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The BILINGUAL Newspaper of the Merrimack Valley

(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell

(NH) Salem, Nashua, Manchester

Feliz Navidad/Merry Christmas



El Alcalde Daniel Rivera haciendo entrega de su proclama a Salvador Pérez Martínez como "Distinguido Visitante en la Ciudad de Lawrence". El Sr. Pérez participó en la obra infantil "Platero y Yo" de la escuela de teatro que lleva su nombre.

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Mayor Daniel Rivera presents a proclamation to Salvador Perez Martinez as "Distinguished Guest of the City of Lawrence." Mr. Perez took part in the children's play "Platero and I" presented by the theatre school named after him.

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Lowell Community Health Center's Developing Leaders Council

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The Singing Santas appeared at Chama Restaurant in North Andover where Costa Communications was celebrating their Christmas Dinner. In front, Brother Rene Roy, FMS of Central Catholic High School. Behind him, Ed Kelley owner of Ed The Plumber and Jeffrey Shank of Andover Advisory Group singing along.

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YouthBuild graduó 27 estudiantes

Eduardo Joaquín, graduado del ciclo 20, recibiendo una citación oficial firmada por la Senadora Bárbara L'Italien de manos de María de la Cruz, su asistente legislativa. Eduardo Joaquín es el ganador del Premio de Liderazgo. Eduardo está ahora haciendo un internado con Children's Friend and Family Services, un programa financiado por el Departamento de Salud Mental que ofrece servicios integrales a los adultos jóvenes.

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YouthBuild graduates 27 students

Eduardo Joaquin, A Cycle 20 graduate, receiving an Official Citation signed by Senator Barbara L'Italien from Maria de la Cruz, her legislative assistant. Eduardo Joaquin is the recipient of the Leadership Award.



Eduardo is now interning with Children's Friend and Family Services, a program funded through the Department of Mental Health that offers wraparound services to young adults. Eduardo is a Youth Adult Peer Mentor. During this internship, he will gain experience in outreach, assessment/intake and data collection.

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GLFHC: Nuevo Gerente el año próximo / New CEO Next year

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English
Tuesdays @ 10am

En Español
Sábados a las 9am
CrossOver
Rumbo on the Radio!

YouthBuild graduó 27 estudiantes

Por Alberto Surís

El pasado viernes, 18 de diciembre 2015, veintisiete estudiantes recibieron diplomas de YouthBuild Lawrence además de Certificados del Estado de parte de la Delegación Estatal. Los Representantes Frank Moran, Marcos Devers y Diana DiZoglio firmaron los certificados del Estado. La Senadora Estatal Bárbara L'Italien firmó la Citación Oficial que fue entregada por María de la Cruz, su asistente legislativa y recibida por Eduardo Joaquín.

Ralph Carrero, Superintendente de LFDEF hablando a los estudiantes, les dijo, "Cuando ustedes llegaron aquí, todos tenían una etiqueta. Esas etiquetas leían: 'alto riesgo', 'baja auto estima', 'deserción escolar', 'falta de habilidades'. Hoy en día, ustedes cambiaron esas etiquetas por un Diploma. Por esa razón Carrero felicitó a los graduados y les instó a continuar el progreso.

Uno de los graduados, Eduardo Joaquín, leyó una declaración sobre sus impresiones acerca de haber sido parte de la 20va clase de Youthbuild Lawrence.

"Hola,

Señoras y señores espero que hayan disfrutado de la comida tanto como yo lo hice cuando nos reunimos hoy aquí para celebrar y regocijarnos por la 20va clase de YouthBuild Lawrence. Muchos pensarán que este es el final del camino, pero esto es el comienzo de un hermoso viaje.

Mi viaje a YouthBuild comenzó desde

el momento en que puse un pie en el edificio, sentí una sensación de hogar, un sentimiento de esperanza mezclada con el sentimiento de ansiedad de saltar y ensuciar las manos, ponerme el uniforme cubierto de suciedad y serrín. Este sentimiento es difícil de explicar, pero se quedó conmigo a través de todos los esfuerzos que compartí en las granjas Windrush, una granja de caballos terapéutica hasta trabajar en la casa en 165 West Street.

YouthBuild ha sido una plataforma para muchos recuerdos, logros y metas que me guardo conmigo hasta que mis días dejen de existir. Por ejemplo, siempre voy a recordar la vez que fuimos a Windrush y ayudamos a palear la nieve para que los caballos pudieran caminar y beber agua, o el tiempo que competimos en Home Depot para el reto de carpintería. Ganamos, debido a los maravillosos entrenadores y maestros e interminable preparación.

Otro recuerdo que nunca olvidaré fue el momento en que nos fuimos a Proyecto Aventura; fue increíble. Fue una gran oportunidad para aprender a trabajar bien con los demás y el Sr. Hayle practicó su canto sobre un tronco a 30-40 pies en el aire. Otro recuerdo fue cuando el Sr. Spur nos llevó a un gimnasio a escalar una roca.

Estos recuerdos de alegría,

POR FAVOR VEA YOUTHBUILD

CONTINÚA EN LA PÁGINA 9

YouthBuild graduates 27 students

By Alberto Surís

On Friday, December 18th, 2015, Twenty seven students received Diplomas from YouthBuild Lawrence and State Certificates from the State Delegation. Representatives Frank Moran, Marcos Devers and Diana DiZoglio signed the State Certificates. State Senator Barbara L'Italien signed the State Senate Official Citation which was delivered by Maria de la Cruz, her legislative assistant and received by Eduardo Joaquin.

LFDEF Superintendent Ralph Carrero, speaking to the students, said, "When you arrived here, you all had a label. Those labels read 'at risk', 'low self steam', 'school dropout', 'lack of skills'. Today, you have traded those labels for a Diploma." For that reason Carrero congratulated the graduates and urged them to continue the progress.

One of the graduates, Eduardo Joaquin, read from a statement about his impressions being part of the 20th class of Youthbuild Lawrence.

"Hello,

Ladies and gentlemen I hope you enjoyed the food as much as I did as we gather here today to celebrate and rejoice for the 20th class of YouthBuild Lawrence. Many might think this is the end of the road, but this is just beginning of a beautiful journey.

My journey at YouthBuild started from the moment I set foot in the building, I sensed a feeling of home, a feeling of hope mixed with the feeling of anxiety to jump in and get my hands dirty, get my uniform covered in dirt and sawdust. This feeling is hard to explain but it stayed with me through every endeavor I partook in; from Windrush Farms, a therapeutic horse farm to working on the house on 165 West Street.

YouthBuild has been a platform for many memories, accomplishments, and goals that I'll keep with me until my days cease to exist. For example, I will always remember the time we went to Windrush and helped shovel out snow for the horses to walk through and drink water, or the time that we competed at Home Depot for the carpentry challenge. We won due to the marvelous coaches, teachers and endless preparation.

Another memory I'll never forget was the time when we went to Project Adventure; it was awesome. It was a great opportunity to learn how to work well with others and Mr. Hayle practiced his singing on a log about 30-40 feet in the air. Another memory was when Mr. Spur took us to a

PLEASE SEE JOAQUIN

CONTINUES ON PAGE 9

EDITORIAL | EDITORIAL

No olvidemos que es Navidad

Cada día que pasa, nuestra sociedad se está convirtiendo más severa en cuanto al vocabulario que sea políticamente correcto, temerosos de ofender a alguien.

Hay un movimiento en este país para prohibir a Dios de la vida diaria como si su mención fuese el endoso de cierta religión y la Constitución de los Estados Unidos claramente separa a la iglesia y el estado.

Pero la Constitución hoy está siendo interpretada según quien la esté leyendo y el resultado será trágico para todas las religiones.

Cuando los padres de la patria diseñaron tan inteligentemente ese documento que ha regido a este país por más de 200 años, lo hicieron pensando en Dios, precisamente para prevenir que futuras generaciones lo omitieran a la vez que nos dieron la libertad de practicar cualquier religión sin interferencia por parte del gobierno.

Esta no es la "época festiva" sino las Navidades. No podemos olvidar que la única razón por la que la celebramos es porque ese fue el nacimiento de Jesús.

Si la comunidad afro-americana quiere celebrar Kwanzaa, cuya celebración comienza el 26 de este mes y termina el primero de enero, 2016, debemos estar ahí para apoyarlos y asegurarles su derecho a hacerlo.

El día 6 del corriente mes de diciembre fue el comienzo de Hanukkah para la población Judía, que terminó felizmente el lunes 14. Perseguidos a través de la historia, ellos bendicen la libertad en este país que respeta su creencia.

Dios no es una religión. En un final, todos creemos en el Ser Supremo, igual que los que firmaron la Constitución.

Let's not forget it's Christmas

Each day that passes, our society is becoming more stringent on political correctness, afraid of offending someone. There is a movement in this country to ban God from daily life as if His mention is an endorsement of a certain religion and the United States Constitution clearly states the separation of state and church.

But the Constitution is being interpreted today according to whoever is reading it and it can only spell trouble for all religions.

When our forefathers so brilliantly designed the document that would rule this country for over 200 years, they did it with God in mind precisely to prevent future generations for omitting it while giving us the freedom to practice any religion without interference from the state.

This is not the "holiday season" but the Christmas Season. We cannot forget that the only reason we celebrate it is because that was the birth of Jesus.

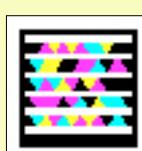
If the African-American community wants to celebrate Kwanzaa, which begins the 26th of this month and ends on January 1st, 2016, we should be there to support them and ensure their right to do so.

The 6th of this month of December was the beginning of Hanukkah for the Jewish population, which ended happily on Monday 14th. Persecuted throughout history, they bless the freedom found in this country that respects their beliefs.

God is not a religion. In the end, we all believe in that Supreme Being, just like the signers of the Constitution.

Rumbo

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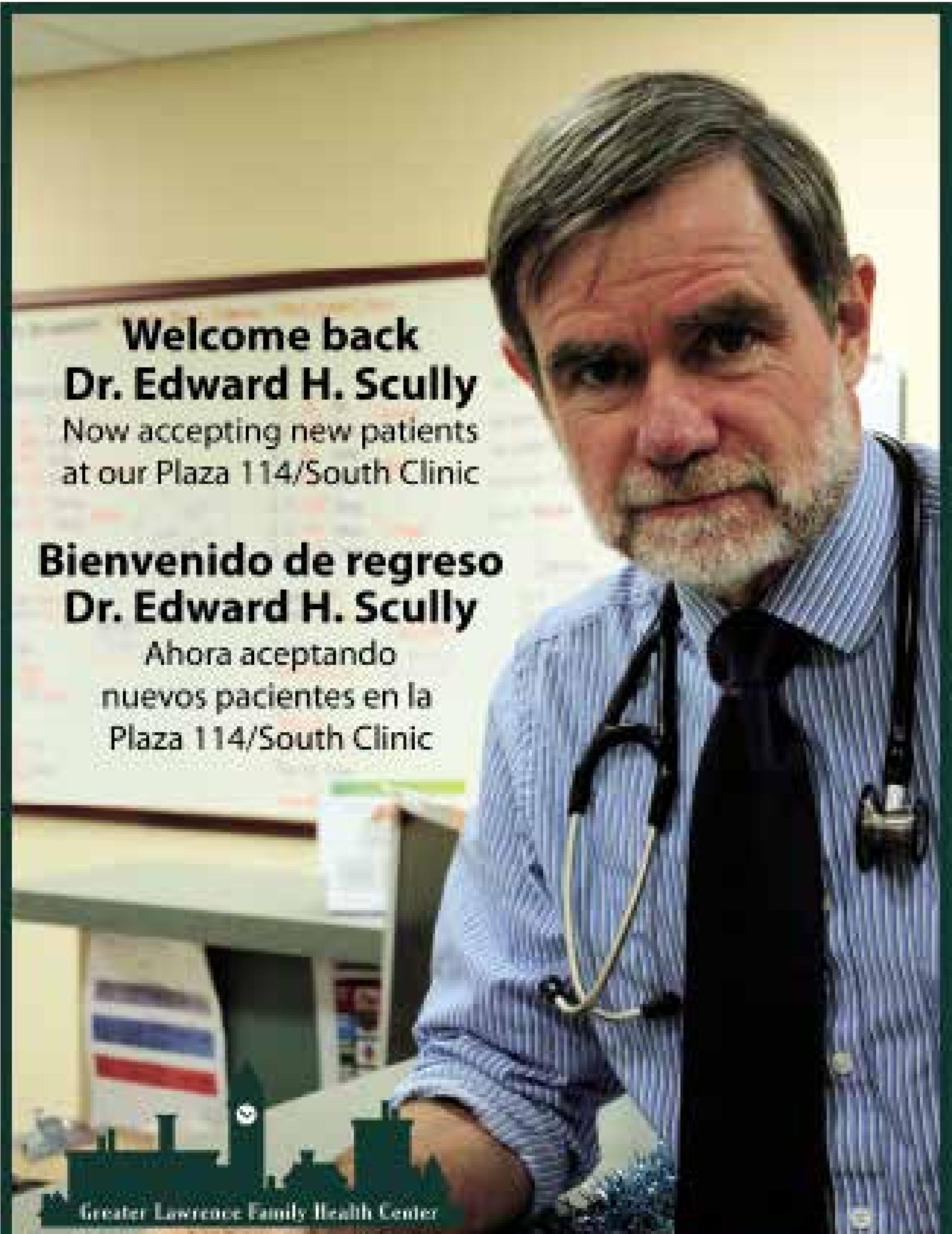
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Theo sigue en su puesto

El pasado octubre escribí en esta columna que Theodoro Rosario anunció a sus compañeros de trabajo que ya no era el ingeniero de la ciudad. Eso fue fin de semana del Día del Descubrimiento de América, pero el martes, él estaba de vuelta en el trabajo como de costumbre.

El Alcalde Rivera planeaba nombrarlo Supervisor de Proyectos Especiales y Planificación y probablemente no se concretó al darse cuenta de la gran diferencia en el salario que ese trabajo ofrece. Justificar un enorme estipendio sería casi imposible con los ojos de algunos miembros del Concejo Municipal vigilando esta cuestión.

Estoy aclarando esto ahora porque varias personas me han dicho que he cometido un error. Theo sigue ahí como ingeniero de la ciudad realizando sus deberes de ingeniero sin serlo como de costumbre y todavía recibe el mismo sueldo.

Lo siento; me engañaron.

Comisión de Derechos Humanos

Acabo de ser notificada por el Rev. Víctor Jarvis que ha renunciado de la Comisión de Derechos Humanos en una larga carta al Alcalde Daniel Rivera. Él dio un montón de detalles sobre los años pasados en esa organización, que ha trabajado bajo tres administraciones señalando los logros tales como una disminución de casos de brutalidad de la policía, pero él es muy contundente en sus críticas al Alcalde Rivera. De hecho, él tomó una posición en el caso del David Camasso culpando al alcalde por violar los derechos de los trabajadores.

Luego pasa a hablar de "el intento de silenciar la voz del oficial de policía William Green por usar su derecho de expresión, ha puesto el dedo en la herida."

¿Por qué no habló mientras las

violaciones de los derechos de los trabajadores estaban en curso?

Luego, en la manera típica de Jarvis, empieza a elogiar las acciones del alcalde, prometió su apoyo dándole las gracias por "su tratamiento y el de su administración ha sido muy bueno hacia la comisión, algo que se agradece, pero era una decisión que había tomado hace algún tiempo y conforme a su petición me quedé en la posición y pospuso mi decisión". Su carta está muy confusa para leer.

Esta junta directiva ha sido tan disfuncional durante muchos años que he intentado conseguir información bajo la Ley de Libertad de Información en vano.

Desde el 3 de septiembre he estado tratando de conseguir algunos documentos de la Comisión de Derechos Humanos de nuevo, sin resultados. Me he estado reuniendo con Asdrovel Tejeda, su presidente, quien se siente frustrado por igual que yo y me mostró algunos de los documentos que tenía disponible, pero muy pocos y sin importancia.

Busco una lista de sus miembros, copias de los avisos con la fecha de futuras reuniones, actas de todas las reuniones e informes anuales. Este comité se supone que debe reunirse 11 veces al año y hasta ahora lo han hecho sólo 5 veces en 2015 por falta de quórum. Si la razón es por no tener suficientes miembros, es el momento de presionar al alcalde en el nombramiento de algunos; si tienen suficiente, pero no toman en serio sus responsabilidades, es hora de reemplazarlos. Este es un comité muy importante que podría estar haciendo muy buen trabajo, pero sólo si la comunidad puede traer sus preocupaciones a ellos.

"Tenemos que hacer cambios", dijo el señor Tejeda. "Quizás la respuesta está en pedir a los concejales de la ciudad que encuentren a alguien en sus respectivos distritos como voluntarios para este cuerpo."

La Comisión de Derechos Humanos ha sido escasa de miembros durante mucho tiempo y el mandato del Sr. Tejeda se venció hace mucho tiempo; su última reunión con la junta será en enero. Este escenario se



repite con casi todas las juntas directivas y comités de la ciudad. Algunos comités no se han reunido durante muchos meses porque no tienen suficientes miembros y sus decisiones son vitales en muchos casos para que nuestro gobierno funcione correctamente.

¡El crimen NO está bajando!

Desde el 1 de octubre 2014 al 13 de diciembre 2014 hubo 90 autos robados en Lawrence. En el mismo periodo de este año, las cifras son de 129.

NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

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

Si usted puede, aunque sea ocasionalmente, por favor, llame a Renee Baker, reclutador de voluntarios, al 978-946-1463 (y mencione Interfaith Caregivers.)

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

El periodismo hoy

Por Xus D Madrid

Aún hay quien piensa que internet vino a revolucionar o más bien a amenazar al periodismo. Pero a la vista de lo que hay, hay que concluir que lo que el periodismo necesita para revitalizarse son contenidos de calidad, ya que si ya en su día se pensó que la radio iba a desbancar el periódico, y después lo mismo pasó con la televisión, nada de eso ocurrió.

Así que es de suponer que lo de internet, hoy, también sea una etapa más de transición que llevará a los auténticos periodistas a reconvertirse, ya que una información de calidad se impone, porque es la calidad la que permite competir, no el sensacionalismo.

El periodismo del bueno tiene que actuar como un contrapoder, expresar con libertad y no ser condescendientes con los poderosos, aunque sean esos poderes sus anunciantes y, por tanto, sus sostenedores.

