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 The BILINGUAL Newspaper of the Merrimack Valley

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

Dominicanos Celebraron Independencia



Ana Medina y Nazario Esquea, enmarcados por un grupo de Diablos Cojuelos, despliegan la Bandera dominicana durante la celebración de un aniversario más de la Independencia de República Dominicana llevada a cabo en la YMCA de Lawrence.

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Dominicans celebrate Independence

Ana Medina and Nazario Esquea , framed by a group of Diablos Cojuelos, displaying the Dominican flag during the celebration of another anniversary of the Independence of the Dominican Republic held in the Lawrence YMCA.

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Nueva legislación contra el acoso escolar

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New anti-bullying legislation.

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Viceconsul Irlandés visitó Lawrence



Jillian O'Keefe, Viceconsul General de Irlanda, durante su visita a la Biblioteca del Sur de Lawrence recibió una copia del libro View from Shanty Pond de manos de Bill Sullivan, presidente de la División 8 AOH y Maureen Nimmo, directora de la Biblioteca de Lawrence.

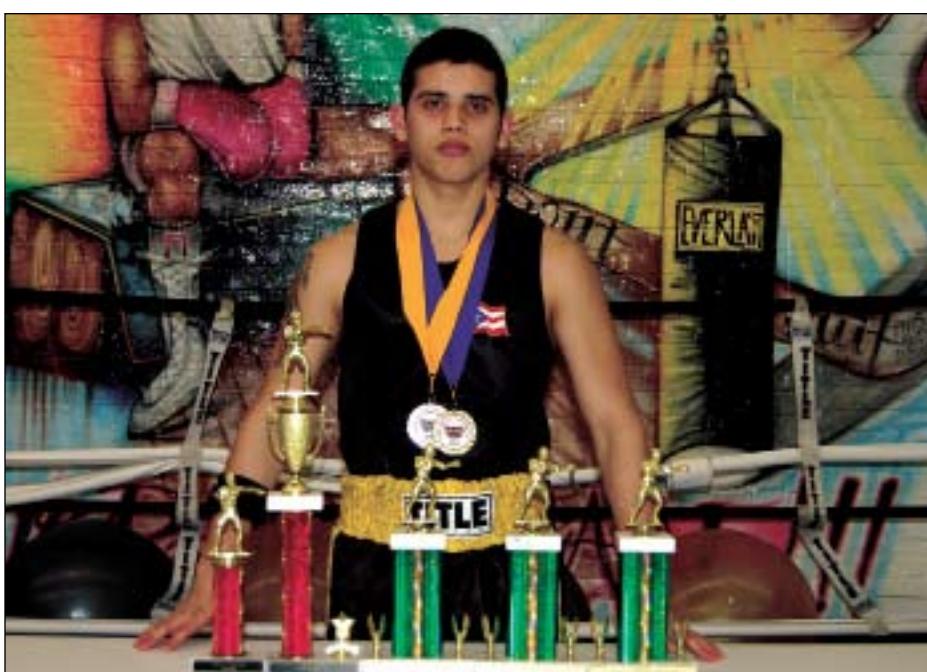
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Vice Consul General of Ireland Visited Lawrence

Jillian O'Keefe, Vice Consul General of Ireland, during her visit to the South Lawrence Branch Library received a copy of the book View from Shanty Pond from Bill Sullivan, president Division 8 AOH and Maureen Nimmo, Lawrence Library director.

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Un campeón entre nosotros



Gerardo Claudio, con un récord de 9-0, posa con los trofeos y medallas obtenidas durante sus tres años como boxeador. Claudio se entrena exclusivamente en Canal Street Gym.

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A champ amongst us

Gerardo Claudio, with a record of 9-0, poses with trophies and medals won during his three years as a boxer. Claudio trains exclusively at Canal Street Gym.

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Diabetes: Conferencia 25 de marzo / Conference March 25th - Pg. 14

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Los irlandeses celebran Mes de la Herencia Irlandesa

Por Alberto Surís

Cada año, durante el mes de marzo, la Antigua Orden de Hibernians celebra su herencia irlandesa. Ellos han estado haciendo esto durante 143 años, y este año no es la excepción.

El 1ro de marzo, en una breve ceremonia, izaron su bandera frente al ayuntamiento de Lawrence. Al día siguiente, domingo temprano en la mañana, celebraron la popular carrera que sale y termina en el Claddagh Pub. Los ganadores del evento fueron Zackary Lankow de Lawrence, MA que también fue el ganador del año pasado, y Julie Tucci de Wilmington, MA.

También el domingo se celebró una recepción y una exposición en el Centro de Visitantes del Lawrence Heritage State Park, donde Michael Quinlan de la Asociación Irlandesa de Turismo de Boston habló sobre su nuevo libro, "Irish Boston: A Lively Look at Boston's Colorful Irish Past" ("Irlandés de Boston: Una viva muestra de colorido sobre el pasado del Boston irlandés"), ante un público encantado.

El 5 de marzo, dieron la bienvenida a Jillian O'Keefe durante su primer viaje a

Lawrence como Vice Cónsul General de Irlanda. O'Keefe recorrió la Biblioteca del Sur de Lawrence donde tuvo la oportunidad de admirar la colección irlandesa, que se compone de cerca de 10,000 libros, audio y medios visuales, revistas, periódicos y recuerdos que la hacen una de las colecciones más grandes de su tipo en la costa este. Es una auténtica joya de la Ciudad de Lawrence.

Mientras que en la biblioteca, la Srta. O'Keefe leyó a más de 100 estudiantes de los grados 1-3 de la Academia Católica de Lawrence que quedaron embelesados por su lectura. Después los estudiantes asediaron a la Srta. O'Keefe con sus preguntas.

Habiendo estado ausente durante los últimos tres años, el Desfile del Día de San Patricio estará de regreso haciendo una reaparición el sábado, 15 de marzo de 2014.

Para un calendario completo de eventos en el Mes de la herencia irlandesa, vaya a www.rumbonews.com y búsquelo en la página 8, en la edición del 1ro de marzo 2014.



Los estudiantes asediaron a la Srta. O'Keefe con sus preguntas.

The students besieged Ms O'Keefe with their questions.

Celebrating Irish Heritage Month

By Alberto Suris

Every year during the month of March, the Ancient Order of Hibernians celebrates their Irish heritage. They have been doing this for 143 years, and this year it was no exception.

On March 1st, in a brief ceremony, they raised their flag across from Lawrence City Hall. The next day, Sunday early in the morning, they held their popular road race departing and ending at the Claddagh Pub. The winners of the event were Zackary Lankow of Lawrence, MA who was also the 2013 winner, and Julie Tucci of Wilmington, MA.

Also on Sunday they held a reception and an exhibit at the Lawrence Heritage State Park Visitors Center where Michael Quinlan of the Boston Irish Tourism Association, spoke of his new book, "Irish Boston: A Lively Look at Boston's Colorful Irish Past", in front of an audience.

On March 5th, they welcomed Jillian

O'Keefe during her first trip to Lawrence as Vice Consul General of Ireland. O'Keefe toured the South Lawrence Branch Library where she was able to admire the Irish collection, consisting of nearly 10,000 books, audio and visual media, periodicals, newspapers and memorabilia that makes one of the largest collections of its kind on the East Coast. It is truly a gem for the City of Lawrence.

While at the Library, Ms O'Keefe read to over 100 students in Grades 1-3 of the Lawrence Catholic Academy who were captivated by her readings. The students besieged Ms O'Keefe with their questions.

After being absent for the past three years, the St. Patrick's Day Parade is making a comeback on Saturday, March 15, 2014.

For a complete calendar of events on the Month of the Irish Heritage, go to www.rumbonews.com and check it out on page 8, March 1st, 2014 edition.

EDITORIAL | EDITORIAL

¡Que días aquellos!

Recentemente visitamos Canal Street Gym que se encuentra en un gran espacio limpio y bien cuidado de una vieja fábrica de Lawrence, situado en el 250 de la Calle Canal.

En el gimnasio, vimos alrededor de unos 30 jóvenes de todas las edades haciendo ejercicio, practicando principalmente el deporte del boxeo, bajo la mirada del entrenador José Bugzy Martínez y el entrenador Tony Pelletier.

Disfrutamos viendo la devoción de estos jóvenes, que vienen al gimnasio todas las tardes a practicar, para mejorar su estilo y tal vez, algún día, ver realizar sus sueños de convertirse en un boxeador profesional.

Especialmente nos impresionó la disciplina reinante en el local que nos trajo a la memoria los días en que los gimnasios en varias escuelas estaban abiertos bajo la dirección de Frank Benjamin, más conocido como Mr. B por sus ejércitos de niños de todas las edades que se reunían cada tarde hasta tarde en la noche, para disfrutar de un buen rato, practicando deportes, especialmente baloncesto mientras recibían disciplina, tan necesaria en estos días.

El programa era patrocinado por la Liga Atlética de la Policía de Lawrence y subvenciones del Departamento de Justicia y C.D.B.G. de HUD y tristemente fue eliminado por falta de fondos.

Estos jóvenes demuestran que cuando se les da una oportunidad, ellos la aprovechan. Ellos quieren estar ocupados y aprender nuevas destrezas.

¡Vamos a darles para escoger!

Those were the days!

Recently, we visited Canal Street Gym. Canal Street Gym is located in a large, clean, well kept space of an old Lawrence Mill located at 250 Canal Street.

At the gym, we watched around 30 young men of all ages exercising, mainly practicing the sport of boxing, under the watch of Coach Jose Bugzy Martinez and trainer Tony Pelletier.

We enjoyed seeing the devotion of these young men, coming to the gym every evening to practice, to improve their style and maybe, someday, see realized their dreams of becoming a professional boxer.

We were particularly impressed by the discipline prevailing in the space and that brought to mind the days when gyms at several schools were open under the direction of Frank Benjamin, better known as Mr. B where his army of kids of all ages came together, in the evenings to have a good time, play sports especially basket ball while receiving discipline, so much needed these days.

The program was sponsored by the Lawrence Police Athletic League and grants from the Justice Department as well as C.D.B.G. from HUD and sadly it was eliminated by the lack of funds.

These youngsters demonstrate that when given the opportunity, they take advantage of them. They want to keep busy and learn new skills.

Let's give them choices!

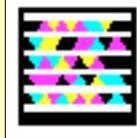
"A good head and a good heart are always a formidable combination."

"Una buena cabeza y un buen corazón siempre son una formidable combinación."

- Nelson Mandela

Rumbo

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DIRECTOR AND GRAPHIC DESIGN

Dalia Díaz

daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

Alberto M. Surís

albertosuris@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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Mayor Daniel Rivera and the
Lawrence Council on Aging



POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Auditoría

He recibido copias de la auditoría que se presentó al Concejo Municipal la semana pasada. Toda la información ha sido muy positiva y alentadora. He aquí una muestra y voy a traer más detalles la próxima semana.

A través del año Fiscal 2013, el Supervisor Estatal no ha recomendado una Junta de Control de Finanzas. Esta decisión ha sido influenciada por las siguientes acciones y resultados positivos:

- Las restricciones de gasto puestas en marcha a través de una orden ejecutiva mediante la cual cualquier compra mayor de \$1,000 requiere la aprobación de la Alcaldía.
- Certificado de efectivo positivo que oscila entre \$4.7 y \$6.6 millones desde el año fiscal 2010 al 2012.
- La mejora de las calificaciones de bonos de ambos Investor Service Moody's y Standard & Poors.
- La importante colección de impuestos atrasados y la ejecución de solicitudes de derecho de retención agresiva.
- El establecimiento de un comité de mejoramiento de capital.
- La presentación y aprobación de un presupuesto equilibrado para el año fiscal 2011 hasta el año 2014 el uso de estimaciones realistas de los ingresos exclusivos de las fuentes de ingresos de una sola vez.

¡Por favor, entienda lo que lee!

El 22 de febrero escribí sobre el contrato entre Patriot Ambulance y David Torrisi como cabildero el 24 de enero de este año. La intención de mi artículo era llamar la atención sobre la conexión que los dos tienen con la Ciudad de Lawrence y que

parece sospechoso teniendo en cuenta las enormes contribuciones a la campaña del Alcalde Dan Rivera por la familia Torrisi y el contrato con Patriot Ambulance a punto de expirar.

Bueno, parece que nadie leyó esa parte y varias personas optaron por difamarme en la radio por "insultar la moral e integridad de Manny Gonzalez". Cuando Carmen Chalas me pidió que explicara en su programa "Micrófono Abierto" el lunes, yo no podía creer lo que estaba escuchando. Todo comenzó cuando algunas personas le dijeron a Manny que escribí cosas horribles sobre él. Sin haber leído el artículo, Manny fue en un programa de radio el pasado viernes y dijo que estaba "ofendido" por lo que escribí. Eso dio paso a otros comentarios todo el fin de semana, así como el mismo Sr. González, atacándome aunque nunca me llamó para una aclaración.

Después de un tiempo, Manny finalmente me llamó durante el programa y él admitió no haber leído mi columna cuando hizo el comentario original en viernes. Estuvimos de acuerdo en que él no era el tema principal, pero sólo un punto de referencia en la historia y no hubo insultos dirigidos a él como le habían dicho.

Si usted no tiene una copia de esa edición, la puede encontrar en nuestra página web.

Mientras tanto, ¿alguien ha mencionado a Patriot Ambulance o Torrisi? Eso fue sólo una cortina de humo para evitar que la gente vea el verdadero problema.

Isensee frente al concilio otra vez

El Ayuntamiento debatirá en su próxima reunión el nombramiento permanente de John Isensee como Director del Departamento de Obras Públicas, cargo que ha desempeñado admirablemente durante unos cuatro años.

