

GLFHC graduated new Medical Interpreters



On December 11, 2018, Greater Lawrence Family Health Center held a graduation ceremony where 22 new students received their Medical Interpreters' Certificates from Maria Gatej, JD – MIT Program Director, MV AHEC. The students are, not necessarily in order: Yermi Almengo, Maria Baez, Maria Bejaran, Martha A. Carrasco, Beatrice Casas-Monzon, Sobeoida Dominguez, Raziell Garcia, Karla F. Gomez Piza, Mariluz Guzman, Juan Herrera, Nairobi Martinez, Yasiris Matias, Yakaira Mauricio, Marilyn Medina, Marie A. Mendez-Colon, Sandy

M. Ortiz, Karina Polanco, Dora Rojas, Madeline Sanchez, Giselle Marie Santos, Emily Torres and Nury Yagual. Also pictured are the Instructors, Randolph Dominguez, Head Trainer, Freelance Medical Interpreter; Miguel Chavarria Arias, BA. Spanish Language Coach, Freelance Medical & Legal Interpreter; Alex Montero, MD Lab Supervisor – Lawrence General Hospital – MIT Anatomy & Physiology Instructor and Giovanna Geldres, BA – Spanish Language Coach, NECC MIT Instructor, Medical Interpreter Lawrence General Hospital.

Jolgorio Puertorriqueño



Fotos cortesía de William Castro

Aunque fuimos cortésmente invitados al Jolgorio Puertorriqueño, no pudimos asistir, pero William Castro se encargó de facilitarnos varias fotos del evento, el cual calificó de estupendo. Aquí aparecen William Castro y su esposa Aida a la derecha, con Marta Rentas al centro. Vean más fotos en la página 13 tal vez usted aparece en una de ellas.

Although we were politely invited to the Puerto Rican Jolgorio, we could not attend, but William Castro was responsible for providing several photos of the event, which he described as great. Here William Castro appears with his wife Aida on the right, and Marta Rentas in the center. See more photos on page 13 you might appear in one of them.

Organizing Dominican Night in Lawrence



And to achieve this, a new committee has been formed whose first activity was to organized a fund raiser with a breakfast on Sunday, December 9th, at Blue Lounge & Grill. Pg. 7

Directivos de Noche Dominicana en Lawrence, de izquierda a derecha:

Directors of Noche Dominicana in Lawrence, from left to right, Juan J. Matos, Vice President; Pura St. Hilaire, Member; Rosa Aquino, President; Carlota Castillo, Treasurer and Massiel Infante, Secretary. Pg. 7

Desde Mi Esquina

Insignia en camiones de DPW Empresas afectadas por las explosiones Gilda no recibió su dinero No se moleste en leer esto Página 4

From My Corner

City seal on DPW trucks Businesses affected by gas explosions Gilda didn't get her money Don't bother reading this Page 16

Operation Warm at the Parthum Elementary School in Lawrence



Mass Professional Firefighters sponsors Operation Warm Program along with Boston Bruins and local firefighters. They delivered jackets to all kindergarten students at the Parthum Elementary School on East Haverhill St.

EDITORIAL | EDITORIAL

Promesas rotas

El 13 de septiembre 2018 nos amaneció un día hermoso, soleado, de finales de verano precursor de lo que sería el otoño a sólo unos días por comenzar. Por la mente de nadie en el Valle de Merrimack cruzó un pensamiento del desastre que estaba a punto de ocurrir y que azotaría a la región por los meses venideros.

De momento, comenzaron a sonar sirenas provenientes de patrulleros de la policía, bomberos y equipos de primeros auxilios. Nadie sabía a dónde se dirigían ni de dónde venían y mucho menos, qué estaba sucediendo. Lawrence, donde es casi imposible circular a partir del mediodía debido al intenso tráfico, se paralizó.

En Lawrence, con tres estaciones de radio, no tenemos un departamento de noticias tan necesarias en momentos como este. Sólo veíamos humo y helicópteros volando sobre nuestras cabezas. No fue hasta horas después, gracias a los medios noticiosos de Boston, se supo lo que estaba sucediendo. Según informaron, una línea de gas sobre presionada causó que decenas de edificios en Lawrence, Andover y North Andover explotaran y se incendiaran.

El Sur de Lawrence, quedó separado del mundo. Nos ordenaron evacuar de inmediato. ¡Tan grande era el peligro!

Les tomó ocho días a las autoridades organizar una conferencia de prensa que se llevó a cabo en los salones del Dr. Ibrahim El-Hefni Allied Health & Technology Center donde aparecieron junto al Gobernador Charlie Baker, además del Alcalde de Lawrence, los gerentes de los pueblos de Andover y North Andover, los directivos de Columbia Gas.

En dicha conferencia quedó comprobado lo sucedido y se prometió que todo quedaría resuelto para el 19 de noviembre, 2018.

Los escépticos no lo creímos, aún sin saber lo que había que hacer para lograrlo. Miles de trabajadores convergieron en la ciudad, comenzaron a excavar las calles mientras el tráfico era desviado debido a la construcción. La ciudadanía aceptó la molestia ya que era necesaria.

Antes de cumplirse la fecha prometida del 19 de noviembre, Columbia Gas dio otra fecha para terminar: el 16 de diciembre.

El 12 de diciembre, 2018 el Gobernador Baker envió un mensaje que dice: "El Gobernador Charlie Baker y el director de recuperación Joe Albanese se unieron al Alcalde de Lawrence Daniel Rivera, al gerente de North Andover Town Andrew Maylor, al gerente de Andover Town Andrew Flanagan y al vicepresidente ejecutivo y director de restauración de NiSource, Pablo Vegas, en una conferencia de prensa para brindar información actualizada sobre la finalización sustancial de la restauración del servicio de gas a residencias y negocios en Merrimack Valley".

¿Cómo pueden hablar de la finalización sustancial de la restauración del servicio de gas a residencias y negocios en el valle cuando todavía hay tantos negocios cerrados en Lawrence? ¿Por qué no esperaron hasta el 16 de diciembre que fue la última fecha límite prometida? Quizá sea que volverán con otra promesa de fecha límite.

Broken promises

On September 13, 2018 we woke up to a beautiful late summer sunny day, precursor of what would be autumn just a few days ahead. No one in the Merrimack Valley thought of the disaster that was about to occur and that would hinder the region for months to come.

For the moment, sirens started coming from police patrol cars, firefighters and first responders. Nobody knew where they were going or where they came from, let alone what was happening. Lawrence, where it is almost impossible to drive after noontime due to heavy traffic, was paralyzed.

In Lawrence, with three radio stations, we do not have a much needed news department at times like these. We only saw smoke and helicopters flying over our heads. It was not until hours later, thanks to the news media in Boston, it was known what was happening. They reported that a pressurized gas line caused dozens of buildings in Lawrence, Andover and North Andover to explode and catch on fire.

South Lawrence was separated from the world. We were ordered to evacuate immediately. So great was the danger!

It took eight days for the authorities to organize a press conference that took place in the halls of Dr. Ibrahim El-Hefni Allied Health & Technology Center where they appeared with Governor Charlie Baker, in addition to the Mayor of Lawrence, the Managers of the towns of Andover and North Andover, and the directors of Columbia Gas.

In this conference, they verified what happened and it was promised that everything would be solved by November 19th, 2018.

The skeptics did not believe it, even without knowing what had to be done to achieve it. Thousands of workers converged on the city, began digging the streets while traffic was diverted due to construction. Citizens accepted the inconvenience because it was necessary.

Before the promised date of November 19 arrived, Columbia Gas gave us another date to finish: December 16.

On December 12, 2018, Governor Baker sent a message saying: "Governor Charlie Baker and Chief Recovery Officer Joe Albanese will join Lawrence Mayor Daniel Rivera, North Andover Town Manager Andrew Maylor, Andover Town Manager Andrew Flanagan and NiSource Executive Vice President and Chief Restoration Officer Pablo Vegas for a press conference to provide an update on the substantial completion of restoring gas service to residences and businesses in the Merrimack Valley."

How can they talk about the substantial completion of the restoration of gas service to residences and businesses in the valley when we still have so many closed businesses in Lawrence? Why didn't they wait until December 16, which was the last promised deadline? Perhaps they are planning to come back with another promised deadline.

Rumbo

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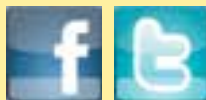
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POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Insignia en camiones de DPW

La semana pasada les mostré algunas insignias en los camiones de DPW de Lawrence que están siendo reemplazados con uno brillante y moderno. Desde esa edición, descubrí que hay una ordenanza de la ciudad que dice lo siguiente:

2.170.040 - El cuño de la ciudad se mostrará en las puertas de todos los vehículos de la policía, excepto los encubiertos o de vigilancia. Cada vehículo de propiedad municipal, excepto los vehículos policiales encubiertos o de vigilancia, deberá estar pegado permanentemente a las puertas del lado del conductor y del pasajero delantero, el cuño de la ciudad y las palabras "Ciudad de Lawrence". (Ord. No. 44-2009, 10-20-09)

Carlos Jaquez no está muy contento conmigo porque no le gusta tener que explicar nada cuando me mezclo en sus asuntos. Él tiene que entender que sólo estoy haciendo mi trabajo.

Observemos los próximos días para ver qué pasa.

Ayudando a las empresas afectadas por las explosiones

Los gerentes de los pueblos de Andover y North Andover han estado trabajando

febrilmente para apoyar a sus negocios locales afectados por las explosiones de gas. Han estado enviando comunicados de prensa anunciando cuando se restaura su servicio de gas, alentando a los residentes a visitar a sus comerciantes locales.

¿Ha visto algún esfuerzo para ayudar a las empresas de Lawrence o a los funcionarios de la ciudad a hablar en su nombre?

Durante la conferencia de prensa del 12 de diciembre, el Alcalde Rivera agradeció a los residentes diciendo: "Gracias por no hacer disturbios, porque tenían absolutamente todas las razones para haberlo hecho y por tomar esto con calma".

Tengo que preguntarme cuán diferentes habrían sido las cosas si nos hubiésemos tirado a la calle exigiendo una mejor respuesta de Columbia Gas.

Gilda no ha recibido su dinero

Parte del acuerdo con la Ciudad de Lawrence el verano pasado aseguraba a Gilda Durán que obtendría su pago en el caso contra la ciudad para el 14 de diciembre de 2018. Al cierre de esta edición, no había recibido nada, lo que significa que tendrá que llevar al alcalde ante los tribunales de nuevo, solo que esta vez será por daños triples.

A Danny no le importa si su delirio por hacer daño a la gente le cuesta más dinero a la ciudad. El acuerdo fue una miseria en comparación con los millones que gasta en honorarios legales y podría haberlo pagado hace mucho tiempo. Creo seriamente que él

se siente superior degradando a las personas que tiene bajo su poder y que disfruta pensando que ella está luchando para pagar su hipoteca como resultado.

No se moleste en leer abajo

Cuando estuve en la radio el lunes pasado con Carmen Chalas, hablé sobre algo que el público no entiende y no le importa así que se los advertí al principio.

Darlene Beal, la directora ejecutiva de Haverhill Community Media, envió un mensaje mostrando su preocupación por el futuro de Community Access Television. Ella adjuntó un artículo de Dan Kennedy de WGBH titulado ¿Está Community Access TV en riesgo de cortes de la FCC? Podrá encontrarlo en su página web.

La Comisión Federal de Comunicaciones (FCC, por sus siglas en inglés) está a punto de recortar los fondos para las estaciones de televisión por cable comunitarias más conocidas como los canales gubernamentales. Ofrecen a cada comunidad tres canales (Educación/Escuelas, Gobierno y Comunidad) con todo tipo de noticias sobre temas locales, deportes, noticias del gobierno, reuniones, conferencias de prensa, conciertos escolares, actividades para niños, reuniones de padres y lo más valioso de todos, la oportunidad para cualquier persona de la comunidad interesada en producir televisión local sobre cualquier tema de su elección.

La petición de Darlene Beal fue muy precisa al pedir apoyo a sus televidentes:

"DEJE SABER A LA FCC QUE USTED VALORA HC MEDIA

HC Media se enorgullece de ser el proveedor de acceso por cable de la Ciudad de Haverhill durante 30 años. Desde que se formó como organización sin fines de lucro en 1988, HC Media ha ofrecido equipos de video, recursos de instalaciones y asistencia de producción de alta calidad a los residentes de Haverhill de forma gratuita. Si la FCC NPRM-05-311 se aprueba, los numerosos servicios que HC Media continúa ofreciendo estarán en riesgo. Transmisiones de noticias e información locales, acceso a equipos de video/edición, amplia cobertura de eventos comunitarios como deportes locales, festivales en el centro de la ciudad, graduaciones de escuelas secundarias, el desfile de VFW en Santa Parade y mucho más.

Gracias por su apoyo en la protección de HC Media y la programación de acceso local".

Quienquiera que valore la información local querrá mudarse inmediatamente a

CARTAS AL EDITOR RUMBO

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Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Haverhill. Conozco a Darlene y su estación, así como su programación. Tienen una instalación excelente, la mejor capacitación, cientos de voluntarios y programación de primera clase con variedad e inclusión. También estoy familiarizada con la forma en que funciona el acceso comunitario en Methuen, Andover, North Andover, Chelmsford, Lowell y Salem, NH. Tienen sistemas similares, gran variedad de programas y acceso público.

Durante más de diez años luché para lograr en Lawrence el mismo nivel de programación de calidad y fui ignorada por completo por el reino que impera en Lawrence Community Access Television (LCAT), tres alcaldes y todos los concejales de la ciudad que prestaron servicio durante esos años.

Si esos recortes continúan, ya que asumen que ocurrirá en diciembre, Verizon y Comcast ya no contribuirán con su parte a Lawrence. Nadie parece saber cuánto recibe LCAT cada año porque operan en secreto. Sí, pagamos en nuestras facturas de cable más de \$3.50 cada mes para pagar sus salarios, pero no informan a nadie.

Por ejemplo, la LCAT debe tener una reunión anual en octubre que debe ser anunciada en un periódico local y, aparentemente, es un Secreto de Estado. Se supone que esa reunión es pública pero, si nadie sabe cuándo tendrá lugar, ¿quién cree que estuvo allí?

Su presupuesto, salarios y gastos son también de alto secreto.