El periodismo bueno tiene que hacer por dentro una revolución para tener fuerza, aunque no genere una gran rentabilidad, porque el beneficio no puede ser a corto plazo. Los periodistas hoy tienen que ser capaces de analizar en profundidad las cosas antes de comunicarlas, ya que no interesa una avalancha de información, sino la información veraz, bien analizada y explicada en su contexto.

Merrimack Valley YMCA

MASTERS SWIMMING

UPDATE!!!

We're excited to announce:

Carlton Cronin will be expanding his duties to include coaching the Masters Swim team. He is also our Lead Age Group Coach for the ANA Hurricanes as well. This will be effective immediately.

Current Practice times:
Mondays and Wednesdays: 8-9pm
Sundays: 6-8pm

With the new pool
we will be adding
morning swim times
as well! Stay tuned.



Impacto Noticias

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Productor
José Ayala

Nativo de Hull fue nombrado nuevo presidente de GLFHC

Greater Lawrence Family Health Center (GLFHC) se enorgullece en anunciar que John M. Silva ha sido nombrado como nuevo presidente del Centro de Salud y Director General de la organización, a partir del 16 de febrero 2016.

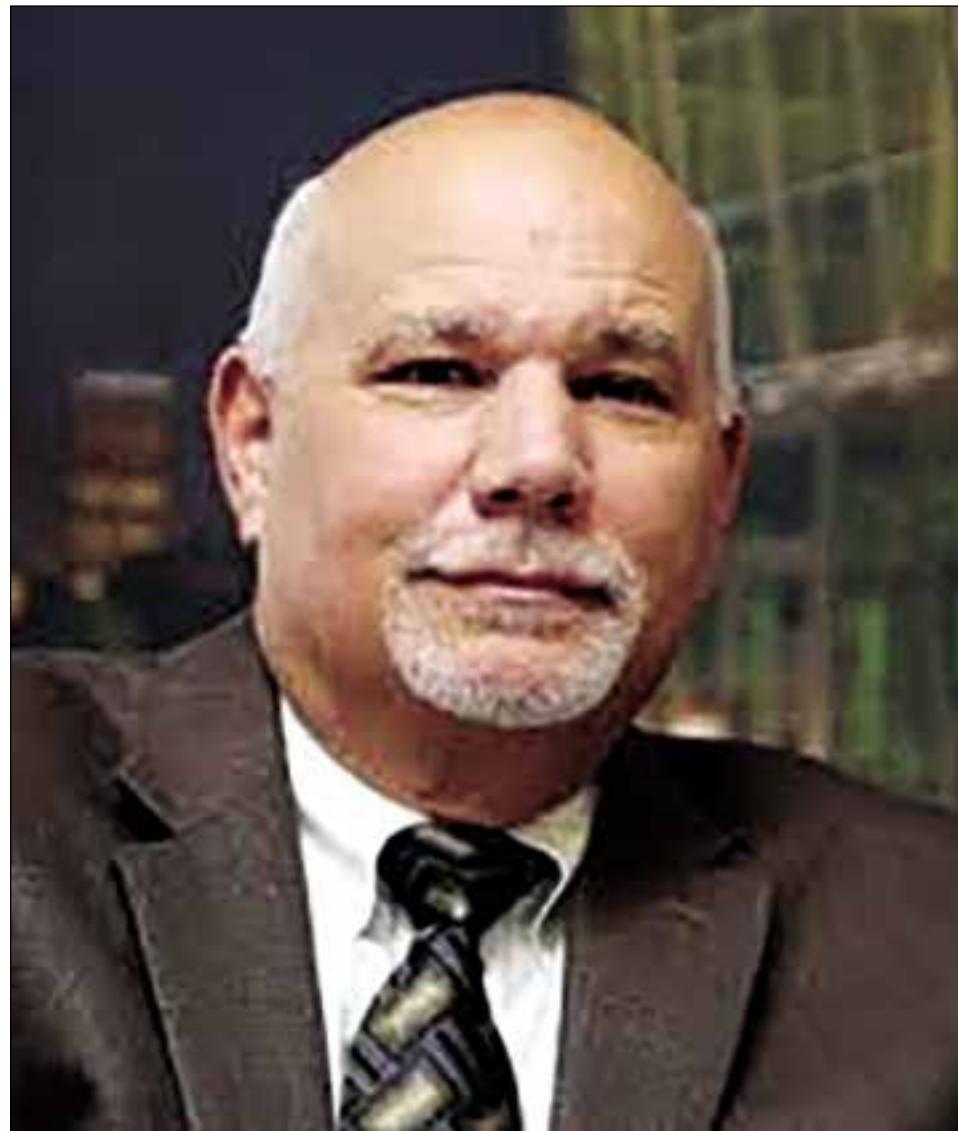
Silva se une a GLFHC con 40 años de experiencia en centros de salud y comunitarios. En su más reciente papel en Morton Comprehensive Health Services en Tulsa, Oklahoma, John se ha desempeñado como Presidente y Director Ejecutivo desde el 2010. Bajo el liderazgo de Silva, el Centro de Salud ha crecido sustancialmente: al duplicar el número de localidades, lo que aumenta la productividad proveída en casi 40%, y las crecientes visitas facturables al paciente en un 33%.

John también se ha desempeñado en varios papeles con la Asociación Nacional de Centros de Salud Comunitarios (NACHC), incluyendo servir como presidente en 1993. Como consultor de salud, John ha brindado apoyo y capacitación a NACHC respecto a la gestión del centro de salud de la comunidad, la planificación estratégica, MIS y proyectos de transición EHR y mejoras operativas. Trabajando activamente con las agencias de salud del gobierno federal, John también ha servido como un

Receptor Federal de las organizaciones de salud con problemas, la implementación de importantes capacidades en torno a la organización. Bajo su liderazgo, John ha promovido el crecimiento y alcanzado los objetivos estratégicos en varios centros de salud, la adición de sitios y servicios, mejorar la productividad y aumentar los ingresos, administrando con éxito campañas de recaudación de capital.

"La familiaridad de John con los retos y valor de los centros de salud comunitarios únicos verdaderamente será un activo para Greater Lawrence Family Health Center", afirma Charles Zanazzi, Presidente de la Junta de GLFHC. "Su amplia experiencia al frente de los centros de salud comunitarios guiará GLFHC a través de sus próximas etapas de logros y desafíos. Estamos muy contentos de dar la bienvenida a John a Greater Lawrence Family Health Center y esperamos trabajar juntos para mejorar la salud de los residentes en el Valle de Merrimack", concluye Zanazzi.

John es nativo de Hull, Massachusetts. Él y su esposa Helena tienen tres hijos adultos. En el ínterin, el actual presidente y CEO de GLFHC Bob Ingala permanecerá en su cargo hasta el 15 de febrero 2016.



Hull native named new President and CEO of GLFHC

Greater Lawrence Family Health Center (GLFHC) is proud to announce that John M. Silva has been named the Health Center's new President and Chief Executive Officer of the organization, effective February 16, 2016.

Silva joins GLFHC with 40 years of experience in healthcare and community health centers. In his most recent role at Morton Comprehensive Health Services in Tulsa, Oklahoma, John has served as President and Chief Executive Officer since 2010. Under Silva's leadership, the Health Center has grown substantially: by doubling the number of locations, increasing provider productivity by nearly 40%, and growing patient billable visits by 33%.

John has also served in various roles with the National Association of Community Health Centers (NACHC), including serving as President in 1993. As a healthcare consultant, John has provided support and training to NACHC regarding community health center management, strategic planning, MIS and EHR transition projects, and operational improvements. Working actively with the federal government healthcare agencies,

John has also served as a Federal Receiver for troubled healthcare organizations, implementing major organizational turn-around capacities. Under his leadership, John has promoted growth and achieved strategic goals at several health centers, adding sites and services, improving productivity and increasing revenues, and successfully stewarding capital campaigns.

"John's familiarity with the unique challenges and value of community health centers will truly be an asset to Greater Lawrence Family Health Center," states Charles Zanazzi, Chairman of the Board of GLFHC. "His extensive experience at the helm of community health centers will guide GLFHC through its next stages of accomplishments and challenges. We are very excited to welcome John to Greater Lawrence Family Health Center and look forward to working together to improve health for residents in the Merrimack Valley," concludes Zanazzi.

John is a native of Hull, Massachusetts. He and his wife Helena have three adult children. In the interim, current GLFHC President and CEO Bob Ingala will remain in his role until February 15, 2016.

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GLCAC children celebrate the Season MEDC honra a Bevilacqua



Students from GLCAC's Head Start, Child Care Center and LEAP Program delighted family and friends with holiday songs at this year's annual Winter Festival.

*'tis the season to be jolly
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from all of us at the Greater Lawrence
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Después de servir durante varios años como presidente del Concejo Estatal de Desarrollo Económico (Mass. Economic Development Council - MEDC), Joseph Bevilacqua dejó el cargo de presidente la semana pasada para permitirle dedicar más tiempo a los intereses locales.

"Uno de los mejores momentos de mi presidencia fue celebrar el 50 aniversario de la organización el año pasado con una importante conferencia en el Gillette Stadium, Foxborough", dijo el Sr. Bevilacqua. "Más recientemente, la semana pasada tuve el honor de haber sido orador en la Conferencia de Innovación de MEDC."

Durante esa ocasión, el Sr. Bevilacqua fue honrado por MEDC por su servicio como presidente de la Junta en múltiples términos.

Bevilacqua honored by MEDC

After serving for a number of years as Chairman of the statewide Mass. Economic Development Council (MEDC), Joseph Bevilacqua stepped down last week as Chairman to enable him to spend more time on local interests.

"One of the highlights of my Chairmanship was MEDC celebrating its 50th anniversary last year with a major conference at Gillette Stadium, Foxborough," said Mr. Bevilacqua. "More recently, last week I was honored to have spoken at the Innovation Conference MEDC."

At that occasion, Mr. Bevilacqua was honored by MEDC for his service as a multi-term Chairman of the Board.

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Atención pacientes de Women's Health Center

El Dr. Javed Siddiqi está aceptando a nuevos pacientes

El Dr. Javed Siddiqi invita a todos los pacientes del Women's Health Center (El cual se encuentra cerrado). El Dr. Siddiqi está Certificado por la Junta de Obstetricia y Ginecología



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"Platero y Yo" en escena

Por Dalia Diaz

Desde hace varios años, el Pastor Luis Piñeyro se ha dado a la tarea de promover las artes entre los niños del área, comenzando con los concursos de dibujo que ha celebrado en el ayuntamiento en cooperación con las escuelas públicas de Lawrence.

Más tarde, creó la Academia de Música Mariana Carter donde ofrecen clases de piano, guitarra, batería, violín, trompeta y clarinete a niños de 7 años en adelante. De ahí procedió a darles clases de teatro culminando en la Escuela de Teatro Infantil Maestro Salvador Pérez Martínez con la colaboración del profesor Juan Luis Ogando.

Para lograr todo esto, el Pastor Piñeyro ha contado con el apoyo de comerciantes de buen corazón y su generosidad ha hecho posible realizar esta gran obra comunitaria.

Como parte del currículo, al final del curso, los estudiantes presentarán una obra teatral. En su debut, ofrecieron la obra de Platero y Yo, una narración de Juan Ramón Jiménez que es la historia de la vida de un burro. La obra contenía canciones infantiles que los adultos en la audiencia de más de 200 personas presentes, disfrutaron más que los pequeños, trayendo recuerdos de su propia infancia.

La noche de la presentación el 11 de diciembre en el teatro de la antigua escuela secundaria, el Pastor Luis Piñeyro recibió halagos y felicitaciones de muchos por haber traído algo tan necesario a Lawrence.

El Representante Estatal Frank A. Moran otorgó una proclama de la Cámara de Representantes al actor dominicano Salvador Pérez Martínez, gloria del teatro dominicano cuyo nombre lleva la escuela de Lawrence.

"Fue un honor conocer y presentar una proclama de la Cámara de Representantes a Salvador Pérez Martínez, quien ha sido un excelente ejemplo de talento y dedicación a su oficio y su comunidad. Con créditos de más de 300 obras de teatro y 20 películas, estoy contento de que él compartió una noche especial en Lawrence para incentivar a nuestros jóvenes actores y actrices", dijo el Representante Estatal Frank A. Morán.

Pérez Martínez, creador del Teatro Rodante en la República Dominicana, viajó por muchos países de la América Latina, así como trayendo su grupo a Miami, Florida. El también creó el teatro La Carreta y una Liga Infantil de Pelota. A los 84 años de edad, él vino a dar estímulo a esta nueva generación de actores, logrando un pequeño papel en el escenario.

Los actores fueron: Marielys Burgos, Gabriela Arias, Noemí Morel, Lissette Contreras, Carol Ureña, Vanessa Gómez, Fraynelis Castillo, Oscar Antigua y Aiden Lora Xavier. Ellos estuvieron bajo la dirección de Juan Luis Ogando, afamado director de teatro en la República Dominicana y en la Ciudad de New York donde ha sido extensamente reconocido por sus contribuciones comunitarias y al mundo del arte.

Refiriéndose a Salvador Pérez Martínez, Juan Luis Ogando dijo que es, "Una gloria viviente del arte."

La Escuela de Música Mariana Carter y la Escuela de Teatro Infantil se encuentran ubicadas en el 191 de Newbury St., Lawrence. Los puede llamar para más información al (978) 885-1842 o buscarlos por www.escuelademusicaycantomarianacarter.org.



El Alcalde de Lawrence Daniel Rivera honró a los señores Pérez Martínez y Ogando con reconocimientos de la ciudad. En la foto aparecen Lissette Pérez de Gabriel (hija de Salvador) con su esposo John Gabriel. Milagros de Pérez La esposa de Salvador), Juan Luis Ogando, Salvador Pérez Martínez, Luis Piñeyro y el Alcalde Rivera.

A la derecha, el Alcalde Rivera haciendo entrega de su proclama a Juan Luis Ogando como "Distinguido Visitante en la Ciudad de Lawrence..

"Platero and I" on stage

By Dalia Diaz

For several years, Pastor Luis Piñeyro has been given the task of promoting the arts among children in the area, starting with drawing competitions held at city hall in cooperation with the Lawrence Public Schools.

Later, he created the Academy of Music Mariana Carter offering classes in piano, guitar, drums, violin, trumpet and clarinet for children 7 and older. From there he proceeded to give theater classes culminating in the Children's Theatre School Maestro Salvador Perez Martinez, Dominican glory of theater whose name bears this school in Lawrence.

To achieve this, Pastor Piñeyro has received the support of many good-hearted merchants and their generosity has made possible this great community work.

As part of the curriculum at the end of the course, students will present a play. Their debut, offered the work of Platero and I, a narrative of Juan Ramon Jimenez which is the life story of a little donkey. The work contained children's songs that the adults in the audience of more than 200 enjoyed more than little ones, bringing



back memories of her own childhood.

The night of December 11, Pastor Luis Piñeyro received many compliments and congratulations in the theater of the old high school for bringing something badly needed to Lawrence.

State Representative Frank A. Moran gave a proclamation of the House of Representatives to Dominican actor Salvador Perez Martinez, Dominican glory of theater whose name bears this school in Lawrence.

"It was an honor to meet and present a citation from the House of Representative to Salvador Perez Martinez who has been an excellent example of talent and dedication to his craft and his community. With credits in over 300 plays and 20 films, I am pleased he was able to share a special night in Lawrence to encourage our young actors and actresses," said State Representative Frank A. Moran.

Perez Martinez, creator of the Traveling Theater in the Dominican Republic, brought his group to many countries of Latin America as well as Miami, Florida.

He also created the theater La Carreta and Little Baseball League. At 84 years old, he came to give encouragement to this new generation of actors, securing a small role on stage.

The actors were Marielys Burgos, Gabriela Arias, Naomi Morel, Lissette Contreras, Carol Ureña, Vanessa Gomez, Fraynelis Castillo, Oscar Lora Xavier Antigua and Aiden. They were under the direction of Juan Luis Ogando, famed theater director in the Dominican Republic and New York City where he has been widely recognized for his community contributions and to the world of the arts.

Referring to Salvador Perez Martinez, Juan Luis Ogando said he is "A living glory of art."

The Mariana Carter School of Music and the Children's Theatre School are located at 191 Newbury St., Lawrence. They can be reached for more information at (978) 885-1842 or visit www.escuelademusicaycantomarianacarter.org.

Para Miguelina, high school es solo el comienzo

Por Dalia Diaz

Miguelina Vargas nunca pensó que obtendría su diploma de escuela secundaria - es decir, hasta que su empleador se ofreció a ayudarla a alcanzar este sueño de toda la vida. Miguelina, natural de Lawrence, es una empleada del McDonald's en Methuen y recientemente fue capaz de graduarse de la escuela secundaria con el apoyo del Programa Arcos de Oportunidades de McDonald's.

Arcos de Oportunidades es el programa de McDonald's que promueve la educación continua para los empleados del restaurante. Esto no es un sistema que sirve a todo el mundo como la única solución, sino una estrategia de educación general que se adapta a la persona según el nivel en que está.

En la Career Online High School (COHS), un programa acreditado nacionalmente, los empleados del restaurante elegibles pueden tomar clases requeridas para obtener un diploma de escuela secundaria cuándo y dónde sea conveniente para ellos y McDonald's USA cubrirá los gastos de la escuela.

Para aquellos que buscan una educación universitaria, McDonald's los ayudará con créditos universitarios y ayuda de matrícula y está expandiendo su oferta de clases gratuitas de inglés, llamado Inglés Bajo los Arcos. También pueden conectarse con un consejero para explorar las oportunidades de educación.



Como resultado de los Arcos, Miguelina asistió carrera en la preparatoria en línea (COHS) de forma gratuita, lo que le permitirá lograr su siguiente sueño: graduarse de la universidad y, finalmente, ganar un título de maestría.

Hacia el final de sus cursos, Miguelina estaba esperando un bebé. "Me apresuré

mucho para terminar porque quería hacerlo antes de su llegada", dijo.

McDonald's en Methuen celebró los logros de Miguelina con una fiesta de graduación en el restaurante.

Empleados de McDonald's celebrando con Miguelina su graduación.

McDonald's employees celebrating with Miguelina her graduation.



