island, en el Cementerio Nacional de Farmingdale, NY. Alex nació en Nueva York y su madre María Duran, vive en las cercanías en Queens.

## A Hero's Bridge

By Alberto Suris

From now on, crossing the new bridge built over the Spicket River connecting Marston with Canal Street will have a special meaning. You won't be crossing just another bridge. You will be crossing the Staff Sergeant Alex R. Jimenez Bridge: Our Hero's Bridge.

On Friday, November 15, 2013, State and City Officials, veterans and several Jimenez's closest relatives gathered at the bridge to dedicate a plaque which will be visibly attached to remind future generations of this young soldier's sacrifice.

According to Lawrence City Council President Frank Moran, several veterans approached him with the idea of dedicating a bridge to Alex; he then presented the proposal to the full council, and it was approved on September 19, unanimously.

Jimenez, a 25-year-old Army Specialist

of Lawrence, Massachusetts, assigned to the 4th Infantry, Fort Drum, N.Y., was captured on May 12, 2007 by enemy forces in Jurf Al Sakhar, Iraq, when his unit was attacked by insurgents using automatic fire and explosives. His remains were recovered more than a year later on July 8, 2008.

Also killed were Spc. Byron J. Fouty, 19, of Michigan and Pfc. Joseph J. Anzack, Jr., 20, of Torrance, California; Sgt. 1st Class James D. Connell Jr., Pfc. Daniel W. Courneya; Cpl. Christopher E. Murphy and Sgt. Anthony J. Schober. Ten days later, the body of Anzack was pulled out from the Euphrates River.

Jimenez was buried on August 2, 2008 at Long Island National Cemetery in Farmingdale, N.Y. He was born in New York and his mother Maria Duran, lives in nearby Queens.

## EDITORIAL | EDITORIAL

### Lawrence honra a sus héroes

**E**n esta edición, nuestras páginas recogen el emotivo acto de reconocimiento llevado a cabo en días pasados al Sargento Alex Jiménez que fuera capturado el 12 de mayo 2007 por fuerzas enemigas en Irak. Sus restos fueron recuperados un año después, el 8 de julio 2008.

Durante todo ese tiempo, la ciudad entera brindó calor y consuelo a sus padres, Doña María Durán y Andy Jiménez. Todos teníamos la esperanza de que aún estuviera vivo y algún día retornaría a casa. Quiso el destino que no fuera así.

Cuando se supo que sus restos habían sido identificados, la ciudad entera se vistió de luto y lo acompañó a su última morada. Aunque Alex está enterrado en el Cementerio Nacional de Farmingdale, Long Island cerca de su madre, él permanece aquí, muy cerca, en nuestros corazones.

Aunque fue emocionante ver cuántas personas, y en especial veteranos de distintas guerras se reunieron en el puente dedicado a su memoria, no ha de extrañarnos de una ciudad como Lawrence que en el pasado ha demostrado saber reconocer el sacrificio de estos soldados que han dado lo mejor de su vida, su juventud, para proteger nuestras libertades.

En este Día de Dar Gracias que se aproxima, es nuestro deber hincarnos de rodillas y dar gracias no sólo a estos hombres y mujeres que ya no están con nosotros, sino a los que aún se encuentran a nuestro alrededor, nuestros Veteranos. Ellos son los únicos que tienen derecho.

¡Nosotros solo deberes!

### Lawrence honors its heroes

**I**n this edition, our pages collect the emotional ceremony held in recent days to honor Sergeant Alex Jimenez, who was captured on May 12, 2007 by enemy forces in Iraq. His remains were recovered a year later, on July 8, 2008.

During all that time, the whole city gave warmth and comfort to his parents, Doña Maria Duran and Andy Jimenez. We all had high hopes that he was still alive and would return home someday. As fate showed, it was not to be.

When we learned that his remains had been identified, the entire city mourned and accompanied him to his final resting place. Although Alex is buried in the National Cemetery of Farmingdale, Long Island close to his mother, he remains here, very close to our hearts.

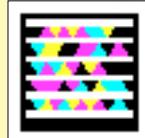
Although it was noble seeing how many people, especially veterans from different wars gathered to dedicate a bridge to his memory, it is no wonder in a city like Lawrence that in the past had recognized the sacrifice of those soldiers who have given the best of their life, their youth, to protect our freedoms.

As this Thanksgiving approaches, it is our duty to kneel and give thanks not only to the men and women who are no longer with us, but to those that are still around us, our Veterans. They are the only ones having rights.

We have only obligations!

## Rumbo

The BILINGUAL Newspaper of the Merrimack Valley



DIRECTOR AND GRAPHIC DESIGN  
**Dalia Diaz**  
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR  
**Alberto M. Suris**  
albertosuris@rumbonews.com

Publicación de SUDA, Inc.  
60 Island Street, Suite 211E Lawrence, MA 01840  
Tel: (978) 794-5360 | Fax: (978) 975-7922 | [www.rumbonews.com](http://www.rumbonews.com)

CONTRIBUYENTES  
CONTRIBUTORS  
Frank Benjamín  
José Alfonso García  
Paul V. Montesino, PhD  
Maureen Nimmo  
Arturo Ramo García  
Rev. Edwin Rodríguez



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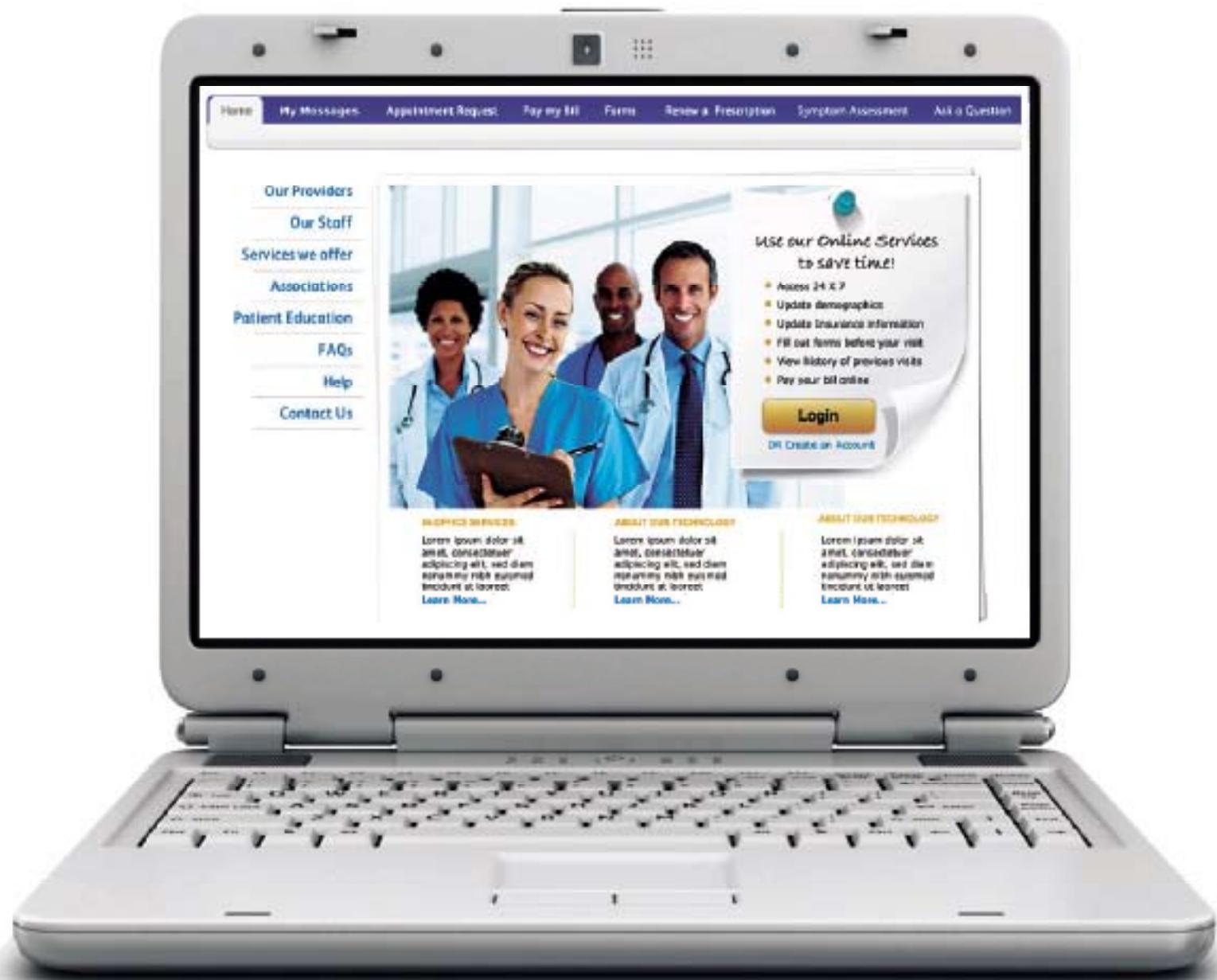
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POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16



# Desde Mi Esquina

## ¿Futuros paparazzis?

En la columna de esta semana, la bibliotecaria Maureen Nimmo escribió acerca de su experiencia mientras asistía a la inauguración del puente dedicado al Sargento Alex Jiménez, pero menciona algo desagradable que se está convirtiendo en algo común y la mayoría de la gente ni siquiera se da cuenta. Le recomiendo que lo lea en la página 15 porque yo aplaudo que ella lo haya hecho.

La cuestión es cuán fastidiosas algunas personas pueden ser en todo tipo de actos públicos tomando fotos y videos con sus iPads, los teléfonos celulares y cualquier otro instrumento moderno que tengan a mano. Esta ceremonia, en particular, fue muy solemne y el comportamiento de las personas que probablemente ni siquiera conocían a Alex y su familia, fue muy irrespetuoso tratando de captar todos los detalles como si fuera una estrella de cine.

Cuando Alberto regresó del puente, él me dijo lo mismo porque se estaban poniendo en su camino al tomar las fotografías que aparecen en esta edición.

La próxima vez que esté en una boda, o cualquier evento público, fíjese cuán fastidiosos pueden ser - y se acordará de Maureen.

## Recuento de votos

El sábado, 23 de noviembre las autoridades municipales llevarán a cabo el recuento de votos en las elecciones. Si bien la diferencia entre el Alcalde William Lantigua, y el alcalde-electo Daniel Rivera es de 60 votos que parecen insuperables, el alcalde y los votantes tienen derecho a solicitarlo. Mientras tanto, he estado leyendo muchísimo sobre los problemas que afectan a los escáneres utilizados durante las elecciones.

Más de 40 estados utilizan los escáneres ópticos AccuVote (AV-OS). Varios informes documentan ocurrencias de fallas de tarjetas de memoria de AV-OS, con un máximo de 15% de todas las tarjetas que fallan en algunos casos. El Centro de Investigación de Tecnología de Votación de la Universidad de Connecticut ha realizado una amplia investigación, financiada por el Secretario del Estado de Connecticut que implica el fracaso de tarjetas de memoria. A veces, se borran los datos de la tarjeta, como el caso en el condado de Washtenaw, Michigan, donde algunas tarjetas "fueron limpiadas" de sus datos después de una elección. Los informes indican que de 3.5% a 15% de las tarjetas de memoria examinadas en las auditorías se encuentran

defectuosas.

Las baterías pueden ser otro problema. Para el proceso típico de elección en Connecticut, identificaron el tiempo en que las baterías frescas pueden ser instaladas y los intervalos durante el cual la tarjeta de memoria dependa de la energía de la batería. Para tarjetas de memoria cuyos componentes dependerán de la batería, el tiempo de aviso del sistema AV-OS es insuficiente para garantizar la conservación de los datos durante la duración del proceso electoral. Como resultado, la retención de los datos no puede ser garantizada de por ningún tiempo de duración después de las elecciones, como puede ser requerido por algunas jurisdicciones. Recomendan que para cada elección se tenga en cuenta la edad de las baterías usadas con las tarjetas de memoria o debe ser sustituida antes de las elecciones para mitigar las ocurrencias frecuentes de pérdida de datos. Encontraron que 4 de cada 17 tarjetas de memoria pierden sus datos incluso después de la instalación de las nuevas baterías.

El porcentaje de tarjetas que pierde

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Una empresa puede cancelar o no renovar su póliza si las condiciones o el uso de su edificio cambia.

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ANUNCIO PAGADO

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## POR FAVOR VEA CLASS

CONTINÚA EN LA PÁGINA 7

"Yo creo en regateo colectivo con la unión pero estoy en contra de represalias," dijo el Representante Morán, añadiendo que está inclinado a encontrar un terreno común con CLASS y solicitar la ayuda de la Congresista Niki Tsongas para que haga presión a nivel Federal.

Otra empleada que no quiso ser identificada o fotografiada por temor a represalias,

"Yo me reuní con Bob Harris (Robert

CONTINÚA DE LA PAGINA 2

**JIMENEZ**

CONTINUE FROM PAGE 2

**JIMENEZ**

Los padres de Alex Jiménez, Andy Jiménez y María Duran y algunos familiares vistiendo camisetas que llevan las iniciales POW/MIA (Prisionero de guerra/Perdido en acción) con la imagen de Alex posando ante la Guardia de Color de la Policía de Lawrence.

Alex Jimenez's parents, Andy Jimenez and Maria Duran and relatives wearing POW/MIA T-shirts with the picture of Alex posing before the Lawrence Police Color Guard.

CONTINUE FROM PAGE 1

**RIVERA**

and aspirations for the city. It will include people who supported the current Mayor. We are all one city and one community and we need to begin the healing process through these conversations. The feedback gathered during the transition will be used by my administration to help understand community needs and focus priorities over the next four years" said Rivera.

