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The BILINGUAL Newspaper of the Merrimack Valley

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

(NH) Salem, Nashua, Manchester

Honrando a Frank Benjamin / Honoring Mr. B



Close to 150 friends got together at the Sons of Italy Lodge in Methuen on March 31st to pay tribute to Frank Benjamin.

Frank has been a fixture in local sports for the past 60 years – maybe more! He has been active as a player, coach, radio personality and observer. For many years he worked at WCCM and WCGY narrating sports and promoting sporting events in the area. For the past 15 years he has been a columnist for Rumbo and although he is finally retired, he is planning to continue writing his memoirs for us.

Several friends arranged for this “Let’s Roast Mr. B” and it turned out to be a memorable evening for those in attendance, childhood friends and most of them featured in his writings through the years.

Some of the roasters at Mr. B’s event were, from the left: Dan Roche, John Mele, Dick Reming, Frank Benjamin himself, and Bob Sheehan. Not photographed were Dave Fazio, Kevin Drouin and Paul Seccareccio, who came from Florida to attend.

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See more pictures on page 13.

Lawrence Jackson Lumber & Millwork celebra 70 aniversario



Jay Torrisi, CEO/Treasurer, Al Torrisi, Chairman of the Board, Mark Torrisi, President, and Joe Torrisi, Executive Vice President, celebrate Jackson Lumber & Millwork's 70th anniversary at an event for employees and retirees on March 12, 2016.

Oradora invitada en la graduación de NECC



Lawrence Attorney Wendy Estrella says attending Northern Essex Community College was "a game changer for me." She will share her inspiring success story as this year's commencement speaker.

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**Family Owned and Operated Since 1946,
Lawrence-Based Jackson Lumber & Millwork
Celebrates 70th Anniversary.**

Bailes latinos para su salud / Latin dances for your health - Pg.4

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Let's Roast Mr. B"

It turned out to be a magical night for Frank Benjamin!

During the weeks preceding this gathering, Frank wondered (jokingly) if anyone would show up and that was a joke heard over and over.

Paul Seccareccio, who came from Florida specifically for the Roast, said, "I didn't know there were this many people not pissed off at you!" He also said that Frank would carry a grouch forever if he didn't like someone. But over and over, the comments of being a good man, that so many children were helped by his efforts, were repeated by his friends.

"He is opinionated, conceited, in love with himself, he puts on a tough persona, but he's a good man," Dick Reming said of his friend. "He was an inspiration to young people and you always knew where you stood with Frankie."

Dave Fazio, Andover High School Coach brought his own props. He talked about how Mr. B loved giving away sweatshirts with the lettering on the back "Player of the Night" and he was anxious to get one at some point and never did. Well, for this night, he made up his own shirt and proudly wore it for everyone to see. To that, Mr. B responded that he used to wear a bone on his neck so dogs would hang around with him.

Dan Roche of WBZ-TV Sports said that people were there under threat, they were coerced into being there... or else. "When he dies – 25 years from now – even more people will show up afraid that he'll pop out of the casket," he said. "I learned from Frankie what not to do in life. Look at all the coaches here tonight; it's all about local sports."

Kevin Drouin, who boxed in six World Championships reminisced about his younger years with Frank.

John Mele said some things most people have not heard about Frank. He is the social butterfly at all sporting events. He would go around saluting everyone and even listening to their problems and requests and the games wouldn't start until he was done talking to everyone. "He always had his own chair at the scoring tables," Mele added.

Frankie was touched seeing so many old friends come together for him.

The dinner proceeds were to benefit the Canal Street Boxing Gym, a place that he so admires for the work they do with young people in the city. Also, copies of his book were available with 100% of the proceeds going to the Gym. If you are interested in purchasing a copy of Mr. B's Sports Memories, contact José "Bugzy" Martinez at (978) 747-6558 or Frank Benjamin.



Jimmi Carter provided his wonderful music for background during dinner and David Pekarski videotaped the event. Here they are with Mr. B.



Nunzio DiMarca is holding a copy of Mr. B's Sports Memories in which he wrote the introduction. At left, Daisy Martinez, Bugzy's wife who was in charge of sales.

EDITORIAL | EDITORIAL

¡Se respira a primavera!

Después de un largo y frío invierno, las primeras señales de la primavera están en el aire, con mañanas y tardes frías, mientras que la temperatura sube al mediodía. Estas señales son las que motivan a la mayoría de las personas a salir y comenzar a recoger lo que estaba escondido bajo la nieve. ¡Es contagioso!

En su esfuerzo por mantener limpia la ciudad, además de la recolección normal de basura y materiales reciclables la ciudad pronto comenzará sus programas de recogida de desechos de jardín. Es un programa que todos los afortunados que tenemos jardines esperamos con ansiedad.

Además, Groundwork Lawrence, que no ha descansado en todo el invierno planificando distintos programas para embellecer la ciudad ya está anunciando su Día Anual de la Tierra, Comcast Cares Day. Ellos están citando a todos los voluntarios para la limpieza anual de toda la ciudad que se llevará a cabo el sábado, 30 de abril de 8:00 am-1:00 pm!

Se puede participar individualmente o como grupo. Si su grupo tiene un proyecto de embellecimiento específico en mente para su barrio y que le gustaría dirigir el proyecto, a Groundwork les encantará saber de usted! GWL está animando a los residentes a acercarse y unirse a su grupo de voluntarios y también a las autoridades para hacer cumplir todas las ordenanzas municipales vigentes en materia de basura, y remoción de escombros.

También esta primavera, Groundwork Lawrence tiene una variedad de clases gratis para el público para tomar. Acaban de tener una clase de cocina muy popular donde se invitó a los cocineros en ciernes para compartir, aprender y crear algo maravilloso. Más información acerca de las clases gratuitas que están ofreciendo, en parte gracias al apoyo de socios como la Fundación Harvard Pilgrim Health Care, lo que les permite ofrecer una programación gratuita para el público de Lawrence.

Pero todo este esfuerzo de limpieza no valdrá la pena a menos de que todos tomemos parte en vigilar a los violadores de estas ordenanzas. Si queremos mantener la ciudad y sus vecindarios limpios, todos tenemos que tomar parte, no solo en limpiar y barrer los mismos sitios año tras año, sino vigilando y reportando a los violadores.

Spring is in the air!

After a long and cold winter, the first signs of spring are in the air, mornings and cool evenings, while the temperature rises at midday. These signals are what motivate most people to go out and start collecting what was hidden under the snow. It's contagious!

In its effort to keep the city clean, besides the normal garbage and recyclables the city will soon begin their programs of yard waste collection. It is a program that all fortunate that have gardens are anxiously waiting for.

In addition, Groundwork Lawrence, who has not rested all winter planning various programs to beautify the city, is already announcing its annual Earth Day, Comcast Cares Day! They are calling all volunteers for the annual cleaning of the entire city that will be held on Saturday, April 30 from 8:00 am-1:00pm.

You can participate individually or as a group. If your group has a specific beautification project in mind for your neighborhood and would like to direct the project, Groundwork will love to hear from you! GWL is encouraging residents to come and join your group of volunteers and the authorities to enforce all municipal ordinances on garbage, and debris removal.

Also this spring, Groundwork Lawrence has a variety of free classes for the public to take. They just had a kind of very popular cooking class where cooks were invited to share, learn and create something wonderful! More information about the free classes are offered, partly thanks to the support of partners such as Harvard Pilgrim Health Care Foundation, which allows them to offer free programming for Lawrence residents.

But all this cleanup effort will not be worthwhile unless we all take part in monitoring violators of these ordinances. If we want to keep the city and its neighborhoods clean, we all have to take part, not only in cleaning and sweeping the same sites year after year, but monitoring and reporting violators.

Rumbo

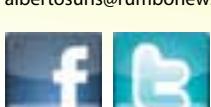
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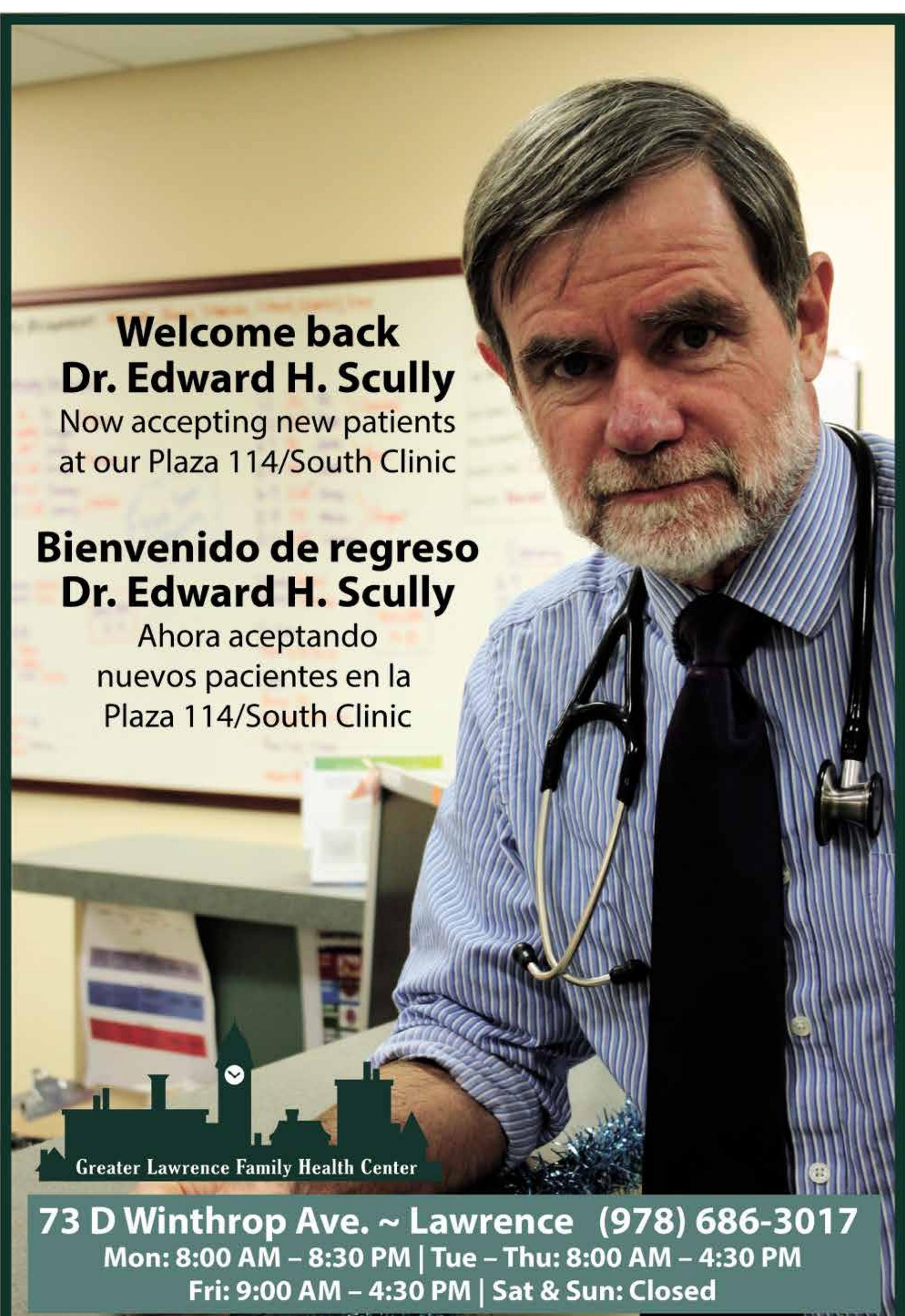


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Los bailes latinos pueden beneficiar la salud de los adultos mayores

Reporte de la reunión de la American Heart Association

PHOENIX, Arizona - Un programa de danza de cuatro meses ayudó a adultos mayores latinos a caminar más rápido y mejorar su salud física, lo que redujo su riesgo de sufrir enfermedades cardíacas, de acuerdo con una investigación presentada en las Sesiones científicas sobre Epidemiología/Estilo de vida 2016 de la American Heart Association.

Los investigadores de la Universidad de Illinois en Chicago analizaron si una intervención comunitaria, enfocada en danza latina, podría beneficiar a 54 adultos mayores, hispanoparlantes, que no eran muy activos físicamente. Los participantes fueron asignados de manera aleatoria para participar ya sea en un programa de danza dos veces a la semana por cuatro meses o en un programa de educación de la salud. Todos los participantes llenaron un cuestionario sobre la actividad física que realizaban en su tiempo libre y llevaron a cabo una caminata de 400 metros tanto al inicio como al final del estudio.

Después de cuatro meses de asistir a una danza latina dos veces a la semana, los bailarines los investigadores hallaron que:

- Los bailarines pudieron caminar más rápido y estaban más activos físicamente durante su tiempo libre que al principio del estudio.
- La actividad física en su tiempo libre aumentó de 650 minutos a la semana a casi 818 minutos.
- Los bailarines completaron una caminata de 400 metros en menos de 392 segundos comparado con casi 430 segundos al principio del estudio.

Aquellos que asistieron a las clases de educación de la salud mostraron una

Pensar es el trabajo más difícil que existe. Quizá esa sea la razón por la que haya tan pocas personas que lo practiquen.

Thinking is the hardest work there is. Perhaps that is why there are so few people who practice it.

- Henry Ford

mejora menor en cuanto a su actividad física; terminaron la caminata de 400 metros en alrededor de 409 segundos al final del estudio en comparación con los 419 segundos que les tomó hacerlo en un inicio. El tiempo de actividad física en su tiempo libre aumentó de 522 minutos a 628 minutos a lo largo del estudio.

Los hallazgos se basan en individuos principalmente sedentarios que tenían alrededor de 65 años al inicio del estudio; más del 80 por ciento del grupo eran mexicanos o mujeres. El programa de danza es BAILAMOS®, una intervención culturalmente personalizada y enfocada en el estilo de vida de la comunidad, desarrollado por David X. Marquez y Miguel Mendez en la Universidad de Illinois en Chicago, el cual incluye cuatro estilos de baile distintos: merengue, bachata, cha cha cha y salsa, todos guiados por un instructor de danza y con coreografías más complejas conforme avanza el programa.

Aumentar la actividad física es una de los Objetivos de Impacto 2020 de la American Heart Association, que hace un llamado a los adultos a realizar mínimo 150 minutos de actividad física moderada o por lo menos 75 minutos de actividad física vigorosa (o una combinación de ambas) a la semana.