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BRIAN DE PEÑA

For Miguelina, high school is only the beginning

By Dalia Diaz

Miguelina Vargas never thought she would earn her high school diploma – that is, until her employer offered to help her achieve this lifelong dream. Miguelina, a Lawrence native, is an employee at the local McDonald's in Methuen and was recently able to graduate from high school with support from McDonald's Archways to Opportunity Program.

Archways to Opportunity is a McDonald's supported program which promotes continuing education for restaurant employees. This is not a one-size-fits-all solution, but an overarching education strategy that meets people where they are.

At the Career Online High School (COHS), a national accredited program, eligible restaurant employees can take classes required to earn a high school diploma when

and where it's convenient for them and McDonald's USA will cover the costs.

For those seeking a college education, McDonald's will assist with college credits and tuition assistance and is expanding its offering of free English language classes, called English Under the Arches. They can also connect with an advisor to explore any educational opportunities.

As a result of Archways, Miguelina attended Career Online High School (COHS) for free, which will allow her to accomplish her next dream: graduating from college and eventually earning a Master's degree.

Towards the end of her courses, Miguelina was expecting a baby. "I rushed so much to finish because I wanted to get it out of the way before her arrival," she said.

McDonald's in Methuen celebrated Miguelina's accomplishment with a graduation party right at the restaurant.

Graduación de YouthBuild Graduation

■ CONTINÚA DE LA PAGINA 2

YOUTHBUILD

compañerismo y amistades forjadas por la unión y la voluntad de ayudar a los demás es lo que me motivaron a hacerlo a través de servicio a la comunidad. El éxito se mide por muchos de los logros alcanzados. El éxito de cada cual se ve diferente. Para mí ha sido conseguir un trabajo en el que puedo ayudar a los demás. Para otros, simplemente pasar una prueba HESIT es un logro en sí.

No puedo expresar con palabras el gran impacto que YouthBuild ha hecho en mí; desde los maestros hasta el personal y otras personas que he conocido. A través de YouthBuild he conseguido un trabajo en Children's Friends and Family, que vio en mí el potencial que tenía a pesar de mis errores del pasado. Me convertí en un mentor con el objetivo de seguir ayudando a los que no pueden hacerlo por sí mismos.

La graduación es el siguiente paso en este viaje. Persistencia, unidad y humildad es lo que creo les va a ayudar a resolver todos los problemas que la vida le lance. Manténganse motivados para alcanzar sus metas. La vida los pondrá a prueba, tratará de atarlo, pero mantengan la cabeza alta y el mentón cuadrado, sean persistentes, sigan fijándose metas, y sigan presionándose a sí mismos a ser una mejor versión de sí mismo.

Por último, la pieza más importante de asesoramiento es ser humilde y centrarse en la realidad. Esto les abrirá las puertas a un sinfín de posibilidades que puedan surgir en su camino hacia el éxito".

■ CONTINUES FROM PAGE 2

JOAQUÍN

rock climbing gym.

These memories of joy, companionship and friendships forged from bonds, and the will to help others is what motivated me to help others through community service push forward to succeed.

Success is measured by many by the accomplishments you achieve. Everyone's success looks different. For me it's been landing a job where I can help others. To others simply passing a HESIT test is an achievement itself.

I cannot stress enough how much of an impact YouthBuild has made on me from the teachers to the staff to other people we have met. Through YouthBuild I have landed a job at Children's Friends and Family who saw the potential I had regardless of my past mistakes. I became a peer mentor aiming to climb the ladder and continue to help those who cannot speak for themselves.

Graduation is the next step in the journey. Persistence, drive, and humbleness are what I say will get you through anything life throws at you. Stay driven to reach your goals. Life will test you, it will try to buckle you, but keep your head high and chin squared, be persistent, keep making goals, and keep pushing yourself to be a better version of yourself.

Finally, the most important piece of advice is to humble yourself, and center yourself to the ground. These will open the door to endless possibilities that may arise on your journey to success".



Cycle 20 graduates. Not necessarily in order: Alexandra Cáceres, Emily Caraballo, Karlos De La Cruz, José Díaz, Adonis Fernández, Christopher Hernández, Jayro Hidalgo, Eduardo Joaquín, Jacob Lassalle, Rody López, Angel Lozano, Anna Maldonado, Julius Mateo, Jeremy Matos, Tanisha Montero, Genesis Moreno, Karim Palmer, María Paulino, Rochelle Peguero, Jackeline Peña, Christopher Pimentel, Cristofer Rivera, Eliezer Rivera, Jonell Rodríguez, Kassandra Rodríguez, Grimary Sánchez y Catherine Vélez.

Policía de Methuen K-9 Duke recibe donación de chaleco antibalas

Oficial Mateo Meuskes y K-9 Duke recibieron un chaleco antibalas y equipo médico donado. (Foto cortesía de la Policía de Methuen)

Officer Matthew Meuskes and K-9 Duke received a donated K-9 ballistic vest and medical kit today. (Photo Courtesy of Methuen Police)

Chief Joseph Joseph Solomon y el Departamento de Policía de Methuen se complacen en anunciar que el oficial Mateo Meuskes y K-9 Duke recibieron un chaleco balístico donado y K-9 botiquín de primeros auxilios de emergencia de Massachusetts Vest-A-Dog semana pasada.

Massachusetts Vest-A-Dog tiene por objeto garantizar que cada perro policía en Massachusetts tiene un chaleco a prueba de balas, que puede costar desde \$1,006 hasta \$2,400, con el fin de protegerlos de golpes con objetos si son pateados, les dan puñetazos o golpeados con algo.

"Estamos agradecidos de que esta organización ha donado generosamente un chaleco antibalas a K-9 Duke", dijo el jefe de Solomon. "Con demasiada frecuencia, la gente se olvida de que estos K-9 están capacitados para dar sus vidas para proteger a su comunidad al igual que los oficiales humanos, por lo que estamos contentos de ver que ahora tiene la protección que se merece."

El nuevo chaleco de Duke está hecho del mismo material balístico como el chaleco de un oficial humano y pesa aproximadamente seis libras. Los chalecos de K-9 no se usan como un uniforme y sólo se utilizan según sea necesario cuando hay un mayor nivel de peligro.



Methuen Police K-9 Duke Receives Donated Ballistic Vest and Medical Kit

Chief Joseph Joseph Solomon and the Methuen Police Department are pleased to announce that Officer Matthew Meuskes and K-9 Duke received a donated ballistic vest and emergency K-9 first aid kit from Massachusetts Vest-A-Dog last week.

Massachusetts Vest-A-Dog aims to ensure that every Massachusetts K-9 has a bulletproof vest, which can range from \$1,006 to \$2,400, in order to protect them against blunt force trauma if they are kicked, punched or struck with an object.

"We are grateful that this organization

has so generously donated a K-9 bulletproof vest to Duke," Chief Solomon said. "Too often people forget that these K-9's are trained to give up their lives in order to protect their community just like human officers, so we are glad to see that he now has the protection that he deserves."

Duke's new vest is made of the same ballistic material as a human officer's vest and weighs approximately six pounds. K-9 vests are not worn like a uniform and are only used as needed when there is an increased danger level.

Entrevista a Pascual A. Ruiz

Director de Servicios de Inspección en Lawrence



Pascual A. Ruiz, Director de Servicios de Inspección en la Ciudad de Lawrence.

Pascual A. Ruiz, Inspectional Services Director for the City of Lawrence.

Por Dalia Díaz

Ha pasado más de un año desde que Pascual A. Ruiz fue transferido del Departamento de Bomberos de Lawrence para dirigir la oficina de Servicios de Inspección. De sus 30 años de trabajo para la Ciudad de Lawrence, 28 fueron en el Departamento de Bomberos y en 2006 fue ascendido a Investigador de Incendios/Oficial de Códigos realizando investigaciones de incendios.

El Sr. Ruiz ha recibido una gran cantidad de certificaciones de entrenamiento, así como elogios por su actuación en el trabajo.

En su nuevo cargo, ha producido cambios; algunos ampliamente aceptados por los residentes, otros los consideran como acoso.

"No es acoso", ha aclarado. "Lo hacemos todo por el servicio al cliente y las personas se están dando cuenta de eso."

Él es severo y ha implementado normas, en efecto, pero en el proceso ha encontrado muchas cosas en la necesidad de correcciones. Tiene la esperanza de influir en el concejo municipal en la redacción de ciertas ordenanzas que la ciudad carece. La más obvia es para barberías. Él se sorprendió al encontrar no hay regulaciones para barberos.

"Tenemos un gran problema con las barberías. No tienen hora de cierre obligatoria y a veces usted puede encontrarlos abiertos después de la medianoche", explicó. "Se han convertido en lugares de reunión para actividades sociales, no sólo para hacer negocios."

Entre sus hallazgos, muchas peluquerías no tienen permiso de ocupación, operan sin licencia de la ciudad, no tienen compensación por accidentes de trabajo y sin licencia de barbero de Boston. Se supone que deben tener un maestro barbero bajo el cual los otros barberos pueden trabajar y no lo tienen. Eso presenta problemas de salud para la comunidad y deben hacerlos

cumplir y para eso, necesitamos tener reglas establecidas.

Eso es exactamente lo que sucedió con la proliferación de las pipas de hookah en la ciudad; una vez que el concejo municipal tomó medidas, desaparecieron. Si bien se reconoce que existe un elemento cultural en el uso de hookahs, como lo vemos durante la celebración de Mahrajan de St. Anthony, Pat cree que es un peligro para la salud. "Hay la posibilidad de que sean utilizados con marihuana sintética y podría ser muy peligroso."

Aun así, el público debe estar consciente de que, mientras cachimbas tradicionales pueden ser utilizados en viviendas particulares, no pueden ser fumados en patios al aire libre unidos a un establecimiento. "Se puede fumar cigarros y cigarrillos en un patio, pero no una hookah", explicó Pat.

El nuevo reto es los cigarrillos electrónicos. Hay regulaciones para los cigarrillos comunes, pero no incluyen los electrónicos. Las e-hookahs y productos similares actualmente no están prohibidos en los establecimientos y sus patios al aire libre. Sin embargo, como la venta de los líquidos o sustancias que se usan en estos productos con sabores están restringidos, un permiso de Servicios de Inspección y del Estado debe ser emitido por DOR. Esto podría dar lugar a sanciones que van desde \$100 a \$300 y la suspensión o revocación de la licencia para operar.

Recientemente, propietarios de bares y clubes se quejaron de que el establecimiento de normas contra los cigarrillos electrónicos y hookahs electrónicas sería el motivo del cierre de sus negocios. "Estamos preocupados por los riesgos a la salud, principalmente porque no se sabe los productos químicos que contienen. Además, bares y clubes existían mucho antes que estos artículos así que dudo que tendrán que cesar sus operaciones", dijo Ruiz.

Pat ve su trabajo más como educador

de la comunidad. Los inspectores de edificios multan a la gente por violaciones de seguridad en sus hogares y se ven obligados a venir a la oficina para quejarse. "Eso me da la oportunidad de hablar con ellos y explicar cómo las regulaciones funcionan y por qué son importantes para su salud y bienestar. Entonces, yo perdono a más de la mitad de las multas emitidas".

Su gran dolor de cabeza sigue siendo el tema de los basureros ilegales. "Hemos

estado esperando por la Legislatura durante siete años para aprobar el proyecto de ley de vertidos ilegales ante ellos que permitirá a la ciudad para imponer una multa de \$10,000 a cualquier persona tirando basura en la ciudad. Tenemos cámaras por toda la ciudad y seguimos atrapando a mucha gente, pero el pago de una pequeña multa es más barato que el costo del deshacerse legalmente de escombros u otro tipo de basura a veces perjudicial a la salud".

Para más información sobre los servicios proveídos por Servicios de Inspección, favor de visitarlos en el Ayuntamiento, 200 Common St., Sala 209, o llame al (978) 620-3130.

Interview with Pascual A. Ruiz

Director of Inspectional Services in Lawrence

By Dalia Díaz

It has been over a year since Pascual A. Ruiz transferred from the Lawrence Fire Department to head the office of Inspectional Services. Of his 30 years working for the City of Lawrence, 28 were in the Fire Department and in 2006 he was promoted to Fire Investigator/Code Enforcement Officer performing fire investigations.

Mr. Ruiz has received a plethora of training certifications as well as commendations for his performance on the job.

In his new position, he has produced changes; some widely accepted by residents, others consider them as harassment.

"It is not harassment," he clarified. "We do it all for customer service and people are realizing that."

He is tough and has implemented rules, indeed, but in the process has found many things in need of corrections. He hopes to influence the City Council into drafting certain ordinances that the city is lacking. The most obvious one is for barber shops. He was surprised to find no regulations for barber shops.

"We have a big problem with barber shops. They have no set closing hours and sometimes you can find them open after midnight," he explained. "They have become gathering places for social activities, not just doing business."

Among his findings, many barber shops have no certificate of occupancy, no license from the city, no workmen's compensation and no barber license from Boston. They are supposed to have a master barber under whom the other barbers can work and they don't have one. That poses health problems for the community and they must be brought into compliance and for that, we need to have rules established.

That is exactly what happened with the proliferation of hookahs in the city; once the city council took action, they disappeared. While recognizing that there is a cultural element to the use of hookahs as we see during the celebration of St. Anthony's Mahrajan, Pat believes it is a health hazard.

"There's the possibility of them being used with synthetic marihuana and it could be very dangerous."

Still, the public must be made aware that, while traditional hookahs can be used in private homes, they cannot be smoked on outdoor patios attached to an establishment. "You can smoke cigars and cigarettes on a deck, but not a hookah pipe," Pat explained.

The new challenge is the electronic cigarettes. There are regulations for the regular cigarettes but they don't include the electronic form. The e-hookahs and similar products are currently not prohibited in establishments and their outdoor patios. However, as the sale of flavored liquid or substance used in these products is restricted, a permit from Inspectional Services and the State must be issued by DOR. This could result in penalties ranging from \$100 to \$300 and suspension or revocation of the license to operate.

Recently, bar and club owners complained that establishing rules against e-cigarettes and e-hookahs would be the reason for their closing their businesses. "We are concerned about the health hazards mainly because no one knows the chemicals they contain. Besides, bars and clubs existed long before these items so I doubt they will have to close," said Mr. Ruiz.

Pat sees his job more like educating the community. Building inspectors fine people for safety violations in their homes and that forces them to come to the office to complain. "That gives me the opportunity to talk to them and explain how the regulations work and why they are important for their health and well-being. Then, I forgive more than half of the fines issued."

His major headache continues to be the illegal dumping issue. "We have been waiting for the Legislature for seven years to approve the illegal dumping bill before them that will allow the city to impose a \$10,000 fine to anyone dumping trash within the city. We have cameras all over the city and people keep getting caught but paying a small fine is cheaper than the cost of legal dumping."

For information on the services provided by Inspectional Services, please visit City Hall, 200 Common St., Room 209 or call them at (978) 620-3130.

¡Muchas Gracias!

A nuestra comunidad que respondió con tanto fervor al llamado para firmar por la destitución del Alcalde Daniel Rivera.

Le pedimos disculpas por la forma en que el alcalde ha manejado su información personal. La lucha no ha terminado pues ahora viene la etapa de verificar las firmas que fueron rechazadas aun cuando estaban inscritos en la lista de votantes. Si tiene alguna pregunta o quiere verificar su firma, por favor llame al (978) 590-6132.

La Fundación para la Transparencia en el Gobierno

¡Many Thanks!

To the members of our community who so eagerly responded to recall Mayor Daniel Rivera.

We ask for your indulgence for the way the mayor handle your personal information.

The struggle has not ended because now comes the era of verifying the signatures that were rejected even though they were registered in the voting list. If you have a question or wish to verify your signature, please call (978) 590-6132.

The Foundation for Transparency in Government

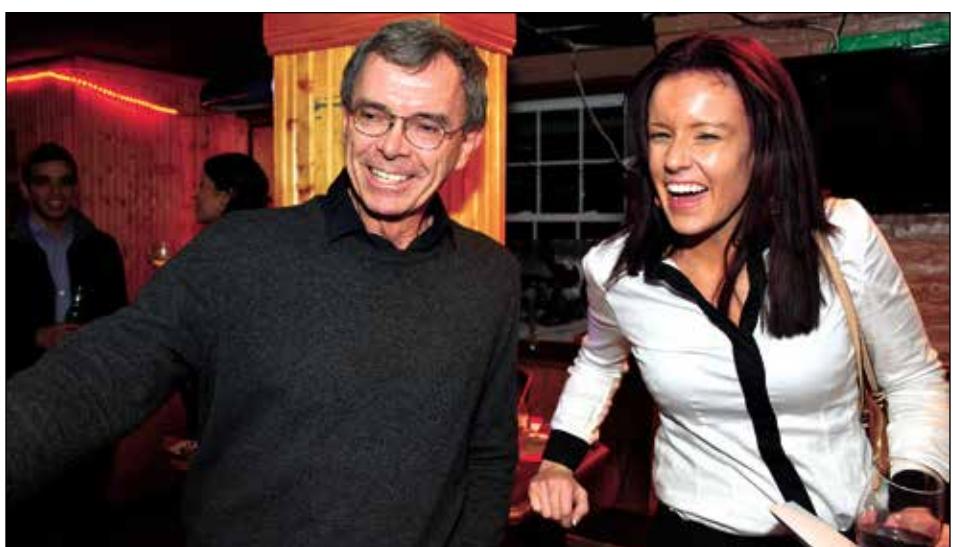
Young Professionals' Christmas celebration



Yvette Garcia and Ohilda Difo chatting with Lawrence City Councilor Johvanny Rodriguez.



Alberto Vasallo, III of El Mundo newspaper sponsored the celebration on December 10 at Rosario Tropical in Methuen. Here he is with Pavel Payano, GLYPN president.



Tim Burke enjoying the party with Shaylah Begley of Jeanne D'Arc.



GLYPN Members Marlber Cruz, Leo Silvera and Pavel Payano.



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Costa Eagle Broadcasting's Christmas dinner



Kevin Wright and his wife Sandra with Pat Costa and his wife Sally.



Pat Costa and his wife Sally enjoying the Singing Santas' show.

Costa Eagle Broadcasting celebrated the Christmas Season with a dinner on December 11 at Chama Restaurant in North Andover with staff and guests.