The transition effort will be led by ten committees charged with addressing a range of issues in the city. Maggie Super Church, Co-Chair of Rivera's transition team, said "The Committee chairs will facilitate conversations with a larger group about what's working in the city, what isn't working, and what can be done better. They will help to identify strengths we can build on as a community as well as best practices from other places so we're not reinventing the wheel. The process will create an opportunity for people who are living, working, investing, and raising families in this city to brainstorm together, contribute their ideas, and be part of the change we want to create."

According to Zoila Gomez, Co-Chair of Rivera's transition team, "The people we have selected to help us lead the transition process reflect the community at large and bring deep subject matter expertise in their respective fields as well as a strong commitment to the city of Lawrence. The great majority of them are also Lawrence residents. This group represents the diversity, energy, vitality and talent that this city has to offer, and we are proud to have them join us."

The Transition Committee Chairs announced today are:

**Public Safety Committee:** Manny Gonzalez, Lawrence Firefighter and city resident, and Marc LaPlante, City Councilor for District F.

**Budget and Finance Committee:** Kristen Harol, Lawrence resident and Vice President of the Life Initiative, and David Tibbetts, Senior Advisor for Workforce Development at Northern Essex Community College and Middlesex Community College.

**Education and Youth Committee:** Quin Gonell, Lawrence resident and social studies teacher at Lawrence High School and a founding member of the Greater Lawrence Young Professionals Network, and Eliana Martinez, Lawrence resident and a teacher at Lawrence High School.

**Public Celebrations and Unity Committee:** Eileen Bernal, Lawrence City Councilor for District E and attorney, Dalton & Finegold LLP. (Co-Chair to be announced at a later date).

**Community Engagement Committee:** Jim Blatchford, Lawrence School committee member and Night Auditor for Marriott International. (Co-Chair to be announced at a later date).

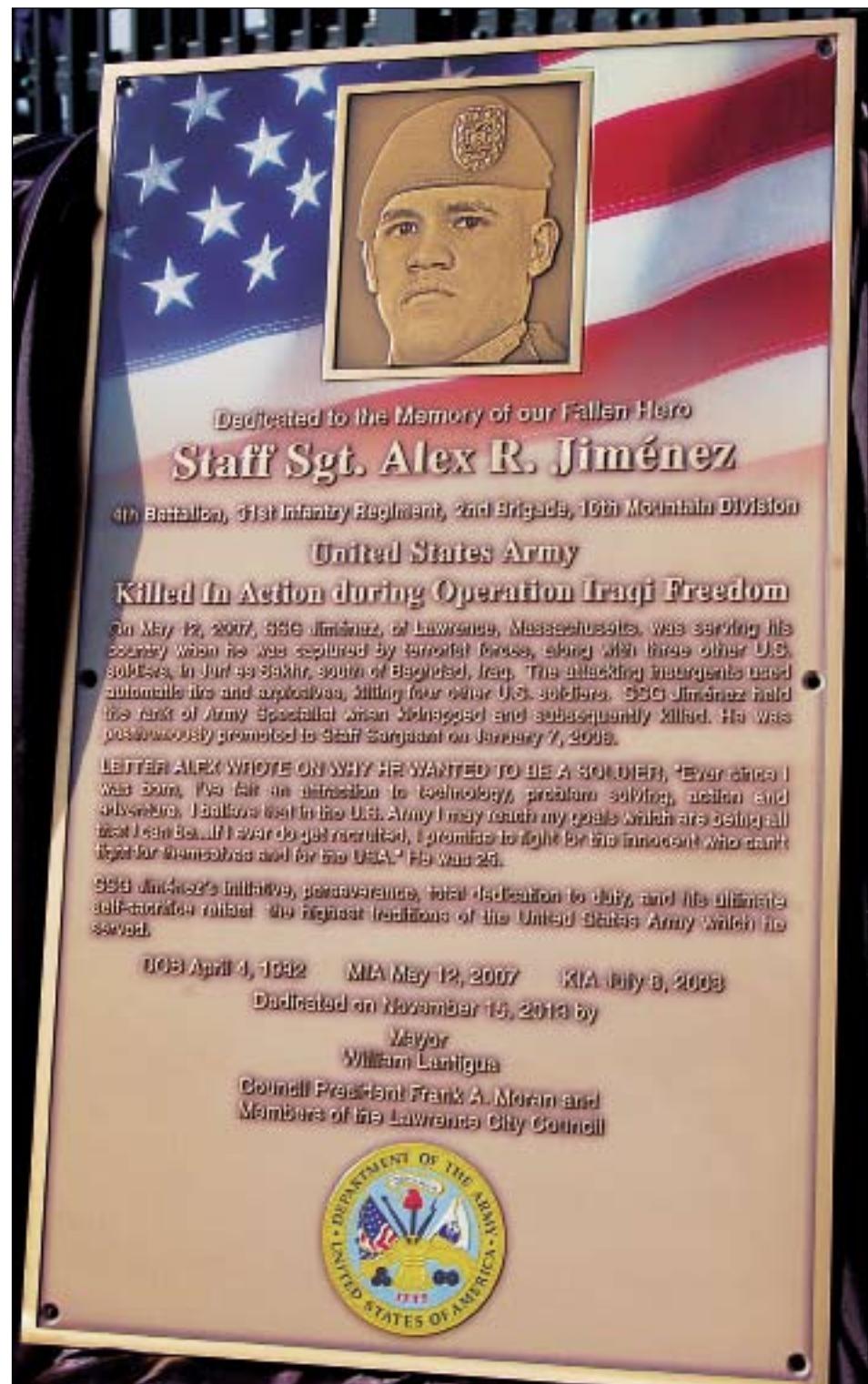
**Jobs and Economic Development Committee:** Marianne Paley Nadel, Owner and General Manager of the Everett Mills in Lawrence, and Julia Silverio, Lawrence resident, CEO at Silverio Insurance Agency and former Lawrence City Councilor.

**Quality of Life Committee:** Pedro Torres, Lawrence resident and General Manager at Napolitano Marble and Granite, and Brenda Rozzi, Lawrence resident and President of the Sacred Heart/ Brookfield Street Neighborhood Association.

**Housing Committee:** Jessica Andors, Lawrence resident and Executive Director of Lawrence Community Works, and Efrain Rolon Deputy Director of the Lawrence Housing Authority.

**Arts and Culture Committee:** Mary Guerrero, Lawrence resident and owner of Café Azteca and El Taller restaurant and bookstore and a teacher at the Oliver School in Lawrence, and Victor Perez, Lawrence resident and Company Director of the Hacha Y Machete dance company, Boston's first Professional, New York Style "ON 2" Salsa dance company.

**Health and Wellness Committee:** Dr. John Raser, MD, Lawrence resident, family physician, and Director of Community Medicine at the Greater Lawrence Family Health Center and Wander Morel, Lawrence resident, physical fitness expert and Owner of Anos Fitness.



La placa de Staff Sergeant Alex R. Jimenez.

Staff Sergeant Alex R. Jimenez's plaque.

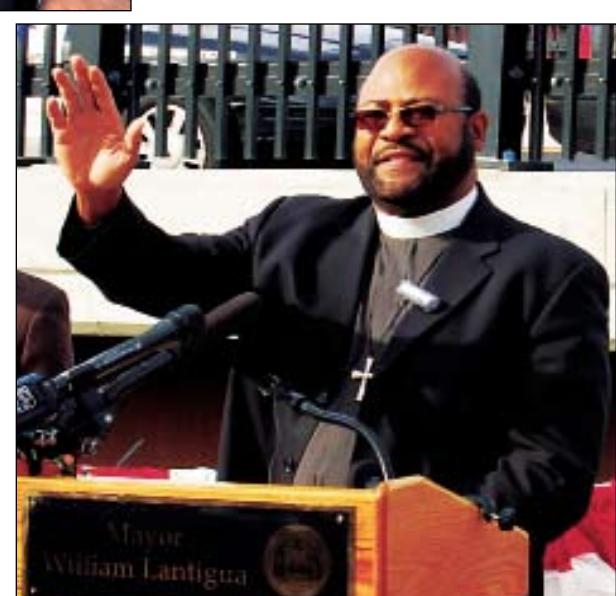


El Padre Joel Almonó bendijo al soldado, su familia y el Puente.

Father Joel Almonó blessing the soldier, his family and the bridge.

El Representante Estatal y Presidente del Concilio de la Ciudad de Lawrence, Frank Morán, explicando los detalles de cómo surgió la idea de la placa a Jiménez.

State Representative and President of the City Council of Lawrence, Frank Moran, explaining the details of how the idea of the plaque to Jimenez was born.



# Groundwork Lawrence recibe el premio Peter R. Lee de Comunidades Saludables

El viejo adagio de Benjamín Franklin: "Una onza de prevención vale una libra de cura", todavía dice mucho a los expertos en salud pública de hoy en día, así como activistas de la comunidad de Lawrence. En la 22 de octubre Conferencia Anual Onza de Prevención patrocinada por el Departamento de Salud Pública de Massachusetts (DPH MA), Groundwork Lawrence recibió el premio inaugural Peter R. Lee de Comunidades Saludables ante un público de todo Massachusetts. Nombrado en honor de Peter Lee, un líder en el movimiento de comunidades más saludables quien falleció en 2013, este premio se otorga a las organizaciones que hacen contribuciones importantes y significativas en el avance de la salud de sus comunidades en Massachusetts.

"Es fabuloso que los voluntarios de Groundwork Lawrence, el personal, Equipo Verde, y miembros de su junta directiva están siendo reconocidos por

Ms. McMann aceptó el premio del Departamento de Salud Pública del Comisionado Cheryl Bartlett y del director interino de Política Pública de Massachusetts Geoff Wilkinson ante cerca de 500 compañeros de todo el estado.



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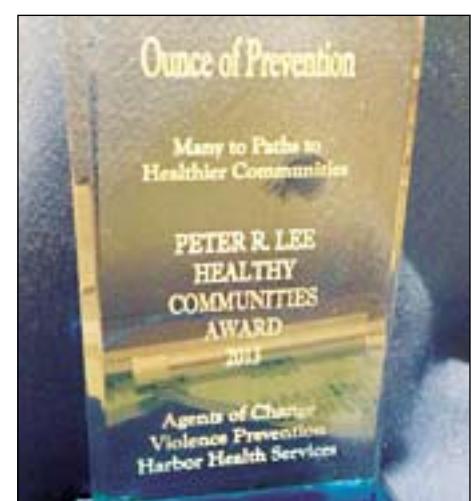
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## Groundwork Lawrence Receives the Peter R. Lee Healthy Communities Award

Benjamin Franklin's old adage, "An ounce of prevention is worth a pound of cure," still speaks volumes to today's public health experts as well as community activists in Lawrence. At October 22nd's annual Ounce of Prevention Conference sponsored by the Massachusetts Department of Public Health (MA DPH), Groundwork Lawrence was presented an inaugural Peter R. Lee Healthy Communities Award before an audience of their peers from across Massachusetts.

Named in honor of Peter Lee, a leader in the movement for healthier communities who died in 2013, this award goes to organizations that make important and significant contributions to building healthy communities in Massachusetts.

"It's just fabulous that Groundwork Lawrence's volunteers, staff, Green Teams, and board members are being recognized for the important work they do to improve the quality of life in Lawrence," said Heather McMann, Executive Director of Groundwork Lawrence and Board Member of the Massachusetts Public Health Association. She adds that "We build greenways and clean up parks, and host farmers market because it's good for



individuals, families, neighborhoods, and our city. And it also makes a difference in the larger economy of our state and country because these preventative efforts improve our physical and mental health, and reduce health care costs."

Ms. McMann accepted the award from Massachusetts Department of Public Health Commissioner Cheryl Bartlett and Interim Director of Public Policy Geoff Wilkinson in front of nearly 500 peers from across the state.

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CONTINÚA DE LA PÁGINA 4

**CLASS**

lo mismo. Tenemos que averiguar a quien está Bob Harris mintiendo," dijo Jason A. Stephany.

De acuerdo con SEIU, los compañeros de trabajo en CLASS, Inc. se unieron para tratar de cambiar las condiciones inseguras para los clientes y los trabajadores. Ellos estaban preocupados con la seguridad en las camionetas que se usan para el transporte de los clientes, la falta de entrenamiento en materia de seguridad, y las condiciones insalubres que afectan a todos. "¡OSHA inspeccionó CLASS, Inc. y ha exigido de la administración que la seguridad sea una prioridad!" dijo Stephany.

OSHA emitió las siguientes CITAS Y MULTAS CONTRA CLASS, INC.

Grave: La falta de evaluar los peligros en los vehículos de transporte.

Grave: Falta de seleccionar y dar a los empleados afectados equipos de protección personal, tales como guantes.

Grave: Falta por no proporcionar entrenamiento sobre los patógenos transmitidos por la sangre.

Grave: Falta por no revisar el plan de control de la exposición anual.

Grave: Falta por no proporcionar instalaciones de lavado de manos viables, antiséptico limpiador de manos.

Sanciones totales: \$7,200

De acuerdo con SEIU, un representante de CLASS fue invitado a participar de esta audiencia pública pero nunca se presentó por lo que carecemos de una réplica oficial de la institución respecto a las acusaciones aquí mencionadas.

## Otorgan a Lawrence \$900,000 para MassWorks

El Gobernador Deval Patrick anunció una dádiva para MassWorks en la Ciudad de Lawrence por un total de casi \$900,000. El propósito es crear el importante enlace del nuevo Centro Aliado de Salud y Tecnología de Northern Essex Community College (NECC) con Essex Street en el centro comercial de Lawrence. La donación también apoyará el desarrollo económico que rodea el creciente campus urbano.

La Ciudad de Lawrence está bien posicionada para llevar a cabo las mejoras de infraestructura necesarias que revitalizarán el centro de la ciudad y proporcionará beneficios económicos a largo plazo para la ciudad y, por extensión, de la región. Las mejoras de infraestructura incluirán la renovación de la calle Essex y callejones adicionales que proporcionan vínculos fundamentales en todo el centro de la ciudad. Estas áreas se utilizan de manera regular por los estudiantes y profesores NECC.