Se ha demostrado que la actividad física regular reduce el riesgo de sufrir enfermedades cardíacas, ataques cerebrales, diabetes tipo 2 y complicaciones asociadas con la edad avanzada, además de que mejora el equilibrio, la movilidad y reduce el estrés.

Lo que parece ser una intervención divertida y en sintonía con la cultura puede tener efectos significativos en la salud pública, dijo Priscilla Vásquez, MPH, autora principal del estudio.

"Los adultos mayores latinos enfrentan muchas barreras y están ocupados cuidando a otros y encargándose de otras

responsabilidades, por lo que dejan la actividad física de lado y muchas veces no hay oportunidades disponibles para ellos", dijo Vásquez. "Este programa los involucra a nivel físico, cultural y emocional. Como anécdota, he escuchado a participantes decir que ir a las clases de danza los ayuda a liberarse del estrés. También interactúan con otros y crean una comunidad. Todo esto impacta tanto a su salud física como a su salud mental y a su bienestar".

Bailar puede tener mayores implicaciones en la salud. Vásquez mencionó que el equipo de investigación está interesado en ver si BAILAMOS® puede ayudar a los latinos mayores que ya experimentan deterioro cognitivo

leve. "Estamos interesados en usar una resonancia magnética", dijo, "para ver si la danza afecta positivamente a su cerebro".

Los coautores del estudio son: Priscilla Vásquez, M.P.H., Susan Aguiñaga, MS, Robert S. Wilson, PhD, Louis F. Fogg, PhD, JoEllen Wilbur, PhD, Susan L. Hughes, PhD y David X. Marquez, PhD. La declaración de privacidad de los autores se encuentra en el manuscrito.

Este estudio fue financiado por la Asociación de Alzheimer y la Universidad de Illinois en el Chicago Midwest Roybal Center for Health Promotion and Translation.

Latin dancing may have health benefits for older adults

American Heart Association Meeting Report

PHOENIX, Arizona — A four-month dance program helped older Latino adults walk faster and improved their physical fitness, which may reduce their risk for heart disease, according to research presented at the American Heart Association's Epidemiology/Lifestyle 2016 Scientific Sessions.

Researchers at the University of Illinois at Chicago tested whether a community-based intervention focused on Latin dancing could benefit 54 Spanish-speaking adults (about 65 years old, 80 percent Mexican female) who were not very physically active. Participants were randomly assigned to either participate in a dance program twice a week for four months or to attend a health education program. All participants completed questionnaires about their leisure time physical activity and a 400-meter walk test at the start and end of the study.

After four months of twice-weekly Latin dancing, researchers found:

- Dancers walked faster and were more physically active during their leisure time than before they started dancing.
- Dancers completed a 400-meter walk in just under 392 seconds compared with almost 430 seconds at the start of the study.
- Leisure physical activity rose from 650 minutes to nearly a total of 818 minutes per week.

Those in the health education classes had a smaller improvements in their fitness — they finished the 400-meter walk in about 409 seconds at the end of the study compared with 419 seconds four months earlier; total time spent on weekly leisure physical activity increased from 522 minutes to 628 minutes over the course of the study.

The dance program is a program called BAILAMOS®, a culturally-tailored, community-based lifestyle intervention developed at the University of Illinois at Chicago by David X. Marquez and Miguel Mendez, included four different dance styles -- merengue, bachata, cha cha cha

and salsa — led by the dance instructor, with more complex choreography as the program progressed.

Increasing physical activity is one of the key 2020 Impact Goals of the American Heart Association, which calls for all adults to get a minimum of 150 minutes of moderate physical activity or at least 75 minutes of vigorous physical activity (or a combination of both) each week. Regular physical activity has been shown to reduce the risk of heart disease, stroke, type 2 diabetes and complications associated with advancing age as well as improve balance, mobility and reduce stress.

Scaling up such a culturally-attuned, and what appears to be a fun intervention could have significant public health effects, said Priscilla Vásquez, M.P.H., lead study author at the University of Illinois at Chicago.

"There are many barriers older Latino adults face, and they are busy with caregiving and other responsibilities, so often physical activity takes a back seat and many times the opportunities are unavailable," Vásquez said. "This program engaged them on many levels, physically, culturally and emotionally. Anecdotally, I've heard participants say attending dance class is their stress relief. They also interact with others and build community. This impacts their physical as well as emotional health and wellbeing."

Dancing could have wider health implications, too. Vásquez said the research team is interested in testing whether BAILAMOS® can help older Latinos already experiencing mild cognitive impairment. "We are interested in using magnetic resonance imaging to see if dancing positively affects their brains," she said.

Co-authors are Susan Aguiñaga, M.S., Robert S. Wilson, Ph.D., Louis F. Fogg, Ph.D., JoEllen Wilbur, Ph.D., Susan L. Hughes, Ph.D., and David X. Marquez, Ph.D. Author disclosures are on the manuscript.

The study is funded by Alzheimer's Association and the University of Illinois at Chicago Midwest Roybal Center for Health Promotion and Translation.

Impacto Noticias

LUNES A VIERNES | 12PM - 1PM

Noticias Locales, Nacionales e Internacionales incluyendo Puerto Rico, Centro y Suramérica. Además, un reporte diario con Danny García desde la República Dominicana

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Propiedad familiar desde 1946, en Lawrence Jackson Lumber & Millwork celebra 70 aniversario

Con sede en Lawrence, Massachusetts, Jackson Lumber & Millwork sirve a contratistas, remodeladores, y los propietarios de viviendas en todo el este de Massachusetts y el sur de New Hampshire. Pertenece y es operada por la familia Torrisi desde el 1946, la compañía celebró recientemente el hito de 70 años.

Fundada por Joe Torrisi, la compañía comenzó en un pequeño sitio en la calle Jackson, Lawrence, Massachusetts en 1946. Joe reconoció la posibilidad del suministro de materiales de construcción creado por el auge de la construcción posterior a la Segunda Guerra Mundial. Llamado Jackson Lumber por la calle en la que se encontraba, la compañía creció rápidamente la ubicación inicial y se trasladó a la calle Market, donde podrían extenderse a lo largo de toda una manzana. Innovadora para la época, la propiedad incluía un almacén de madera drive-through y un ramal de ferrocarril para facilitar la entrega de la madera por ferrocarril.

A lo largo de los altibajos de la economía nacional, regional y local, Jackson Lumber & Millwork ha tenido un crecimiento constante bajo el liderazgo de la familia Torrisi. Hoy en día, la empresa cuenta con una planta de

fabricación de carpintería en Raymond, New Hampshire, almacenes de madera y tiendas al por menor en Amesbury, Massachusetts y Lawrence, Massachusetts, y la más moderna sala de exposición de diseño de cocina en North Andover, Massachusetts. Después de 30 años al frente de la empresa, Al Torrisi pasó el control de Jackson Lumber & Millwork a la tercera generación de liderazgo de la familia en 2012.

El actual presidente de Jackson, Mark Torrisi, se compromete a continuar la misión de la empresa de "ofrecer a los clientes productos de calidad, servicios y soluciones a tiempo y por completo todos los días." El equipo administrativo de la familia Torrisi es conocido por la incorporación de prácticas de negocio innovadoras con el fin para producir mejores resultados para sus clientes.

Conocido como una suministradora de materiales de construcción de primera clase en Nueva Inglaterra, Jackson Lumber fue reconocida en 2014 como el National ProSales Dealer of the Year. Después de 70 años en el negocio, Jackson Lumber & Millwork y la familia Torrisi continúan el compromiso de devolver a sus comunidades y participar activamente en asociaciones de la industria maderera.



Headquartered in Lawrence, MA for 70 years, Jackson Lumber & Millwork recently updated the exterior of the building with a new façade completed in March 2016.

Family Owned and Operated Since 1946, Lawrence-Based Jackson Lumber & Millwork Celebrates 70th Anniversary.

Headquartered in Lawrence, Massachusetts, Jackson Lumber & Millwork serves contractors, remodelers, and homeowners throughout eastern Massachusetts and southern New Hampshire. Owned and operated by the Torrisi family since 1946, the company recently celebrated the 70 year milestone.

Founded by Joe Torrisi, the company started at a small site on Jackson Street, Lawrence, Massachusetts in 1946. Joe recognized the building materials supply opportunity created by the post-World War II building boom. Named Jackson Lumber for the street where it was located, the company quickly outgrew the initial location and moved to Market Street, where they could spread out over an entire city block. Innovative for that time, the property included a drive-through lumber yard and a rail spur to facilitate lumber delivery by rail.

Throughout the ups and downs of the national, regional, and local economy, Jackson Lumber & Millwork enjoyed steady growth under the Torrisi family leadership. Today, the company has a millwork manufacturing facility in Raymond,

New Hampshire, lumber yards and retail stores in Amesbury, Massachusetts and Lawrence, Massachusetts, and a state-of-the-art kitchen design showroom in North Andover, Massachusetts. After 30 years at the company helm, Al Torrisi passed control of Jackson Lumber & Millwork to the third generation of family leadership in 2012.

Current Jackson president, Mark Torrisi, is committed to continuing the company mission to "provide customers with quality products, services & solutions on-time and in-full every day." The Torrisi family management team is known for incorporating innovative business practices in order to produce better outcomes for their customers.

Known as one of the premier building materials and supply firms in New England, Jackson Lumber was recognized in 2014 as the National ProSales Dealer of the Year. After 70 years in business, Jackson Lumber & Millwork and the Torrisi family continue the commitment to give back to their communities and to actively participate in lumber industry associations.

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Alumna regresa a NECC como oradora en la graduación

La abogada Wendy Y. Estrella de Methuen, una ex-alumna de Northern Essex Community College, regresa a la escuela como oradora invitada durante la 54ta graduación el sábado, 21 de mayo, a las 11 a.m.

La celebración se llevará a cabo bajo una tienda de campaña en el patio en el campus de la universidad de Haverhill y se espera que aproximadamente 1,100 graduados para recibir certificados y grados asociados.

Estrella, que es miembro de la Junta de Síndicos de NECC, tiene sus oficinas Estrella Law Offices, en el 300 de Essex Street, Lawrence, las cuales abrió en 2005.

"Muchos de nuestros estudiantes podrán relacionar su historia personal con la de Wendy", dijo Lane Glenn, presidente de Northern Essex. "Ella llegó a Lawrence como una adolescente de la República Dominicana. Después de graduarse de la Escuela Superior de Lawrence asistió a una universidad de cuatro años, donde se esforzaba debido a sus limitados conocimientos del idioma inglés. Esto no detuvo a Wendy. Ella se dirigió a NECC donde comenzó con cursos básicos y se convirtió en uno de las numerosas historias exitosas".

Su oficina de abogados se especializa en la preparación y realización de los cierres de propiedades para varios prestamistas financieros. Además, su práctica ofrece

asesoría jurídica y representa a clientes en las relaciones familiares, negocios, disputas entre propietarios e inquilinos, y lesiones personales.

Ella está en las juntas directivas de Lawrence Partnership, el Club de Niños y Niñas de Lawrence, y la Junta de Inversiones del Valle de Merrimack y es una ex miembro de la junta directiva de la escuela Lawrence Family Development Charter School.

Ella ha sido recientemente nominada para recibir el premio Empresaria Inmigrante del Año por el Crecimiento Empresarial del Immigrant Learning Center.

Graduada de NECC en 1994, Estrella asistió a Merrimack College donde se graduó en 1997 con una concentración doble en contabilidad y administración de negocios. Ella continuó su educación obteniendo un doctorado en derecho por la Facultad de Derecho de Massachusetts en 2004.

Estrella apareció en un blog de NBC Latino hace varios años. Ella atribuyó a NECC su éxito, diciendo "asistir a este colegio fue lo que cambió mi vida." Ella es una líder comunitaria que fue escogida por el Gobernador Baker como miembro de su equipo de transición.

Para obtener más información sobre la graduación de NECC del 2016, visite el sitio web, www.necc.mass.edu/commencement

Alumna Returns to NECC as Commencement Speaker



Attorney Wendy Y. Estrella of Methuen, an alumna of Northern Essex Community College, will return to campus as its guest speaker during its 54th annual commencement on Saturday, May 21, at 11 a.m.

The commencement will be held under a tent on the quadrangle on the college's Haverhill campus and approximately 1,100 graduates are expected to receive certificates and associate degrees.

Estrella, who is a member of the NECC Board of Trustees, is the principal of Estrella Law Offices, 300 Essex Street, Lawrence, which she opened in 2005.

"Many of our students will be able to relate to Wendy and her personal story," said Lane Glenn, president of Northern Essex. "She moved to Lawrence as a teen from the Dominican Republic. After graduating from Lawrence High School she attended a four-

year college where she struggled because of her limited English language skills. This didn't stop Wendy. She rebounded and headed to NECC where she started with basic courses and became one of our many success stories."

Her law office specializes in preparing and conducting real estate closings for multiple financial lenders. In addition, the practice offers legal advice and represents clients in family relations, business, landlord/tenant disputes, and personal injury.

She is on the boards of the Lawrence Partnership, the Boys and Girls Club of Lawrence, and the Merrimack Valley Investment Board and is a former board member of the Lawrence Family Development Charter School.

She was recently nominated to receive The Immigrant Learning Center's Immigrant Entrepreneur of the Year Award for Business Growth.

A 1994 graduate of NECC, Estrella attended Merrimack College graduating in 1997 with a dual concentration in accounting and business management. She continued her education earning a juris doctorate degree from the Massachusetts School of Law in 2004.

Estrella was featured in a blog by NBC Latino several years ago. She credited NECC for her success, saying "attending this college was a game-changer for me." She's a community leader who was tapped by Governor Baker to be a member of his transition team.

For more information about NECC's 2016 commencement, visit the website, www.necc.mass.edu/commencement



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Reportera de Univision y MCC alumna Carla Rojo será oradora de graduación

La ceremonia de graduación de Middlesex Community College para la Clase del 2016 se llevará a cabo a las 10 am del jueves 26 de mayo en el auditorio conmemorativo de Lowell, 50 East Merrimack St. La procesión comenzará a las 9:30 de la mañana frente al Centro Cowan en el campus de MCC en Lowell, ubicado diagonalmente al auditorio.

La oradora invitada para la graduación de este año será Carla Rojo, alumna de MCC (Clase del 2012) y reportera de Univision Boston. Rojo también recibirá el Premio Alumna Distinguida de MCC 2016.