As in previous years, the Singing Santas made an appearance with their Christmas carols while the elves went around the tables with buckets raising funds for The Kiwanis Club of Greater Lawrence. This year they covered 16 restaurants in surrounding cities and towns.



Andover Selectman Brian Majors with his son who joined the troop.



Stephanie Micklon, host of "Salemheaven Show" with her husband Douglas Micklon.



Anny Valdes from the sales department with her "adopted" mother, Elaine Panneton.





Prepárese por si ocurre un desastre

Por Marilenin Vásquez
Especialista en Relaciones Públicas
Administración del Seguro Social

Para muchos de nosotros, el prepararse para el invierno implica sacar los abrigos pesados del armario y asegurarse que nuestro automóvil esté listo para inclemencias del clima. Ya sea que el invierno traiga nieve, hielo o inundaciones, es necesario estar preparado.

De la misma manera debe prepararse para la posibilidad de quedar incapacitado, ya sea física o mentalmente. Muchas personas no piensan que el quedar incapacitados es algo que les puede suceder. Las estadísticas muestran que las posibilidades de quedar incapacitado son mayores de lo que las personas piensan. Hay 56 millones de personas incapacitadas en los EEUU., o 1 de cada 5 personas. Y hay 38 millones de personas en los EEUU., con incapacidades severas, o 1 de cada 10 personas. Un hecho relevante para las personas que están en sus 20 años de edad es que más de una cuarta parte de ellos se incapacitarán antes de que cumplan su edad de jubilación. Una incapacidad le puede ocurrir a cualquiera. Pero, ¿quién está

preparado?

En caso de que quede incapacitado, el Seguro Social puede ayudarle a satisfacer sus necesidades económicas básicas. Nuestros programas de beneficios por incapacidad le proporcionan ayuda económica y cobertura médica, y para aquellos que califican, les puede ayudar a pagar las visitas médicas, los medicamentos por recetas y tratamientos. Para informarse mejor acerca de cómo podría estar cubierto si se incapacita, visite nuestra página de Internet, www.segurosocial.gov

El Seguro Social le proporciona beneficios a personas que trabajaron y pagaron impuestos de Seguro Social, pero que ya no pueden trabajar y cuya condiciones médicas cumplen con la estricta definición de incapacidad establecida por la Ley del Seguro Social. La Ley establece que se considera que una persona está considerada incapacitada aquella que no puede trabajar debido a una enfermedad.

La enfermedad de la persona debe impedir que la persona pueda desempeñarse en empleos que anteriormente había realizado, y también debe impedir que la persona se pueda adaptar a otro trabajo basado en su edad, educación y experiencia

laboral.

La Seguridad de Ingreso Suplementario es otro de nuestros programas por incapacidad que se basa en la necesidad económica de la persona y está diseñado para personas cuyos ingresos y recursos son limitados.

En nuestra publicación titulada, *Beneficios por incapacidad*, podrá encontrar más información sobre el derecho a recibir los beneficios y qué beneficios están disponibles. Esta publicación está disponible en www.segurosocial.gov.

Aunque el invierno no nos afecte a todos, el riesgo de que suframos una incapacidad y necesitemos ayuda, no es basado en la geografía. Muy posiblemente conozca a alguien que sufra de alguna incapacidad o quizás sea usted quien esté viviendo con una incapacidad. Si desea ayudar a uno de sus familiares o a sus amigos o si simplemente quiere estar preparado por si le ocurre una incapacidad, manténgase informado y visite nuestro sitio de Internet en www.segurosocial.gov

Be prepared when disaster strikes

By Marilenin Vasquez
Public Affairs Specialist
Social Security Administration

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared.

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at www.socialsecurity.gov/planners/disability

Social Security pays benefits to people who worked and paid Social Security taxes, disability

but who can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

The person's medical condition must prevent him or her from doing work that he or she did in the past, and it must prevent the person from adjusting to other work based on their age, education, and experience.

Supplemental Security Income (SSI), our other disability program, is a needs-based program for people with limited income and resources.

You can find all the information you need about eligibility and benefits available to you by reading our publication, *Disability Benefits*, available at www.socialsecurity.gov/pubs

While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn't based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member - or need to plan for disability yourself - visit www.socialsecurity.gov/disability

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Lajja Lantigua certificada como Entrenadora en el Cuidado de Demencia

Lajja Lantigua, directora del programa de la unidad de cuidados de memoria en la MI Nursing/Restorative Center, ha obtenido la certificación como instructora de Cuidado Capaz en Demencia. Esta formación global de tres días fue ofrecida por Dementia Care Specialists, la principal agencia de consultoría sobre demencia y empresa de formación de la nación. Como resultado de esta certificación, Lantigua ahora será capaz de entrenar a otros profesionales de la salud en muchos aspectos de la atención de la demencia incluyendo:

- La comprensión de la progresión de la demencia
- Las mejores prácticas se acerca para el apoyo de miembros de la familia
- Iniciativas para una transición exitosa a un centro de atención
- Estrategias de comunicación exitosas

Lantigua se unió a María Inmaculada hace más de un año, y supervisa la programación de la unidad de seguridad de 41 camas en MI Nursing/Restorative Center.

Ella es una especialista en la demencia con licencia. Como parte del compromiso de MI para proporcionar una atención excepcional para residentes impugnadas por la enfermedad de Alzheimer y otras demencias, Lantigua ahora será capaz de proporcionar formación avanzada para el personal aquí mismo en María Inmaculada.

Acerca de María Inmaculada/Servicios de Cuidado de la Salud

Maria Inmaculada/Servicios de Cuidado de la Salud ha disfrutado de una reputación en el Valle de Merrimack como un proveedor de servicios de salud de calidad y de vivienda para adultos mayores. Lo que distingue a María Inmaculada hoy es su continua atención diseñada para satisfacer las amplias necesidades sirviendo de apoyo en la vida de los ancianos. María Inmaculada es miembro del Pacto de la Salud. Para obtener más información acerca de Mary Immaculate Health/Care Services, visite www.mihcs.com o llame al 978-685-6321.

Lajja Lantigua, program director of the memory care unit at the MI Nursing/Restorative Center, has earned certification as a Dementia Care Capable Care Instructor. This three day global training was offered by Dementia Care Specialists, the premier dementia consulting and training firm in the nation. As a result of this certification, Lantigua will now be able to train other health care professionals on many aspects of dementia care including:

- Understanding the progression of dementia
- Best practice approaches for support of family members
- Initiatives for a successful transition to a care facility
- Successful communication strategies

Lantigua joined Mary Immaculate over a year ago, and oversees programming for the 41-bed secure unit at the MI Nursing/

Restorative Center. She is a licensed dementia specialist. As part of MI's commitment to provide exceptional care for residents challenged by Alzheimer's disease and other dementias, Lantigua will now be able to provide advanced on-site training for staff throughout Mary Immaculate.

About Mary Immaculate Health/Care Services

Mary Immaculate Health/Care Services has long enjoyed a reputation in the Merrimack Valley as a quality provider of healthcare and housing services to older adults. What distinguishes Mary Immaculate today is its continuum of care designed to meet the broad life-support needs of elders. Mary Immaculate is a member of Covenant Health. For more information about Mary Immaculate Health/Care Services, visit www.mihcs.com or call 978-685-6321.

Voluntarios ofrecen cena Navideña a residentes de la YMCA

Volunteers bring Christmas dinner to YMCA SRO residents



El Lawrence YMCA tiene una facilidad de habitaciones que ofrece alojamiento seguro para los hombres que califiquen que de otra manera podrían estar en las calles. Esto ayuda a los hombres a permanecer limpios y sobrios, y tener acceso a los servicios que necesitan. La YMCA y los hombres en su cuidado operan con un presupuesto reducido. Estos hombres de lo contrario no tendrían comidas de las fiestas Navideñas, así que en los últimos años un grupo de voluntarios ha proporcionado cenas completas de Acción de Gracias y la Navidad para los hombres.

Este año la cena de Acción de Gracias fue el domingo, 22 de noviembre y la cena de Navidad el domingo, diciembre 20.

Cada cena se compone de cenas completas de jamón o pavo con vegetales, salsa, pan, relleno y pastel para aproximadamente 70 hombres.

Los voluntarios también ayudan a decorar, configurar, servir y recogen calcetines nuevos de invierno para los hombres. El año pasado les dieron bolsas de regalo con artículos de primera necesidad, artículos de higiene: máquinas de afeitar, crema de afeitar, desodorante, pasta de dientes y cepillos de dientes. Tales elementos aparentemente pequeños pueden significar mucho para estos hombres que tienen muy poco y están tratando de enderezar sus vidas y permanecer fuera de las calles.

Here are the volunteers and residents of the SRO at the Lawrence YMCA during the celebration.

The Lawrence YMCA has an SRO facility that provides safe housing for qualified men that might otherwise be out on the streets. The SRO helps the men stay clean and sober, and have access to services they need. The SRO and the men in its care operate on a shoestring budget. These men would not otherwise have holiday meals, so for the past few years volunteers have provided full Thanksgiving and Christmas dinners to the men.

This year the Thanksgiving dinner was on Sunday, November 22 and the Christmas dinner was Sunday, December 20. Each dinner

is comprised of either ham or turkey dinners complete with side veggies, gravy, rolls, stuffing, and pie for approximately 70 men.

Volunteers also help decorate, set up, and serve and collect new warm socks for the winter for the men. Last year they provided goody bags of staple self-hygiene items: razors, shaving cream, deodorant, toothpaste and toothbrushes. Such seemingly small items can mean a lot to these men who have very little and are trying to get their lives together and stay off the streets.

Heritage Commons gradúa clase de nutrición entre sus residentes

Por Dalia Diaz

Heritage Commons en Camella Teoli Way, Lawrence ofrece una variedad de servicios a sus residentes desde clases de inglés, costura, cocina hasta clases de piano. Es una asombrosa gama de beneficios que más adelante les traeré.

En esta ocasión asistí a la graduación de un grupo que recibió instrucción sobre nutrición de Laura Mon Lora de UMass Nutrition Education Program.

Las graduadas de esta clase de nutrición fueron, no necesariamente en orden: Silvia Rivera, Zunilda Hidalgo, María T. Medera, Minerba Martínez, Angela Cabrera, Elin R. Pinales, Miledia Tavarez, Felicita Balbuena, Marizol A. Jiménez, Venus Álvarez, Xiomara Silvestre y Mayeline Santos. También aparecen Natasha Tsidilkovski, Resident Services Coordinator de Heritage Commons y Laura Mon Lora de UMass Nutrition Education Program quien presentó diplomas a las participantes.



BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

Theo's still on the job

Last October I wrote in this column how Theodoro Rosario announced to his co-workers that he was no longer the City Engineer. That was Columbus Day Weekend but on Tuesday, he was back at work as usual.

Mayor Rivera was planning to appoint him Special Projects and Planning Supervisor and it probably fell through when realizing the big difference in salary that job offers. Justifying a huge stipend would be nearly impossible with the eyes of some council members on that issue.

I am clarifying this now because several people have told me that I made a mistake. Theo is still there as city engineer performing his non-city engineer duties as usual and still collecting the same pay.

I'm sorry; they fooled me!

Human Rights Commission

I have just been notified by Rev. Victor Jarvis that he has resigned from the Human Rights Commission in a long letter to Mayor Daniel Rivera. He gave a lot of details about the years spent in that organization, working under three administrations, pointing out the achievements such as a decrease in police brutality cases but he is very blunt in his criticisms of Mayor Rivera. In fact, he took a position in the David Camasso's case blaming the mayor for violating workers' rights.

He then goes on to mention "the

attempt to silence the voice of police officer William Green for using his rights of expression, hit the nail in the wound."

Why didn't he speak up while the violations of workers' rights were on-going?

Then, in typical Jarvis fashion, he goes on to praise the mayor's actions pledging his support, thanking him for "your treatment and your administration has been great to the commission, which I appreciate, but it was a decision I had taken some time ago and at your request I stayed in the position and postponed my decision." His letter was very confusing to read.

This board has been so dysfunctional for many years that I have tried getting information under a Freedom of Information Act Request to no avail.

Since September 3rd I have been trying to get certain documents from the Human Rights Commission again, with no results. I have been meeting with Asdrovel Tejeda, its president who is equally frustrated as I am and he showed me some of the documents he had available but very few and unimportant.

I am looking for a roster of their membership, copies of meeting date announcements, minutes of all meetings and annual reports. This committee is supposed to meet 11 times each year and so far they have done so only 5 times in 2015 because of lack of quorum. If the reason is for not having sufficient board members, it's time to pressure the mayor into appointing some; if they have enough but don't take their responsibilities seriously, it's time to replace them. This is a very important



LETTERS TO THE EDITOR

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

Crime is NOT down!

From October 1 2014 to December 13 2014 there were 90 stolen cars in Lawrence. For the same period this year, the numbers are up to 129.

Journalism today

By Xus D Madrid

There are those who think that the internet came to revolutionize or rather threaten journalism. But in view of what it is, one must conclude that what journalism needs is to revitalize itself are quality content, as if already at the time it was thought that radio would unseat the newspaper, and then so did the TV, nothing like that happened.

So presumably that Internet today also is a stage of transition that will lead to genuine journalists to retrain because quality information is imposed, it is the

quality that can compete, not sensationalism.

The good journalism has to act as a counter to express freely and not be complacent with the powerful, whether those powers are advertisers and therefore its supporters.

Good journalism has to do a revolution from inside for strength, even if it does not generate a profit, because the benefit cannot be short term. Journalists today have to be able to analyze things in depth before they are communicated, and not interested in a flood of information, but truthful, well analyzed and explained information.

The new Leadership in Lawrence

Is quite frightening when the so-called "new leadership in Lawrence" acts as if being elected city councilor entitles them to special privileges.

Yes, this car parked in a Handicapped Parking space belongs to District C Councilor Kendrys Vasquez and this calls for a \$100 fine. The picture was taken on Friday, November 20, 2015 at 3: 07 PM. I sent it to Kendrys and just said that he had gone to get some food at Cafe Azteca. The second picture is so you can judge how he parked.

This arrogance is what characterizes this administration.

El nuevo Liderazgo en Lawrence

Es atemorizante cuando los que se proclaman "el nuevo liderazgo" actúan como si ser elegido concejal les da derecho a privilegios especiales.

Sí, ese auto estacionado en el espacio reservado para discapacitados pertenece al Concejal del Distrito C Kendrys Vasquez y lleva una multa de \$100. La foto fue tomada el viernes, 20 de noviembre del 2015 a las 3:07 PM. Se la envió a Kendrys y respondió solamente que había ido a buscar de comer en Café Azteca. La segunda foto es para que compare cómo se estacionó.

Esta altanería es lo que caracteriza a esta administración.



Cuestiones Prácticas de Dinero

No deje que las compras navideñas de último minuto arruinen su presupuesto

BY NATHANIEL SILLIN



Para todos los planes que hacemos durante las fiestas, las últimas dos semanas antes de los grandes festejos y reuniones familiares pueden hacer trastabillar incluso al mejor de los presupuestos.

Tal vez lo que se necesita son trucos de último minuto para reducir el sobregasto al mínimo. Estas son algunas ideas que pueden ayudarlo.

Haga un seguimiento de sus gastos. Si está llegando al límite de su presupuesto y no sabe en qué gastó tanto, junte y analice los recibos. Tal vez usted y su cónyuge estén haciendo compras por separado, gastando demasiado en combustible o en comidas o no estén coordinando bien las cosas que necesitan. Tal vez los niños estén agregando cosas a sus listas a último minuto. Es difícil decir que no a los niños; por eso, fíjese si hay algún regalo de adulto, artículo decorativo o comida especial de la época que no necesite comprar. En otras palabras, si su presupuesto es ajustado, identifique los gastos que pueda alterar y ajuste su plan de gastos.

No se olvide del costo de las devoluciones. Algunas tiendas son muy estrictas con respecto a la política de devolución de sus productos. Por eso, es doblemente

importante conservar todos los recibos. Si obsequia tarjetas de regalo, asegúrese de que la persona que la reciba tenga la factura de compra por si la tarjeta no funciona. Si compró productos por Internet, asegúrese de conservar la información de devolución importante y las etiquetas para devolución de paquetes por si las necesita. Además, tome una medida más con las devoluciones —fíjese si el vendedor le está cobrando más por hacer la devolución con su opción de envío que si la hiciera usted localmente con su propio embalaje. Por último, tenga en cuenta el costo de reposición—algunos comerciantes cobran un recargo del 10 por ciento sobre el costo del producto por aceptar una devolución, especialmente en las compras de electrónicos o artículos mecánicos que llevan un embalaje pesado. El mejor momento para consultar las políticas de devolución es antes de comprar pero, si tiene que devolver más de un producto, hágalo todo en el mismo viaje para ahorrar tiempo, combustible y dinero.

“Acóplesete” a las compras de otros. Si tiene una larga lista de regalos para su familia o seres queridos, curioseé. Tal vez su hermana le vaya a comprar a su marido esa TV de pantalla plana gigante que tanto quería para ver películas. Tal vez sus sobrinos y sobrinas reciban juguetes, muñecas o productos tecnológicos costosos para los que se necesiten ropa, software o accesorios. Si está tratando de recordar

su presupuesto para las fiestas, averigüe con los seres queridos para ver si puede complementar estos regalos costosos con accesorios más económicos que también les puedan gustar. Comprando un par de vestidos para esa costosa muñeca, en lugar de tener que comprar la muñeca, usted ahorra dinero, su ser querido no tendrá que comprárselo más adelante y la niña recibe algo que le gusta. Todos salen ganando.

Cuídese de los robos. De nada sirve comprar inteligentemente si nos roban los paquetes, nuestros datos personales o la billetera. La proximidad de las fiestas y las agendas cargadas de compromisos nos agotan y distraen. Por eso, tenga mucho

cuidado para evitar un posible robo de identidad (<https://www.identitytheft.gov>), el robo de paquetes de su auto, su casa o su vestíbulo. Si utiliza el transporte público, tenga especial cuidado de no llevar dinero, compras o tecnología personal a la vista de los ladrones.

En resumen: No deje que el apuro de las últimas semanas antes de las fiestas destruya su presupuesto ni ponga en riesgo su seguridad financiera de ningún modo.

