



Enero / January 22, 2016

EDICIÓN NO. 518

The BILINGUAL Newspaper of the Merrimack Valley

Obituary:

Bertica Shulman Cramer Pg. 17

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

(NH) Salem, Nashua, Manchester

Fuertes acusaciones contra Rivera

James P. O'Donoghue, miembro de la Autoridad de Reurbanización de Lawrence, manifestó serias acusaciones contra el Alcalde Dan Rivera. Vea el texto en la página 2.



James P. O'Donoghue, a member of the Lawrence Redevelopment Authority formulated serious accusations against Mayor Dan Rivera. See the text o page 2.

Inauguran nueva fábrica

La Congresista Niki Tsongas asistió a la inauguración de las nuevas instalaciones de New England Die Cutting en Methuen y se reunió con funcionarios de la compañía.

|8

New factory opens

Congresswoman Niki Tsongas attended the ribbon-cutting of New England Die Cutting's new facility in Methuen and met with company officials.

|8

Primeros préstamos del Lawrence Venture Fund

Photo courtesy of Deb Venuti and Merrimack Valley Magazine

Lawrence Venture Fund makes first loans

Included in the photo are, from left to right: Lawrence Andrews, President and CEO of Mass Growth Capital Corporation; Frank Moran, Massachusetts State Representative; Frank Carvalho, Executive Director of Mill Cities Community Investment; Derek Mitchell, Executive Director of the Lawrence Partnership; Walkyns Valentin, Manager of Auto Bori Music LLC (in brown hat); Marcos Devers, Massachusetts State Representative; Daniel Rivera, Mayor of the City of Lawrence; and Dick Hanlon, Commercial Loan Officer for Merrimack Valley Federal Credit Union.

|5

Haverhill: Esperando la nieve / Waiting for snow

- Pg. 9

- 02 EDITORIAL**
- 15 LIBRARY NOTES**
- 21 CALENDARIO**
- 22 DIRECTORIO**
- 23 CLASIFICADOS**



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O'Donoghue lanza acusación contra el Alcalde



James O'Donoghue, izquierda, se reunió con algunos miembros de la Fundación por la Transparencia en el Gobierno. // James O'Donoghue, left, meeting with some members of the Foundation for Transparency in Government. Eileen García, Marco Polo Rodríguez, Jennifer López, Modesto Maldonado and Attorney Louis Farrah.

Durante la reunión del Concejo Municipal de Lawrence del pasado 19 de enero, estaban por aprobar la recomendación de Michelle Melancon para la Autoridad de Reurbanización de Lawrence cuando James O'Donoghue se acercó y formuló una acusación de "retalación" del alcalde como la razón para sacarlo de esa junta directiva.

El Sr. O'Donoghue fue nombrado a principios del 2014 a un término de cinco años. Recientemente encontró un mensaje en su teléfono diciéndole que ya no era miembros de ese cuerpo, pero, a su entender él tiene un compromiso de cinco años, fue nombrado por el concejo municipal y solamente el concejo puede despedirlo si hay una causa.

Entonces procedió a leer el siguiente testimonio:

De acuerdo con las minutas y actas oficiales del Concejo Municipal fui nombrado a la Autoridad de Reurbanización de Lawrence (aka LRA) por un período de 5 años.

El LRA está avanzando con un Estudio de Renovación Urbana.

Podemos anticipar que en algún momento las posiciones de la junta directiva del LRA se convertirán en puestos remunerados similares a las posiciones BRA en Boston a través de acuerdos de desarrollo, sin costo para los contribuyentes.

La persona que el alcalde quiere nombrar al LRA en mi lugar es en mi opinión mucho menos calificada para servir

en esa posición que yo.

Considero que la acción del Alcalde Rivera es un despido injustificado del LRA.

Lo que el Concejo Municipal necesita saber es que considero que la acción del Alcalde para sacarme de la LRA es por represalias por hablar en Facebook en contra de la publicación de los nombres de los firmantes del Recall.

También considero que las acciones del Alcalde Rivera removiéndome es como intimidar a un testigo por lo que escuché en 18 de noviembre 2015, en relación con los partidarios del alcalde conspirando para firmar la petición de destitución firmando sus nombres entre sí a modo de que los peticionarios del Recall podrían ser acusados de falsificación.

El Alcalde Rivera nos envió un comentario sobre estas declaraciones y dijo, "Yo quise ir en una dirección diferente con esta posición vacante en la LRA y es por eso que sometí el nombre de Michelle Melancon para que el concejo la aprobara. Yo considero al Sr. O'Donoghue un amigo y le agradezco su servicio y su apoyo."

La reunión con la Fundación para la Transparencia en el Gobierno fue para aclarar lo que él escuchó en la reunión de la LRA el 18 de noviembre del 2015. Esta información será muy valiosa la semana próxima cuando el grupo discuta ante la Junta de Registro Electoral sus objeciones en cuanto a la forma en que 3,095 firmas fueron eliminadas de los formularios entregados, haciendo los esfuerzos de recall nulos.

serve in that position than I am.

I consider Mayor Rivera's action to be a Wrongful Discharge from the LRA.

What the City Council needs to know is that I consider the Mayor's action to remove me from the LRA to be Retaliation for speaking out on Facebook against his publishing the names of Recall signers.

I also consider Mayor Rivera's actions to remove me as Intimidating a Witness because of what I overheard on November 18, 2015 regarding supporters of the Mayor conspiring to sign the Recall Petition in one another's names so that the Recall Petitioners could be accused of forgeries.

Mayor Rivera sent us a statement with his response to these comments saying, "I wanted to go in a different direction on this opening on the LRA board and is why I submitted Ms. Melancon's name for approval by the council. I consider Mr. O'Donoghue a friend and thank him for his service and support."

The meeting with the Foundation for Transparency in Government was to clarify what he heard at that November 18, 2015 meeting at the LRA. That information will be valuable next week when the group discusses their objections to the way 3,095 signatures were eliminated from the forms turned in by them, deeming the recall effort null.

O'Donoghue's accusation against the mayor

During the Lawrence City Council meeting last January 19, they were to approve the recommendation of Michelle Melancon for the Lawrence Redevelopment Authority, when James O'Donoghue approached them to accuse the mayor of "retaliation" as the reason for dismissing him from that board.

Mr. O'Donoghue was appointed in early 2014 to a five-year term. He recently found a telephone message from the mayor's office stating that he was no longer a member of that body but, as far as he is concerned, he has a five-year appointment and was appointed by the council which means that only the council can fire him for cause.

He went on to read this statement:

According to the official City Council agendas and minutes I was appointed to the Lawrence Redevelopment Authority (aka LRA) for a term of 5 years.

The LRA is moving forward with an Urban Renewal Study.

We can anticipate that at some point the LRA board positions will become paid positions similar to the BRA positions in Boston through development agreements at no cost to the taxpayers.

The person that the mayor wants to appoint to the LRA in my stead is in my opinion considerably less qualified to

EDITORIAL | EDITORIAL

Tenga cuidado con las llamadas falsas del IRS

El Inspector General del Tesoro para la Administración Tributaria (TIGTA) tiene un artículo recientemente publicado en su página web alertando a los contribuyentes sobre llamadas telefónicas fraudulentas por personas haciéndose pasar como empleados del Servicio de Impuestos Internos (IRS).

TIGTA aconsejó que, si bien se están haciendo algunos progresos en la investigación del fraude telefónico, que ha resultado en el enjuiciamiento de algunos individuos asociados con ella en el último año, los contribuyentes deben seguir manteniéndose en "constante alerta".

Según TIGTA, se continúan recibiendo informes de miles de contactos cada mes en el que las personas hacen llamadas no solicitadas a los contribuyentes de manera fraudulenta diciendo ser funcionarios del IRS exigiendo que les envíen dinero en efectivo a través de tarjetas de débito pre pagadas.

Incluso después que la temporada de presentación de impuestos haya terminado, es fundamental que todos los contribuyentes sigan siendo cautelosos de las llamadas telefónicas no solicitadas de individuos que aleguen ser empleados del IRS.

Las personas que llaman son agresivas, implacables y despiadadas. Una vez que tienen su atención, le van a decir algo para estafarle su dinero ganado con tanto esfuerzo.

TIGTA ha recibido informes de aproximadamente 736,000 contactos desde octubre de 2013 y se ha enterado de aproximadamente 4,550 víctimas que han pagado en conjunto más de \$23 millones como resultado de la estafa, en la que los delincuentes hacen llamadas no solicitadas a los contribuyentes de manera fraudulenta diciendo ser funcionarios del IRS y exigiendo que les manden dinero en efectivo a través de tarjetas de débito pre pagadas.

Recuerde: El IRS no inicia comunicación con los contribuyentes por teléfono o correo electrónico para solicitar información personal o financiera. Esto incluye cualquier tipo de comunicación electrónica, tales como mensajes de texto y los canales de medios sociales. El IRS no llama a los contribuyentes amenazándolos con demandas o arrestos.

Generalmente, el IRS inicia sus primeros contactos por correo - no por el teléfono - sobre los impuestos no pagados, el IRS no le pedirá el pago con tarjeta de débito pre pagado o transferencia bancaria. El IRS tampoco le pedirá un número de tarjeta de crédito por teléfono.

Una vez más, no discutan ni den información a estas personas que llaman. Si le llaman, cuelgue el teléfono.

Beware of Calls from IRS Impersonators

The Treasury Inspector General for Tax Administration (TIGTA) has an article recently posted in their web page warning taxpayers of fraudulent phone calls by individuals misrepresenting themselves as Internal Revenue Service (IRS) employees.

TIGTA advised that although some progress is being made in its investigation of phone fraud scam, resulting in the successful prosecution of some individuals associated with it over the past year, taxpayers must continue to be on "High Alert".

According to TIGTA they continues to receive reports of thousands of contacts every month in which individuals make unsolicited calls to taxpayers fraudulently claiming to be IRS officials and demanding that they send them cash via prepaid debit cards.

Even after the tax filing season has ended, it is critical that all taxpayers continue to be wary of unsolicited telephone calls from individuals claiming to be IRS employees. The callers are aggressive, they are relentless and they are ruthless. Once they have your attention, they will say anything to con you out of your hard-earned cash.

TIGTA has received reports of roughly 736,000 contacts since October 2013 and has become aware of approximately 4,550 victims who have collectively paid over \$23 million as a result of the scam, in which criminals make unsolicited calls to taxpayers fraudulently claiming to be IRS officials and demanding that they send them cash via prepaid debit cards.

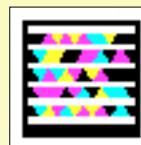
Remember: The IRS doesn't initiate contact with taxpayers by telephone or email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. The IRS does not call taxpayers with threats of lawsuits or arrests.

The IRS generally first contacts people by mail – not by phone – about unpaid taxes and the IRS will not ask for payment using a prepaid debit card or wire transfer. The IRS also will not ask for a credit card number over the phone.

Again, do not engage with these callers. If they call you, hang up the telephone.

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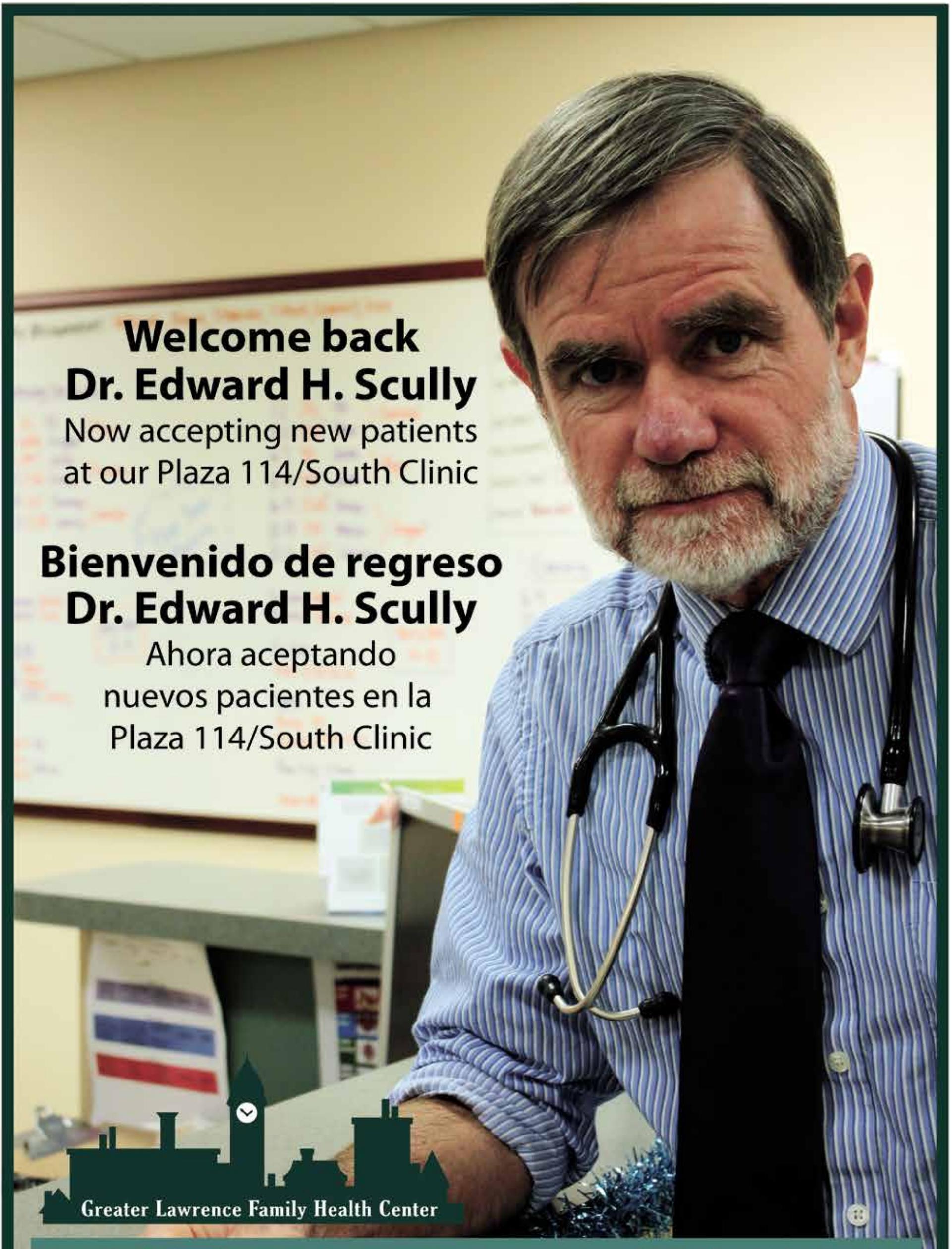
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Fundación para la Transparencia en el Gobierno

Parece que hay una gran confusión, duda y desconfianza dentro de la opinión pública sobre el cumplimiento de este grupo, alimentado por artículos del Eagle-Tribune. Keith Eddings insiste en que deben tener una cuenta bancaria e informar sobre contribuciones y gastos al igual que un Comité de Acción Política (PAC), pero no puedo encontrar ninguna evidencia de que las Leyes Generales de Massachusetts provean para tal organización.