La mayoría de las personas ni siquiera saben que estos canales existen y si intentan verlos, la imagen es tan mala en el canal comunitario que solo ofrece programas de otras ciudades de todo Massachusetts con peor calidad que el canal del gobierno. Durante todo el invierno repiten conciertos de la Fiesta de los Tres Santos y Pan y Rosas de varios años pasados.

Es por eso que dije que las personas no entienden o ni siquiera les importa lo que sucede en la FCC. La mayoría de los pagadores de cable no saben que están pagando por esta falta de servicio y si Verizon y Comcast dejan de pagar su parte a los canales gubernamentales, podemos terminar pagando más, ¡a cambio de nada! ¿De quién es la culpa? ¡SUYA!

¡Oh, qué diferencia! ¡Quiero mudarme a Haverhill! Pero soy la única que lo menciona de vez en cuando, así que tengo que quedarme.

Terror de gas – la película

El desastre de las explosiones de gas probablemente dará lugar a una película similar a la de Julia Roberts en *Erin Brockovich* o John Travolta en *A Civil Action*, ambas basadas en el mismo tema.

¿Quiénes serán los actores escogidos? Robert Sabino conoce la Ciudad de Lawrence bien y habla el idioma.



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"You can fool some of the people all of the time; you can fool all of the people for some of the time; but you cannot fool all the people all the time."

"Uno puede engañar a algunas personas todo el tiempo; puede engañar a todos por algún tiempo; pero no puede engañar a todo el mundo todo el tiempo."

- Abraham Lincoln

Dar al dinero el valor que le corresponde

Por Jesús Domingo Martínez

Llevamos un tiempo que en nuestra sociedad la idea del beneficio por el beneficio se ha instalado entre nosotros, no dejando espacio a otros ámbitos. Valoramos al adinerado aunque se trate de un genuino patán, y despreciamos al modesto doctorando que come en casa de sus padres porque su beca no le llega a fin de mes. Medimos al prójimo por lo que tiene, no por lo que es, en este mundo infectado de narcisismo y postureo.

Por si fuera poco, los acaudalados de ahora ninguna relación guardan con los mecenas de antaño, salvo contadas excepciones. A diferencia de los que desinteresadamente posibilitaron las grandes obras de arte o literatura durante siglos, que no perseguían más remuneración que la estética o intelectual, en la actualidad ha cobrado forma la detestable tendencia de

emplear sus cuartos para saciar vanidades y complejos de inferioridad. No es infrecuente en este tiempo que por medio de una simple transferencia se provea una transfusión de cultura o prestigio académico a la vena del donante, para un escarnio general que cursa con discreción y disimulada ironía por temor a quedarse lejos de la corrección política que lo permite y aplaude.

Campanella sentenció ya en 1623 que “las riquezas hacen a los hombres insolentes, soberbios, ignorantes, traidores, faltos de amor y presuntuosos en su ignorancia”. Y no digamos nada cuando no proceden de sudores propios, sino ajenos.

Dar al dinero el valor que le corresponde, el gran reto pendiente de nuestros tiempos y que tanto urge.

La perversión, políticamente correcta, del lenguaje

Por Suso do Madrid

Hay cosas de las que no se habla o palabras que no se pronuncian, sin la autorización de quienes ostentan el monopolio de lo políticamente correcto.

Es igual que sea una canción, la

calificación de un político, una creencia religiosa, la definición de una ideología, el uso de una bandera o la iniciativa de un ayuntamiento. Hay una especie de censura previa que todos han admitido -asumido se dice ahora- y sin la aquiescencia de los que

se han erigido en censores es muy difícil definir, calificar o hablar, de lo que siempre se ha hablado, siempre se ha calificado y siempre se ha definido.

Hay cosas de las que no se habla o palabras que no se pronuncian sin la autorización de quienes ostentan el monopolio de lo políticamente correcto.

Se ha llegado así a una perversión del lenguaje que, paradójicamente, de perversión ha pasado a ser lo correcto.

Hay presupuestos sociales, ultraderecha, fascismo, nazismo e incluso violencia machista, pero no hay -pura paradoja- violencia feminista, ultraizquierda, marxismo, comunismo o presupuestos liberales.

La importancia de los cuidados paliativos

Por José Morales Martín

Me parece importante no olvidar que algunos van por la vida creyendo ser libres, pero no tienen más libertad que la del taxi, que se define como libre cuando está vacío y no sabe a dónde va. El que sabe a dónde va, quien conoce su destino eterno, sabe que su vida está en manos de Dios y que el sufrimiento de la enfermedad le sirve de purificador. Solo Dios sabe para qué sirve cada minuto de nuestra vida, y no puede el hombre cometer semejante desliz que le lleva a olvidarse de lo más importante de su vida, por el sufrimiento del final de esta.

Interesa aquí considerar la importancia de los cuidados paliativos. La medicina ha dado grandes pasos en el cuidado de los enfermos terminales, y eso no es antinatural, es cuidar, como siempre lo hacen médicos y enfermeras, de esa persona que sufre. Es indudable que los medios que se ponen

para que el enfermo sufra menos, aparte, en gran medida, de la ocurrencia por parte del enfermo de quitarse la vida. Y, ciertamente, queda mucho por hacer, porque hay todavía muchas personas que apenas pueden llegar a esos medios paliativos que les cambiarían los últimos momentos de su vida.

Qué duda cabe que un planteamiento religioso de la vida, una idea clara de la trascendencia del fin último ayuda a afrontar esos momentos con la alegría de saber que Dios nos quiere. Es totalmente distinto, porque, además, los cristianos contamos con los sacramentos, que nos fortalecen. Sacramentos queridos por Dios para paliar la angustia del final y ayudar a buscar a Dios. Además, con este planteamiento de la vida es mucho más fácil evitar el ensañamiento terapéutico, que tan absurdo llega a ser.

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AHORA:

NICK SALIÓ DE LA BANCA DE SUPLENTES Y ESTÁ EN UNA MISIÓN

Nick Savarese, de Haverhill, se ha empeñado en prevenir que el dolor de espalda lo vuelva a frenar. Cuando se descubrió que tenía un disco herniado, Nick buscó tratamiento en Lawrence General, que ofrece atención integral de la columna vertebral y tiene un nuevo centro quirúrgico con el primer quirófano híbrido de la región. Los expertos en columna del hospital le hicieron una cirugía que le cambió la vida y le alivió años de dolor crónico. Ahora, Nick hace lo que le gusta con sus seres queridos.

Para escuchar la historia de Nick y hacer nuestra evaluación en línea de dolor de cuello y espalda, visite lawrencegeneral.org/spine

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CLASSES AT THE MERRIMACK VALLEY IMMIGRANT & EDUCATION CENTER

Enrollment is ongoing for ESOL (English-for-Speakers-of-Other-Languages), Citizenship Preparation and English Communication for Employment classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843.

Anyone interested in signing up for morning or evening classes 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.

Unveiling of Haverhill Immigrant and Origin Mural



Haverhill, MA – The City of Haverhill in partnership with the Garibaldi Club will showcase a new community mural inspired by the rich immigrant history of Haverhill called “Miles to go before we sleep”, at the mural unveiling on Sunday December 16th at 10:30 AM at 86 Washington St.

This community art and placemaking project aims to add vibrancy to the city of Haverhill and celebrates its immigrant community both old and new. In the creation of the mural and with the surrounding events, this project will be collaborative by engaging various local non-profits, businesses, and community leaders. The mural’s long-term presence will enliven the area’s sense of community and create a representative impression of the city.

The mural depicts Haverhill’s immigrant communities from past and present, aiming to bolster the city’s sense of pride in its diverse identity. The style will imitate and re-interpret the line work and colors of maiolica, a Renaissance-era Italian ceramics tradition, as a vibrant ode to Haverhill’s Italian community and the Garibaldi Club - the sponsoring non-profit.

In the center of the mural several Haverhill landmarks are featured ranging from the Winnekenni Castle and the commuter rail to Whittier Birthplace and former shoe factories. On both the left

and right of this centerpiece are a series of square panels. There are three panel designs that each include slight variations connecting with Haverhill’s history: oak leaves allude to the vast Haverhill forests and the iconic Worshipping Oak, bricks that can be seen in both historic apartments and industrial buildings, and shoes, the industry that allowed Haverhill to flourish and grow into the city that it is today. The space in the center of each tile will feature paintings that are based off the Haverhill community. Tying together and celebrating the Haverhill community both new and old.

Please join The Greater Haverhill Chamber of Commerce on Sunday, December 16th at 10:30 AM as we celebrate the unveiling of this unique piece of art.

Established in 1888, the Greater Haverhill Chamber of Commerce is the voice of business and the heart of 14 communities in Massachusetts and New Hampshire. We create and foster a prosperous business environment and support the growth and profitability of our members. We provide the resources, advocacy, information, networking and marketing opportunities for business success.

To schedule a ribbon cutting celebration please contact the Greater Haverhill Chamber at 978-373-5663 or info@haverhillchamber.com.

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Noche Dominicana en Lawrence se organiza

Organizing Dominican Night in Lawrence

Por Alberto Surís

El pasado domingo 9 del corriente mes de diciembre, invitados por el nuevo comité de Noche Dominicana en Lawrence, asistimos a un suculento desayuno preparado por Virgilio Paula en Blue Lounge & Grill, localizado en el 2 de la calle Amesbury, en Lawrence, donde tuvimos la oportunidad de saludar a antiguos amigos, así como la de conocer a la nueva directiva.

La razón del desayuno fue la de recaudar fondos para Noche Dominicana. "Otras actividades seguirán a esta" anunciaron miembros de la directiva.

Algunos de los que asistieron al desayuno.



By Alberto Suris

Last Sunday, December 9th, we were invited by the new Dominican Night Committee in Lawrence to attend a delicious brunch prepared by Cook Virgilio Paula at Blue Lounge & Grill, located at 2 Amesbury Street, in Lawrence, where we had the opportunity to greet old friends, as well as to meet the new board.

The reason for the brunch was to raise funds for Noche Dominicana in Lawrence. "Other activities will follow this," announced board members.

Some who attended the brunch



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El período de inscripción termina el 23 de enero y es el momento para obtener cobertura o considerar un nuevo plan para el próximo año.



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Columbia Gas, State and Local Officials Announce Gas Restoration Project 'Substantially Complete'

LAWRENCE, Mass.—Columbia Gas of Massachusetts and state and local officials announced that restoration of gas service to residences and businesses in the Merrimack Valley is substantially complete.

With natural gas service restored to 98 percent of residential and business customers, the project has reached a major milestone and is in the process of entering the next phase of the restoration effort.

"Substantially complete" means that nearly all residences and businesses have heat, hot water and working gas appliances. There are less than 200 remaining customers who decided to "self-mitigate," or complete necessary assessments and installations themselves on their own timeline, independent of Columbia Gas contractors, or customers who have extenuating circumstances. Columbia Gas continues to offer its services to these customers should they request it. For the past two weeks, the team has been largely focused on supporting self-mitigators and customers with complex issues, and has invited all remaining customers with outage issues to contact Columbia Gas contractors to facilitate work before contractor resources ramp down.

Since September 13 the team has worked to restore heat and hot water to nearly 7,500 residential and business meters, and in the process has installed nearly 18,500 new appliances and pieces of equipment (i.e., boilers, furnaces, rangers, and dryers). The construction team replaced nearly 44 miles of gas main lines throughout the three communities and installed over 5,000 service lines. More than 5,000 workers, ranging from plumbers to linguists and Columbia Gas employees and contractors, have worked on this operation to process claims, coordinate alternative housing and do the construction work, repairs and replacements required to restore heat and hot water.

As the restoration project transitions into the next phase, Columbia Gas, and NiSource Inc., its parent company, will continue to have resources in the area to provide continued support and services for its customers in the three affected communities, including providing support to self-mitigating customers and administering an equipment repair plan for new Columbia Gas-installed appliances and equipment at no cost to customers.

Columbia Gas and state and local officials continue to work on a comprehensive plan to address remaining concerns for the

next phase of the restoration.

"Our administration is committed to supporting the residents and businesses impacted by this tragic explosion, and while we have reached an important milestone to restore gas service there is much work to be done," said Governor Charlie Baker. "We will continue to support the local officials and work with Columbia Gas as this project transitions, and appreciate the strong collaboration from this entire team to support the Merrimack Valley. Lt. Governor Polito and I would like to thank Joe Albanese for his critical contributions to execute this creative recovery process and look forward to his continued work to help people get back to normalcy."

"I am grateful for the efforts of the team that we assembled; more than 5,000 people strong that have dedicated themselves to this mission around the clock. For so many of them, this is more a humanitarian effort than just a project. They have worked tirelessly, seven days a week, to get thousands of affected Merrimack Valley families and residents home, and hundreds of businesses open," said Joe Albanese, Chief Recovery Officer, who was appointed by the Governor. "We are continuing to work with the 'self-mitigators' to help them restore gas service through their own vendors and with residents who have extenuating circumstances. We encourage 'selfmitigators' to work with Columbia Gas contractors as we ramp down our resources and transition to a different phase of this project. I appreciate the strength of the community, the local leadership provided by the Mayor and Town Managers, and the resiliency of the people of the Merrimack Valley."

"This is a major milestone, but make no mistake: Columbia Gas is here for the longhaul, and there is still more work to do," said Pablo Vegas, Executive Vice President for NiSource and Chief Restoration Officer. "This has been a tremendous hardship on so many of our customers and the community, and I commit Columbia Gas will continue to support the recovery of the region. I want to personally thank all of the state and local officials, our mutual aid partners, the thousands of workers, and the entire community for their support and steadfast work on this project. And most importantly, I greatly appreciate the patience and understanding of our customers through

what we know has been an extraordinarily difficult and disruptive period of time."

"The top priority for me has always been to get residents back into their homes with heat and hot water, and today, that is where we are," said Dan Rivera, Mayor of Lawrence. "The recovery process under Governor Baker, led by Joe Albanese, has been successful in getting residents back in their homes weeks before the deadline. This gives us much to be thankful for."

"This has been a long and at times very frustrating recovery for both the residents and businesses of Andover," said Andrew Flanagan, Andover Town Manager. "I want to thank them for both their patience and resiliency throughout this process. I am pleased that this phase of the process is substantially complete and look forward to working to ensure that Columbia Gas fulfills all of its outstanding obligations to the ratepayers of Andover and Merrimack Valley moving forward."