Nathaniel Sillin dirige los programas de educación financiera de Visa. Para seguir a Habilidades Financieras Prácticas en Twitter: www.twitter.com/PracticalMoney.

Practical Money Matters

Don't Let the Last-Minute Holiday Rush Crush Your Budget

BY NATHANIEL SILLIN



For all the planning we do during the holidays, the last couple of weeks before the big parties and family gatherings can trip up the best of budgets.

Perhaps what's needed is some last-minute tricks to keep overspending to a minimum. Here are a few ideas to get you through.

Track your spending. If you're close to the upper end of your budget and you're not quite sure what's happened, go through those receipts. Maybe you and your partner or spouse are shopping independently, spending too much on gas, meals out or failing to coordinate on the items you need. Maybe the kids are adding items to their lists at the last minute. It's toughest to say no to kids, so see if there are adult gifts, decorating items or seasonal specialty food you really don't need to purchase. In other words, if your budget is tight, identify the expenses you can alter and adjust your spending plans.

Don't ignore the cost of returns. Some retailers are strict about return policies on a host of items, which makes it doubly important to save all your receipts. If you're giving gift cards, make sure the recipient has the purchase receipt in case the card doesn't work. If you've bought items online, make sure you keep critical return information and package return stickers in case you need them. However, take one additional step with shipped returns — see whether the seller is charging you more for their convenient shipping label option than shipping the item back locally in your own packaging. Finally, keep restocking fees in mind — some retailers charge in excess of 10 percent of the item's cost to accept a return, particularly for electronic and mechanical purchases that involve heavy packaging. Ultimately, the best time to check return policies is before you buy, but if you do have to return items, consolidate those trips

to save time, gas and money.

"Piggyback" the purchases of others. If you have a large gift list for loved ones or family, be a nosy shopper. Maybe your sister is finally giving her movie freak husband the room-sized flatscreen he's always wanted. Maybe your nieces and nephews are getting expensive dolls, toys or technology items that require clothes or software of some sort. If you are trying to cut your holiday budget, check in with loved ones to see if you can supplement these expensive gifts with accessories that might be easier on your budget and appreciated just as much. Pitching in for a couple of outfits for the expensive doll — rather than having to buy the expensive doll itself — saves you money, gives your loved ones a break on the subsequent purchases they'll need to make and the recipient gets more of what he or she wants. A win-win all around.

Watch out for theft. All the smart shopping in the world won't lessen the headaches from thieves who target your packages, personal and online data or the contents of your wallet. Fast-approaching holidays and busy schedules can leave us tired and distracted, so keep a close watch on potential risk for identity theft, (<https://www.identitytheft.gov>) package theft from cars, homes and apartment vestibules. If you take public transportation, use extra caution to keep your money, purchases and personal technology hidden from thieves. Bottom line: Don't let the last, busy weeks of the holiday season knock you off budget or threaten your financial security in other ways.

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

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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.

4 Propósitos Financieros para tu familia en el año 2016

Se acerca un nuevo año y con ello llegan nuevos desafíos y nuevas oportunidades. Celebra un nuevo y memorable año para ti y tu familia con planes establecidos para mantenerte en un buen camino. Una encuesta de Massachusetts Mutual Life Insurance Company (MassMutual) encontró que comparado con el resto de la población, los latinos trabajan más para asegurar su futuro financiero y están más involucrados en su propio futuro financiero que el resto de la población.

Este año que viene es una oportunidad para un año aún más prometedor para ti y tus seres queridos, especialmente si existen planes que toman en cuenta los objetivos a largo plazo para tu familia. Revisar lo que es importante para tu familia, tus aspiraciones, y las cosas que quieras proteger, podría tener beneficios duraderos para ti y tu familia. A continuación encontrarás cuatro pasos que te ayudarán a hacer tus planes financieros para el 2016:

Establece puntos de referencia:

Revisa tus gastos del año y evalúa lo que hiciste bien y como lograste esos resultados. Es importante revisar tu presupuesto, cuánto has ahorrado, en qué gastaste más, así como en qué áreas puedes mejorar. Este primer paso es el más importante para construir una base sólida para tus planes del próximo año.

Prioriza las necesidades de tu familia

Reafirma tus metas o establece algunas nuevas. Revisa y discute con tu familia los temas financieros para establecer tus necesidades y un presupuesto. Ya sea que estás ahorrando para la universidad, para comprar una casa, planeando para la

jubilación o para el cuidado de salud, entre más definidas tengas tus metas, más seguro estarás de tomar las medidas financieras correctas para el año nuevo.

Crea una línea de tiempo

Revisa tus metas establecidas a corto y largo plazo. Establece un tiempo razonable para ahorrar y así poder alcanzar tus planes y hacer que realmente sucedan. Los ajustes necesarios te prepararán para tus planes financieros del 2016. Si eres el tipo de persona que no planifica financieramente, este es el momento perfecto para comenzar.

Protege lo que es importante

¿Qué mejor manera para comenzar el Año Nuevo que revisando tus planes para el futuro y estableciendo una línea de base financiera con cobertura de seguro adecuada? Por ejemplo, tal vez te casaste o te divorciaste o perdiste a tu cónyuge este año, o quizás te convertiste en padre o madre. O a lo mejor comenzaste a pagar por tu casa nueva o necesitas cuidado médico para tu familia. Es importante que los planes de tu vida estén respaldados financieramente con una protección financiera adecuada.

El Año Nuevo, para muchas personas, significa una nueva vida y nuevos comienzos. Ahora es un buen momento para que crezcas desde lo que ya has logrado financieramente y progreses a pasos agigantados hacia las metas a largo plazo para tu familia, mientras tanto los estarás protegiendo a través del camino. Una vez que has establecido tus metas, tu profesional financiero puede trabajar contigo para determinar cómo puedes llegar a esas metas. Para saber más, visita massmutual.com/Latino.

SE NECESITAN VOLUNTARIOS PARA JUGAR CON NIÑOS QUE VIVEN EN REFUGIOS

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

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Presidente



4 Financial Resolutions for your Family in 2016

A new year is arriving and with it, come new challenges and new opportunities. Ring in another memorable year for you and your family with plans in place to keep you on track. A survey conducted by Massachusetts Mutual Life Insurance Company (MassMutual) found that compared to the rest of the population, Latinos are working harder to secure their financial futures and are more engaged in their own financial future than the general population.

This coming year is an opportunity for an even brighter year for you and your loved ones, especially if there are plans in place that account for your family's long-term goals. Taking a look at what is important to your family, your aspirations, and the things you want to protect could have long-lasting benefits for you and your family. Here are four steps to help you make your financial plans for 2016:

Establish benchmarks

Take a look at your expenses from the year and evaluate what you did well and how you achieved those results. It is important to look at your budget, how much you've saved, where you spent the most, as well as in what areas you could improve on. This first step is the most important to building a solid foundation for your financial plans for the coming year.

Prioritize your family's needs

Reaffirm your goals or establish new ones. Review and discuss financial topics with your family to establish your needs and budget. Whether you're saving for college,

buying a home, planning for retirement or accessing healthcare, the clearer your goals are, the more confident you will be to take the right financial steps in the new year.

Create a timeline

Review your established short and long-term objectives. Set a reasonable time to save in order to achieve your plans and make them happen. The necessary adjustments will prepare you for your financial planning for 2016. If you are the type of person that does not plan financially, this is the perfect time to start.

Protect what's important

What better way to start the New Year than reviewing your plans for the future and creating a financial base line with adequate insurance coverage? For example, maybe you got married or divorced or lost a spouse this past year, or became a parent. Or maybe you started to pay for your new home or you need healthcare for your family. It is important that your life plans are financially backed up with adequate financial protection.

The New Year, for many people, means a new life and new beginnings. Now is a good time for you to grow from what you have already achieved financially and make bigger strides toward your family's long-term goals while protecting them along the way. Once you have laid out your goals, your financial professional can work with you to determine how you can get there. To learn more, visit massmutual.com/Latino.



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Boys & Girls Club de Lawrence da la bienvenida a cuatro nuevos miembros de la junta

El Boys & Girls Club de Lawrence (BGCL) eligió a Alberto Núñez de Methuen y Andover residentes John Brockelman, Holly Jenkins y John M. Thomas en el Consejo de Administración en su reciente reunión anual.

Según el Director Ejecutivo del BGCL Markus Fischer, miembros de la junta sirven como órgano de gobierno del club, proporcionan orientación y supervisión para asegurar la capacidad de proporcionar programas críticos centrados en el éxito académico, estilos de vida saludables, y la participación de la comunidad por más de 3,800 miembros jóvenes.

"Estamos muy agradecidos por las importantes contribuciones de tiempo, amplia experiencia, y la perspectiva de estos líderes del Merrimack Valley para el beneficio de nuestros niños", dijo Fischer.

Núñez es dueño de Alberto Núñez Real Estate en Lawrence. Operó Albert's Auto Body en Lawrence desde 1988 al 2000, y anteriormente sirvió en la Junta de Gobernadores BGCL.

Brockelman es responsable de comunicación de State Street Global Advisors. Anteriormente, fue vicepresidente senior de comunicaciones de Fidelity Investments y sirvió como asesor del ex gobernador William Weld y el fallecido Gobernador Paul Cellucci. Tiene un título de licenciatura de la Universidad de Colby.

Jenkins ha sido un voluntario de toda la vida, miembro de numerosos comités de recaudación de fondos, y mentor con el programa de Mentoring Works del BGCL. Ella recibió el Premio Paul Cronin del 2014 del club, el cual se otorga anualmente a un voluntario del club que va más allá en el uso de la educación como una herramienta para que los niños puedan desarrollar su potencial.

Thomas es dueño y fundador de Dakota Systems, Inc. de Dracut, fundada en el año 1984. También es miembro de Ardent Concepts de Seabrook, NH y ha participado en proyectos de tutoría empresarial para pequeños negocios con Interise. Anteriormente se desempeñó en el Comité de Subasta del club.



The Boys & Girls Club of Lawrence elected (left to right) Alberto Núñez of Methuen and Andover residents Holly Jenkins and John M. Thomas to the Board of Directors at its recent annual meeting. Not pictured: Board member John Brockelman of Andover.

Boys & Girls Club of Lawrence Welcomes Four New Board Members

The Boys & Girls Club of Lawrence (BGCL) elected Alberto Núñez of Methuen and Andover residents John Brockelman, Holly Jenkins, and John M. Thomas to the Board of Directors at its recent annual meeting.

According to BGCL Executive Director Markus Fischer, board members serve as the governing body of the club, providing guidance and oversight to ensure the ability to provide critical programs focusing on academic success, healthy lifestyles, and community involvement for more than 3,800 youth members.

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

Núñez is owner of Alberto Núñez Real Estate Management in Lawrence. He operated Albert's Auto Body in Lawrence from 1988 to 2000, and previously served on the BGCL Board of Governors.

Brockelman is head of communications for State Street Global Advisors. Previously, he was a senior vice president of communications at Fidelity Investments and served as a senior adviser to former Gov. William Weld and the late Gov. Paul Cellucci. He holds a bachelor's degree from Colby College.

Jenkins has been a longtime volunteer, a member of numerous fundraising committees, and a mentor with the BGCL Mentoring Works program. She received the club's 2014 Paul Cronin Award, which is presented annually to a club volunteer who goes above and beyond in using education as a tool for kids to fulfill their potential.

Thomas is owner and founder of Dakota Systems, Inc. of Dracut, founded in 1984. He is also a board member of Ardent Concepts of Seabrook, N.H. and has participated in small business mentoring projects with Interise. He has previously served on the club's Auction Committee.

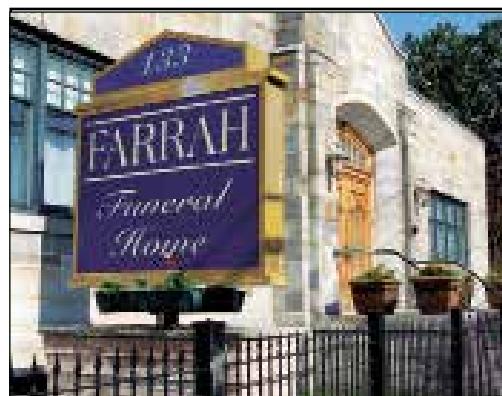
Santa Distributes Donated Gifts to 650 Members of Boys & Girls Club of Lawrence



Santa Claus distributed donated toys and gift cards to more than 650 excited members of the Boys & Girls Club of Lawrence at the annual holiday party on December 18. Groups of longtime volunteers served the holiday dinner, which was donated by the 99 Restaurants of Andover and North Andover.

About the Boys & Girls Club of Lawrence

The Boys & Girls Club of Lawrence provides a safe, after-school haven for more than 3,800 youths to come for nightly meals, homework help, fitness and nutrition programs, college and career planning, and lasting personal relationships. The Club offers critical programs that focus on academic success, healthy lifestyles, and community involvement at two locations: the Boys & Girls Club of Lawrence at 136 Water St., and the Beacon Boys & Girls Club at 71 Duckett Ave. For more information, visit www.lawrencebgc.com.



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Rosa Reynoso Named 2016 Youth of the Year by Boys & Girls Club of Lawrence

When she was 8 years old, Rosa Reynoso of Lawrence remembers enthusiastically telling her mother, "One day, I want to be just like you!"

Nicauris Cruz looked at her daughter with eyes tired from another long workday packing boxes for minimum wage at a local factory, in order to support three children on her own. "No, mija," she replied. "Your future is going to be much brighter."

Now 17, Reynoso recalls this moment as a turning point in her life. At age 10, she joined the Boys & Girls Club of Lawrence and began seeking tutoring in the education center in order to reach her academic goals. She has served for the last two years as president of the Keystone Club, a teen leadership program through which she has donated more than 550 hours of community service. The senior at Central Catholic High School, which she attends on the Montagne Scholarship, currently helps lead the club's Girl Lab! program for middle schoolers alongside Raytheon engineers while aspiring to study engineering at Northeastern University.

In fact, Reynoso has earned multiple scholarships and awards over the years. However, none is more prestigious than her most recent honor as the Boys & Girls Club of Lawrence 2016 Youth of the Year nominee for Massachusetts.

Established in 1947, Youth of the Year is the Boys & Girls Club of America's premiere recognition program for club members 14 to 18 years old, promoting service, academic success, strong moral character, life goals, and public speaking ability. State winners of the program, which is sponsored by Tupperware Brands Corporation, receive a \$1,000 scholarship and participate in regional competitions. Five regional winners each earn a \$10,000 scholarship and compete on the national level. The National Youth of the Year receives up to an additional \$50,000 scholarship and is installed by the President of the United States.

"I'm so grateful for this opportunity because it's the greatest recognition I could receive," said Reynoso, who is a Central

Catholic Marist mentor to younger club kids, captain of her cross country team, and member of the varsity track team on top of her academic pursuits. "It represents who I am and what I love, which is helping others and the club. It's my second home, my safe haven."

Jody Raineri, the teen director at the Boys & Girls Club of Lawrence whom Reynoso considers a father figure, said she has long been a role model due to her academic achievements, leadership, and ability to overcome adversity. Just two years ago, a fire destroyed her family's home weeks before Christmas, leaving them with only the clothes they were wearing.

"In the seven years that Rosa has been a club member, she has dedicated herself to achieving the dream that her parents brought her to America to fulfill: a good education," Raineri said. "At the same time, she is determined to make a difference in the world, just as she has done at the club."

Reynoso, a dual citizen of the U.S. and Dominican Republic, said she embraces the added pressure to "prove that through hard work, anything is possible, regardless of your ethnicity." She believes that her Youth of the Year candidacy will enable her to reach out to other youths who are experiencing hardships "because I've been there."

"I want to represent my city in a positive way, so people realize that kids from Lawrence are talented," she added. "I think about all the obstacles I've overcome, and I'm proud. I feel like I can do great things."

About the Boys & Girls Club of Lawrence

The Boys & Girls Club of Lawrence provides a safe, after-school haven for more than 3,800 youth to come for nightly meals, homework help, fitness and nutrition programs, college and career planning, and lasting personal relationships. The club offers critical programs that focus on academic success, healthy lifestyles, and community involvement at two locations: the Boys & Girls Club of Lawrence at 136 Water St., and the Beacon Boys & Girls Club at 71 Duckett Ave. For more information, visit www.lawrencebgc.com.



Jody Raineri, teen director at the Boys & Girls Club of Lawrence, with 2016 Youth of the Year Rosa Reynoso

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2016 Youth of the Year Rosa Reynoso with Markus Fischer, executive director of the Boys & Girls Club of Lawrence

Empleados de Merrimack Valley Credit Union entregaron cenas de pavos a familias necesitadas

Junto con otros voluntarios, 10 empleados Merrimack Valley Credit Union y sus familias dedicaron el día antes de Acción de Gracias para ayudar a entregar cenas de pavo a las familias necesitadas en el Valle de Merrimack.

La Brigada de Pavos, organizada por la Ocasio's True Martial Arts, es una tradición anual en el Valle de Merrimack durante los últimos 20 años. Ocasio recauda dinero todo el año y recoge las donaciones de alimentos para las cestas de pavos de la Brigada. La Cooperativa de Crédito está orgullosa de participar en este gran evento, aportando \$2,000 para la compra de los ingredientes para las cestas de la cena.

Brett Terry, Vicepresidente Asistente de Préstamos a la Cooperativa de Crédito, y un coordinador de voluntarios dijeron "La Brigada de Pavos nos permite ayudar a las familias menos afortunadas en el Valle de Merrimack cada temporada de

Acción de Gracias. Este año, más de 500 familias en el Valle de Merrimack y el sur de Nueva Hampshire recibieron una cesta con ingredientes para una cena de pavo completa. Es una oportunidad maravillosa para contribuir a la comunidad que servimos".

Merrimack Valley Credit Union es una cooperativa de crédito comunitaria sin fines de lucro con un activo de \$547 millones, que sirve a cualquier persona que viva, trabaje o adore en la región de Merrimack Valley con sucursales en Haverhill, Lawrence, Methuen, y North Andover, MA y Plaistow, NH. Merrimack Valley Credit Union ofrece una amplia gama de servicios para satisfacer las necesidades financieras de sus miembros. Para obtener más información sobre Merrimack Valley Credit Union, por favor visite www.ilovemvcu.com.