Rojo, una estudiante universitaria de primera generación, se graduó de Middlesex con un grado asociado en Comunicaciones en 2012. Bajo la dirección del Programa TRIO de MCC, Rojo se transfirió a la Universidad de Suffolk, donde obtuvo una licenciatura en periodismo.

Durante su tiempo en MCC, Rojo sirvió como presidente de la Performing Arts Club. Ella actuó en muchos espectáculos de Departamento de Teatro, incluyendo los musicales "Chicago" y "Damn Yankees", así como otras dos producciones, "Anillo Alrededor de la Luna" y "Los Rimers de Eldritch."

Rojo actualmente trabaja como reportero bilingüe en el aire, para los noticieros de Univision Boston de las 6 y 11 p.m. Ella atribuye a MCC su preparación para el éxito. "Estoy muy orgullosa de mi tiempo en Middlesex," dijo. "Aprendí una habilidad que me ha servido bien en la vida - que nunca tenga miedo de pedir

ayuda. El apoyo que he recibido en Middlesex - tanto de TRIO y de mi familia de teatro - me enseñó que puedo hacer cualquier cosa".

El Premio al Alumno Distinguido de MCC se otorga anualmente a un ex alumno que demuestra logros en su carrera u otras áreas de la vida, un servicio excepcional a la comunidad, y su compromiso a Middlesex, así como la integridad y el carácter.

Distinguidos recientes ganadores de este Premio incluyen al Rep Estatal Rady Mom, el sargento de la policía de Bedford Patrick Towle ('85), Katelyn Adams ('07), Katie Galenius ('96), Kim Zunino ('04), Steven Wright ('75), Tami Dristiliaris ('83), Bruce Weeks ('06), Alan Melkonian ('84), Jean Connor ('94) y William Chemelli ('75).

Para obtener más información acerca de concesión al alumno distinguida de MCC, póngase en contacto con Dennis Malvers, Decano del Colegio Progreso, en malversd@middlesex.mass.edu o 781-280-3514.



Carla Rojo, on-air reporter for Univision Boston and MCC alumna (2012), will address Middlesex Community College's Class of 2016 at Commencement exercises Thursday, May 26, in Lowell Memorial Auditorium. Rojo will also be presented MCC's 2016 Distinguished Alumni Award.

Univision Reporter & MCC Alumna Carla Rojo to Address Class of '16

Middlesex Community College's Commencement exercises for the members of the Class of 2016 will be held at 10 a.m. Thursday, May 26, in the Lowell Memorial Auditorium, 50 E. Merrimack St. The processional will begin at 9:30 a.m. in front of MCC's Lowell campus Cowan Center, located diagonally from the auditorium.

This year's Commencement speaker will be Carla Rojo, MCC alumna (Class of 2012) and on-air reporter for Univision Boston.

Rojo will also be presented MCC's 2016 Distinguished Alumni Award.

Rojo, a first-generation college student, graduated from Middlesex with an associate degree in Communications in 2012. Under the guidance of MCC's TRIO Program, Rojo transferred to Suffolk University where she earned a bachelor's degree in broadcast journalism.

During her time at MCC, Rojo served as president of the Performing Arts Club.

She acted in many Theater Department shows, including the musicals "Chicago," and "Damn Yankees," as well as two other productions, "Ring Around the Moon" and "The Rimers of Eldritch."

Rojo currently works as an on-air, bilingual reporter for the 6 and 11 p.m. newscasts at Univision Boston. She credits MCC with preparing her for success. "I'm so proud of my time at Middlesex," she said. "I learned a skill that has served me well in life – never be afraid to ask for help. The support I received at Middlesex – from both TRIO and from my theater family – taught me that I can do anything."

MCC's Distinguished Alumni Award is given annually to an alum who demonstrates achievement in their career or other areas of life, exceptional service to the community, and commitment to Middlesex, as well as integrity and character.

Past Distinguished Alumni Award winners include State Rep. Rady Mom, Bedford Police Sgt. Patrick Towle ('85), Katelyn Adams ('07), Katie Galenius ('96), Kim Zunino ('04), Steven Wright ('75), Tami Dristiliaris ('83), Bruce Weeks ('06), Alan Melkonian ('84), Jean Connor ('94) and William Chemelli ('75).

For more information about MCC's Distinguished Alumni Award, contact Dennis Malvers, Dean of College Advancement, at malversd@middlesex.mass.edu or 781-280-3514.



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Carlos "El Dragón" Candelario, the new Lightweight Title of New England winner

El 19 de marzo de 2016, Carlos "El Dragón" Candelario del gimnasio de boxeo Lawtown que se encuentra en el 360 Merrimack St, Lawrence, MA ganó el Título Ligero de New England por decisión unánime avanzando su récord 7-1 de 3 nocauts, tras vencer a Matt Doherty de 27 años de edad de Salem, MA que tenía un registro de 4-1-1.

Al entrar en el anillo, la única derrota de Doherty llegó al ex atleta olímpico en una decisión estrecha. Carlos Candelario, que es un luchador recientemente firmado para dirigir el cantante Ken Casey de The Dropkick Murphys, representada en gran medida de Murphy Boxing y Boxing Gym Lawtown mientras luchaba frente a una multitud alboroto en The House of Blues.

En la ronda 1, Doherty y Carlos chocaron sus cabezas causando una herida importante sobre la frente de Carlos, pero a pesar de la herida, que necesitó 8 puntos de sutura, Carlos tomó el control firme de las Rondas 2 al 8 propinando monstruosas puños en la cabeza y el cuerpo.

Fue su primera pelea de 8 rondas, pero Carlos no mostró signos de cansancio mientras seguía viniendo hacia adelante, cerrando el espectáculo en el House of Blues con 3,000 aficionados animándolo.

Carlos Candelario dedicó esta pelea a su abuelo recientemente fallecido Enrique Candelario, y su tío Eddie Candelario.

Carlos "El Dragón" Candelario regresará al ring a mediados de junio ya que estará defendiendo su título por primera vez.



On March 19th 2016, Carlos "The Dragon" Candelario of Lawtown Boxing Gym located on 360 Merrimack St, Lawrence, MA won the New England Lightweight Title by unanimous decision improving his record to 7-1 3 ko's, as he defeated 27-year-old Matt Doherty of Salem, MA who held a record of 4-1-1.

Entering the ring, Doherty's only defeat came to a former Olympian in a narrow decision. Carlos Candelario, who is a newly signed fighter to lead singer Ken Casey of The Dropkick Murphys, greatly represented Murphy's Boxing and Lawtown Boxing Gym as he fought in front of a ruckus crowd at The House of Blues.

In round 1, Doherty and Carlos collided heads causing a major gash over Carlos forehead, but despite the cut which needed 8 stitches, Carlos took firm control of Rounds 2-8 landing monstrous head and body shots.

It was his first 8 round fight, but Carlos showed no signs of tiring as he kept coming forward, closing the show at The House of Blues with 3,000 fans on their feet cheering.

Carlos Candelario dedicated this fight to his recently deceased Grandfather Enrique Candelario, and Uncle Eddie Candelario.

Carlos "The Dragon" Candelario will be returning to the ring mid-June as he will be defending his title for the first time.



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NECC Student from Methuen will be Honored at State House as One of "29 Who Shine"

Northern Essex Community College Student Carlos Rivera of Methuen will be honored by Governor Charles Baker at the Massachusetts State House in Boston on Monday, May 9 as an outstanding graduate of the class of 2016.

A 2011 graduate of Lawrence High School, Rivera will graduate from Northern Essex in May with honors and an Associate Degree in Liberal Arts: Biology and Psychology.

Rivera came to Northern Essex the fall after he graduated from high school but admits he didn't get serious about his college education until a year and a half ago when he decided he needed to focus on his academics if he was going to achieve his goals in life.

Since then, he has soared academically and become one of the most sought-after tutors on campus.

Rivera started tutoring after a Calculus 1 professor noticed he had an aptitude for math and asked if he would be interested in working as a tutor in the math lab. That led to a job as a supplemental instructor in algebra and trigonometry, where he taught weekly help sessions for students, and a position as a student assistant in the College Success Center, which provides support and resources for students on the Lawrence Campus. Rivera has also tutored students at the Guilmette School and Notre Dame High School, both in Lawrence.

Rivera has also been active in college

athletics. He played varsity basketball for a year before deciding to focus on his academics and currently keeps score for the varsity basketball games. He also volunteers in the community through the athletics department at Core Unum in Lawrence and Open Heart Ministry in Haverhill.

Always intrigued by the mind and how it works, Rivera decided to major in psychology when he enrolled at college. When he discovered he had a passion for biology, he decided to investigate how he could combine his two interests, a journey that led him to neurobiology.

An internship with an ear, nose, and throat surgeon at Lowell General Hospital introduced him to surgery and he says "I found I loved being there." As part of his internship, he would stand in the operating room for up to four hours at a time, looking over the shoulder of the surgeon and observing surgery ranging from tonsillectomies to jaw replacements.

Rivera wants to be a neurosurgeon and he is planning to transfer to UMass Lowell in the fall, where he will major in biology and psychology. After that he will apply to medical school.

Rivera was nominated for this honor by three people: Maureen Saliba, assistant athletic director, Jennifer Graham, his microbiology professor, and Niurka Aybar, Student Success Center staff.

"Overall, I can't say enough good

things about Carlos. His drive to succeed, his passion, and his warmhearted nature will take him far in this world," wrote Saliba.

In May 2011, the Massachusetts Department of Higher Education launched "29 Who Shine," a program to recognize outstanding students representing each of the 29 public campuses. The honorees, chosen because of their academic achievements and record of student leadership and community service, stand poised to contribute greatly to the civic life and economic well-being of the state. Whether furthering their education or entering careers here in Massachusetts in fields as diverse as education, public policy, medicine, creative arts, and engineering, they truly embody the vibrant future that we all envision for the Commonwealth.

With campuses in Haverhill and Lawrence, Northern Essex Community College offers over 70 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. More than 6,600 students are enrolled in credit associate degree and certificate programs



on the Haverhill and Lawrence campuses; and another 3,400 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. Northern Essex is the only state college located in the lower Merrimack Valley Region of Massachusetts. For more information, visit the website at www.necc.mass.edu

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ANA Synchro Earns 4 All-Stars and 6 Gold Medals



Buffalo, NY and Norton, MA – In back-to-back weekend competitions, ANA Synchro athletes won 32 top-8 placements, including six Gold medals. And four ANA Synchro athletes were named to the East Zone Junior All-Star Team.

The East Zone Junior/Senior Championships were held March 11-13 in Buffalo, NY, where 136 athletes from 16 different teams traveled from Massachusetts, Connecticut, New Jersey, New York, and Pennsylvania to compete. ANA Synchro athletes Grace Alwan, Sophia Ju, and Reverie Nedde of Andover, and Maxie Zimmerman of North Andover earned All-Star Team recognition by placing within the top 16 of scores for technical elements and a flexibility test.

The East Zone Invitational was held March 19-21 at Wheaton College in Norton, MA. 146 athletes from 10 different teams came from Massachusetts, Connecticut, New Hampshire, and New Jersey to participate. ANA Synchro's 13 & Over Intermediate Team dominated their

age category, earning Golds in the Team, Duet, Trio, and Figures events.

ANA Synchro, with its nearly 70 athletes in all age groupings and all experience levels, sent large contingents to both competitions.

"Our athletes worked very hard these last three months to bolster their conditioning levels and master the choreography of their routines," said ANA Synchro Head Coach Leah Pinette. "To do so well this early in our season is a real accomplishment! I'm particularly proud of the strong showing of our Intermediates – they are the future of the team!"

The public has a chance to see all the ANA Synchro athletes in action at their 39th Annual Show – Celebrate! – on April 2nd at 3:00pm and 6:00pm, and April 3rd at 3:00pm, at the brand new Andover/North Andover YMCA, 165 Haverhill Street, Andover. Tickets and more information are available at the Y front desk or on-line at www.anasynchro.org.

ANA Synchro is the competitive synchronized swimming team of the Andover/North Andover YMCA. Girls wishing to join the team or try the sport for the first time should contact Head Coach Leah Pinette at 978-685-3541, lpinette@mvymca.org. Introductory "Synchro Splash" sessions meet twice a week and are held regularly throughout the year.

Synchronized swimming combines music, dance and swimming into "the ultimate team sport". Through the artistry and athletics of synchronized swimming and team competition, girls build lifelong friendships and skills while developing the confidence to dream big and pursue their goals. The team is open to girls ages 6 to 19.

ANA Synchro athletes in the 13 & Over, 11-12, and 10&Under Intermediate competition categories swam at the East Zone Invitational at Wheaton College in Norton, MA earlier this month.

Complete results for ANA Synchro were:

East Zone Junior/Senior Championships – March 11-13, Buffalo NY

- Jr. Team (5th): Grace Alwan, Gates Bryan, Sophia Ju, Lakshita Motwani, Reverie Nedde, and Naomi Turner of Andover; Laila Cross and Maxie Zimmerman of North Andover; and Kyra Donahue of Methuen.

- Jr. Duet: Alwan and Ju (Silver).
- Jr. Solo: Zimmerman (8th)
- Jr. Figures (the technical elements of synchronized swimming): Alwan (6th), Ju (8th), Nedde (11th), Zimmerman (13th).
- Sr. Duet, which consisted of a technical routine with Alwan and Zimmerman, and a free routine with Alwan and Ju (Silver).
- Jr. Combo, as part of New England Synchro's Combined Combo: Alwan, Bryan, Ju, Nedde, Cross, Zimmerman (Bronze).
-

East Zone Invitational – March 19-21, Norton MA

13 & Over Intermediate

- Team (Gold): Addison Earle, Mia Hayes, Maitri Naik, and Ysabella Ouyang of Andover; Katerina Guerrero of Lawrence; Caitlin Robinson and Lucy Topping of North Andover; Anusha Tandon of Acton; and Isabella Hesselton of Pelham, NH.

- Duet: Hayes and Ouyang (Gold); Nicole Jo of Tewksbury and Gabriela Estrella of North Andover (6th); Jillian Alden and Jill Shechter of Andover (7th).
- Trio: Guerrero, Robinson, and Naik (Gold); Jo, Alden, and Estrella (5th).
- Figures: Robinson (Gold), Ouyang

(Silver), Guerrero (4th), and Hayes (8th).