El 15 de setiembre del 2011 escribí en esta columna, "El Concejal del Distrito F Marc Laplante ha sido muy vocal insistiendo

en que el alcalde 'debe enviar su nombre para ser nombrado.' Bueno, ya lo hizo y cuando el Comité de Personal entrevistó al Sr. Isensee, lo hicieron atravesar la rutina habitual de avergonzarlo y abusar de él como hacen con todos los empleados municipales que parecen estar obligados a soportarlo, sólo para votar NO por su nombramiento."

Entonces el 22 de setiembre del 2011 continué, "Peor que esas acciones fue la forma en que se lucieron. Durante semanas, el Concejal del Distrito D Marc Laplante ha estado exigiendo que el Alcalde Lantigua 'enviara su nombre para el nombramiento permanente', ya que él está haciendo un buen trabajo. Cuando se hizo evidente que Isensee no tenía los requisitos que la descripción del trabajo muestra, Laplante intentó sugerir hacer cambios a la descripción del empleo con el fin de ajustarlo a su experiencia.

Fue sólo cuando Eileen O'Connor Bernal se puso firme en que sería injusto, ya que se han nombrado a otros en situaciones similares sin necesidad de cambiar las descripciones de trabajo para adaptarse a ellos, que Laplante cambió de opinión.

La votación final fue de la siguiente manera: Oneida Aquino, Sandy Almonte, Roger Twomey y Grisel Silva votaron a favor de Isensee. Marc Laplante, Dan Rivera, Eileen O'Connor Bernal, Modesto Maldonado y Frank Moran votaron NO. Vamos a ver cómo los concejales que permanecen en el Consilio votan esta vez.

Recontratación de Greg Morris

Me encanta el hecho de que Rumbo tiene ediciones pasadas en nuestra página web que se remontan al 2001. El 8 de febrero del 2011, mencioné la suspensión de Greg Morris como supervisor del Departamento de Obras Públicas, y más tarde lo despidieron por echar nieve en el canal. La posición pagaba \$85,000.

Después, fue a la Comisión Contra Discriminación de Massachusetts demandó a la ciudad alegando discriminación racial. De más está decir que perdió su caso y la ciudad prevaleció.

Cuando John Isensee compareció en CrossOver el 11 de febrero, me dijo que Greg estaba de vuelta trabajando a partir de esa semana. Siempre he oido decir que Greg es un buen trabajador pero su trayectoria deja un sabor amargo en la boca.



ANUNCIO PAGADO
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SEGURO DE CASA

Fraude es no decir que usted tiene un perro en el seguro de casa, seguro de renta, o seguro de condominio. Algunos perros no son aceptados por compañías de seguro porque estos pueden morder. Fraude es comprar una póliza de propietario de casa cuando usted no vive en la casa. Seguros para propietarios es solo para las personas que ocupan esa propiedad. Fraude es no admitir que hay un daño o problema existente o que su compañía actual ha sometido una orden de cancelación. Fraude es tener un negocio en su hogar y decirle a la compañía de seguro que ese no es el caso. Fraude es añadir un apartamento sin decirle a su compañía de seguro. Si usted miente, su seguro puede ser cancelado por fraude.

CARTAS AL EDITOR



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Eventos celebrando la Independencia Dominicana

Fue un 27 de febrero de 1844, en la Puerta de la Misericordia, en la vieja Ciudad Colonial de Santo Domingo, cuando Ramón Matías Mella disparó el legendario Trabucazo de la Independencia, que dio paso al izamiento de la bandera dominicana por vez primera. El escenario motivó un grito que hoy permanece en el corazón de cada dominicano y en el escudo de su bandera tricolor: ¡Dios, Patria y Libertad!

Por José Ayala

Rodeados de la bandera tricolor dominicana, su folklor y su gente, Casa Dominicana y la YMCA de Lawrence este año se unieron en un hermoso e histórico esfuerzo para celebrar el Mes de la Patria, y en particular, la independencia de Quisqueya, que el 27 de febrero conmemoró su 170 aniversario.

Dos eventos, marcadamente dominados con la presencia de jóvenes, educadores, algunos oficiales electos y público en general, fueron llevados a cabo en la ciudad del inmigrante: el 27 de febrero, la proyección de un cortometraje histórico en la Biblioteca Pública y el viernes 28, una gran noche cultural en la YMCA de Lawrence.

La actividad de la Biblioteca, 51 Lawrence Street, se inició a las 6pm con la presentación del cortometraje "El Nacimiento de una Nación", que relata la fundación de la república Dominicana, partiendo de la época en que el Padre de la Patria, Juan Pablo Duarte, formó la sociedad secreta La Trinitaria.

La cinta narra que el nombre de República Dominicana proviene de un deseo de Duarte de reconocer a la Orden Religiosa de los Padres Domínicos por su defensa de los taínos y sus derechos, y al desarrollo de la educación entre los nativos desde la llegada de los europeos a la isla.

Acto seguido, empezó la proyección folclórico-paisajista de "República Dominicana lo Tiene Todo", un audiovisual producido recientemente por el Ministerio de Turismo de la República Dominicana. Se presentan las 6 regiones más atractivas del país en segmentos: Santo Domingo, Todo Historia; La Romana/Bayahibe,

Todo Encanto; Punta Cana, Todo Magia; Samaná, Todo Paraíso; Puerto Plata, Todo Aventura; y Barahona, Todo Naturaleza. Cada una con sus particularidades, secretos y actividades únicas.

Al final de la noche se develó un cuadro al óleo de la pintora y educadora dominicana Antonia García Hernández. La obra recoge el izamiento de la bandera dominicana hecho frente al City Hall de Lawrence el pasado 25 de enero.

Las actividades continuaron el viernes, 28 de febrero en el gimnasio del segundo piso de la YMCA de Lawrence, en el 40 Lawrence Street, donde hubo presentaciones de grupos de baile locales como las Batuteras Internacionales, la Academia de Baile del Boys & Girls Club de Lawrence, la Academia de Baile de la YMCA de Lawrence, el grupo Dynamic Kamotion y el Taller Borinqueño de la Prof. Vanessa Espéndez.

Además el músico y "Rey del Karaoke" Alan Bernabel, interpretó con su trompeta algunos temas clásicos de la música dominicana como "Por Amor", "Quisqueya" y "El Concierto de Aranjuez". El himno nacional dominicano fue cantado por Roque Peña quien más tarde también cantó algunos merengues acompañado de la banda de la Parroquia María de la Asunción.

En ambos eventos los presentes vibraron de emoción durante la participación de la maestra y poeta Mery Rivas quien declamó el poema "Arriba el Pabellón" de Gastón Fernando Deligne. Al unísono de un coro improvisado entre el público y un emotivo aplauso, doña Mery terminó con la última estrofa:

¡Que linda en el tope estás
Dominicana bandera!
¡Quién te viera, quien te viera
más arriba mucho más!

El público se divirtió en grande con la llegada de los tan esperados "Diablos Cojuelos", muy populares en los carnavales dominicanos. Lo "Diablos tienen sus personajes como "La Muerte en Jeep", "Roba la Gallina", "Rebeca" y otros.

El Diablo Cojuelo era un demonio travieso y juguetón que colmó la paciencia del mismo diablo y éste lo arrojó a la tierra como castigo, lastimándose una pierna al caer, quedando cojo o "cojuelo" para siempre.

Durante los carnavales dominicanos, los Diablos Cojuelos andan sueltos por las calles atemorizando a la población y azotando las personas con sus vejigas y látigos. Su disfraz ridiculiza al caballero medieval con capa y pantalones anchos de colores vivos y máscara representando un animal o rostro horrible y espantoso. Fue una forma de los nativos burlarse del europeo invasor durante la colonización.

Los niños también se divirtieron al tiempo que aprendían cuando pintaban la bandera dominicana de acuerdo a un modelo colocado en la mesa. Los pequeñuelos lucían motivados y desafiantes a dibujar la mejor bandera mientras sus padres mostraban su orgullo y satisfacción.

"La YMCA se siente honrada en unirse a Casa Dominicana para esta gran celebración de la herencia dominicana en Lawrence, una parte muy significativa en nuestra membresía. También esta es una buena oportunidad para encontrarnos y enriquecernos de la cultura dominicana", dijo Jennifer Mejía, una joven de padres dominicanos, educada y criada en Lawrence que se desempeña como Gerente de Mercadeo de la YMCA del Valle del Merrimack y quien coordinó ambos eventos con Casa Dominicana.

Además de las más de 300 personas que acudieron al evento, pudieron notarse los jubilosos rostros de otros altos directivos de la YMCA, entre ellos Stephen Ives, Presidente & CEO de la YMCA del Valle del Merrimack; Julián Villegas, Director Ejecutivo de la YMCA de Lawrence; James Kapelson, Vice Presidente de Membresía y Mercadeo.

Por Casa Dominicana, estuvieron coordinando los eventos su Presidenta, Ana Medina; su Tesorero, Nazario Esquea, y José Ayala, Relaciones Públicas.

Villegas, quien también es entrenador de natación en la Y, aprovechó la ocasión para recordar a los niños y sus acompañantes adultos lo importante que es aprender a nadar.

"En el mundo hay más agua que tierra. El nadar no sólo es un buen ejercicio. Podría ser un salvavidas para tí u otra persona en una emergencia. En especial, quiero recordarles a los dominicanos en su día de independencia que ustedes más que nadie deben aprender a nadar. Ustedes vienen de un país rodeado de agua por todas partes, por tanto es imprescindible saber nadar, y aquí en la YMCA, en el mismo centro de Lawrence, les podemos enseñar", dijo Villegas al tiempo que arrancaba la risa de los presentes.

Villegas es un inmigrante colombiano que gracias a su educación y arduo trabajo, ha logrado ascender en la YMCA hasta convertirse hoy en el director ejecutivo de la sucursal de Lawrence.

Por su lado, Kapelson calificó los eventos como exitosos gracias a este esfuerzo de colaboración con Casa Dominicana, y reiteró su deseo de seguir trabajando juntos en este y otros eventos.

Entre los presentes también se encontraban los Representantes Estatales Frank Morán y Marcos Devers. En representación del Alcalde Dan Rivera estuvieron Wendy Luzón y Abel Vargas.



Dominican Independence Events

By Jose Ayala

(Translated by Alberto Suris)

Surrounded by the Dominican tricolor flag, its folklore and its people, Casa Dominicana and Lawrence YMCA this year joined forces in a beautiful and historic effort to celebrate the Mes de la Patria (Month of the Country), and in particular the independence of Quisqueya, on February 27 commemorating its 170th anniversary.

Two events, strongly dominated by the presence of young people, educators, some elected officials and the general public were held in the City of Immigrants: February 27, the projection of a historical short film at the Public Library and Friday 28, a cultural evening at the Lawrence YMCA.

The activity at the Library, 51 Lawrence Street, started at 6pm with the presentation of the film "The Birth of a Nation", which chronicles the founding of the Dominican Republic, starting from the time when the Father of the Nation, Juan Pablo Duarte, formed the secret society The Trinitarian.

The film explains that the name of Dominican Republic comes from a desire to recognize Duarte Religious Order of the Dominicans for his defense of the Taino (local inhabitants) and their rights, and the development of education among the natives since the arrival of Europeans to the island.

Then, a landscaped screening entitled "Dominican Republic Has It All", an audiovisual presentation recently produced by the Ministry of Tourism of the Dominican Republic showcasing the six most prominent regions of the country in segments: Santo Domingo, All History; La Romana/Bayahibe, All Enchanted; Punta Cana, All Magic; Samana All Paradise, Puerto Plata, All Adventure and Barahona, All Nature. Each has its merits, secrets and unique activities.

At the end of the night an oil painting of Dominican educator and painter Antonia

García Hernández was unveiled. The work depicts the raising of the Dominican flag at Lawrence City Hall last January 25th.

The activities continued on Friday, February 28th at the gym on the second floor of the YMCA of Lawrence, at 40 Lawrence Street, where there were presentations by local dance groups such as The International Batuteras, the Boys & Girls Club Dance Academy and the Lawrence YMCA Dance Academy, the Dynamic Kamotion group and the Prof. Vanessa Espéndez group Taller Borinqueño.

Besides, the musician and "Karaoke King" Alan Bernabel, played his trumpet with some classics of Dominican music as "Por Amor", "Quisqueya" and "Concierto de Aranjuez". The Dominican national anthem was sung by Roque Peña who later also sang some merengues with the support of the St. Mary of the Assumption Parish Band.

In both events the public in attendance vibrated with excitement with the participation of teacher and poet Mery Rivas who recited the poem "Arriba el Pabellón" (Up With the Pavilion) written by Gastón Fernando Deligne. At an impromptu choir unison between the public and an emotional applause, Doña Mery ended with the last stanza:

How beautiful you are on top
Dominican flag!
Who would see you, who would see you
Even higher, much more!

The large audience was amused with the arrival of the long-awaited "Diablos Cojuelos" (Limping Devils), very popular in the Dominican carnivals family. The Devils have created some characters such as "Death in a Jeep", "Roba la Gallina", "Rebecca" and others.

Diablo Cojuelo was a mischievous and



playful demon who freaked the Devil and to punish him, threw him out of Hell to planet earth with such strong force, hurting his leg when he fell, leaving him limping (or cojo-juelo) forever.

During Dominican carnivals, Diablos Cojuelos are loose on the streets terrorizing the population and lashing people with whips and balloons. Their disguise ridicules the medieval Knight dressed in long coats and baggy pants and colorful masks representing an animal with horrible and hideous face. It was a way of mocking the native invader during European colonization.

The children also had fun while learning how to paint the Dominican flag according to a model placed on the table. The little ones looked motivated and challenging to draw the best flag while their parents showed their pride and satisfaction.