Le pregunté al abogado Louis Farrah que está ayudando al grupo, para que me diera su definición de por qué él cree que no tienen que cumplir con eso. En primer lugar, no son un PAC. Ellos no están apoyando a un candidato y la ley no menciona el tipo de actividad que están realizando.

"Mi respuesta al artículo del Eagle-Tribune es que no hay nada en MGLC 55 que aborda desalojos o requiere a esos votantes que buscan remover a un funcionario electo a través de un 'recall' para formar un 'comité de acción política'. El mismo título de M.G.L. do. 55 da una idea de la intención legislativa, con el título Disclosure And Regulation Of Campaign Expenditures and Contributions, o sea Revelación y Regulación de los Gastos de Campaña y Contribuciones. Sólo puedo asumir que si los legisladores pretendían incluir a un individuo o grupo que busca la remoción de un funcionario hubiese sido incluido en el capítulo 55."

El Capítulo 55 es muy específico a la hora de informar contribuciones y gastos citando en la Sección 18E Defensa Legal, Fondos Inaugurales y Recuento. Como esto no es un PAC y recalls no están cubiertos dentro de la ley, tengo que estar de acuerdo con el abogado Farrah.

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Lawrence Venture Fund hace primeros préstamos a empresas locales



Photo courtesy of Deb Venuti and Merrimack Valley Magazine

Included in the photo are, from left to right: Lawrence Andrews, President and CEO of Mass Growth Capital Corporation; Frank Moran, Massachusetts State Representative; Frank Carvalho, Executive Director of Mill Cities Community Investment; Derek Mitchell, Executive Director of the Lawrence Partnership; Ramon Alberto, Owner of La Cibaeña Bakery; Marcos Devers, Massachusetts State Representative; Daniel Rivera, Mayor of the City of Lawrence; and Dick Hanlon, Commercial Loan Officer for Merrimack Valley Federal Credit Union.



After taking the tour through La Cibaeña Bakery, Lawrence Andrews, President and CEO of Mass Growth Capital Corporation, left, talks to Derek Mitchell, Executive Director of the Lawrence Partnership.

During the tour, State Representative Frank A. Moran could not get away from the station where 4 employees were preparing trays of pastries for baking. Representative Moran was admiring the speed at which they work.



Lawrence Venture Fund makes first loans to local businesses

Two Lawrence businesses will expand capacity with loans totaling \$95,000 from the Lawrence Venture Loan Fund. "The immediate impact will result in 10 new employees, with projections to hire 12 more people at the end of the year," noted Frank Carvalho, the Executive Director of Mill Cities Community Investments, a local Community Development Financial Institution that processes and services the loans for the Venture Loan Fund.

La Cibaeña Bakery and Auto Bori Music, LLC were the first two businesses to receive loans from the \$1M Venture Loan Fund, which was established by the

PARTNERSHIP

CONTINUES ON PAGE 7

Dos empresas de Lawrence ampliarán la capacidad de préstamos por un total \$95,000 del Fondo de Préstamos Venture Lawrence. "El impacto inmediato dará lugar a 10 nuevos empleados, con proyecciones para contratar a 12 personas más para el final del año", señaló Frank Carvalho, el Director Ejecutivo de Mill Cities Community Investments, una institución local Financiera de Desarrollo Comunitario que procesa y da servicios de préstamos para el Fondo de Préstamos Venture.

La Cibaeña Bakery y Auto Bori Music, LLC fueron las dos primeras empresas en recibir préstamos del Fondo de Préstamos Venture que tiene \$1M, el cual fue establecido por la Lawrence Partnership en el otoño de 2015. El Lawrence Venture Fund está capitalizado por 4 bancos locales -TD, Enterprise, Eastern y la Merrimack Valley Federal Credit Union con recursos adicionales proporcionados por la Ciudad de Lawrence. "Hoy estamos aquí para celebrar el ánimo comercial que es tan robusto en todo Lawrence y las grandes cosas que se pueden lograr cuando las personas trabajan juntas", señaló Derek Mitchell, Director Ejecutivo de la Asociación de Lawrence.

"Estamos muy emocionados de ver este tipo de inversión en este tipo de negocios", dijo el Alcalde Dan Rivera. "Estas son las empresas que forman parte de la zona que la gente puede caminar, y que están creando puestos de trabajo que generarán más oportunidades en el futuro."

La Cibaeña Bakery aprovechará su préstamo para añadir a otras inversiones de su propietario, Ramón Alberto, para sustituir a un mezclador de 100 años y la compra de dos nuevos hornos. El aumento de la capacidad le permitirá ampliar sus contratos con el gigante de comestibles,

Market Basket.

AutoBori, LLC, un punto de venta de accesorios de automóviles local, estará expandiendo su inventario para satisfacer la creciente demanda de sus productos.

Además del acceso al capital, las empresas, Lawrence también se beneficiará de la asistencia técnica adicional a través de una subvención de \$55,000 de Mass Growth Capital Corporation para Mill Cities Community Investments (MGCC). Lawrence Andrews, Presidente de MGCC fue el encargado de hacer el anuncio afirmando, "éstas son las comunidades en las que queremos invertir porque no hay tantas oportunidades aquí. Estamos muy contentos de asociarnos nuevamente con MCCI y Frank, porque sabemos que la inversión tendrá un impacto increíble para las empresas de Lawrence".

La subvención, que permitirá MCCI para agregar dos más personal del programa de su organización, se realizó a través del programa de donaciones de asistencia técnica de pequeños negocios de la Mass Growth Capital, que está diseñado para complementar y mejorar la tradicional red de asistencia pública y privada de la pequeña empresa mediante la prestación de asistencia técnica o programas de formación para las empresas marginadas y desfavorecidas con 20 empleados o menos.

El Venture Loan Fund está diseñado para ayudar a aquellas empresas que agregan valor y diversidad de la comunidad de negocios de Lawrence poniendo a disposición financiamiento de bajo costo, dando prioridad a las zonas comerciales y alrededor de la zona del centro.

Más información, incluyendo detalles sobre cómo solicitar préstamos a través del Venture Loan Fund, están disponibles en <http://lawrencepartnership.org/VentureFund>.

"Estoy agradecido por tener el cuidado de Dana-Farber tan cerca."

– Dan, sobreviviente de cáncer



Cuando Dan se enteró que tenía cáncer, él no iba a conformarse con nada menos que el mejor centro de cáncer en Nueva Inglaterra, Dana-Farber. Por eso, cuando encontró una práctica de Dana-Farber cerca, se le hizo mucho más fácil recibir el cuidado de expertos que él quería.

Gracias a las ubicaciones de Dana-Farber en las comunidades, pacientes como Dan se benefician del tratamiento basado en las últimas investigaciones de los oncólogos expertos cerca de casa.

Hoy en día, Dan está libre de cáncer y agradecido de tener a Dana-Farber en su comunidad. Para obtener más información, llámenos o hable con su médico para una referencia.

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El Distrito Senatorial Segundo de Essex y Middlesex recibe \$35K para la seguridad contra incendios y educación

Las comunidades en el distrito de la Senadora Barbara L'Italien han recibido aproximadamente \$35,000 para la seguridad contra incendios y educación para los niños, adolescentes y adultos mayores.

Desde que la Legislatura estatal comenzó a financiar programas de Student Awareness and of Fire Education (S.A.F.E.) hace 21 años, las muertes infantiles anuales relacionadas con incendios se han reducido en un 70 por ciento, de acuerdo a la Oficina Estatal del Jefe de Bomberos Stephen Coan.

Más recientemente, el programa SAFE se amplió para proporcionar fondos a las comunidades locales para apoyar la capacitación de prevención de incendios para las personas mayores - la población más vulnerable en riesgo de muertes relacionadas con el fuego. Este nuevo programa se centra en la educación de las personas mayores en la prevención de incendios, seguridad en el hogar en general y cómo estar mejor preparados en caso de un incendio.

El programa original de SAFE basado en la escuela ofrece recursos a los

departamentos de bomberos locales para llevar a cabo programas de educación de seguridad contra incendios y la vida en los grados K-12. La misión es permitir a los estudiantes a reconocer los peligros del fuego y más específicamente los productos de los riesgos de incendio que los productos del tabaco producen.

Más información sobre ambos programas SAFE se pueden encontrar en 1.usa.gov/20bZI7a y 1.usa.gov/1T1CUFj.

Un agradecimiento especial por defender y administrar este programa de subvenciones al Gobernador Charlie Baker, la Vicegobernadora Karyn Polito, el Comisario de Seguridad Pública Daniel Bennett y al Fire Marshall del Estado Stephen Coan.

"Es importante señalar que estos programas no serían posibles sin los continuos esfuerzos de nuestros departamentos de bomberos locales en mantener el más alto nivel de servicio y profesionalidad en sus ciudades y pueblos", dijo la Senadora L'Italien.

Andover Fire Department - Student SAFE: \$5,937; Senior SAFE: \$3,115

Dracut Fire Department - Student SAFE: \$4,837; Senior SAFE: \$2,917

Lawrence Fire Department - Student SAFE: \$7,237; Senior SAFE: \$3,315

Tewksbury Fire Department - Student SAFE \$4,837; Senior Safe: \$2,917

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2nd Essex & Middlesex Senate District gets \$35K for fire safety, education

Communities in Sen. Barbara L'Italien's district have received approximately \$35,000 for fire safety and education for children, teens and older adults.

Since the state Legislature began funding Student Awareness and of Fire Educations (S.A.F.E.) programs 21 years ago, annual fire-related child deaths have been reduced by 70 percent, according to State Fire Marshall Stephen Coan's Office.

More recently the SAFE program was expanded to provide funds to local communities to support fire prevention training for seniors - the most vulnerable population at risk for fire-related deaths. This new program focuses on educating seniors in fire prevention, general home safety and how to be better prepared in case of a fire.

The original school-based SAFE program provides resources to local fire departments to conduct fire and life safety education programs in grades K-12. The mission is to enable students to recognize the dangers of fire and more specifically the fire hazards tobacco products pose.

More information on both SAFE programs can be found at 1.usa.gov/20bZI7a and 1.usa.gov/1T1CUFj.



State Senator Barbara L'Italien

Special thanks for advocating and administrating this grant program go to Gov. Charlie Baker, Lt. Gov. Karyn Polito, Public Safety & Security Commissioner Daniel Bennett and State Fire Marshall Stephen Coan.

"It's important to note that these programs would not be possible without the continued efforts of our local fire departments in maintaining the highest level of service and professionalism in their cities and towns," Sen. L'Italien said.

■ CONTINUES FROM PAGE 5

PARTNERSHIP

Executive Director.

"We are really excited to see this kind of investment in these kinds of businesses", said Mayor Dan Rivera. "These are businesses that are part of the neighborhood that people can walk to, and they are creating jobs that will generate more opportunities down the road."

La Cibaeña Bakery will be leveraging its loan to add to other investments by its owner, Ramon Alberto, to replace a 100 year old mixer and purchase two new ovens. The increased capacity will allow him to expand his contracts with grocery giant, Market Basket.

AutoBori, LLC, a local auto accessory retail outlet, will be expanding its inventory to meet increased demand for its products.

In addition to access to capital, Lawrence businesses will also benefit from additional technical assistance through a \$55,000 grant from Mass Growth Capital Corporation to Mill Cities Community Investments (MGCC). Lawrence Andrews, President of MGCC was on hand to make the announcement affirming, "These are the communities that we want to invest in

because there is so much opportunity here. We are excited to be partnering again with MCCI and Frank because we know the investment will realize incredible impact for Lawrence businesses".

The grant, which will allow MCCI to add two more program staff to its organization, was made through Mass Growth Capital's Small Business Technical Assistance Grant Program, which is designed to complement and enhance the traditional public and private small business assistance network by providing technical assistance or training programs for underserved and disadvantaged businesses with 20 employees or fewer.

The Venture Loan Fund is designed to assist those ventures that add value and diversity to the Lawrence business community by making available low-cost financing, with priority given to the commercial and mill districts in and around the downtown area.

More information, including details on how to apply for loans through the Venture Loan Fund, are available at <http://lawrencepartnership.org/VentureFund>.

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¿Qué es el acoso cibernético?

Por Por Gilda Duran

El acoso cibernético es intimidación por medio de tecnologías y aplicaciones de Internet. Es ampliamente definido como cruel hacia otras personas mediante el envío o publicación de material dañino por una vía tecnológica; un individuo o grupo utilizando la información o comunicación con tecnologías electrónicas para facilitar el acoso repetidamente y deliberada como amenaza a un individuo o grupo.

Puede comenzar fácilmente, con un rumor, una foto o un mensaje reenviado — y fácilmente se vuelve fuera de control. Generalmente tiene lugar entre dos personas a través de correo electrónico, mensajería instantánea o mensajes de texto de teléfono. Pero para ser completamente satisfactorio para el acosador, tiene que tener una audiencia; así, eleva la intimidación a los medios sociales como, Facebook, Twitter, WhatsApp, salas de Chat, Snapchat y o un foro de comentarios. De esta manera, la humillación es pública y dos veces más humillante.

Los ataques por internet se han convertido en una epidemia. Solo tome algunos minutos y revise sus amigos y aquellos que no son tan amigos y verá cuán prevalente es este tema. Realmente, no conocemos a nuestros amigos puedan comportarse o cuán tan bajo pueden llegar. Un vergonzoso video publicado en un sitio de redes sociales por alguien en Lawrence hoy puede ser visto por alguien en la

República Dominicana en pocos minutos.

El ciber acoso no tiene límite de edad, sólo crueldad Social. La intimidación en línea está aumentando en todos los ámbitos. Personas hacen comentarios a través de los medios de comunicación social que no se atreven a hacer cara a cara. El acoso cibernético no es algo que sólo afecta a los niños y adolescentes. La triste realidad es que el ataque a la reputación, amenazas e intimidación contra personas ocurren a diario. Un adulto no tiene inmunidad al trauma de acoso a pesar de que sus víctimas son otros adultos.

Mientras que los ataques en Twitter suelen ser contra los políticos y artistas, a menudo las víctimas no saben cómo enfrentarse a ellos. En muchos casos las víctimas sufren en silencio, sin saber cómo detenerlo o qué medios financieros y legales pueden usar contra sus agresores. En muchos casos, la intimidación actúa como un mecanismo de afrontamiento y una manera de compensar por la falta de autoestima de parte del agresor.