11-12 Intermediate

- Duet: Emma Pantazi and Dia Arora of Andover (7th).
- Solo: Ilinca Hirtopanu of Andover (4th).

10 & Under Intermediate

- Team (Silver): Lily Brown, Hannah Chen, Julie Mahoney, Annabel Tu, and Sophia Xu of Andover; Eleanor Kahn and Erika Wojcik of North Andover; Ashley Morin of Dracut.
- Team (4th): Bella Falco, Sabrina He, Kate McCready, Sophia Venetiou, and Athena Zhang of Andover; Threya Devan and Mercy Rule of North Andover; Maura Krueger of Tewksbury.
- Duet: Rule and McCready (5th).
- Trio: Tu, Chen, Mahoney (Gold).
- Figures: Brown (5th), Tu (6th).

16 & Over Age Group

- Duet: Gates Bryan and Naomi Turner of Andover (Gold).

11-12 Age Group

- Team (Bronze): Mariana Boullie, Rachel Cordio, Mara Duran-Clark, Pia Lee, Sofia Sampedro, and Aisling Stack of Andover; Camille Robbe of Acton; Maddie Koenig of North Reading; and Anyé Kachulis-Moriarty of North Andover.
- Duet: Kachulis-Moriarty and Koenig (7th).
- Solo: Robbe (7th); Erika Wojcik of North Andover (8th).

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Andover Police Lt. Edward Guy Graduates from FBI National Academy

Chief Patrick Keefe is pleased to announce that Lt. Edward Guy from the Andover Police Department successfully completed and graduated from the 263rd session of the FBI National Academy in Quantico, Va. last week.

Lt. Guy was recognized for his achievement at the formal ceremony in Quantico on Friday, March 18. Prior to the National Academy, Lt. Guy also graduated from the School of Police Staff and Command at Northwestern University at the end of 2015.

"This is a great honor for a member of our force to complete two prestigious programs in such a short amount of time," Chief Keefe said.

Lt. Guy currently serves as the Support Services Lieutenant at the Andover Police Department. He has been a member of the department since 2004 and previously started his law enforcement career as a patrolman for the Methuen Police Department in July 1995.

The FBI National Academy is a professional course of study for U.S. and international law enforcement leaders. It serves to improve the administration of justice in police departments and agencies at home and abroad, and to raise law enforcement standards, knowledge and cooperation worldwide. Participation is by invitation only, through a nomination process. Attendees are drawn from every state in the union, from U.S. territories and from over 150 international partner nations.

As a graduate, Lt. Guy will join the less than one tenth of one percent of law enforcement officers in the world to attend this esteemed program. Competition for slots is very demanding. Following graduation, each officer has the opportunity to join the FBI National Academy Associates, a dynamic organization of more than 15,000 law enforcement professionals who actively work to continue developing higher levels of competency, cooperation and integrity across the law enforcement community.

Lt. Guy, like all graduates, made a huge personal sacrifice when he committed to attending the academy. Attendees are separated from their families for 10 weeks, leaving loved ones at home to manage the day to day operations. Prior to his time in Quantico, Lt. Guy completed online courses at Northwestern University's School of Police Staff and Command.

"The commitment that Lt. Guy, along with his fellow officers, made in completing such exclusive, extensive programs speaks volumes," Chief Keefe said. "It shows dedication not only to the law, but also to



Lt. Edward Guy from the Andover Police Department.
(Courtesy Photo)

their fellow officers."

The School of Police Staff and Command Program at Northwestern University was implemented by the Center for Public Safety in 1983. Over 18,000 students - both nationally and internationally - have graduated from the 22-week program. Since its inception, the Center has broadened its original objective and now provides a variety of courses and programs in the area of Police Training, Management Training and Executive Development.

"Our department can expect numerous benefits from Lt. Guy's graduation from the School of Police Staff and Command at Northwestern," Chief Keefe said. "Many of the program's graduates do go on to achieve a variety of leadership positions within their agencies."

About the FBI National Academy:

The FBI National Academy was created in July 29, 1935, with 23 students in attendance, in response to a 1930 study by the Wickersham Commission that recommended the standardization and professionalization of the law enforcement departments across the U.S. through centralized training. With strong support from the International Association of Chiefs of Police and with the authority of Congress and the Department of Justice, the "FBI Police Training School" was born. Courses at that time included scientific aids in crime detection, preparation of reports, criminal investigation techniques, and administration and organization. With the advent of World War II, courses were added in espionage and sabotage.

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Mr. B's very full life

Frank Benjamin was a sportscaster for Curt Gowdy Radio and was heard throughout the Merrimack Valley and the North Shore over Stations WCCM & WCGY for more than 25 years. He was born and grew up in the So Lawrence area and attended Lawrence Public Schools.

For many years he worked in the electrical field as an overhead lineman. Frank was a member of the Electrical Workers Union IBEW for over 20 years and worked on such projects as the St. Lawrence Seaway and the Seabrook Nuclear plant and many ice storms and hurricanes.

With his young family he moved to Methuen and his two sons Tom and Bill and a daughter, Patricia, attended Methuen schools. He is once again a resident of Methuen.

He became a very successful manager of many great fast pitch softball teams in Lawrence.

He later became the Assistant Recreation Director for the City of Lawrence and still later the coordinator for the city's Police Athletic League a position he held for over 11 years until he retired.

He started his radio career under the tutelage of Paul Seccaricio, John Moran and the legendary Bruce Arnold. This led to him becoming the sports director at the local station and in 1987, 88, 89 he and John Moran were named the best sports announcers of the year by the Associated Press.

The Saturday morning two hour talk show "Let's Talk Sports" was a widely listened to show started by the great team of Billy Callagy, Roy Reiss, and Bobby Lefebre was a Saturday morning habit for many Merrimack Valley fans.

Frank joined Moran as a team when Callagy and company left and later took over the show himself when John left. He followed the format of the people before and started to include many of the other teams outside of the Valley area and is still proud of introducing many girls and women's games as the schedule maker at



the station.

He has done high school hoop, football, baseball and some Merrimack College hoop games including championship games in all those sports.

A bright spot in his career was when he was flown in to Williamsport PA to announce the Andover Little League fight for a national title.

Frank has been honored to be inducted into three Hall of Fames namely the State Coaches Basketball, the State Coaches Football and the Methuen High School Hall of Fame.

Now in retirement for the last few years he has joined forces with Dalia Diaz and Alberto Suris to write, according to them as owners of the newspaper RUMBO, a highly successful column about our City and sports of yesteryear for the past 15 years.

Mr. B was a director of the Human Rights Commission for two years and a volunteer with the March of Dimes for four years.

Besides his three children Tom, Bill and Patricia, he has three grandchildren and one great grandchild. Frank's two brothers are now deceased, Dick and John the former principal of the Frost School in Lawrence who died recently.

Frank says, "It's fun and no heavy lifting."

Khmer New Year Celebration coming up April 23

By Joan Chun

The Khmer New Year Planning Committee had a fundraiser event on Saturday March 26, 2016 from 12pm-5pm at The Crown in Lowell, MA.

The Crown owners, Vannak Tan and Tari Meas, provided a fun atmosphere for all of the participants. Vendors from different parts of Massachusetts came to display their services and to share information with the community. List of vendors include: Jeff Cain and Vanny Song from Republic Services, Monica Ernest from Mary Kay, Alexandra Parra from Paparazzi Jewelry, Leakana Yoth from Nails and Co., and Shamir Rivera from Mary Kay.

Charya Uong created Khmer New Year wishes in the shape of pom poms to create spirit and excitement for the main celebration in April. A free activities center for the kids included arts and crafts, a treasure hunt, and a recycling game.

The bake sale featuring a cassava cake with lychee and jackfruit, churro cupcakes, coconut pineapple cake, cheesecake

brownies, banana bread, and reverse chocolate chip cookies made the event a sweet success. All items were donated by baking enthusiasts in the community.

Daley Middle School student, Anthony Villa, created a display showing what the Khmer New Year is all about. The highlight of the fundraiser was the Cambodian Food Mee Ga Thang contest where eight restaurants (Red Rose, New Happiness, Heng Lay, Tech Heng, Mekong, Phnom Penh, Senmonorom, and Pheputthmei) generously donated a tray for judges and participants to vote for the The Ultimate Mee Ga Thang and The People's Choice.

Thank you to our Volunteer Photographer, Lakana Uong, for capturing the special moments. The winning restaurant(s) will be announced at the free event, Khmer New Year Celebration at Clemente Park, on April 23, 2016 12pm-5pm. Please join us for a unique experience featuring food trucks, vendors, performances, and lots of fun!

“Let’s Roast Mr. B”

Sons of Italy Lodge, Methuen

March 31, 2016



Bob Sheehan, who did a masterful job as moderator of the event, observes Micky Roche signing a pair of boxing gloves.



Frank Benjamin accepting a plaque from John Mele while José “Bugzy” Martinez of the Canal Street Boxing Club observes.



Frankie with boxing champion Mickey Ward.



Dan Roche did a great job “roasting” Frank.



Raymond Núñez, Lawrence High School basketball coach with Steve Kelley of the Boys and Girls Club.



Florence Pickels and Kevin Wright, business manager at Costa Communications.



Patrick Costa and his wife Sally of Costa Communications.



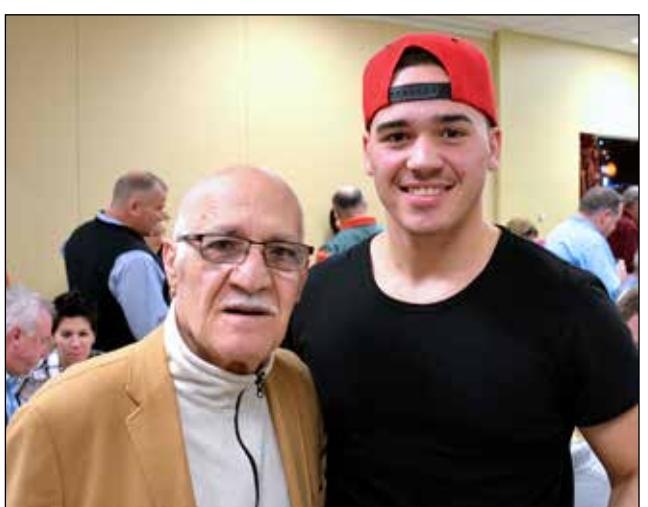
Deborah Metros Costa Communications station manager with Frank.



Mary Durkin and former mayor of Lawrence Mary Claire Kennedy.



Frank Benjamin, addressing the audience with jokes of his own for the roasters.



Nunzio DiMarca with Jesus Flores, Heavy Weight Champion, Rocky Marciano Award Winner. Flores trains at Canal Street Gym.

Columna del Seguro Social



La Lucha Contra el Fraude

Por Marilenin Vasquez
Relacionista Pública de la Administración Del Seguro Social

El mes de abril es el Mes de Concientización del Estrés, no obstante, el llevar a cabo sus transacciones con el Seguro Social nunca debe causar de preocupación.

Por supuesto, si el fraude toca a sus puertas, su nivel de preocupación será inmedible, y ni se mencione el daño que le causará a su historial crediticio y a su bolsillo. Le exhortamos que tenga mucho cuidado de emails, cartas y llamadas telefónicas sospechosas y siempre que alguien le pida que divulgue alguna información personal.

Como regla general, la Administración del Seguro Social no lo llamará ni le enviará emails pidiéndole que divulgue su información personal, especialmente su número de Seguro Social ni su información

financiera. Si alguien se comunica con usted y le pide este tipo de información y supuestamente la persona trabaja para el Seguro Social, no divulgue absolutamente nada sin primero comunicarse y verificar la validez de tal pedido. Muy posiblemente puede ser un ladrón de identidad intentando hacer que usted divulgue su información personal. Comuníquese con nuestro número gratis y pregunte 1-800-772-1213 (TTY 1-800-325-0778).

Informe de inmediato cualquier llamada sospechosa a la línea directa de prevención del fraude (Fraud Hotline, solo disponible en inglés) 1-800-269-0271. Esta línea de teléfono está abierta entre las 10:00 a.m. hasta las 4:00 p.m. hora del este de los EE.UU. o por Internet 24 horas al día en <http://oig.ssa.gov> y busque el enlace que

lee, «Fraud, Waste, and Abuse». Cuando presente su informe de fraude, por favor incluya detalles, lo más que pueda, acerca de:

- El nombre o los nombres del supuesto sospecho o sospechosos, direcciones, números telefónicos, etc., y de igual manera para las víctimas, incluso la fecha de nacimiento y números de Seguro Social;
- Tipo de fraude y dónde tomó lugar;
- Cuándo y cómo se perpetró el fraude;
- Por qué el sospechoso cometió fraude (si usted conoce el motivo); y
- Quién más sabe algo acerca del alegado delito.

El robo de identidad se ha convertido en uno de los crímenes de más alta incidencia en los Estados Unidos. Si usted ha sido víctima del robo de identidad o conoce a alguien que ha sido víctima, comuníquese por Internet con la Comisión Federal de Comercio (Federal Trade Commission) en www.consumidor.ftc.gov o llame al 1-877-IDTHEFT (1-877-438-4338) y presione el número 2 para español; TTY 1-866-653-4261.

Promociones engañosas suelen provocar que personas que reciben los beneficios de Seguro Social o de Seguridad de Ingreso Suplementario (SSI, sus siglas en inglés) sean víctimas. Dichas empresas ofrecen prestar servicios que normalmente el Seguro Social ofrece de gratis, pero ellos cobran un honorario.

Nos preocupan principalmente aquellas promociones comerciales que tienen la apariencia de ser el Seguro Social el que endosa tal promoción. La ley requiere que las promociones comerciales indiquen claramente que no existe afiliación ninguna entre la empresa y el Seguro Social.

Si mientras mira un programa en la televisión, o escucha por la radio, ve o escucha una promoción que usted cree que es engañosa en la cual se ofrecen servicios de Seguro Social por una empresa que no indica que no está afiliada con el Seguro Social, infórmenos escribiendo a: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. Acuérdese que nos referimos a promociones en los diarios, revistas, hojas sueltas, por Internet, en la televisión o por la radio. También debe hacerle saber al fiscal del estado donde usted vive o a la oficina de asuntos al consumidor y al «Better Business Bureau». Para comunicarse por Internet con la Oficina del Inspector General, puede ir a <http://oig.ssa.gov/espanol> y seleccionar el enlace que lee, «Fraud, Waste or Abuse». Infórmese mejor acerca del robo de identidad y promociones engañosas, leyendo nuestras publicaciones sobre este tema en www.socialsecurity.gov/espanol/pubs. Lo más seguro es que ya usted tiene suficientes preocupaciones. No se preocupe por el fraude.