"Estoy muy contento de haber apoyado esta iniciativa para MassWorks por un total de \$900,000 otorgada a Lawrence. Esta es una gran inversión que va a estimular el desarrollo económico en el centro de Lawrence", dijo el Representante Estatal Frank A. Moran (D-Lawrence).



Muchos residentes que trabajan en el Valle de Merrimack son graduados de la universidad, mientras que muchos otros están matriculados en programas de educación y entrenamiento en el campus de Lawrence.

"Estoy encantado de que muchos de nuestros residentes podrán cosechar los muchos beneficios que ofrece esta subvención", dijo el Representante Moran.

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## Lawrence awarded \$900,000 for MassWorks

Governor Deval Patrick announced a MassWorks award for the City of Lawrence totaling nearly \$900,000. This award will create the important nexus from the new Northern Essex Community College (NECC) Allied Health and Technology Center to Essex Street in downtown Lawrence. The grant will also support economic development surrounding the growing urban campus.

The City of Lawrence is well-positioned to undertake needed infrastructure improvements that will revitalize its downtown area and provide long-term economic benefits to the City and by extension, the region. The infrastructure improvements will include the renovation the Essex Street and additional alley ways which provide critical linkages throughout the downtown area. These areas are used on a regular basis by NECC students and faculty.

"I am very pleased to have supported this MassWorks award totaling \$900,000 was awarded to Lawrence. This is a great investment that will stimulate economic development in downtown Lawrence," said Representative Frank A. Moran (D-Lawrence).

Many residents who work in the Merrimack Valley are graduates of the college while many others are currently enrolled in education and training programs on the Lawrence campus.

"I am delighted that so many of our own residents will be able to reap the many benefits afforded from this investment grant," said Representative Moran.

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## TD Charitable Foundation responde al aumento de necesidad en las comunidades a través de una donación a comedores comunitarios

TD Charitable Foundation, la rama caritativa de TD Bank, El Banco Más Convenient de América®, recientemente donó un subsidio por un monto total de \$900,000 a comedores comunitarios de toda el área de influencia del banco, desde Maine hasta Florida.

Estos subsidios ayudarán a los comedores a prepararse para la temporada de fiestas y servirán para brindar asistencia a miles de personas que sufrirán una reducción en sus beneficios de vales para alimentos, debido al vencimiento del Programa de Asistencia para Nutrición Suplementaria (SNAP, siglas en inglés). Se espera que los comedores dupliquen sus niveles actuales de distribución y desempeñen un papel muy importante en la alimentación de muchas comunidades.

“Miles de personas se verán afectadas por el corte de los vales para alimentos y, con las fiestas más cerca, la asistencia de los bancos de alimentos será vital”, declaró Elizabeth K. Warn, Presidenta de TD Charitable Foundation y Vicepresidenta Sénior de Relaciones Comunitarias de TD Bank. “Estamos extremadamente orgullosos de continuar apoyando a los

comedores comunitarios a medida que crece la demanda de alimentos”.

Los siguientes comedores comunitarios en nuestra área recibieron subsidios:

Massachusetts: The Open Door Cape Ann Food Pantry, Inc. – Gloucester

Massachusetts: The Greater Boston Food Bank, Inc. – Boston

New Hampshire: New Hampshire Food Bank - Manchester

Un elemento vital de la filosofía de TD Bank es su compromiso acérrimo por realizar una participación activa en la comunidad local. TD Bank, El Banco Más Convenient de América® y TD Charitable Foundation brindan apoyo a iniciativas para la vivienda asequible, la educación y la cultura financieras, y el medio ambiente, muchas de las cuales se enfocan en el mejoramiento del bienestar de niños y familias.

## TD Charitable Foundation responds to increased need in communities through food pantry donation

The TD Charitable Foundation, the charitable giving arm of TD Bank, America's Most Convenient Bank®, recently donated a total of \$900,000 in grants to food pantries throughout the bank's footprint from Maine to Florida.

The grants will help pantries prepare for the holiday season and aid in assisting thousands who will experience a reduction in their food stamp benefits, due to the expiration of the Supplemental Nutrition Assistance Program. Pantries are expected to double their current levels of distribution and play a very important part in feeding many communities.

“Thousands of people will be impacted by the food stamp cuts and with the holidays approaching the assistance from food banks will be vital,” said Elizabeth K. Warn, President of the TD Charitable Foundation and Senior Vice President of Community Relations for TD Bank. “We are extremely proud to continue our support of food pantries as demands for food increases.”

The following food pantries in our area received grants:

Massachusetts:  
The Open Door Cape Ann Food Pantry, Inc.  
– Gloucester

The Greater Boston Food Bank, Inc. – Boston

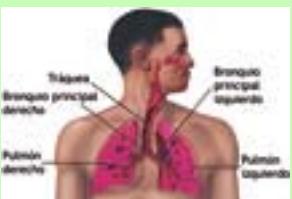
New Hampshire:  
New Hampshire Food Bank - Manchester

A staunch commitment to active involvement in the local community is a vital element of the TD Bank philosophy. TD Bank, America's Most Convenient Bank® and the TD Charitable Foundation provide support to affordable housing, financial literacy and education, and environmental initiatives, many of which focus on improving the welfare of children and families.

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BRIAN DE PEÑA

# Local Athlete trains at Colorado Springs OTC

Kate Quinn of N. Andover, a member of the YMCA's ANA Synchro synchronized swim team had the honor of training at the Olympic Training Center in Colorado Springs last weekend. Under the tutelage of Olympian Myriam Glez (Sydney '00/Beijing '08), Sue Nesbit, US National Team Coach and Fred Pasqualin, Lyon Gymnastics, Lyon France, Quinn had the opportunity to perfect her skills in an environment few will ever experience. Only the top athletes from each of the four zones or regions of the United States, who achieved a minimum score of 67.0 at a championship level meet were selected to attend the All Star Camp.

ANA head coach, Leah Pinette, who is also the former Captain of the 2011/2012 US Olympic Selection Team, was one of only three coaches selected from the East Zone to attend the USA Synchro Coaches College, which ran concurrently with the All Star Camp, which was sponsored by USA Synchro.

For young swimmers who may not be quite ready for the Olympics but are interested in synchronized swimming, ANA Synchro has openings in the Novice program. For more information contact head coach Leah Pinette at 978-685-3541 ext 147 or lpinette@mvymca.org



## PARTNERS' INFORMATION SESSION

*Learn how YouthBuild can assist the youth in your life!*

WHEN: Wednesday, December 4, 2013

TIME: 10:00AM

PLACE: YouthBuild Lawrence  
355 Haverhill Street  
Lawrence, MA 01810

QUESTIONS? Call 978-681-0548 ask for Zulma Liniano

Light refreshments will be served, kindly RSVP by email at [zliniano@lawrencelyouth.com](mailto:zliniano@lawrencelyouth.com) by December 1, 2013.

YouthBuild Lawrence is recruiting participants for cycle 19, beginning in February 2014. Join us to learn about YouthBuild's GED classes, construction skills training, career readiness, job search skills, AmeriCorps membership, and community service programs available to our youth between the ages of 16-24 years old.

YouthBuild Lawrence is a program of the Lawrence Family Development & Education Fund, Inc. and receives funds from the City of Lawrence, Mooseley Foundation, Massachusetts Department of Elementary and Secondary Education, YouthBuild USA/AmeriCorps, Kresge Foundation, Walmart Foundation, United Way and the United States Department of Labor.



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Community Medical Associates está afiliado a Lawrence General Hospital, el proveedor líder de la atención médica más avanzada, centrada en el paciente, del Valle del Merrimack. Lawrence General Hospital está afiliado clínicamente a Beth Israel Deaconess Medical Center y al Floating Hospital for Children at Tufts Medical Center for Pediatrics.

# Practical Money Skills

## No deje que los "Ciber-Grinches" le roben su Navidad

POR/BY JASON ALDERMAN  
[www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney)



Por lo general, suelo comer tanto el Día de Acción de Gracias que no estoy en condiciones de salir de compras en el Viernes Negro, pero millones de otros estadounidenses logran encontrar la energía para hacerlo. El año pasado, 89 millones de personas aprovecharon las ventas del Viernes Negro (57 millones de estos, por Internet), mientras que 247 millones realizaron compras durante el feriado de cuatro días, aprovechando que las tiendas están abriendo incluso el mismo día de Acción de Gracias.

Además, millones de cazadores de ofertas gastaron otros US\$2.000 millones el Ciber-Lunes, lo que indica a las claras que las compras en línea han llegado para quedarse. Desafortunadamente, los cibercriminales han captado esta tendencia y están redoblando sus esfuerzos por despojar a los compradores del dinero que tanto les ha costado ganar.

Ya sea que compre por Internet con su computadora, teléfono o tableta, estos son algunos de los engaños cibernéticos de los que debe cuidarse y las precauciones que debe tomar:

Consejos para comprar tarjetas de regalo:

- Compre solo en sitios seguros de

vendedores confiables (fíjese que la dirección web "https://" tenga una "s" y un símbolo de candado).

- En las tiendas físicas, solo compre tarjetas que estén guardadas bajo llave. Evite las que se ofrecen en exhibidores abiertos donde no haya nadie que los atienda, ya que los ladrones pueden escanear el número de serie de la tarjeta y, cuando usted la haya cargado, pueden hacer compras en línea con su dinero antes de que usted tenga la chance de usarla.
- Nunca compre tarjetas o tickets para eventos que se ofrezcan con mucho descuento en los sitios de venta por Internet como eBay o Craigslist –es muy probable que sean falsos o robados.

La mayoría de los comercios ofrecen promociones navideñas para incrementar sus ventas de fin de año. Si usted ha indicado que "le gusta" un producto o tienda en Facebook o Twitter, o se ha registrado para recibir sus correos electrónicos, seguramente recibirá ofertas genuinas de importantes descuentos o ventas de último momento.

Pero tenga cuidado con las ofertas falsas de sitios que imitan a comerciantes legítimos. Podrían estar:

- Tratando de obtener el número de su tarjeta de crédito y otros datos personales para hacer compras ilegítimas contra su cuenta o abrir nuevas cuentas en su nombre.

• Intentando venderle mercaderías robadas o contrabandeadas.

- Tratando de obtener acceso a su perfil de sus medios sociales para ingresar a otras cuentas vinculadas, o publicar ilegitimamente ofertas supuestamente avaladas por usted para tentar a sus amigos.

Otro engaño común es el envío de un correo electrónico comunicando que alguien está intentando entregarle un paquete o que hay un problema con su pedido. Le pedirán que haga clic en un link para ver los detalles y seguramente tendrá que revelar datos de su cuenta u otros datos personales para verificarlos. A menos que usted les haya dado previamente su dirección de correo electrónico, esto probablemente sea falso.

Algunos otros consejos de seguridad relacionados con las compras navideñas:

- Al comprar por Internet, evite los avisos emergentes (pop-up) que le presentan ofertas increíbles. Si cree que puede ser real, ingrese al sitio web del comercio y verifique si la oferta está publicada o no.
- Los hackers crean direcciones web que parecen muy reales y que, al hacer clic en ellas, lo llevan a un sitio falso que puede infectar su aparato con malware o instalarle un programa troyano para robarle su información personal. Para estar seguro, pase el cursor por encima de las direcciones web que usted no haya escrito y observe si aparecen secuencias de caracteres extraños o mal escritos.

• Antes de hacer una compra por Internet, visite las páginas de "Contáctenos" y "Términos y Condiciones" del sitio para ver su número de teléfono, dirección postal, política de devoluciones, etc. Los sitios falsos no suelen tener estas páginas o las tienen pero llenas de errores fácilmente detectables.

No deje que la posibilidad de hacer un buen negocio el Viernes Negro le haga bajar la guardia ante los estafadores que quieren llenar su bota navideña con carbón.

*Jason Alderman dirige los programas de educación financiera de Visa. Para seguir a Jason Alderman en Twitter: [www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney).*

### SE NECESITAN VOLUNTARIOS PARA JUGAR CON NIÑOS QUE VIVEN EN REFUGIOS

Horizons for Homeless Children busca personas serias, bilingües en inglés y español para jugar con niños que viven en refugios para familias sin hogar. Se requiere un compromiso de 2 horas a la semana (un turno semanal) por 6 meses. Para más información o para inscribirse en línea, favor de visitar el sitio [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org) o llame al 978.557.2182. Es una experiencia muy agradable que beneficia a los niños y también a todas las personas que se envuelven en el programa.

## Don't Let Cyber Grinches Ruin Your Holidays

By Jason Alderman

I'm usually into much of a Thanksgiving food coma to hit the sales on Black Friday, but millions of other Americans somehow find the energy. Last year, 89 million people took advantage of Black Friday sales (57 million of them online), while an estimated 247 million shopped throughout the four-day weekend, as stores increasingly have opened their doors on Thanksgiving itself.

In addition, millions of bargain hunters spent another \$2 billion on Cyber Monday, so it's clear that online holiday shopping is here to stay. Unfortunately, cyber criminals have zeroed in on this trend and are redoubling their efforts to separate shoppers from their hard-earned cash.

Whether you're shopping online by computer, smartphone or tablet, here are some common cyber scams to watch out for and security precautions to take:

Tips for buying gift cards:

- Only buy from secure websites of trusted retailers (look for an "s" in the "https://" web address and a lock symbol).
- At walk-in stores, only purchase cards from employees who have them locked up. Avoid cards at unattended display racks, since thieves can scan the card's unique serial number; then, after you've loaded it with cash, drain its value with online purchases before the recipient has a chance to use it.
- Never purchase deeply discounted cards or event tickets from online marketplaces like eBay or Craigslist – chances are good that the cards are counterfeit or were stolen.

Most retailers offer holiday sales as a way to boost their year-end bottom line. If you've "liked" a product or store on Facebook or Twitter, or have signed up to receive their emails, you may well get genuine offers for steep discounts or last-minute sales.