El agresor que está dispuesto a desgarrar a una persona prácticamente puede estar experimentando dificultades en sus vidas. Usted puede estar consciente de que su derecho a la libertad de expresión

POR FAVOR VEA ACOSO

■ CONTINÚA EN LA PAGINA 10

What Is Cyber Bullying?

By Gilda Duran

Cyberbullying is bullying through Internet applications and technologies. It is broadly defined as being cruel to others by sending or posting harmful material using technological means; an individual or group that uses information and communication involving electronic technologies to facilitate deliberate and repeated harassment or threat to an individual or group.

It can start easily—with a rumor, a photo, or a forwarded message—and just as easily spiral out of control. It usually takes place between two people through email, instant messaging, or phone texting. But to be fully satisfying to the genuine bully, there has to be an audience; thus, he elevates the bullying to social media, Facebook, Twitter, WhatsApp, Chat rooms, Snapchat and or a comment forum. In this way, the humiliation is public and twice as shaming.

Online attacks have become an epidemic. Just take a few minutes and check your friends and not so friendly friends and you will see how prevalent this issue is. We really don't know the people we befriend or know how low they can act. An embarrassing video posted to a social networking site by someone in Lawrence today may be watched by someone in the Dominican Republic in a few minutes.

Cyberbullying has no age limit, only Social Cruelty. Online bullying is increasing across the board. People make comments

via social media that they would not do face to face. Cyber bullying is not something that only impacts children and teens. The sad fact is that online reputational attacks, threats and intimidation against people take place on a daily basis. An adult does not have immunity to the trauma of bullying even though their victims are other adults.

While Twitter attacks against Politicians and Entertainers often grab the headlines, many victims are at a loss as to how to cope. In many cases the victims suffer in silence, not knowing what to do to stop it or without the financial and legal means to pursue their attackers. In many cases, bullying acts as a coping mechanism and a way to overcompensate for lack of self-worth.

A bully that is compelled to rip apart a person virtually might be experiencing hardships in their own lives. You may be aware that your right to free speech is protected under the First Amendment to the United States Constitution. However, this right is not absolute; the state may limit free speech when it is considered a serious and imminent threat.

There are several important steps to take when there is evidence of cyber bullying. It is critical to keep a record of

PLEASE SEE CIBER BULLIES

■ CONTINUES ON PAGE 10

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MA Department of Children & Families



Tsongas asistió a la apertura de nuevas instalaciones de fábrica en Methuen

El viernes, 15 de enero de la Congresista Niki Tsongas asistió a la inauguración de las nuevas instalaciones de New England Die Cutting en Methuen y se reunió con funcionarios de la compañía.

New England Die Cutting es una empresa propiedad de una familia local que emplea a aproximadamente 31 personas. Ellos fabrican moldes de alta precisión, la creando productos tales como juntas para clientes comerciales y gubernamentales.

New England Die Cutting se ampliará en el 2016 para convertirse en una planta de fabricación local con las técnicas más modernas en parte gracias al apoyo de la Congresista Tsongas y su personal que asistió a la empresa en la localización de un nuevo sitio.

La Congresista Tsongas ha sido una firme defensora de la manufactura nacional, promoviendo una agenda de "Hecho en América" que busca apoyar a las empresas locales que están comprometidas con la fabricación de sus productos en territorio estadounidense y por lo tanto el mantenimiento y creación de puestos de trabajo.

Hacer la accesibilidad una prioridad desde que asumió el cargo, Tsongas ha visitado innumerables empresas y organizaciones en las comunidades del Tercer Distrito para aprender acerca de los asuntos importantes para ellos para poder ser una mejor defensora en su nombre en el Congreso.

Ella se relaciona con los fabricantes locales para ver cómo podemos fomentar la manufactura estadounidense, ¿cómo



podemos hacer un mejor trabajo de formación y reentrenamiento para satisfacer las necesidades de alta tecnología de los empleadores, y cómo podemos asegurar que los buenos trabajos están disponibles en todos los nivel de habilidad.

Tsongas attended opening of local manufacturer's new facility in Methuen

On Friday, January 15, Congresswoman Niki Tsongas attended the ribbon-cutting of New England Die Cutting's new facility in Methuen and met with company officials.

New England Die Cutting is a family-owned manufacturer that employs approximately 31 people. They perform high-end precision die cutting, creating products such as gaskets for commercial and government clients.

New England Die Cutting will expand in 2016 to become a state-of-the-art local manufacturing facility in part thanks to support from Congresswoman Tsongas and her staff who assisted the company in locating a new site.

Congresswoman Tsongas has long been a strong advocate for domestic manufacturing,

promoting a "Make it in America" agenda that looks to support local companies who are committed to manufacturing their products on American soil and thereby maintaining and creating jobs.

Making accessibility a priority since taking office, Tsongas has visited countless businesses and organizations in the communities of the Third District to learn about the issues important to them so she can be a better advocate on their behalf in Congress.

She engages with local manufacturers to get their input regarding how we can nurture American manufacturing, how we can do a better job of training and retraining to meet the high-tech needs of employers, and how we can ensure that good jobs are available at every skill level.

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Alcalde, "La ciudad está preparada para la potencial tormenta de nieve"

El Alcalde James J. Fiorentini anunció que la ciudad está preparada para la potencial primera tormenta de nieve pronosticada para el sábado.

La ciudad cuenta con dos nuevas máquinas que están listas para ser desplegados. Una de las nuevas máquinas es un soplador de nieve llamado Snogo. Esta potente máquina tiene un ancho de corte de 9 pies y puede llenar diez camiones de volteo en 4 minutos, lo que demuestra su fuerza y eficiencia para quitar la nieve de las calles obstruidas por la nieve.

La segunda nueva máquina es un camión de una tonelada que será uno de los caballos de batalla de la ciudad. Además de los 120 camiones privados que estarán disponibles si es necesario, la ciudad cuenta con 10 máquinas quitanieves propiedad de la ciudad y 8 lijadoras.

La ciudad también comenzó a implementar un nuevo sistema de prohibición de estacionamiento de emergencia en caso de tormenta de nieve. Es una luz parpadeante azul en muchas intersecciones de la ciudad. Actualmente contamos con dos luces instaladas y esperamos tener más de 20 instaladas a finales del invierno. Este sistema de luz azul, cuando parpadea, alertará a los residentes a medida que atraviesan la luz en una intersección, que existe una prohibición de estacionamiento en efecto. Hay nueve calles que forman parte de esta prohibición. Las nueve calles están identificadas en la página web del Departamento de Policía de



Haverhill.

El Alcalde Fiorentini declaró: "He pedido a nuestro Departamento de Carreteras que estén listos para la potencial tormenta que viene este fin de semana.

Quiero asegurar que nuestras calles estén limpias y seguras para nuestros residentes. Nuestro nuevo equipo ayudará en la limpieza de la nieve y nos ayudará a mantener las calles seguras".



Mayor, "City Prepared for Potential Snow Storm"

Mayor James J. Fiorentini announced the city is prepared for the potential first snowstorm predicted to hit on Saturday.

The city has two new machines that are ready to be deployed. One of the new machines is a frontend mounted snow blower called the Snogo. This powerful machine has a cutting width of 9 feet and can fill up ten dump trucks within 4 minutes, which shows its strength and efficiency to remove snow from snow clogged streets.

The second new machine is a one ton truck plow that will be one of the workhorses for the city. In addition to the 120 private plows that will be available if needed, the city has 10 city snow plows of its own and 8 sanders.

The city also started to implement a new snow storm emergency parking ban system; it is a blue flashing light at many city intersections. We currently have two lights installed and hope to have more than 20 of them installed by the end of the winter. This blue light system, when flashing, will alert residents as they pass the light at an intersection, that there is a parking ban in effect. There are nine streets that are part of this ban. The nine streets are identified on the Haverhill Police Department website.

Mayor Fiorentini stated: "I have asked our Highway Department to be ready for the potential storm coming this weekend. I want to make sure our streets are cleared and safe for our residents. Our new equipment will assist in the clearing of the snow and help us maintain safe streets."

Policía arrestó joven de 14 años por amenaza contra el High School

El jefe de policía de Methuen Joseph Solomon informó que el Departamento de Policía detuvo a un estudiante de 15 años de edad, después de que supuestamente escribió un mensaje amenazador en un pedazo de papel, que fue encontrado por un miembro del personal.

Una amenaza no específica se encontró escrita en un pedazo de papel en un lavabo en la mañana del jueves. Rápidamente los funcionarios escolares determinaron quién era presuntamente el responsable, cuestionó el estudiante, y llamó a la policía, que lo detuvieron.

Como resultado de la investigación, un joven de 15 años de edad, de Methuen fue arrestado y acusado de comunicación de una amenaza de bomba.

Él será instruido de cargos en una corte juvenil.

El Departamento de Policía de Methuen no cree que este incidente esté conectado a la amenaza del día antes contra Methuen High School o cualquiera de las otras amenazas contra las escuelas secundarias de Massachusetts en las últimas dos semanas. El incidente sigue bajo una investigación abierta y permanente.

Police Arrest 14-Year-Old for threat against High School

Police Chief Joseph Solomon reports that the Methuen Police Department arrested a 15-year-old student after he allegedly wrote a threatening message on a piece of paper, which was found by a staff member.

A non-specific threat was found written on a piece of paper in a lavatory on Thursday morning. School officials quickly determined who was allegedly responsible, questioned the student, and called in police who arrested him.

juvenile male, age 15, of Methuen was arrested and charged with Communication of a Bomb Threat. He will be arraigned in juvenile court.

The Methuen Police Department does NOT believe that this incident is at all connected to the threat against Methuen High School the day before or any of the other threats made against Massachusetts high schools over the past two weeks. The incident remains an open and ongoing investigation.

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CONTINUA DE LA PAGINA 7

ACOSO

está protegido bajo la Primera Enmienda de la Constitución de los Estados Unidos. Sin embargo, este derecho no es absoluto; el estado puede limitar la libertad de expresión cuando se considera una amenaza grave e inminente.

Hay varios pasos importantes a tomar cuando hay evidencia de acoso cibernético. Es esencial mantener un registro de los incidentes y guardar cualquier texto o fotos asociados. También es importante informar el incidente al proveedor de servicios en línea para el sitio en que ocurrió el hecho.

Las víctimas también pueden bloquear a la persona que es quien lo acosa. Si la intimidación parece cruzar la línea de acoso a dolor, es tiempo de ponerse en contacto con la ley. Si la violencia incluye amenaza o recibe cualquier material sexualmente explícito, o cuando se está acosando o una invasión de privacidad de un individuo, el acosador ha cometido un delito y debería ser investigado por las autoridades.

Pretender ser otra persona y enviar o publicar material que hace una persona verse mal en público, o dañar la reputación de alguien es muy frecuente. Recientemente un hombre de Haverhill fue acusado de hacerse pasar por una mujer de la ciudad de Groveland en línea y le pidió a sus espectadores violarla y raptarla. La corte impuso una fianza de \$15,000 aunque no

quedó en libertad en la corte de Haverhill el martes, 19 de enero de 2016.

Él se declaró no culpable al cargo de solicitud para cometer agresión con arma peligrosa, solicitud para cometer violación, solicitud para cometer la violación de un niño y solicitud para cometer secuestro. Además de la mujer que él supuestamente se hizo pasar, el hombre también invitó a los usuarios de Internet que asaltaran sexualmente a sus dos hijos menores, según el periódico en inglés Eagle-Tribune.

Este caso es extremo pero no raro. El caso está siendo procesado por la Oficina de la Fiscal General, que hizo la detención después de una larga investigación por la policía de la ciudad de Groveland. La policía obtuvo órdenes de registro de Comcast, Collarspace.com y Yahoo.com – todas estas organizaciones cooperaron con la investigación.

Usuarios en línea que cometen el error de pensar que son invisibles en internet están muy equivocados. Como puede ver en este caso de Haverhill la policía tiene una variedad de métodos de rastrear a alguien que ha cometido una infracción. Podemos decir que nada es seguro en la red y si publica algo negativo contra una persona esa persona lo puede utilizar contra usted.

CONTINUES FROM PAGE 7

CYBER BULLYING

the incidents and to save any texts or photos associated with it. It is also important to report the incident to the online service provider for the site on which the event occurred.

Victims can also block the person who is harassing them. If the bullying seems to cross the line from harassment to criminal intent, then it is time to contact law enforcement. If violence is threatened or any sexually explicit material is received, or when there is stalking or an invasion of an individual's privacy, then the cyber bully has committed a crime and it should be investigated by the proper authorities.

Pretending to be someone else and sending or posting materials online that makes that person look bad, gets that person in trouble or damages someone's reputation is very prevalent.

Recently a Haverhill man was charged with posing as Groveland woman online and asking viewers to rape and kidnap her. He was ordered held in lieu of \$15,000 cash bail at his arraignment in Haverhill District Court on Tuesday January 19, 2016.

He pleaded not guilty to solicitation to commit assault and battery by means of a dangerous weapon, solicitation to commit rape, solicitation to commit rape of a child and solicitation to commit kidnapping. Besides the woman he allegedly impersonated, the man also invited Internet users to sexually assault her two juvenile children, according to the English paper Eagle-Tribune.

This case is extreme but not rare. The case is being prosecuted by the state Attorney General's Office, who made the arrest after a long investigation by the Groveland police. The Police obtained search warrants for Comcast, Collarspace.com and Yahoo.com – all of which cooperated with the investigation.

Online users make the mistake of thinking they are invisible on the internet. As you can see from this Haverhill case the police have a variety of methods of tracking anyone down. It is safe to say that nothing is safe on the Net and if you put it out there, someone can use it against you.

Volunteers Needed!

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Rep. Moran anuncia iniciativa preescolar con subvención para Lawrence

El Representante Estatal Frank Moran y el Departamento Estatal de Educación Temprana y Cuidado se complacen en anunciar que el Distrito de Escuelas Públicas de Lawrence ha sido galardonado con \$39,000 en fondos a través de la Iniciativa de Commonwealth Preescolar Partnership Grant.

"El premio \$39,000 anunciado a través de la Iniciativa de la Asociación Preescolar de Subvención para el Distrito de Escuelas Públicas de Lawrence permite a niños de tres años comenzar su educación más temprano, proporcionándoles una base sólida a estos alumnos tan jóvenes. Este es un recurso interesante para la ciudad de Lawrence y para los niños y las familias que utilizan las escuelas preescolares dentro de las Escuelas Públicas de Lawrence", dijo el Representante Estatal Frank Moran.