DiZoglio Awarded by Massachusetts Nurses Named Recipient of 2016 Legislative Advocacy Award



From left to right, Donna Kelly-Williams, RN and President of the MNA, State Representative Diana DiZoglio (D-Methuen) and Karen Coughlin, RN and Vice President of the MNA.

State Representative Diana DiZoglio (D-Methuen) has been named recipient of the Massachusetts Nurses Association (MNA)'s 2016 Legislative Advocacy Award.

The MNA's Legislative Advocacy Award is presented to a state legislator in Massachusetts who has worked alongside the organization in its efforts to improve availability of health care services, promote the health and safety of nurses and foster high standards of nursing practice, education and research.

During the current legislative session, DiZoglio served as co-sponsor for legislation to set a new limit on the number of patients assigned to a nurse at one time, designed to improve public safety and address the increased risk of complications, medical errors and readmissions that can

result from nurses having too many patients.

“I am truly honored and humbled to accept the MNA’s 2016 Legislative Advocacy Award,” said DiZoglio. “As the daughter of a nurse, I have seen firsthand the challenges these men and women face on a day-to-day basis as they work to care for those battling cancer, terminal illness, mental illness, injuries and more. It is imperative that their voices continue to be heard loud and clear on Beacon Hill. They are a truly invaluable organization and I am firmly committed to working alongside the MNA over the years to come.”

Founded in 1903, the MNA is today the largest professional association of registered nurses and health professionals in Massachusetts and third-largest in the nation, representing more than 23,000 members.

Social Security Column Don't Stress Over Fraud

By Marilenin Vasquez
Social Security Public Affairs Specialist

April is Stress Awareness Month, but one thing that should never cause you stress is doing business with Social Security.

However, if you fall victim to fraud, it can really stress you out, not to mention damage your credit score and wallet. We encourage you to be cautious of suspicious email, letters, and phone calls or any time someone asks for your personal information.

Generally, Social Security will not call or email you and ask for your personal information, such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting us to verify the validity of the request. It could be an identity thief phishing for your personal information. Contact our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

Report suspicious calls to our Fraud Hotline at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Time, or online at <http://oig.ssa.gov> using the “Fraud, Waste, and Abuse” link. When making a report, please include as many of the following details as possible:

- The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;
- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and

- Who else has knowledge of the potential violation.

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of identity theft, you should contact the Federal Trade Commission at www.idtheft.gov, or call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Misleading advertisers may victimize people who receive Social Security and Supplemental Security Income (SSI) benefits. Such companies offer Social Security services for a fee, even though the same services are available directly from us free of charge. Especially upsetting are ads that make it appear as though they came directly from us. By law, such advertisements must indicate that the company is not affiliated with Social Security.

If you see what you believe is misleading advertising for Social Security services from a company that fails to say it is not affiliated with Social Security, report it to us at: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. This goes for advertisements in print, online, or on television or radio. Also, advise your state's attorney general or consumer affairs office and the Better Business Bureau. You can visit the Office of the Inspector General online at <http://oig.ssa.gov> and select the “Fraud, Waste or Abuse” link. Learn more about identity theft and misleading advertising by reading our publications on the subjects at www.socialsecurity.gov/pubs. You may have enough stress already. Don't get stressed over fraud.

NOTAS DE SU BIBLIOTECA

POR KEMAL BOZKURT

Lawrence Public Library Interim Director

Estimados Lawrencianos,

Estuvimos muy ocupados este invierno con muchos programas. Hace unas semanas, la Vice Cónsul General de Irlanda en Boston visitó la biblioteca del Sur de Lawrence y leyó a más de 200 estudiantes. Fue un gran día y lo más importante fue que después de leer los libros a los estudiantes de la Academia Católica de Lawrence no pudieron dejar de hacer preguntas.

Como muchos de ustedes saben las ventanas de nuestra biblioteca no se abren, siempre estamos recibiendo quejas, "¿Dónde está el aire fresco?". Bien, gracias al alcalde y la junta directiva de la biblioteca vamos a poder abrir nuestras ventanas. Posiblemente, a partir de abril, comenzaremos a reemplazar algunas de las ventanas en cada piso. Esto nos dará aire fresco.

La apertura de nuestra biblioteca del sur de Lawrence los domingos ha sido un gran éxito. El primer domingo que abrimos vino mucha gente y continúan viniendo cada domingo. También allí tenemos Wi-Fi disponible por lo que ahora lo tenemos en los dos edificios. Hablando de la biblioteca del sur, me gustaría repetir las horas. Ellas son los lunes y miércoles de 10:00 a 5:00; los sábados de 9:00 a 5:00 y los domingos de 1:00 a 4:00.

Otro gran servicio que tenemos es el servicio de fax y estamos cobrando \$1.00 por la primera página y \$0.50 por cada página restante. La máquina de fax se encuentra en el mostrador principal.

Gracias a los Miembros del Comité Escolar Pat Mariano y la Dr. Marianela Rivera por su gran esfuerzo en el inicio del servicio de tutoría en nuestra biblioteca. Todos los miércoles entre las 5:00 PM y las 6:00 PM. La Dra. Rivera está lista para ayudar a los estudiantes con sus tareas y conocimientos adicionales. La Dra.

Rivera, Pat Mariano y la coordinadora del salón infantil Lois Elliot están preparando muchos programas y sorpresas para los niños durante las vacaciones de abril.

La organización Raising A Reader también tiene un programa de lectura semanal comenzando el próximo mes y que está abierto a todo el mundo. Así que chequee con ellos para ver cuando el próximo programa es.

Otro gran evento que vamos a tener es nuestra ex bibliotecaria Terry Ferish quien estará aquí para la presentar su nuevo libro Luis Pinta el Mundo el 16 de abril, a las 2:00 PM. Animamos a todos a venir, ella tendrá libros disponibles para su compra y usted tendrá la oportunidad de tener el libro de Terry.

Nuestra catalogadora Rosemary M. Ghali y yo asistimos al Día del Legislador en la Casa de Estado y fue un gran día para los dos. Tuvimos la oportunidad de ver a nuestros legisladores, la Senadora Barbara L'Italien y el Representante Frank Moran y muchos otros directores de bibliotecas y colegas. También pudimos visitar más de 15 expositores.

Durante un desayuno Legislativo en la Biblioteca Pública de Middleton tuve la oportunidad de asistir y pudo conocer al Líder de la Mayoría del Senado Bruce Tarr y otros legisladores que están apoyando a las bibliotecas a nivel estatal.

Con el comienzo de la primavera estamos esperando más visitas de clases de muchas organizaciones sin fines de lucro y escuelas públicas y privadas locales. Esperamos tener muchos programas disponibles.

Una vez más mi equipo y yo estamos aquí para servir y mantener nuestras bibliotecas abiertas todos los días para nuestra creciente comunidad. Nos vemos en la biblioteca.



MR. B'S SPORT STORIES

BY FRANK BENJAMIN

Mr. B's Sports Stories are published on the 1st and the 15th of each month.

A dynamic duo

The Fisher College Falcons opened the box that freed a new dynamite duo January 15th 2016. No it wasn't Batman and Robin but twin sisters that starred at our local Methuen High School.

Fisher knocked off the U/Maine team in a resounding victory with the twins leading the way.

Although these young women are only underclassmen they showed that they will have to be dealt with in future games.

Methuenite Murphy got her team started when she tossed in a long bomb for a 3 pointer from the wing. Nobody knew this was a warning from the former Ranger sharpshooter.

Her Falcon teammates caught on quickly though and following in her lead motored to a halftime lead of 64-14.

Carroll was in a zone and pumped in a zone and banged in 24 first half points. Teammate Alliyanna McTosh was also heating up tossing in 20 in the period.

The winners hit the fabulous percentage 60% in the first half including 9 of 16 three pointers.

Twin sister was also a 4 year starter for Coach Karen McLaughlin while in the MVC was also making her mark this day and probably was looking to share bragging rights with her twin as she dished out 7 assists as Madison did what a point guard is supposed to do.

The twins were co captains for their high school team and were elected captains at Fisher as underclassmen after being starters as freshmen.

Murphy Carroll led the team in scoring with a 20 point average and selected to the 2nd team all-league team in the division. Her dynamic duo partner Madison led the team in assists.

Murphy showed the team followers that she was no flash in the pan as she lit up Simmons College for 27 points with Madison finding her open and getting the rock to sister for the finisher.

This duo has served notice to their opponents that they come to play and you'd better be ready for their attack. They both scored 20 points in many games with Murphy hitting the magic number scoring double figures in 20 of the 27 games in the season.

One of the big reasons this story was so easy to write is because a lot of girl athletes get lost in the shuffle sticking their heads in the sand about their games and talent. I guess they never heard of the U/Conn women's team who as I write this is enjoying another 15-0 season.

Another reason is they are the grandchildren of two of my favorite childhood sweethearts Tommy and Rachel Carroll who still live in this area. Tom went to St. Augustine's and his bride to St. Anne's grade schools.

Tom is a retired cop and, take it from me, one of the toughest and one of the best, a b3 sport star at LHS he is a member of that school's Hall of Fame. Today he has a couple of gimpy knees and his child bride is his very capable nurse.

I suggest to all our readers to keep your eyes on the lookout to the Carroll sisters as they probably haven't reached their peak yet. For the dynamic duo I think the best is yet to come.

Remember if you're driving, make sure you have a car.

NOTES FROM YOUR LIBRARIAN

BY KEMAL BOZKURT

Lawrence Public Library Interim Director

Dear Lawrencians,

We were very busy this winter with many programs. A few weeks ago Ireland Vice Consulate General of Boston came to South Lawrence Branch library and read to over 200 students. It was a great day and the most important part was after she read the book to students from Lawrence Catholic Academy seeing they couldn't stop asking questions.

As you all may know the windows in our Library do not open, we are always getting complaints, "Where is the fresh air?" Well thanks to the Mayor and Trustees our windows are going to open. It should be starting in April; we are replacing many windows on each floor. This will give us fresh air.

Opening Sundays in our Branch Library in South Lawrence was a huge success. First Sunday opening in a while many people came and are continuing to stop by each Sunday. We also have Wi-Fi available in the Branch Library so now we have it in both buildings. Speaking of the Branch library I would like to repeat again the hours. They are Monday and Wednesday 10:00-5:00 Saturdays 9:00-

5:00 and Sundays 1:00-4:00.

Another great service we now have is fax service and we are charging \$1.00 for the first page and \$0.50 for remaining pages. This is located at the main desk.

Thanks to School Committeewomen Dr. Marianela Rivera and Pat Mariano again for their great effort in starting the tutoring service in our library. Every Wednesday between 5:00pm – 6:00pm. Dr. Rivera is ready to help students with their homework and extra knowledge. Dr. Rivera, Pat Mariano and Children Room Coordinator Lois Elliot are preparing many programs and surprises for kids for the April vacation.

Rising A Reader is also having a weekly reading program beginning next month and it's open to everybody. So check with them to see when the next program is.

Another great event we'll be having is our former Children's Librarian Terry Ferish is going to be here to premier her new book Luis Paints the World on April 16, at 2:00PM. We encourage everybody to come by, she will have books available for purchase and you will have a chance to have Terry's book.

Our cataloger Rosemary M. Ghali and

I attended the Legislative Day at the State House and it was a great day for both of us. We had a chance to see our legislators Senator Barbara L'Italien and Rep. Frank Moran and many other Library Directors and colleagues. We were also able to visit over 15 exhibitors.

During a Legislative Breakfast I attended at the Middleton Public Library I met Senate Majority Leader Bruce Tarr and other legislators that are supporting the libraries at the state level.

With the beginning of spring we are expecting more class visits from many non-profit organizations and local public and private schools. We hope to have many programs available.

Again my team and I are here to serve you and keep our libraries open every day for our growing community. See you at the library.

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MVCC Spring Business Expo, Trade Show & Health & Wellness Fair!

The Biggest - The Best - The Most Exciting Business Event This Spring!

The Merrimack Valley Chamber of Commerce Presents Spring Business Expo, Trade Show, Health & Wellness Fair 2016 On Wednesday, April 6th . 10AM – 3:00 PM at Michaels Function Hall, 12 Alpha Street, Haverhill. What A Great Opportunity this is to Visit with Local and Regional Businesses of the Merrimack Valley. Stop By The Business Booths For Free Samples And Prize Drawings. By The Way, The Spring Business Expo Is Open To The Public with no admission charge! Don't Miss The Most Exciting Business Event Of The Spring, Wednesday, April 6th at Michaels Function Hall, 12 Alpha Street, off Rte 110, Haverhill. Free Admission & Free Parking!

The Merrimack Valley Chamber of Commerce is Your Voice for Business and Industry, and We Invite Your Company To Join The 1000+ Businesses Who Are Members Of The Merrimack Valley Chamber of Commerce.

To Become a Member, or For More Information on The Spring Business Expo, Trade Show, Health & Wellness Fair on April 6th, visit www.merrimackvalleychamber.com or Call the Merrimack Valley Chamber of Commerce at (978) 686-0900

www.merrimackvalleychamber.com

Rep. Tsongas con estudiantes de Lowell Dante y Chelsey en Concord

Estudiantes de quinto grado de la escuela Lowell Community Charter Public School se unieron a la Congresista Niki Tsongas en el Museo de Concord en Concord, MA para participar en el programa "Excavando en el pasado" de aprendizaje histórico y arqueológico, una asociación entre las Escuelas Públicas de Lowell y el Museo con el apoyo de la fundación de Paul Revere's Ride para ampliar el acceso de las comunidades al museo.

"Tenemos una rica historia aquí en el Tercer Distrito y es muy importante que la próxima generación tenga la oportunidad de experimentar en persona", dijo la Congresista Tsongas. "Los estudiantes estaban muy envueltos y creo que eso conduce a una apreciación más profunda por el pasado, presente y futuro. Verdaderamente disfruté de compartir esta experiencia con ellos, y ser capaz de ver la historia a través de sus ojos."