But beware of bogus offers from sites that mimic those of legitimate retailers. They could be:

- Trying to harvest your credit card number and other personal information to make illegitimate charges to your account or open new accounts in your name.
- Attempting to sell you counterfeit or stolen goods.
- Trying to gain access to your social media profile to log into other accounts tied to it, or to post illegitimate offers purportedly endorsed by you to lure in your friends.

Another common scam is to send an email claiming a courier is trying to deliver a package or there's a problem with your order. You'll be told to click on a link to get details and will likely be asked to reveal account or other personal information to verify. Unless you previously provided them your email address, this is probably bogus.

A few additional holiday-related security tips:

- When shopping online, avoid pop-up ads touting incredible deals. If you think it might be real, log into the retailer's website yourself to see whether the deal is posted.

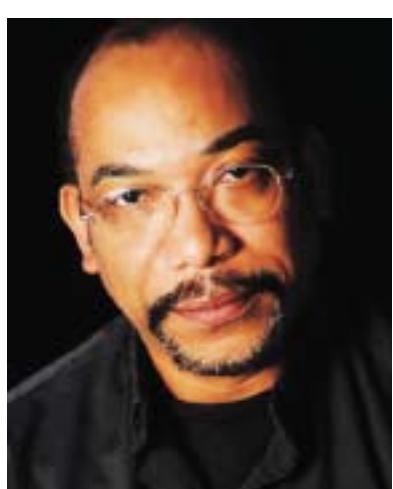
PLEASE SEE MONEY

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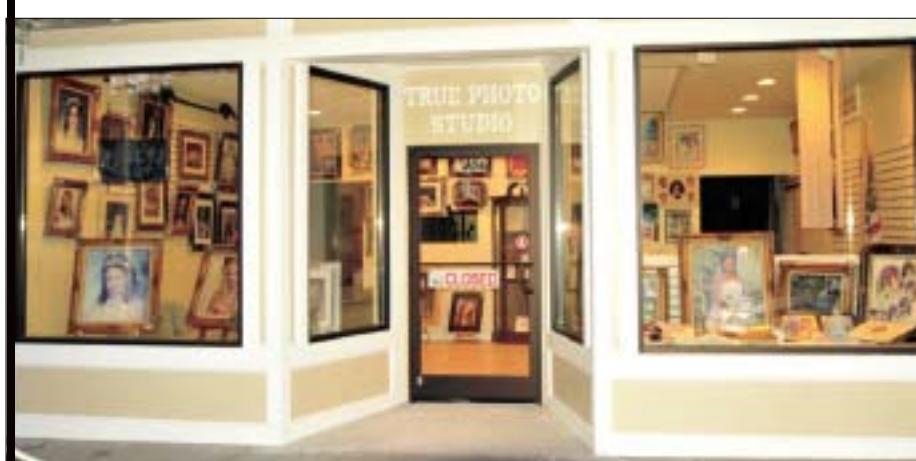
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# Panel hears complaints about CLASS

(Léalo en español en la página 4)

By Alberto Suris

The Committee on the Rights of Workers of the Merrimack Valley convened a public hearing at Hispanic Free Methodist Church on Tuesday, November 12, 2013, to hear the challenges facing human service workers in the ARC of Greater Lawrence, (CLASS).

The committee was formed by State Representative and Lawrence City Council President, Frank Moran; Luciano Taveras, Pastor, Hispanic Free Methodist Church; and Milagro Grullón, Executive Director of Lawrence Community Connections.

Specifically, the committee heard about alleged violations of the rights of workers from some recently laid off CLASS employees, including Susan Mbuga and Liz Grill.

According to Susan Mbuga, an immigrant from Kenya, she began working at CLASS in November, 2006 until she was fired in June 2013. She expressed her intention to continue the struggle for the rights of colleagues who are still working. She said she struggled and fought against working for minimum wage. "They pay peanuts and expect you to do much. That's slavery," she said, adding, "The drivers get \$8.00 an hour for pay and some have to go as far as Ipswich (39.20 miles round trip).

Mbuga said some CLASS employees who are not members of the union have retaliated against her. "Some of my colleagues did not join the union for fear of being fired yet, since the formation of the Union, eight employees have been laid off."

"I met with Bob Harris (Robert A. Harris, CLASS President/CEO), and we

had a very cordial interview and he said he would work with the Union and that only five employees were laid off and now I hear they are eight," said Rep. Moran reacting to what was said by Mbuga.

Liz Parrilla's story is very similar. She worked for two years as a driver and never received any supplies to clean the bus. On long trips, especially in winter, she said she had to stop and throw snow on the windshield to clean the dirt, since they never give her any windshield wiper fluid. She acquired a rash, for which she showed us a video. When she complained to the administration of CLASS, she was told that she had contracted it at home. "I am a very clean woman and I know I contracted it there."

Parrilla, who worked for CLASS for more than two years as a driver and then as an Integrated Day Service Specialist for a total of five years told the panel, "I was left out. They damaged my record. I was accused of getting two clients into a fight, something I've never done," she sobbed.

"Employees have been fired for issues that have been happening all the time, such as listening to the radio. Before it was fine, but now that employees have joined the Union, it has become a problem and a reason for dismissal," said Jason A. Stephany, Director of Communications, Local 509, SEIU.

"I believe in collective bargaining with the Union, but I am against reprisals," said Representative Moran, adding that he is inclined to find common ground with CLASS and enlist the help of Congresswoman Niki Tsongas to put pressure at the Federal level.

Another employee who declined to

be identified or photographed for fear of reprisals, said that she has worked for CLASS for more than 10 years and know for a fact that now they are currently hiring people without the necessary skills. "If Bob Harris told you he had fired only five people, he is a liar."

"Every day I see something new, a new provision, so that we get tired and look for another job," said the employee, and added, "If I get out of CLASS I'm going out with my head held high and convinced that what we are doing is right."

"When Bob Harris meets state officials from where he receives 'tax dollars,' he tells them he is not using that money to fight the Union. When meeting with private donors, he says the same. We have to find out who is Bob Harris lying to," said Stephany.

According to SEIU, fellow workers at CLASS, Inc. came together to try and change unsafe conditions for clients and workers. They were concerned with safety in the vans that transport clients, a lack of training on safety, and unsanitary conditions affecting everyone. OSHA inspected CLASS, Inc. and has demanded that management make safety a priority!

OSHA ISSUED THE FOLLOWING CITATIONS AND FINES AGAINST CLASS, INC.

Serious: Failure to assess hazards in transport vehicles.

Serious: Failure to selected and have affected employees use personal protection equipment, such as gloves.

Serious: Failure to provide training on blood borne pathogens.

Serious: Failure to review exposure control

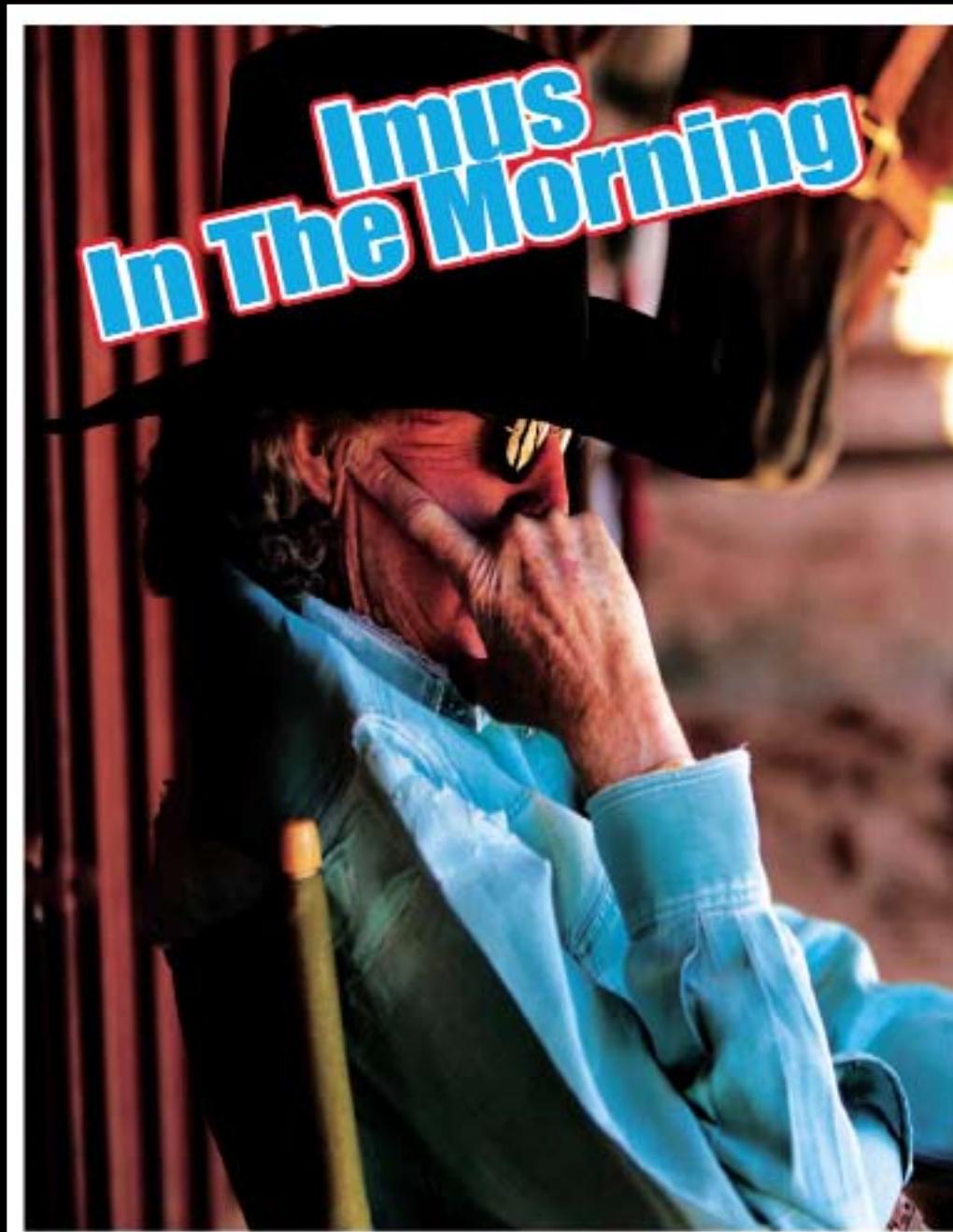


Liz Parrilla: "Me dejaron fuera. Me dañaron mi record. Me acusaron de poner a dos clientes a pelear, cosa que nunca he hecho," dijo sollozando.

"I was left out. They damaged my record. I was accused of making two clients get into a fight, something I've never done," she sobbed.

plan annually.  
Serious: Failure to provide feasible hand washing facilities, antiseptic hand cleanser.  
Total Penalties: \$7,200.

According to SEIU, a representative from CLASS was invited to participate in this hearing, but never showed up for what we lack an official response from the institution regarding the allegations herein.



**Now !  
Monday - Friday  
6am to 9am**

# Clases de natación en la YMCA

*Lawrence YMCA baja sus precios para clases de natación con el fin de responder mejor a la necesidad olvidada en la Ciudad de Lawrence*

*Niños de la ciudad tienen menos probabilidades de aprender a nadar*

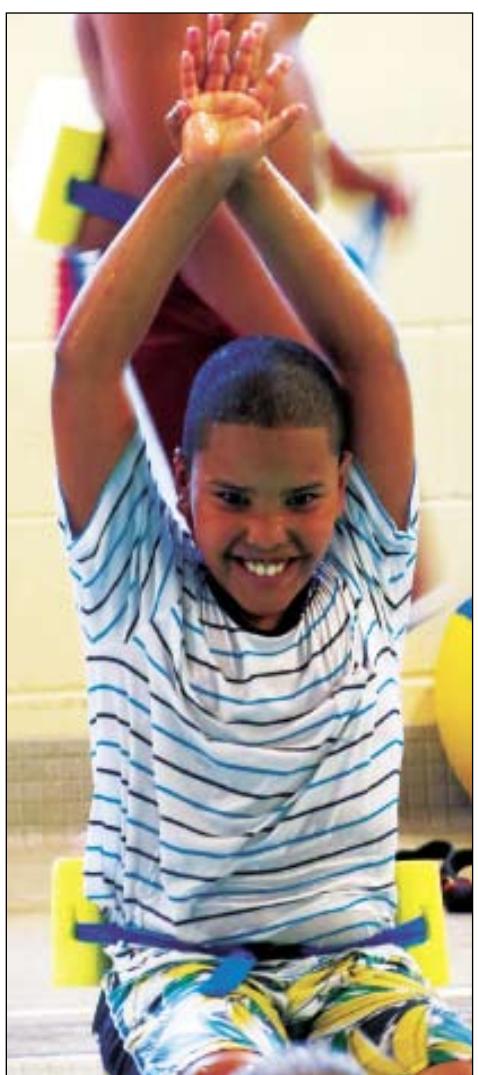
Con recursos limitados y la mayoría de su población viviendo en la línea nacional de pobreza o por debajo, no es de extrañar que proporcionar a los niños con clases de natación no ha sido una prioridad para muchas familias en Lawrence. La YMCA de Lawrence está tratando de ayudar a cambiar esta situación mediante la educación de las familias sobre los peligros asociados con los niños que no saben nadar y también la reducción de los precios de sus clases de natación con el fin de que la instrucción formal de natación alcance a más niños.

Según los Centros para el Control y la Prevención de Enfermedades (CDC), uno de cada cinco personas que mueren ahogadas son niños de 14 años o menores, y las minorías se encuentran entre los de mayor riesgo. Con la instrucción de natación formal, este riesgo se reduce hasta en un 88%.