"After ensuring that the gas distribution system was made safe, the focus turned to making every impacted North Andover home livable and every impacted North Andover business viable," said Andrew Maylor, North Andover Town Manager. "Although the gas restoration process was complicated, today we can say that the work to achieve those goals is substantially complete. It should be noted that the leadership of the Chief Recovery Officer was a primary reason we have been able to achieve this milestone."

Key Facts and Figures

- Approximately 7,500 residential and business meters relit.
- 18,421 pieces of equipment and appliances installed.
- 43.5 miles of gas main lines and 5,086 service lines installed, and 12.3 miles of main line polyethylene pipe requalified.
- Approximately 25,000 smoke and carbon monoxide detectors distributed.
- More than 5,000 workers worked on the restoration project, including contractors, subcontractors, linguists, plumbers, and tradesmen. This included an average of 3,000 contractors per day. This also included

an average of 1,000 Columbia Gas and NiSource employees per day.

- 24,417 claims received, with 17,227 resolved to date. \$77.96 million has been paid out to customers, including \$19.47 million to business customers.

- More than 2,200 families, approximately 8,000 individuals, utilized Columbia Gas and MEMA-provided temporary housing.

About Columbia Gas of Massachusetts

Columbia Gas of Massachusetts delivers clean, affordable and efficient natural gas to over 320,000 natural gas customers in southeastern Massachusetts, the greater Springfield area and the Merrimack Valley. Headquartered in Westborough, Massachusetts, the company is the largest gas-only provider in the state and is one of NiSource's seven regulated utility companies. NiSource (NYSE:NI) is one of the largest fully-regulated utility companies in the United States, serving approximately 3.5 million natural gas customers and 500,000 electric customers through its local Columbia Gas and NIPSCO brands. More information about Columbia Gas of Massachusetts is available at www.ColumbiaGasMA.com.

About NiSource

NiSource Inc. (NYSE: NI) is one of the largest fully-regulated utility companies in the United States, serving approximately 3.5 million natural gas customers and 500,000 electric customers across seven states through its local Columbia Gas and NIPSCO brands. Based in Merrillville, Indiana, NiSource's approximately 8,000 employees are focused on safely delivering reliable and affordable energy to our customers and communities we serve. NiSource has been designated a World's Most Ethical Company by the Ethisphere Institute since 2012, is a member of the Dow Jones Sustainability - North America Index and was named by Forbes magazine as the top-rated utility among America's Best Large Employers in 2017. Additional information about NiSource, its investments in modern infrastructure and systems, its commitments and its local brands can be found at www.nisource.com. Follow us at www.facebook.com/nisource, www.linkedin.com/company/nisource or www.twitter.com/nisourceinc. NI-F

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Columbia Gas, funcionarios estatales y locales anuncian Proyecto de Restauración 'Substancialmente Completo'

LAWRENCE, Mass. — Columbia Gas, de Massachusetts, y funcionarios estatales y locales anunciaron que la restauración del servicio de gas a las residencias y empresas en Merrimack Valley está sustancialmente completa.

Con el servicio de gas natural restaurado al 98 por ciento de los clientes residenciales y comerciales, el proyecto ha alcanzado un hito importante y se encuentra en el proceso de ingresar a la siguiente fase del esfuerzo de restauración.

"Substancialmente completo" significa que casi todas las residencias y negocios tienen aparatos de calefacción, agua caliente y gas. Quedan menos de 200 clientes que decidieron "auto mitigarse" o completar las evaluaciones e instalaciones necesarias en su por su cuenta, independientemente de los contratistas de Columbia Gas o clientes que tengan circunstancias atenuantes. Columbia Gas continúa ofreciendo sus servicios a estos clientes en caso de que lo soliciten. Durante las últimas dos semanas, el equipo se ha centrado en gran medida en brindar soporte a los autogestores y clientes con problemas complejos, y ha invitado a todos los clientes restantes con problemas de interrupción para que se pongan en contacto con los contratistas de Columbia Gas para facilitar el trabajo antes de que disminuyan los recursos del contratista.

Desde el 13 de septiembre, el equipo ha trabajado para restaurar el calor y el agua caliente a cerca de 7,500 medidores residenciales y comerciales, y en el proceso ha instalado cerca de 18,500 aparatos y equipos nuevos (es decir, calderas, hornos, estufas y secadoras). El equipo de construcción reemplazó casi 44 millas de líneas principales de gas en las tres comunidades e instaló más de 5,000 líneas de servicio. Más de 5,000 trabajadores, desde plomeros hasta lingüistas y empleados y contratistas de Columbia Gas, han trabajado en esta operación para procesar reclamos, coordinar viviendas alternativas y realizar las obras de construcción, reparaciones y reemplazos necesarios para restaurar la calefacción y el agua caliente.

A medida que el proyecto de restauración pase a la siguiente fase, Columbia Gas y NiSource Inc., su compañía matriz, continuarán teniendo recursos en el área para proporcionar soporte y servicios continuos para sus clientes en las tres comunidades afectadas, incluido el apoyo para aquellos que harán el trabajo por sí mismos y administrando un plan de reparación de equipos para los nuevos aparatos y equipos instalados por Columbia Gas sin costo para los clientes.

Columbia Gas y los funcionarios estatales y locales continúan trabajando en un plan integral para abordar las preocupaciones pendientes para la siguiente fase de la restauración.

"Nuestra administración está comprometida a apoyar a los residentes y las empresas afectadas por esta trágica explosión, y aunque hemos alcanzado un hito importante para restaurar el servicio de gas, hay mucho trabajo por hacer", dijo el Gobernador Charlie Baker. "Continuaremos brindando apoyo a los funcionarios locales y trabajaremos con Columbia Gas en la transición de este proyecto, y apreciaremos la colaboración sólida de todo este equipo para apoyar a Merrimack Valley. La Vicegobernadora Polito y yo queremos agradecer a Joe Albanese por

sus contribuciones críticas para ejecutar este proceso de recuperación creativa y esperamos continuar su trabajo para ayudar a las personas a volver a la normalidad".

"Estoy agradecido por los esfuerzos del equipo que reunimos; más de 5,000 personas que se han dedicado a esta misión durante todo el día. Para muchos de ellos, esto es más un esfuerzo humanitario que un simple proyecto. Han trabajado incansablemente, siete días a la semana, para que miles de familias afectadas y residentes de Merrimack Valley se encuentren en sus hogares y cientos de negocios estén abiertos", dijo Joe Albanese, Director de Recuperación, quien fue nombrado por el gobernador. "Continuamos trabajando con los 'mitigadores personales' para ayudarlos a restablecer el servicio de gas a través de sus propios proveedores y con los residentes que tienen circunstancias atenuantes. Alentamos a los 'auto-activadores' a trabajar con los contratistas de Columbia Gas a medida que reducimos nuestros recursos y realizamos la transición a una fase diferente de este proyecto. Aprecio la fuerza de la comunidad, el liderazgo local proporcionado por el Alcalde y los Administradores de la Ciudad, y la capacidad de recuperación de la gente del Valle de Merrimack".

"Este es un hito importante, pero no se equivoque: Columbia Gas está aquí para el largo camino, y todavía hay mucho trabajo por hacer", dijo Pablo Vegas, Vicepresidente Ejecutivo para NiSource y Director de Restauración. "Esto ha sido una tremenda dificultad para muchos de nuestros clientes y la comunidad, y me comprometo a que Columbia Gas continuará apoyando la recuperación de la región. Quiero agradecer personalmente a todos los funcionarios estatales y locales, a nuestros socios de ayuda mutua, a los miles de trabajadores y a toda la comunidad por su apoyo y trabajo constante en este proyecto. Y lo más importante, aprecio mucho la paciencia y la comprensión de nuestros clientes a través de lo que sabemos que ha sido un período extraordinariamente difícil y perturbador de tiempo".

"La principal prioridad para mí siempre ha sido lograr que los residentes regresen a sus hogares con calefacción y agua caliente, y hoy, ahí es donde estamos", dijo Dan Rivera, Alcalde de Lawrence. "El proceso de recuperación bajo el Gobernador Baker, dirigido por Joe Albanese, ha logrado que los residentes regresen a sus hogares semanas antes de la fecha límite. Esto nos da mucho que agradecer".

"Esta ha sido una recuperación larga y, a veces, muy frustrante, tanto para los residentes como para las empresas de Andover", dijo Andrew Flanagan, Gerente de la Ciudad de Andover. "Quiero agradecerles por su paciencia y resistencia a lo largo de este proceso. Me complace que esta fase del proceso esté sustancialmente completa y espero trabajar para garantizar que Columbia Gas cumpla con todas sus obligaciones pendientes con los contribuyentes de Andover y Merrimack Valley en el futuro".

"Después de garantizar que el sistema de distribución de gas se hiciera seguro, el enfoque se centró en hacer viable cada hogar impactado de North Andover y cada negocio impactado de North Andover", dijo Andrew Maylor, Gerente de North Andover Town. "Aunque el proceso de restauración de gas fue complicado, hoy podemos decir que el trabajo para alcanzar esos objetivos

está sustancialmente terminado. Cabe señalar que el liderazgo del Director de Recuperación fue una de las principales razones por las que hemos podido lograr este hito".

Datos y cifras clave

- Aproximadamente 7,500 medidores residenciales y de negocios relit.
- 18,421 piezas de equipos y aparatos instalados.
- 43.5 millas de líneas principales de gas y 5,086 líneas de servicio instaladas, y 12.3 millas de líneas principales. Tubería de polietileno línea recalificada.
- Aproximadamente 25,000 detectores de humo y monóxido de carbono distribuidos.
- Más de 5,000 trabajadores trabajaron en el proyecto de restauración, incluidos contratistas, subcontratistas, lingüistas, plomeros y comerciantes. Esto incluyó un promedio de 3,000 contratistas por día. Esto también incluyó un promedio de 1,000 empleados de Columbia Gas y NiSource por día.
- 24,417 reclamaciones recibidas, con 17,227 resueltas hasta la fecha. Se han pagado \$77.96 millones a los clientes, incluyendo \$19.47 millones a clientes comerciales.

• Más de 2,200 familias, aproximadamente 8,000 personas, utilizaron viviendas temporales proporcionadas por Columbia Gas and MEMA.

Acerca de Columbia Gas of Massachusetts

Columbia Gas of Massachusetts ofrece gas natural limpio, asequible y eficiente a más de 320,000 clientes de gas natural en el sureste de Massachusetts, el área de Springfield y el valle de Merrimack. Con sede en Westborough, Massachusetts, la compañía es el proveedor de gas más grande del estado y es una de las siete empresas de servicios públicos reguladas de NiSource. NiSource (NYSE: NI) es una de las compañías de servicios públicos más grandes y completamente reguladas de los Estados Unidos, que presta servicios a aproximadamente 3.5 millones de clientes de gas natural y 500,000 clientes de electricidad a través de sus marcas locales Columbia Gas y NIPSCO. Más información sobre Columbia Gas of Massachusetts está disponible en www.ColumbiaGasMA.com.

Acerca de NiSource

NiSource Inc. (NYSE: NI) es una de las compañías de servicios públicos más

POR FAVOR VEA **COLUMBIA GAS**
 ■ CONTINÚA EN LA PAGINA 10



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Columna del Seguro Social



Tengan cuidado con los estafadores que pretenden ser del Seguro Social

Por **Marilenin Vasquez**
Relacionista Pública del Seguro Social en Lawrence, Massachusetts

En la era digital, los fraudes y las estafas son una parte desafortunada de hacer negocios por internet. Durante la temporada de fiestas, el Seguro Social ha visto tradicionalmente un aumento en los fraudes electrónicos (conocido como «phishing» en inglés) y queremos protegerlo lo mejor que podamos.

Le exhortamos a que siempre tenga cuidado y evite compartir información confidencial como su número de Seguro Social o información de cuenta bancaria a una persona que usted no conoce por teléfono o internet. Si recibe una llamada y no la está esperando, debe tener mucho cuidado. Siempre puede obtener datos de la persona que está llamando, colgar y, si tiene dudas, comuníquese con el número de teléfono oficial del negocio o agencia de la persona que llama y afirma representar. Nunca revele datos personales a un extraño por el teléfono.

Por favor tome nota; hay una estafa circulando en este momento. Es posible que reciba una llamada de alguien que dice ser del Seguro Social u otra agencia. Las llamadas pueden incluso mostrar el número 1-800-772-1213, el número nacional de servicio al cliente del Seguro Social, como el número entrante en su identificador de llamadas. En algunos casos, la persona que llama indica que el Seguro Social no tiene toda su información personal, como su número de Seguro Social, en el archivo. Otras personas que llaman reclaman que el Seguro Social necesita información adicional para que la agencia pueda aumentar el pago de sus beneficios, o que el Seguro Social terminará sus beneficios si no confirman su información. Esto parece ser un problema

a nivel nacional, ya que hemos recibido reportes de personas a través de toda la nación. Estas llamadas no son del Seguro Social.

Las personas que llaman a veces dicen que su número de Seguro Social corre el riesgo de ser desactivado o borrado. Luego le pide que provea un número de teléfono para resolver el problema. La gente debe estar consciente de que los detalles del esquema pueden variar; sin embargo, debe evitar comprometerse con la persona que llama o llamar al número proporcionado, ya que la persona que llama podría intentar obtener información personal.

Los empleados del Seguro Social ocasionalmente contactan a las personas por teléfono para propósitos de servicio al cliente. En solo unas pocas situaciones especiales, como cuando tiene un trámite pendiente con nosotros, un empleado del Seguro Social puede preguntarle a la persona que confirme su información personal por teléfono.

Los empleados del Seguro Social nunca lo amenazarán ni le prometerán aprobar o aumentar sus beneficios del Seguro Social a cambio de información. En esos casos, la llamada es fraudulenta, y usted simplemente debe colgar. Si recibe estas llamadas, notifique a la Oficina del Inspector General al 1-800-269-0271 o por internet en oig.ssa.gov/espanol

Recuerde, solo llame a los números de teléfono oficiales y use los sitios de internet legítimos de las agencias y negocios que usted conoce. Para el Seguro Social proteger su información y asegurar su presente y su futuro son parte de nuestra misión.