"The YMCA is honored to join Casa Dominicana for this great celebration of Dominican heritage in Lawrence, a very significant part in our membership. This is also a good opportunity to meet and enrich the Dominican culture", said Jennifer Mejia, a young, educated and raised in Lawrence daughter of Dominican parents who works as Marketing Manager for the Merrimack Valley YMCA who coordinated both events with Casa Dominicana.

In addition to the 300-plus people who attended the event, could be noticed the jubilant faces of other senior managers of the YMCA, including Stephen Ives, President & CEO of the Merrimack Valley YMCA, Julián Villegas, Executive Director

of the Lawrence YMCA, and James Kapelson, Vice President of Membership and Marketing.

For Casa Dominicana, coordinating the events were its President, Ana Medina; Nazario Esquea, Treasurer; and Jose Ayala, Public Relations.

Villegas, who is also swimming coach at the Y, took the opportunity to remind children and their accompanying adults how important it is to learn how to swim.

"In the world there is more water than land. Swimming is not only a good exercise. It could be a lifesaver for you or someone else in an emergency. Especially, I want to remind all Dominicans in their Independence Day that you more than anyone should learn to swim. You come from a country surrounded by water on all sides, so it is essential to know how to swim, and here at the YMCA in the heart of Lawrence, we can teach you all," Villegas said as everyone broke into laughter.

Villegas is a Colombian immigrant who through education and hard work, has managed to climb up the YMCA ladder and become the executive director of the Lawrence branch.

Kapelson described the success of the events thanks to the collaborative effort with Casa Dominicana and reiterated his desire to continue working together on this and other events.

Among those present were State Representatives Frank Moran and Marcos Devers. On behalf of Mayor Dan Rivera were Wendy Luzon and Abel Vargas.

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El Alcalde Rivera anuncia el ganador del prestigioso premio Jardín del Mes

La Oficina del Alcalde Daniel Rivera se complace en anunciar que los más recientes ganadores del prestigioso premio "Patio del Mes" es la Familia Polanco, residentes en el 38 de la Calle Brook. "Los esfuerzos de la familia Polanco han sido una inspiración para los residentes de Lawrence para mantener la ciudad limpia y mostrar un gran orgullo en su propiedad", dijo el Alcalde Rivera. "Yo los aplaudo en sus continuos esfuerzos para hacer que Lawrence sea mejor."

El Sr. Héctor Polanco y su familia han hecho esfuerzos superlativos para mantener la acera frente a su casa de Brook Street libres de nieve y basura. Además de los esfuerzos de mantenimiento de la residencia de la familia Polanco, ellos recogen regularmente la basura a la entrada

del Parque Scarito, que está al otro lado de la calle de su casa.

"No cuesta nada, sino un poco de esfuerzo para mantener la acera limpia y segura para los demás y hacer de nuestra ciudad un lugar mejor," dijo el Sr. Héctor Polanco. "Es por este duro trabajo y mucho orgullo en su mantenimiento que se ha otorgado a la familia Polanco el codiciado reconocimiento de "Patio del Mes".

Sugerencias para el "Patio del Mes" y "Fachada del Mes" se aceptan por correo electrónico a FOConnor@CityofLawrence.com o se pueden enviar al Departamento de Desarrollo Comunitario ubicado en 225 Essex Street, 3er piso, Lawrence, MA 01840.

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Mayor Rivera announces prestigious Yard of the Month Winner

The Office of Mayor Daniel Rivera is pleased to announce that the most recent winners of the prestigious "Yard of the Month" award are the Polanco Family of 38 Brook Street. "The efforts of the Polanco family have been an inspiration to the residents of Lawrence to keep the city clean and show great pride in their property," said Mayor Rivera. "I applaud them in their continuous efforts to make Lawrence better."

Mr. Hector Polanco and his family have made superlative efforts to keep the sidewalk at their Brook Street home clear of snow, trash, and litter. In addition to the upkeep efforts of the Polanco family's own residence, they regularly pick up trash at

the entrance to Scarito Park, which is across the street from their house.

"It costs nothing, but a little effort to keep the sidewalk clean and safe for others makes our city a better place," said Mr. Hector Polanco. It is this hard work and much pride in its upkeep that has earned the Polanco Family the coveted recognition of the Yard of the Month award.

Suggestions for next month's Yard of the Month and Storefront of the Month are accepted via eMail to FOConnor@CityofLawrence.com or can be submitted to the Community Development Department located at 225 Essex Street, 3rd floor, Lawrence, MA 01840.

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Wetherbee School Helps Give Students A Great Start with Breakfast

National Breakfast Week Event Provides Breakfast for Kids in Need

Wetherbee School is celebrating National Breakfast Week (March 3 -7) with a family breakfast event. The school is one of 225 around the country selected by the nonprofit Action for Healthy Kids (AFHK) to hold special family and community gatherings this month to help raise awareness among students and parents about the benefits of the national School Breakfast Program.

The recipient of a grant from AFHK's School Grants for Healthy Kids program, with support from Kellogg's, Wetherbee School is using the funding to increase participation in its school breakfast program and will highlight National Breakfast Week by hosting parent's for breakfast and kicking off a school wide contest to increase breakfast participation on Tuesday, March 4, 2014 beginning at 7:30 a.m. Kellogg's provided Great Starts Breakfast kits, which include bowls, spoons and signage to help with the hosting of the Increase Breakfast Participation Contest kick-off.

Action for Healthy Kids and Kellogg's are partnering for a fourth consecutive year to make sure more children get a great start

to their day. Through the School Grants for Healthy Kids program and Kellogg's Give A Great Start campaign, they're working to provide two million breakfasts during the 2014-2015 school year to kids across the country who otherwise might not get that first meal by helping schools like Wetherbee School create or improve existing breakfast programs, which will increase overall participation in the national School Breakfast Program.

"Eating breakfast at school can help families save time in the morning," says Anne Marie Stronach, school nutrition director. And knowing that school breakfast is healthy and a great value is a huge relief for parents. We want to help people understand that today."

Studies indicate that students who eat school breakfast increase their math and reading scores and improve their cognitive speed and memory, according to the Food Research and Action Center.² However, fewer than half of the children who eat lunch at school also eat breakfast.

"The positive impact of nutritious school breakfast on students' overall

health and academic performance can't be emphasized enough," says AFHK CEO Rob Bisceglie. "And, of course, the national School Breakfast Program has the added benefit of lifting a financial burden from parents who may struggle to put nutritious meals on the table. So, we're excited to continue our work with Kellogg's which helps schools shine a spotlight on this very important program."

Every school day, Wetherbee School's breakfast program offers students a healthy breakfast that they need to get set for a busy school day. Some items offered to students are pancakes, granola bars, muffins, fresh fruit and 1% milk, breakfast is free for all students. Every school breakfast served meets federal nutrition standards limiting fat, calories, sodium.

In addition to working with AFHK, Kellogg's partnered with 11 U.S. Olympic and Paralympic athletes and hopefuls, known as Team Kellogg's, who show all of us the importance of eating a balanced breakfast and getting a great start to the day.

MCC Hosts Special Tourniquet Training for First Responders

In the wake of the 2013 Boston Marathon bombing, the Middlesex Community College Program on Homeland Security, in collaboration with the Billerica Police Department, Massachusetts Municipal Police Training Committee and STS Consulting, hosted a special training session for first responders, "Controlling Catastrophic Bleeding: Tourniquets, Pressure Bandages and Hemostatic Agents." Held on the Bedford campus, the training was attended by nearly 40 first responders from nearly two dozen public safety agencies throughout New England.

Before the training session began, Jeff Bauman, former MCC student and 2013 Boston Marathon bombing survivor, addressed the group of police and law enforcement officials. Bauman, who lost both legs in the explosion, stated that it was the quick thinking of the first responders and the use of tourniquets that kept him alive.

This comprehensive training instructed attendees on the proper medical techniques to control catastrophic bleeding to help treat victims of accidents, gunfire or IED explosions. The training was consistent with Tactical Combat Casualty Care and Massachusetts Office of Emergency Medical Services guidelines.

For more information about this special training event and MCC's Program on Homeland Security, contact Terrence B. Downes, Director, at downest@middlesex.mass.edu.

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Un campeón entre nosotros



Posing around Gerardo Claudio and his trainer Tony Pelletier are a group of young, future champions. Not necessary in order are: Abigail Corona, Shea Barahona, Joshua Barahona, Jeremy Taveras, Devin Peña, Carlos Rodríguez, Elvin Antigua, Kyle Tascheream, Joshua Tiburcio, Luis Méndez, Ashley Arias, Anthony Rubiera, Angel Reyes, McKenny Galin, Luis Ortega, Carlos Acevedo, Oscar Tavares, Xavier Frías, Justin Suriel, Carlos Picart, Alveris Gutierrez, and Jan Carlos Pichardo

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Por Alberto Suris

Nuestra portada recoge la foto de Gerardo Claudio, joven boxeador que a la edad de 16 años ya tiene un récord de 9-0. Él está dentro de la categoría Light Weight con 132Lbs.

Natural de Caguas, Puerto Rico, Claudio lleva tres años radicado en Lawrence. Desde su llegada se matriculó, primero, en Lawrence High School, donde es un estudiante de Honor Roll y seguido, en el Gimnasio de Canal Street Gym, donde recibe entrenamiento de José Bugzy Martínez y Tony Pelletier.

Su primer título, Guantes de Plata, lo ganó en marzo, 2013 en el U-Mass Convention Center en Lowell, MA. En ese mismo torneo, ganó el título Guantes de

Plata Excepcional.

En abril de ese mismo año ganó el Trofeo New England Junior Olympics Boxing Tournament en el Peter Welch's Gym de South Boston. Al ganar tres trofeos en ese gimnasio se hizo elegible para participar en el Junior Olympics que tuvo lugar en Lake Placid, New York, pero su situación económica no se lo permitió.

Las medallas en cuelgan de su cuello son, una de Central New England Championship Golden Gloves y la segunda, New England Championship Golden Gloves ambas ganadas en el Lowell Memorial Auditorium, la primera en enero y la segunda en febrero, 2014.

A champ amongst us

By Alberto Suris

Our cover includes a photo of Gerardo Claudio, a young boxer who despite of being just 16 years old already has a record of 9-0. He is within the Light Weight category with 132Lbs.

Born in Caguas, Puerto Rico, Claudio has been living for the past three years in Lawrence. Since his arrival, he enrolled, first, at Lawrence High School, where he is an Honor Roll Student and next, in the Canal Street Gym where he receives training from José Bugzy Martinez and Tony Pelletier.

He won his first title, Silver Gloves, in March, 2013 at the U-Mass Convention Center in Lowell, MA. In that same tournament, he won the title of Silver Mittens Outstanding Boxer.

In April of that same year he won the New England Junior Olympic Boxing Tournament Trophy from Peter Welch's Gym in South Boston. By winning three trophies in that gym, he became eligible to participate at the Junior Olympics held at Lake Placid in New York, but he was unable to make the trip due to his economic situation.

The medals hanging around his neck were won at the Central New England Golden Gloves Championship and the New England Championship Golden Gloves both at Lowell Memorial Auditorium, the first in January and the second in February 2014.

Cámara de Representantes aprueba legislación más severa contra el acoso escolar

El proyecto de ley subraya el compromiso de la Cámara de fomentar un ambiente de aprendizaje seguro y positivo

La Cámara de Representantes aprobó una ley que se basa en la histórica legislación contra el acoso escolar del 2010 mediante la creación de nuevas medidas de información y el reconocimiento de ciertos grupos de la población más vulnerables a la intimidación. La Cámara de Representantes votó 143-4.

Las actualizaciones están diseñadas para aumentar la eficacia de la legislación original que prohíbe la intimidación y el acoso cibernético y las escuelas deben establecer programas relacionados. El proyecto de ley crea un mecanismo de recopilación y presentación de datos que ayudará a los educadores, administradores y legisladores a identificar las tendencias y responder apropiadamente.

Este proyecto de ley proporciona herramientas y recursos adicionales que permitan al estado para que continúe sus esfuerzos para prevenir el bullying en las escuelas, y será una oportunidad para el estado para medir el impacto y la eficacia de la ley del 2010.

"Estoy muy contento de que mis colegas y yo fuimos capaces de pasar el aumento de las regulaciones para prevenir el bullying en las escuelas. Se trata de una reforma necesaria que requiere que las escuelas reporten incidentes, informar a los padres, y desarrollar tendencias para dificultar el acoso en el futuro", dijo el Representante Frank A. Moran (D-Lawrence).

"Yo como miembro del Comité Legislativo Conjunto sobre Educación me complace haber votado a favor de H.3909;

una ley que obliga a que los planes de prevención e intervención en el acoso escolar incluyan procedimientos para recopilar, mantener y reportar datos de incidentes de intimidación. Los padres, estudiantes y educadores de Lawrence y ciudades y pueblos hermanos del estado se beneficiarán de esta mejora hecha a la legislación de intimidación", dijo el Representante Marcos Devers, Vicepresidente de la Comisión Mixta de la Niñez y la Familia y las Personas con Discapacidad (D-Lawrence).

Las disposiciones del proyecto de ley se basan en las recomendaciones elaboradas por una comisión especial presidida por la Procuradora General Coakley e incluyen lo siguiente:

- Las escuelas deben informar anualmente los datos de intimidación al Departamento de Educación Primaria y Secundaria (DESE) y presentar datos agregados sobre el acoso a la Fiscalía General y la Legislatura;
- Se requiere que DESE informe a los padres acerca de su Sistema de Resolución de Problemas y el proceso para solicitar asistencia o presentar un reclamo;
- Los planes de prevención de la intimidación escolar deben reconocer que ciertas categorías de estudiantes enumeradas pueden ser más vulnerables a convertirse en víctimas de la intimidación.

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*Offer valid until March 31st.