El programa "Excavando en el pasado" permite a los estudiantes explorar las prácticas arqueológicas, trabajar con herramientas de piedra de nativos americanos de 4,000 años de antigüedad y discutir la historia y las tradiciones de las culturas nativas de Nueva Inglaterra. Desde el 2014, más de 3,300 estudiantes de las Escuelas Públicas de Lowell y pueblos cercanos han participado en el programa de asociación, incluyendo las Escuelas Públicas de Lawrence, que fue anunciado recientemente como socio para el año 2015-

2016.

La Congresista Tsongas observó a los estudiantes Dante Quiles y Chelsey Khe durante una de las actividades. "Mi parte favorita fue excavando en la búsqueda de conchas. Los depósitos llegaron desde el océano a Concord. Hemos aprendido que probablemente llegaron a Concord a través del comercio," dijo Chelsey.

Dante dijo: "He encontrado carbón y una tira de madera y una piedra que formaba parte de una red de pesca. También me gusta aprender acerca de cómo los americanos nativos y los colonos vivían. Creo que más bien yo habría vivido como un colono. Ellos organizaban las cosas y hacían sus casas más como en la que yo vivo".

Otra estudiante, Esther Pimentel, dijo: "Me encantó la excavación de la arena y encontrar la mazorca de maíz. Esa fue la clave de las otras cosas que encontramos, que era un sitio de cocina".

La Congresista Tsongas es partidaria de apoyar los fondos federales para miles de museos en todo el país, como el Museo de Concord que son una parte vital del tejido económico, educativo y cultural de nuestra nación. Hacerlos accesibles es una prioridad desde que asumió el cargo. Tsongas ha visitado escuelas, comercios, empresas y organizaciones en las comunidades del Tercer Distrito para aprender acerca de las cuestiones importantes para ellos para poder ser una



Rep. Tsongas con estudiantes de Lowell Dante Quiles y Chelsey Khe en Concord.

Congresswoman Tsongas observed students Dante Quiles and Chelsey Khe during one of the activities.

Lowell students join Rep. Tsongas at Concord Museum to learn about archaeology

CONCORD, MA - Fifth-grade students from the Lowell Community Charter Public School joined Congresswoman Niki Tsongas at the Concord Museum in Concord, MA to participate in the "Digging into the Past" historical and archaeological learning program, a partnership between Lowell Public Schools and the Museum with support from the Paul Revere's Ride fund for expanding museum access to communities.

"We have such a rich history here in the Third District and it is so important that the next generation has the opportunity to experience it firsthand," said Congresswoman Tsongas. "The students were so engaged and I think that leads to a deeper appreciation for the past, present and future. I truly enjoyed sharing this experience with them, and being able to see history through their eyes."

The "Digging into the Past" program allows students to explore archaeological practices, handle 4,000-year-old Native American stone tools and discuss the history and traditions of New England's native cultures. Since 2014, over 3,300 students from Lowell Public Schools and nearby towns have participated in the partnership program, including Lawrence Public Schools which was recently announced as

a partner for the 2015-2016 year.

"My favorite thing was doing the digging and finding shells. Shells came from the ocean to Concord. We learned that they probably got to Concord through trading," said Chelsey.

Dante said: "I found coal and a strip of wood and a stone that was part of a fishing net. I also liked to learn about how the Native Americans and the settlers lived. I think I would rather have lived like a settler. They organized things and made houses more like what I live in."

Another student, Esther Pimentel, said: "I loved digging up the sand and finding the corn cob. That was the clue to the other stuff we found, that it was a cooking site."

Congresswoman Tsongas is a supporter of federal funding for thousands of museums nationwide like the Concord Museum that are a vital part of the economic, educational and cultural fabric of our nation. Making accessibility a priority since taking office, Tsongas has visited countless schools, 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.

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FECHA DE APLICACIÓN: ABRIL 27

LOTERÍA: MAYO 12

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

¡Gracias por tu apoyo!

Cuestiones Prácticas de Dinero

Para que una gran boda no escape del presupuesto

POR NATHANIEL SILLIN



¿Una boda en la actualidad pondrá en peligro sus finanzas? No debería ser así.

Partiendo del costo promedio de una boda estadounidense, que supera los \$31,000, ese gran día podría representar una tensión económica para quienes no tienen ahorros. Es importante recordar que estos números indican las mayores tendencias—no patrones sugeridos de gastos.

Antes de comenzar a discutir sobre la ceremonia o la recepción, es inteligente que las parejas hablen abiertamente de las cuestiones económicas en general. Compartan la información financiera como los gastos actuales, ahorros, inversiones y situación crediticia (<https://www.annualcreditreport.com/index.action>). Esta conversación podría no parecer demasiado romántica, pero la honestidad en relación a las finanzas es el primer paso para una planificación y compatibilidad financiera

responsible.

Una vez que hayan elegido la fecha de la boda, fijen un objetivo de ahorro dentro de un presupuesto alcanzable. Si quieren casarse dentro de poco tiempo, tengan en cuenta que habrá menos tiempo para crear un fondo para la boda. Comiencen haciendo una lista general (<https://www.theknot.com/wedding-budget/start>) de todo lo que quisieran tener en la boda y luego, ajusten el enfoque a lo que habrá en el banco para la fecha elegida.

Cuando los números comienzan a verse reales, determinen qué se puede comprar o hacer económicamente y qué cosas requieren de ayuda profesional. Revisen la lista de invitados y vean si se puede reducir. Consideren un dispositivo de reproducción de música con un gran equipo de sonido en lugar de una banda en vivo. ¿Te satisfacen las habilidades de fotografía y filmación de tu hermano o es mejor contratar un equipo profesional?

Consideren otras fechas, otros horarios y otros lugares. Aunque la temporada de las bodas se extiende cada vez más



durante todo el año, los precios de las bodas suelen ser más altos en los meses cálidos. Averigüen fechas en invierno y en lugares menos populares. Como el Ayuntamiento, por ejemplo. Dependiendo de la municipalidad, es posible programar con anticipación o presentarse con una licencia local y costos ceremoniales como el único gasto a incurrir. No es necesario un costoso vestuario u otros accesorios.

¿Qué tal una boda en casa? Es un lugar gratuito y, dependiendo de las habilidades de amigos y familiares, las decoraciones y la comida casera también pueden reducir los gastos al mínimo. Pero recuerde que la propiedad o el propietario debe contar con el respaldo de un seguro especial para cubrir cualquier posible daño o responsabilidad, especialmente si se servirá alcohol.

Y finalmente, consideren la idea de una boda "sorpresa". Planificar una fiesta o una reunión donde de repente surja una boda puede tener sus ventajas, en términos de

ahorro para los invitados y para los novios por igual. Organizar una boda sorpresa—especialmente una fiesta en un día feriado normal donde familiares y amigos ya tenían previsto reunirse—requiere considerar tan solo la presencia de oficial de bodas, cualquier clase de comida, bebida y costos de seguro. Una boda no anunciada elimina todos los costos previos a la boda en lo que respecta a invitaciones, despedidas y fiestas, y además, los invitados no tienen la obligación de tener que hacer un regalo.

Para concluir: No tiene sentido poner en riesgo sus finanzas de los próximos años por una boda pretenciosa. Hagan que la planificación de una boda creativa y accesible forme parte de su historia de amor.

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

Practical Money Matters

Putting Together a Great Wedding on a Budget

BY NATHANIEL SILLIN



Will a modern wedding endanger your finances? It doesn't have to.

With the average price of an American wedding over \$31,000, the big day can impose financial stress for those who don't have savings in place. It's important to remember that these numbers indicate greater trends – not suggested spending patterns.

Before discussion about a ceremony or reception even begins, it's smart for couples to have a frank talk about money issues in general. Share financial information such as current spending, savings, investment and credit status (<https://www.annualcreditreport.com/index.action>). While this conversation may not seem terribly romantic, honesty about respective finances is the first step to responsible financial planning and compatibility.

Once you've chosen a desired wedding date, set a savings target with a realistic budget. If you want to get married fairly soon, realize you'll have less time to build a wedding fund. Start by making a general list (<https://www.theknot.com/wedding-budget/start>) of everything you might want in a wedding, and then adjust your vision to what will be in the bank by your desired date.

As the numbers start looking real to you, determine what can be purchased or done inexpensively and others that will require professional help. Take a look at the guest list and see if you can make some cuts. Consider a handheld music player hooked up to a great speaker system instead of a live band. Are you content with your brother's photo and video skills, or is it a better idea to hire a professional team?

Consider off-dates, off-times and off-venues. Though wedding season is more year-round than it's ever been, wedding

prices still tend to be highest throughout the warm months. Explore winter dates and more obscure venues. Take City Hall, for example. Depending on the municipality, you can either schedule ahead or show up with local license and ceremonial fees as the only costs involved. There's no need for expensive wardrobe or other trappings. What about having the wedding at home? It's free space and, depending on the talents of friends and family, homemade food and decorations can also keep expenses to a minimum. But remember that the home or property owner may need a special insurance rider to cover any potential damage or liability, particularly if liquor is being served.

And finally, consider a "surprise" wedding. Planning a party or gathering where a wedding breaks out can provide money-saving advantages to guests and bridal party alike. Having a wedding at a party – especially a regular holiday party you host where family and friends already know to gather – requires little more than a legal officiant and whatever food, beverage, entertainment and insurance costs you need to consider. An unannounced wedding eliminates all pre-wedding costs related to invitations, showers and parties, and you can give your guests a break on gifts.

Bottom line: Flashy weddings aren't worth jeopardizing your finances for years to come. Make creative, affordable wedding planning part of your love story.

LETTERS TO THE EDITOR

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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.

La abogada Harvey es elegida como campeona de los niños

La ceremonia destaca el Mes de Prevención del Maltrato Infantil

Una abogada de Methuen que ha dedicado toda su carrera a la defensa de familias en tribunales de menores, testamentarios y de distrito será honrada el 7 de abril como campeona de los niños en una ceremonia de entrega de premios. Linda Harvey, de la firma Harvey, Kleger & Thomas, fue elegida por una coalición de organizaciones sin fines de lucro del Valle del Merrimack que se dedican a la prevención del maltrato infantil.

“El compromiso de Linda Harvey con el bienestar de los niños se extiende más allá de su apasionado y experto trabajo como abogada. Ha ayudado a que sus dos hijas funden la organización sin fines de lucro Debbie’s Treasure Chest, que brinda ayuda a niños de familias de bajos ingresos. Linda es una fuente de inspiración tanto en su vida profesional como personal, y es por eso que se merece tanto este galardón como campeona de los niños”, dijo Ellen Weinhold, presidenta de la junta directiva del Centro de Apoyo Familiar y Comunitario Michael B. Christensen, y una de las organizadoras del evento.

Harvey recibirá el premio en una ceremonia que se celebrará el jueves 7 de abril, de 8 a 9:30 a.m., en la YMCA de Methuen, en 129 Haverhill Street. Se pide a quienes deseen asistir que lo confirmen antes del 27 de marzo llamando o escribiendo a: Ellen Weinhold (978-682-4951, ext. 24; eweinhold@methuenhousing.org) o a Sue Mitchell (978-620-4991, smitchell@glcac.org).

Harvey es la tercera persona que recibe este premio. Los otros homenajeados



han sido Connie Ricketts, exdirectora del Programa de defensores especiales designados por la corte de Servicios para Familias del Valle del Merrimack, y el juez Mark Newman, del tribunal de menores del condado de Essex.

Al nominar a Harvey para este galardón, José A. Sánchez, juez asociado del tribunal de menores del Condado de Essex, escribió: “La abogada Harvey ha servido a su comunidad con distinción y ha garantizado la administración de justicia sin importar la condición económica, social ni el origen étnico de ninguna persona. Es justa, compasiva y cortés con todos. Su trabajo y dedicación infatigables a Debbie’s Treasure Chest ha resonado en todo el ámbito de protección infantil: tribunales,

escuelas y el Departamento de Niños y Familias. Convirtió la trágica pérdida de una trabajadora social comprometida en un acto de generosidad, atención y caridad a niños y familias, que no tiene paralelo en el Valle del Merrimack.

“No satisfecha con detenerse allí, también convirtió el programa en una oportunidad única de mentoría para que otros niños aprendan destrezas como hacer presentaciones orales, abogar a favor de otros, recaudar fondos y manejar responsablemente el dinero comprando ropa con descuentos para distribuir a los pobres. Me ha invitado a hablarles a estos jóvenes sobre la perseverancia, el compromiso con los logros y el crecimiento personal.

“No hay mayor recompensa que ver a

los niños encaminados al éxito sintiéndose libres y fuertes. Linda Harvey lo ha logrado de manera discreta, dirigente y eficaz.” El premio anual “Campeón de los niños” es un esfuerzo en equipo del Greater Lawrence Community Action Council, Inc., y las organizaciones Exchange Clubs y YMCA del Valle del Merrimack.

Los Exchange Clubs del Valle del Merrimack prestan una gran ayuda al Centro de Apoyo Familiar y a la Comunidad Michael B. Christensen de GLCAC. El Centro Christensen mantiene muchos programas comunitarios destinados a prevenir el maltrato infantil. Los servicios incluyen capacitación para padres, visitas a domicilio y grupos de juego. Para obtener más información, visite www.glcac.org.

Attorney Harvey Selected as Children's Champion

Award Ceremony Highlights Child Abuse Prevention Month

A Methuen attorney who has spent her career advocating for families in the juvenile, probate and district courts will be honored as this year's Children's Champion at an award ceremony April 7th. Linda Harvey, a partner in the law firm Harvey, Kleger & Thomas, was chosen for the honor by a coalition of Merrimack Valley non-profit organizations dedicated to preventing child abuse.

“Linda Harvey's commitment to the well-being of children extends beyond her expert and passionate advocacy in the courtroom to her personal life where she supported her two daughters in founding the non-profit Debbie's Treasure Chest to provide help to children from low-income families. Linda is an inspiration in both her professional and personal life, and this is why she is incredibly deserving of the Children's Champion Award,” said Ellen Weinhold, chair of the Michael B. Christensen Community and Family Support Center Advisory Board, and one of the event organizers.

Harvey will receive the award at a ceremony on Thursday, April 7, from 8 to 9:30 a.m., at the Methuen YMCA, 129 Haverhill Street, Methuen. Those wishing to attend are asked to RSVP by March 27 to Ellen Weinhold at 978-682-4951, ext. 24 or at eweinhold@methuenhousing.org, or to Sue Mitchell at 978-620-4991 or smitchell@glcac.org.