Beware of scammers pretending to be from Social Security

By **Marilenin Vasquez**
Social Security Public Affairs Specialist in Lawrence, Massachusetts

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can.

We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information.

This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your Social Security number is at risk of being deactivated or deleted. The caller then asks you to provide a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.

CONTINÚA DE LA PÁGINA 9

COLUMBIA GAS

grandes y completamente reguladas de los Estados Unidos, que presta servicios a aproximadamente 3.5 millones de clientes de gas natural y 500,000 clientes de electricidad en siete estados a través de sus marcas locales Columbia Gas y NIPSCO. Con base en Merrillville, Indiana, los aproximadamente 8,000 empleados de NiSource están enfocados en brindar energía confiable y asequible a nuestros clientes y comunidades a las que servimos. NiSource ha sido designada como la Compañía más ética del mundo por el Instituto

Ethisphere desde 2012, es miembro del Índice Dow Jones Sustainability - North America y fue nombrada por la revista Forbes como la mejor empresa de servicios entre los mejores grandes empleadores de Estados Unidos en 2017. Información adicional sobre NiSource, sus inversiones en infraestructura y sistemas modernos, sus compromisos y sus marcas locales se pueden encontrar en www.nisource.com. Síguenos en www.facebook.com/nisource, www.linkedin.com/company/nisource o www.twitter.com/nisourceinc. NI-F

“Success is not final, failing is not fatal. It is the courage to continue that counts.”

“El éxito no es el fin, el fracaso no es mortal. Es el valor de continuar lo que cuenta.”

- Winston Churchill

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Home Health VNA fue nombrada como una de las mejores agencias en el 2018 ABILITY® HomeCare Elite

Home Health VNA anunció que ha sido nombrada una de las mejores agencias de 2018 HomeCare Elite, un reconocimiento a las agencias de servicios de salud en el hogar con mejor desempeño en los Estados Unidos. Durante 13 años, HomeCare Elite ha identificado anualmente el 25 por ciento más alto de las agencias certificadas por Medicare y ha destacado las 100 mejores agencias y las 500 principales.

El ranking es desarrollado por ABILITY Network, una empresa líder en tecnología de la información que ayuda a los proveedores y pagadores a simplificar las complejidades administrativas y clínicas de la atención médica. Está patrocinado por DecisionHealth, el editor de Home Health Line y el Manual completo de codificación de diagnósticos de ICD-10-CM de Home Health.

"Me gustaría felicitar al equipo de Home Health VNA y agradecerles por su compromiso de brindar una atención constante y de alta calidad", dijo Christine Lang, directora senior de ABILITY Network.

"Durante un momento de mayor demanda de tiempo y atención de los profesionales de la salud en el hogar, estos cuidadores y líderes han demostrado que han dado prioridad a sus pacientes y han creado una base sólida para servir a sus comunidades y asociarse con otros proveedores de atención médica".

"Estoy muy orgullosa de todo el personal por su arduo trabajo, determinación y dedicación para brindar una atención superior a los pacientes todos los días", dijo Karen Gomes, RN, MS, CPHQ, Presidenta y CEO de Home Health Foundation, que incluye a Home Health VNA, Merrimack Valley Hospice y HomeCare, Inc. "Este reconocimiento es un esfuerzo de equipo y refleja nuestro compromiso con la calidad y el gran valor que aportamos a las comunidades a las que servimos. También reafirma nuestro inquebrantable compromiso con la excelencia al liderar el desarrollo de una red regional, integrada y de cuidados intensivos para el hogar y cuidados paliativos bajo Wellforce".

"Felicitaciones a Home Health VNA

de parte de todo el personal de DecisionHealth", dijo Marci Geipe, gerente de productos de DecisionHealth. "Su liderazgo y su personal han otorgado una gran importancia a la atención al paciente que brinda su agencia, como lo demuestran sus puntajes de resultados de calidad. "Toda la comunidad se beneficia de la compasión que muestra su personal hacia sus pacientes, lo que conlleva ahorros de costos para todo el sistema de atención médica".

Las agencias Elite de HomeCare están determinadas por un análisis de las medidas de rendimiento en los resultados de calidad, la implementación de las mejores prácticas, la experiencia del paciente (HHCAPHS), la mejora y la coherencia de la calidad y la salud financiera. Para ser considerado, una agencia debe estar certificada por Medicare y tener datos de al menos tres resultados en Home Health Compare. De las 8,898 agencias consideradas, 2,223 están reconocidas en la lista de ganadores de HomeCare Elite de 2018 en general.

La lista completa de agencias de 2018 HomeCare Elite se puede descargar visitando el sitio web de ABILITY Network en abilitynetwork.com/hce.

Acerca de Home Health VNA

Home Health VNA, es uno de los proveedores de salud en el hogar más respetados en esta región. Operando bajo Home Health Foundation, y junto con las

organizaciones afiliadas Merrimack Valley Hospice y HomeCare, Inc., la organización proporciona un continuo completo de servicios de salud en el hogar, paliativos, hospicios y apoyo en más de 110 ciudades y pueblos del noreste de Massachusetts y el sur de New Hampshire. con cinco oficinas y una casa de cuidados paliativos de 21 suites que atienden a más de 16,000 pacientes al año. Además, Merrimack Valley Hospice sirve a la región del sur de Maine como York Hospital Hospice en asociación con York Hospital. Las agencias desempeñan un papel fundamental en la salud y el bienestar de los pacientes y las familias, y están comprometidas con la innovación, la excelencia clínica y la atención personalizada. Para obtener más información, visite HomeHealthFoundation.org



Karen Gomes, RN, MS, CPHQ, President and CEO of Home Health VNA with the HomeCare Elite Award of Excellence.

Home Health VNA named as a Top Agency in the 2018 ABILITY® HomeCare Elite

Home Health VNA today announced that it has been named a Top Agency of the 2018 HomeCare Elite, a recognition of the top-performing home health agencies in the United States. For 13 years, HomeCare Elite has annually identified the top 25 percent of Medicare-certified agencies and highlighted the top 100 and top 500 agencies overall.

The ranking is developed by ABILITY Network, a leading information technology company helping providers and payers simplify the administrative and clinical complexities of healthcare. It is sponsored by DecisionHealth, publisher of Home Health Line and the Complete Home Health ICD-10-CM Diagnosis Coding Manual.

"I would like to congratulate the team at Home Health VNA and thank them for their commitment to providing consistently high-quality care," said Christine Lang, senior director for ABILITY Network. "During a time of increasing demands on home health professionals' time and attention, these caregivers and leaders have demonstrated that they have prioritized their patients and created a solid foundation for serving their communities and partnering with other healthcare providers."

"I am very proud of the entire staff for their hard work, determination and dedication to providing superior care to patients every day," said Karen Gomes, RN, MS, CPHQ, President and CEO of Home Health Foundation, which includes Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. "This recognition is a team effort and reflects our commitment to quality and the great value we bring to the communities we serve. It also affirms our unwavering commitment to excellence as we lead the development of a regional, integrated, post-acute home health and hospice network under Wellforce."

"Congratulations to Home Health VNA from all of the staff at DecisionHealth," said Marci Geipe, product manager for DecisionHealth. "Your leadership and staff

have placed a premium on the patient care your agency provides as showcased by your quality outcome scores. The entire community benefits from the compassion that your staff shows toward your patients, leading to cost savings for the entire healthcare system."

HomeCare Elite agencies are determined by an analysis of performance measures in quality outcomes, best practices implementation, patient experience (HHCAPHS), quality improvement and consistency, and financial health. In order to be considered, an agency must be Medicare-certified and have data for at least three outcomes in Home Health Compare. Out of 8,898 agencies considered, 2,223 are recognized on the 2018 HomeCare Elite winners list overall.

The entire list of 2018 HomeCare Elite agencies can be downloaded by visiting the ABILITY Network website at abilitynetwork.com/hce.

About Home Health VNA

Home Health VNA, is one of the most respected home health providers in this region. Operating under Home Health Foundation, and along with affiliate organizations Merrimack Valley Hospice and HomeCare, Inc., the organization provides a full continuum of home health, palliative, hospice and support services in more than 110 cities and towns throughout Northeastern Massachusetts and Southern New Hampshire with five offices and a 21-suite hospice house which together provide care to more than 16,000 patients annually. Additionally, Merrimack Valley Hospice serves the Southern Maine region as York Hospital Hospice in partnership with York Hospital. The agencies play a critical role in the health and welfare of patients and families, and are committed to innovation, clinical excellence and personalized care. For more information visit HomeHealthFoundation.org

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El analista político senior de CNN, David Gergen, habla sobre el liderazgo en la Asamblea Anual de Lawrence General

Photos by Frank Leone

El martes, 11 de diciembre, Lawrence General Hospital organizó su reunión anual y la cena de agradecimiento a los donantes en el Andover Country Club para informar y celebrar los muchos logros del año pasado.

El analista político de CNN, David Gergen, brindó el discurso de apertura de este evento, compartiendo su visión sobre las muchas y diversas formas de liderazgo que ha encontrado a lo largo de su extensa y variada carrera como asesor y periodista de la Casa Blanca.

Al comentar sobre el estado actual de la política, Gergen comentó que se siente alentado y optimista sobre el alto nivel de participación cívica que estamos experimentando en todo el país, especialmente de mujeres, personas de color y veteranos militares. El interés en el servicio público está aumentando, dijo, y una nueva generación de líderes se está acercando para abordar los desafíos de hoy.

El evento también incluyó comentarios de Debra Rahmin Silberstein, Esq., Ph.D.,

presidenta de la Junta de Síndicos de Lawrence General, y Dianne J. Anderson, RN, presidente y CEO de Lawrence General.

En sus comentarios, Anderson informó sobre los muchos logros de Lawrence General durante el año pasado y agradeció a los donantes por ayudar al hospital a crecer y expandir los servicios, especialmente en las áreas de ortopedia, bariátrica, cardiología y cirugía vascular. Anderson también reconoció el importante papel del hospital durante los incendios y explosiones de gas en septiembre, la expansión de los esfuerzos para abordar la epidemia de opioides y las colaboraciones creativas con la Fuerza de Tareas de Salud del Alcalde en Lawrence para mejorar el acceso a alimentos saludables.

Además, Anderson habló sobre los esfuerzos en curso de Lawrence General en Beacon Hill para abogar por los hospitales comunitarios y el papel crucial que desempeñan en el alivio de los costos

crecientes de la atención médica. Anderson también anunció los planes de los hospitales para abrir un nuevo centro cardíaco y vascular en 2019.

Durante el evento, también se reconoció a tres miembros salientes de la Junta General de Asesores de Lawrence: Debra Rahmin Silberstein, Esq., Ph.D., Cheryl Neal y Ronald Pollina.

David Gergen es analista político de CNN y ha servido como asesor de la Casa Blanca para cuatro presidentes de ambos partidos en los Estados Unidos y también es profesor de servicio público y director del Centro para el Liderazgo Público en la Escuela Kennedy de Harvard, donde trabaja activamente con una nueva generación de nuevos líderes. Es el autor del best seller del New York Times, *Eyewitness to Power: The Essence of Leadership*, Nixon to Clinton (Simon & Schuster, 2001).



David Gergen, CNN senior political analyst, keynote speaker of the Lawrence General Hospital Annual Meeting and Donor Appreciation Dinner.



Photo I: (L-R) Dianne Anderson, Lawrence General president and CEO; David Gergen; Richard Santagati, Lawrence General Board of Trustees chairman emeritus; and Debra Rahmin Silberstein, Esq., Ph.D., chair of the Lawrence General Board of Trustees.

CNN Senior Political Analyst David Gergen Discusses Leadership at Lawrence General Annual Meeting

On Tuesday, December 11, Lawrence General Hospital hosted its Annual Meeting and Donor Appreciation Dinner at the Andover Country Club to report on and celebrate the many achievements of the past year.

CNN senior political analyst David Gergen provided the keynote address for this event, sharing his insight on the many and diverse forms of leadership he has encountered over the course of his long and varied career as a White House advisor and journalist.

Commenting on the current state of politics, Gergen remarked that he is feeling both encouraged and hopeful about the high level of civic engagement we are now experiencing across the country, especially from women, people of color, and military veterans. Interest in public service is on the rise, he said, and a new generation of leaders is stepping up to address today's challenges.

The event also included remarks by Debra Rahmin Silberstein, Esq., Ph.D., chair of the Lawrence General Board of Trustees, and Dianne J. Anderson, RN, Lawrence General president and CEO.

In her remarks, Anderson reported on Lawrence General's many achievements over the past year and thanked donors for helping the hospital grow and expand services, especially in the areas of

orthopedics, bariatrics, cardiology, and vascular surgery. Anderson also recognized the hospital's important role during the gas fires and explosions in September, expanding efforts to address the opioid epidemic, and creative collaborations with the Mayor's Health Task Force in Lawrence to improve access to healthy food.

Additionally, Anderson discussed Lawrence General's ongoing efforts on Beacon Hill to advocate for community hospitals and the crucial role they play in alleviating the rising costs of health care. Anderson also announced the hospitals' plans to open a new Heart and Vascular Center in 2019.

During the event, three outgoing members of the Lawrence General Board of Trustees were also recognized: Debra Rahmin Silberstein, Esq., Ph.D., Cheryl Neal, and Ronald Pollina.

David Gergen is a senior political analyst for CNN and has served as a White House advisor to four U.S. presidents of both parties and is also a professor of public service and director of the Center for Public Leadership at the Harvard Kennedy School where he works actively with a rising generation of new leaders. He is the author of New York Times best seller, *Eyewitness to Power: The Essence of Leadership*, Nixon to Clinton (Simon & Schuster, 2001).

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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.

<http://heallawrence.org/>
heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>

Jolgorio Puertorriqueño

Asociación Arte y Cultura Puertorriqueña, Relief's In, Lawrence, MA
December 8, 2018.

Fotos cortesía de William Castro



Aquí aparece nuestro fotógrafo esta vez con Frankie Caraballo, disfrutando del Jolgorio.



William Castro y su esposa Aida, pretendiendo asar un cerdito al estilo puertorriqueño.



La bella pareja formada por Brian DePeña y su esposa Dilenny.



Este grupo luce estar dispuesto a disfrutar el cerdito.