En mayo del 2013 la YMCA de Lawrence, en colaboración con la Escuela Henry K. Oliver Up Academy en Lawrence, se embarcó en su misión de ayudar a enseñar a más niños de la zona urbana a nadar con su Iniciativa para Aprender a Nadar. Durante esta iniciativa, la YMCA de Lawrence fue capaz de proporcionar clases de natación a 340 niños de Lawrence lo que se traduce en un 92.4% de los participantes que sabían

**POR FAVOR VEA YMCA**

CONTINÚA EN LA PÁGINA 13



# Swimming classes at the YMCA

*Lawrence YMCA lowers its prices for swim lessons in order to better address an overlooked need in the City of Lawrence*

*Inner-city children less likely to know how to swim*

With limited resources and the majority of its population living at or below the national poverty line, it is no surprise that providing children with swim lessons has not been a top priority for many Lawrence families. The Lawrence YMCA is looking to help change this by educating families about the dangers associated with children not knowing how to swim and by also lowering the prices of its swim lessons in order to make formal swim instruction attainable to more children.

According to the Centers for Disease Control and Prevention (CDC), one in five people who die from drowning are children age 14 and younger, and minorities are among the most at risk. With formal swim instruction, this risk is lowered by as much as 88%.

In May of 2013 the Lawrence YMCA, working with the Henry K. Oliver School and Up Academy in Lawrence, embarked on its mission to help teach more inner-city children how to swim with the Learn to Swim Initiative. During this initiative alone, the Lawrence YMCA was able to provide 340 Lawrence children with swim lessons that resulted in a 92.4% of participants knowing how to swim by the end of the program. This was an incredibly impressive statistic, especially given the fact that at the beginning of the program 75% of participating children did not know how to swim, and for many, it was their first time in a pool.

The Lawrence YMCA hopes to continue its progress of teaching even more children how to swim and has recently adjusted its prices to help make sure that cost is not a deterring factor when it comes to Lawrence parents enrolling their children in swim lessons. Starting with its Winter Session in January 2014, the Lawrence YMCA will start offering swim lessons for as low as \$21-\$42 per six week session.

"We hope that by making our learn-to-swim program affordable for the community, parents will give the opportunity to their children to learn how to swim so they can be safe around water" says Julian Villegas, Executive Director of the Lawrence YMCA.

**To learn more about the swim lessons offered at the Lawrence YMCA, please contact the Welcome Center at 978-686-6191 or visit <http://lawrence.mvymca.org>.**

# Paz Mundial

La clase de octavo grado de la hermana mayor ha estado leyendo la novela de William Golding del 1955 *El Señor de las Moscas*, sobre un grupo de chicos británicos abandonados en una isla desierta que luchan por la forma de sobrevivir, organizarse y gobernarse a sí mismos de una manera civilizada, antes de entregarse a la confusión, los conflictos y la violencia.

Mirando a su alrededor al comportamiento de los estudiantes en su escuela secundaria, Big Sis ya había sospechado que los varones eran en gran medida bárbaros y no muy inteligentes (en un buen día). Ahora, después de leer acerca de la lucha por el poder en la isla entre Ralph y Jack y las horribles muertes de Simon y Piggy, ella ha llegado a una conclusión importante: Las féminas deben gobernar el mundo.

¿Estás segura de eso, T? "Le pregunté.

"Por supuesto, papá", respondió ella. "Si se trata de un grupo de chicas de esa isla, nos hubiésemos ayudado unas a otras y viviríamos juntas en una gran cabaña, y todas seríamos vegetarianas."

"Pero, T, las niñas pelean también, ¿no?"

Gran suspiro de Big Sis.

"Claro, papá, pero si las niñas gobernaran el mundo no habría ninguna guerra, sólo un puñado de países que no se hablan el uno al otro."

Nota a Hilary, Sarah, Condoleezza, y cualquier otra "niña" que esté pensamiento sobre la decisión de gobernar el mundo dentro de un par de años: ¡Big SIS T (clase de 2017) para la Secretaría de Estado!

Gracias a Nancy Greenwood de Greenwood Insurance por enviarlo.

CONTINÚA DE LA PÁGINA 12

## YMCA

nadar para el final del programa. Esta fue una estadística muy impresionante, especialmente dado el hecho de que al inicio del programa el 75% de los niños que participaron no sabían nadar y para muchos, era la primera vez en una piscina.

La YMCA de Lawrence espera seguir su progreso de enseñar a más niños a nadar y ha ajustado recientemente sus precios para asegurarse de que el costo no es un factor de disuasión para los padres a la hora de inscribir a sus hijos en clases de natación. A partir de su período de sesiones de invierno en enero de 2014, la YMCA de Lawrence comenzará a ofrecer clases de natación a tan bajo costo como de \$21 a \$42 por la sesión de seis semanas.

"Esperamos que al poner nuestro programa para aprender a nadar al alcance de la comunidad, los padres darán la oportunidad a sus hijos de aprender a nadar para que puedan estar a seguros en torno al agua", dice Julián Villegas, Director Ejecutivo de la YMCA de Lawrence.

Para obtener más información sobre las clases de natación que se ofrecen en la YMCA de Lawrence, por favor póngase en contacto con el Centro de Bienvenida al 978-686-6191 ó visite <http://lawrence.mvymca.org>.

# World Peace

Big Sis' eighth grade class has been reading William Golding's 1955 dystopian novel *The Lord of the Flies*, about a group of British boys marooned on a deserted island who struggle with how to survive, organize, and govern themselves in a civilized way, before devolving into confusion, conflicts, and violence.

Looking around at that behavior of the crowd at her middle school, Big Sis had already suspected that boys were largely barbaric and not very bright (on a good

day). Now, after reading about the struggle for power on the island between Ralph and Jack, and the gruesome deaths of Simon and Piggy, she has come to an important conclusion: Girls should rule the world.

((Are you sure about that, T?") I asked her.

"Of course, Dad," she responded. "If it was a bunch of girls on that island, we would have all helped each other and live together in one big hut, and everyone would be a vegetarian."

"But, T, girls fight, too, don't they?"  
Big Sis from Big Sis.

"Sure, Dad, but if girls ruled the world there wouldn't be any wars—just a bunch of countries not talking to each other."

Note to Hilary, Sarah, Condoleezza, and any other "girls" thinking about ruling the world a few years from now: Big Sis T (Class of 2017) for Secretary of State!

Thanks to Nancy Greenwood of Greenwood Insurance for submitting it.

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# El hambre no conoce estaciones

Por James Arena-DeRosa, USDA  
Administrador Regional del  
Servicio de Alimentos y Nutrición

Tradicionalmente, la temporada navideña trae a la vanguardia los esfuerzos para ayudar a los menos afortunados.

Grupos comunitarios recogen alimentos y prendas de vestir, el voluntariado en comedores populares, comidas especiales para las fiestas, las colecciones de juguetes y ayudar con los costos de calefacción están en pleno apogeo en esta época del año.

Es una forma en que los estadounidenses nos cuidamos unos a otros, de vecino a vecino.

Sin embargo, pese a estos nobles esfuerzos, los más vulnerables de nuestra sociedad siguen luchando, los jóvenes, los ancianos y los desposeídos, los que han caído en tiempos difíciles - los trabajadores a tiempo completo que ganan salario mínimo, el que se encuentra subempleado que trabaja en varias posiciones de tiempo parcial sin beneficios, los desempleados y las personas sin hogar.

Las familias están luchando en nuestras ciudades, suburbios y áreas rurales.

El hambre no conoce de límites geográficos ni temporada.

Afortunadamente, hay ayuda disponible los 365 días del año a través de 15 programas federales de asistencia nutricional financiados por el Departamento

de Agricultura de Servicios de Alimentos y Nutrición de Estados Unidos. Usted puede conocer a estos programas, ya que se llevan a cabo por los socios locales en el estado y la comunidad en los comedores escolares, centros de cuidado de niños y adultos, clínicas de WIC, bancos de alimentos y comedores y oficinas de SNAP. Los programas sirven a uno de cada cuatro estadounidenses.

Estos programas de alimentos vitales nunca han sido más críticos. Para algunos niños, las comidas que comen en la cafetería de la escuela pueden ser las únicas que reciban. WIC presta servicios a más de la mitad de los bebés nacidos en los EE.UU. y SNAP ayuda a las familias a poner comida en la mesa.

A medida que el país sigue en ascenso de la recesión, las necesidades son mayores que nunca. El año pasado, Massachusetts recibió \$1.7 mil millones en ayuda federal para nutrición. Pero más allá de los números, les pido que piensen en lo que esto representa. Se trata de ayudar a la gente a fin de mes y evitar la posibilidad

de elegir entre pagar por calentar la casa y poner comida en la mesa. Para muchos en este país, el hambre está oculta. Pero existe en todos los rincones del estado.

Ahora más que nunca, es el momento de arrojar luz sobre el hambre en todo el año y trabajar juntos para poner fin a la misma.

Así que, ¿qué puede hacer? Cuando pueda, done a su banco de alimentos local, sirva de voluntario en un comedor de beneficencia, o traiga una comida a un vecino necesitado. Y asegúrese de que saben que puede haber recursos disponibles para ayudarles. Pero también tenga en cuenta que para todos estos esfuerzos locales heroicos, saben que cada día, los programas de asistencia nutricional del gobierno estarán operando en todas las comunidades en todo el país que proporciona una red de seguridad para aquellos que necesitan un poco de ayuda extra.

Para obtener más información sobre los programas federales de nutrición, visite [www.fns.usda.gov](http://www.fns.usda.gov)

■ CONTINÚA DE LA PÁGINA 4

## MI ESQUINA

sus datos osciló entre la baja del 3.4% en la auditoría de las elecciones de noviembre de 2007, a la elevada 15.4% en la auditoría de las elecciones en agosto 2008.

Más recientemente, en 2009, en una candidatura ganada por cinco votos en Methuen, MA, las máquinas no habían

contado seis votos y, en Worcester, MA en el año 2004, las máquinas de votación saltaron más de 170 papeletas afectando el resultado de al menos una elección. Usted puede ir a [www.votersunite.org](http://www.votersunite.org) y encontrar un registro increíble de fallos de todo el país.

¡Será muy interesante ver el proceso!

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# Hunger Knows No Season

**By James Arena-DeRosa, USDA Regional Administrator for the Food and Nutrition Service**

Traditionally the holiday season brings to the forefront efforts to help those less fortunate.

Community food and clothing drives, volunteering at soup kitchens, special holiday meals, toy collections and help with heating costs are in full swing this time of year.

It is one way we as Americans take care of each other—neighbor to neighbor.

Yet, despite these noble efforts, the most vulnerable in our society continue to struggle, the young, the aged and the dispossessed, those who have fallen on hard times --full-time workers earning minimum wage, the under-employed working multiple part time positions without benefits, the unemployed and the homeless.

Families are struggling in our cities, suburbs and rural areas.

Hunger knows neither geographic boundary nor season.

Fortunately, there is help available 365 days a year through 15 federal nutrition assistance programs funded by the United States Department of Agriculture Food and Nutrition Service. You may know these programs as they are carried out by local partners at the state and community level - in school cafeterias, child and adult care centers, WIC clinics, food banks and soup kitchens, and SNAP offices. The programs serve one in four Americans.

These vital food programs have never been more critical. For some children, the meals they eat in the school cafeteria may be the only ones they get. WIC serves more than half of the babies born in the U.S. and SNAP helps families put meals on the table.

As the country continues to climb out of recession, the needs are greater than ever. Last year, Massachusetts received \$1.7 billion in federal nutrition assistance. But beyond the numbers, I would ask you to think about what this represents. It's about helping folks make ends meet and avoiding the choice between paying for heating the home and putting food on the table. For too many in this country, hunger is hidden. But it exists in every corner of the Commonwealth.

Now more than ever, it's time to shine a light on hunger throughout the year and work together to put an end to it.

So, what can you do? When you can, donate to your local food bank, volunteer at a soup kitchen, or bring a meal over to a neighbor in need. And be sure they know there may be resources available to help them. But also keep in mind that for all these heroic local efforts, know that every day, government nutrition assistance programs will be operating in every community throughout the country providing a safety net to those who need a little extra help.

For more information about the federal nutrition programs, go to [www.fns.usda.gov](http://www.fns.usda.gov)

## NOTAS DE SU BIBLIOTECARIA

**BY/POR MAUREEN NIMMO**  
Lawrence Public Library Director

Hola, queridos lectores de Rumbo. He encontrado algo brillante dentro de los días depresivos del invierno, al menos por el momento. Mi marido Norm y yo vivimos en una casa antigua en Tower Hill que tiene una chimenea. Este es el primer año que hemos podido utilizarla, y estamos encantados. Es cálida, acogedora, y hermosa. De verdad, no creo que sea suficiente para calentar la casa cuando haga mucho frío, pero por el momento, es una delicia. (Y me quita los deseos de quejarme por el frío.)

Acabo de regresar de la inauguración del puente en honor al Sargento Alex R. Jiménez. Fue una ceremonia muy emotiva donde se conmemoró las acciones valientes y la muerte de un héroe el Sargento Jimenez. Muchos ciudadanos asistieron, y no hubo ninguna señal de maniobra política o alguien tratando de lucirse o impresionar, sólo un buen esfuerzo para honrar a Jiménez y su familia que tanto lo amaba y que tanto lo echan de menos. Esta es nuestra ciudad en su mejor momento y fue maravilloso verlo en estos momentos en que estamos, una vez más, tan divididos. Sólo espero que podamos encontrar este espíritu de unidad sobre todo a medida que avancemos hacia un futuro incierto.

