



Enero/January 8, 2019

EDICIÓN NO. 654

The BILINGUAL Newspaper of the Merrimack Valley

Calendario de actividades
/ Calendar of activities

Pg. 18 - 22

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

Reyes Magos en Lowell



Los Reyes Magos hicieron una parada en la Iglesia de San Patricio, en Lowell el pasado domingo, 6 del corriente mes de enero. En la foto, Alex Mazo, de 2 años de edad sentado en las piernas del Rey Gaspar, esperando por su regalo.

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Corrupción en Lawrence: Tráfico de influencia

La razón por la cual muchos candidatos quieren ser elegidos y la realidad de los favores que la Concejal del Distrito B Estela Reyes disfruta.

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Corruption in Lawrence: Traffic of influence

The reason why many candidates want to be elected and the reality of the favors District B City Councilor Estela Reyes enjoys.

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Concurso de Cocina



Tal como fue anunciado, se llevó a cabo el tan ansiado concurso de cocina "Cocina y Gana" auspiciado por el programa radial Fortaleciendo la Familia que produce y dirige Ynocencio Disla. En la foto aparece Ynocencio entregando una placa a su esposa Gloria Bautista por el apoyo que brinda a su ministerio.

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Jones Earns Pro Ambitions Rookie of the Week

Freshman forward Gabby Jones of the Merrimack College women's ice hockey program scored a crucial goal late in Sunday afternoon's 1-1 tie with #6 Princeton. The performance led Jones to her first Hockey East weekly award, receiving the final Pro Ambitions Rookie of the Week accolade for 2018.

Trailing by a goal late in the third period to the Tigers Sunday afternoon, Jones netted the equalizer with 1:10 left in regulation, forcing overtime and helping her team to a tie.

This year, Jones has been a staple to the Merrimack offense. The forward is second among freshman in scoring (11 points), and is tied for first on the team with a +10. The



Westfield, Massachusetts, native recorded a three assist performance against Union in the second game of the season, and recorded her first career multi-goal performance against Holy Cross on November 10th.

The Warriors are back in action Friday, January 11, taking on Vermont for the second time this season. Puck drop is set for 7 p.m.

Sueños Basketball celebró la Navidad de Sueños

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Por/By Dalia Diaz
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EDITORIAL | EDITORIAL

Hombre del Año

Si preguntan nuestra opinión, el Hombre del Año en Lawrence es José "Bugzy" Martínez.

Las muertes relacionadas por sobredosis de opioides han dominado los titulares de múltiples publicaciones durante los últimos años. Las víctimas fueron aquellas personas que se sintieron dominados por la adicción sin poder rechazarla por falta de fuerza de voluntad.

Fuerza de voluntad es la que ha mostrado nuestro Hombre del Año, José "Bugzy" Martínez, para liberarse de ese mal.

La desesperación lo llevó a tratar de robar un establecimiento, fue sorprendido por la Policía y llevado ante un juez que lo condenó a 2 y medio años de libertad condicional.

El vicio pudo más que él, consumió drogas de nuevo, y esta vez llamó a Gene Musgrade, su oficial de probación en la corte de Lawrence y le confesó su delito. "Estaba desesperado, quería dejar ese vicio pero solo, nunca lo lograría".

El Oficial Musgrade lo presentó ante el juez, éste al comprobar que había violado la orden de libertad condicional, esta vez lo envió a la Cárcel de Middleton a cumplir los 2 y medio años de la condena original.

Después de 8 meses encerrado en el Bloque #110 en Middleton, donde sudó, lloró y rezó mucho tratando de romper el vicio, fue visitado por un guardia consejero. Éste quería saber si él estaría interesado en ingresar en un programa nuevo para drogadictos llamado SATCO (Substance Abuse Treatment Co-Ofenders).

Fue trasladado al Bloque 80BED en unión de otros 80 presos. Allí recibieron terapia de NA-AA (Narcóticos Anónimos-Alcohólicos Anónimos) que mucho le ayudó a decir NO a las drogas. También le ayudó mucho el hablar de sus problemas ante otros presos.

Un día, a petición de los guardias fue con otros 5 presos como voluntario para ayudar a repartir los alimentos a los presos del Bloque 240A, donde había 120 hombres, 2 en cada celda, algunos muy violentos por cierto. Muchos aceptaban las bandejas con el alimento, otros las rechazaban violentamente y hasta los escupían, insultándolos con nombres y malas palabras.