William Castro con un grupo de amigos mutuos, Francisco Paulino, Brian DePeña, Rafael Disla y Juan "Manny" González.

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Penacook Place's Annual Wreath Raffle and Holiday Tree Lighting



Penacook Place's Tania Porras, LPN and Donna Shaw, Director of Recreation Therapy, with a tree adorned with handmade hats, mittens and scarves. They were knit by Tania's mom, Erma Vasquez of Methuen. All items will be donated to Haverhill elementary schools – Crowell, Golden Hill, Nettle and Moody.



Penacook Place's New President, Paula Drelick and Lauren Beckman, RN and Director of Nursing kick-off the season with the lighting of a holiday tree on the facility's new patio.



Penacook Place Board Member, Janis Cordischi of Haverhill Amesbury enjoys this annual event.

Penacook Place, A Skilled Nursing Facility in Haverhill, welcomes Paula Drelick as its new president

Penacook Place, a member of Covenant Health, is pleased to announce Paula Drelick has joined the team of its 160-bed skilled nursing facility, which offers short-term rehabilitation as well as long-term nursing and specialty memory care, as its new President.

"Penacook Place is going through a wonderful revitalization. It's a great time to welcome Paula," said David Becker, System Vice President of Post-Acute Care, Covenant Health. "She is a well-known and established member of the healthcare community who takes a hands-on approach to daily operations. I'm confident she'll begin making contributions immediately and will be appreciated by our staff, residents and their families."

"The healthcare environment is continually changing, and I pride myself on changing with it," shared Drelick. "I'm excited to meet the staff, short-term patients, as well as residents and their families, and to bring my experience and energy to ensure Penacook Place continues to evolve and deliver high-quality, compassionate care."

Most recently, Drelick served as Executive Director for Genesis Healthcare's Palm Center for Rehabilitation Excellence in Chelmsford, Massachusetts where she oversaw operations for the 118-bed facility and its 180-person staff. Prior to that, she held the same role at Kindred Transitional Care in Dedham, Massachusetts.

Drelick is a registered nurse. She holds a bachelor's degree in Business Administration from Southern New Hampshire University (SNHU) and is working toward her master's degree in Health Care Administration, also at SNHU. About Penacook Place

Penacook Place is a 160-bed skilled nursing facility in Haverhill, Massachusetts. The center provides short-



term rehabilitation, long-term nursing care and memory care in both private and semi-private rooms. The skilled team is focused on delivering personalized, compassionate care for its residents, patients and their families. Penacook Place is a short-drive from Boston or southern New Hampshire and is easily accessible via I-93, I-95 and I-495.

About Covenant Health

Covenant Health is an innovative, Catholic regional health care system and a leader in values-based, not-for-profit health and elder care. Covenant's family of facilities consists of hospitals, skilled nursing and rehabilitation centers, assisted living residences and community-based care organizations throughout New England. We're fully committed to offering a continuum of high-quality, compassionate care to the individuals and communities we serve. Please visit www.covenanthealth.net to learn more about us or to review a list of associated locations.



Mr. and Mrs. William White, neighbors of Penacook Place in Haverhill, admire one of the many wreaths being raffled.



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NECC Announces Three New Varsity Sports: Athletic Program is Growing Fast

Since 2016/17, Northern Essex, with campuses in Haverhill and Lawrence, MA, has doubled the number of student varsity athletes from 43 to 90. While we just added one sport—golf—during that time, we have also increased the size of our rosters, allowing more athletes to play sports.

In 2019, we're adding three new varsity teams. We'll be bringing back men's soccer and women's basketball and adding a new varsity eSports program. We are in the process of hiring coaches for soccer and women's basketball and RJ Warnock, an alum of our baseball program from North Reading, is providing leadership for the eSports program, which will likely be the first eSports varsity team at a Massachusetts community college (Central Maine Community College and Community College of Rhode Island currently have clubs).

In February, we will host our first admissions open house for student athletes (Feb 19) and we will also induct the first group into our Athletic Hall of Fame (Feb 28).

We're attracting student athletes from all over the region—North Shore, Lowell, and Greater Reading—and, if you'd like to talk with a student athlete from your area, please let me know.

We're excited about the growth in our program and eager to get the word out!

NECC Announces Athletic Program Expansion; Three New Programs for 2019-20.

Northern Essex Community College is pleased to announce the addition of three new varsity athletic programs for the 2019-20 academic year. Both the men's soccer and women's basketball teams will return to the college, while NECC will have a varsity eSports program for the first time.

Men's soccer and women's basketball will compete in NJCAA Region XXI, becoming the 10th men's soccer playing institution and the 12th women's basketball program within the region. The eSports program will join the National Association of Collegiate Esports (NACE) as it serves as the governing body for esports at the collegiate level and for all NJCAA members.

"We are excited about bringing both men's soccer and women's basketball back to the college. The addition of eSports will open up an entire world of college athletics for gamers here at NECC. We look forward to competing at a high level and allowing more students to succeed both academically and athletically while they pursue their degrees," said NECC's Director of Athletics Dan Blair.

NECC last fielded a soccer program in the mid 1990's, while the women's basketball program previously has won two NJCAA Region XXI Championships in 1994 and 2001.

Esports is a multi-player video game program that competes with college and universities throughout the country. All are online multi-player games and



student-athletes will compete as a team to defeat opposing institutions. The growing eSports industry is a multi-million business with companies developing, testing and publishing games.

With the addition of the golf program for the 2018-2019 academic year and growth across all of NECC's other athletic programs, the college has nearly doubled its student-athlete population since the start of the 2016-17 academic year from 43 to 90 athletes.

Coaching searches for the soccer and basketball programs will commence

immediately. NECC alum and nationally ranked Fortnite gamer RJ Warnock will lead the eSports program as its first coach. Warnock of North Reading played baseball for Northern Essex before transferring in 2013.

Those interested in any of the new programs can complete an NECC Athletic Recruiting Form online at NECC Athletic Recruitment Form (https://www.neccknights.com/become_knight/recruiting-form)

For additional information, contact Dan Blair, dblair@necc.mass.edu or 978 556-3820.

AN OPEN LETTER TO THE VICTIMS OF THE COLUMBIA GAS EXPLOSIONS AND FIRES:

Napoli Shkolnik PLLC is proud to be working with the citizens of Massachusetts that have recently suffered damages as a result of the Columbia gas fires and explosions.

On Friday, September 28, Napoli Shkolnik PLLC, The Raimondo Law Firm and Brian Cunha & Associates commenced two separate legal actions against Columbia Gas and its parent company.

THE FIRST ACTION was filed as a class action and seeks to recover business harmed by the gas outage and the fires. The class, if certified by a judge, seeks to include all businesses that have lost earnings or revenue as a result of Columbia Gas and its negligent conduct.

THE SECOND ACTION was filed on behalf of Dean and Mona Thornhill and their family. The Thornhill family's home in North Andover was severely damaged by fire and smoke. This case seeks to recover damages for the Thornhill Family including property damage, out of pocket expenses and mental anguish damages.

Our firms stand ready to assist any of the residents or businesses of Andover, North Andover or Lawrence. Our hearts, thoughts and prayers go out to the many victims of this disasters.

WE CALL UPON COLUMBIA GAS TO FAIRLY COMPENSATE ALL OF THE VICTIMS AS QUICKLY AS POSSIBLE.

Patrick Haines PARTNER, NAPOLI SHKOLNIK, PLLC David Raimondo PARTNER, THE RAIMONDO LAW FIRM Brian Cunha PARTNER, BRIAN CUNHA & ASSOCIATES

NAPOLI SHKOLNIK PLLC **BRIAN CUNHA & ASSOCIATES** **THE RAIMONDO LAW FIRM**

UNA CARTA ABIERTA PARA LAS VÍCTIMAS DE LAS EXPLOSIONES Y LOS FUEGOS DE COLUMBIA GAS:

La Firma de Abogados Napoli Shkolnik se enorgullece por trabajar con los ciudadanos de Massachusetts que recientemente han sufrido daños como resultado de los fuegos y de las explosiones causadas por Columbia Gas. El pasado viernes, 28 de septiembre, Napoli Shkolnik, David Raimondo y Asociados y la Firma de Abogados Cunha Law Firm comenzaron dos acciones legales en contra de Columbia Gas y su empresa matriz.

LA PRIMERA ACCIÓN LEGAL fue presentada como un pleito de clase y espera recuperar pérdidas comerciales para negocios locales afectados por la falta de disponibilidad de gas y por los fuegos. Si la clase es certificada por un juez, se espera incluir a todos los negocios que hayan perdido ingresos o ganancias como resultado de la negligencia incurrida por Columbia Gas.

LA SEGUNDA ACCIÓN fue presentada en representación de Dean, Mona Thornhill y su familia. El hogar de la familia Thornhill localizado en North Andover fue severamente afectado por el fuego y el humo. Este caso pretende recuperar los daños causados a la familia Thornhill en su propiedad, por gastos no presupuestados y por angustias mentales.

Nuestras firmas se encuentran listas para asistir a cualquier residente o negocio de Andover, North Andover y Lawrence. Nuestros pensamientos y oraciones están con todas las víctimas de este desastre.

SOLICITAMOS A COLUMBIA GAS PARA LA COMPENSACIÓN JUSTA Y LO MÁS RÁPIDA POSIBLE PARA TODAS LAS VÍCTIMAS AFECTADAS.

Patrick Haines PARTNER, NAPOLI SHKOLNIK, PLLC David Raimondo PARTNER, THE RAIMONDO LAW FIRM Brian Cunha PARTNER, BRIAN CUNHA & ASSOCIATES

NAPOLI SHKOLNIK PLLC **BRIAN CUNHA & ASSOCIATES** **THE RAIMONDO LAW FIRM**

Localmente, para más información contacte al abogado Robert F. Kelley
Locally, for more information, you may contact Attorney Robert F. Kelley

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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR RUMBO

315 Mt. Vernon St.
Lawrence MA 01843
Email: Rumbo@rumbonews.com

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

City seal on DPW trucks

Last week I showed you some signage on Lawrence DPW truck with the bright, modern one that they are being replaced. Since that edition, I found out there's a city ordinance stating the following:

2.170.040 - City seal to be displayed on doors of all but undercover or surveillance police vehicles. Each municipally owned vehicle, except undercover or surveillance police vehicles, shall have permanently affixed to its driver side and front passenger doors the city seal and the words "City of Lawrence." (Ord. No. 44-2009, 10-20-09)

Carlos Jaquez is not too happy with me because he doesn't like having to explain anything when I mingle into his business. He has to understand that I am just doing my job.

Let's keep an eye out the next few days to see what happens.

Helping businesses affected by the explosions

The towns of Andover and North Andover have been working feverishly supporting their local businesses affected by the gas explosions. They have been sending press releases announcing when their gas service is restored, encouraging residents to visit their local merchants.

Have you seen any effort towards assisting Lawrence businesses or city officials speaking on their behalf?

During the press conference on December 12, Mayor Rivera thanked residents saying, "Thank you for not rioting, because you had absolutely every reason to have done, and for taking this in stride."

I have to wonder how different things

would have been if we demanded better response from Columbia Gas.

Gilda didn't get her money

Part of the agreement with the City of Lawrence last summer assured Gilda Durán that she would get her settlement against the city by December 14, 2018. At closing of this edition, she had not received anything which means that she will have to take the mayor to court again – only that this time it will be for triple damages!

Danny doesn't care if his penchant for hurting people costs the city more money. The settlement was a pittance compared to the millions he spends in legal fees and he could have paid long ago. I seriously believe that he takes satisfaction in demeaning people under his power and he enjoys thinking that she is struggling to pay her mortgage as a result.

Don't bother reading below

When I was on the radio this past Monday with Carmen Chalas, I talked about something the public doesn't understand and couldn't care less so I warned them at the beginning.

Darlene Beal, the executive director of Haverhill Community Media sent out a message showing her concern about the future of Community Access Television. The attachment she sent was an article by Dan Kennedy of WGBH entitled Is Community Access TV On The FCC Chopping Block? You might find it on their website.

The Federal Communications Commission (FCC) is about to cut funding for community cable television stations better known as the government channels. They offer every community three channels (Education/Schools, Government and Community) with all kinds of news about

local issues, sports, government news, meetings, press conferences, school concerts, children's activities, parents meetings and the most precious of all, the ability for anyone in the community interested in producing local television on any topic of their choice.

Darlene Beal's plea was very accurate asking for support from her viewers:

"LET THE FCC KNOW THAT YOU VALUE HC MEDIA

HC Media has been proud to be the cable access provider for the City of Haverhill for 30 years. Since forming as a nonprofit in 1988, HC Media has offered video equipment, facility resources, and high quality production assistance free of charge to Haverhill residents. If FCC NPRM-05-311 passes, the many services HC Media continues to offer Haverhill will be at risk. Broadcasts of local news and information, access to video/editing equipment, extensive coverage of community events such as local sports, downtown festivals, high school graduations, the VFW Santa Parade, and so much more will all be on the chopping block.

Thank you for your support in protecting HC Media and local access programming."

Anyone who values local information would want to immediately move to Haverhill. I know Darlene and their station as well as their programming. They have a superb facility, the best training, hundreds of volunteers and first class programming with variety and inclusiveness. I am also familiar with the way community access works in Methuen, Andover, North Andover, Chelmsford, Lowell and Salem, NH. They have similar systems, great variety of programs and public access.

For over ten years I was fighting to achieve in Lawrence the same level of quality programming and was totally ignored by the kingdom of Lawrence Community

Access Television (LCAT), three mayors and all the city councilors serving throughout those years.

If those cuts go through as they assume it will happen in December, Verizon and Comcast will no longer contribute their share to Lawrence. No one seems to know how much LCAT receives every year because they operate in secret. Yes, we pay in our cable bills over \$3.50 each month towards their salaries but they report to no one.

For example, LCAT must have an annual meeting in October which must be advertised in a local newspaper and apparently that is a State Secret. That meeting is supposed to be public but, if nobody knows when it will take place, who do you think was there?

Their budget, salaries and expenses are top secret, too.

Most people don't even know these channels exist and if they attempt to watch them, the picture is so bad on the community channel offering programs from other cities all over Massachusetts with worse quality than the government channel. All winter long they repeat concerts from the Feast of the Three Saints and Bread and Roses from several years past.