House Passes Enhanced Anti-Bullying Legislation

Bill underscores House's commitment to fostering safe and positive learning environments

The House of Representatives passed legislation that builds on the 2010 landmark anti-bullying legislation by creating new reporting measures and recognizing certain populations as more vulnerable to bullying. The House voted 143-4.

The updates are designed to increase the efficacy of the original legislation which prohibited bullying and cyber-bullying, and required schools to establish related programs. The bill creates a data collection and reporting mechanism that will help educators, administrators and legislators identify trends and respond appropriately.

This bill provides additional tools and resources that will allow the Commonwealth to continue its efforts to prevent bullying in schools, and will provide an opportunity for the state to measure the impact and effectiveness of the 2010 law.

"I am pleased that my colleagues and I were able to pass increased regulations to prevent bullying in schools. This is a necessary reform that requires schools to report incidents, inform parents, and develop trends to hinder bullying in the future," said Representative Frank A. Moran (D-Lawrence).

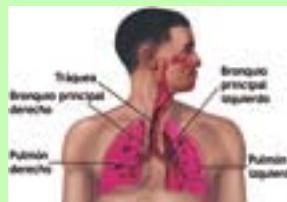
"I as member of the Legislative Joint Committee on Education am pleased for having voted in favor of H.3909; an Act that

mandates that School Bullying prevention and intervention plans include procedures for collecting, maintaining, and reporting bullying incident data. Parents, students and educators of Lawrence and sister cities and towns throughout the Commonwealth will benefit from this bullying legislation enhancement," said Representative Marcos Devers, Vice Chair of the Joint Committee on Children and Family and Persons with Disabilities (D-Lawrence).

Provisions of the bill are based on recommendations developed by a special commission chaired by Attorney General Coakley and include the following:

- Schools must annually report bullying data to the Department of Elementary and Secondary Education (DESE) and submit aggregate data on bullying to the Attorney General and Legislature;
- DESE is required to inform parents about its Problem Resolution System and the process for seeking assistance or filing a claim;
- School bullying prevention plans must recognize that certain enumerated categories of students may be more vulnerable to becoming targets of bullying.

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Grupo de Astronomía visita el telescopio usado por Einstein

Desde octubre, ocho de nuestros estudiantes han estado participando en un programa de Astronomía celebrado semanalmente en YDO e impartido por dos profesionales increíbles que viajan de Cambridge para trabajar con nuestros niños. Durante la semana de vacaciones escolares, hicimos un viaje a visitar a María e Irene en sus lugares de trabajo - El Centro Harvard-Smithsonian de Astrofísica y el Instituto Kavli de MIT, respectivamente.

Nuestros estudiantes visitaron y conocieron al personal del Centro de Control de Operaciones del Observatorio de Rayos X Chandra, de la NASA, la misión del buque insignia de astronomía de rayos X. Aprendieron cómo se construyó el telescopio satélite del tamaño de un autobús escolar y cómo se controla mientras está en órbita. También exploraron exposiciones de Astrofísica interactivas creadas en el

Instituto Kavli de MIT.

La segunda parada de nuestra excursión nos llevó a CfA el hogar del Departamento de Astronomía de la Universidad de Harvard. Los estudiantes visitaron el observatorio, aprendieron acerca de su historia, y se sentaron en la silla de la observación de "El Gran Refractor" (un asiento ocupado a menudo por Albert Einstein hace algunas décadas). También hablaron con el ingeniero del proyecto de MicroObservatory, una red de telescopios robóticos operados por CfA.

En el programa de Astronomía de YDO, los estudiantes han aprendido a usar MicroObservatory para enviar comandos a los telescopios robóticos y tomar fotos de objetos en el espacio ultraterrestre, incluso planetas, estrellas, nebulosas y galaxias. Y, han desarrollado exposiciones de astrofotografía impresionantes.

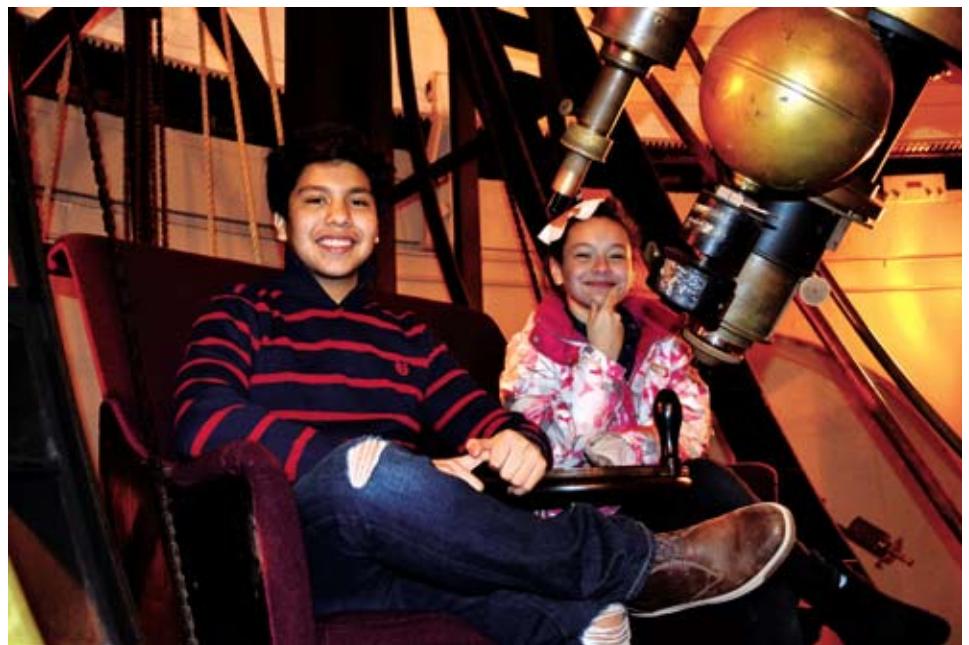
Astronomy Group Visits Telescope Used by Einstein

Since October, eight of our students have been participating in an Astronomy program held weekly at YDO and taught by two amazing professionals who travel from Cambridge to work with our kids. During the school vacation week, we made a trip to visit Mary and Irene at their workplaces - The Harvard-Smithsonian Center for Astrophysics and The MIT Kavli Institute, respectively.

Our students toured and met the staff of the Operations Control Center for the Chandra X-Ray Observatory, NASA's flagship mission for X-ray astronomy. They learned how the school-bus-sized satellite telescope was built and how it is controlled while in orbit. They also explored interactive Astrophysics exhibits set up at the MIT Kavli Institute.

The second stop on our outing took us to CfA, the home of Harvard's Department of Astronomy. Students visited the observatory, learned about its history, and sat in the observing chair of "The Great Refractor" (a seat often occupied by Albert Einstein some decades ago). They also talked with the project engineer for MicroObservatory, a robotic telescope network operated by CfA.

In the YDO Astronomy program, students have learned to use MicroObservatory to send commands to robotic telescopes and take photos of objects in outer space, including planets, stars, nebulae, and galaxies. And, they have developed awesome astrophotography exhibits.



Josué y Lirianna se sientan en la silla de observación en el Observatorio del Colegio de Harvard.

Joshua and Lirianna sit in the observing chair at the Harvard College Observatory.

UMass Lowell da la bienvenida a YDO en la Semana de Ingenieros

El viernes, 21 de febrero el grupo de robótica visitó el Departamento de Ingeniería Química de la Universidad de Massachusetts Lowell. Los estudiantes experimentaron con químicas líquidas, observaron demos de combustión en oxígeno puro, y probaron helado hecho con nitrógeno líquido - una excelente manera de pasar el día durante las vacaciones escolares!

Esta excursión fue organizada por

nuestro instructor después de la escuela, Joe Cirmigliaro, que estará graduando en mayo con un BS en Ingeniería Química y menor concentración en Ingeniería Biomédica y Biotecnología. Si su empresa está en busca de buenos empleados e individuos cuyos talentos se elevan más allá de su entrenamiento técnico, póngase en contacto con YDO llegar el currículum de Joe.

UMass Lowell Welcomes YDO for Engineers Week

On Friday, February 21st, our robotics group visited the Chemical Engineering Department at UMass Lowell. The students experimented with fluid chemistry, observed demos of combustion in pure oxygen, and tasted ice cream made with liquid nitrogen - a terrific way to spend the day during school vacation!

This outing was organized by our after-

school instructor, Joe Cirmigliaro, who is graduating in May with a B.S. Chemical Engineering and minor concentration in Biomedical Engineering and Biotechnology. If your company is searching for great employees and individuals whose talents soar beyond technical training, contact YDO to get Joe's resume.

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Tsongas celebrated Read Across America at Andover school



On Monday morning, March 3, Congresswoman Niki Tsongas attended a Read-A-Thon at the Professional Center for Child Development in Andover, where she read Senator Ted Kennedy's "My Senator and Me" -A Dog's Eye View of Washington, DC" to a group of students.

This event was part of the annual Read Across America program organized in many schools across the country, which aims to promote the value of reading to students nationwide. Schools who participate in this event invite readers from their community into the classroom to talk about how reading affects their everyday life.

El lunes por la mañana, 3 de marzo, la Congresista Niki Tsongas asistió a una celebración de lectura en el Centro de Desarrollo Infantil de Andover, donde les leyó el libro del Senador Ted Kennedy, "Mi Senador y yo" - Washington visto desde el punto de vista de un perro.

Esto fue parte del programa Read Across America organizado en muchas escuelas en todo el país, el cual aspira a promover el valor de la lectura en los estudiantes. Las escuelas que participan en esto invitan a lectores de la comunidad a las aulas para hablar cómo la lectura afecta su vida diaria.

Estudiantes de GLTS ofrecen sus habilidades a la Comunidad

Seis estudiantes de la escuela técnica de Lawrence: Jennifer Fredricks y Taylor Schmitz, ambos de Methuen y Kassandra Jean-Marie, Stephanie Morales, Venecia Pérez y Robert White todos de Lawrence son miembros de dos equipos de Skills USA que realizan servicio comunitario con Lazarus House Ministries, Inc.

Los estudiantes realizaron una colecta de alimentos enlatados durante la temporada de Navidad y sirvieron comida en Lazarus House el 4 de enero. Están planeando una gran colecta de ropa escolar para la primavera y están construyendo una

casa de muñecas, después que salen de la escuela para donarla a Lazarus House para que los niños disfruten.

Taylor Schmitz, un Junior en el Departamento Eléctrico, dice: "Es importante utilizar nuestras habilidades y talentos para retribuir a la comunidad."

Los grupos documentarán su proyecto y lo presentarán en la competencia Skills USA en abril con la esperanza de ganar una medalla de oro. En lo que se refiere a los estudiantes ya ellos han logrado el oro en las sonrisas de las personas a quienes han ayudado.



Pictured left to right: Robert White, Venecia Perez both of Lawrence and Taylor Schmitz of Methuen.

GLTS Students Offer their Skills to the Community

Six Greater Lawrence Technical students: Jennifer Fredricks and Taylor Schmitz, both from Methuen and Kassandra Jean-Marie, Stephanie Morales, Venecia Perez and Robert White all of Lawrence are members of two Skills USA teams performing Community Service with the Lazarus House Ministries, Inc.

The students held a canned food drive during the holiday season and served food at Lazarus House on January 4th. They are planning a school wide clothing drive for the spring and are constructing a dollhouse,

after school, to donate to Lazarus House for the children to enjoy.

Taylor Schmitz, a Junior in the Electrical Department, says, "It is important to use our skills and talents to give back to the community."

The groups will documents their project and present it at the Skills USA competition in April with hopes of winning a gold medal. As far as the students are concerned they have already achieved gold in the smiles of the people they have helped.

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Celebrating breakfast at LFDCS

La escuela Lawrence Family Development Charter School (LFDCS) está ampliando sus proyectos en las áreas de salud y nutrición. Una prioridad especial para la escuela es aumentar el Programa de Desayunos Escolares. Además de recibir premios y donaciones este año del programa Healthy School Food Champions, Whole Foods, Harvard Pilgrim Health Care y Johnnie's Seeds para sus jardines escolares, el 4 de marzo la escuela llevó a una audiencia de estudiantes de los grados menores (desde el kindergarten hasta el tercer grado) el espectáculo dinámico llamado FOOD PLAY (Juego con Alimentos). Esta actividad llena de diversión expone a los estudiantes a los hábitos alimentarios como centrales en "una mente sana" y "cuerpos fuertes".

De acuerdo a la Directora de Servicios de Alimentación, Mary Claire Kennedy, quien hizo los arreglos para llevar FOOD PLAY a LFDCS, "Además de educar a nuestros padres y estudiantes acerca de la salud y la nutrición, la escuela está entrenando a su personal en el Servicio de Comida en las estrategias de promoción de los alimentos basado en técnicas más inteligentes en el comedor. "Como complemento a este esfuerzo durante los veranos pasados, los huertos escolares hicieron conciencia de la elección de alimentos con técnicas de jardinería en su programa de escuela de verano. La escuela tiene actualmente unos seis jardines en planteros ubicados en el Campus de Primaria de LFDCS a 34 West Street en Lawrence, Massachusetts.

Al igual que otras escuelas de todo el país, el 4 de marzo Lawrence Family Development Charter School se unió a FOOD PLAY a capacitar a los niños con más de las habilidades que necesitan para tomar

las riendas del crecimiento sano y en forma. FOOD PLAY, un galardonado programa nacional de teatro promueve hábitos alimenticios y ejercicios saludables, por lo que su elenco de personajes coloridos, fantásticas proezas de malabarismo, mensajes motivadores, música, magia y diversión a las escuelas de todo el país.