Este año, el Departamento de Educación y Atención Temprana anunció \$500,000 en becas a 13 ciudades y pueblos para desarrollar planes estratégicos para brindar educación preescolar de alta calidad a más niños en su comunidad. La "Iniciativa de la Asociación Preescolar del Estado" que otorga concesiones ayudarán a las comunidades en la realización de evaluaciones de las necesidades y el diseño de planes de asociación de colaboración entre el sector público y privado para aumentar el acceso a programas preescolares de alta calidad para niños de 3 a 5 años de edad que están autorizados



por el Departamento de Early Educación y Cuidado.

El Departamento de Educación Temprana y Cuidado otorgó subvenciones a nueve comunidades para diseñar un programa para proporcionar un año de preescolar gratuita a los niños de cuatro años de edad basado en el modelo de Dádivas de Expansión Preescolar a cuatro ciudades que actualmente participan en el programa de Expansión Preescolar de desarrollar planes para servir a los niños de tres años de edad en su modelo de programa. Los 13 becarios presentarán sus planes estratégicos ante el Departamento de Educación y Cuidado Temprano en junio de 2016.

Rep. Moran announces Commonwealth Preschool Partnership Initiative Grant for Lawrence

State Representative Frank Moran and the Department of Early Education and Care is pleased to announce that the Lawrence Public School District has been awarded \$39,000 in funding through the Commonwealth Preschool Partnership Initiative Grant.

"The \$39,000 award announced through the Commonwealth Preschool Partnership Initiative Grant for the Lawrence Public School District allows for three year olds to begin their educations earlier, providing them with a strong foundation as young learners. This is an exciting resource for the city of Lawrence and for children and families who utilize preschool within the Lawrence Public Schools," said State Representative Frank Moran.

This year, the Department of Early Education and Care announced \$500,000 in grants to 13 cities and towns to develop strategic plans for providing high-quality

preschool to more children in their community. The "Commonwealth Preschool Partnership Initiative" grant awards will assist communities in conducting needs assessments and designing collaborative, public-private partnership plans for increasing access to high-quality preschool programs for children 3 to 5 years of age that are licensed by the Department of Early Education and Care.

The Department of Early Education and Care awarded grants to nine communities to design a program for providing a year of free preschool to four year old children based on the Preschool Expansion Grant model, and grants to four cities currently participating in the Preschool Expansion Grant program to develop plans for serving three year old children in their program model. The 13 grantees will submit their strategic plans to the Department of Early Education and Care in June 2016.

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.

Lucha contra la delincuencia en la Ciudad de Lawrence

Rep. Morán y la delegación de Lawrence aseguran más de \$1millón para ayudar

Por tercer año consecutivo, el Representante Estatal Frank A. Morán ha anunciado la obtención de una subvención estatal que se guió por el proceso de presupuesto del Estado. Defensa legislativa ha dado lugar a más de un millón de dólares en fondos para contratar más agentes de la policía en la Ciudad de Lawrence. Aunque este es el tercer año del programa de subvención, las enmiendas presentadas por el Representante Morán resultaron en fondos disponibles para un total de \$1,005,037.58.

"Con todo el desarrollo que está teniendo lugar en nuestra ciudad, es vital que nuestros esfuerzos de seguridad pública sean proactivos y preventivos. Esta donación se asegurará que el personal y las estrategias de vigilancia de la policía comunitaria sirven las necesidades de nuestra comunidad y que podemos seguir cumpliendo con las normas que nos hemos fijado", dijo el Representante Estatal Frank Moran.

En su tercer año consecutivo, el programa de becas ha tenido éxito en

Lawrence, lo que permite un aumento en la contratación de agentes de policía adicionales, retener al personal de seguridad pública y, a su vez, facilitar una reducción de la delincuencia en toda la ciudad. La subvención, administrada por la Oficina Ejecutiva de Seguridad Pública y de Seguridad, ayuda a ciudades que gastan menos de \$200 por habitante en su departamento de policía. Los fondos otorgados deben ser gastados en restaurar oficiales jurados que han sido despedidos, conservando oficiales que de otra manera serían despedidos, la restauración de los niveles de personal debido a reducciones de personal y otras razones, restaurar o conservar empleados civiles, o la restauración relacionada con las horas extras de personal.

La delegación de Lawrence, está compuesta por la Senadora Estatal Barbara L'Italien, la Representante Estatal Diana DiZoglio y el Representante Estatal Marcos Devers, quienes participaron como co-firmantes de esta subvención de personal.

Fighting crime in the City of Lawrence

Representative Frank A. Moran and Lawrence Delegation secure over \$1 Million to help

For the third consecutive year, State Representative Frank A. Moran has announced the securing of a state grant that was shepherded through the state budget process. Legislative advocacy has resulted in over million dollars in funding to hire more police officers in the City of Lawrence. Though this is the third year of the grant program, amendments filed by Representative Moran resulted in funds available to total \$1,005,037.58.

"With all the development going on in our city, it is vital that our public safety efforts be proactive and preventative. This grant will ensure that staffing, directed patrols and community policing strategies meet the needs of our community and that we can continue to meet the standards we have set for ourselves," said State Representative Frank Moran.

In its third consecutive year, the grant program has been successful in Lawrence, allowing for an increase in hiring additional police officers, retaining public safety staff and in turn, facilitating a drop in crime across the city. The grant, administered by the Executive Office of Public Safety and Security, assists cities that spend less than \$200 per capita on its police department. Any funds awarded must be spent on restoring laid off sworn officers, retaining officers that would otherwise be laid off, restoring staffing levels due to attrition and other reasons, restoring or retain civilian employees, or restoring enforcement-related overtime staffing.

The Lawrence delegation, comprised of State Senator Barbara L'Italien, State Representative Diana DiZoglio and State Representative Marcos Devers, participated as co-signers of this staffing grant.

READ PREVIOUS ARTICLES BY FRANK BENJAMIN ON OUR WEBSITE RUMBONEWS.COM

Help for Elders

Elder Services is currently recruiting & training more volunteers to help the elderly remain safely in their homes for as long as possible; the volunteers will help with:

- With door to door Transportation to medical appointments.
- With an advocate, to accompany the elder into the medical appointment.
- With food shopping & picking up prescriptions.
- With companionship, someone they can just talk with.

Request - This is a wonderful program for our elders who have no one to help them. However, Elder Services needs many more volunteers throughout the Merrimack Valley to answer all the calls for help we are receiving. We hope the folks who are reading this Ad can put a few hours aside each month and help support this critical need.

Contact: Renee A. Baker at 978-946-1463

Chemistry Professor Shares Benefits of Chocolate this Valentine's Season at Local Libraries

There's little doubt that chocolate is a delicious treat and typically seen as a guilty pleasure but did you know that chocolate can also be healthy?

According to Professor of Chemistry Mike Cross at the Northern Essex Community College (NECC) in Haverhill and Lawrence, MA chocolate might just be the "perfect indulgence."

With high quality versions of chocolate carrying over 500+ natural chemicals and more antioxidants than a bowl of blueberries ... chocolate can increase feelings of well-being, reduce high blood pressure, relax blood vessels and more, says Cross.

In a presentation called "Chocolate, The Perfect Indulgence," Professor Cross will share his knowledge as both a chemist and a passionate lover of chocolate with audiences throughout the area this Valentine's Day season. Presentations are scheduled at libraries in Boxford, Rowley, Brookline, Reading, and Swampscott.

Cross holds a Ph.D. in organic chemistry from the University of Utah where he specialized in oxidative lesions in DNA and



RNA. His presentation is part of NECC's Speakers' Bureau. For more information on the college's Speakers' Bureau visit, www.necc.mass.edu/speakers-bureau, call 978 556-3862 or email speakersbureau@necc.mass.edu.

Here are details on upcoming presentations:

Laplante se postula para la Comisión Estatal



Susan M. Laplante announced that she is entering the race for the State Committee Woman for the 2nd Essex and Middlesex District, which encompasses Andover, Dracut, Lawrence, and Tewksbury. Laplante is looking to succeed outgoing Dracut incumbent Cathy Richardson.

"Estoy corriendo porque quiero que el partido crezca y ofrecer a los votantes republicanos candidatos de calidad en las próximas elecciones", dijo la activista cívica de Lawrence quien ha vivido aquí por largo tiempo.

Laplante, la madre de tres hijos y esposa del Concejal de Lawrence Marc Laplante, entiende la importancia de tener un Partido Republicano viable en Massachusetts. "Tener a un partido dominando en Massachusetts no le hace ningún favor a nuestros residentes", dijo

Laplante. "Tenemos que seguir creando sobre los éxitos del Gobernador Charlie Baker y la Vicegobernadora Karyn Polito".

"Mi objetivo número uno es reclutar republicanos serios y sustanciales en nuestra área", dijo Laplante. "Nuestros residentes no merecen menos que eso."

La elección de Massachusetts para Comité Estatal, que consta de un término de cuatro años, tiene lugar en la misma fecha que la elección presidencial de Massachusetts, el 1ro de marzo del 2016.

El Comité Estatal Republicano de Massachusetts está formado por un hombre y una mujer de cada distrito senatorial estatal, y se encarga de la elaboración y promoción de la plataforma republicana estatal y el reclutamiento de candidatos republicanos para postularse en las elecciones.

Laplante Enters Race for State Committee Woman

Susan M. Laplante announced that she is entering the race for State Committee Woman for the 2nd Essex and Middlesex District, which encompasses Andover, Dracut, Lawrence, and Tewksbury. Laplante is looking to succeed outgoing Dracut incumbent Cathy Richardson.

"I am running because I want to grow the party and provide voters quality Republican choices in upcoming elections," said the long time Lawrence civic activist.

Laplante, the mother of three and spouse of Lawrence City Councilor Marc Laplante, understands the importance of having a viable Republican Party in Massachusetts. "One party domination in Massachusetts does a disservice to our

residents," said Laplante. "We need to build upon the successes of Governor Charlie Baker and Lt. Governor Karyn Polito."

"My number one goal is to recruit serious and substantial Republicans in our area," said Laplante. "Our residents deserve nothing less."

The Massachusetts election for State Committee Woman, a four year term, is on the same date as the Massachusetts Presidential election, March 1, 2016.

The Massachusetts Republican State Committee is made up of one man and one woman from each state senate district, and is charged with drafting and promoting the state Republican platform and recruiting Republican candidates for elected positions.

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Cliente de American Training Mary-Gail Hannon celebra su 64º cumpleaños con nuevo empleo

Por Mikaela Reynolds
Directora de Mercadeo

Hay horas largas, a primera hora, horas tardías. Jefes infeliz. Informes que escribir y las compras por conseguir aprobación. A veces, su trabajo puede parecer la parte más difícil de su día. Pero si alguna vez llega a ese punto, deje que la residente de Andover Mary-Gail Hannon le ofresca un poco de perspectiva.

Hannon acaba de celebrar su cumpleaños número 64 a principios de este mes, con un nuevo empleo. Ella trabaja en la tienda de Delicias Británicos en Westford, haciendo embalaje, etiquetado, almacenamiento y preparación de envíos. Y ella ama cada segundo de su día.

"Se siente bien, muy bien", dice ella del empleo. "Me gusta aprender y ser útil."

Dijo que el trabajo le ha hecho sentir con más confianza e independencia. Ella está orgullosa de su nuevo trabajo.

Hannon ha tenido puestos de trabajo antes, e incluso se ha convertido en voluntaria frecuente en la comunidad, pero este trabajo es especial, ya que le conviene perfectamente.

Como cliente de American Training, una persona adulta con una discapacidad, Hannon es parte del Programa de Opciones de la organización no lucrativa con sede en Andover. Allí expresó su deseo de un

trabajo, y la Colega Adam Jackson se puso a trabajar.

Hannon, él dijo, no le gustaría un trabajo donde ella tendría que estar en grandes multitudes o manejar objetos pesados. Sin embargo, ella necesitaría un trabajo que la mantuviese ocupada. "Su ética de trabajo es increíble", dijo.

Pero la mejor calidad de Hannon, según Jackson, es su actitud positiva, algo que haría que cualquier empleador sería afortunado de tenerla.

"Ella es tan positiva, tan conectada a su comunidad. Siempre hay una sonrisa en su rostro. Su positividad es contagiosa", dijo Jackson.

En su búsqueda de la posición correcta para Hannon, Jackson llegó a través de la plaza en la tienda Delicias Británicas y sabía que sería un gran ajuste. Trabajó con la tienda para establecer una "entrevista por ensayo" donde Hannon pasaría un día de trabajo en la posición que estaba solicitando.

"Ella sobresalió en su primer día. Ella realmente se probó a sí misma", dijo Jackson y a Hannon le ofrecieron el empleo.

"Ella absolutamente encantada y quiere ir todos los días", dijo Jackson. Señaló algunos cambios significativos en

Hannon, sólo en el último mes desde que empezó a trabajar. "Ella está mucho más segura y se da cuenta que ella puede hacer más. Ella está emocionada de empujarse a sí misma y crear más oportunidades".

El Programa de Opciones de American Training crea las oportunidades para los huéspedes explorar retribuir a sus comunidades a través de oportunidades de voluntariado y trabajo significativo en la comunidad.

Para saber más sobre las opciones y otros programas de trabajo de American Training visite americantraininginc.com/groups/day-services.



American Training guest Mary-Gail Hannon celebrates her 64th birthday with new job

By Mikaela Reynolds
Director of Marketing

There are long hours, early hours, late hours. Unhappy bosses. Reports to write and purchases to get approved. Sometimes your job can seem like the toughest part of your day. But if you ever get to that point, let Andover resident Mary-Gail Hannon give you some perspective.

Hannon just celebrated her 64th birthday, earlier this month, with a brand new job. She works at the British Delights store in Westford, packing, labeling, stocking, and preparing shipments. And she loves every second of it.

"It feels good, very good," she says of employment. "I like learning and being helpful."

She said the job has made her feel more confident and independent. She's proud of her new job.

Hannon has had jobs before, and has even become a frequent volunteer in the community, but this job is special, because it so perfectly suits her.

As a Guest of American Training, an adult with a disability, Hannon is a part of the Andover-based nonprofit's Options Program. There she expressed a desire for a job, and Colleague Adam Jackson got to work.

Hannon, he said, would not like a job where she would be in large crowds or have to handle heavy objects. However, she would need a job that kept her busy. "Her work ethic is incredible," he said.

But Hannon's best quality, according to Jackson, is her positive attitude, something that would make any employer lucky to have her.

"She is so positive, so connected to her community. There's always a smile on her face. Her positivity is just contagious," said Jackson.

In his search for the right position for Hannon, Jackson came across the opening at the British Delights store and knew it would be a great fit. He worked with the store to set up an "interview by trial" day, where Hannon would spend a day working in the position she was applying for.

"She excelled on her first day. She really proved herself," said Jackson. Hannon was offered the job.

"She absolutely loves it and wants to go every single day," said Jackson. He noted some significant changes in Hannon, just in the last month since she's become employed. "She's much more confident and realizes she can do more. She's excited to push herself and create more opportunities."