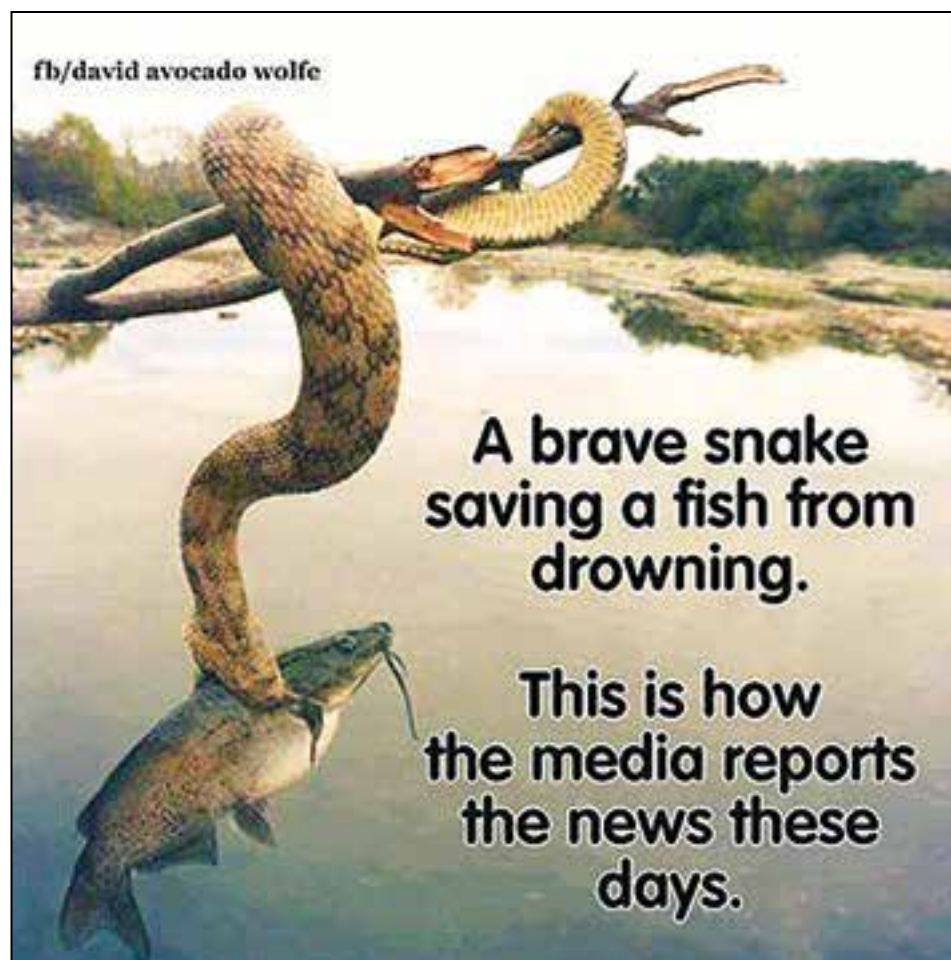
That's why I said people don't understand or even care what happens at the FCC. Most cable payers are not aware they are paying for this non-service and if Verizon and Comcast stop paying their share to the government channels, we may end up paying more – for more of nothing! Who's to blame? YOU!

Oh, what a difference! I want to move to Haverhill! But I am the only one bringing this up every now and then so I have to stick around.

Gas terror - the movie

The gas explosion disaster will likely result in a film similar to that of Julia Roberts in Erin Brockovich or John Travolta in A Civil Action, both based on the same theme.

Who will be the chosen actors? Robert Sabino knows the City of Lawrence well and speaks the language.



Forgive your enemies, but never forget their names.

Perdone a sus enemigos, pero nunca olvide sus nombres.

- President John F. Kennedy



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Holy Family Hospital Earns “Top Hospital” Award for Quality Care

One of Two Massachusetts Hospitals Named America’s Best Hospitals for the Second Consecutive Year

Holy Family Hospital, today earned a “Top Hospital” Award for the second consecutive year by The Leapfrog Group, this time for its Haverhill campus. As one of only 35 general hospitals in the U.S. to earn this designation, the award is widely acknowledged as one of the most competitive honors American hospitals can receive. This recognition follows Holy Family Hospital’s recent “A” grade in hospital safety. Holy Family Hospital is one of only two hospitals in the state of Massachusetts to receive this designation. St. Anne’s Hospital in Fall River, MA also received Top Hospital recognition. Both Holy Family Hospital and St. Anne’s Hospital are Steward Health Care hospitals.

Steward Health Care is the nation’s largest private, for-profit physician-led health care network in the United States, which leverages technology, innovation, and care coordination to provide the highest quality care and safety in communities where patients live.

“We are proud to be recognized again by the Leapfrog Group as one of America’s top hospitals,” said Craig Jesiolowski, President of Holy Family Hospital. “This distinction is a direct result of our staff’s delivery of a superior patient experience and our investments in emergency room care. We look forward to continuing our work to provide the highest standard of care to our patients and the Merrimack Valley community.”

Among thousands of hospitals in the country, Holy Family received a Top Hospital distinction, recognized nationally alongside:

- 13 Top Children’s Hospitals
- 35 Top General Hospitals
- 17 Top Rural Hospitals
- 53 Top Teaching Hospitals

Performance across many areas of hospital care is considered in establishing the qualifications for the award, including infection rates, maternity care, and the hospital’s capacity to prevent medication errors. The rigorous standards are defined in each year’s Top Hospital Methodology.

“Being acknowledged as a Top Hospital is an incredible feat achieved by less than six percent of eligible hospitals nationwide,” said Leah Binder, president and CEO of The Leapfrog Group. “With this honor, Holy Family has established its commitment to safer and higher quality care. Providing this level of care to patients in Haverhill requires motivation and drive from every team member. I congratulate the board, staff and clinicians, whose efforts made this honor possible.”

To qualify for the Top Hospitals distinction, hospitals must submit a Leapfrog Hospital Survey and achieve highest performance in its category. The selection of Top Hospitals 2018 is based on surveys from nearly 1,900 hospitals. To see the full list of institutions honored as 2018 Top Hospitals,

visit www.leapfroggroup.org/tophospitals.

About Holy Family Hospital

Holy Family Hospital is a 385-bed full-service, acute care hospital with two campuses located in Methuen and Haverhill, Massachusetts. Both locations, Holy Family Hospital-Methuen, and Holy Family Hospital-Haverhill, provide comprehensive inpatient, outpatient and 24/7 emergency services, including eICUs. With first class specialists, innovative treatment options and state-of-the-art technology, both of our hospital campuses provide exceptional care throughout the greater Merrimack Valley and southern New Hampshire. To learn more go to <https://www.holyfamilyhospital.org>.

About Steward Health Care

Steward Health Care is the nation’s largest private, for profit physician led health care network in the United States. Headquartered in Dallas, Texas, Steward operates 36 hospitals in the United States and the country of Malta that regularly receive top awards for quality and safety. The company employs approximately 40,000 health care professionals. The Steward network includes multiple urgent care centers and skilled nursing facilities, substantial behavioral health services, over 7,900 beds under management, and approximately 2.2 million full risk covered lives through the company’s managed care and health insurance services. The total number of paneled lives within Steward’s integrated care network is projected to reach three million in 2018.

The Steward Health Care Network includes five thousand physicians across 800 communities who help to provide more than 12 million patient encounters per year. Steward Medical Group, the company’s employed physician group, provides more than six million patient encounters per year. The Steward Hospital Group operates hospitals in Malta and nine states across the U.S., including Arizona, Arkansas, Florida, Louisiana, Massachusetts, Ohio, Pennsylvania, Texas, and Utah.

About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog’s other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.



Ridgewell Earns Third Hockey East Weekly Award Women's Ice Hockey

With one of the biggest wins in program history coming against #9 Boston College this past Saturday, the Merrimack Women's ice hockey program closed out the fall semester tied for the most wins in program history with 11. Monday morning, Hockey East announced its weekly honors, with senior Samantha Ridgewell earning defensive player of the week for the third time this season after an incredible performance Saturday afternoon.

Ridgewell has been dominant between the pipes for the Warriors this season, earning the Hockey East goaltender of the month award in October. After a tough loss against the Eagles Friday, December 7th, Ridgewell's start in net the following day proved to be a career performance. Merrimack's first ever win over Boston College came in shutout fashion, seeing the Outlook, Saskatchewan native stopping a career-high 51 saves in the win. The performance was the fourth 50+ save in



the nation this year, and just the second 50+ save win for any goaltender; it was also the first time the Eagles have been shut out in a game since the 2018 NCAA Quarterfinal on March 10th against Ohio State.

This season, Ridgewell has accumulated over 1,000 minutes in net, posting a .943 save percentage and a 10-5-2 overall record. She sits third in Hockey East with a 1.61 goals-against average, and first in the conference in total saves (444).

The Warriors return to action Sunday, January 30th, taking on Princeton in the first of a two-game road series. Puck drop is slated for 3 p.m.

McNeil, Yule Headline #3 Field Hockey's Synapse Sports All-American Selections

The third-ranked Merrimack College field hockey program saw two players earn All-American recognition on Tuesday evening when the organization Synapse Sports unveiled its NCAA Division II Field Hockey All-American and All-Rookie selections.

Senior captains Mary McNeil and Delaney Yule each were named First Team All-Americans following superb final campaigns that ended with the program's first-ever Northeast-10 Conference Championship and fifth-ever NCAA Tournament appearance. For McNeil, it marked her second All-American selection and first since her freshman season while Yule was named an All-American for the first time.

McNeil finished her final season with a career-best 49 points with career highs in both goals (17) and points (15), landing on the NE10 All-Conference First Team. The starting midfielder tied for first nationwide in total helpers, ranked second in assists per game (.68) and 10th in points per game (2.23); she was one of just 12 players in the country to average over 2.00 points per contest in 2018. Her name will be etched all over the program's record book as she posted the second-most assists and fourth-most points in a single campaign in 2018 while breaking the school's all-time assists record. McNeil's 125 career points ranks as the second most in school history.

The NE10's Defensive Player of the Year, Yule cemented herself as the top back



in the conference and one of the best in the nation in her senior campaign. Merrimack's starting center back totaled a team-high four defensive saves on the year, and finished her career with 14 - tied for second in program history. Yule enjoyed a career offensive season, totaling career highs in points (15), goals (6) and assists (3). The Southbury, Conn. native enjoyed a career-best six-game point streak during that year that included her first-ever multi-goal performance. Yule anchored a Merrimack defense that ranked among the top-10 in Division II in goals-against average (1.31).

In addition to their All-American squads, Synapse Sports also unveiled its All-Rookie Team that featured a pair of Warriors. Freshmen Juliane Ohmen and Bridget Shanahan were recognized for their efforts after also being named NE10 All-Rookie selections. The former totaled 12 points to lead all of Merrimack's newcomers while the latter played in nearly every minute this season, starting in all 22 games during her rookie year as one of Merrimack's primary defenders.

“Success is not final, failing is not fatal. It is the courage to continue that counts.”

“El éxito no es el fin, el fracaso no es mortal. Es el valor de continuar lo que cuenta.”

- Winston Churchill

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MCC's Arts Administration Certificate Program - Enroll Now

There is still time to enroll in Middlesex Community College's Arts Administration Certificate Program. Registration is now open and spring-semester courses begin Tuesday, Jan. 22, 2019.

This 18-credit certificate gives students an introduction to the management and leadership skills needed to successfully work in the nonprofit arts sector (dance, theater, music and visual arts organizations). Students will be prepared to transfer to a college or university, or to work in arts organizations.

"Arts administration is an exciting, evolving and rewarding field of study," said Peter Waldron, Manager of MCC's Academic Arts Center. "Arts administrators are the people who create opportunities for performances, exhibitions, workshops and concerts to happen.

"This certificate combines art-, music- and theater-appreciation classes, with courses in entrepreneurship and business administration," explained Waldron. Many Arts Administration courses will be available in the Academic Arts Center, MCC's new state-of-the-art performing-arts facility on the Lowell campus, he added.

The Massachusetts region includes a significant number of performance venues and nonprofit art organizations. This certificate also would provide a good introduction to management in the arts that might be of interest to those pursuing careers in business or nonprofit management.



Many courses in Middlesex Community College's Arts Administration Certificate Program will be available in the new Academic Arts Center on the Lowell campus. Registration for this program is now open and spring-semester courses begin Tuesday, Jan. 22, 2019. Call 1-800-818-3434.

For further information about the Arts Administration Certificate Program at Middlesex, visit: <https://catalog.middlesex.mass.edu/ArtsAdmin> or contact Peter Waldron at waldronp@middlesex.mass.edu.

To register for MCC spring-semester courses, visit: <https://www.middlesex.mass.edu/registration/> or call 1-800-818-3434.

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, we educate, engage and empower a diverse community of learners. MCC offers more than 70 degree and certificate programs – plus hundreds of noncredit courses – on our campuses in Bedford and Lowell, and online. Middlesex Community College: Student success starts here!

Walk In and Enroll for Spring Courses at Middlesex CC

Registration is now open for spring-semester courses at Middlesex Community College. Classes begin Tuesday, Jan. 22, 2019, on the Bedford and Lowell campuses, and online.

New and returning students can meet with an advisor, build their class schedules for spring semester, and take the College Placement Test during Walk-In Enrollment Days, to be held in the Bedford Campus Enrollment Center (Building 9), 591 Springs Road, and in the Cowan Center on the Lowell campus, 33 Kearney Square.

- December Walk-In Enrollment Days will be held Dec. 17-20. Hours are: 9 a.m. to 5 p.m. Monday-Thursday.

- January Walk-In Enrollment Days will be held Jan. 8-17, 2019. Hours are: 9 a.m. to 5 p.m. Monday-Thursday; and 9 a.m. to 4 p.m. Friday.

During Walk-In Enrollment, students can learn about MCC's more than 70 degree and certificate programs. They can also receive information about financial aid and other student support services – including tutoring,

career counseling, and disability support.

Prospective students will be able to meet with admissions counselors and fill out an application. Qualified students can register for courses.

Middlesex offers flexible schedules to fit your needs, with day, evening and weekend options. Combined with a small-class environment, attentive and accessible teachers, and honors courses for high-achieving students, MCC provides a quality education at a price you can afford – online or on campus.