Mientras que FOOD PLAY hace una gran diversión del comer, sus mensajes son muy serios. Tan serios, de hecho, que la primera dama, Michelle Obama, ha lanzado la primera fuerza de tarea de la obesidad infantil en el país, diseñado para hacer frente al alarmante aumento del número de niños con sobrepeso. En los últimos 25 años, las tasas de obesidad infantil se han duplicado entre los niños de la escuela primaria y se ha triplicado entre los adolescentes. Uno de cada tres niños tiene sobrepeso, y menos del dos por ciento de los jóvenes del país están cumpliendo con sus necesidades nutricionales diarias. Los niños, en promedio, están bebiendo más de 600 latas de refresco y consumiendo más de 150 libras de azúcar al año, desaprovechando en los niveles recomendados de frutas, verduras y granos integrales necesarios para una salud óptima.

FOOD PLAY presenta la nueva guía de alimentos de USDA MyPlate, ayudando a los niños a aprender a llenar la mitad de sus platos con un arcoíris de colores de frutas y verduras, seleccione de los cinco grupos de alimentos, y reduzca el sodio y las bebidas azucaradas. Los niños aprenden que los anuncios de televisión no siempre se les puede creer, descifrar las etiquetas de alimentos y tomar decisiones que son buenas para su salud y buena para la salud del planeta. A medida que los niños se van al ritmo de "Trata bien a tu cuerpo!" el mensaje de FOOD PLAY es: alimenta tu cuerpo con comidas saludables, les lleva mensajes positivos a su mente, y se divierten siendo activos todos los días!

Para extender las clases durante toda la primavera, la escuela recibirá un material de seguimiento, lleno de actividades prácticas en la educación nutricional para los maestros, padres, servicios de alimentos escolares, personal de salud y estudiantes. Los maestros reciben guías de actividades para ayudar a integrar la nutrición en las materias básicas y ser un vínculo entre el aprendizaje en clase y la cafetería.



Lawrence Family Development Charter School (LFDCS) is extending its projects in the areas of health and nutrition. A special priority for the school is increasing the School Breakfast Program. In addition to grant awards and donations this year from the Healthy School Food Champions program, Whole Foods, Harvard Pilgrim Health Care, and Johnnie's Seeds for its school-based gardens, on March 4th the school brought to an audience of its lower school students (kindergarten through third grade) the dynamic show called FOOD PLAY. This fun-filled activity exposed students to eating habits as core to "healthy minds" and "strong bodies".

According to Food Services Director, Mary Claire Kennedy, who arranged to bring FOOD PLAY to LFDCS, "In addition to educating our parents and students about health and nutrition, the school is training its Food Service staff on food promotion strategies based on Smarter Lunchroom Techniques." Complementing this effort in past summers, school gardens increased awareness of food choices with gardening techniques in its Summer School program. The school currently has a six Raised Bed Gardens located at LFDCS's Lower School Campus at 34 West Street in Lawrence, Massachusetts.

Like other schools across the country, on March 4th Lawrence Family Development Charter School teamed up with FOOD PLAY to empower children with more of the skills they need to take charge of growing up healthy and fit. FOOD PLAY, a national award-winning theater show promotes healthy eating and exercise habits, by bringing its cast of colorful characters, fantastic feats of juggling, motivating messages, music, magic, and fun to schools across the country.

While FOOD PLAY makes good eating great fun, its messages are very serious. So serious, in fact, that First Lady, Michelle Obama, has launched the nation's first childhood obesity task force, designed to tackle the alarming rise in the number of overweight children. In the last 25 years, childhood obesity rates have doubled among elementary school children and tripled among teenagers. One in three children are overweight, and less than two percent of the nation's youth are meeting their daily nutritional requirements. Kids on average are drinking over 600 cans of soda and consuming more than 150 pounds of sugars a year, missing out on recommended levels of fruits, vegetables and whole grains needed for optimal health.

FOOD PLAY introduces USDA's new MyPlate food guide, helping children learn to fill half their plates with a rainbow of colors from fruits and vegetables, choose GO foods from all five food groups, and cut down on soda and sweetened drinks. Children learn how to see through TV commercials, decipher food labels, and make choices that are good for their health and good for the health of the planet. As the children walk away to the beat of "Treat Your Body Right!" FOOD PLAY's message is: feed healthy foods to your body, positive messages to your mind, and have fun being active every day!

To extend the lessons throughout this coming spring, the school will receive a comprehensive Follow-Up Resource Kit, filled with hands-on nutrition education materials for teachers, parents, school food service, health staff, and students. Teachers receive activity guidebooks to help integrate nutrition into core subject areas and link cafeteria with classroom learning.



Conference sobre Diabetes Tómelo, Compártalo, Camine

Les notificamos que la Coalición de la Diabetes y el Alcalde Daniel Rivera de la Ciudad de Lawrence se preparan para celebrar el “26to Día de Alerta Anual de la Asociación Americana de la Diabetes”, el martes, 25 de marzo del 2014.

El lema del 26to Día de Alerta Anual de la Asociación Americana de la Diabetes será “Tómelo, Compártalo, Camine”. En este día no solo estaremos motivando a las personas para que tomen el Cuestionario “¿Está usted en riesgo de padecer Diabetes Tipo 2?” y lo comparten, sino que comienen a cambiar su estilo de vida hacia uno más saludable.

El cuestionario de riesgo de la diabetes hace preguntas simples sobre el peso corporal, edad, antecedentes familiares y otros riesgos de la prediabetes o diabetes tipo 2. El cuestionario ofrece consejos preventivos para todos los que lo tomen e incluso aconseja a las personas con alto riesgo de que consulten a su proveedor

de cuidados médicos. (www.stopdiabetes.com). Estas encuestas estarán disponibles durante la caminata y también en el Centro de Personas Mayores de la Ciudad de Lawrence.

El día martes, 25 de marzo se iniciará a las 9:00 a.m. con una caminata la cual saldrá del Centro de Personas Mayores desplazándose hacia la calle Jackson y recorriendo la calle Essex tomando una derecha en la calle Hampshire, la calle Common, atravesando el parque Campagnone para terminar en el Centro nuevamente.

El martes, 25 de marzo ofreceremos diferentes eventos y horarios con el propósito de que toda la comunidad pueda participar: La organización conocida como la Asociación de Enfermeras Visitantes con sus siglas en inglés “VNA Nurses Asociación” estará ofreciendo exámenes para la glucosa a las 9:00 a.m. y las 11:30 a.m. en el Centro de Personas Mayores de la Ciudad de Lawrence. También disfrutaremos de una sesión de “Zumba” de 5:00 p.m. a 7:15 p.m.

Se hace un llamado especial a todo el público en general para que visiten la página de internet www.stopdiabetes.com la cual tiene información en inglés y español.

Para más información por favor comuníquese con Martha Vélez por correo electrónico a mvelez@cityoflawrence.com o llámándola al teléfono: 978-620-3541.

Diabetes Conference Take it. Share it. Step Out

The Lawrence Diabetes Coalition and Mayor Daniel Rivera are preparing to celebrate the “26th American Diabetes Alert Day” on Tuesday, March 25th 2014.

The theme this year is, Take it. Share it. Step Out. On this day not only will we be encouraging people to take the “Are you at risk to have diabetes type 2?” test, but also to start thinking of making small changes in our daily lifestyle.

The Diabetes Risk Test ask users to answer simple questions about weight, age, family history and other potential risks for pre-diabetes or type 2 diabetes. The test offers prevention tips for those who take it and even advice people at high risk to consult with their primary physicians (www.stopdiabetes.com). These tests will be available while the walk is taking place and also at the Lawrence Senior Center, 155 Haverhill St., Lawrence, MA 01840.

On Tuesday, March 25th the walk will start at 9:00 a.m. at the Senior Center.

We will walk towards Jackson St., Essex Street, taking a right on Hampshire Street, another right on Common Street will cross the Campagnone Park and end at the Senior Center.

During the day the Diabetes Coalition will offer a series of events with different time schedules with the purpose of accommodating the needs of the community. HomeCare Inc., will offer glucose tests from 9:00 a.m. - 11:30 a.m., an evening of “Zumba”, educational information and door prizes from 5:00 p.m. 7:15 p.m. at the Lawrence Senior Center, 155 Haverhill St., Lawrence, MA 01840.

We invite the public visit the internet page www.stopdiabetes.com information available in English and Spanish.

For more information please get in touch with Martha Vélez at mvelez@cityoflawrence.com or via telephone at: 978-620-3541.

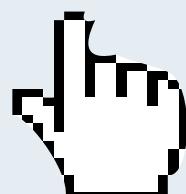
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Teens make second-quarter honor roll at Austin Prep

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

Andover

Distinction: Logan Bravo
Honors: Matthew Belluche, Cecilia Bole, Matthew Dona, Aleksey Gorman, Niamh Green, Alexis Horan, Andrew Kazmer, Aileen Kim, Christopher McCarthy, Ryan McDonough, Mercedes Pare, Nicole Poirier, Sofia Saltamartini, Talia Shuman, Grant Smith, Mary Margaret Sullivan, Casey Williams

Haverhill

Honors: Elijah Harris, Gregory Williams

Lawrence

Honors: Natalie Arenas, Emilyna Meas, Ashley Moore, Tuong Thai

Lowell

Honors: Hannah Farley, Julia Fraser

Methuen

Honors: Zachary Beeley, Adriana Farias, Catherine Flagg

North Andover

Distinction: Christopher Applegate, YuJin Jeong, Haley Norris, Jakob Wise

Honors: Elizabeth Boucher, Lindsey D'Addario, Megan Mahan, Jacob Norris, Molly O'Leary, Avani Patel, Alessandra Petrozza, Shuruthe Raju, Elizabeth Raymond, Madison Rieumont, Max Rieumont, Melissa Saindon, Anna Schiff, John Smolak, Maya Worden, Olivia Zdrojewski.

NOTAS DE SU BIBLIOTECARIA

BY/POR MAUREEN NIMMO
Lawrence Public Library Director

Hola, queridos lectores de Rumbo. Este es mi último artículo para este año antes que oficialmente llegue la primavera. Estoy muy contenta por esto, y me ayuda a pasar por alto el hecho irrefutable de que me estoy congelando ahora mismo. Bueno, no creo en dejar que la realidad juegue un papel demasiado importante en mis pensamientos - en mi mente es marzo, y la tierra se está calentando y eso es todo lo que importa.

Mencioné en mi último artículo que Lawrence estará celebrando el Mes de la Historia de Irlanda durante el mes de marzo, y que la biblioteca se enorgullece de ser una sede de algunos de los eventos. Todos los años me gusta usar el mes de la herencia irlandesa como una ocasión para promover nuestra colección irlandesa en la sucursal de la biblioteca y animar a la gente a visitarla. Nuestro querido David Burke, amigo y ex administrador de la biblioteca, empezó la colección, y ahora Bill Sullivan la mantiene junto a su noble grupo de voluntarios del Hibernian. La biblioteca está muy agradecida a todas estas personas por el trabajo que realizan para preservar y crecer la mejor colección de literatura, música, historia, y artefactos irlandesa al norte de Boston. Todo está en la exhibición especial este mes; así que, pase por la sucursal y eche un vistazo a una verdadera joya de la ciudad. La sucursal está abierta de 10:00 am hasta 5:00 pm todos los lunes, miércoles y sábados.

También otro evento relacionado con

la biblioteca: se otorgará el premio anual del Cardenal Richard Cushing al Padre William Waters O.S.A., en el 143^a banquete anual del Día de San Patricio. Padre Bill, como todos lo llaman, es un receptor altamente merecedor de este premio; todos en la biblioteca estamos muy orgullosos de él. Me aseguraré de estar presente en el evento.

Por último, vamos a realizar nuestro concierto anual celta con George y Terri Kelley (y amigos). Este evento tomará lugar el domingo, 30 de marzo, y concluirá la celebración del mes. Les daré más información sobre el concierto en el próximo artículo. Hay muchos grandes acontecimientos que esperamos con interés incluyendo el regreso del desfile del Día de San Patricio el sábado, 15 de marzo, a las 1:00 pm. El desfile es una tradición que lleva mucho tiempo en nuestra ciudad, y todo el mundo participaba. Estoy encantada de que el Alcalde Rivera ofreció una mano para ponerlo en marcha de nuevo. También muchas gracias al detective de la policía Tommy Cuddy por su disposición a organizar el desfile e involucrar nuestras

escuelas de nuevo.

Otras noticias: como todos ustedes saben, nuestra subdirectora, Ana Santos, se retiró a finales de enero. Su posición ha sido publicada en la página web de la ciudad y esperamos que se pueda llenar dentro de poco tiempo. Sé que tenemos algunos candidatos excelentes, y anticipo hablar con cada uno de ellos. Espero tener noticias definitivas sobre el tema en mi próximo artículo. Mientras tanto, Ana pasará un tiempo en su natal República Dominicana, pero estará de regreso para continuar con su club de lectura en español. Junto a ella estará la Sra. Flor Cabrera. Flor es miembro del club desde el principio y una gran servidora de nuestra comunidad.

Lo bueno del invierno, por lo menos para mis lectores, es que yo no tengo ninguna obsesión deportiva real después del Super Bowl hasta que comience la temporada de pelota. Eso les da a todos un descanso, pero al final del mes, estaré lista para comenzar de hablar de los Medias Rojas - así que cuente sus días de paz. Mientras tanto, vengan a visitar nuestra sucursal para ver la colección irlandesa. Nos vemos allí.

NOTES FROM YOUR LIBRARIAN

Hello Rumbo readers. This is my last article this year before it is officially spring. Needless to say I am very happy about this and it helps me overlook the irrefutable fact that it is indeed freezing at the moment. Well, I never believe in letting reality play too big a role in my thinking—in my mind it is March, the earth is warming and that's all that matters.