American Training's Options Program creates the opportunities for Guests to explore giving back to their communities through volunteer opportunities and meaningful work in the community.

Find out more about Options and American Training's other job programs at americantraininginc.com/groups/day-services.



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Aceptando Solicitudes para el Año Escolar 2016-2017

Los estudiantes deben tener 4 años de edad hasta el 1ro. de Septiembre del 2016, para ser elegibles para el Jardín de Infantes 1. Las solicitudes están disponibles en las páginas electrónicas de las escuelas: www.ccdps.org, www.ccdpsgateway.org y www.ccdpswebster.org. Cada escuela tendrá únicamente solicitudes de su misma escuela.

La admisión para cada escuela es hecha en un sorteo público que se realiza en Marzo para el próximo año escolar 2016. Usted debe enviar una solicitud directamente a cada escuela a la que desee aplicar hasta el 4 de Febrero del 2016 a las 5:00 p.m. para que su hijo/a pueda ser incluido/a en la lotería de esa escuela.

Vacancias en jardín de infantes 1 (para estudiantes de 4 años) en las tres escuelas; vacancias selectas en otros grados.



190 Hampshire St., Lawrence

Grados K1-8 - 2016 - 2017

Casas Abiertas:
Enero 28 del 2016
6:30-7:30 p.m.

En 190 Hampshire St., Lawrence
(Haverhill St. entrance)

Lotería:
Marzo 1 del 2016, 9:30 a.m.
En el 190 Hampshire St., Lawrence

Contactar:
www.ccdps.org | 978.681.9910
iportorreal@cccdps.org



9 Ballard Way, Lawrence

y 50 Pleasant St., Lawrence

Grados K1-5 - 2016 - 2017

Casa Abierta:
Enero 26 del 2016
6:30-7:30 p.m.

9 Ballard Way, Lawrence

Lotería:
Marzo 3 del 2016, 9:30 a.m.
En el 190 Hampshire St., Lawrence

Contactar:
www.ccdpsgateway.org
978.688.4343
jortiz@cccdpsgateway.org



7 Ballard Way, Lawrence

y 50 Pleasant St., Lawrence

Grados K1-5 - 2016 - 2017

Casa Abierta:
Enero 27 del 2016
6:30-7:30 p.m.

7 Ballard Way, Lawrence

Lotería:
Marzo 2 del 2016, 9:30 a.m.
En el 190 Hampshire St., Lawrence

Contactar:
www.ccdpswebster.org
978.688.4343
iperalta@cccdpswebster.org

Las escuelas Community Day Charter Public Schools no discriminan por raza, color, nacionalidad, credo, sexo, identidad de género, etnicidad, orientación sexual, discapacidad mental o física, edad, ascendencia, rendimiento atlético, necesidad especial, dominio del idioma Inglés o de una lengua extranjera, o logro académico antes del reclutamiento o admisión de los estudiantes.

News from Middlesex Community College

MCC Offers Many Ways to Learn

Middlesex Community College provides students with many flexible course options to fit a variety of schedules and learning styles. In addition to traditional courses, MCC offers online, hybrid and Flexible Studies courses, as well as a number of Learning Communities. Spring semester begins Monday, Jan. 25, and it's not too late to register.

Traditional courses enable students and instructors to meet in a classroom, laboratory, clinic or external setting for an established number of hours per week on a regular weekly schedule. Learning occurs through lectures, presentations, discussions and other classroom activities.

Online courses enable instructors and students to interact online with a course-management system and email. Students can complete assignments online and during hours they choose. MCC offers 12 programs of study that can be completed entirely online, as well as many other programs that are 80 percent online.

Hybrid courses combine face-to-face classroom experience with online instruction. These courses are a good option for students who may be hesitant about taking an entirely online course, or who may also want the traditional classroom experience.

Flexible Studies courses enable students to select convenient class hours from many available course-meeting times, and allow them to learn at their own pace – accelerating or taking extra time, as needed. Students work with an instructor who specializes in the subject.

Learning Communities consist of two highly interactive courses with the same students and the same instructors. By enrolling in one Learning Community, students earn credits for two courses, and can study a topic or theme in depth.

For more information about MCC's flexible learning options, visit us online at www.middlesex.mass.edu/academics/. For registration information, call 1-800-818-3434.

Enrollment Open for MCC's Fire Protection and Safety Program

Enroll now for Middlesex Community College's Fire Protection and Safety Technology Program. Spring semester begins Monday, Jan. 25, and it's not too late to register for courses.

"Students who graduate from MCC's Fire Protection and Safety Technology Program and become full-time firefighters can expect an annual income five times the cost of one year of school," said Michelle Bloomer, MCC's Assistant Dean of Education and Public Service.

MCC's Fire Protection and Safety Technology Program provides hands-on coursework for individuals seeking employment or presently working in a fire-science occupation. The program provides training for a variety of careers in this field,

MCC Offers Noncredit Digital Photography Certificate Program

Take your photography hobby to the next level with Middlesex Community College's noncredit Digital Photography Certificate. This program is designed to meet the needs of anyone interested in photography, portraiture, digital-image editing or selling photos or services on the web. Courses begin Tuesday Jan. 26, and include:

"Digital Photography I" (CAR 611 30) – Using a combination of classroom instruction, one-on-one consultation, shooting assignments and critique, an expert digital photographer will guide students through the technical and artistic aspects of digital photography. Students need an SLR digital camera.

"Digital Photography II" (CAR 612 30) – This class is a continuation of "Digital Photography I." Through assignments, critique and guidance, students will work toward developing their own personal style of photography.

"Adobe Photoshop CS6" (CAR 610 30) – Photoshop has become an essential tool for professional and amateur photographers. This course will cover batch processing images, advanced masking techniques, special effects and filters, High Dynamic Range Photography (HDR), and the current creative trend in image manipulation.

"Business of Photography" (CAR 615 30) – Students will learn how to present, price and market their photography. Topics include: portfolio preparation, marketing, freelance photography, working for a photographer, and opening a photography studio.

"Studio Lighting" (CAR 613 30) – Through classroom instruction, in-studio photo assignments, and critique, you will learn how and when to use different types of lighting. Gain confidence in using strobe-lighting equipment. Three of the classes will take place off-campus at a studio in Littleton; all other classes will meet on the Bedford campus.

For more information or to register for these and other noncredit courses, call 1-800-818-3434 or visit www.middlesex.mass.edu/careertraining/.

including firefighters working at city, town and state levels; firefighters working in military and airport facilities; opportunities to work in fire investigation, or the state Fire Marshal's office.

There are also opportunities within the business and industrial area, including fire insurance-claim investigation, fire protection engineer, hospital fire safety, fire prevention inspector, and work with The National Fire Protection Association in fire investigation.

For more information about MCC's Fire Protection and Safety Technology Program, contact Michelle Bloomer, MCC's Assistant Dean of Education and Public Service, at bloomer@middlesex.mass.edu or 781-280-3911.

MCC Offers Pharmacy Technician Course

New this spring, Middlesex Community College's Corporate and Community Education & Training program is offering a Pharmacy Technician course. Classes are held Tuesday and Thursday evenings from 6:30 to 9:30 p.m. and run Feb. 2 through May 3, on the Lowell campus.

This course consists of 60 hours of instructor-led classroom time, followed by an 80-hour externship in a pharmacy setting to prepare students to sit for the national Pharmacy Technician Certification Board exam.

Topics covered in the classroom include, pharmacy operations, pharmacy law, pharmaceutical calculations, routes of administration, medical abbreviations,

medication dosage forms, interpreting drug orders, regulations, and a review of the top 200 prescription medications.

The externship portion of the course is designed to give students real-world experience working in a pharmacy setting to reinforce the topics covered in the classroom. Students will also gain information about interviewing and what employers seek in candidates.

Students must have a high school diploma or GED and must complete a CORI/SORI check to qualify.

To learn more about MCC's Pharmacy Technician course, visit www.middlesex.mass.edu/careertraining/ or call 1-800-818-3434.

MCC Makes it Easy to Continue Your Education with MassTransfer

Middlesex Community College recognizes that many students, after completing their MCC coursework, intend to transfer and pursue a bachelor's degree at another institution. For these students, Middlesex offers MassTransfer, a statewide transfer program to help streamline the transfer process. Spring semester at MCC begins Monday, Jan. 25 and it's not too late to register for courses.

The Massachusetts Board of Higher Education has adopted a statewide transfer policy, MassTransfer, which provides a broad population of students with straightforward and understandable options for completing

bachelor's degrees. MassTransfer provides community college students, who complete approved associate degrees and enroll in linked MassTransfer programs, with the benefit of full transfer of credit, guaranteed admission, and a tuition discount to Massachusetts state colleges or universities.

For more information about MassTransfer, visit the website at <http://www.mass.edu/masstransfer/home.asp>, contact MCC's Academic, Career & Transfer Center at 1-800-818-3434, or visit <https://www.middlesex.mass.edu/transfer/masstransfer.aspx>

Earn a Degree in Early Childhood Education at Middlesex

Enrollment is now open for Middlesex Community College's Early Childhood Education degree programs prepare students to enter careers as teachers. Classes start Monday, Jan. 25, and financial aid is available for those who qualify.

Students may choose from three programs of study:

MCC's Early Childhood Education Associate in Science degree program provides the educational background and supervised training for students interested in working with young children. Students learn and apply theory with hands-on

experience in a required practicum in early care and education programs for children.

The Early Childhood Education Transfer Associate in Science degree program is designed to prepare a student to transfer into a bachelor's degree program leading to teacher licensure. This program is best suited for individuals who are interested in pursuing a career teaching Pre-K through second grade. This program qualifies for MassTransfer.

To learn more about MCC's Early Childhood Education programs, visit <https://www.middlesex.mass.edu/education/>

Start a Career as a Paralegal at MCC

Enrollment is now open for Middlesex Community College's Paralegal Studies programs. Approved by the American Bar Association, MCC's Paralegal Studies programs offer two associate-degree programs, a career track and a transfer track, as well as a one-year post-graduate certificate program (for those who have already earned an associate or bachelor's degree). Courses begin Monday, Jan. 25.

MCC's Paralegal Studies Career degree program prepares graduates for employment assisting lawyers in gathering and analyzing factual data, researching legal questions and preparing legal documents. During this two-year program, students will take 60 credits (20 courses) as well as complete a 15-week internship in a law office, the court system, or the MCC Law Center, a mediation program the college runs in cooperation with the Massachusetts Attorney General's Office.

MCC's Paralegal Studies Transfer program is designed to prepare graduates to transfer to bachelor degree programs on a full- or part-time basis. This program qualifies for MassTransfer, which guarantees credit transfer to Massachusetts state universities. Many students in this track go on to complete bachelor's degrees, and some go on to law school and become practicing attorneys.

MCC's post-graduate Paralegal Studies Certificate program is appropriate for students who have already earned an associate or bachelor's degree and are interested in changing careers. This one-year program focuses on legal courses and emphasizes solid academic and practice-oriented preparation.

For more information about MCC's Paralegal Studies programs, visit <https://www.middlesex.mass.edu/paralegal/> or contact John Espinosa, Esq., MCC's Paralegal Studies Program Coordinator, at espinosaj@middlesex.mass.edu.



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YMCA honra a voluntarios

"Sabíamos el trabajo que teníamos por delante", dijo Russell.



Congratulations to our 2015 volunteer award recipients: (L-R front row) David Louis, Chair, Lawrence Branch Board of Managers; John Fouhy, Chair, Board of Directors; Robert Baker, Board of Trustees; Yin Lu, Vice-Chair, Andover/North Andover Board of Managers; John Farrington, Chair, Camping Branch Board of Managers. (missing from the picture, Mike Solomon, Methuen Branch Board of Managers) (L-R back row) Michael Mancuso, Chair, Board of Trustees and Gary P. Morelli, President and CEO, MVYMC.

Más de 100 miembros, líderes comunitarios, personal, miembros de juntas directivas y voluntarios asistieron a la Asamblea Anual de la YMCA del Valle de Merrimack en Salvatore's en Lawrence.

"Queremos agradecer a los músicos del Music Clubhouse de Lawrence por su presentación y a todos los que asistieron", dijo Gary P. Morelli, President and CEO, MVYMC.

More than 100 members, community stakeholders, staff, board members and volunteers attended the 136th annual Merrimack Valley YMCA Annual Meeting on Thursday night at Salvatore's in Lawrence.

"We would like to thank the musicians from the Lawrence Music Clubhouse who performed, and all who attended," said Gary P. Morelli, President and CEO, MVYMC.

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Methuen YMCA Winter Programs!

Check out the Methuen YMCA Winter Programs starting the week of January 4th! Register online at www.mvymca.org or at any of the Merrimack Valley YMCA branches.

- **Music Lessons** - Guitar, Piano, Drums, Voice & Songwriting, and Recording & Beat Making
- **Art Classes** - Mixin' It Up, Monsters & Aliens, Comic Book Drawing, Superheroes 101, and Illustration 101
- **Special Interest Classes & Clubs** - Cooking Basics, Slimy Science, Creative Writing, Drama Club, Lego Club, Play-Doh Club, and Board Game Club

For more information, contact the Methuen YMCA at (978) 683-5266. We look forward to seeing you!



Por Jim Wilde

La casa que Glenna y su esposo Russell encontraron fue una "casa que necesita reparaciones". Pero cuando la pareja encontró la vivienda unifamiliar con un hermoso exterior, en un barrio agradable, con buenos vecinos, estaban dispuestos a poner un poco de trabajo en el interior de un hogar perfecto.

Trabajando con Worker's Credit Union fueron aprobados para una compra de combinación y de préstamo de rehabilitación con una tasa de interés del 2.75%. También fueron elegibles para la ayuda del pago inicial la Corporación Financiera y de Desarrollo de Lowell. Russell recuerda cuando él se perdió por desgracia un plazo de solicitud para la ayuda del pago inicial, Ed Alcántara se reunió con él en la mañana un sábado para agilizar el papeleo.

"Los vecinos han sido todos muy buenos. La mayoría han llegado y se nos han presentado", dice Russell. La pareja y su hijo Nathan ahora disfrutan de un barrio arbolado en Lowell, justo al otro lado de una granja de árboles de Navidad. "Ojalá yo hubiese crecido en un lugar como este. Yo habría estado en ese bosque siempre".

Han reemplazado su techo, así como sus



sistemas de calefacción y fontanería. Se han instalado nuevos deslizadores y una puerta y actualizado un cuarto de baño y cocina. También aprovecharon el programa de Mass Save por tener su sótano y ático con aislamiento a una fracción del costo real. Glenna dice que los dos siguen con entusiasmados esperando mejorar "su casita marrón".