"Terminada la asignación, de regreso a nuestro bloque, de repente nos detuvimos y nos miramos unos a otros, primero en silencio, sentímos que algo nos estaba pasando. Luego de esa experiencia con esos hombres nos dimos cuenta que ya nosotros no éramos como ellos, que habíamos cambiado", dice con emoción.

"Terminé mi sentencia y nunca más he vuelto a las drogas".

En 2010, José Bugzy Martínez y su esposa Daisy establecieron su propio gimnasio en el 250 de la Calle Canal, en Lawrence. Además de entrenar boxeadores, el Lawrence SWAT team se entrena allí.

Esta es la historia en detalle de cómo Bugzy luchó hasta vencer el vicio de la droga. En la edición del 22 de diciembre 2018, página 11, Rumbo recogió la Historia de su Vida en Lienzo, durante una exhibición de pinturas originales presentada en Lawrence Heritage State Park.

Bugzy nació en Lawrence, educado en nuestras escuelas públicas, rodeado de las mismas dolencias que esta sociedad ofrece, incluyendo las tentaciones, y que eventualmente lo llevaron por el camino equivocado.

Mostró debilidad por caer en el vicio de las drogas, pero a su vez, demostró una fortaleza de carácter increíble al lograr salir de ellas. Por eso lo consideramos el Hombre del Año de Lawrence. ¡Que su ejemplo sirva a otros!



Man of the Year

If you ask our opinion, the Man of the Year in Lawrence is José "Bugzy" Martínez.

Deaths from opioid-related overdoses have dominated the headlines of multiple publications in recent years. The victims were those people who felt dominated by the addiction, unable to reject it due to lack of willpower.

Will power is what our Man of the Year, José "Bugzy" Martínez, has shown to free him from that evil.

The desperation led him to try to rob an establishment, was surprised by the police and brought before a judge who sentenced him to 2 and half years of probation.

The vice got the better of him, he used drugs again, and this time he called Gene Musgrade, his probation officer in Lawrence's court, and confessed his crime. "I was desperate, I wanted to leave that vice but on my own, I would never succeed."

Officer Musgrade presented him to the judge, who verified that he had violated the parole order, this time he sent him to Middleton Jail to complete the 2 and a half years of the original sentence.

After 8 months locked in Block #110 in Middleton, where he sweated, cried and prayed a lot trying to break the vice, he was visited by a counselor guard. He wanted to know if Bugzy would be interested in joining a new program for drug addicts called SATCO (Substance Abuse Treatment Co-Ofenders).

He was transferred to Block 80BED together with 80 other prisoners. There they received therapy from NA-AA (Narcotics Anonymous-Alcoholics Anonymous) that helped them to say NO to drugs. It also helped him a lot to talk about his problems with other prisoners.

One day, at the guards' request, he went with 5 other prisoners to help distribute food to the prisoners in Block 240A, where there were 120 men, 2 in each cell, some very violent, indeed. Many accepted the trays of food; others, rejected them violently, and even spat on them, insulting them with names and bad words.

After the assignment, back to their Block, they suddenly stopped and looked at each other, first in silence; "We felt that something was happening to us. After that experience with these men we realized that we were not like them anymore, that we had changed," said Bugzy.

"I finished my sentence and I have never returned to drugs", expressed proudly.

In 2010, José "Bugzy" Martínez and his wife Daisy established their own gym at 250 Canal Street, in Lawrence. In addition to training boxers, the Lawrence SWAT team trains there.

This is the story in detail of how Bugzy fought to overcome the vice of the drug. In the December 22, 2018 edition, page 11, Rumbo collected the Story of his Life on Canvas, during an exhibition of original paintings presented at Lawrence Heritage State Park.

Bugzy was born in Lawrence, educated in our public schools, surrounded by the same ailments that this society offers, including temptations, and that eventually led him down the wrong path.

He showed weakness for falling into drug addiction, but in turn, showed an incredible strength of character to get out of it. That's why we consider him Lawrence's Man of the Year. Let his example serve others!