I mentioned in my last article that Lawrence would be celebrating Irish History month during the month of March and that the library is proud to be a host to some of the events. Every year I like to use Irish Heritage Month as an occasion to pump our Irish collection at the South Lawrence Library and to encourage folks to visit it. Our collection was originally put together by friend and former library trustee, our beloved David Burke and is now maintained and supplemented by Bill Sullivan and his noble band of Hibernian volunteers. The library is very grateful to all of these folks for the work they do to preserve and grow the best collection of Irish literature, music, history and artifacts north of Boston. Everything is on special display this month so do stop by the branch and check out a real city jewel. The branch is open 10:00 till 5:00 every Monday, Wednesday and Saturday.

Also in a library related Irish Heritage event: former longtime trustee Father William Waters O.S.A. will be awarded the annual Richard Cardinal Cushing award at the 143rd annual Saint Patrick's Day Banquet. Fr. Bill, as everyone calls him, is a highly deserving recipient of this award and we at the library are all very proud of him. I will be sure to be on hand for the event.

Finally, we will host our usual Celtic

concert featuring George and Terri Kelley (and friends). This event will be on Sunday, March 30th and will conclude the month long celebration. I'll give you more information on the concert next article but all-in-all there are a lot of great events to look forward to including the return of the St. Patrick's Day parade on Saturday the 15th at 1:00. The parade was a long time tradition in our city and everyone would turn out to participate. I'm delighted that Mayor Rivera offered a helping hand to get it going again. Also big thanks to Police Detective Tommy Cuddy for being willing to organize the parade and get our schools back involved.

In other news, as you all know our Assistant Director Ana Santos retired at the end of January. Her job has been advertised on the city's web page and we hope to have it filled very shortly. I know we have some excellent candidates applying and I look forward to talking with each of them. I hope I have some definitive news on the subject by my next article. Meanwhile Ana will be spending some time in her native Dominican Republic but she will be back to continue her Spanish language book club. Alongside of her will be Ms. Flor Cabrera. Flor is a longtime member of the club and a great and giving member of our community.

The good thing about the winter, at least for my readers, is that I don't have any real sports obsessions kicking in after the Super bowl until baseball season starts. That gives everyone a break but at the end of the month I'll be ready to start carping about the Red Sox so count your days of peace. In the meantime come visit our South Lawrence library and see the Irish collection. See you there.

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LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

Audit

I received copies of the audit that was presented to the City Council this past week. All the information was very positive and encouraging. Here's a sampling and I'll bring more details next week.

Through Fiscal 2013, the Overseer has not recommended a Finance Control Board. This decision has been influenced by the following positive actions and results:

- *Spending restrictions put in place via executive order whereby any commitments greater than \$1,000 require the Mayor's approval.*
- *Certified positive free cash ranging between \$4.7 million and \$6.6 million for Fiscal years 2010 through 2012.*
- *Improved bond ratings from both Moody's Investor Service and Standard & Poor's.*
- *The significant collection of past due taxes and the implementation of aggressive lien filings.*
- *The establishment of a capital improvement committee.*
- *The submission and approval of a balanced budget for Fiscal years 2011 through 2014 using realistic revenue estimates exclusive of one-time revenue sources.*

However, even with the improvements noted above, the City at this time is still subject to a

Fiscal Overseer and can possibly be subrogated to a control board. This indicates that it is not yet able to be fully accountable for its operations at the current time and, accordingly, we consider this condition to be a material weakness.

Please, understand what you read!

On February 22 I wrote about Patriot Ambulance hiring David Torrisi as lobbyist on January 24 of this year. The intent of my piece was to bring attention to the connection they both have to the City of Lawrence and how suspicious it appears considering the huge contributions to Mayor Dan Rivera's campaign by the Torrisi Family and the contract with Patriot Ambulance about to expire.

Well, seems that no one read that part and several people chose to malign me on Spanish radio for "insulting the moral and integrity of Manny Gonzalez." When I was asked to explain on a radio program on Monday, I couldn't believe what I was hearing. It all started when people told Manny that I wrote awful things about him. Without having read the article, Manny went on a radio program last Friday and said that he was "offended" by what I wrote. That gave way to others to piggyback all weekend long, as well as Mr. Gonzalez himself, attacking me and never called me for clarification.

After a while, Manny finally called me on the show and he admitted not having read my column when he made the original comment on Friday. We agreed that he was not the main issue but only a point of reference in the story and there were no insults addressed to him as he was told.

If you don't have a copy of that edition, you can find it on our website.

Meanwhile, has anyone mentioned Patriot Ambulance or Torrisi? That was just a smoke screen to prevent people from looking at the real problem.

Isensee's back in front of the Council

The City Council will be discussing at its next meeting the permanent appointment of John Isensee as Director of the Department of Public Works, a position he has held admirably for about four years.

On 9/15/11 I wrote on this column, "District F Councilor Marc Laplante has been very vocal insisting that the mayor 'should send his name down for appointment.' Well, he did and when the Personnel Committee was to interview Mr. Isensee, he was put through the usual routine of embarrassment and abuses all city employees seem to be required to endure, only to vote NO for his appointment."

Then on 9/22/11 I continued, "Worse than those actions was the grandstanding that went on. For weeks, District D Councilor Marc Laplante had been demanding that Mayor Lantigua send down his name for permanent appointment because he is doing such a good job. When it became obvious that Isensee does not have the qualifications called for in the job description, Laplante tried suggesting making changes to the job description in order to adjust it to his expertise.

It was only when Eileen O'Connor Bernal made an issue of it for being unfair since they have appointed others in similar situations without changing the job descriptions to accommodate them, that he changed his mind."

The final vote was as follows: Oneida Aquino, Sandy Almonte, Roger Twomey and Grisel Silva voted in favor of Isensee. Marc Laplante, Dan Rivera, Eileen O'Connor Bernal, Modesto Maldonado and Frank Moran voted NO. Let's see how those councilors that remain in the Council vote this time.

Rehiring Greg Morris

I love the fact that Rumbo has past issues on our website dating back to 2001. On February 8, 2011, I mentioned the suspension of Greg Morris as supervisor of the Department of Public Works, and he was later fired for dumping snow on the canal. The position paid \$85,000.

He then went to the Massachusetts Commission Against Discrimination and sue the city claiming racial discrimination. Needless to say, he lost his case and the city prevailed.

When John Isensee appeared on CrossOver on February 11, he told me that Greg was back to work, as of that week. I have always heard that Greg is a hard worker but his track record leaves a sour taste in my mouth.

THIS IS A PAID AD

INSURANCE FRAUD



When we think of insurance fraud we usually think of staged accidents with phony injuries. Insurance companies think of "premium" fraud when they think fraud. Premium

fraud is when a person buys insurance but does not tell the complete truth on the application to try to lower their cost. Fraud does not pay!

AUTO

Fraud is not telling that your child has a license when buying car insurance because you don't want your rate to change. The state says you must add your child to your policy within 60 days of them obtaining a license. Fraud is not listing a spouse or family member because they have points on their license but they will drive the car. Fraud is saying that you live in a different city so your rate is less. Fraud is anyone lying to the company after a claim. If an unlisted operator has an accident (even if it's not their fault) your company can refuse to pay collision damage to your car, they can lower Property Damage to \$5,000 and lower the Optional Coverages if they pay a claim. Fraud is reporting your car stolen when it isn't. 85% of fraud is done by owners. Don't resort to fraud to help anyone.

HOME

Fraud is not telling that you own a dog when buying home/renters/condo insurance. Certain dogs are not wanted by many companies due to dog bites. Fraud is purchasing "homeowners" insurance when you are not living in the building. Homeowners insurance is for owner occupied buildings. Fraud is not admitting there is existing damage or that your company has issued a cancellation notice. Fraud is having a home based business and telling your company there isn't one. Fraud is adding an apartment without telling your company. If you lie, you can be cancelled for fraud.

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WCCM
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Carta Pública: Cuaresma, más allá de cuarenta días



Padre Joel Almonó

La estación de Cuaresma comenzó este cinco de Marzo, con el miércoles de cenizas, donde los feligreses católicos romanos y católicos anglicanos, o episcopales van a los templos para recibir las mujeres en sus frentes y los hombres en la cabeza, la señal de la cruz hechas con cenizas.

Los episcopales enseñan que "los primeros cristianos observaron con gran devoción los días de la pasión y resurrección de nuestro Señor, y se hizo costumbre en la Iglesia prepararse para tal ocasión por medio de una estación de penitencia y ayuno. Esta estación de Cuaresma proporcionaba la ocasión en que los catecúmenos, (las nuevas personas en la fe), eran preparados para el Santo Bautismo.

Era la ocasión, también, en la que cuantos se habían separado del cuerpo de los fieles, a causa de pecados notorios, eran reconciliados mediante la penitencia y el perdón, y eran restaurados a la comunión de la Iglesia. De este modo, se recordaba a toda la congregación el mensaje de perdón y absolución proclamado en el Evangelio de nuestro Salvador, y la necesidad constante de todo cristiano de renovar su

arrepentimiento y su fe".

Todo esto ha sido tomado no solo en forma simbólica, sino también de las vivencias que nos dejó Jesús el Señor. Recordemos que él se preparó para comenzar su ministerio en la tierra; para tal acontecimiento, él se apartó y se fue al desierto, allí duro cuarenta días y cuarenta noches, sin probar alimento. A esa estación del Señor en ayuno y oración por cuarenta días, es que deviene el tiempo que hoy conocemos como Cuaresma, es decir es la recordación del tiempo en que Jesús se preparó para comenzar su gran ministerio, por cuarenta días en el desierto.

La Iglesia también invita a todos sus feligreses a la observancia de una santa Cuaresma, mediante el examen de conciencia y el arrepentimiento; por la oración, el ayuno y la auto negación. Este último punto de la auto negación, es la parte más importante en la Cuaresma, porque ella invita a que nos apartemos de las cosas que más nos apetecen y abstenernos de ella, es por eso que muchas personas enarbolan el no comer carne, como parte de la Cuaresma, aunque la verdad, es que por medio de la auto negación nos alejamos de ella, porque es el resultado de una auto determinación, más que por una imposición.

Bueno es acotar que hay confusión en este punto, pues muchas personas entienden que la Cuaresma es señal de no comer carne los viernes de esta estación, no, tal cosa no es cierta, usted se abstiene de comerla,

por la auto negación, por la penitencia, por sacrificar al cuerpo dejando lo que nos produce placer, es por esta razón que algunos fieles prefieren el silicio, (dormir en el suelo) como forma de auto negación y penitencia o vestir ropas ásperas como forma de sacrificio.

La observancia de la Cuaresma tiene mucho que ver con el examen de conciencia, en tal sentido permítanme amables lectores aprovechar este medio para hacer nuestro acto de constricción y tender un ramo de olivo a quienes por nuestras palabras con razón o sin ella se han sentido ofendido, también a aquellos que con nuestros pronunciamientos, o con acciones se han sentido mal, a todos presentamos nuestras excusas que brotan del corazón.

La Cuaresma es el momento en que debemos reconciliarnos con Dios, con nosotros mismos, y después con los demás. Cuaresma es esta estación donde los políticos deben hacer un alto a su fragua y darse un tiempo a la reflexión, a la búsqueda interior para alcanzar Paz y armonía sintonizando su mente y cuerpo con el Creador.

Cuaresma es el tiempo en que los comerciantes deben realizar actos de constrictión haciendo donaciones caritativas a centros hospitalarios, donando comidas a refugios u otras instituciones que demandan ayuda. Cuaresma es la oportunidad para que los empresarios puedan tratar con más misericordia a sus empleados.

Cuaresma es el momento para que los

taxistas puedan desarrollar con más ahínco su labor, ayudando a los que usan sus servicios, brindándoles palabras de aliento, pues muchos de ellos suban a sus vehículos con hondas preocupaciones, bríndenle un servicio tan especial, como solo ustedes saben hacerlo.

Cuaresma es el tiempo para que las iglesias evangélicas, protestantes y católicas entre otras, busquen la armonía, la comprensión y el amor trabajando sin cortapisas, sin arrebatar los miembros los unos a los otros, sino fortaleciéndonos en la unidad del amor, pues el dueño de la mies es uno solo, Cristo Jesús.

Cuaresma es el tiempo de la búsqueda de la paz, para que los cristianos oremos por nuestra ciudad, por las personas que están puestas en autoridad, porque las que hay, por Dios han sido establecidas.

Cuaresma es tiempo para orar y rogar por la paz, para que cese la "explotación del hombre por el hombre". Orar para que las potencias mundiales no atropellen a los pueblos menos poderosos. Orar para que Rusia salga de Ucrania y vuelve la paz a los pueblos enclavados en el corazón de Europa.

Cuaresma es el tiempo de la búsqueda de Dios por parte de su pueblo y también por aquellos que no lo son. Todos debemos observar la Cuaresma con respeto y les aseguro que si comenzamos con esto, tendremos un mejor futuro.

Dog Portraits

Work by Anna Dibble, Nancy Diessner, Sandy Flanagan, Damon Lehrer, and Samuel Price
February 28 – April 17, 2013

The Chester F. Sidell Gallery at Print Studio in Framingham, Essex Art Center is pleased to Massachusetts, present Dog Portraits.

Anna Dibble works in casein and ink, lives in Vermont and runs Dibble Dog.