Bienvenidos a casa Glenna y Russell.

Jim Wilde es Director Ejecutivo de Merrimack Valley Housing Partnership.

Para más información, llame al 978-459-8490 - o visite www.mvhp.org

"We knew we had our work cut out for us," said Russell.

By Jim Wilde

The house that Glenna and her husband Russell found was a "fixer-upper". But when the couple found the single family home with a beautiful exterior, in a pleasant neighborhood with good neighbors, they were ready to put some work into the interior for a perfect home.

Working with Worker's Credit Union, they were approved for a combination Purchase and Rehab loan with an interest rate of 2.75%. They were also eligible for down payment assistance from the Lowell Development & Financial Corporation. Russell recalls when he had unfortunately missed an application deadline for the down payment assistance, Ed Alcantara met with him on a Saturday morning to expedite his paperwork.

"The neighbors have all been great. Most have come over and introduced themselves" says Russell. The couple and their son

Nathan now enjoy a wooded neighborhood in Lowell, just across from a Christmas tree farm. "I wish I grew up in a place like this. I would've been in those woods all the time".

They have replaced their roof as well as their heating and plumbing systems. They have installed new sliders and a door and upgraded a bathroom and kitchen. They also took advantage of the Mass Save program by having their basement and attic insulated at a fraction of the actual cost. Glenna says the two still excitedly look forward to improving "their little brown house".

Welcome home Glenna & Russell.

Jim Wilde is Executive Director of Merrimack Valley Housing Partnership.

For more information, call 978-459-8490 or visit www.mvhp.org



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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

Foundation for Transparency in Government

There seems to be a lot of confusion, doubt and mistrust from the public regarding the compliance of this group, fueled by articles in the Eagle-Tribune. Keith Eddings insists that they should have a bank account and report on contributions and expenditures just like a Political Action Committee (PAC) but I cannot find any evidence that the Massachusetts General Laws even provide for such organization.

I asked Attorney Louis Farrah who is helping the group to give me his definition as to why he believes they don't have to abide by that. First of all, they are not a PAC. They are not supporting a candidate and the law does not mention the kind of activity they are performing.

Four DiZoglio Amendments Adopted into House Opioid Bill

Legislation Passes with Unanimous and Bipartisan Support

Included in comprehensive House legislation to address opioid addiction in the Commonwealth were four amendments sponsored by State Representative Diana DiZoglio (D-Methuen).

The bill, which passed the Massachusetts House of Representatives with unanimous and bipartisan support, adopted amendments sponsored by DiZoglio pertaining to the advertising of opiates, cautionary statements on opiate medications, updating the Commonwealth's Protective Custody Law and additional funding to address substance abuse in hard-hit communities.

Under the legislation, the Commonwealth's Department of Public Health (DPH) will be directed to regulate the advertising of opiates, benzos and narcotics by medical practitioners in their offices.

"Physicians often display advertisements in their offices promoting opiate painkillers," said DiZoglio. "These advertisements are provided by pharmaceutical companies like Purdue Pharma, the OxyContin manufacturer which came under fire in recent years for misleading doctors and the public about their drug's risk of addiction."

DPH is also directed under another DiZoglio amendment to come up with updated cautionary statements for opioid medications, to be included in all opioid prescription packaging.

"The literature will cover the addictive properties of opiates, risk of dependency and addiction, risk of heroin addiction and abuse, misuses by adults and children, addiction support and treatment resources and the telephone helpline operated by the Bureau of Substance Abuse Services," said DiZoglio.

The bill also includes a DiZoglio amendment updating the Commonwealth's

"My response to the Eagle-Tribune article is that there is nothing in M.G.L.c 55 which addresses 'recalls' or requires those voters who seek to remove an elected official through a 'recall' to form a 'political action committee'. The very heading of M.G.L. c. 55 gives some insight to the Legislative intent, entitling that law as Disclosure And Regulation Of Campaign Expenditures and Contributions. I can only assume that had the legislature intended to include an individual or group seeking the 'recall' of an official they would have included it Chapter 55."

Chapter 55 is very specific when it comes to reporting contributions and expenditures citing in Section 18E Legal Defense, Inaugural and Recount Funds. Since this is not a PAC and recalls are not covered within the law, I have to agree with Attorney Farrah.

Protective Custody Law, which currently allows officers to take persons intoxicated with alcohol to the point of being incapacitated into custody for a period of no more than 12 hours to allow the individuals to regain sobriety. An officer brings the inebriated person home, to the hospital or to the police station until sobriety is met or the 12-hour period is reached.

"This amendment allows the definition of 'incapacitated' under the provisions of the law to be expanded to those high on controlled substances, including opiates," said DiZoglio. "By doing so, more overdoses will be prevented and officers will have an important new tool as they continue to confront this heartbreaking opioid epidemic."

"I would like to applaud Representative DiZoglio for championing this cause and helping to keep our communities safe," said Methuen Police Chief Joseph Solomon. "This change in the Protective Custody Law will significantly aid first responders in their abilities to save lives and help those under the influence of opioids or other drugs."

Also included in the legislation is an expansion of the Commonwealth's Safe and Successful Youth Initiative (SSYI) grants.

"SSYI has proven an immensely effective tool in recent years in reducing youth violence across Massachusetts," said DiZoglio. "Cities are provided funding through the program to implement intervention strategies in partnership with local organizations, training and education programs. Under this amendment, communities will now be able to use SSYI funding toward addressing local substance abuse issues."

The House and Senate will now move into negotiations on a final bill to be agreed upon by both legislative chambers.

Section 18E. Legal Defense, Inaugural and Recount Funds, Reporting.

Section 18E. (a) Legal defense funds may be created by a candidate, a state party committee or the candidate's political committee to defend against a criminal matter or to pay costs associated with a civil matter that is not primarily personal in nature. Inauguration funds may be created by a candidate or the candidate's political committee to pay for the costs associated with an inaugural event. Recount funds may be created by a candidate or candidate's political committee to pay for the legal and

other costs associated with a recount. Legal defense, inauguration, or recount funds shall be created separately from the candidate's campaign account or committee, and shall be subject to the following conditions: (1) assets of a political committee may not be used by the fund; (2) any donations received by the fund shall not be deposited into the candidate's campaign account or a committee account; and (3) donations to such fund shall not be used to benefit a political committee.

Executive Office of Labor & Workforce Development Announces Grant for Family Continuity of Lawrence

The Executive Office of Labor and Workforce Development has announced that Family Continuity of Lawrence, has been awarded \$24,824 through the Occupational Safety Health Education and Training Program which provides financial assistance for the prevention of occupational injury, illness and death in the workplace.

"As job growth continues to rise, grants like these are a significant part of promoting and ensuring safe workplace conditions. The training, continued education and resources available to support a healthy workplace guarantee that as employment opportunities develop, our workforce is prepared, strong and safe," said State Representative Frank Moran (D-Lawrence).

Safety grants like these are awarded to employers in the Commonwealth who apply and whose staff has coverage through the Massachusetts Workers' Compensation

Law, sole proprietorship, DBA or are self-insured. Family Continuity of Lawrence is one such company that operates as a private, non-profit mental health and social service agency.

"I stand with my fellow colleagues of the Lawrence legislative delegation in celebrating the awarding of this \$24,824 grant for Family Continuity of Lawrence. These funds will immensely help Family Continuity in its efforts to provide a safe and healthy workplace," added State Representative Diana DiZoglio (D-Methuen).

Per a description by the Executive Office of Labor and Workforce Development, Occupational Safety Health Education and Training Program applications are reviewed and awarded on a rolling basis each fiscal year. Approximately \$800,000 was allocated during FY '16.#

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Remembering a Friend

Bertica Shulman Cramer

Bertica Shulman Cramer passed away on October 25, 2015, after a long battle with Alzheimer's. She was born in Havana, Cuba and was a child prodigy pianist, demonstrating a rare musical talent at a young age. She made her piano debut with the Havana Philharmonic Orchestra at the age of seven. She studied at the Havana Conservatory of Music before moving to the US in her early teens to study at the Longy School of Music.

Bertica studied with many of the greats including Rosina Lhevinne, Claudio Arrau, Nadia Boulanger, and Boris Goldovsky with whom she played a major role in the Goldovsky Opera Company Summer Music Festivals. She was also a student at the prestigious Tanglewood Music Center Fellowship program.

Bertica was the consummate performer, soloing with many symphonies across the globe including the Quito (Ecuador) Symphony, Bogota (Colombia) Symphony, Philadelphia Orchestra, Boston Classical Orchestra, Columbia (Missouri) Orchestra, Florida Orchestra, Brookline Orchestra and the Boston Pops. In fact, Bertica performed with the Boston Pops on an almost yearly basis for many years playing in a range of venues and was a favorite soloist of Arthur Fiedler and Harry Ellis Dickson.

Not only was her piano technique flawless, but she had a truly unique ability to bring melodies to life, thrilling audiences with her performances. She was a constant presence in the Boston chamber music scene and in Symphony Hall for many decades. Bertica gave several South American concert tours and masterclasses as well as giving solo performances throughout South America and Puerto Rico.

She was also an artist-in-residence at the Kodaly Center of America. She was the recipient of many honors including the Distinguished Award for Artistic Merit from the Cuban Cultural Society and the Distinguished Alumna Award from the Longy School of Music. Bertica mentored



Photo of Bertica in her living room used for her obituary.



Bertica Shulman Cramer receiving an award from the Cuban Cultural Center in recognition for her achievements.

countless piano students both in her home studio in Newton and from her position on the faculty of the New England Conservatory, Preparatory Division. She imparted to her students her great passion for music and her deep knowledge of how to make the piano sing.

She and her loving husband Howard (deceased) were founding members of Temple Beth Avodah, in Newton. Bertica is survived by her sister Rebecca; her three sons Steve, Rob and Rick; her daughters in law Bonnie, Janet and M.J., her nine grandchildren Dan, Shira, Courtney, Sarah, Haley, Matt, Mikayla, Morgan and Isabel; and her great grandson Ari.

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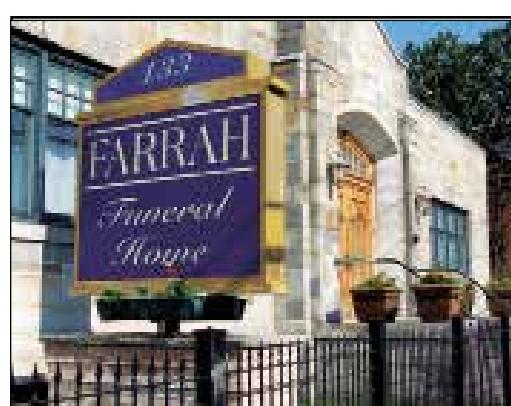
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Cuestiones Prácticas de Dinero

Cómo mantener sus resoluciones financieras de Año Nuevo

POR NATHANIEL SILLIN



Ya sea que esté hablando de dieta, ejercicio o dinero, mantener las resoluciones de Año Nuevo es un desafío. Un investigador de la Universidad de Scranton señaló que "la pérdida de peso" es la resolución actual reinante, seguida de "mejorar las finanzas" en el punto N°. 2.

Y aunque el estudio (<https://www.sharecare.com/health/healthy-new-years-resolutions/article/the-resolution-solution>) mostró que aproximadamente el 40 a 46 por ciento tuvieron éxito en su objetivo específico en la marca de seis meses, más de la mitad se rindió.

Sus finanzas personales necesitan más dedicación que eso.

Si desea agregar algunas resoluciones monetarias bastante sencillas que puedan ayudarle en sus finanzas en general, considere lo siguiente:

Haga su primer presupuesto o haga un mejor trabajo de revisión del que tiene. Una encuesta de 2013 de Gallup informó que sólo un tercio de los estadounidenses en realidad preparan un presupuesto detallado para el hogar. Haga su primera resolución de crear o revisar su presupuesto familiar (<http://www.practicalmoneyskills.com/budgeting>) para saber dónde están sus finanzas en todo momento.

El presupuesto implica el seguimiento del día a día de las finanzas, pero teniendo una forma rápida de determinar su valor neto (<http://www.practicalmoneyskills.com/worth>) – sus activos menos sus pasivos - ofrece la imagen más grande de cómo le va y cuáles son los próximos pasos que usted podría tomar para mejorar sus circunstancias. Que este cálculo sea el puntapié inicial anual para el Año nuevo.

Tener un fondo de emergencia significa que esté siempre listo para lo inesperado. El fondo promedio de emergencia generalmente cubre de tres a seis meses de gastos diarios: el suyo podría ser más o menos. Tenga en cuenta que el objetivo principal de un fondo de emergencia es mantenerse alejado de los ahorros cuando los gastos inesperados se producen.

Dependiendo de su nivel de comodidad con todas las cosas digitales, prácticamente todos los aspectos de su vida financiera se puede gestionar en línea o con un software de computadora. A partir de la creación de un documento de base o calendario en línea para rastrear las fechas de pago, fechas de vencimiento de facturas y fechas de depósito de ahorros e inversiones, una serie diaria de recordatorios y elementos de acción mantendrán sus asuntos monetarios y vencimientos sobre rieles.

Renueve su compromiso con la jubilación. Si usted es empleado o trabaja por cuenta propia, así se fija una resolución de ahorros para jubilación. En primer lugar, asegúrese de estar suscrito a un plan 401(k), 403(b) o 457 del plan en el trabajo o SEP-IRA correspondiente, 401(k) autodirigido u otro plan de jubilación de autoempleo que se ajuste a su situación fiscal y financiera. Luego, revise cuál es su aporte máximo para 2016 (www.irs.gov) para su plan respectivo. Por último, con un presupuesto o un plan para atraer más ingresos, determine cómo se puede acercarse a su aporte máximo posible para el año que viene. Y, por supuesto, no se olvide de los IRA Tradicionales o Roth (<http://www.irs.gov/Retirement-Plans/Traditional-and-Roth-IRAs>) que puede aportar independientemente de los planes basados en el trabajo. Todas estas opciones pueden mejorar sus perspectivas de jubilación y al mismo tiempo le ahorrarán mucho dinero en impuestos.

Revise sus beneficios que no sean de jubilación y seguros. Para las personas empleadas y que trabajan por cuenta propia, la inscripción abierta para los beneficios de salud y otros beneficios de la compañía concluye antes de fin de año. Pero eso no significa que usted no puede tomar notas en cualquier momento del año de los posibles cambios y mejoras sobre su seguro médico y las cuentas con beneficios fiscales relacionados. Lo mismo ocurre con la revisión de su cobertura del hogar personal, auto, vida y por discapacidad por los posibles ahorros y/o una mejor cobertura. Los asesores calificados también pueden ayudarle a revisar estas opciones.