Temo que lo que voy a decir parezca insignificante después de un evento tan bonito. Siento que la gente está cada vez más ajena a las buenas costumbres y el respeto a la hora de grabar eventos en sus tabletas, teléfonos y otros dispositivos. No parece haber ningún evento que esté fuera del alcance de los dispositivos de grabación que se extienden constantemente que son un estorbo para el público que quiere ver

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## NOTES FROM YOUR LIBRARIAN

Hello Rumbo readers. I have found a bright side in my winter doldrums at least for the time being. My husband Norm and I live in an old house with a fireplace on Tower Hill. This is the first year we have been able to use the fireplace and we are both loving it. It is warm, cozy and beautiful. I can't see this being sufficient for when it gets real cold but for the time being it is a delight. (And it keeps me from constantly moaning about being cold.)

I have just returned from the bridge dedication in honor of Staff Sgt. Alex R. Jimenez. It was a very moving ceremony and celebrated the brave actions and hero's death of Sgt. Jimenez. The city turned out in force and there was no sign of any political maneuvering or grandstanding—just an effort to honor Jimenez and his family who loved him so well and miss him so much. This is our city at its finest and it was lovely to see in times when we are, once again, so divided. I can but hope we can find this spirit of unity underneath everything as we move forward into an uncertain future.

I am afraid I do have one thing to say that may seem petty after such a lovely event. I am afraid that people are becoming more and more oblivious to good manners and respect when it comes to recording events on their tablets, phones and other devices. There seems to be no event that is off limits to constant recording devices being thrust out and inhibiting onlookers from actually seeing what is happening or observing the solemnity of an occasion. This sort of behavior, while annoying at a social level is actually frightening at a philosophical and psychological level. Are people now so concerned about capturing life on video that they are no longer actually living it in the full in real time? Sometimes it seems so. It reminds me of a scourge of the eighties and nineties that seems to have abated (pray to god)—that is the videotaping of the birth of one's children. Rather than experiencing what could be the most moving and profound moments in these people's lives they concentrated on getting a good video that (trust me on this) no one else on god's earth wants to see!

Sorry to rave about this issue. I have a smart phone and I really love it but there is a point past which a device is no longer a convenience but an obsession and a rude one at that!

The November selection for our "Books that Changed the World"-themed book club is Native Son by Richard Wright. Written in 1940, this book preserves all its emotional force today. I read this book many years ago and found it absolutely harrowing. I do recommend that you read it and come to the discussion on November 25th nonetheless. (I say I recommend it in the same sense I "recommend" going to see Twelve Years a Slave—an artistic achievement but a horrifying thing to watch.)

I do have to acknowledge that the holidays are approaching and I want to remember to urge all of you to purchase our Friends of the Library calendars. They make perfect gifts for friends and family, especially friends and family who have spread out all over the country. This year's theme is vintage advertising and it is really as fun to use as it was to put together. Get a calendar and come see us at the library.

BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

# From My Corner

## Future paparazzis?

In this week's column, Librarian Maureen Nimmo wrote about her moving experience while attending the bridge dedication for Sgt. Alex Jimenez, but she mentions something unpleasant that is becoming commonplace and most people don't even realize it. I recommend that you read it on page 15 because I applaud her for doing it.

The issue is how impudent some people can get at all kinds of public events taking pictures and videos with their iPads, cell phones and whatever modern instrument is at hand. This ceremony, in particular, was very solemn and the behavior of people who probably didn't even know Alex or his family, were very disrespectful trying to get every detail as if it were a movie star.

When Alberto returned from the bridge, he told me the same because they were getting in his way while taking the pictures you see in this edition.

Next time you are at a wedding, or any public event, watch how brazen they can be – and think of Maureen.

## Recount of votes

On Saturday, November 23rd, city officials will be holding the recount of votes on Election Day. While the difference between Mayor William Lantigua and Mayor-Elect Daniel Rivera is 60 votes and that seems insurmountable, the mayor and the voters have the right to request it. In the meantime, I have been doing lots of reading on the scanners used during elections.

Over 40 states use the AccuVote optical scanners (AV-OS). Several reports document occurrences of AV-OS memory card failures, with up to 15% of all cards failing in some cases. UConn Voting Technology Research Center performed extensive research which was funded by the Secretary of the State in Connecticut involving the memory card failures. At times, data is erased from the card such as the case in Washtenaw County, Michigan where some cards "were wiped clean" of their data following an election. The reports indicate that anywhere from 3.5% to 15% of the memory cards examined in audits are found to be faulty.

Batteries can be another problem. For the typical election process in Connecticut, they identified the time when fresh batteries can be installed and the intervals during which the memory card depends

upon battery power. For memory cards whose components depend on the battery, the warning time provided by AV-OS is inadequate to guarantee the retention of data for the duration of the electoral process. As a result, data retention cannot be guaranteed for any duration beyond the elections, as may be required by some jurisdictions. They recommend that for each election, consideration be given to the age of the batteries used with the cards or they should be replaced before the election to mitigate the frequent occurrences of data loss. They found that 4 out of 17 cards lost their data even after the installation of the new batteries.

The percentage of cards that lost their data ranged from the low 3.4% in the audit of November 2007 elections to the high 15.4% in the audit of August 2008 elections.

Most recently, in 2009 in a race won by five votes in Methuen, the machines hadn't count six votes and in Worcester, MA in 2004, voting machines skipped over more than 170 ballots affecting the outcome of at least one election. You may go to [www.votersunite.org](http://www.votersunite.org) and find an unbelievable record of failures all over the country.

It will be very interesting watching the process!

## The NILP's Annual Meeting & Open House

The Northeast Independent Living Program, Inc. (NILP) recently held its 33rd Annual Meeting and Open House at its 20 Ballard Road, Lawrence office.

The NILP provides advocacy and Independent Living services to people with disabilities living in northeastern Massachusetts so they can live and work independently. Many Merrimack Valley program participants who receive services depend on their Personal Care Attendant program, Assistive Technology, Peer Counseling and travel training in order to thrive in our communities.

Guests joined with Board Members as well as staff for light refreshments and visited the different NILP programs and talked with staff about their programs and activities. From 5:30 pm-7:00 p.m., our Annual Meeting was an opportunity to honor our Award Recipients. If you would like to volunteer, or know of someone with a disability who needs services, please don't hesitate to contact our Community Supports Program at 978.687.4288 v/tty for more information.

The Volunteer Award is presented annually to the volunteer staff member who has gone above and beyond their responsibilities. Nicole has consistently demonstrated exemplary performance, as well as dedication to the people with disabilities the NILP serves. Throughout her tireless work with The NILP she has shown her commitment to the Independent Living philosophy, and equal access for all people with disabilities.

The NILP Volunteer of the Year Award, given to an NILP volunteer for her commitment to Independent Living



In this picture, Nicole Fortier of Methuen is presented with the 2013 Volunteer of The Year Award by Alicia Thyne, Youth Services Program Manager, and Zuleika Gonzalez, as Board Member, Kevin Hatch joins in applause.

and supporting the mission of NILP and improving the lives of people with disabilities. Nicole Fortier lives in Methuen with her family, attends Methuen High School, and turned 21 years old on November 7th. She has been a participant of the Transition to Adulthood Program (TAP) at NILP for several years. Over the summer of 2012, Nicole participated in that TAP-VR (Transition to Adulthood Program with a Vocational Rehabilitation focus) in which she was placed in a six-week, paid internship. Nicole's internship was at NILP working with Zuleika Gonzalez, NILP's

Administrative Assistant.

Nicole excelled at this position and after the internship came to an end, she requested to continue this position as a volunteer. Nicole has volunteered at NILP two days a week for the past year. The NILP staff and Nicole's parents have seen a remarkable difference in Nicole over the past year and a half. She has confidence and an increased self-esteem. Nicole began as a young, shy teenager and over the past year and a half she has grown into an exceptional young woman.

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# DiZoglio Visitó NA High School con clase de Educación Cívica

El programa está diseñado para educar a estudiantes sobre el proceso democrático

Con motivo de su iniciativa para involucrar y educar a los estudiantes de todo el Valle de Merrimack sobre el proceso democrático, la Representante Estatal Diana DiZoglio (D-Methuen) visitó la Escuela Secundaria de North Andover el viernes, 15 de noviembre.

El programa celebrado en el auditorio de la escuela, abarcó las ramas ejecutiva, legislativa y judicial del gobierno y a través de ejercicios interactivos, fue diseñado para educar a los estudiantes acerca de lo que significa ser un ciudadano y cómo participar en el proceso democrático. Durante el evento, los estudiantes tuvieron la oportunidad de participar en simulacros de las audiencias legislativas y judiciales, esta última dirigida por Michael J. Ryan, de la Oficina del Comisionado de Jurados del estado.

"Estoy encantada de estar entre tantos fantásticos estudiantes de North Andover High mientras les hablaba acerca de cómo las ideas se convierten en leyes y los envolví en un modelo interactivo de una audiencia de la comisión", dijo DiZoglio, que ha patrocinado un proyecto de ley para establecer un programa de educación cívica para los estudiantes. "Espero poder visitar más escuelas en todo el Valle de Merrimack en los próximos meses para analizar cómo funciona nuestro gobierno."

"La participación de los estudiantes como parte de la presentación fue una gran manera de mantenernos interesados para que pudiéramos aprender algo nuevo acerca de nuestro gobierno," dijo el estudiante Joe Mosby.

"La presentación ayudó a establecer un sentido práctico de lo que sucede a nivel estatal de gobierno, a pesar de que el gobierno federal se debate más ampliamente", dijo el estudiante Dillon MacInnis.

"Aprendí la diferencia entre el poder federal y estatal, que es cosa que no había aprendido antes", dijo el estudiante Brendan Hartford.

"Rep. DiZoglio y Mike Ryan hicieron un gran trabajo de mantener el programa interesante y entretenido", dijo el estudiante Matt Varoutsos. "Realmente lo disfruté."

## Volunteers Needed!

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

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

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

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

"Pensé que el simulacro de la audiencia judicial fue muy útil para ver cómo funcionan los juicios", dijo la estudiante Emily Crabtree.

En muchas de las escuelas de hoy en día, el aprendizaje cívico es a menudo algo que se ofrece al final de los estudios de un estudiante, en el duodécimo grado. En la evaluación de educación cívica nacional más reciente, administrada en el 2006 por el Concejo Nacional de Evaluación de Gobierno, dos tercios de los estudiantes obtuvieron una calificación inferior a "competente." En el 2010, más de una cuarta parte de los estudiantes universitarios informaron que no se han registrado para votar por no saber dónde o cómo hacerlo.

"Con demasiada frecuencia, las aulas carecen de un programa de educación cívica fuerte como para informar a los estudiantes acerca de lo que el gobierno estatal hace en nuestras vidas diarias", dijo DiZoglio. "Es importante que los jóvenes comiencen a entender realmente estos conceptos básicos para asegurar que son capaces de participar activamente y participar en el proceso, ya que están entrando en la edad adulta."

"Es muy importante que los estudiantes tengan una comprensión de nuestro sistema judicial desde el principio, ya que deben estar preparados para servir como jurado, tan pronto como la escuela secundaria", dijo Ryan.

Además de la Escuela Secundaria de North Andover, DiZoglio ha visitado Methuen High School y Hunking Middle School de Haverhill en su Gira de Educación Cívica en el Valle de Merrimack. La Representante tiene previsto a continuación visitar a Lawrence.

# DiZoglio Visits NA High School on Civic Education Tour

Program Is Designed to Educate Students About the Democratic Process

Marking the latest stop in her initiative to engage and educate students across the Merrimack Valley about the democratic process, State Rep. Diana DiZoglio (D-Methuen) visited North Andover High School on Friday, November 15.

Held in the school's auditorium, the program covered the executive, legislative and judicial branches of government and, through interactive exercises, was designed to educate students about what it means to be a citizen and how to be involved in the democratic process. During the event, students had the opportunity to participate in mock legislative and judicial hearings, the latter conducted by Michael J. Ryan of the Office of Jury Commissioner for the Commonwealth.

"I was delighted to be among so many fantastic North Andover High students as I spoke about how ideas become laws and engaged the students in an interactive mock committee hearing," said DiZoglio, who has sponsored a bill to establish a comprehensive student civic education program. "I look forward to visiting more schools across the Merrimack Valley in the months to come to discuss how our government works."

"Involving students as part of the presentation was a great way to keep people interested so that they could learn a thing about our government that they never knew before," said student Joe Mosby.

"The presentation helped to establish a practical sense of what goes on at the state level of government, even though the federal government is more widely discussed," said student Dillon MacInnis.

"I learned the difference between the

federal and state branches, which is stuff I hadn't learned before," said student Brendan Hartford.

"Rep. DiZoglio and Mike Ryan did a great job of keeping the program interesting and entertaining," said student Matt Varoutsos. "I really enjoyed it."

"I thought the mock judiciary hearing was very helpful in seeing how trials work," said student Emily Crabtree.

In many of today's high schools, civic learning is often only offered toward the end of a student's studies, in twelfth grade. On the most recent national civics assessment, administered in 2006 by the National Assessment Governing Board, two-thirds of students scored below "proficient." In 2010, more than a quarter of college students reported they did not register to vote because they did not know where or how to do so.

"All too often, our classrooms lack a strong civic education program to inform students about what state government does in our daily lives," said DiZoglio. "It is important that youth begin to genuinely grasp these basic concepts to ensure they are able to actively participate and engage in the process as they are entering into adulthood."

"It is critical for students to have an understanding of our judicial system early on, given they should be prepared to serve jury duty as soon as high school," said Ryan.

In addition to North Andover High School, DiZoglio has visited Methuen High School and Haverhill's Hunking Middle School on her Merrimack Valley Civic Education Tour. The Representative plans to next take the tour to Lawrence.

**MVRTA**  
MERRIMACK VALLEY REGIONAL TRANSIT AUTHORITY

**Beach Bus**  
**Autobús de Playa**

Take the MVRTA Route 83 to Salisbury or Hampton Beach starting July 1st! OR use Route 51 and transfer to the Route 54 to visit Salisbury Beach every 70 minutes (year round)! For more information call (978)469-6878 or go to [www.mvrta.com](http://www.mvrta.com).