Merrimack Valley Credit Union volunteers from left to right: Donald Croteau, Christine Ronca, Alyssa Ronca, Jan White, Jake White, Dan Durant, Yean-Ai Long, Brett Terry, Peter Matthews, Alison Matthews, Michael Farren, Douglas Marino, and Anthony Marino.

Merrimack Valley Credit Union employees delivered turkey dinners to families in need

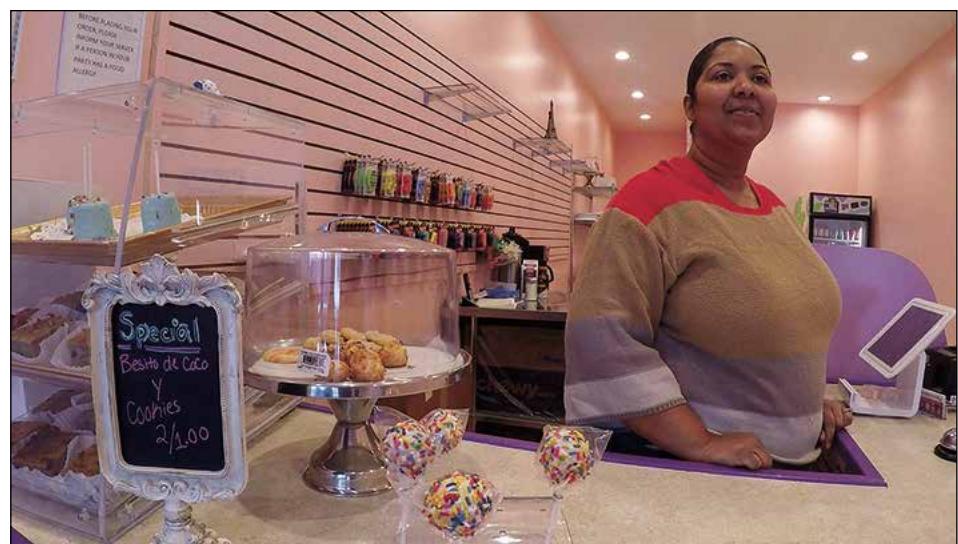
Along with other volunteers, 10 Merrimack Valley Credit Union employees and their families dedicated the day before Thanksgiving to help deliver turkey dinners to families in need in the Merrimack Valley.

The Turkey Brigade, hosted by Ocasio's True Martial Arts, is an annual tradition in the Merrimack Valley for the past 20 years. Ocasio's raises money all year long and collects donations of food for the Turkey Brigade baskets. The Credit Union is proud to participate in this great event, contributing \$2,000 toward the purchase of ingredients for the dinner baskets.

Brett Terry, Assistant Vice President of Lending at the Credit Union, and a volunteer coordinator said "The Turkey Brigade allows us to help less fortunate families in the Merrimack Valley each Thanksgiving

season. This year, more than 500 families in the Merrimack Valley and Southern New Hampshire received a basket with ingredients for a complete turkey dinner. It's a wonderful opportunity for us to give back to the community we serve".

Merrimack Valley Credit Union is a \$547 million asset not-for-profit community credit union serving anyone who lives, works or worships in the Merrimack Valley region with branch locations in Haverhill, Lawrence, Methuen, and North Andover, MA and Plaistow, NH. Merrimack Valley Credit Union offers a wide range of services to meet the financial needs of its members. To learn more about Merrimack Valley Credit Union, please visit www.ilovemvcu.com.



Danaris Mazara, una graduada del programa de EparaTodos finalmente abre su negocio, Sweet Grace Heavenly Cakes, en 98 Essex St. en Lawrence, después de vender postres en su casa.

Danaris Mazara ha logrado su visión de abrir su propio negocio de postres y dulces. Mazara comenzó vendiendo desde su casa en el 2009, cuando su familia estaba pasando un tiempo muy difícil económicamente. Vendiendo flan por necesidad, Mazara buscaba una forma de generar algún capital para mantener su familia. "Lo bonito del chiste es que yo no sabía cómo hacer flan", dijo Mazara.

Ahora, después de pasar por el programa de Emprendimiento para Todos (EparaTodos), Mazara a logrado abrir su negocio Sweet Grace Heavenly Cakes en la 98 Essex St. en Lawrence. Mazara ya ha elaborado miles de postres y en una semana tiene aproximadamente 25 órdenes de bizcochos para sus clientes.

Mazara dice que EparaTodos "significa mucho para mí y mi familia y ha sido la llave para el éxito de mi negocio".

EparaTodos se ha convertido en un motor de desarrollo económico que genera oportunidades para personas que quieren abrir o expandir sus negocios o agencias de servicio social en la comunidad hispana. El programa de entrenamiento en español, "Negocios Exitosos", ofrece a los participantes una serie de entrenamientos y consejería que capacitan y proporcionan las herramientas necesarias a los emprendedores. La inscripción para el nuevo programa del 2016 es hasta el 2 de enero. El programa ofrece:

- 60 horas de entrenamiento y mentoría
- Apoyo y asesoría de expertos y consejeros
- Premios en efectivo

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East Coast Camaro Club Continues Support of Merrimack Valley Hospice with 2015 Donation



Members of the East Coast Camaro Club Board of Directors present a check for \$5,000 to Merrimack Valley Hospice. John Albert, president and CEO of Home Health Foundation; Dan Wolfe; Jim Tweed, East Coast Camaro Club president elect; George Giroux, East Coast Camaro Club chairman; Rueben Cortez, East Coast Camaro Club treasurer.

Representatives from the Board of Directors of the East Coast Camaro Club (ECCC) presented a check in the amount of \$5000 to Merrimack Valley Hospice. This generous donation represented proceeds from the ECCC's 34th Annual All-Vehicle Car Show hosted in August. The club's ongoing support of Merrimack Valley Hospice helps the non-profit to provide care to patients and families as they confront the challenges of advanced illness and end of life at home or at Merrimack Valley Hospice House in Haverhill.

"Many of us have sought the support of hospice as we navigated the final days of a loved one's life. It is a comfort to have the experience and compassion of hospice staff and volunteers to ensure comfort and peace at the end of life," says George Giroux, chairman of the East Coast Camaro Club. "We are honored to be able to make a contribution in support of Merrimack Valley Hospice and those unique individuals who dedicate themselves to helping patients and families at such a crucial time."

"We are thankful for the generosity of all who attend the East Coast Camaro Club's annual car show," says John

Albert, president and CEO of Home Health Foundation and Merrimack Valley Hospice. "This is a longstanding event and a great day that helps people to understand and appreciate the multi-faceted services available through our agency and the very special people working to care for all that need our support."

About Merrimack Valley Hospice

Merrimack Valley Hospice, affiliated with Home Health VNA and HomeCare, Inc., is a not-for-profit agency dedicated to serving the needs of terminally ill patients and their families. Together, they serve more than 100 communities throughout Northeastern Massachusetts, the Merrimack Valley, Southern New Hampshire and Southern Maine.

Merrimack Valley Hospice House, a unique and vital component of Merrimack Valley Hospice's continuum of care since 2009, is an acute care facility providing exceptional palliative and end-of-life care in a comfortable, home-like setting.

To learn more about Merrimack Valley Hospice, visit MerrimackValleyHospice.org

Merrimack Valley Hospice Offers Free Loss of an Adult Child Support Group

Lawrence, MA - Merrimack Valley Hospice is offering "Grief Support for the Loss of an Adult Child", a free support group for anyone who is grieving this particular type of a loss. The sessions will begin Tuesday, January 19, from 2:00 p.m. to 3:30 p.m., at the Merrimack Valley Hospice House, 360 North Ave in Haverhill, MA. The support group, co-sponsored by HL Farmer & Sons Funeral Homes, and facilitated by counselors Lois Marra and Nancy Thornton, will meet for 10 consecutive Tuesdays.

"Grief Support for the Loss of an Adult Child" is designed to help people who have recently experienced this type of loss learn about the grief process, share their experience, and support each other in

a facilitated group environment. Sessions are tailored to meet the group's needs and will cover many difference topics including grief, loss and healing. If you have questions, or would like to register, please contact Bereavement Coordinator Lois Marra at 800-933-5593 ext. 4537.

Merrimack Valley Hospice is a not-for-profit agency offering comprehensive medical and supportive care to terminally ill patients and their loved ones. Together with Home Health VNA and HomeCare, Inc., the agencies provide a full continuum of home health and hospice care in more than 110 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. For more information visit MerrimackValleyHospice.org.

"Everyday, you wake up thinking - this is mine."

By Jim Wilde

Somaly heard about the Project Genesis classes from a friend who had already taken them. She completed the program two years ago and has been working hard since then to build a good credit history. "I was overwhelmed but Jim and Ed helped me," she recalls about the experience.

Somaly spent four months searching, visiting potential homes every weekend. "You definately have to find the time," she says. "Having people who understand your hardship and are willing to lend a hand is a big part of my success in obtaining my goals in life". Her real estate broker showed her several homes and she felt supported during the process. They eventually found a good match, and Somaly purchased one half of a duplex. With the added help of \$8,000 in down payment assistance, Somaly closed in two months.

"Don't wait. Just go for it," says Somaly. "Take the class, and from there, you'll know what you want to do."

Congratulations to Somaly for purchasing her new home.



"Todos los días, me despierto pensando - esto es mío."

Por Jim Wilde

Somaly supo de las clases del Proyecto Génesis a través de un amigo que ya había asistido. Completó el programa hace dos años y ha estado trabajando duro desde entonces para crear un buen historial de crédito. "Me sentí abrumada pero Jim y Ed me ayudaron", recuerda sobre la experiencia.

Somaly pasó cuatro meses buscando, visitando hogares potenciales cada fin de semana. "Usted definitivamente tiene que encontrar el tiempo", dice. "Es vital tener a gente que entienden sus dificultades y están dispuestos a echar una mano para lograr mi

éxito en la obtención de mis metas en la vida". Su agente de bienes raíces le mostró varias casas y se sintió apoyada durante el proceso. Finalmente encontraron una buena compra, y Somaly compró la mitad de un dúplex. Con la ayuda adicional de \$8,000 en ayuda para el pago inicial, Somaly cerró en dos meses.

"No espere. Sólo tiene que ir por ello", dice Somaly. "Tome la clase, y desde allí, usted sabrá lo que quiere hacer."

Felicitaciones a Somaly por la compra de su nueva casa.



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Local Residents Named Presidential Scholars at NECC

Twenty-seven local 2015 high school graduates were accepted to Northern Essex Community College's Presidential Scholars Program, an honors program devoted to high academic achievement.

In its 16th year, the Presidential Scholars Program is designed to reward motivated high school students who will be attending Northern Essex. Students are selected based on their high school academic record and recommendations from high school guidance counselors and teachers.

"Our Presidential Scholars Program targets academically motivated high school graduates who have decided to start their college education at Northern Essex," said Lane Glenn, president of Northern Essex. "Most plan to transfer to a four-year college or university after getting an associate's degree from Northern Essex."

Admission to the program includes a \$1,000 scholarship, which is renewable provided the recipient maintain a GPA of 2.5 or higher while attending NECC. Accepted students also receive a staff or faculty mentor who acts as an academic resource throughout the student's time on campus.

This year's Presidential Scholars include the following (by hometown):

Boxford:
Megan Gibson, Masconomet Regional High School, Engineering Science

Derry, NH
Anthony Bowers, Pinkerton Academy, General Studies: Individualized Option

Georgetown
Abby Sippel, Georgetown High School, Liberal Arts

Groveland
Madison Lesiczka, Pentucket Regional High School, Early Childhood Education
Natalie Scott, Pentucket Regional High School, Liberal Arts

Haverhill
Abigail Monson, Haverhill Technical High School, Liberal Arts
Gabrielle Ouellette, Haverhill High School, General Studies: Health Specialization
Wyatt Pepe, Haverhill High School, Law Enforcement Certificate
Xionnett Pla, Haverhill High School, Accounting

Lawrence
Lindsey Costello, Finance High School, Early Childhood Education

Janelle Lopez, Greater Lawrence Technical High School, General Studies: Health Specialization

Chelsea Lynch, Central Catholic High School, Liberal Arts

Lys Ortiz, Lawrence International High School, General Studies: Health Specialization

Crisleidy Paula, Lawrence International High School, Liberal Arts: Psychology Option

Glendaliz Restos, Greater Lawrence Technical High School, General Studies: Health Specialization

Jacqueline Rosales, Greater Lawrence Technical High School, Liberal Arts

Methuen
Rocherly Difo, Methuen High School, Early Childhood Education
Arioreca Herrera Abreu, Methuen High

School, Liberal Arts: Middle/High School Teaching Option

Rayhon Perez, Methuen High School, Biology

Deric Sutton, Methuen High School, General Studies: Health Specialization

Newbury

Joseph Simon, Triton High School, Liberal Arts

Newburyport

Caitlyn Cole, Newburyport High School, General Studies: Art

North Andover

Joseph Donofrio, North Andover High School, Business Management

Plaistow, NH

Aurora Sidor, Timberlane Regional High School, General Studies: Business Option

Salem, NH

Erin Lehner, Salem High School, Liberal Arts: Theater Option



Left to right: Lindsey Costello, Chelsea Lynch, and Jacqueline Rosales, all of Lawrence, have been selected as Presidential Scholars at Northern Essex Community College. They are shown with NECC President Lane Glenn (second from left).

West Newbury
Emily Galligan, Pentucket Regional High School, Biology

For more information on the NECC Presidential Scholars Program, please contact Lindsay Graham at scholarships@necc.mass.edu or at 978-556-3629.

RPP Corporation ha otorgado más de \$96 mil a través del Fondo para Entrenamiento Laboral

La Oficina Ejecutiva de Trabajo y Desarrollo Laboral ha anunciado que RPP Corporation, con sede en Lawrence, ha sido galardonada con \$96,200 para entrenar a 100 trabajadores a través de la capacitación del personal del Fondo General del Programa, que es un programa que está diseñado para hacer frente a la productividad y la competitividad proporcionando recursos para invertir en la fuerza de trabajo de Massachusetts.

"Este anuncio es una gran oportunidad para mejorar las habilidades de los empleados, mantener la fuerza económica y la autonomía de los empleados nuevos y actuales con las opciones de desarrollo. Estoy emocionado por RPP y por Lawrence y espero ayudar a facilitar más el crecimiento del empleo y los entrenamientos futuros",



dijo el Representante Estatal Frank Moran (D-Lawrence).

En asociación con ELOWD, Commonwealth Corporación analiza y concede becas de formación de hasta \$250,000 a las empresas de Massachusetts y consorcios de empresas para financiar la formación de los empleados actuales y nuevos. Subsidios del Programa Fondos Generales para el Entrenamiento de la Fuerza Laboral se otorgan de forma continua y son financiados por la comunidad de empleadores de Massachusetts a través de contribuciones hechas al Seguro de Desempleo. Aproximadamente \$7.59 millones han sido asignados en FY16 para apoyar a 6,384 trabajadores y 538 nuevos puestos de trabajo.

RPP Corporation awarded over \$96k through Workforce Training Fund

The Executive Office of Labor and Workforce Development has announced that RPP Corporation, based out of Lawrence, has been awarded \$96,200 to train 100 workers through the Workforce Training Fund General Program which is a program that is designed to address productivity and competitiveness by providing resources to invest in the Massachusetts workforce.

"This announcement is a tremendous opportunity to improve employee skills, maintain economic strength and empower new and current employees with development options. I am excited for RPP and for Lawrence and I look forward to helping facilitate more job

growth and training in the future," said State Representative Frank Moran (D-Lawrence).

In partnership with ELOWD, Commonwealth Corporation reviews and awards training grants of up to \$250,000 to Massachusetts businesses and consortia of businesses to fund training for current and newly hired employees. Workforce Training General Fund Program grants are awarded on a rolling basis and are funded by the Massachusetts employer community via contributions made to Unemployment Insurance. Approximately \$7.59 million has been allocated in FY16 to support 6,384 workers and 538 new jobs.

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.

American Training

Nueva mentora inspira con historia de su vida

Por Mikaela Reynolds

En la era de la generación boomerang, los hijos regresan a casa después de mudarse, Samantha Poirier es la excepción. Ella tiene 22 años, vive sola, se mantiene con dos empleos estables, y asiste a la universidad.

Ella es la personificación de la independencia, pero ella luchó una batalla cuesta arriba para llegar allí.

Después de ser diagnosticada con un caso severo de ansiedad, fue enviada a varios programas de tratamiento a lo largo de sus años de adolescencia. Ella fue de uno a otro por años antes de acabar en Highfields y el curso de su vida cambió drásticamente.

"Pensé que sería sólo otro lugar", dijo. Pero, no tardó mucho en darse cuenta de lo enfoque muy diferente Highfields era y qué diferencia haría.

"La forma en que manejan el tratamiento aquí, que en realidad tratan a las personas como individuos", dijo. "Me preguntaron lo que quería hacer, en el programa y en la vida, y ellos me animaron a hacerlo." En otros programas que experimentó, intentaron tratarla usando el mismo sistema empleado con todos y ella nunca encontró buenos resultados.

Highfields aplica un enfoque individualizado y basado en la relación con el tratamiento, en parte porque es la forma en American Training conduce todos los servicios, sino también porque la residencia utiliza la Iniciativa Construyendo Puentes que pone énfasis en el cuidado individualizado y guiado por jóvenes.

"El apoyo que me dieron en Highfields fue muy diferente. Me empujaron que hiciera más y más", dijo Samantha, que entró en la casa con sede en Lawrence a la edad de 18. Con el tiempo se trasladó al programa de American Training TASH o Transitional Age Supported Housing, antes de graduarse de ese programa en junio de este año.

Después se mudó a su propio apartamento, se inscribió en clases en UMass Lowell, y encontró un segundo trabajo, como mentora trabajando en el

hogar que le cambió la vida, Highfields.

Reflexionando sobre esos cuatro años, dijo: "Vi un cambio completo en mí misma. Ahora tengo más confianza en mis habilidades, puedo lidiar con las cosas mejor, y tengo más fe en mí misma".

El año ha sido un torbellino para Samantha, graduarse de TASH, obteniendo su título de Asociado en Escritura Creativa, matricularse en la universidad en busca de su licenciatura en Inglés y psicología, ser oradora en la conferencia nacional de American Training – la Iniciativa Construyendo Puentes del 2015 de Capacitación de Verano - y convertirse en una mentora en la casa donde todo comenzó.