Busque más dinero para ahorrar. Ya se trate de ajustar lo que gasta, pagar los

gastos o buscar maneras de atraer más ingresos, ahorrar más es uno de los mejores objetivos financieros que hay. El primer paso es hacer un seguimiento y establecer límites de gastos: esos límites le ayudarán a restablecer o eliminar gastos que se interponen en el camino de sus metas.

En pocas palabras: Hacer las resoluciones de Año Nuevo siempre suena como

una buena idea en el momento, pero mantenerlos requiere determinación, estudio y enfoque. Este año, reforzar el tipo de hábito monetario que lo coloque en una posición para el éxito.

Nathaniel Sillin dirige los programas de educación financiera de Visa. Para seguir Practical Money Skills en Twitter: www.twitter.com/PracticalMoney

Practical Money Matters

Keeping Your New Year's Financial Resolutions

BY NATHANIEL SILLIN



Whether you're talking about diet, exercise or money, keeping New Year's resolutions is challenging. A University of Scranton researcher noted that "weight loss" is the current reigning resolution, followed by "improve finances" at No. 2.

And while the study (<https://www.sharecare.com/health/healthy-new-years-resolutions/article/the-resolution-solution>) showed that roughly 40-46 percent were successful in their specific goal at the six-month mark, more than half gave up.

Your personal finances need more dedication than that.

If you want to add some fairly easy money resolutions that can help your finances overall, consider the following:

Make your first budget or do a better job of reviewing the one you have. A 2013 Gallup survey reported that only one-third of Americans actually prepare a detailed household budget. Make your first resolution to create or review your household budget (<http://www.practicalmoneyskills.com/budgeting>) so you know where your finances stand at all times.

Budgeting involves day-to-day tracking of finances, but having a quick way to determine your net worth (<http://www.practicalmoneyskills.com/worth>) – your assets minus your liabilities – offers the biggest picture of how you're doing and what next steps you might take to improve your circumstances. Make this calculation an annual kickoff to the New Year.

Having an emergency fund means you're always ready for the unexpected. The average emergency fund generally covers three-to-six months of daily expenses – yours could be more or less. Keep in mind that the primary purpose of an emergency fund is to keep you away from savings when unexpected expenses happen.

Depending on your comfort level with all things digital, virtually every aspect of your financial life can be managed online or with computer-based software. From setting up a basic paper or online calendar to track pay dates, bill due dates and deposit dates for savings and investments, a daily series of reminders and action items will keep your money issues on time and on track.

Recommit to retirement. If you're employed or self-employed, here's how to make a retirement savings resolution stick. First, make sure you're signed up for a 401(k), 403(b) or 457 plan at work or a corresponding SEP-IRA, self-directed 401(k) or other self-employment retirement plan that fits your tax and financial situation. Then check what your 2016 maximum contribution (www.irs.gov) is for your respective plan. Finally, through budgeting or a plan to bring in more income, determine how you can come as close to your maximum contribution as possible for the coming year. And of course, don't forget about Traditional or Roth IRAs (<http://www.irs.gov/Retirement-Plans/Traditional-and-Roth-IRAs>) that you can contribute to independently of work-based plans. All of these options can improve your retirement prospects while saving you considerable money on taxes.

Review your non-retirement benefits and insurance. For most employed and self-employed people, open enrollment for health and other company benefits wrapped up before year-end. But that doesn't mean you can't make notes at any point in the year for possible changes and improvements to your health insurance and related tax-advantaged accounts. The same goes for reviewing your personal home, auto, life and disability coverage for potential savings and/or better coverage. Qualified advisors can help you review these choices.

Find more money to save. Whether it's adjusting what you spend, paying off expenses or finding ways to bring in more income, saving more is one of the best financial objectives there is. The first step is to track and set spending limits – those limits will help you reset or eliminate expenses that are standing in the way of your goals.

Bottom line: Making New Year's resolutions always sounds like a good idea at the time, but keeping them requires determination, study and focus. This year, build the kind of money habits that position you for success.

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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Middlesex CC Board of Trustees Adds Three New Members

Three community leaders have joined the Middlesex Community College Board of Trustees.

James J. Campbell and Annie O'Connor, of Lowell, and Bopha T. Malone, of Waltham, have been appointed to the board by Gov. Charlie Baker, and Campbell has been named chairman. The three new trustees were sworn in by Lt. Gov. Karyn Polito during a recent ceremony on the Lowell campus.

As city manager of Lowell during the late-1980s and early '90s, Campbell led the city's revitalization and spearheaded construction of 14 new schools. He left the city to become commissioner and CEO of the Massachusetts Department of Industrial Accidents, overseeing the \$2 billion workers' compensation system. He also serves on the Massachusetts Bar Association's Workplace Safety Task Force. Campbell is currently employed as a client relations advisor to the Boston law firm of Tentindo, Kendall, Canniff and Keefe, the largest firm in New England that handles insurance- and employment-related matters.

O'Connor is an attorney and mediator who specializes in conflict resolution and mediation of civil matters. She has been an adjunct professor at the Massachusetts School of Law since 1994, and also previously served as an adjunct professor at MCC. She is founder and principal of the Center for Negotiation and Mediation. O'Connor has a lengthy history in the legal system, including being founder and director of the Civil Conciliation Program at Lawrence District Court in the early 1990s. She earned a juris doctor from Suffolk University.

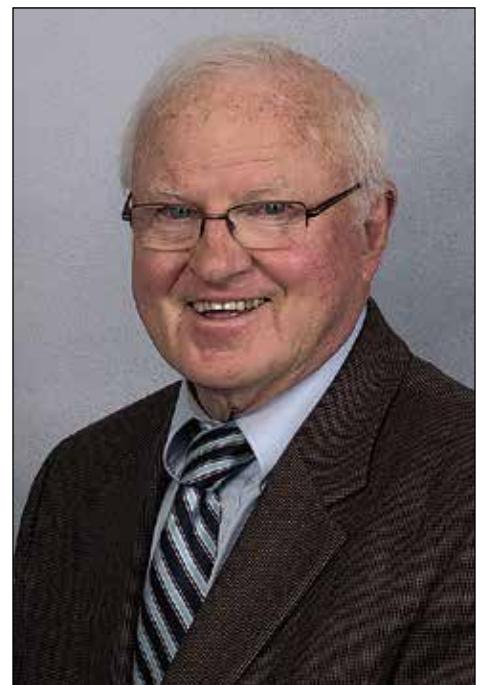
Malone is vice president, regional business advisor, of Enterprise Bank in Lowell. She earned bachelor's and master's degrees from Lesley University. Malone is active in many community organizations and currently serves as chairwoman of the Cambodian Mutual Assistance Association. She is also a member of Girls Incorporated of Greater



Annie O'Connor, of Lowell, has been appointed to the Middlesex Community College Board of Trustees.



Bopha T. Malone, of Waltham, has been appointed to the Middlesex Community College Board of Trustees.



James J. Campbell, of Lowell, has been appointed to, and will now chair, the Middlesex Community College Board of Trustees.

Lowell, and Women Working Wonders.

Campbell, Malone and O'Connor join current MCC Trustees James G. Hicks of Framingham, Stephanie J. Cronin of Dunstable, Oscar S. DePriest IV of Bedford, Tami Dristiliaris of Dracut, Timothy Glaser of Wilmington, Steven Iem of Lowell, Elia A. Marnik of South Orleans, and Student Trustee Maranda S. Fahie of Millbury.

Middlesex Community College meets the evolving educational, civic and workforce needs of our local and global communities. As one of the largest, most comprehensive community colleges in the state, we educate more than 13,000 students annually on our campuses in Bedford and Lowell, and online. MCC offers more than 70 degree and certificate programs, plus hundreds of noncredit courses. At Middlesex, everyone teaches, everyone learns.

Paul Hollings Named Administrator for MI Nursing/Restorative Center

A. Paul Hollings has been chosen to serve as Administrator for the MI Nursing/Restorative Center. In making this announcement, Gerard Foley, MIHCS President/CEO said, "We are extremely pleased that Paul has decided to join Mary Immaculate. He brings to this position over 25 years of health care management experience with a track record of success in a number of settings. He is known for cultivating strong working relationships with residents, families and staff, and we are looking forward to having him apply his knowledge and talents at MI."

Hollings brings to this position experience as the Administrator at the Courtyard Nursing Care Center in Medford, a facility that is similar in size and scope as the MI Nursing/Restorative Center. He also has held several positions at Hebrew SeniorLife and was Executive Director of Neville Center at Fresh Pond.

Hollings earned his Bachelor's Degree from Haverford College and his Master's in Health Services Administration from George Washington University. He has served on the Executive Committee of the Board of LeadingAge Massachusetts. He has also been recognized by the Executive Office of Elder Affairs with the prestigious Secretary's Award for outstanding work in promoting the quality of life and quality of care for residents in a nursing home setting.

As Administrator of the MI Nursing/Restorative Center, Hollings will be a key member of the Senior Leadership Team. His daily responsibilities will include ensuring quality care, meeting Department of Public Health Regulations, and managing the human and financial resources of one of the largest senior care facilities in the



Commonwealth.

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.

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Gary Haven Smith: A Celebration of Sculpture at SNHU's McIninch Art Gallery

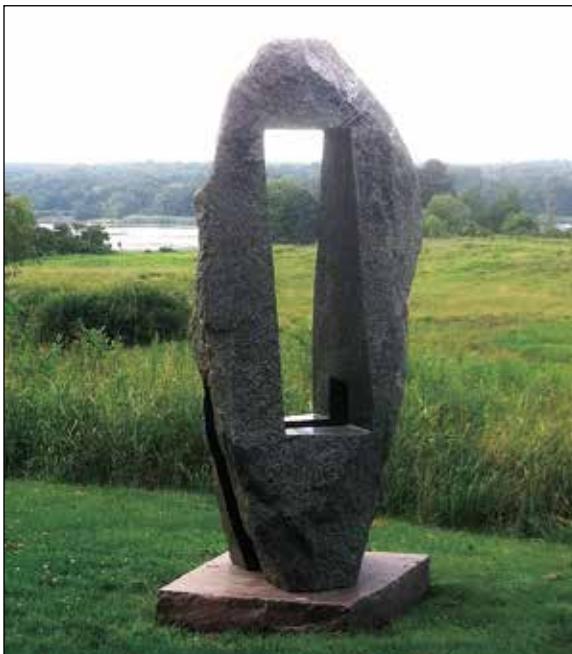
The McIninch Art Gallery at Southern New Hampshire University presents Gary Haven Smith: A Celebration of Sculpture, curated by gallery director Debbie Disston from January 14–February 20, 2016. There will be an opening reception on Thursday, January 21 from 5–7 p.m. The exhibition is free and open to the public.

Stones are what most of us would consider an afterthought of something much larger, a boulder, the remains of an ever shifting earth. A stone might be something one cradles in hand while readying to skip it across a silky surface of an azure blue lake. But to one artist, a stone is a massive granite boulder that he hunts for, much like a predator searching for its prey, in need of quenching a greater desire.

Gary Haven Smith works with massive granite found in various quarries of New Hampshire. He describes hunting for and selecting the stone he will work with as a means of understanding what the stone "wants to do." The sculptor works with the stone to create bent forms, flowing shapes and delicately carved interiors, properties that are the antithesis of granite.

In order to accomplish the exact evolution he envisions for his stones, Smith had to invent his own machinery which he can operate by himself. His ingenious design appears as if it could stand alone as a piece of Steam Punk sculpture within the modest barn the artist has maintained as his studio for decades. This machinery turns the stone while cutting into it with a flexible diamond-impregnated wire. Although each piece bears its own unique resemblance to a previously conjured form, there is a weightlessness that has been attributed to an object, a "stone" previously associated with denseness, heft and mass. The artist interprets the granite as objects from another place and time. He sees a more contemporary role for his stones, they become avatars for lost generations; or maybe they are space age objects beckoning us to an unforeseen future.

"The glacial boulders have a legacy



for me," Smith said. "They are nuggets of history that have been rolled and tumbled and abraded by glaciers as they traveled on their journey. I use diamond-embedded saws, a large granite wire saw, a sandblaster and carbide-tipped tools to cut, carve and work the granite. The stones are full of fluidity and movement, and I work to release that."

"I try to look at our technological lives today and connect them with the natural world we live in," Smith added.

Several of Smith's "paintings" are included in this exhibition. These two dimensional wall pieces are about as sculptural as paintings get. They are loaded with references to his sculpture and reveal his admiration of nature. The palette he chooses subtly transforms a two dimensional plane into something that might be construed as a fossilized plate from a long hidden plateau. Each piece is a beautiful accompaniment to the next.

Gary Haven Smith received his Bachelor of Fine Arts from the University of New Hampshire at Durham. He has exhibited widely throughout the U.S., Japan and the Netherlands. Smith's work is a part of many private and public collections including The Currier Museum of Art, as well as works completed for the New Hampshire Percent for Art Program and is a lifetime member of the New Hampshire State Council on the Arts.

Holy Family Hospital to Offer Free Seminar on Advanced Wound Care

Advances in Wound Care, a medical Meet the Expert seminar with Podiatric Surgeon and Wound Care Specialist Bobby Kuruvilla, DPM on February 2, 2016, 6-7 p.m. in Holy Family Hospital's ground floor auditorium, 70 East St., Methuen, MA.

Attendees will learn about different types of wounds found on the foot and ankle, the process of wound healing, the various modalities used in wound care, and the role of hyperbaric oxygen therapy.

Free and open to the public. Registration required. Light refreshments. One free contact hour in nursing.

For more information or to register, please email jean.macdougall-tattan@steward.org or call Jean at 978.420.1168.



Bobby Kuruvilla, DPM

Home Health Foundation names John Merry as Director of Community Business Development

John Merry of Westford, MA has been named Director of Community Business Development for Home Health Foundation, one of the largest and most respected home care agencies in Massachusetts, comprised of Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. In this role Merry will oversee the development and implementation of strategic, agency-wide marketing and sales plans to maintain and grow collaborative relationships with the medical community throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire.

Prior to joining Home Health Foundation, Merry held regional and national health care marketing and business development positions at several distinguished health care organizations. He brings a wealth of expertise in physician and hospital referrals, market analysis and sales planning and implementation.

"John is a highly skilled professional with an outstanding record of customer service and business development," said Donna Deveau, Vice President of External Relations and Development for Home Health Foundation. "He places tremendous value on strong collaborative relationships with our hospitals and health systems, physicians and other facility partners."

Home Health Foundation, the leader in



home health care, is comprised of affiliate agencies Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. Together the three agencies serve more than 100 communities throughout the Merrimack Valley, Northeastern Massachusetts, and Southern New Hampshire. Merrimack Valley Hospice also serves the Southern Maine region as York Hospital Hospice in partnership with York Hospital. For more information, visit our website at HomeHealthFoundation.org.