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>

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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315 Mt. Vernon Street Lawrence, MA 01843-3206

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Greater Lawrence Technical School

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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Insignia en camiones de DPW



En la edición del 15 de diciembre les mostré algunas insignias en los camiones de DPW de Lawrence que están siendo reemplazados con uno brillante y moderno. En esa edición, mostré también que hay una ordenanza de la ciudad que dice que el cuño de la ciudad se mostrará en las puertas de todos los vehículos de la policía, excepto los encubiertos o de vigilancia deberá estar pegado permanentemente a las puertas del lado del conductor y del pasajero delantero

(Ord. No. 44-2009, 10-20-09)
Entonces, Carlos Jaquez, director del Departamento de Obras Públicas me envió la foto que aquí muestro explicando que están en el proceso de colocar la insignia en cada vehículo, aunque va a tomar un tiempo hacérselo a todos.

Ahora tengo que chequear si el auto del alcalde (comprado por el Departamento de Agua) también lo tiene puesto.

La ignorancia mata a los pueblos, y es preciso matar a la ignorancia"

Ignorance kills people, and it is necessary to kill ignorance "

José Martí.

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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.

Moda de invierno

¿Se ha dado cuenta de la frecuencia con la que vemos a personas vistiendo pijamas de franela en las calles? Tal vez usted no lo haya hecho porque se están convirtiendo en parte de la "ropa informal" para muchos.

Estuve en una tienda local hace un par de semanas y estuve muy cerca de preguntarle a un hombre por qué no se había vestido antes de salir ese día, pero tuve miedo de las consecuencias.

Concurso de cocina

Tuvimos el placer de promover el concurso de cocina que se llevó a cabo el 22 de diciembre en el 198 de Garden St. en Lawrence. Los eventos familiares de este tipo deberían celebrarse más a menudo porque era una diversión limpia sin la necesidad de bebidas alcohólicas. Felicito a Rafael Disla y todo su equipo por darnos unas horas de diversión.

Por supuesto, no todo fue perfecto. Nuestra comunidad debe aprender a respetar los protocolos y seguir las instrucciones.

La Línea de ayuda para fumadores de Massachusetts ofrece apoyo gratuito para dejar de fumar.

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Lupoli Family Pledges \$500,000 to NECC

The Lupoli Family Foundation has made a \$500,000 pledge to fund the new hospitality and culinary school which Northern Essex Community College plans to open in downtown Haverhill in 2019.

The Lupoli Family's pledge will jump start an anticipated \$1 million endowment for the Lupoli Family School of Hospitality & Culinary Arts which will be named in honor of Sal's parents, Nicholas and Jeannette Lupoli and his brother James. The \$1 million endowment would include the Lupoli pledge as well as funding from other sources, which the college is currently raising. It would be used to fund a chair or lead faculty for the college's hospitality & culinary school.

"My family is honored to partner with Northern Essex Community College in their efforts to ensure that all students have equal access to a quality education," says Lupoli. "As I close my eyes each night, I reflect upon my purpose to make my mother, father and brother proud of what Lupoli Companies was able to accomplish by focusing on family, education and culture."

Like other community colleges and state universities, NECC has struggled with decreased state funding. Massachusetts has cut higher education by 31% since 2001. "It's an incredible gift that will help us do something that no community college in New England has done before," says NECC President Lane Glenn. "We

will be able to create a permanent endowed chair for an academic program that will become a regional provider of skilled workers for an industry that is booming in the Commonwealth."

"Massachusetts community colleges are critical to our region's competitiveness," said Paul S. Grogan, president and CEO, The Boston Foundation. "With his pledge, Sal Lupoli sets an important example for business leaders who recognize the important role community colleges play in the community – educating students, fueling the local and regional economy, and providing life-changing opportunities for graduates."

The Lupoli Family School of Hospitality & Culinary Arts will occupy two floors of The Heights, a 10-story luxury, mixed-use development project built by Lupoli Companies, scheduled to open in 2019. It will feature classrooms, laboratories, a test kitchen, and a restaurant where aspiring chefs can begin honing their skills. Up to 200 students, from across the region, will enroll in programs ranging from certificates and associate degrees, to eventually bachelor's and master's degrees.

NECC currently offers an Associate of Science Degree in Business Management: Hospitality Option and is planning to offer a Culinary Arts Certificate program.