Harvey is the third recipient of the award. The previous honorees were Connie Ricketts, a past program director of the Court Appointed Special Advocate program of the Family Services of the Merrimack Valley, and Essex County Juvenile Court Judge Mark Newman.

In nominating Harvey for the award, Judge Jose A. Sanchez, Associate Justice

of the Essex County Juvenile Court, wrote: “Attorney Harvey has served her community with distinction and has made certain that justice is served regardless of economic, social, or ethnic barriers. She is fair, compassionate, and courteous to everyone. Her tireless work and dedication to Debbie's Treasure Chest has resonated throughout the child protection arena in the courthouse, schools, and the Department of Children and Families. She has turned the tragic loss of a committed social worker into an act of generosity, care, and giving to children and their families unparalleled in the Merrimack Valley.

“Unwilling to stop at that point, she has also turned the program into a unique mentoring opportunity for other children to learn skills such as oral presentations, advocacy, fund raising, and learning fiscal responsibilities by shopping for clothes at discounts to distribute to the poor. She has invited me to speak to these young adults about perseverance, commitment to achievement, and personal growth.

“There is no greater reward than to see children on the path to achievement where they grow free and strong. Linda Harvey has done so quietly, diligently, and effectively.”

The annual Children's Champion Award is a team effort of the Greater Lawrence Community Action Council, Inc., the Exchange Clubs of the Merrimack Valley, the Merrimack Valley YMCA.

The Exchange Clubs of Merrimack Valley are strong supporters of the GLCAC's Michael B. Christensen Community and Family Support Center. The Christensen Center holds numerous programs in the community aimed at preventing child abuse including parenting skills training, home visits, and play groups. For more

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Nativo de Lawrence sirve a bordo del USS San Jacinto

Por Oficina de la Marina de Asuntos Públicos y Alcance de la Comunidad

Norfolk - Un graduado de la Escuela Superior de Lawrence en el 2010 y nativo de Lawrence, Massachusetts está sirviendo en la Marina de los EE.UU. a bordo del crucero de misiles guiados, USS San Jacinto (CG 56).

El Oficial de 2da Clase Christ Rivera es un electricista de turbinas de gas a bordo del Ticonderoga un crucero del misil teledirigido que opera en Norfolk, Virginia.

Un electricista de turbinas de gas en la Armada es responsable del mantenimiento conductivo y preventivo de cuatro motores de turbinas de gas de propulsión principal y tres generadores de turbinas de gas.

"Me gusta que mi trabajo me permite hacer trabajo manual y obtener conocimientos de los marineros más experimentados", dijo Rivera.

Puesto en comisión en enero del 1988, el crucero Ticonderoga de misiles guiados, USS San Jacinto, también llamado San Jac, es de 567 pies de largo; la longitud de más de 3 campos de fútbol. El barco lleva el nombre de la batalla de San Jacinto, la batalla de la Revolución de Texas.

San Jac es un crucero de multi-misión táctica capaz de apoyar a los grupos de batalla de portaviones, fuerzas anfibias y puede funcionar de forma independiente o como el buque insignia de un grupo de acción superficial. El buque está equipado con un sistema vertical de lanzamiento, misiles Tomahawk, torpedos, armas de fuego calibre 54 y una falange de sistemas de armas.

"Los marineros a bordo de USS San Jacinto nunca dejan de asombrarme con el esfuerzo que ponen en completar la misión diaria", dijo el capitán. Dennis Vélez, oficial al mando del USS San Jacinto. "Su trabajo duro durante nuestro horario comprimido y siempre cambiante hace que me sienta orgulloso de todos y cada uno de ellos."

Aproximadamente 30 oficiales y 300 hombres y mujeres alistados conforman la tripulación del barco. Sus trabajos son altamente especializados y mantienen cada parte del crucero funcionando sin problemas. Los trabajos varían desde lavar los platos y la preparación de las comidas hasta el mantenimiento de motores y el manejo de armamento.

"Tratándose de que esta nave es más antigua, pone mis habilidades a prueba, ya que necesita mucha atención y requiere de técnicos especializados a bordo", dijo Rivera.

Aunque es difícil para la mayoría de la gente imaginarse vivir en un barco, las condiciones de vida difíciles crean una fuerte comunión entre la tripulación. La tripulación está muy motivada, y se adapta rápidamente a las condiciones cambiantes. Es una vida ocupada de trabajo especializado, relojes, y ejercicios.

Como miembro de los activos más confiables de la Marina de EE.UU., Rivera y otros marineros del San Jac saben que forman parte de un legado que durará mucho más allá que el resto de sus vidas.

"Desde que me enlisté en la Marina he aprendido a manejar el estrés y el tiempo", dijo Rivera. "Soy capaz de organizar mejor las cosas en el trabajo y en mi vida personal."



Lawrence, Mass. native serves aboard USS San Jacinto

By Navy Office of Community Outreach Public Affairs

NORFOLK — A 2010 Lawrence High School graduate and Lawrence, Massachusetts native is serving in the U.S. Navy aboard the guided missile cruiser, USS San Jacinto (CG 56).

Petty Officer 2nd Class Christ Rivera is a gas turbine electrician aboard the Ticonderoga-class guided missile cruiser operating out of Norfolk, Virginia.

A Navy gas turbine electrician is responsible for conductive and preventative maintenance on four main propulsion gas turbine engines and three gas turbine generators.

"I enjoy that my job allows me to do hands on work and gain knowledge from more experienced sailors," said Rivera.

Commissioned in January of 1988, the Ticonderoga-class guided-missile cruiser, USS San Jacinto, also called San Jac, is 567 feet long; the length of more than 3 football fields. The ship is named after the Battle of San Jacinto, the battle of the Texas Revolution.

San Jac is a tactical multi-mission cruiser capable of supporting carrier battle groups, amphibious forces and can operate independently or as the flagship of a surface action group. The ship is equipped with a vertical launching system, tomahawk missiles, torpedoes, 54 caliber guns and phalanx close-in weapons systems.

"The Sailors on board USS San Jacinto

never cease to astound me with the effort they put into completing the mission on a daily basis," said Capt. Dennis Velez, commanding officer of USS San Jacinto. "Their hard work during our compressed and ever changing schedule makes me proud of each and every one of them."

Approximately 30 officers and 300 enlisted men and women make up the ship's company. Their jobs are highly specialized and keep each part of the cruiser running smoothly. The jobs range from washing dishes and preparing meals to maintaining engines and handling weaponry.

"Being that this ship is older, it puts my skills to test because it needs a lot of attention and requires skilled technicians on board," said Rivera.

Although it is difficult for most people to imagine living on a ship, the challenging living conditions build strong fellowship among the crew. The crew is highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches, and drills.

As a member of one of the U.S. Navy's most relied upon assets, Rivera and other San Jac sailors know they are part of a legacy that will be last beyond their lifetimes.

"Since joining the Navy I have learned stress and time management," said Rivera. "I am able to organize things on the job and in my personal life better."

¿Por qué estar allí importa?

En nuestro planeta, más del 70 por ciento del cual está cubierto por el agua, estar ahí significa tener la capacidad de actuar desde el mar. La Marina está en una posición única para estar allí; los océanos del mundo dan la Armada el poder de proteger los intereses de Estados Unidos en cualquier lugar y en cualquier momento. Su Armada protege y defiende a los Estados Unidos en los océanos del mundo.

Buques de la Armada, submarinos, aviones y, lo más importante, decenas de miles de los mejores hombres y mujeres jóvenes de Estados Unidos están desplegados en todo el mundo haciendo precisamente eso. Ellos están allí ahora. Ellos estarán allí cuando estamos

durmiendo esta noche. Ellos estarán allí todos los sábados, domingos y festivos de este año. Ellos están allí todo el día, lejos de nuestras costas, defendiendo a los Estados Unidos en todo momento.

Muchas gracias por su apoyo a los hombres y mujeres de la marina de guerra de EE.UU. desplegados las 24 horas del día y listos para proteger y defender a los Estados Unidos en los océanos del mundo.

Muy respetuosamente,

Sra. Kayla Good
Oficina de la Armada de Extensión a la Comunidad
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Why Being There Matters?

On our planet, more than 70 percent of which is covered by water, being there means having the ability to act from the sea. The Navy is uniquely positioned to be there; the world's oceans give the Navy the power to protect America's interests anywhere, and at any time. Your Navy protects and defends America on the world's oceans.

Navy ships, submarines, aircraft and, most importantly, tens of thousands of America's finest young men and women are deployed around the world doing just that. They are there now. They will be there when we are sleeping tonight. They will be

there every Saturday, Sunday and holiday this year. They are there around the clock, far from our shores, defending America at all times.

Thank you very much for your support of the men and women in U.S. Navy, deployed around the clock and ready to protect and defend America on the world's oceans.

Very respectfully,

Mrs. Kayla Good
Navy Office of Community Outreach
Media Outreach Department

Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

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VI Festival de Teatro

Sinopsis Poema Épico: Máximo Gómez Bajando (sábado, 2 de abril)

Volonteri es filosofa amarga, pero es también Medea y Antígona bajando en un "taxi" colectivo por la Avenida Máximo Gómez. Es una de las "protagonistas" caribeñas, midiendo y ultrajando el tiempo que en las islas lo marca el hambre, la ignorancia, o tal vez, y en resumen, el desamor.

Sinopsis Barrio Siete Tumbas (domingo, 3 de abril)

Siete personajes se encuentran frente a unas ruinas para dirimir viejas rencillas personales. Sote, Hermelinda, Guillermina, La Gringa y Tipo-Tipa; por una jugarreta del destino, se han encontrado en el bar "Cotorro" de la vecindad. Ya allí, el pasado se vuelve una realidad, determina un dramático presente, para al final producir el desenlace de la historia frente a las citadas ruinas. Pero quien rige allí es la exótica Madame Brigitte (dice tener 156 años aunque aparenta de 32). Ella siente que los seis visitantes son una bullosa amenaza para la tranquilidad de las noches del lugar, por lo que tendrá que obligarlos a enfrentar su realidad.

Sinopsis Las Heroínas (sábado, 9 de abril)

Tres mujeres: La tía Anaconda, María Trinidad Sánchez y una marginada de la actualidad son reunidas en "Las Heroínas". El Inmortal, escritor de segunda clase, es el hilo conductor de estas mujeres, que han sido estelares testigos de luchas en

sus diferentes épocas. El inmortal las usa como pretexto para presentar su antítesis: El sacrificio humano por la heroicidad es cruel e inútil. Pero en su singular perpetuidad, el inmortal queda atrapado en su propia madeja de celos contra los que asumen el sacrificio supremo; el cual cuestiona, pero sin dejar de envidiar.

Sinopsis Mujeres de Arena (domingo, 10 de abril)

Es una obra de teatro documental que da voz al testimonio de cuatro mujeres víctimas del feminicidio que se viene perpetrando en Ciudad Juárez desde 1993. Ellas buscan difundir la dolorosa agonía del corazón y del alma ante una inimaginable realidad de violencia e impunidad. Es un reclamo que busca llegar a la conciencia de la audiencia, para dar paso a la acción solidaria y al triunfo de la justicia.

Sinopsis La Señorita Margarita (sábado, 16 de abril)

Es una maestra de octavo grado que ofrece a sus estudiantes clases muy especiales de biología. Ella domina y fascina a su alumnado, nadie puede ni debe dejar de creer en ella, de seguir sus instrucciones. Es también un símbolo. Ella representa a las dictaduras militares y como tal lo sabe todo, lo controla todo. A pesar de ello, más de uno querrá volver a sus clases y ella, encantada, enseñaría lo que sabe... eternamente.

Sinopsis Danza en el Crepúsculo (domingo, 17 de abril)

Relata la historia de Cuco y Jovanna, un gerente administrativo y una prostituta, ambos jubilados y abandonados por el sistema productivo, quienes, a pesar de la diferencia de oficios, confluyen en la ignominia de una vejez sin recursos. El "basurero" real y social parece su único destino. ¿Podrá la solidaridad reciclar sus sentimientos y emociones haciendo surgir la esperanza o el amor?

Sinopsis Danza de Mingó (sábado, 23 de abril)

La danza de Mingó narra la vida de Florinda Soriano (Mamá Tingó) —líder agraria de la República Dominicana y víctima de la violencia estatal de la década de los 70. Es la obra insigne de las fricciones de clase, la lucha de los trabajadores por organizarse, el indiscutible rol de la mujer en las luchas sociales dominicanas subrayadas en la vida de Florinda Soriano.

Sinopsis de La Boda (domingo, 24 de abril)

Alberto y Flora son los novios que esta noche van a casarse. Los amigos de años los acompañan el día pactado para la boda. Ya están a punto de intercambiar anillos, pero "siempre hay un pero" y "las paredes tienen oídos". Un defecto capital de la novia pone en juicio la decisión ante el notario. ¿Habrá boda?

Sinopsis Dos Viejos Pánicos (sábado, 30 de abril)

Dos Viejos Pánicos no encaja en la

realidad cotidiana. Con las deformaciones propias del género y sus situaciones sin sentido aparente, la idea argumental pasa por el simbolismo, la metáfora, hasta llegar a un desenlace tan abierto como para que todo pueda volver a comenzar. Así surge un relato inacabable, circular, siempre opresivo.

Escrita en 1967 por el relevante poeta y dramaturgo cubano Virgilio Piñera, ganadora del importante premio Casa de las Américas, la obra describe la violenta relación de Tabo y Tota, una grotesca pareja que cada día, obsesivamente, juega a matarse. Pero, en medio de esas feroces agresiones mutuas, que terminan con una muerte simultánea, aparece el verdadero enemigo de ambos. Se trata del miedo, un fantasma inasible, pegajoso, que les provoca terror, y al que intentan dominar. Sin conseguirlo.

Sinopsis Cuatro Disparos en la Noche (domingo, 1 de mayo)

Drama de acto único que recrea, desde la ficción dramática, la desesperación física de una parte de la juventud de la década de 1970. Las muertes violentas de Amin Abel Hasbun, Otto Morales, Gregorio García Castro, Orlando Martínez y del grupo de "Los Palmeros", desmembró las pocas posibilidades que tuvo el sector de la izquierda revolucionaria, de alcanzar el poder político por la vía de las elecciones o por el camino de las armas. Cuatro disparos en la noche, no es una obra histórica, es la visión desde la dramaturgia de los hechos históricos ocurridos en la República Dominicana desde el año 1966 hasta 1978.