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

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 Café is sponsored by the library and Home Health and Hospice Care.

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 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.

See free films at Nashua Public Library

The Nashua Public Library shows free films several times a week in its theater from October through May. Cinema Cabaret films, geared to adults, are shown on Tuesday nights at 7 p.m.

The Family Film series is held on Saturdays at 2 p.m. Children 6 and under

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!

must be accompanied by an adult.

Teen films for ages 13 to 17 are shown occasionally in the afternoon, with upcoming dates of January 13 and February 25.

Le Cinema Francais, featuring classic French films, is held on the second Tuesday of the month at 3 p.m.

Titles of the films are listed on the online events calendar at tinyurl.com/nplfilm. Printed schedules are available in the library. For more information, call (603) 589-4600.

See free films at Nashua Public Library

The Nashua Public Library shows free films several times a week in its theater from October through May.

Cinema Cabaret films, geared to adults, are shown on Tuesday nights at 7 p.m.

The Family Film series is held on Saturdays at 2 p.m. Children 6 and under must be accompanied by an adult.

Teen films for ages 13 to 17 are shown occasionally in the afternoon, with upcoming dates of January 13 and February 25.

Le Cinema Francais, featuring classic French films, is held on the second Tuesday of the month at 3 p.m.

Titles of the films are listed on the online events calendar at tinyurl.com/nplfilm. Printed schedules are available in the library. For more information, call (603) 589-4600.

Game Nights for Adults at Nashua Library

Round up some friends to compete in Super Smash Bros. for Wii U on the big screen at the Nashua Public Library this winter. Or bring your own system and get others to play.

Two game nights are planned: Monday, January 4, and Monday, February 29, both from 7 p.m. to 9 p.m.

Due to their huge popularity at last summer's Nashua Library ComicFest, we're adding board games to this year's game nights. We have Pictionary, Blokus, Cranium, Apples to Apples, and Scrabble; or bring whatever you and your friends like to play.

Game Nights are free and snacks will be provided. If you have a Wii U controller bring it along. The event is open to adults ages 18 and up.

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.

Learn about saving seeds

Gardeners of all abilities are welcome to come to the Nashua Public Library on Thursday, February 18, at 7 p.m. to learn about seed saving.

First we'll get some tips on gathering and saving seeds from garden plants after

they bloom, then we'll swap seeds with one another.

Bring each variety of seed in its own jar or plastic bag, labeled with the name of the seed and growing instructions. You can bring seeds you have saved yourself or ones you've purchased. If you don't have seeds to share, come anyway and bring some home to share next year.

The event is free and open to the public. Registration is not required.

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 Carol at carol.eyman@nashualibrary.org or (603) 589-4610.

History of the Tuskegee Airmen

On Sunday, February 28, at 2 p.m. at the Nashua Public Library, learn about the history of the Tuskegee Airmen, the first African-American military aviators in the U.S. armed forces.

Members of the Col. Charles McGee and New England Chapters of the Tuskegee Airmen from Hanscom Air Force Base and Boston will present the program. Lt Col. Enoch Woodhouse II (Ret.), one of the original airmen, will be in attendance.

The event is free and open to the public. Registration is not required.

Essex Heritage Launches 20th Anniversary By Announcing Matching Grants for Local Heritage Projects

The Essex National Heritage Commission (Essex Heritage), in keeping with its long tradition of supporting the region's unique cultural heritage, announces the 2016 Essex Heritage Partnership Grant Program. In celebration of the organization's 20th anniversary, Essex Heritage will award \$2,000 grants to twenty (20) organizations that steward the region's nationally significant heritage.

Essex Heritage is currently accepting online applications from municipalities and qualified nonprofit organizations whose projects support Essex Heritage's mission to preserve and enhance the historic, cultural, and natural resources of the Essex National Heritage Area. Applicants have until Monday, February 15, 2016 to apply in one of three categories:

- Education: Create or further develop educational opportunities for youth.
- Interpretation: Increase awareness and understanding of the region's heritage.
- Preservation: Preserve or enhance historic structures, landscapes and cultural resources.

Detailed information about the Essex Heritage Partnership Grant Program, including application materials and guidelines, can be found at www.EssexHeritage.org/Grants.

"Essex Heritage is thrilled to celebrate the launch of its 20th anniversary year by offering grants for local projects that foster the enlightened stewardship of Essex County's truly remarkable history, places, and stories," said Annie C. Harris, Essex Heritage CEO. "We are proud to have provided funding to every

community in Essex County through the grant program. And yet we recognize that many organizations still need seed money for worthwhile projects that preserve and promote our unique cultural heritage."

For more information visit www.EssexHeritage.org or call Essex Heritage at 978-744-0444.

About Essex Heritage and the Essex National Heritage Area

Essex Heritage is the non-profit organization that manages the Essex National Heritage Area by developing programs that enhance, preserve, and encourage recreation, education, conservation and interpretation projects on Boston's North Shore and the Lower Merrimack River Valley. The Essex National Heritage Area is comprised of the 34 cities and towns of Essex County, MA. For more information, visit www.EssexHeritage.org or call (978) 740-0444.

About the Essex Heritage Partnership Grant Program

The Essex Heritage Partnership Grant Program is a reimbursable, matching grant program created to foster and support the stewardship activities of municipalities and organizations that share its mission to preserve and enhance the historic, cultural and natural resources of the Essex National Heritage Area (Essex County). Impacting many in the region, the 18-year old program has provided more than \$1.9 million to municipalities and nonprofit organizations that steward the region's nationally significant heritage.



Tower Hill Neighborhood Association

MONTHLY MEETING

Wednesday, January 27, at 6:30pm

OLGC Parish, Judson Hall, 526 Lowell Street

Doors open at 6:00 for refreshments and social talk

ALL WELCOMED, please spread the word, bring a neighbor

GUEST SPEAKER: OPEN FORUM

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ELECTED and PUBLIC SAFETY OFFICIALS
Police Chief and Fire Chief

The THNA is a non-profit group founded in 1988 by residents, friends and business owners who work together to improve the quality of life for all on Tower Hill and the City of Lawrence. For additional information visit - thnalawrence.com or "LIKE US" at www.facebook.com/thnalawrence

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.

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Some sessions will be scheduled
at the Lawrence History Center
on Wednesdays & Saturdays

Contact Mary Guerrero or Susan Grabski for more info.
Mary.Guerrero@me.com | director@lawrencehistory.org

An extension of the summer writers workshop - Rising Leaves: Andover Bread Loaf at the Lawrence History Center. This program is funded in part by UMass President's Office Creative Economy Initiative Funds

NH Liquor & Wine Outlets Present the 13th Annual Easter Seals Winter Wine Spectacular

Take a night off to celebrate the 13th Annual Easter Seals NH Winter Wine Spectacular sponsored by RiverStone Resources LLC. Sample nearly 1,500 quality wines on Thursday, January 28th, at the Radisson Hotel in Manchester, NH from 6-9 pm. With great wine and fine food from the area's best restaurants and chefs, it's no wonder this event sells out every year! Get your tickets while they are still available!

Proceeds from the event will make a profound difference in the lives of young children through Easter Seals NH Family Centered Early Supports and Services. Limited tickets are still available for the Grand Tasting at \$65 per person and the Bellman's Cellar Select is now SOLD OUT. Group discounts are available by calling Easter Seals.

Over fifty wine experts from around the world will be on hand with a large selection of their favorite varietals for you to sip from with your own Riedel Crystal stem, sponsored by Porsche of Nashua. This is a unique opportunity to learn about wine from winemakers and vineyard owners who have travelled to New Hampshire to share their passion for wine with you! Bellman's Jewelers will offer a special raffle of a Gabriel & Co. diamond icicle pendant valued at \$1,300. Tickets can be purchased online or at the Bellman's booth at the event.

The very popular Tower of Wine Raffle is sponsored by Exel Inc. and offers guests chance to win a variety case of wines. New this year, a second Tower of Wine Raffle will be featured in the private tasting room, also sponsored by Exel Inc. Additionally, the event's Grand Silent Auction, sponsored by People's United Bank, will feature an

eclectic offering of more than 100 items along with original artwork by NH Institute of Art students. One of the most popular items every year is the weekend rental of a Porsche Boxster, donated by Porsche of Nashua. There is truly something in the auction to fit every taste and budget!

Guests can take advantage of great discounts on ordering wine at the event through "Taste it, Click it, Buy it!" This mobile app from the New Hampshire Liquor Commission will enable guests to use their mobile devices, phones or tablets, to explore the various wine products, make tasting notes, and even order their favorite selections from the event at huge savings!

Additional sponsors include: New Hampshire Magazine, New Hampshire Business Review, NH Home Magazine, 95.7 WZID & The Mill, Northwestern Mutual, Signature Digital Imaging, Rise Private Wealth Management, Pepsi, Central Paper, Silver Image Photography and The Rowley Agency.

As an added bonus, a limited number of wine lovers, can begin the tasting a night earlier on January 27th at the Puritan Conference Center in Manchester, NH for "Cellar Notes 2016: Old World vs New World Cabernet and Merlot" presented by the NH Liquor and Wine Outlets Tasting Series. Five popular wine experts from around the world will share their passion for wine and personal stories in a highly interactive, yet exclusive setting. Seats are limited! Reserve your spot for only \$45 per person! Cellar Notes is proudly sponsored by Rise Private Wealth Management and Citizens Bank.

For tickets to the Winter Wine Spectacular and Cellar Notes, visit www.easterseals.com/nh or call 1.888.368.8880.

Jose Bugzy Martinez (Coach)

Daisy Martinez (owner)



Phone: 978-747-6558

Mobile: 978-303-5298

250 Canal Street

Lawrence, MA 01841

canalstreetgym@yahoo.com

Canal Street Gym

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!

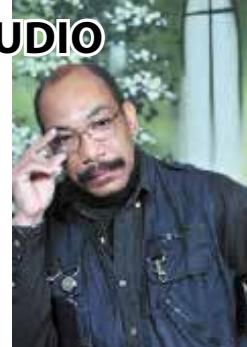
Sign up today! Contact us at (978) 557-2182 or at northeast@horizonsforhomelesschildren.org for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.



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CLASIFICADOS | CLASSIFIEDS**PUBLIC HEARING**

**City of Lawrence, MA
Mayor Daniel Rivera**

DOC. 294/2015
In City Council
January 19, 2016



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, February 2, 2016 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning a proposed petition to abandon a portion of the public roadway known as Keilhau Court presently owned by the City of Lawrence, MA and more particularly described as follows:

Land in Lawrence, Essex County, Massachusetts, as appearing on a draft plan prepared and submitted by Frank S. Giles Land Consulting entitled "Plan of Land 1-3 Keilhau Court, prepared for Cats Realty Trust, dated August 25, 2014" filed with the Office of the City Clerk in the above referenced document file containing approximately one thousand, seven hundred and eighty and one half (1,780.5) square feet of land, more or less, according to said plan.

A copy of the above referenced plan and other documents pertaining to the proposed abandonment of City owned real property may be examined and viewed at the Office of Community Development, Community Development Department, third floor, 225 Essex Street, Lawrence, MA and at the Office of the City Clerk, City Hall, 200 Common Street, Lawrence, MA on any business day between the hours of 8:30 AM to 4:30 p.m.

Persons wishing to be heard on said matter shall be given the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

**City of Lawrence, MA
Mayor Daniel Rivera**

DOC. 8/2016
In City Council
January 19, 2016



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, February 2, 2016, in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed appropriation transfer of funds as follows:

FROM: Free Cash
TO: Equipment Replacement [012211-5851]
AMOUNT OF TRANSFER: 54,873.00;

Persons wishing to be heard shall be given the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

**City of Lawrence, MA
Mayor Daniel Rivera**

DOC. 247/2015
In City Council
January 19, 2016



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, February 2, 2016 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Home Street, north side, from a point ninety fifty (90) feet easterly of the intersection of Ferry Street to a point one hundred and ten (110) feet easterly of the intersection of Ferry Street.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

**City of Lawrence, MA
Mayor Daniel Rivera**

DOC. 295/2015
In City Council
January 19, 2016



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, February 2, 2016 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning a proposed petition to abandon a portion of the public roadway known as Chickering Street presently owned by the City of Lawrence, subject to this petition described as land in Lawrence, Essex County, Massachusetts, shown as "Lot X" on a plan of land entitled "Plan of Land in Lawrence and Andover, Mass." Prepared for P&L Realty Trust Two, dated April 30, 2015" filed with the Office of the City Clerk in the above referenced document file and more particularly described as follows:

Northwesterly: by Lot B on said plan one hundred fifty and 47/100 (150.47) feet and by land now or formerly of Richard F. and Claire M. Berube, thirty and 00/100 (30.00) feet;

Northwesterly: by land now or formerly of Massachusetts Bay Transportation Authority shown on said plan, forty and 77/100 (40.77) feet;

Southwesterly: by Lot A on said plan, one hundred forty-eight and 90/100 (148.90) feet; and;

Southwesterly: by a lone shown on said plan, forty and 00/100 (40.00) feet;

Said parcel to be abandoned contains six thousand, nine hundred and ninety nine feet (6,999) square feet of land, more or less, according to the herein referenced plan.

A copy of the above referenced plan and other documents pertaining to the proposed abandonment of City owned real property may be examined and viewed at the Office of Community Development, Community Development Department, third floor, 225 Essex Street, Lawrence, MA and at the Office of the City Clerk, City Hall, 200 Common Street, Lawrence, MA on any business day between the hours of 8:30 AM to 4:30 p.m.

Persons wishing to be heard on said matter shall be given the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

**City of Lawrence, MA
Mayor Daniel Rivera**

DOC. 342/2015
In City Council
January 19, 2016



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, February 2, 2016, in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed appropriation of funds as follows:

FROM: Retained Earnings
TO: A Special Project Account of the Water and Sewer Department
AMOUNT OF APPROPRIATION: 1,600,000.00;

The purpose of the appropriation is to enable the Water and Sewer Department to continue addressing aging water, sewer and drainage systems throughout the City of Lawrence and to remain in compliance with recent consent decree requirements of the Environmental Protection Association [referenced as the EPA].

The proposed allocation of funds of this appropriation are as follows: On-Call Water and Sewer Services – 1,000,000.00; West Street Sewer Main Rehabilitation – 600,000.00.

Persons wishing to be heard shall be given the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

**City of Lawrence, MA
Mayor Daniel Rivera**

DOC. 7/2016
In City Council
January 19, 2016



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, February 2, 2016, in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed appropriation transfer of funds as follows:

FROM: Free Cash
TO: Fire Suppression Overtime [012211-5130]
AMOUNT OF TRANSFER: 300,000.00;

Persons wishing to be heard shall be given the opportunity.

Attest: William J. Maloney, City Clerk



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