With online learning at Middlesex, your classroom can be as close as the nearest Internet connection. For 20 years, MCC has been a leader in online education. We currently offer 15 associate degree and certificate programs that can be completed entirely online, plus 10 programs that are 80 percent online. We also offer hundreds of online course offerings, plus hybrid courses – which combine online and face-to-face instruction.

To learn more about Middlesex, or to register for Spring 2019 courses, visit www.middlesex.mass.edu or call 1-800-818-3434.

MCC Awarded \$2.5M Grant to Continue College-Awareness Programs



Middlesex Community College has received a seven-year \$2.5M state grant to continue funding GEAR UP, its highly successful college awareness and scholarship program. UMass Lowell student Kara Danas credits GEAR UP at MCC with preparing her well for college success.

Middlesex Community College has received a seven-year \$2,583,000 grant from the Massachusetts Department of Higher Education to continue funding GEAR UP (Gaining Early Awareness & Readiness for Undergraduate Programs), its highly successful college awareness and scholarship program.

The grant is part of a recent \$29.7 million statewide grant from the U.S. Department of Education to continue funding GEAR UP at 16 schools in seven urban districts across the Commonwealth for the next seven years.

Now in its 19th year, GEAR UP Massachusetts provides 6,300 middle and high school students and their families with assistance in the college search and application process, SAT test preparation, financial counseling, and academic support services intended to help students arrive on campus prepared to succeed in credit-bearing coursework.

Middlesex will receive \$369,000 annually to continue providing academic, cultural, college and career services to 900 local low-income, high-achieving students, explained Colleen Winn, MCC Director of Pre-Collegiate TRiO Programs and GEAR

UP Massachusetts.

"Thanks to this grant, we will keep providing students at Lowell's Pyne Arts Middle School and Lowell High School with an array of services that help them pursue a college education and gain admission to the most selective colleges," said Winn.

Local GEAR UP students will also continue to have the opportunity to be nominated for life-changing scholarships from the Posse Foundation and Questbridge, she added.

"The seven years I was in GEAR UP at Middlesex definitely helped me shape the person that I am today," said Kara Danas, now a senior English literature major at UMass Lowell and recipient of \$3,000 in GEAR UP scholarships.

"I credit GEAR UP with showing me how to reach my full potential, and the wonderful guidance I received is most definitely a large reason why I am a dedicated and hardworking university student today."

For more information about GEAR UP Massachusetts at MCC, contact Colleen Winn, Director of Pre-Collegiate TRiO Programs and GEAR UP, at winnc@middlesex.mass.edu or 978-656-3401.

"Accept responsibility for your life... It is you who will have to get you where you want to go, nobody else."

"Acepte la responsabilidad por su vida... Depende de usted llegar hasta donde aspira a llegar, nadie más."

- Les Brown

Concurso de Cocina en Lawrence abierto al público

ARROZ CON POLLO Y VERDURAS

El arroz con pollo y verduras, es una de las formas más populares de preparar este cereal. Y también más saludable. Es una receta de cocina muy típica de España y de toda América latina. Cuenta con todas las proteínas del pollo (y su falta de grasa) y las vitaminas del arroz y de la verdura. Una comida que no puedes dejar de preparar y que sirve como plato único, debido a lo completa que es. Su elaboración, es similar a la de una paella aunque sus ingredientes, son otros. Para preparar este arroz con pollo y verduras, necesitaremos los siguientes ingredientes:

Ingredientes para un arroz con pollo y verduras para dos personas:

- 200g de arroz
- 400g de caldo de pollo o verduras
- 1 cebolla
- 1/2 pimiento verde y 1/2 rojo
- 2 dientes de ajo
- 2 tomates pelados
- 300g de pechuga de pollo
- 150g de guisantes
- unas hebras de azafrán (o colorante alimentario)
- sal y pimienta
- aceite

Procedimiento

1.- Ponemos un chorrete de aceite a calentar a fuego medio en alguna cacerola muy ancha. Como una paella. Mientras se calienta, picamos la cebolla, los pimientos y los dientes de ajo y los añadimos. Echamos una pizquita de sal y cocinamos mientras revolvemos de vez en cuando con una cuchara de palo durante unos 5 minutos.
2.- Pasado el tiempo añadimos las pechugas de pollo cortadas en trozos grandes. Si lo prefieres podrías utilizar muslos en vez de pechugas. Subimos el fuego un poco y cocinamos todo durante otros 5-10 minutos. Hasta que el pollo coja algo de colorcito por

fuera (tampoco demasiado).
3.- Cuando el pollo tenga algo de color, es el momento de echar el tomate picado y pelado. Cocinamos mientras removemos todos los ingredientes durante otros 5 minutos más.
4.- Es el momento de echar el arroz. 200g de arroz viene a ser un vaso de agua de 200ml lleno de este cereal. Lo echamos y lo integramos con la cuchara con el resto de ingredientes, mientras dejamos cocinar un minuto más ¡Que absorba todos los juguitos de la verdura y el pollo!
5.- Es el turno de echar el resto de ingredientes que faltan. Primero echamos el caldo de pollo o verduras. El doble de cantidad que de arroz (dos vasos). Después las hebras de azafrán. Si no tienes azafrán puedes echar colorante alimentario pero, ya no será lo mismo. Añadimos también los guisantes y finalmente rectificamos de sal. El caldo debe quedar más bien sabroso, ya que el arroz es un alimento bastante soso de por sí y absorberá gran parte de la sal. Si nos quedamos cortos de sal, el arroz sabrá muy soso.
6.- Removemos durante un par de minutos todos los ingredientes para que queden colocados de la forma más uniforme posible sobre la cacerola que estemos empleando. Después bajamos el fuego a potencia suave y dejamos cocer, sin remover en ningún momento más, durante 15 o 20 minutos. Hasta que no quede caldo.
7.- Cuando el arroz haya absorbido prácticamente todo el caldo, apagamos el fuego, tapamos la cacerola con un paño limpio y dejamos reposar 5 minutos más. Así, nos aseguramos que tendremos un arroz bien sabroso y “al dente”



POLLO AL HORNO CON VERDURAS

Pollo al horno con verduras. Otra forma más de preparar esta popular carne. Pollo asado. Además es una opción muy saludable, debido a que la carne de pollo es de las más saludables de todas las carnes que hay, las verduras que poco hay que decir de ellas y a que, el horneado es una de las técnicas de cocción más sanas. Así que ésta es una estupenda manera de comer carne de forma muy saludable. Veamos como hacer este pollo al horno con verduras

Ingredientes para hacer pollo al horno con verduras para 4 personas:

- 4 muslos de pollo completos
- 2 patatas medianas
- 3 zanahorias
- 1 cebolla
- 4 dientes de ajo
- 1 pimiento verde
- 1/2 pimiento rojo
- Tomillo seco
- sal y pimienta
- Aceite

Procedimiento

1.- Ponemos en la base de una fuente para horno, las patatas cortadas en láminas de 1cm de grosor, la zanahoria en trozos de un par de cm, la cebolla en tiras, los dientes de ajo picados y el pimiento verde y el rojo

cortado también en tiras. Aunque puedes añadir la verdura toca picada, si lo prefieres.
Salpimentar
2.- Encima, colocamos los muslos de pollo. Los bañamos con un vaso de agua y salpimentamos.. Después le añadimos un pequeño chorrito de aceite a cada muslo y espolvoreamos con tomillo seco.
3.- Metemos al horno previamente calentado a 200°C, calor arriba y abajo. Dejamos cocinar alrededor de 25 minutos
4.- Pasado el tiempo, retiramos el pollo del horno y le damos la vuelta. Volvemos a salpimentar, echamos un poco más de tomillo y volvemos a meter hasta que esté cocinado y bien dorado. Otros 25 minutos más o menos

Y así de fácil tendremos listo nuestro pollo al horno con verduras. Con esto de poner la verdura como base, y el pollo encima, conseguiremos que suelte su jugo, se mezcle con la verdura y ¡tengamos una guarnición espectacular!



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El programa radial Fortaleciendo la Familia está auspiciando un concurso de cocina donde los concursantes podrán escoger una de las 6 recetas que ofreceremos en esta página. Todas las semanas les traeremos dos recetas traeremos dos para que pueda seleccionar la que va a preparar.

El concurso tendrá un jurado que decidirá la mejor de ellas. El primer lugar ganará \$200; el segundo lugar, \$150; y el tercer lugar, \$100.

El evento se llevará a cabo el 22 de diciembre en el 198 de Garden St., Lawrence, comenzando a las 4 pm.

Habrará rifas y mucha diversión.

Para más información, llame a Rafael Disla al (978) 569-7798.

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La Chica Diamante - Una línea de vida para perros sin hogar

Por Mary Lou Maraganis and Diane Swift

Entre el 2014 y 2017, el Oficial de Control de Animales de Methuen, MA respondió a varias llamadas de abandono por un perro de carácter dulce llamado Diamond. Estaba baja de peso e infestada de pulgas. Tenía la piel y pelaje en malas condiciones, y viejas marcas de quemaduras. Según se informa, no había pruebas suficientes para presentar cargos o remover a Diamond de su casa. La dueña se negó a entregarla. A principios de 2018, la propietaria se mudó pero no trajo a Diamond; tal vez ella no era bienvenida. Diamond era un pit bull terrier, una raza injustamente marginada conocida por su lealtad y afecto. Por lo tanto, se desconocía su paradero hasta el 23 de septiembre de 2018, cuando fue encontrada atada a un palo en Lawrence. Estaba enferma y no tenía comida, agua ni identificación. El 5 de octubre, sería sacrificada y durante los siguientes 12 días, se desencadenó una serie de eventos inquietantes.

Lawrence Animal Control (ACO) llevó a Diamond a sus instalaciones. A medida que se acercaba el límite estándar de siete días, se puso muy débil y apática. Según la política de la ciudad, ACO no podía llevar a Diamond a un veterinario. En cambio, la ACO encontró un hogar de acogida. Animal Rescue Konnection (ARK), una organización sin fines de lucro dedicada a ayudar a los perros en riesgo, fue contactada por los promotores para obtener orientación y ayuda con la atención veterinaria. Las pruebas confirmaron que tenía varios problemas de salud, incluidos la nutrición, un problema del corazón y un letargo extremo. Peor aún, le diagnosticaron insuficiencia renal terminal y le dieron menos de una semana de vida.

Para ayudar a corregir un grave mal, la familia de acogida eligió darle a Diamond el cuidado de hospicio más amoroso posible y una muerte pacífica y digna. Así que la trajeron a casa con la medicina. La colocaron en un rincón especial con almohadas y mantas calientes. Se sentaron en el suelo para vigilarla. Como era de esperar, ella declinó gradualmente. Pero a través de todo esto, ella se negó a ensuciar la casa y luchó por llegar a la puerta. Así era ella de obediente. Ella era muy respetuosa, muy buena.

Mientras tanto, la propietaria se enteró de la situación de Diamond a través de las redes sociales y se contactó con los promotores, pero solo hizo promesas vacías para ayudar a su perra. Después de que Diamond respondió a la voz de la dueña por teléfono, los promotores sintieron que era importante que se despidiera. Como la dueña no tenía un automóvil, los promotores le trajeron a Diamond. Aunque muy enferma y abatida, cuando la dueña se acercó a esta perra leal, abrió los ojos, levantó la cabeza y lamió la cara de la mujer. Fue una experiencia llorosa. Esta persona era su mundo. El abandono, las pulgas, la falta de comida, las quemaduras sospechosas, el abandono y la enfermedad no tratada no le importaban a Diamond. Ella simplemente

derramó el amor restante en su corazón.

Esa noche Diamond sufrió un horrible ataque. Era hora. El ACO y la persona que la estaba cuidando la sostuvieron durante el procedimiento de eutanasia. Murió en sus brazos a las 2:30 am. El personal del hospital veterinario de 24 horas contratado por la ciudad se negó a mantener su cuerpo durante algunas horas sin un pago adicional por estadía prolongada, por lo que ACO y la familia foster llevaron una caja con el cuerpo de Diamond al coche de la ACO donde permaneció hasta el turno de la mañana. Los detalles de cualquier investigación sobre el tratamiento y abandono de Diamond aún no están claros.

La historia de Diamond define el amor imparcial e incondicional de los perros. Su devoción nos muestra cómo las mascotas tienen una ventaja emocional intuitiva sobre los humanos. La dueña de Diamond falló, así como las prácticas anticuadas de control de animales. Durante los siete días de espera, no existen estándares de atención para el ejercicio, socialización, atención veterinaria o las redes sociales para encontrar propietarios o una mejor ubicación. Además, en Lawrence las perreras están sin calefacción. En este entorno, el bienestar emocional y de comportamiento de un animal se deteriora rápidamente, dejándolos vulnerables, estresados y menos propensos a ser adoptados.

Lawrence necesita voluntarios para ayudar al ACOs con cuidado, pero no están permitidos en el refugio donde se encuentra pues es en los terrenos de la prisión (The Farm en Marston St.). Los presos de la prisión han pedido repetidamente que les permitan ser voluntarios para cuidar y pasear a los perros, limpiar las perreras y ayudar con la construcción y el mantenimiento, que es muy necesario, pero se les niega continuamente. Irónicamente, la de Lawrence se construyó intencionalmente en los terrenos de la prisión para que los reclusos elegibles pudieran ser voluntarios. Este objetivo original aún no se ha logrado, a pesar de que los programas de animales de prisión han tenido un gran éxito en todo el país.

Aunque esta narrativa revela un sistema injusto que deja a los animales vulnerables, muchas ciudades y pueblos en todo el estado y país ahora usan prácticas defendidas por las principales organizaciones en materia de bienestar animal. Diamond debe ser el catalizador para que las comunidades den algunos pasos muy necesarios para dar a todos los animales en Massachusetts la misma oportunidad de ser atendidos y reubicados.

Para promover el cambio, contacte a sus legisladores y políticos locales. Comuníquese con su ACO, el departamento de policía y el departamento de salud para verificar sus políticas y procedimientos que respaldan sus impuestos. Las ciudades son responsables de los suyos, y eso incluye a los animales. Las cosas cambiarán solo cuando los votantes hagan preguntas y muestren a sus funcionarios electos cuán importante es este tema para ellos. Haga esto en honor a una perra muy dulce llamada Diamond.