Nancy Diessner creates photo etchings and runs Dog's Eye

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



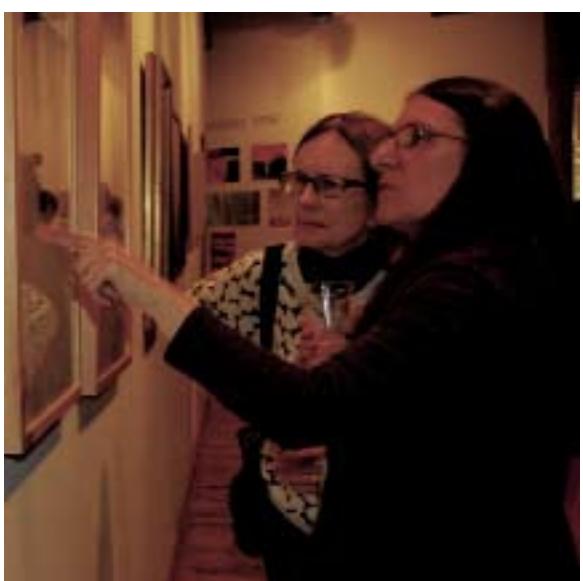
Jennelle Graziano and Moraima Espaillat never miss an opening. They both loved this one. Moraima is an active member of the board of directors of the Essex Art Center.

The Essex Art Center is presenting a lovely exhibit of dog portraits that will delight all animal lovers.

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

Gallery hours: M-Th 10-6 Call for additional evening hours

www.essexartcenter.org
 978-685-2343



NECC Art Exhibit Highlights Whittier's Birthplace

Artist Mark Reusch, who is caretaker of John Greenleaf Whittier's Birthplace in Haverhill will present a painting and photography exhibit featuring the 326-year-old property of the famed writer and abolitionist through April 5 in Northern Essex Community College's Bentley Library ArtSpace on the Haverhill campus, 100 Elliott St.

An opening reception and artist talk will be held Wednesday, March 12, from 3 to 5 p.m. The gallery hours are Monday through Thursday 2 to 9 p.m., Friday 2 to 5 p.m., and Saturday 9 a.m. to 1 p.m.

Reusch, who is a freelance illustrator and instructor at the Massachusetts College of Art & Design, has lived at the birthplace of the famed poet on Amesbury Road in Haverhill since 2011.

The exhibit will feature photographs as well as illustrations of the property and its various buildings.

As a student at Massachusetts College of Art & Design in the early 90s, Reusch discovered the book, "Two Worlds of Andrew Wyeth: Kuerners and Olsons," a museum catalog of landscapes by painter Andrew Wyeth focusing on two different neighbors' rural property. He was inspired, at the time, to someday create a body of work focusing on his surroundings if he were ever fortunate enough to live someplace similar.

"In 2011 I moved to the Whittier Birthplace as caretaker after living in the Boston and Providence areas for roughly 20 years, and realized this was my opportunity to finally start painting landscapes of what I saw each day. These paintings were much different in style from the Halloween-themed art, concert posters, editorial illustrations, snowboard designs, and other work I'd done up to that point," he says.

"With this new body of work focusing on Whittier's Birthplace, I am taking advantage of my unique position of being a painter as well as a year-round caretaker of this beautiful and historic landmark. Living in the Whittier family's 326-year old

farmhouse, set on 69 acres of open fields and deep woods, and witnessing the foliage and wildlife throughout the four seasons has been a daily source of inspiration since I moved here in 2011. And as an artist who almost always preferred working from imagination rather than from any kind of observation, these paintings have been a new direction for me," Reusch says.

"Living in such an idyllic setting that's remained largely unchanged for over three centuries has had a pronounced effect on my way of thinking and artistic goals, especially after having lived in the Boston and Providence areas for 20 years. I work primarily from home as a freelance illustrator, and spend time outdoors each day and night, walking the fields and woods with my dogs, observing and appreciating the natural world around me. These new paintings and photographs are a record of what I see each day."

A graduate of Haverhill High School, Reusch earned a Bachelor of Fine Arts degree in Illustration from Massachusetts College of Art & Design in Boston. He earned the 2013 Best of New England Design Award for "Unbored, The Essential Field Guide to Serious Fun," a children's book.

Last year he was selected to participate in group exhibits at the FOE Gallery in Northhampton. He previously exhibited at Space 242 in Boston, Fool's Mansion in Salem, and the Aurora Gallery in Worcester.

This exhibit is sponsored by the NECC Art & Design Department. For additional information contact pkidney@necc.mass.edu or Marc Mannheimer at mmannheimer@necc.mass.edu

NECC offers an associate degree in general studies: art which provides a two-year degree with a focus on specific area of the arts, such as fine arts, multi-media, photography, or visual communications.

For additional information on the artist, visit his blog at <http://misterreusch.blogspot.com/>



Life Long Learning to Have St. Patrick's Day Celebration

History of the Irish in Boston

On Sunday, March 16, at 2 p.m., historian Christopher Daley will present "Irish Need Not Apply" at the Nashua Public Library.

Daley tells the story of the Irish in Boston, beginning with indentured servitude in the mid-17th century and the arrival of the Scot-Irish in 1718. He will chronicle the notorious Pope's Day celebrations, the burning of the Ursuline Convent in 1834, and the Broad Street Riot of 1837. His talk will conclude with the wave of immigration after the Great Potato Famine and the rise of the Irish in local politics.

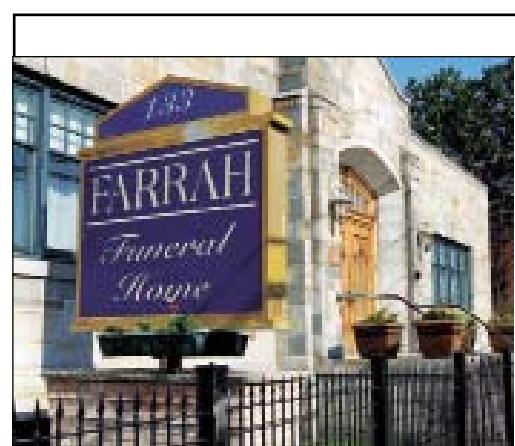
Daley has been speaking on historical topics in New England for over 20 years. He spoke twice at the Nashua Public Library in 2013, on the Lincoln and Kennedy assassinations.

Come early and browse the Friends of the Library's huge annual book sale, which runs from 1 p.m. to 4 p.m. Thousands of books, CDs, DVDs, and books on CD will be available at bargain prices. All items will be carefully sorted into categories to simplify your search for the perfect read.

The lecture, which is part of the library's celebration of Celtic Heritage Month, is free and open to the public. For more information contact Carol at (603) 589-4610 or caroleyman@nashualibrary.org.

The library is located at 2 Court Street. For directions and information on parking go to www.nashualibrary.org/directions.htm.

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Tickets for this event are \$15. Tickets must be purchased in advance by contacting Charlene Boucher, Life Long Learning coordinator, at 978-659-1225 or cboucher@necc.mass.edu, Rita LaBella or Kathy Bresnahan at Haverhill C.O.A at 978-374-2390, or Darlene Sutton at Bethany at 978-374-2165. No tickets will be sold at the door.

Life Long Learning is a program of lectures, study groups, and trips for adults. All programs are open to the public. For more information or to receive a free calendar of upcoming Life Long Learning events, contact Charlene Boucher at 978-659-1225 or cboucher@necc.mass.edu.

Bellesini Academy Announces Student Honor Roll & Awards

Bellesini Academy in Lawrence is proud to announce the students that have attained honor roll and received awards for the second quarter of the 2013-2014 academic year. They are as follows:

High Honors

Grade 6: Adams Lopez & Luis Placido
Grade 7: William Lam & Antael Rosa
Grade 8: Carlos Campos

Honors

Grade 5: Kenny Guerra & Jashuin Polanco
Grade 6: Nicholas Lopez
Grade 7: Julian Delgado & Arthur Thu

Head of School Award

Grade 5: Andy Kentel
Grade 7: Christian Rodriguez

Students of the Quarter:

Grade 5: Kenny Guerra
Grade 6: Adams Lopez
Grade 7: Arthur Thu
Grade 8: Daniel Almarante

Excellence in Homework

Grade 5: Kenny Guerra & Andy Kentel
Grade 6: Nicholas Lopez
Grade 7: William Lam, Christian Rodriguez, & Antael Rosa
Grade 8: Carlos Campos

Excellence in Conduct

Grade 5: Kenny Guerra, Andy Kentel, Steven Menendea, & Jashuin Polanco
Grade 6: Michael Hidalgo, Adam Kentel, & Nicholas Lopez
Grade 7: Julian Delgado, Alex Kentel, William Lam, Christian Rodriguez, & Arthur Thu
Grade 8: Rony Asencio

Blessed Stephen Bellesini, O.S.A Academy is an independent middle school dedicated to providing a quality scholarship education to boys from limited financial means living in Lawrence. The mission of the school is to provide an academically challenging and highly structured environment that develops the potential for each student to succeed in competitive secondary schools and colleges. The Academy requires all students to



participate in a twelve hour school day that includes rigorous academic curriculum taught in small classes, an after-school program that runs from 3-5 pm, and an evening study program from 6:30-8:30 pm. In addition, all students attend a four week summer program that continues academic instruction in a camp-like setting at St. John's Prep in Danvers.

As a result of the comprehensive, extended school year, Bellesini students gain an average of nearly two grade levels each year in math and language arts, putting them at or above grade level by the time they graduate in 8th grade. For eight consecutive years, every graduate of Bellesini has been placed at a selective private high school on scholarship. Bellesini alumni attend some of the finest schools in New England, including Groton School, Noble & Greenough, Central Catholic High School, Phillips Andover Academy, Brooks School, Austin Prep, Pingree School, Notre Dame High School, and St. John's Prep. 100% of Bellesini graduates remain enrolled in high school and our high school graduation rate is 100%.

Bellesini Academy is currently accepting applications for students entering grade five this fall. A limited number of spots are also available in grades six and seven.





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Admissions Testing, Tour & Parent Information Session: Monday, April 14, 2014

3:00-3:30 p.m. School Tour
3:30-5:15 p.m. Admissions Test
4:45-5:15 p.m. Parent Information Session

**Applications are available:
On the website: www.bellesiniacademy.org**

**Pick up at Bellesini Academy: 94 Bradford Street
8:00 a.m. to 5:00 p.m. daily**

By mail: Call (978) 989-0004

Application Deadline: April 11th

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CALENDARIO | CALENDAR OF EVENTS

MERRIMACK VALLEY CHAMBER OF COMMERCE

Together with
Wyndham Andover Hotel and
Kiwanis Club of Greater Lawrence

Proudly Present
"Luck of the Leprechaun"

BUSINESS NETWORKING MIXER

Wednesday, March 12, 2014
Wyndham Andover Hotel
123 Old River Road, Andover, MA 01810
5:00 – 7:00 PM

Members \$10.00 Non-Members \$20.00




THE MERRIMACK VALLEY CHAMBER OF COMMERCE

Lawrence Senior Center

Actividades Futuras

Mar 10	Día Int. de las Mujeres! 11:00am
Mar 13	Funda de compra. 10:00-1:00pm
	Tarjeta Azul
Mar 14	Bingo Especial. 1:00 pm \$5
Mar 18	Funda de compra. 10:00-1:00pm
	Tarjeta Blanca
Mar 21	Almuerzo especial. 11:30 am
Mar 21	Bingo Especial. 1:00 pm \$5
Mar 22	Conferencia "Por tu familia" 8-12pm
Mar 24	Pulgadero. 9:30 am-1:00 pm
Mar 25	Día de Alerta a la Diabetes.
Mar 27	Reunión de los Veteranos. 2:00pm
Mar 28	Bingo Especial. 1:00 pm \$5
Mar 29	Link Lawrence

Upcoming Events

Mar 10	International Women's Day!
Mar 13	Brown Bag Day. 10:00-1:00pm
	Blue Card
Mar 14	Special Bingo. 1:00pm \$5.
Mar 18	Brown Bag Day. 10:00-1:00pm
	White Card
Mar 21	Special Lunch. 11:30am
Mar 21	Special Bingo. 1:00pm \$5.
Mar 22	"Por tu familia" Diabetes conference 8:00am
Mar 24	Indoor Yard sale. 9:30am-1:00pm
Mar 25	Diabetes Alert Day!
Mar 27	Veterans' Meeting. 2:00pm
Mar 28	Special Bingo. 1:00pm \$5.
Mar 29	Link Lawrence 1-4:00pm

Friends of Nashoba Valley Medical Center - Now Accepting Scholarship Applications

Merrimack Valley Chamber of Commerce's Government Affairs Committee Presents

The Massachusetts Economy

A Report From The Massachusetts State Senate

With Invited/Confirmed Speakers

Confirmed Senator Barry Finegold

Confirmed Senator Bruce Tarr

Invited Senator Eileen M. Donoghue

Confirmed Senator Kathleen O'Connor Ives

Special Guest Moderator: Former Senator Steven Baddour

→ NEW DATE: MONDAY, MARCH 24, 2014 ←

7:30 – 9:15AM

Salvatore's Riverwalk Conference Center
354 Merrimack St. Lawrence, MA 01843
Complete Hot Breakfast Buffet Included

Members \$25.00 Non-Members \$50.00



For the eighth year, the Friends of Nashoba Valley Medical Center are accepting applications from graduating students in the hospital's service area which includes, Ayer, Harvard, Littleton, Westford, Groton, Dunstable, Pepperell, Shirley, Lunenburg, Devens, Townsend and Acton-Boxboro. Applications are available from the Guidance Department in each high school and from the hospital website; home-schooled students living in these towns may also obtain applications

from the hospital website.

The primary goal of this award is to assist students who are going on to higher education in any of the many medical fields, such as nursing, radiology, physical therapy, oncology, speech therapy, laboratory sciences and the numerous other branches of medicine. The deadline to submit your application is April 15, 2014. For more information, please email Louise Bresnahan lmbres67@gmail.com or Norma Garvin normajoyibb@yahoo.com

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.

NILP'S 29th Annual Legislative Forum



the northeast independent living program, inc.