President Glenn points to the long and successful partnership he and NECC



have had with Lupoli Companies with pride. "We have operated a satellite campus at Riverwalk's thriving mixed-use development in Lawrence for 10 years," notes Glenn. "Sal and I helped launch the Lawrence Partnership, a private-public economic development group of leaders in the city; and Lupoli Companies built, donated, and helps us manage the Revolving Test Kitchen, a golden ticket opportunity for restaurant entrepreneurs."

Having started his career in hospitality, Sal Lupoli recognizes the importance of this unique program and the benefits it brings to the area. "We encourage other businesses to join us in our commitment to support higher education because

when you invest in a community college, you invest in the future of our local neighborhoods and our state as a whole."

"At the Massachusetts Competitive Partnership, we want to make the Commonwealth one of the leading states for business investment and job creation," says Dan O'Connell, President and CEO. "Collaborations with civic leaders, like Sal Lupoli, and community colleges, like NECC, generate growth which will ultimately contribute to our success as a region."

To learn more about the college's plans, contact Kelly Sullivan, Dean, Business and Professional Studies, ksullivan@necc.mass.edu or 978 556-3873.

AHORA: DAMARYS TIENE 100 LIBRAS MENOS Y 4 PULGADAS MÁS ALTA

La cirugía para perder peso ayudó a Damarys Morales a recuperar su antigua pasión: usar tacones altos. Damarys pesaba 200 libras cuando se inscribió en nuestro programa de cirugía para perder peso. Pero con el continuo apoyo no sólo de su familia sino también del equipo médico especializado, de los nutricionistas y de los entrenadores físicos, Damarys rebajó a 105 libras y pudo lucir sus tacones sofisticados.

Ahora, las milagros son sorprendentes en Lawrence General Hospital.

Para leer más sobre la historia de Damarys y realizar la autoevaluación de la cirugía para perder peso vía internet, visite lawrencegeneral.org.

Lawrence General Hospital. Atención de la misma calidad que en Boston, cerca de su casa.


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MILAGROS

Dádiva ayudará a las mujeres con trastorno de uso de opioides a atravesar el embarazo

El Hospital General de Lawrence recibió recientemente una subvención de tres años por un total de casi \$100,000 de la Fundación Peter y Elizabeth C. Tower para un nuevo programa para ayudar a las mujeres con trastorno de uso de opioides a lograr un mejor resultado de salud y conectarlas con un sistema de apoyo. Estos nuevos componentes de apoyo agregan profundidad a un programa exitoso y bien reconocido en Lawrence General para brindar tratamiento especializado para estas madres y bebés una vez que sean internados.

"Las mujeres con trastorno de uso de opioides tienen necesidades médicas complejas y enfrentan múltiples desafíos para cuidarse a sí mismas y a sus hijos", dice Nicole Garabedian, RN, MSN, directora de Atención Integrada en Lawrence General. "Debido a que los opiáceos hacen que uno se sienta letárgico e incapaz de concentrarse en las tareas más simples, los hijos de mujeres que sufren de adicción a los opioides tienen un alto riesgo de negligencia y otros tipos de abuso".

Para ayudar a enfrentar estos desafíos, Lawrence General usará su subvención de la Fundación Tower para apoyar un nuevo programa de navegación de pacientes para mujeres embarazadas con trastorno de uso de opioides. Estos navegantes guiarán a las madres a lo largo del proceso de atención médica y las ayudarán a obtener el apoyo que necesitan para garantizar un resultado de salud más positivo.

Como parte de este programa, el

navegador ayudará a las madres a adherirse a un programa de tratamiento de drogas y a asistir a citas de atención prenatal y exámenes de detección de drogas. Según sea necesario, también ayudarán a las madres a acceder a servicios de salud mental, transporte seguro a las citas y conectarse con otras organizaciones que pueden brindar asistencia con alimentos, vivienda, ropa y otras necesidades básicas.

Para complementar este nuevo rol de navegador de pacientes, Lawrence General también espera comenzar un nuevo programa de apoyo entre compañeras. Este programa reunirá a madres con afecciones médicas comunes para compartir experiencias, aprender nuevas habilidades y recibir apoyo grupal para ayudar a las personas a cambiar sus comportamientos y lograr mejores resultados. El grupo sería administrado por un líder, alguien que ha superado con éxito la adicción, y también incluirá orientación de profesionales de la salud y educadores.