Diamond Girl - A Lifeline for Homeless Dogs

By Mary Lou Maraganis and Diane Swift

Between 2014-2017 Methuen, MA animal control responded to several calls of neglect for a sweet-natured dog named Diamond. She was underweight and flea-infested. She had poor skin and fur, and old burn marks. Reportedly, there wasn't enough evidence to press charges or remove Diamond. The owner refused to surrender her. Early in 2018 the owner moved but did not bring Diamond; perhaps she was unwelcome.

Diamond was a pit bull terrier, an unfairly marginalized breed known for their loyalty and affection. Thus, her whereabouts are unknown until September 23, 2018 when she was found tied to a pole in Lawrence. She was sickly and had no food, water, or identification. On October 5, she was to be euthanized and over the next 12 days an unsettling chain of events unfolded.

Lawrence Animal Control brought Diamond to the holding facility. As the standard seven-day limit approached, she became very weak and listless. Per city policy, the ACO could not take Diamond to a vet. Instead, the ACO found a foster home. Animal Rescue Konnection (ARK), a nonprofit rescue devoted to helping at-risk dogs was contacted by the fosters for guidance and help with veterinary care. Tests confirmed she had several health issues including nourishment, a heart issue, and extreme lethargy. Worse, she was diagnosed with end-stage renal failure and given less than a week to live.

To help right a severe wrong, the foster family chose to give Diamond the most loving hospice care possible and a peaceful, dignified passing. So they brought her home with medicine. They set her up in a special corner with pillows and warm blankets. They lied down on the floor to keep watch. As expected, she gradually declined. But through all this, she refused to soil the house and struggled to reach the door. She was that obedient. She was that respectful. She was that good.

Meanwhile, the owner learned of Diamond's situation through social media and contacted the fosters but only made empty promises to help her dog. After Diamond responded to the owner's voice over the phone, the fosters felt it important for her to say goodbye. Since the owner did not have a car, the fosters brought Diamond to her. Though very ill and despondent, when the owner approached this loyal dog opened her eyes, lifted her head, and licked the woman's face. It was a tearful experience. This undeserving person was her world. The neglect, fleas, lack of food, suspicious burns, abandonment, and untreated disease didn't matter to Diamond. She simply poured out the remaining love in her heart.

That night Diamond experienced a horrific seizure. It was time. The ACO and foster held Diamond during the euthanasia procedure. She passed in their arms at 2:30 a.m. Staff at the 24-hour veterinary



hospital contracted by the city refused to keep her body for a few hours without an additional payment for extended stay, so the ACO and foster carried a box holding Diamond's body to the ACO's car where it remained until the morning shift. Details of any investigation about Diamond's treatment and abandonment are still unclear.

Diamond's story defines the unbiased, unconditional love of dogs. Her devotion shows us how pets have an intuitive emotional edge over humans. Diamond was failed by her owner as well as outdated animal control practices. During the seven-day hold, there are no standards of care for exercise, socialization, vet care, or social networking to find the owners or a better placement. Additionally, in Lawrence the kennels are unheated. In this environment an animal's emotional and behavioral well-being quickly erode, leaving them vulnerable, stressed, and less likely to be adopted.

Lawrence needs volunteers to help the ACOS with care, but they are not allowed in the pound which sits on prison grounds (The Farm on Marston St.) Prison inmates have repeatedly asked to volunteer to care and walk the dogs, clean the kennels and assist with construction and maintenance, which is sorely needed, but are continually denied. Ironically, Lawrence's pound was intentionally built on the prison grounds so eligible inmates could volunteer. This original goal has yet to be achieved even though prison animal programs have proved highly successful across the country.

Though this narrative reveals an unfair system that leaves animals vulnerable, many cities and towns across the state and country now use practices advocated by top organizations in animal welfare. Diamond must be the catalyst for communities to take some much-needed steps toward giving all animals in Massachusetts an equal chance to be cared for and re-homed.

To promote change, contact your legislators and local politicians. Contact your own ACO, police department, and health department to check their policies and procedures that your tax dollars support. Cities are responsible for their own, and that includes animals. Things will change only when voters ask questions and show their elected officials how important this issue is to them. Do this in honor of a very gentle dog named Diamond.

Para más información // For more information:

Animal Rescue Konnection (ARK)
maryloumaria@yahoo.com

<https://www.animalrescuekonnection.org>
<https://www.facebook.com/AnimalRescueKonnection>

Essex Art Center

56 Island St, Lawrence, MA
978-685-2343

Community Group/Essex Art Center Provide After-School Art Classes to Tarbox School Students

This fall, 11 third-grade Tarbox students came to EAC twice a week to work with teacher Claire McCarthy and Bread Loaf writing fellows and Lawrence residents Kaylee Sostre and John Omosefe to develop their own semi-autobiographical graphic novels. Through exercises and games, the third graders learned about story elements and explored their self-identity, values, and beliefs. The students imagined superhero versions of themselves in order to tell their stories in words and drawings. Parents and other guests joined the class for a reception celebrating



the world debut of the novels. A new group from Tarbox will begin with Claire in January.

Bringing Art to Tarbox and Community Day Charter School Students

Twenty-six elementary school students from Lawrence were able to attend classes at Essex Art Center this fall at no cost, thanks to the generosity of our donors. These students signed up for an array of our classes: Clay Studio, Explore with Clay, Fun with Clay, Transform Trash to Treasures, Animals in Art, and Fantastic Beasts. Now that the semester is coming to a close, many of the students and their parents are coming to the office to ask about the next session. We will continue to offer these opportunities in the winter to students at Tarbox and Community Day Charter School, and will also welcome back Si Se Puede now that they have transportation again.



Holy Family Hospital to Offer Free Seminar on Living a Healthier Life with Epilepsy

Learn about epilepsy treatment and management at Holy Family Hospital in Methuen on Tuesday, January 8, 2019, 6-7 p.m., with Holy Family Hospital neurologist Kaarkuzhali Krishnamurthy, MD.

Dr. Krishnamurthy will give an overview of new and existing treatments for epilepsy, highlight pregnancy planning for women with seizure disorders, discuss preventing chronic side effects from epilepsy and seizure treatments, and define lifestyle modifications to improve seizure control.

The presentation is part of the Meet the Expert series of seminars held monthly throughout the year at Holy Family Hospital, which are free and open to the public. Light refreshments will be served, and registration is required. Nurses in attendance are awarded one contact hour in nursing at the end of the presentation.

This free seminar will be in the Holy Family Hospital Methuen campus auditorium located at 70 East Street in Methuen, Massachusetts. For more information or to register, please email george.nugent@steward.org or call 978-687-0151 ext. 4697.

About Holy Family Hospital

Holy Family Hospital is a 385-bed full-service, acute care hospital with two campuses located in Methuen and Haverhill, Massachusetts. Both locations, Holy Family Hospital-Methuen, and Holy Family Hospital-Haverhill, provide comprehensive inpatient, outpatient and 24/7 emergency services, including eICUs. With first class specialists, innovative treatment options and state-of-the-art technology, both of our hospital campuses provide exceptional care throughout the greater Merrimack Valley and southern New Hampshire. Holy Family Hospital was the first hospital in Massachusetts to receive the Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement from the Joint Commission, the premier health

care quality improvement and accrediting body in the nation and maintains this advanced certification. For the second consecutive year, Holy Family Hospital has earned the Top General Hospital Award from The Leapfrog Group. Holy Family Hospital is one of only 35 hospitals nationwide and is the only hospital in the Merrimack Valley and southern New Hampshire to earn this distinction for performance on national standards of quality and safety. To learn more go to <https://www.holyfamilyhospital.org>.

About Steward Health Care

Steward Health Care is the nation's largest private, for profit physician led health care network in the United States. Headquartered in Dallas, Texas, Steward operates 36 hospitals in the United States and the country of Malta that regularly receive top awards for quality and safety. The company employs approximately 40,000 health care professionals. The Steward network includes multiple urgent care centers and skilled nursing facilities, substantial behavioral health services, over 7,900 beds under management, and approximately 2.2 million full risk covered lives through the company's managed care and health insurance services. The total number of paneled lives within Steward's integrated care network is projected to reach three million in 2018.

The Steward Health Care Network includes five thousand physicians across 800 communities who help to provide more than 12 million patient encounters per year. Steward Medical Group, the company's employed physician group, provides more than six million patient encounters per year. The Steward Hospital Group operates hospitals in Malta and nine states across the U.S., including Arizona, Arkansas, Florida, Louisiana, Massachusetts, Ohio, Pennsylvania, Texas, and Utah.

The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes.

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM.

Class fee is \$50. Call 978-683-7316 for more information.

www.rumbonews.com

SUDOKU (Respuestas/Answers pg 23)

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CALENDARIO | CALENDAR OF EVENTS

Groups/Events at Nashua Library

The library is located at 2 Court Street. Visit nashualibrary.org/visit/ directions for directions and parking information. For other information, contact the Reference Department at 589-4611 or via email at reference@nashualibrary.org.

Writers and Illustrators Group Launches at Nashua Library

A new group for writers and illustrators will begin meeting at the Nashua Public Library this fall. If you're between the ages of 15 and 25 and you're looking to share your work, hone your craft, or exchange ideas, join us! The group will meet on the following Wednesdays at 6:30 pm in the Large Meeting Room: November 14.

Immigration Advice at Nashua Library

If you have questions about applying to enter the U.S. or becoming a citizen, come to the Nashua Public Library for a private meeting with an expert from U.S. Citizenship and Immigration Services. One of their staff members will be on hand to talk to you individually on Wednesday, February 6, from 9:30 am to 11:30 am.

No appointment is necessary for these meetings.

Free Computer Classes for Adults

Learn a new skill or brush up on some you haven't used for a while. Reference staff leads these classes in various Microsoft

Office programs : all of these classes are free of charge and are held in the computer training room. No registration is required. More details and a full schedule including a schedule of drop-in tech help sessions can be found at <https://www.nashualibrary.org/attend/computer-classes/>

Microsoft Excel – Introduction: 12/14 at 2:30 PM, 12/17 at 10:30 AM, 1/7 at 10:30 AM, 1/25 at 2:30 PM, 2.11 at 10:30 AM and 2/22 at 2:30 PM

Microsoft Excel - Advanced: 1/16 and 2/20 at 10:30 AM

Microsoft Word – Introduction: 12/4 at 10:30 AM, 12/27 at 2:30 PM, 1/3 at 2:30 PM, 1/22 at 10:30 AM, 2/7 at 2:30 PM, 2/26 at 10:30 AM

Microsoft Word – Advanced: 1/28 and 2/15 at 10:30 AM

Microsoft PowerPoint : 1/29 at 2:30 PM, 2/25 at 10:30 AM

Winter Events for Tweens

Tweens ages 9 to 12 should keep Thursdays at 4:15 p.m. open twice a month for programs involving painting, games, hot cocoa and bowling. Details at tinyurl.com/npltween.

January 3: Watercolor Resist Painting

January 17: Game Day

February 7: Hot Cocoa Bar

February 21: Glow Bowling

Winter Events for Teens

Teens ages 12 to 17 are invited to stop in any time to create in our new MakerSpace, especially during February school vacation when we're manipulating Polaroids and creating videos. Teens can also have fun with gift making, watching movies, Drag-Queen Teen Time and a Black Hearts Party. Returning monthly is Y.A.Y. (You Are You), Animondays, Random Fandom, and Button Mashers. Get all the details at tinyurl.com/nplteen.

Winter Events for Kids and Families

New events for kids and families at the Nashua Public Library this winter include Music and Movement on Tuesday mornings, Parenting University and Coding Fun. We'll continue to have fun with science on Monday nights as we invite families to experiment with snow, color theory and liquid filtration. For more information and to view a complete list of events, go to tinyurl.com/nplkid.

**Lawrence High School
Graduates of 2010 through 2012**

The Library received a large amount of LHS yearbooks (2010 and 2012) from the high school. They are giving them away.

If interested, please contact Louise Sandberg in the Main Library, at 51 Lawrence St.

¡La Fundación Big Brother Big Sister necesita tu ayuda!




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

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

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.

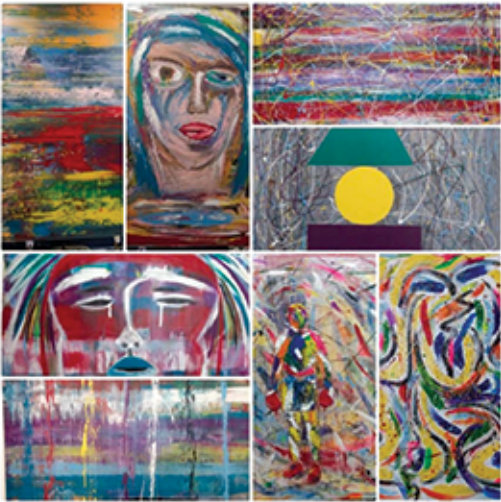
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Fire victims / Víctimas de incendios

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.

<http://heallawrence.org/heallawrence@aol.com>

<https://www.facebook.com/heallawrence.mass>

LEGAL NOTICE

NOTICE OF PUBLIC SALE
Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L. c. 255, Section 39A, that they will sell the following vehicles on or after December 16, 2018 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

- 2011 Ford Edge
VIN# 2FMDK4KC2BBA16840
- 2017 Honda Accord
VIN# 1HGCR2F58HA033031
- 2014 Subaru BRZ
VIN# JF1ZCAC17E9605912

Vehicles are being stored at Coady's Towing Service and may be viewed by appointment only.


Signed
Frank Coady
Coady's Towing Service
12/1, 12/8, 12/15

LETTERS TO THE EDITOR

RUMBO
315 Mt. Vernon St.
Lawrence MA 01843
Email: rumbo@rumbonews.com

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

Meeting Notice



Merrimack Valley Planning Commission

Haverhill –Thursday, December 20, 2018. The Merrimack Valley Planning Commission will hold their monthly meeting on Thursday, December 20 at 7pm at the MVPC office, 160 Main Street, Haverhill. The agenda includes updates of the Commission's activities and is available on the MVPC website – www.mvpc.org

For more information call Nancy Lavallee at 978-374-0519 or email nlavallee@mvpc.org

www.rumbonews.com

SUDOKU Respuestas/Answers

9	6	2	1	4	5	7	8	3
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