Ella espera desarrollar una carrera en terapia expresiva, algo que le ayudó a encontrar su camino. Pero por ahora, ella está esperando para hacer una diferencia en su papel de mentora de compañeros.

"Me siento como muchas personas que les resulta difícil relacionarse con el personal, pero he estado allí", dijo, y agregó que espera alentar a los residentes de la casa para averiguar lo que quieren en la vida y perseguirlo con todas sus fuerzas.

Samantha espera que su papel como Peer Mentor también le permitirá abogar por los que reciben tratamiento y servicios en hogares como Highfields. "Quiero que la gente sepa que el uso de una variedad de maneras de abordar el tratamiento es mucho más beneficioso. Espero expresar que deberían permitir a las personas que reciben tratamiento que allanen el camino para lo que quieren hacer".

Samantha también espera ayudar a disminuir el estigma asociado a las personas con enfermedad mental. "Me dijeron muchas veces que nunca viviría por mi cuenta, mantendría un empleo, o iría a la universidad. Bueno, ahora estoy haciendo las tres cosas", dijo.

Obtenga más información sobre American Training y Highfields y los programas TASH en americantraininginc.com o llámanos al 978-685-2151.



From left to right: Highfields Clinician Sarah Franz, Peer Mentor and Highfields and TASH alum Samantha Poirier, and Program Director Renee Ghembaza.

American Training's New Peer Mentor Samantha Poirier Inspires with Life Story

By Mikaela Reynolds

In the age of the boomerang generation, kids returning home after moving out, Samantha Poirier is the exception. She is 22, living on her own, holding down two steady jobs, and attending college.

She is the epitome of independence, but she fought an uphill battle to get there.

After being diagnosed with severe anxiety, she was sent to various programs for treatment throughout her teen years. She was shuffled around for years before ending up at Highfields, where her life's course changed drastically.

"I thought it'd be just another place," she said. But, it didn't take her long to realize how very different Highfields' approach was and what a difference it would make.

"The way they handle treatment here, they actually treat people as individuals," she said. "They asked me what I wanted to do, in the program and in life, and they encouraged me to do it." In other programs she experienced, they attempted to treat her using a one-size-fits-all approach, something she never found success in.

Highfields applies an individualized and relationship-based approach to treatment, in part because it's the way American Training approaches all services, but also because the residence utilizes the Building Bridges Initiative which puts an emphasis on individualized and youth-guided care.

"The support I got at Highfields was insane. They pushed me to do more and more," said Samantha, who entered the Lawrence-based home at the age of 18. She eventually moved on to American Training's TASH program, or Transitional Age Supported Housing, before graduating from that program in June of this year.

She then moved into her own apartment, enrolled in classes at UMass Lowell, and found a second job, as a peer mentor, working in the very home that

changed her life, Highfields.

Reflecting on those four years, she said, "I saw a complete change in myself. Now I have more confidence in my abilities, I deal with things better, and I have more faith in myself."

The year has been a whirlwind for Samantha, graduating from TASH, earning her Associate's degree in Creative Writing, enrolling in college seeking her Bachelor's degree in English and psychology, speaking at the American Training hosted national conference – the 2015 Building Bridges Initiative Summer Training Event – and becoming a peer mentor at the home where it all started.

She hopes to develop a career in expressive therapy, something that helped her find her way. But for now, she's hoping to make a difference in her role as a peer mentor.

"I feel like a lot of people find it hard to relate to staff, but I've been there," she said, adding that she hopes to encourage residents of the home to figure out what they want in life and go for it, with everything they've got.

Samantha hopes her role as a Peer Mentor will also allow her to advocate for those receiving treatment and services in homes like Highfields. "I want people to know that using a variety of ways to approach treatment is much more beneficial. I hope to express that they should allow people receiving treatment to pave the way for what they want to do."

Samantha also hopes to help diminish the stigma attached to those with mental illness. "I was told many times that I'd never live on my own, hold down a job, or go to college. Well, now I'm doing all three," she said.

Find out more about American Training and the Highfields and TASH programs at americantraininginc.com or by calling us at 978-685-2151.

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Middlesex Community College News

Middlesex To Host Dual Enrollment Orientation Sessions

Motivated high school students don't have to wait to begin their college experience. Middlesex Community College will host two orientation sessions for the Middlesex Dual Enrollment Academy, which allows qualified high school and home-schooled students to earn college credit while satisfying their high-school graduation requirements.

The Lowell Campus Dual Enrollment Orientation Session will be held from 5 to 6:30 p.m. Thursday, Jan. 7, 2016, in the Lowell Campus Cafeteria, 33 Kearney Square.

The Bedford Campus Dual Enrollment Orientation Session will be held from 5 to 6:30 p.m. Wednesday, Jan. 20, 2016, in the Bedford Campus Center's Café East, 591 Springs Road.

"At Middlesex, we want to help more high school students become college-ready before they graduate," said Ellen Grondine, Associate Dean of Educational Pathways. "Our Dual Enrollment Academy students can graduate with three to 15 college credits, which helps them complete a college degree more quickly and can reduce their student-loan debt."

CC's Dual Enrollment Academy has partnerships with more than 10 regional high schools and technical/vocational schools, according Grondine. Currently, more than 500 high school students are enrolled in a wide variety of MCC courses each semester.

Dual Enrollment Academy students may enroll in college-level courses offered online, or during the day or evening on the Bedford or Lowell campuses. To maximize success, MCC offers academic counseling, tutoring, computer labs and library services, and encourages students to participate in on-campus events and student clubs.

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

For more information about MCC's Dual Enrollment Academy, visit: <https://www.middlesex.mass.edu/dualenroll/default.aspx>

Middlesex Online Criminal Justice Program Ranks 14th in Nation

Middlesex Community College's online Criminal Justice – Administration of Justice Associate in Science degree program is the 14th best online criminal justice program nationwide according to OnlineColleges.net.

"The online Criminal Justice Program at Middlesex offers flexibility to students who are looking to complete a degree online or complete a degree with a combination of in-class and online courses," said Lynda J. Pintrich, chair of MCC's Criminal Justice program. "It is a rigorous program, taught predominantly by full-time criminal justice faculty, who take a great deal of pride in their work, both online and in the classroom."

With a focus on emerging trends and developments in online education, OnlineColleges.net has been informing prospective students on leading programs since 2009. MCC's online Criminal Justice – Administration of Justice option degree program is designed for students interested in working in areas such as probation, parole, corrections, victim/witness advocacy and related occupations. Students are able to develop a strong foundation in criminal justice and also study topics such as victimology, juvenile justice and corrections.

The curriculum emphasizes academic and practical approaches to three major areas of criminal justice – police, courts and corrections – while providing students with basic knowledge of legal issues facing practitioners in these fields. Students can also learn important skills including oral and written communication, interpersonal skill building, and developing an understanding of multicultural issues necessary for working with diverse populations.

Students who take courses online at Middlesex complete the same high-quality coursework as those who take courses on campus. And, online students earn the same course credits – which are transferrable to bachelor's degree programs.

To learn more about MCC's Criminal Justice Programs, visit <https://www.middlesex.mass.edu/criminaljustice/>. For more information about Middlesex online, visit: <https://www.middlesex.mass.edu/online> or call 1-800-818-3434.

Register Now for Spring 2016 at Middlesex Community College

Registration is now open for spring semester courses at Middlesex Community College. Classes begin Monday, Jan. 25, 2016, on the Bedford and Lowell campuses, and online.

Middlesex offers more than 70 degree and certificate programs. The college has many transfer options, and enrollment counselors are available to answer questions and get you started on the path to academic success. MCC offers free academic, career and financial-aid counseling, as well as free tutoring and extensive support services.

In addition to traditional courses, MCC makes it easy to enroll in online, hybrid and Flexible Studies courses. We offer 18 degree and certificate programs that can be completed entirely online, as well as many other programs of study that are 80 percent online.

A complete listing of spring 2016 course offerings can be found in MCC's Spring Academic Advising Schedule, available online at <https://www.middlesex.mass.edu/registration/earlyreg.aspx>

Two MCC Students Awarded Scholarships to Study Abroad

Two Middlesex Community College students have been awarded scholarships from the U.S. Department of State to study abroad at Bath Spa University in Bath, England, during the 2016 spring semester.

Izamoniique Edouard, of Lawrence, and Jacqueline Jolicoeur, of Woburn, each received a Benjamin A. Gilman International Scholarship, which supports undergraduates who might not otherwise participate in study abroad programs due to financial constraints.

Gilman Scholarship recipients are chosen by a competitive selection process and must use the award to cover study abroad costs, including tuition, room and board, books, local transportation, insurance, and international airfare.

"The only reason it's possible for me to study abroad is because of this scholarship," said Edouard, who currently studies social science at MCC. "I'm really excited to have this opportunity – educationally and personally. Not only do I get to study different countries and economies to see how they relate to one another, I get to personally experience new cultures."

When she returns from her study abroad experience in June, she will have earned an associate degree from MCC. She then plans on continuing her education in the U.S. to earn a bachelor's degree in economics.

To learn more about MCC's Study Abroad programs or about MCC's articulation agreement with Bath Spa



Middlesex Community College student Izamoniique Edouard, of Lawrence, recently received a awarded a U.S. Department of State's Benjamin A. Gilman International Scholarship to study abroad at Bath Spa University in Bath, England, during the 2016 spring semester.

University, contact Dona Cady, Dean of Global Education at cadyd@middlesex.mass.edu.

To learn more about the Benjamin A. Gilman International Scholarship, visit <http://www.iie.org/Programs/Gilman-Scholarship-Program>

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Lowell Community Health Center's Developing Leaders Council

First Annual Winter Mixer a Success

Lowell Community Health Center's (Lowell CHC) new Developing Leaders Council (DLC) hosted a Winter Mixer at the center on December 10th to raise awareness about the Council, which works to raise support for the health center and allows members to learn about nonprofit board service. More than 120 people of all ages attended the event, which featured live music by Harry and the Squires of Soul, catering by Kale YEAH!, raffles and opportunities for networking.

"It was truly a fun and inspiring event," said Lowell CHC CEO Dorcas Grigg-Saito. "We are so grateful to the DLC. They bring so much enthusiasm and commitment to everything they do. It is an honor to work with this next generation of community leaders."

Guests also learned about ArtUp (www.artuplowell.com), a new initiative to create a permanent collection of artwork by local artists at Lowell CHC. Proceeds from the event benefitted the Lowell CHC WrapAround Fund, which pays for services that aren't covered by health insurance, including medical interpretation, community health education and screenings, programs to help teens make healthy decisions, and assuring that patients have basic needs, such as a roof over their heads, food on the table and access to job training and English-language

classes.

Event sponsors included: Young Professionals of Greater Lowell, Zack's Team, Jeanne D'Arc Credit Union, Middlesex Community College/Lura Smith Fund, Enterprise Bank and Tufts Health Plan.

The DLC is seeking new members who live in or work in Greater Lowell and who are interested in supporting the work of Lowell CHC. For information, e-mail Beth Knudson, DLC chair, eknudson47@gmail.com or call the health center's Director of Development and Communications, Clare Gunther, at 978.746.7891.

About Lowell Community Health Center:

Founded in 1970, Lowell Community Health Center serves as the "family doctor" for nearly half of Lowell's population, seeking to "provide caring, quality, and culturally appropriate health services to the people of Greater Lowell, regardless of their financial status." Lowell is home to many immigrants and refugees from all parts of the globe; 90% of those served by Lowell CHC live below the federal poverty level, and close to half are best served in a language other than English. For information, visit www.lchealth.org or call 978.746.7891.



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NECC Opens Registration for Winter Intersession

Looking to catch up on college credits over winter break or get ahead? Northern Essex Community College is now registering students for its second annual winter intersession, a series of accelerated credit courses offered online or on campus throughout the month of January.

The intersession is open to NECC students and students from other colleges or universities and it offers a range of credit general education courses.

In addition to online and on-campus options, there are hybrid courses which combine online and on-campus learning. The flexible mix allows students to attend courses on NECC's Lawrence Riverwalk Campus or from the comfort of their own home.

Most courses are suitable for a wide range of majors and fulfill core liberal arts requirements at two-year and four-year institutions. This year's intersession

courses will include cultural anthropology, basic algebra, human biology, and public speaking.

Online courses will run January 4 through January 29. On-campus courses will meet for 10 days, January 4 through 15, Monday through Friday, from 9 a.m. to mid-afternoon on NECC's Lawrence Riverwalk campus. Please see the intersession schedule for more information.

Northern Essex offers over 70 associate degrees and certificates in fields such as liberal arts, health care, criminal justice, computer science, technology and engineering, arts & design, and much more. Classes and programs are offered days, evenings, weekends, and online. Campuses are in Haverhill and Lawrence.

To learn more, please visit www.necc.mass.edu or contact enrollment services at 978-556-3700 or at admissions@necc.mass.edu

Peace Poems Sought for Annual NECC Contest

Students in grades kindergarten through 12, both from public and private schools, as well as adults affiliated with the schools, and Northern Essex Community College students, are invited to participate in Northern Essex Community College's Eighth Annual Peace Poetry Contest and Reading. Participants may create and submit original poems on the subject of peace.

The deadline for submission is Tuesday, March 15, 2016. Some 80 poems and accompanying artwork will be selected for publication in a small book of poetry to be published later in the spring. In addition, selected entrants will be invited to take part in a poetry reading from 6 to 8 p.m. on Friday, May 6 in the Hartleb Technology Center on Northern Essex's Haverhill Campus.

Since its inception, the contest has attracted thousands of submissions. Last year alone, more than 1000 entries from over 50 schools were submitted. The contest is coordinated by NECC English Professor

Dr. Paul G. Saint-Amand, a Vietnam era veteran who is committed to peace. "As an educator, I want to fuel children's imaginations toward peace," he says. "A lot more has been written about war than about peace."

NECC students are collaborating on the project and have designed posters and award certificates, participated in judging entries, and will host the public reading. Entries can be submitted to peacepoetry@necc.mass.edu or NECC Peace Poetry Contest, 100 Elliott St., Haverhill, MA 01830-2399.

For additional information contact Dr. Paul Saint-Amand at 978-556-3307, psaintamand@necc.mass.edu or visit the webpage at <http://www.necc.mass.edu/academics/enrichment/service-learning/peace-poetry/>

This contest is sponsored by the NECC Office of the Vice President of Academic Affairs, Foundational Studies and Liberal Arts and Sciences, the English Department, and the Service Learning Committee.

www.rumbonews.com



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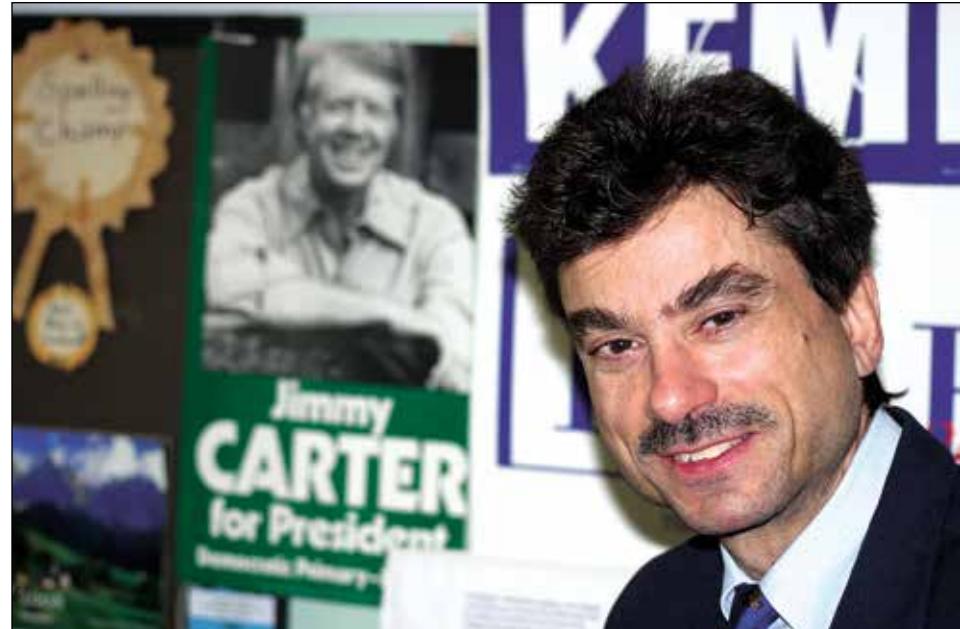
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"Quest for the Presidency" offered at NECC



Richard Padova of Andover, who has worked on eight presidential campaigns, both Democratic and Republican, and teaches in the Global Studies Department at Northern Essex Community College will revive his history course titled "Quest for the Presidency" for the spring 2016 semester which begins January 20.

The three-credit course will be offered on the Haverhill campus, 100 Elliott St., on Mondays, Wednesdays, and Fridays from 11 to 11:50 a.m. It is open to the public.

This course, which is offered only once

every four years, examines both the history and the mechanics of U.S. presidential campaigns from George Washington to the present. Candidates and issues in the 2016 U.S. presidential campaign will also be studied within the context of the course.

If you have any questions, feel free to contact the instructor, Rich Padova, at rpadova@necc.mass.edu or 978-556-3297. To enroll in this class call 978-556-3700. To see all NECC offerings go to NECC courses

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Abusive Lending Denies Latinos Their American Dream

By Mike Calhoun and Noel Poyo

As the month-long observance of Hispanic Heritage Month concludes, the innumerable contributions that Latinos make to our great nation have been recently noted. Year-round, however, we must acknowledge that much more needs to be done to ensure that Latino families have the opportunity to more fully participate in a financial marketplace that is fair and responsible.

Today, Latinos are the nation's largest ethnic group and the fastest growing population segment. Latino workers, consumers and entrepreneurs represent an enormous opportunity for the future of the nation's economy. However, Latinos continue to face predatory and discriminatory lending practices that strip hard-earned savings and leave families with insurmountable debt. These abusive practices limit the ability of Latino families to build wealth and contribute to the growing racial wealth gap between communities of color and whites.