Ya pueden empezar a tomar el autobús de la MVRTA Ruta 83 a las playas de Salisbury o Hampton en el 1 de Julio. También pueden usar las Rutas 51 y 54 para visitar la playa Salisbury cada 70 minutos, ¡todo el año! Para más información llamen al (978)469-6878 o visíten la página web: [www.mvrta.com](http://www.mvrta.com)

Celebrating the 30th Anniversary of the Beach Bus!!!



## Primeros Compradores de Casa

El Merrimack Valley Housing Partnership se complace en anunciar que estamos ofreciendo en Lowell el Proyecto Génesis, Seminarios para Primeros Compradores de casa.

Las clases se llevarán a cabo en el 67 de la Calle Middle (Edificio Pollard Exchange) en Lowell. Las próximas clases serán diciembre 3, 4, 9 y 10 de 6:30 p.m. a 9:00 p.m. Otra serie comenzará el 7 de enero, 2014.

El costo es \$100 por familia e incluye todos los materiales.

Se requiere asistir a las dos clases para recibir el certificado del Proyecto Génesis.

### Temas Incluyen

- El Proceso de Comprar una Casa
- Guía de Hipoteca del Banco
- Aspectos Legales
- Inspección de La Casa
- Programas de Asistencia para el Depósito
- Información de Crédito

Llame a nuestra oficina al 978-459-8490 para registrarse. [www.mvhp.org](http://www.mvhp.org).

## First Time Home Buyers

The Merrimack Valley Housing Partnership is pleased to announce that we are offering the Project Genesis Home Buyer Training Seminars in Lowell.

Classes will be held at 67 Middle Street (Pollard Exchange Building), Lowell. The next series will be held on December 3, 4, 9 and 10th from 6:30 p.m. to 9:00 p.m. Another series will begin on January 7, 2014.

The fee is \$100.00 per household which includes all materials.

Participants must attend all sessions to receive a certificate of completion.

### Topics include

- Overview of the Home Buying Process
- Bank Mortgage Guidelines
- Legal Aspects
- Home Inspections
- Down Payment Assistance Programs
- Information on Credit

Please call the office at 978-459-8490 to register [www.mvhp.org](http://www.mvhp.org). Thank you.

## Local Companies are Eligible for State Training Funds

Local businesses interested in state grants to train their current employees are invited to attend a Workforce Training Fund Program Information Session at Northern Essex Community College's Center for Corporate and Community Education, 360 Merrimack Street, Building 9, Entrance K, Lawrence. The information session is scheduled for Thursday, December 12th and will begin at 8 a.m. with registration and coffee & pastries.

The information session will provide an overview of the Workforce Training Fund Program, including who is eligible, what kinds of training programs are allowed, and how to apply.

Grants of up to \$250,000 are available for programs including Workplace English, Lean Manufacturing Leadership and Team Building, Supervisory Boot Camp, Customer Service Skills, Computer Training, and more, customized to meet your specific training needs.

Northern Essex Community College has helped over 50 companies apply for these funds and has served as the primary training provider for companies in industries such as manufacturing, finance, Information Technology, and health care.

"A well-trained workforce is essential in today's competitive business environment," said George Moriarty, NECC's executive director of workforce development. "The Workforce Training Fund Program is the ideal source of funds to ensure that your workers have the skills they need to maximize your company's productivity."

To register for the Workforce Training Fund Information Session contact Sharon Schoolcraft at [Schoolcraft@necc.mass.edu](mailto:Schoolcraft@necc.mass.edu) or call at 978-659-1214.

NECC's Center for Corporate and Community Education offers a variety of noncredit business, computer, occupational and professional development courses, certificates, certifications, and training programs for individuals and companies as well as an array of personal enrichment courses. Located at the Riverwalk on the Lawrence/North Andover line, the NECC Center for Corporate and Community Education also provides high quality, cost-effective, cutting-edge programs designed to meet the training needs of local employers. For more information call 978-659-1200, visit us online at [www.necc.mass.edu/noncredit](http://www.necc.mass.edu/noncredit) or email us at [noncredit@necc.mass.edu](mailto:noncredit@necc.mass.edu)

## Register Now for MCC's Technical Writing Certificate Program

Enrollment is now open for Middlesex Community College's Technical Writing Certificate Program. This 120-hour, post-graduate noncredit certificate program provides students with the tools and skills necessary to write technical documents and effectively communicate about technical information. Spring-semester courses begin Monday, Jan. 27.

This program is a career enhancement opportunity for individuals with well-developed writing skills, a bachelor's degree and at least three years of work experience.

Students will learn how to conduct audience and task analysis, work with subject matter experts, understand product documents and the product-development cycle, write clear procedures, review and revise technical information, manage projects, and make content useable. Markup languages, such as HTML and XML, as well as tools for authoring information for electronic and print distribution will also be covered. Through lecture, online learning and projects, students will create a portfolio featuring samples of their work.

Solid MS Windows and MS Word skills, access to an MS Windows Operating System, and an aptitude for learning new technology are required. Classes are held from 5:45 to 9:45 p.m., Mondays on the Bedford campus, 591 Springs Road. The cost of MCC's Technical Writing Certificate Program is \$1,499 plus textbook fees. Courses are not eligible for waivers or vouchers.

For more information about the Writing Technical Information Certificate program, or to apply, contact Sheila Morin at [morins@middlesex.mass.edu](mailto:morins@middlesex.mass.edu) or visit <https://www.middlesex.mass.edu/careertraining/techwrite.aspx>

## ¡La Fundación Big Brother Big Sister necesita tu ayuda!



**Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.**

**Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: [www.bbbsfoundation.org](http://www.bbbsfoundation.org).**

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

**¡Gracias por tu apoyo!**

## Candle lighting fundraiser pays tribute to loved ones

Light up the night with Merrimack Valley Hospice at their fifth annual "Candles of Remembrance" memorial event on Thursday, December 5th at Renaissance Golf Club in Haverhill. Time: Clubhouse opens at 5:00 p.m. for guests; ceremony begins promptly at 6:00 p.m. A reception will follow.

All are welcome to attend this complimentary event. Participants will gather outdoors for a candle lighting ceremony to celebrate the lives of loved ones lost and impart warmth and hope to their families and friends. Each guest will be given a vigil candle and will be invited to pass the flame and say the name of his or her loved one. A chaplain will lead a brief non-denominational service. An indoor reception including refreshments as well as Tribute Book viewing will immediately follow.

"Our candle lighting ceremony is an opportunity for individuals and families to pay tribute to their loved ones during the holiday season," said John G. Albert, President and CEO of Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. "We welcome anyone in the community who would like to honor someone to this special event."

Please RSVP by November 28th by calling 978-552-4924 or emailing [lgalimi@homehealthfoundation.org](mailto:lgalimi@homehealthfoundation.org) to include your loved ones name and to indicate whether you will join us. Those who are unable to attend the event can still reserve a vigil candle that a volunteer will hold during the event to recognize your loved one. Volunteer opportunities are also available by calling 978-552-4927 or [lgalimi@homehealthfoundation.org](mailto:lgalimi@homehealthfoundation.org)

Donations are also accepted and names can be added to our Memorial Tribute Book with a donation of \$25 or more. The Tribute Book will be placed on display at the Merrimack Valley Hospice House in Haverhill, for a year following the event. Those who make a gift of \$100 or more will be given the 2013 commemorative candle stick holder, as a memento of their participation in the event. With a single gift of \$1,000 or more your loved one will be honored year after year during the ceremony. Proceeds benefit Merrimack Valley Hospice patients and families who are cared for in their own homes, in long-term care facilities or at the Merrimack Valley Hospice House. Donations and memorial Tribute Book listings can be made online at [www.MerrimackValleyHospice.org](http://www.MerrimackValleyHospice.org).

Merrimack Valley Hospice is a not-for-profit agency dedicated to serving the medical, spiritual and supportive needs of terminally ill patients and their families. The agency is affiliated with Home Health VNA and HomeCare, Inc. Together, the three agencies serve more than 90 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. For more information, visit [www.MerrimackValleyHospice.org](http://www.MerrimackValleyHospice.org).

## CALENDARIO DE EVENTOS | CALENDAR OF EVENTS

### NECB's Nutcracker is back!

The Nutcracker Ballet storyline begins with a festive holiday party. Clara receives a Nutcracker from her Uncle Drosselmeyer, a toymaker. That night she sneaks back into the party room and falls asleep under the Tree next to her precious gift.

During the night her Nutcracker comes to life to save her from the mischievous mice. A battle begins with the mice being led by their beloved Mouse Queen and the toy soldier dolls led by their fearless leader, the Nutcracker. Brave Clara rescues her Nutcracker by distracting the Queen long enough for her to be fatally wounded.

Magically, her Nutcracker doll becomes her human prince and together they travel through an enchanted snow forest to meet the Sugarplum Fairy at the Palace of Sweets. Clara is entertained by dancers representing delights from throughout the world and awakens back in her home with her beloved Nutcracker doll.

Was it a dream or was it real? Come enjoy this beautiful presentation of a holiday classic and decide for yourself.

The dancers, selected from an open audition in early September by directors Mrs. Phyllis George and Mrs. Roshni Pecora, are as young as 8 years old through

college age and will perform alongside some seasoned veterans of the production. The new costumes, scenery and choreography, but especially the talent of the dancers of all ages will dazzle and entertain you from beginning to end!

New England Civic Ballet's beloved annual performances of the holiday classic, Tchaikovsky's THE NUTCRACKER BALLET, returns to the stage at the Rogers Center for the Performing Arts at Merrimack College, North Andover. The magic begins on Friday, Dec. 13 at 7:30 PM, Saturday, Dec. 14th at 2:00 PM and 7:30 PM, and Sunday, Dec. 15th at 2:00 PM. Tickets may be purchased online at [www.newenglandcivicballet.org](http://www.newenglandcivicballet.org) or by calling the studio at 978-975-0289. Ticket prices are \$25 for adults; \$22 for children age 12 and under, and seniors age 55 and older. Group rates are available for groups of 20 or more attending the same performance. For more information regarding the ballet, performances, and other information, contact the director, Mrs. Phyllis George, at the New England Civic Ballet studios, 978-975-0289.



Local dancers in this year's production are: Back row: Kimberly Wentworth Middle row (Left to Right): Kaitryn Hinchey, Abby Jankowski, Julia Sugden Front row (L to R): Agnes Norman, Allison Jankowski, Gary Mannion

# Rumbo

"The Bilingual Newspaper of the Merrimack Valley"

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



#### When You're Ready to Quit.

We're Ready to Help.

You don't have to quit smoking on your own. Call the American Cancer Society anytime, day or night, at 1-800-ACS-2345. We are here to help.



**Merrimack Valley Habitat for Humanity ReStore®**

### Grand ReOpening

**Wednesday - Saturday**

**10am - 4 pm**

**647 Andover St., Lawrence MA**  
(the former Wonderbread outlet)

#### Bring a Treasure or Buy a Treasure

whatever you're looking to do - the ReStore has something for you!

Workshops, tours, refreshments, kid activities, giveaways & fantastic bargains! From windows and doors to wine glasses and dining sets - every purchase helps house a local family!

**SHOP:** new and gently used building materials, furniture, appliances, home improvement and decorative items all at 50% to 75% off retail.

**DONATE:** keep usable items out of landfills, receive a tax deduction and help support Merrimack Valley families.

**VOLUNTEER:** have fun, make new friends, keep the ReStore running smoothly, and help Merrimack Valley Habitat build more homes.



### You Have No Excuse! Save your Child's Life at an Affordable Price Learn to Swim TODAY!

For more information call the Lawrence YMCA at 978-686-6191



### No Tienes más Excusas Salva la Vida de tu Hijo a un Precio Favorable ¡Aprende a Nadar HOY!

Para más información llama la YMCA de Lawrence al 978-686-6191



Lawrence YMCA • 40 Lawrence Street, Lawrence • 978.686.6191

A Merrimack Valley YMCA branch

<http://lawrence.mvymca.org>



# CALENDARIO DE EVENTOS | CALENDAR OF EVENTS

CONTINUE FROM PAGE 10

## MONEY

- Hackers create realistic-looking web addresses that, when clicked, take you to a bogus site that can infect your device with malware or install a Trojan Horse program to steal your personal information. To be safe, let your cursor hover over web addresses you didn't type in yourself and look for misspelled or weird-looking sequences of characters.
- Before completing an online order, visit the site's "Contact Us" and "Terms and Conditions" pages for their phone number, mailing address, return policies, etc. Phony sites often either don't have such pages or

they're filled with easy-to-spot errors.

Don't let the prospect of getting a great deal on Black Friday allow you to drop your guard against scammers who would love to fill your stocking with coal.

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

RUMBO  
RUMBONEWS.COM



## Lowell Transitional Living Center Hosts the Triple Play Raffle!

Lowell Transitional Living Center has brought back the Triple Play Raffle to help raise funds for its Winter Emergency Bed Program (WEBP). Raffle tickets are just \$5.00 for a single or you may purchase three chances for \$10.00. Tickets are sold onsite Monday through Friday from 9:00 a.m. – 5:00 p.m. at 189 Middlesex Street, Lowell, MA or visit the Owl Diner on November 23 and 24 from 8:00 a.m. – 2:00 p.m. Take a chance to win tickets for two to the Celtics vs. Atlanta game on New Year's Eve, tickets for two to the Boston Bruins vs. Florida March 4th and two tickets to see our world champions, the Boston Red Sox in the 2014 season.

Last year's Triple Play Raffle raised \$7,000 for programs and services that benefit homeless men and women. Funds raised this year will help our Winter Emergency Bed Program primarily which opened its doors on November 18th and will remain open through April 15, 2014. The Winter Emergency Bed Program is a lifeline for street homeless men and women who have nowhere else to turn for food, shelter and warmth. In 2012 this program served 362 unduplicated clients and we anticipate another busy season ahead. All funds raised help cover the costs of added staffing, food and supplies. The Triple Play Raffle is a great way to show you care about homelessness and on December 17th one lucky winner will take all.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
SOCIAL RESPONSIBILITY

Why I run?  
To build a new Y!