The Northeast Independent Living Program, Inc.
proudly invites you to attend its'

Legislative Forum

"THE ONE CARE PLAN: NILP's ROLE IN THE COMMUNITY"

Speakers include: State Senators and Representatives,
City/Town Officials, Congressional Aides, and others.

Date: Friday, March 21, 2014

At: Mass School of Law

500 Federal Street, Andover, MA 01810

9:00 a.m. – 12:00 Noon

* Keynote Speaker* *Legislative Panel* * Questions and Answers*

Lowell Lead Paint Abatement Program

Atención propietarios, dueños de casas e inquilinos

¡El Programa de Reducción de la Pintura de Plomo de Lowell da la bienvenida a nuevos clientes! Ofreciendo 0% de interés, préstamos diferidos para la eliminación del plomo viviendas para familias de bajos a moderados ingresos con niños menores de 6 años de edad.

- préstamos con intereses de hasta \$15,000 0% para las viviendas unifamiliares
- préstamos con intereses de hasta \$12,000 0%, por unidad, para viviendas multifamiliares
- inspección de plomo y administración del proyecto GRATIS
- análisis del terreno GRATIS

Attention Homeowners, Landlords and Tenants

The Lowell Lead Paint Abatement Program Welcomes New Clients! Offering 0% interest, deferred loans for deleading homes for low-to-moderate income families with children under age 6.

- Up to \$15,000 0% interest loans for single family homes
- Up to \$12,000 0% interest loans, per unit, for multi-family homes
- FREE lead inspection and Project Management
- FREE soil testing

Contact: Toni Snow, Program Manager, 978-674-1409 - tsnow@lowellma.gov

City Hall After Hours/Green Jobs event Economic Development Networking

Wednesday, 26th of March 2014

5:00a.m. to 6:30 a.m. at:

El Taller Cafe
275 Essex St. Lawrence, MA 01840
(978) 965-4145
<http://eltallerarts.com>

City Hall after hours is an informal opportunity to bring together people to share ideas, make contacts, and talk about anything and everything the city can do to improve your business and the quality of life in Lawrence. City Hall after hours Lawrence meets each month. It is always a FREE event.

Please share this invitation with your neighbors, clients, colleagues and business contacts.

Frank O'Connor, Jr.
Community Development Dept. / Office of Economic Devel.
225 Essex St., Lawrence, MA 01840
978-620-3517 www.CityofLawrence.com

CALENDARIO | CALENDAR OF EVENTS

NEWS NASHUA, NH NASHUA PUBLIC LIBRARY

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For directions and information on parking go to: www.nashualibrary.org/directions.htm
Phone 603-589-4610
Fax: 603-594-3457

OPEN STORYTIMES AND PUPPET SHOWS

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

BABIES AND BOOKS

STORYTIME

Through stories and music, learn how to read aloud and develop your baby's language and pre-reading skills. Babies and their caregivers are welcome to join us. Thursdays: 9 a.m. and 10 a.m. ages: 13 to 24 months; 11 a.m. and 12 noon ages: birth to 12 months. No registration required. For more information call the Children's Room at (603) 589-4631.

Activities for Teens at Nashua Public Library

In addition to books, movies, manga, graphic novels, and computers, the Nashua Public Library offers plenty of programs after school for teens in grades 6 through 12. Go to tinyurl.com/nplteen and start signing up!

Exhibitors, authors needed for local history fair

The Nashua Public Library will hold a local history fair on Sunday, March 30, from 1:30 p.m. to 4:30 p.m. Local history-related organizations are invited to set up exhibits at the event, with photos, informational materials, multimedia presentations, or giveaways.

Authors who have written about local

history are welcome to have tables as well, where they can sign and sell their books and talk history with attendees.

There is no charge for exhibiting. For more information contact Carol at carol.eyman@nashualibrary.org or (603) 589-4610 by February 24.

World Series Trophy Visit

The Red Sox World Series trophy is coming to the Nashua Public Library on Friday, March 28, from 9:30 a.m. to 11 a.m. Psych yourself up for Opening Day with a close-up view of it on display in the library's theater.

Library Hosts Local History Fair

Hundreds have attended the Nashua Public Library's local history fairs in the past, and this year's event, on Sunday, March 30, from 1:30 p.m. to 4:30 p.m., is sure to be another blockbuster. The afternoon will include exhibits by historical groups and local history authors as well as the following featured events:

2 pm–3 pm: Nashua: Then and Now

Don Himsel's Imagine Nashua: Then & Now column in the Telegraph features old photos within recent ones of the same locations. Meet the photographer, find out how he gets his shots, and share some conversation about Nashua history. If you have old photos of the city, bring them along to share, talk about, and maybe have featured in a future column.

2 pm–3 pm and 3:30 pm–4:30 pm: New Hampshire on My Mind

Singer/songwriter Jim Barnes' New Hampshire-flavored music speaks of days gone by: apple-pickin' time, Sunday drives, and an early revolution in Newcastle. With songs like "Trouble at the Dump" and "The Day the Old Man Fell," Jim's music is steeped in the lore of the Granite State.

3:30 pm–4:30 pm: Preserving Family Collections

Discover practical steps for preserving papers, photos, books, and other materials for future generations. Frances Harrell from the Northeast Document Conservation Center will show you how to display, store, and care for your family collections.

3:30 pm–4:30 pm: Civil War High Tech

It's the 1860s, and a rural New England farm boy joins the military to put down the southern rebellion. Everything he's

supplied with—from a set of off-the-rack clothes to a cup of coffee, not to mention a complicated rifle—is new to him. Join Civil War re-enactor Bob Duffy as he recreates the culture shock experienced by military recruits of the era.

During the fair a reference librarian will show visitors resources available for genealogical and local history research in the library's Hunt Room. Downstairs, the exhibit area will include booths for the Nashua Historical Society, the Hollis Historical Society, Archives Info, and the Hunt Memorial Building.

"**The Nashua Experience: A Three-Decade Upgrade, 1978-2008**" will be available at a special 20 percent discount during the event, for just \$20, cash or check. The book is a history of Nashua over the past thirty years, written by three Nashua librarians. The fair is free and open to the public. Visit www.tinyurl.com/npllectures for up-to-the-minute details or call Carol at (603) 589-4610.

If you represent a local history group or have written a local history book and would like to exhibit, email carol.eyman@nashualibrary.org.

The library is located at 2 Court Street. For directions and information on parking go to www.nashualibrary.org/directions.htm.

Registration for Kids Programs at Nashua Library Begins March 30

Bring the kids to the Nashua Public Library this spring for storytimes, crafts, Lego Legion, family films, and more. Even infants can get in on the fun, with special Babies and Books Storytimes on Thursday mornings.

For all the details go to tinyurl.com/nplkid. Registration, which is required for crafts and Lego Legion, begins on Sunday, March 30, either at tinyurl.com/nplkid or in the library. For more information call (603) 589-4631.

Shanacchie Performs at Nashua Library

Celebrate Celtic History Month with a concert by Shanacchie at the Nashua Public Library on Saturday, March 29, at 2 p.m. Shanacchie, the Irish singing duo of Pat Heffernan and Patrick Keane, performs songs old and new for young and old as well as stories and sometimes-salty shenanigans. The concert, which is free and open to the public, will be held in the library's Music/Art/Media Wing.

LETTERS TO THE EDITOR

RUMBO
60 Island Street, Suite 211E
Lawrence MA 01840

Email:
rumbo@rumbonews.com

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

Family Cultural Event: Dominican Carnival!

2:00-4:30 PM Saturday, March 29, 2014 at the Peabody Museum, 11 Divinity Avenue, Cambridge, MA 02138. Parade begins at 2:00 PM.

Join the Asociación Carnavalesca de Massachusetts, known both for its participation in Latino cultural festivals and as an ambassador of Dominican culture. Carnival participants can celebrate with games, crafts, snacks,

and traditional tales and join the parade as Diablos Cojuelos ("limping devils") cavort indoors in traditional costumes. Regular museum admission rates apply.

Presented by the Peabody Museum of Archaeology & Ethnology at Harvard University, in conjunction with the National Dominican Student Conference. Co-sponsored by the Harvard Dominican Student Association.

More information: www.peabody.harvard.edu/family



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DOMINGO 16 MARZO, 2014

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Pet of the week at Nevins**DAISY**

Daisy is a very sweet young adult beagle. She is 6 years old and was turned in due to an illness in her family. Daisy has enjoyed a little too many snacks and will benefit from some exercise and a healthy diet. She is very calm and quiet. She would be a great dog for any family, but may work best in a quiet, adult family where she can live as she is accustomed.

**GIBLET**

If you like a kitty with a 'fresh' attitude, Giblet may be the girl for you. She is 3 years old and is very affectionate. She gives lots of head butts, nudges you for petting, and will curl up into your lap for quiet times. Giblet enjoys her time with her people and she also likes her time to herself. She is not a needy girl, but she is happy to be your companion. Giblet is a great cat for anyone who is cat savvy, and knows how to read cat signals. Giblet's little tail flick will tell you she is over-stimulated and she might even give you a little hiss if she wants quiet time to herself. This is just her way of communicating.



An adult only, quieter home with people who understand she has moments of "cattitude", and where she can be the only pet, would be a great match for Giblet. She really is an affectionate girl, and reducing stressful, over stimulating situations will allow those moments to be few and far between. A slow introduction to her new home is recommended, so she can build confidence in her new surroundings.

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

BELLA

Bella is a beautiful, 11-month old Husky/Golden Retriever mix. She weighs 42 lbs and is a very energetic and happy. Bella does guard her food and will need someone that understands guarding. Bella will need to be trained with Basic Manners and may need help staying calm around other dogs. She would do best in an adult only home. Bella would need to meet other dogs in the home to see how they get along.



Come in and meet this handsome girl and talk with an adoption counselor about Bella's needs.

MINDY

Gorgeous Mindy is looking for a quieter home where she can be someone's best friend. She is just four years old so she has many years ahead to warm your lap and keep you company while you sleep. She loves to be petted and brushed and she is looking to be the only pet in the home. Mindy was fine with visiting children in a prior home but she has not lived with kids. Older, respectful teens would be welcome. She loves attention. She gives lots of head butts and leg rubs, and likes to be held and petted, or snuggle beside you on the couch. Mindy likes to use a cardboard scratch board and a carpeted scratching post.



Mindy enjoys watching the world outside from a sunny window. She was an indoor only kitty in her most recent home. Come and visit this beautiful girl. She may be your next best friend!

REESES

He's one of the friendliest rabbits you'll ever meet! Reeses is a 2 year old toffee colored sweetie pie. He is a very cuddly and high energy bunny. Reeses will often come right up to you. He was surrendered due to the cost of medical care. He has a delightful smile but it requires regular trims. Malocclusion, the misalignment of his incisors, is easily maintained with regular maintenance.



Reeses lived with several dogs and cats and interacted with them perfectly. He loves to be groomed. Feel free to spoil him with bark chew toys and barbell toys with rattles. Can you give this wonderful rabbit the loving home he deserves?

MUSCOVIES!

These young, beautiful Muscovy ducks have recently been rehabilitated, and are now ready for their forever homes!



If you are interested in adopting, please contact the MSPCA at 978-687-7453 Ext 6113 (dial 8 before the extension), or email barnstaff@mspca.org.

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.



**Viajemos a Foxwood con el Movimiento
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Pro-fondo Noche Puertorriqueña**

Sabado, 19 de Abril 2014

Saliendo a las 3:00pm –

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Frente al Senior Citizen Center

155 Haverhill Street, Lawrence, MA

Costo: \$30.00 per persona

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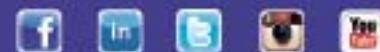
Para más información llama la YMCA de Lawrence al 978-686-6191



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A Merrimack Valley YMCA branch

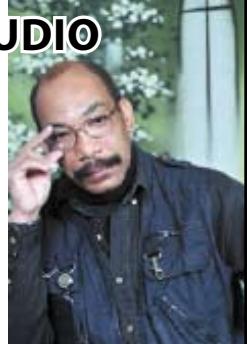
<http://lawrence.mvymca.org>



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.mspca.org/nevins.

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CLASIFICADOS | CLASSIFIEDS**PUBLIC HEARING**City of Lawrence, MA
Mayor Daniel RiveraDOC. 306/2013
In City Council
February 25, 2014

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 18, 2014 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.010 of the Municipal Code (Parking Prohibited on Certain Streets – At All Times), to be inserted in the proper alphabetical order:

Weare Street, north side, from the intersection of Stevens Street to a point two hundred forty seven (247) feet easterly of the intersection of Stevens Street.

To the extent that there exists any ordinances to the contrary, they are hereby repealed in that respect only.

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARINGCity of Lawrence, MA
Mayor Daniel RiveraDOC. 31/2014
In City Council
February 25, 2014

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 18, 2014 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Cambridge Street, north side, from a point ninety (90) feet easterly of the intersection of South Union Street to a point one hundred ten (110) feet easterly of the intersection of South Union Street.

To the extent that there exist any ordinances to the contrary, they are hereby repealed in that respect only.

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

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 for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.



**Movimiento Puertorriqueño les invita a una
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Camino a Nuestra Noche Puertorriqueña 2014

Viernes, 14 de Marzo del 2014

5:00pm

**Amesbury Garden Community Room
208 Amesbury Street**



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NOTICE OF PUBLIC SALE

Notice is hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after March 16, 2014 by private sale to satisfy their garage keeper's lien for towing, storage, and lien fees:

1. 2005 Volkswagen Jetta
VIN# 3VWRA69M65M080225
2. 2008 Honda Civic
VIN# 2HGFA16578H509091
3. 2005 Chrysler Pacifica
VIN# 2C8GF684X5R587794
4. 2011 Chrysler 200
VIN# 1C3BC2FG1BN502798

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
3/1, 3/8, 3/15

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