The Center for Responsible Lending (CRL) has long-held that every American is entitled to financial fairness. CRL's independent research has determined that four key areas of lending continue to pose significant threats to the economic security of Latino families:

1. Lack of access to conventional mortgage credit;
2. Student debt;
3. Auto dealer markups; and
4. Payday/car title lending

NALCAB – National Association for Latino Community Asset Builders and its network of more than 100-Latino-led, community-based organizations, work every day to support families that struggle to achieve economic mobility in the face of limited access to credit, unsustainable debt burdens and abusive lending practices – experiences accurately reflected in CRL's research.

In a time with historically-low mortgage interest rates, relatively few Latinos have been able to take advantage of them. This concern is also evidenced by data in the newly-released 2014 Home Mortgage Disclosure Act. Among the more than 1.7 million private, conventional mortgage originations made last year, Latino borrowers received just 5.0 percent - 87,570 loans. Latinos also constitute 17 percent of the nation's total population.

Instead of conventional mortgage lenders serving these consumers, government-backed mortgage programs such as FHA, VA and USDA serve far more. While government-backed programs serve an important function, the loans are more costly. Nor should the government-backed loans be the only viable option for Latino borrowers. Private mortgage originators have an obligation to serve all credit-worthy borrowers.

The persistent failure of the private mortgage market to serve Latino borrowers is a troubling sign, especially when the National Association of Hispanic Real Estate Professionals projects that between 2010 and 2025, Hispanics are expected to

account for 7 million- or 41 percent - of 17 million newly created households. Thus, the lack of service by conventional lenders to Latino borrowers undermines the health of the entire housing finance system.

The pursuit of higher education, the second leading cause of debt, is fraught with questionable costs that may not even lead to gainful employment. Oftentimes, Latino students are heavily recruited by for-profit colleges where they face higher tuition and fees. There they receive 'educational training' that does not deliver on its recruitment claims of marketable skills and ready employment. CRL research determined that:

* Two-thirds of Hispanic students enrolled at four-year for-profit colleges do not graduate in 6 years;

* In the 2011-12 school year, 31 percent of Hispanic students attending a for-profit college borrowed more than \$8,900 to attend a for-profit college; and

* During this same school year, Hispanic students who attended either a public or private, nonprofit institution borrowed fewer loans: 69 percent borrowed \$4,009 or less at a public university and 61 percent borrowed less than \$6,200 to attend a private, nonprofit school or university.

Similar concerns are evident with the auto loans, which account for the nation's third highest cause for debt. Today an estimated 80 percent of auto purchases are financed through dealers. CRL has found that although borrowers of color – largely Latino and African-American -- report negotiating interest rates more often than their white counterparts, consumers of color still paid higher interest rates. The higher rates were charged despite the fact that borrowers had credit profiles that would have secured lower interest rates and in turn, cost less. In just one year – 2009

– CRL determined that consumers paid \$25.8 billion in hidden interest over the life of their loans, all due to dealer markups.

Over the past decade, dealer interest rate markups have been the cause for a series of racial discrimination charges in auto lending. These legal challenges included a \$98 million settlement last year by Ally Financial and the Consumer Financial Protection Bureau and a similar \$24 million settlement earlier this year that involved Honda Finance, the CFPB and the Department of Justice.

Lending can either aid family finances to move forward or hamper that progress. Each year, Latinos along with African-Americans and other borrowers lose more than \$3.5 billion to payday lenders and an additional \$4.3 billion in car title fees. By charging 400 percent or higher for an average loan of \$350, few borrower budgets can afford their regular household expenses along with the monies necessary to fully repay the loan and its fees. Instead these families are churned into more loans, creating a debt trap that pushes them from the financial mainstream into a future dependent upon high-cost, fringe financial services.

In our still recovering economy, we must enact policy reforms that provide opportunities for advancement for all working families, including Latinos. Financial stability and economic advancement should not be reserved for just the few. All Americans deserve a chance to support their families and pursue their own American Dreams of a better life. A fair financial system is an essential part of that path forward.

Mike Calhoun is the President of the Center for Responsible Lending. Noel Poyo, a CRL Board Member is the Executive Director of NALCAB - National Association for Latino Community Asset Builders.

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Learn WordPress at Nashua Library

The Nashua Public Library now offers a class in how to use WordPress to create websites and blogs. This class is in addition to other one-time computer workshops offered at the library: Computer Basics; Internet; Microsoft Word, Excel, PowerPoint, and Access; Genealogy; and Online Job Searching. View the schedule at www.nashualibrary.org/computerclasses.htm. All are free and open to the public, although registration is required (call 589-4611).

Bring the Family to the Zoo for Peanuts

Now you can visit the Franklin Park Zoo in Boston or the Stone Zoo in Stoneham at greatly reduced admission prices, using your Nashua Public Library card. Simply go to nashualibrary.org and click Museum Passes. Then follow the instructions to reserve a pass for the date you want to go. The pass admits six people at just \$6 per adult and \$4 per child ages 2 to 12. Children under 2 are free. Regular admission is \$12-\$18. You can also book a pass at the reference desk in the library or by calling (603) 589-4611.

Memory Café at Nashua Public Library

Come to the Nashua Public Library on the third Friday of the month from 2 p.m. to 3:30 p.m. for Memory Café, a gathering of people with early memory loss and their caregivers. Each month's program will have activities centered on a theme, along with plenty of time to enjoy free refreshments and socialize.

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

“Nashua Experience” on sale just in time for holiday shopping

“The Nashua Experience: A Three-Decade Upgrade, 1978-2008” is on sale at the Nashua Public Library through December 31. Normally priced at \$25, the book is available for holiday giving at just \$15, or two copies for \$25.

“The Nashua Experience,” written by three Nashua librarians, tells the story of the Best Place to Live in America awards, the growth of high-tech, the fight for a wetlands ordinance, the sesquicentennial celebration, and the high school project. You can even read about the unusual circumstances in which Jim Donchess became mayor the first time, in 1984, and see a picture of what he looked like at age 35.

The book is a perfect gift for anyone who lives—or has lived—in Nashua.

Need help finding a good book?

Are you looking for ideas on what to read next? Maybe you need suggestions for books to buy for your grandchildren or mother-in-law for the holidays. Let Nashua

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!

Public Library staff zero in on the right ones for you, with Reading Radar.

Just go to nashualibrary.org/connect/reading-radar. That's where eight staff members tell you a bit about their own reading preferences. Choose the one whose interests match yours fill out a short form, and that person will reply with five suggested titles.

If you want suggestions for children's books, go to nashualibrary.org/explore/kids.

Dual art show at Nashua Library

“Branches: A Mixed Media Showcase,” featuring sculpture by Nancy A. French and paintings by Tamara Gonda, is on display in the Image Gallery at the Nashua Public Library in November and December.

Nancy A. French trained as a traditional furniture maker at North Bennet Street School in Boston's North End. She has built and repaired furniture and taught woodworking for many years. Recently she began sculpting with salvaged tree branches, bark, local hardwoods, felted wool, scrap fabric, and other found or recycled materials.

Tamara Gonda's work is uniquely American abstract, reflecting the white birches and pines of New England and the peaks of the Wyoming Rockies and Northwest Cascades. Among the artists who have influenced her are Mark Rothko and Robert Rauschenberg. Gonda has exhibited at numerous museums and several galleries throughout New England. She holds a B.F.A. from Virginia Commonwealth University and an M.F.A. from Cornell University.

The exhibit can be viewed during regular library hours.

Nepal Lecture Kicks Off Exotic Destinations Series

In 2010, Ken Harvey participated in a medical mission to remote villages in the Himalayas and fell in love with Nepal and its people. When he heard about the country's devastating earthquakes in 2015, he knew he had to return to help the victims rebuild. On Thursday, January 7, at 7 p.m. at the Nashua Public Library, he will share his experiences and the photos he took in a talk called “Nepal: Pay It Forward.”

An active photographer for over 45 years, Harvey has won numerous awards for his work, including Best in Show at the Greeley Park Art Show.

The event is the first in the library's series of “Exotic Destinations” lectures. Others in the series include:

- Iran: Persian Glory and Islamic Revolution—Sunday, January 10, at 2 p.m.
- Hiking the John Muir Trail—Thursday, January 14, at 7 p.m.
- Walking Across the United States—Thursday, January 28, at 7 p.m.

All four lectures are free and open to the public. Registration is not required.

Cultural Diversity Exhibit

Photographs by Becky Field will be on exhibit at the Nashua Public Library from January 2 to 29.

The photos will be accompanied by text panels, all of which come from Field's book, “Different Roots, Common Dreams: New Hampshire's Cultural Diversity.”

“This photo project started because of an act of hate,” says Field. In 2011 and 2012, malicious graffiti was scrawled on the Concord, N.H., homes of four families that had escaped violence and persecution in their home countries. Field decided then to use her camera to honor the diversity of new Americans, to recognize their determination and expertise, to raise awareness about paths to resettlement, and to stimulate public dialogue on immigration.

Since then, Field has met thousands of recently resettled people in New Hampshire, from nearly 50 countries. Her book showcases her photographs and also includes six essays by immigrants about their journeys.

A reception for the photographer will be held at the library on Sunday, January 24, from 2 p.m. to 4 p.m. She will give a short talk about the project at the event. It is free and open to the public.

Field's photographs have been displayed in numerous New Hampshire galleries. In 2013 her portrait of a New Hampshire girl whose family had come as refugees from Somalia was a contest winner in Photo District News. The cultural diversity project was featured in New Hampshire Magazine in 2015.

Field holds a certificate in photography from the New Hampshire Institute of Art. Previously she was communications director with the American Red Cross in New Hampshire and before that, a wildlife research ecologist with the U.S. Department of Interior and a university faculty member. The photo exhibit can be viewed during regular library hours. The library is located at 2 Court Street, Nashua. For directions and parking information go to www.nashualibrary.org/visit/directions. For other information contact Bruce at bruce.marks@nashualibrary.org or (603) 589-4626.

Iran: Persian Glory and Islamic Revolution

The Nashua Public Library's “Exotic Destinations” lecture series continues when photojournalist Barry Pell presents “Iran: Persian Glory and Islamic Revolution” on Sunday, January 10, at 2 p.m.

With a history dating back 2,500 years, the Persian Empire extended from Central Asia to North Africa. Pell's photography illustrates the legacy of this power and wealth, showing tiled mosques and secular mansions; distinctively spiced cuisine; arts and crafts, including the world's most beautiful rugs; and diverse people.

Pell traveled nearly 4,000 miles through the country's landscape, visiting historic cities and monuments and meeting with Iranian people who openly shared opinions about their lives and relations with America.

Pell has visited 161 countries, documenting their landscapes and cultures. He has lived in China, Eastern Europe, and North Africa. He lectures on international cultures at schools, universities, and other institutions in the Boston area.

Upcoming “Exotic Destinations” lectures include:

Hiking the John Muir Trail—Thursday, January 14, at 7 p.m.

Walking Across the United States—Thursday, January 28, at 7 p.m.

All the lectures are free and open to the public. Registration is not required.

Hiking the John Muir Trail

On Thursday, January 14, at 7 p.m. the Nashua Public Library's “Exotic Destinations” lecture series will feature hiker Allison Driscoll.

In July 2014 Driscoll set out to complete a solo thru-hike of the John Muir Trail, a 220-mile footpath that leads from Yosemite National Park to Mt. Whitney, the tallest summit in the lower 48. At the library event, see photographs from her journey; learn what she did to prepare for a solo 15-day high-altitude hike of the Sierra Nevada; and find out what it was like to walk all day, every day.

The final “Exotic Destinations” lecture, “Walking Across the United States,” with Greg Hindy, will be held on Thursday, January 28, at 7 p.m.

All the lectures are free and open to the public. Registration is not required.

Limited tax forms available at libraries this year

Because taxpayers are increasingly filing their tax returns electronically, the Internal Revenue Service has told libraries that it will cut back again this year on the type and number of forms provided for library customers.

This year the Nashua Public Library will only have the 1040, 1040A, and 1040EZ forms to give out, and only in limited quantities. The library will not be able to give away instruction booklets for these forms but will lend them out for short-term use.

If you have instruction booklets of your own, please consider donating them to the library once you are done with them.

You can order forms and instructions from the IRS by calling (800) 829-3676 or by visiting www.irs.gov/forms.

According to an email from the IRS, 95 percent of taxpayers filed electronically in 2015.

Free tax assistance for seniors and low-income taxpayers will be available again this year at the Nashua Public Library from February 1 through April 15. Volunteers from AARP/VITA will be in the Music/Art/Media Wing on Mondays and Wednesdays from 10 a.m. to 7 p.m. and Fridays from 10 a.m. to 2 p.m. More information will be available starting in late January at www.tinyurl.com/npltax.

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CALENDARIO | CALENDAR OF EVENTS

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
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- análisis del terreno GRATIS

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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.

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

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American Training's Annual Coat Drive

Spread the **WOW! Magic** in our community by donating coats and jackets to American Training's annual Coat Drive. Help us make life matter by keeping our community warm. Last year more than 100 coats were collected and thus, more than 100 community members were kept warm through the harsh winter.

This year, we're expecting another difficult winter and are hoping to collect even more coats and jackets. All donations will be distributed to those in our Community who are in need, through our own programs and Anton's Coat Drive.

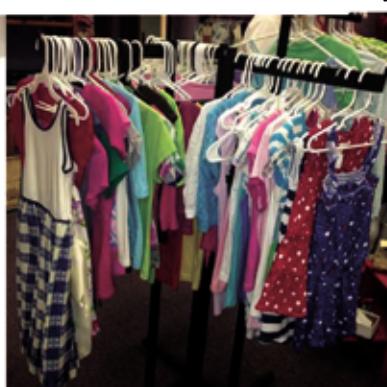
Donations can be made now through February 1 at any of these three American Training locations (8 a.m. to 4:30 p.m., Monday through Friday): 6 Campanelli Drive in Andover, 150 Industrial Avenue in Lowell, and 107 Audubon Road in Wakefield, or by contacting Robin Gazelian at 978-685-2151, ext. 6822.

Be a part of the **WOW! Magic**, donate today! Find out more at americantraininginc.com/coatdrive2015.

Thank you for helping us make life matter!

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Haverhill Firefighting Museum

Haverhill Firefighting Museum & Children's Corner is open on Saturdays from 10 a.m. to 1 p.m. The museum houses one of the largest collections of New England firefighting history as well as a newly expanded Children's Corner equipped with a 12-foot wooden fire truck children can actually play in, fire reels and hoses children can pull, a dress up area complete with children's gear and the Haverhill Fire Department's fire safety smoke tunnel which teaches children how to crawl to safety beneath smoke should a fire occur. Admission is \$5 for adults, \$2 for children under 12, and \$10 for families. Admission is free for service men and women. All children must be accompanied by an adult. The museum is located in the Historic Armory Building, 75 Kenoza Avenue in Haverhill, MA. Come Experience the Evolution of New England Firefighting History!

For more information, please visit the museum website: www.haverhillfirefightingmuseum.org or call 978.372.4061.

For press inquiries, please call Jean MacDougall-Tattan at 508-523-0857.

Boats



Kidneys

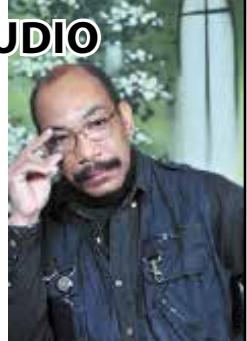
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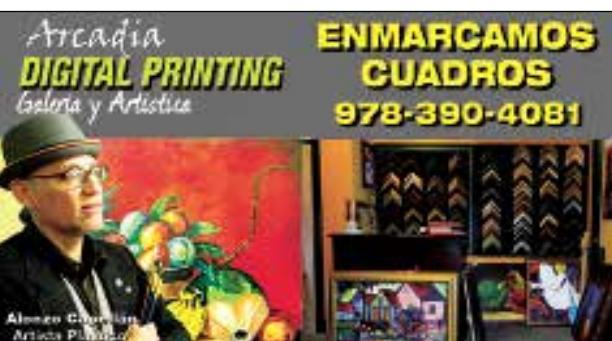
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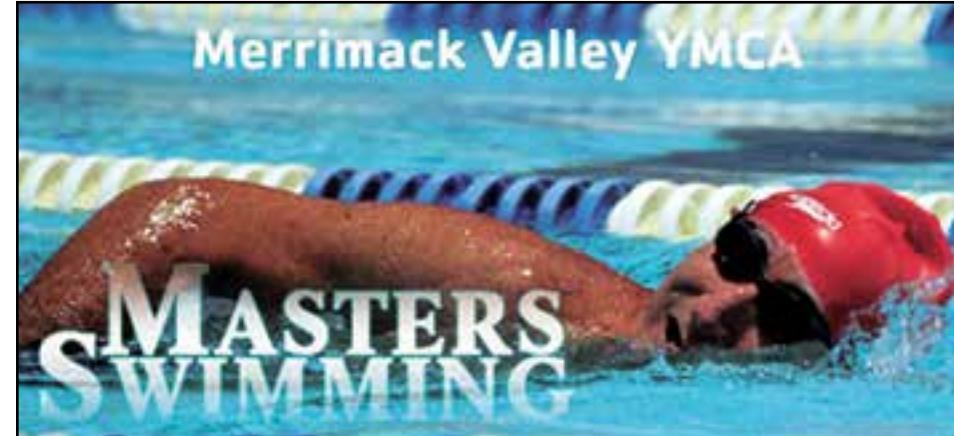
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Marjorie de Sousa
Y DOLCE, PARA
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UPDATE!!!

We're excited to announce:

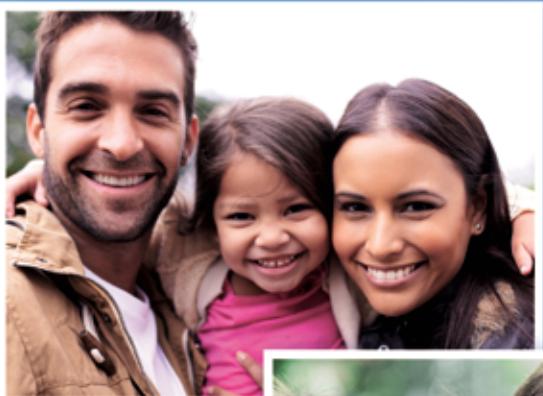
Carlton Cronin will be expanding his duties to include coaching the Masters Swim team. He is also our Lead Age Group Coach for the ANA Hurricanes as well. This will be effective immediately.

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Mondays and Wednesdays: 8-9pm
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