Run or walk in the 26th Annual Feaster Five Road Race and support your YMCA!



Questions? Concerns? Contact Cara Green at 978-685-3541 ext.

## 26th Annual Feaster Five Road Race Details

The Feaster Five is a much-loved Thanksgiving morning family tradition. This event is for participants at all levels—world class athletes, fast and slow runners, joggers, and walkers. Strollers, wheelchairs, and family dogs are also all welcome!

When? November 28, 2013  
- Thanksgiving Morning  
7:45AM - Kid's Fun Run  
8:30AM - 5K/5 Mile

Where? Start on Main Street at the corner of Rt. 133 & Rt. 28 in Andover End at Brickstone Square

# CALENDARIO DE EVENTOS | CALENDAR OF EVENTS



**Notre Dame Education Center**  
354 Merrimack St • Entrance C • Suite 210 • Lawrence, MA 01843  
Phone: 978-682-6441 x201  
[www.ndclawrence.org](http://www.ndclawrence.org)

## PREPARING FOR CITIZENSHIP

### CITIZENSHIP CLASSES

**COST: \$60 FOR 10 Classes**

**WHEN:** Tuesdays 6 - 7:30pm

**DATES:**

October 15, 22, 29

November 5, 12, 19, 26

December 3, 10, 17

To apply for citizenship you must have a green card, and lived in the United States for 5 consecutive years or 3 years if married to an American citizen.

You must pass an English Placement Test on WEDNESDAY, 10/09/2013 at 5 PM to register for the class.

Free citizenship workshop in February to assist in N-400 applications

### **NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS**

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencias de servicio social y organizaciones de salud, está buscando voluntarios para llevar a ancianos a citas al médico y otras citas de calidad de vida a través del Programa de Friends in Deed de Elder Services of the Merrimack Valley.

Si usted puede, aunque sea ocasionalmente, por favor, llame a Jerry Proulx, reclutador de voluntarios, al 1-800-892-0890 ext. 463 (y mencione Interfaith Caregivers.)

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

## Merrimack Valley YMCA Hosts the 26th Annual Feaster Five Registration Expo

The Feaster Five Road Race has been a much loved Thanksgiving morning family tradition. Long before the family sits down to feast, there will be more than 10,000 people walking and running, as part of the 26th annual Feaster Five Road Race, hosted by the Merrimack Valley Striders on Thanksgiving Day, November 28.

The race attracts world class runners like Billy Rodgers, Joan Benoit Samuelson, and the Hoyts, as well as walkers, and runners of all speeds and ages. This race is truly a happening...it's more than just a race and it is all about family, fitness, and fun. Beginning on Monday, November 25 at noon until Wednesday, November 27, thousands of participants will be parading through the doors of the Andover/North Andover Y, a branch of the Merrimack Valley YMCA, to pick up their registration packets. For a lot of these community participants this will be the last time they will see and experience the Andover/North Andover branch in its present state as the YMCA is set to undergo a transformational

renovation in the very near future.

In addition to hosting the Expo, the Merrimack Valley YMCA is very proud to be one of the charitable beneficiaries of the Feaster Five Road Race. Other beneficiaries include Ironstone Farm, Bellesini Academy, and the Merrimack Valley Striders.

You are invited to the Feaster Five Registration Expo to talk with and take photos of runners, participants, volunteers, race organizers, and the numerous vendors who will be present.

**WHAT:** Feaster Five Registration Expo

**WHO:** Merrimack Valley Striders & DMSE

**WHEN:** November 25-27  
Noon-7:00pm

**WHERE:** Andover/North Andover YMCA, 165 Haverhill St., Andover

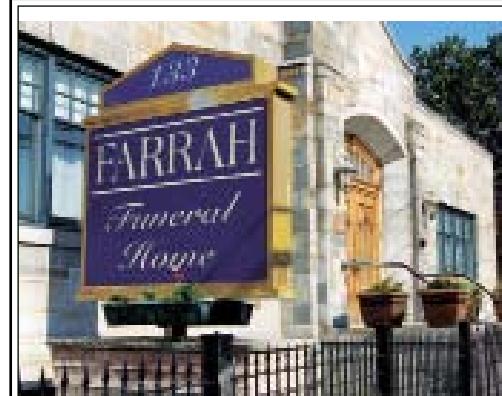
## Lawrence Senior Center

### Actividades Futuras

Nov 27 No habrá actividades en la tarde.  
Nov 28 Centro Cerrado.  
& 29

### Upcoming Events

Nov 25 Movie Day! 12:00pm  
Nov 27 No Afternoon Activities.  
Nov 28 Center Closed!  
&29



**137 Lawrence Street  
Lawrence, MA 01841**

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## Starving Artists NO MORE: Building an Artist Community in Haverhill

Please make note of the venue change for November's meeting!

**When:** Tuesday November 26, 2013 from 6:00 PM to 8:00 PM EST

**Where:** Shops at 90 Wash, 90 Washington Street, Haverhill, MA

This month's guest speaker is Maxine Farkas, manager of Western Avenue Studios. Western Avenue Studios host more than 225 working artists within two buildings. The studios host six floors and 245 studios filled with artists working in all disciplines, media and styles. The studios are located in the heart of downtown Lowell. Maxine will speak to attendees on how to create and establish artist studios here in the heart of our service area.

Starving Artists NO MORE is a monthly forum designed by participants and facilitated by Creative Haverhill. Each month we gather to discuss best practices for getting creative products and services to market. Great way to network with other artists and creative businesses!

Join us for these monthly events, each prepared with different topics to openly discuss as professionals in the creative fields. This program's purpose is to enhance the creative economy by opening doors to find new contacts and to learn more about how to promote, enrich, and further develop your business or creative organization.

Give us a call or send us an email if you have any questions. We look forward to seeing you.

Have a creative day!

Sincerely,

The Creative Haverhill Team  
Creative Haverhill  
[chcoordinator@haverhillchamber.com](mailto:chcoordinator@haverhillchamber.com)  
978-373-5663

### SE NECESITAN VOLUNTARIOS PARA JUGAR CON NIÑOS QUE VIVEN EN REFUGIOS

Horizons for Homeless Children busca personas serias, bilingües en inglés y español para jugar con niños que viven en refugios para familias sin hogar. Se requiere un compromiso de 2 horas a la semana (un turno semanal) por 6 meses. Para más información o para inscribirse en línea, favor de visitar el sitio [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org) o llame al 978.557.2182. Es una experiencia muy agradable que beneficia a los niños y también a todas las personas que se envuelven en el programa.

**ADOPT A PET****MSPCA-METHUEN & RUMBO  
COOPERATIVE EDUCATION COLUMN****Phineas**

Phineas here came in with his brother Ferb. Ferb has already found his forever home and Phineas is waiting to have the same. Little Phineas had a rough start to life he was so skinny when he arrived at the shelter as a stray. At only ten months old this French Bulldog Chihuahua mix has a lot to learn but is so willing to please. This little man would love to live in a active household who wants to train. Since roaming the streets this man hasn't had any training but since being at the shelter Phineas has learned to sit and walk loosely on a leash in that short period of time. In his future home Phineas would want to be your only doggy but may welcome a kitty cat in his new home as long as they are dog savvy and would enjoy some other kids to play with. Before Phineas can come home he asks if you could read the book "Fisty Fido" to understand him a little more and have a consult with our trainer. So if you want a cute, fun loving, treat eating, little man rush over to the shelter today to meet him!!

**Boots**

Hi, I'm Boots. I am a 2 year old female Polish rabbit. Yup! That's the name of the breed, Polish. I am a real beauty. I am playful and fun to be with. I enjoy exploring and running around. Give me toys, please! I like paper towel tubes, old phone books or paperback to dig in, wooden toys to chew like apple branches and grapevine wreaths, any safe items like those for rabbits. You can even make me a castle out of cardboard boxes! Yoo-Hoo! Then I would be in heaven. Come in and meet me. Maybe we can build a relationship together!

**Bonnie**

Bonnie is a 4 year old female. She is a friendly girl who loves to chatter while running around. She enjoys playing with balls and running through tubes especially while chasing her friend Rowan. She is in foster right now. If you would like to meet Bonnie contact a staff member.

**Cosmo and Penny**

Cosmo and Penny are a wonderful pair of cockatiels. They need to be adopted together. They are very curious and still learning how to be hand friendly. They are about 2 1/2 years old. They need a roomy cage and love to whistle.

**Cookie Dough**

If you can't find Cookie Dough when you visit the adoption center, be sure to ask for her by name! Cats are often moved around.

**Reggie**

If you can't find Reggie when you visit the adoption center, be sure to ask for her by name! Cats are often moved around.



One of three MSPCA Animal Care and Adoption Centers statewide, the MSPCA at Nevins Farm in Methuen cared for more than 7,000 animals last year. The MSPCA does not receive state or federal funding and continues its work based solely on the generosity of its supporters. The Noble Family Animal Care & Adoption Center at Nevins Farm is located at 400 Broadway, Rte. 28 in Methuen and is open to the public from 12:00 p.m. – 6:00 p.m. Tuesdays & Thursdays; 11:00 a.m. – 4:00 p.m. Wednesdays & Fridays; 12:00 p.m. – 4:00 p.m. Saturdays and Sundays. To contact the MSPCA at Nevins Farm regarding adoptions and programs please call (978) 687-7453 x. 6101 or on the Web at: [www.msca.org/nevins](http://www.msca.org/nevins).

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

**Haverhill Cultural Council's****Call to Artists, Artisans & Crafts Vendors**

Please submit your application no later than November 22, 2013.

**Winter Holiday Arts & Crafts Bazaar**  
**90 Washington Street**  
**In The Heart of Downtown Haverhill**

Three weekends before Christmas, beginning with the **Christmas Stroll**, Saturday, December 7

Booth spaces have just become available for fine artists, artisans, and crafts vendors at the Haverhill Cultural Council's Arts & Crafts Faire, taking place at 90 Washington Street, downtown Haverhill MA, beginning with the weekend of Haverhill's annual **Christmas Stroll on Saturday, December 7 through Sunday the 8<sup>th</sup>, and to continue on the next two weekends, ending on Sunday, December 22<sup>nd</sup>**

We are promoting this event, in cooperation with the Haverhill Chamber of Commerce, on our MCC website, through social media, and in print and on-line news publications.

Go to: [facebook.com/haverhillculturalcouncil](http://facebook.com/haverhillculturalcouncil), or contact: Karren McCabe, HCC Chair: tel. (978) 374-4500, ext.31, or by email at [Haverhill.culture@gmail.com](mailto:Haverhill.culture@gmail.com) to request an application and mail it along with payment (make checks payable to **Haverhill Cultural Council**), to:

December Arts and Crafts Bazaar/Haverhill Cultural Council  
10 Welcome Street, Haverhill, MA 01830

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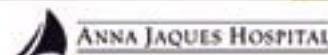


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## Register Now for MCC's Technical Writing Certificate Program

Enrollment is now open for Middlesex Community College's Technical Writing Certificate Program. This 120-hour, post-graduate noncredit certificate program provides students with the tools and skills necessary to write technical documents and effectively communicate about technical information. Spring-semester courses begin Monday, Jan. 27.

This program is a career enhancement opportunity for individuals with well-developed writing skills, a bachelor's degree and at least three years of work experience.

Students will learn how to conduct audience and task analysis, work with subject matter experts, understand product documents and the product-development cycle, write clear procedures, review and revise technical information, manage projects, and make content useable. Markup languages, such as HTML and XML, as

well as tools for authoring information for electronic and print distribution will also be covered. Through lecture, online learning and projects, students will create a portfolio featuring samples of their work.

Solid MS Windows and MS Word skills, access to an MS Windows Operating System, and an aptitude for learning new technology are required. Classes are held from 5:45 to 9:45 p.m., Mondays on the Bedford campus, 591 Springs Road. The cost of MCC's Technical Writing Certificate Program is \$1,499 plus textbook fees. Courses are not eligible for waivers or vouchers.

For more information about the Writing Technical Information Certificate program, or to apply, contact Sheila Morin at [morins@middlesex.mass.edu](mailto:morins@middlesex.mass.edu) or visit <https://www.middlesex.mass.edu/careertraining/techwrite.aspx>

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**CARPENTER**  
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**Duties:** Under the direct supervising of the Building Facilities Supervisor, constructs, alters and repairs structures, buildings, furniture, equipment and fixtures made of wood or similar materials. Work is performed in accordance with building codes and standard trade practices. Fabricates, alters and repair structural wood work, floors, stairways, and fixtures. Perform such activities as measuring, sawing, squaring, drilling, sanding, fitting and, fastening. Perform repair of such equipment as; desk, chairs, tables, shelves, and cabinets. Hang doors and repairs related hardware. Repair windows, frames, and screens. Perform other carpentry duties as required.

**Qualifications:** At least 5 years' experience, and skilled, in the carpentry trade, confirmed technique in the selection of equipment and materials. Demonstrate knowledge of state and local codes. This position requires a possession of a current and valid Commonwealth of Massachusetts Class Driver's license. CDL driver's license is a plus.

Deadline to apply is November 25, 2013. Applications and full job descriptions are available in the Personnel Department of the City of Lawrence, Frank Bonet, Personnel Director, Lawrence City Hall

200 Common Street, Room 303, Lawrence, MA 01840

Download an application by visiting the city's website at [www.cityoflawrence.com](http://www.cityoflawrence.com)

The City of Lawrence is an Equal Opportunity Employer

REASONABLE ACCOMMODATIONS are provided to applicants with disabilities. If you need reasonable accommodations for any part of the application and hiring process, please notify the Personnel Director at (978) 620-3060. The decision on granting reasonable accommodations will be on a case-by-case basis.

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