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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.

Come to the Nashua Public Library on Friday, February 19, 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 has activities centered on a theme, along with plenty of time to enjoy free refreshments and socialize.

2da. Feria Universitaria para Familias Inmigrantes 2nd. College Fair for Immigrant Families

"College Guide for Immigrant Parents"
"Guia Universitaria para Padres Inmigrantes"



Un evento donde padres y estudiantes podrán hablar con Consejeros de Admisión de varias Universidades/Colleges, en su idioma.
Interpreters: Spanish, Portuguese and Haitian Creole.

Sunday/Domingo April 24th
1:30 a 4:00 pm

Iglesia/Church St. Mary of the Assumption
(Gym St. Mary)
205 Hampshire St.
Lawrence, MA

Informes: Parroq. / Flor Cabrera: (978)314-6845 - Magalie Rowe: (617) 294-0892

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!

Memory Café will not be held in March; the April meeting will be held on the 15th.

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.

Racism, a Human Experience

On the 48th anniversary of the death of Dr. Martin Luther King Jr., join Brenda Bailey Lett and Laurilee Woodlock Roy at the Nashua Public Library for a community forum on race, racism, family, privilege, and motherhood in America.

Lett and Woodlock are the authors of "Race Between Us," a conversation between the two authors, one black and one white, about racial matters and ways to break down the barriers that separate us. Copies of the book will be available for sale and signing at the event.

The event will take place on Monday, April 4, at 7 pm. It is free and open to the public. Registration is not required.

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.

Benefit concert for MSPCA's Nevin Farms set for April 16, 2016

Supporters can buy tickets now to enjoy an unforgettable event at the Claddagh to support vital Merrimack Valley animal care organization.

A Huge Production presents the Pet Rock Benefit Concert & Benefit Bazaar sponsored by XFINITY to benefit the Methuen Animal Care and Adoption Center at Nevin's Farm on Saturday, April 16, 2016 from 7 PM – 1 AM at Claddagh Pub, 399 Canal Street, Lawrence, MA. Beyond enjoying at least four dynamic music performers, attendees will have the chance to sample local beer and buy special merchandise to help support the MSPCA's efforts at Nevin's Farm. Additionally, attendees will have the opportunity to win raffle prizes.

Performances by: Modern Day Prophet, Brave Pursuit, detuned, and The Rolling Who.

The Claddagh Pub donated the use of its Music Hall for the event and Harpoon Brewery is participating in the event as well.

The event is open to the public. Tickets are \$25 in advance and are exclusively available online at Brown Paper Tickets (petrock2.brownpapertickets.com) or at the door during the event. The event is all ages, but attendees must be 21+ to participate in beer tastings. Contact: Rich Gordon / Cell: 978-376-6952.

Youth Writing Workshop

A Youth Writing Workshop for students in grades 6 through 12 will be held Monday, April 11 from 6 PM to 8 PM at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union St., Building 2, Level B, Lawrence, MA 01843. The workshops are offered on a monthly basis for a fee of \$10 per session.

Robert Largess will conduct the workshop. He has more than 20 years experience teaching in Boston Public Schools and has taught our successful Summer Youth Writing Program. Workshops will combine student writing—short stories, poems, essays, and reports—with reading classic stories and poems, and learning a bit about Asian Culture and history, the Ancient Greeks, and the myths and tales of other cultures. Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

Buon Giorno Good Morning Buenas Tardes

Every Sunday
beginning at
9 AM with
Sicilian music

9:30 - 11
Italian/English

11 - 11:30
This is Rock 'n
Roll

11:30 - 12
Así es Colombia



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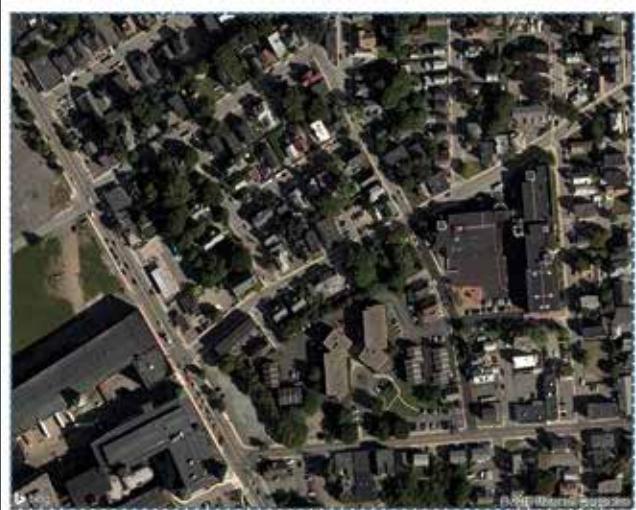
Un evento muy hambriento!

- el 7 de abril •
- Biblioteca Pública de Lawrence •
- 6:00-7:30 PM •
- Una galería de arte de los niños •
- Una feria de recursos •
- comunidades

¡LIBROS GRATUITOS!



Raising A Reader Massachusetts
Lawrence Public Library
Soar to New Heights Through Knowledge



¿Quieres ver más proyectos de desarrollo en el vecindario Arlington?

Acompáñenos a una reunión para la comunidad para aprender más sobre el plan de desarrollo para tu vecindario y comparta sus ideas

¡Esperamos verte!
Escuela Arlington
150 de la Calle
Arlington

6 de abril del 2016
Registración 5:30pm
Reunión: 6:00pm

ORGANIZADO POR: LA CIUDAD DE LAWRENCE
200 Common Street
Lawrence, MA 01840
(978) 620-3000
Contact:
av.props@cityoflawrence.com

**ALCADE DAN RIVERA
TE INVITA:**

6 DE APRIL, 2016 PLANIFICACIÓN DE DESARROLLO LOCAL

PLANIFICACIÓN de desarrollo local significa nuevas viviendas, tiendas u oficinas en terrenos vacantes o subutilizados. Únete a nosotros para una discusión sobre el desarrollo local de este vecindario. Comparte tus ideas de cómo fomentar el desarrollo local en nuestra comunidad.



GARDEN WORKSHOPS



TALLERES DE JARDINERIA

LEARN, GROW, NOURISH FREE GARDEN WORKSHOP SERIES

How to Start a Garden

Saturday April 2, 2016 12 – 2pm

Interested in growing your own herbs, tomatoes, lettuce or other vegetables and not sure how? This workshop will help you get started.



Starting Seeds

Saturday April 9 2016 12– 2pm

Would you like to learn how to save money by starting your garden with seeds instead of buying starter plants? Then join us!



Soil & Compost

Saturday June 25, 2016 12 – 2pm

Learn about the importance of soil and how to create and add your own compost to create nutrient rich soil for a thriving garden.



For more information contact: María Natera:

[\(978\) 974-0770 x7006](mailto:mnatera@groundworklawrence.org)

APRENDER, CRECER, ALIMENTAR GRATIS SERIE DE TALLER DE JARDINERIA

Como Empezar un Jardín

Sábado 2 de Abril, del 2016 12 – 2pm

Estás interesado en crecer tus propias hierbas, tomates, lechugas o otros vegetales y no estás seguro como? Este taller te puede ayudar a empezar.

Empezando las Cemillas

Sábado 9 de Abril del 2016 12 – 2pm

Te gustaría a prender como ahorrar dinero en empezando tu propio jardín con cemillas en vez de comprar las plantas? Entonces únete a nosotros!

Suelo Y Abono

Sábado 25 de Junio del 2016 12 – 2pm

Aprende sobre la importancia del suelo y cómo crear y añadir tu propio abono para crear un suelo rico en nutrientes para un jardín floreciente.

Para mas información, póngase en contacto con María Natera:
[\(978\) 974-0770 x7006](mailto:mnatera@groundworklawrence.org)

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HealthCare**

Rumbo

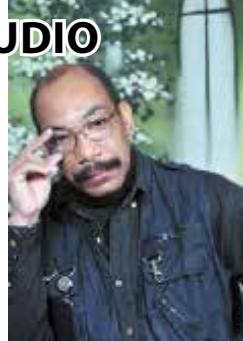


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Toda la ganancia de esta organización sin fines lucrativos ayuda a Blueskies Wellness, Inc. la cual provee programas de prevención contra el acoso escolar en el Valle de Merrimack.

Lunes a sábado de 10 a 6pm
y domingo de 10 a 3pm.

436 Broadway, Methuen, MA 01844 - (978) 208-1138

Jose Bugzy Martinez (Coach)**Daisy Martinez (owner)****Canal Street Gym****Phone: 978-747-6558****Mobile: 978-303-5298****250 Canal Street****Lawrence, MA 01841****canalstreetgym@yahoo.com****LEGAL NOTICE****NOTICE OF PUBLIC SALE**

Notice is hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after April 9, 2016 by private sale to satisfy their garage keeper's lien for towing, storage, and lien fees:

1. 2007 Chevrolet Malibu VIN# 1G1ZT58F77F294629
2. 2007 Acura TL VIN# 19UUA66207A032351
3. 2005 Audi A4 VIN# WAULC68E55A017110
4. 2009 Audi A4 VIN# WAULF78K89N049857
5. 2003 Jeep Liberty VIN# 1J4GK58KX3W725211
6. 2007 BMW 328XI VIN# WBAVC93527KZ71666

Robert Sheehan
 Owner, Sheehan's Towing L.L.C.
 3/22, 4/1, 4/8

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

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

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

CLASIFICADOS | CLASSIFIEDS**REAL ESTATE FOR SALE**

City of Lawrence, MA
 Mayor Daniel Rivera

The City of Lawrence, through its Planning Department, is proposing the sale of real estate currently owned by the City. "Request for Proposal" (RFP) packages are available at the Office of Planning and Development. All RFP packages will be reviewed immediately after the deadline listed below. The following properties are for sale:

71-81 Spruce Street- The parcel is a vacant lot containing approximately 9,550 square feet. It is located in a (R3) Residential Zoning District. The City has established a minimum bid of \$50,000.00. BID DEADLINE: 4/28/2016 at 10:00 a.m.

11-13 Oak Street- The property is a 6,510 parcel containing a warehouse style building in poor conditions. It is located in a (R3) Residential Zoning District. The City has established a minimum bid of \$5,000.00. BID DEADLINE: 4/28/2016 at 10:00 a.m.

93 Hancock Street- The property is a 3,660 square feet parcel containing a single family home in poor conditions. It is located in a (R3) Residential Zoning District. The City has established a minimum bid of \$5,000.00. BID DEADLINE: 4/28/2016 at 10:00 a.m.

11-13 Doyle Street- The parcel is a vacant lot containing approximately 10,558 square feet. It is located in a (R2) Residential Zoning District. The City has established a minimum bid of \$20,000.00. BID DEADLINE: 4/28/2016 at 10:00 a.m.

101-105 Oxford Street- The parcel is a vacant lot containing approximately 5,000 square feet. It is located in a (R3) Residential Zoning District. The City has established a minimum bid of \$10,000.00. BID DEADLINE: 4/28/2016 at 10:00 a.m.

64-66 Basswood Street - The parcel is a vacant lot containing approximately 3,920 square feet. It is located in a (R3) Residential Zoning District. The City has established a minimum bid of \$2,500.00.

PROPIEDADES EN VENTA

City of Lawrence, MA
 Mayor Daniel Rivera

La Ciudad de Lawrence, a través del Departamento de Planificación, propone la venta de bienes raíces en la Ciudad. Paquetes de "Solicitud de Propuesta" (RFP) están disponibles en el Departamento de Planificación. Todos los paquetes de solicitud de propuestas serán revisadas inmediatamente después de la fecha que aparece a continuación. Las siguientes propiedades están a la venta:

71-81 Spruce Street- Este es un terreno vacante de aproximadamente 9,550 pies cuadrados. Este terreno se encuentra ubicado en un distrito residencial (R3). La Ciudad ha establecido una oferta mínima de \$50,000.00. Las ofertas serán recibida hasta: Abril 28, 2016 a las 10:00 a.m.

11-13 Oak Street- Este es un edificio ubicado en un terreno de aproximadamente 6,510 pies cuadrados. Esta propiedad eta ubicada en un distrito residencial (R3). La Ciudad ha establecido una oferta mínima de \$5,000.00. Las ofertas serán recibida hasta: Abril 28, 2016 a las 10:00 a.m.

93 Hancock Street- La propiedad es una casa de una familia en mala condición ubicada en un terreno de 3,660 pies cuadrados. Se encuentra ubicada en un distrito residencial (R3). La Ciudad ha establecido una oferta mínima de \$5,000.00. Las ofertas serán recibida hasta: Abril 28, 2016 a las 10:00 a.m.

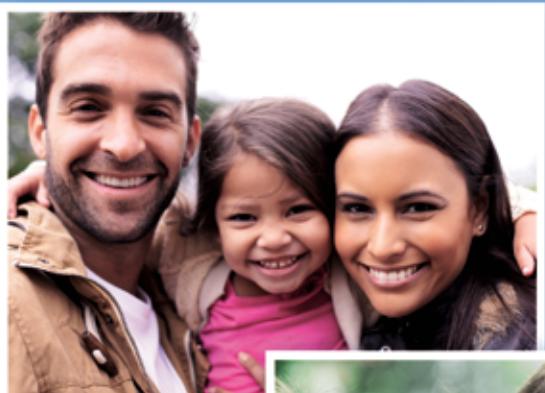
11-13 Doyle Street - Este es un terreno vacante de 10,558 pies cuadrados. Este terreno se encuentra ubicado en un distrito residencial (R2). La Ciudad ha establecido una oferta mínima de \$20,000.00. Las ofertas serán recibidas hasta: Abril 28, 2016 a las 10:00 a.m.

101-105 Oxford Street – Este es un terreno vacante de aproximadamente 5,000 pies cuadrados. Este terreno está ubicado en un distrito residencial (R3). La Ciudad ha establecido una oferta mínima de \$10,000.00. Las ofertas serán recibidas hasta: Abril 28, 2016 a las 10:00 a.m.

64-66 Basswood Street- Este es un terreno vacante de aproximadamente 3,920 pies cuadrados. Este terreno se encuentra ubicado en un distrito residencial (R3). La Ciudad ha establecido una oferta mínima de \$2,500.00. Las ofertas serán recibida hasta: Abril 28, 2016 a las 10:00 a.m.

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