Estos nuevos servicios se basan en el ya exitoso programa de Síndrome de Abstinencia Neonatal de Lawrence General, que brinda intervenciones a los recién nacidos expuestos a opioides y sus madres para garantizar los mejores resultados inmediatos y a largo plazo.

"Estas madres y bebés son especialmente vulnerables y también responden a este tipo de apoyo", comenta Dianne J. Anderson, RN, presidenta y directora general de Lawrence General.

"Estamos muy agradecidos con la Fundación Tower por ayudarnos a extender una mano a estas familias. Darles a estas mujeres las herramientas para proporcionar un comienzo saludable a sus bebés puede marcar una diferencia para toda la vida".

Sobre la Fundación Peter y Elizabeth Tower

La Fundación Peter y Elizabeth C. Tower apoya la programación comunitaria que resulta en que niños, adolescentes y adultos jóvenes afectados por discapacidades intelectuales, discapacidades de aprendizaje, enfermedades mentales y trastornos por uso de sustancias alcancen su máximo potencial.

Lawrence General Hospital es un hospital regional, independiente y sin fines de lucro. Con más de 260,000 admisiones para pacientes hospitalizados y encuentros ambulatorios cada año, Lawrence General

garantiza el acceso a la atención de alta calidad, las últimas tecnologías y más de 550 proveedores locales, incluida la atención primaria y muchas especialidades, brindando atención personalizada y un trato personalizado. Lawrence General, designado como Centro de Trauma de Nivel III, tiene uno de los Departamentos de Emergencias más concurridos de Massachusetts, ofrece una amplia gama de cirugías especializadas en su nuevo Centro Santagati para cirugía, y lidera la región en atención cardiaca con su centro cardiovascular altamente acreditado. Tiene afiliaciones clínicas con el Hospital Flotante para Niños en el Centro Médico Tufts y el Centro Médico Beth Israel Deaconess. Ofrece servicios desde su campus principal en Lawrence, así como desde ubicaciones en Andover, North Andover, y Methuen, MA y Salem, NH. Para obtener más información, visite www.lawrencegeneral.org.

Grant Will Assist Women with Opioid Use Disorder to Navigate Pregnancy

Lawrence General Hospital was recently awarded a three-year grant totaling almost \$100,000 from the Peter and Elizabeth C. Tower Foundation for a new program to help women with opioid use disorder navigate pregnancy to achieve better health outcomes and connect them with peer support. These new support components add depth to a well-recognized and successful program at Lawrence General to provide specialized inpatient treatment for these mothers and babies.

"Women with opioid use disorder have complex medical needs and face multiple challenges in caring for both themselves and their children," says Nicole Garabedian, RN, MSN, director of Integrated Care at Lawrence General. "Because opiates make one lethargic and unable to focus on even the simplest tasks, the children of women suffering from opioid addiction are at high risk of neglect and other types of abuse."

To help address these challenges, Lawrence General will use its Tower Foundation grant to support a new patient navigator program for pregnant women with opioid use disorder. These navigators will guide mothers through the health care continuum and help them obtain the support they need to ensure a more positive health outcome.

As part of this program, the navigator will assist mothers in adhering to a drug treatment program and attending pre-natal care appointments and drug screenings. As needed, they will also help mothers to access mental health services, secure transportation to appointments, and connect with other organizations that can provide assistance with food, housing, clothing, and other basic necessities.

To complement this new patient navigator role, Lawrence General also hopes to start a new peer support program. This program would bring mothers with common medical conditions together to share experiences, learn new skills, and receive group support to help the individuals change their behaviors and achieve better outcomes. The group would be managed by a peer leader, someone who has successfully overcome addiction, and will also include guidance from health

professionals and educators.

These new services build on Lawrence General's already successful Neonatal Abstinence Syndrome program, which provides interventions to opioid-exposed newborns and their mothers to ensure best immediate and long-term outcomes.

"These mothers and babies are especially vulnerable, and also responsive to this kind of support," comments Dianne J. Anderson, RN, president and CEO of Lawrence General. "We are so grateful to the Tower Foundation for helping us to extend a hand to these families. Giving these women the tools to provide a healthy start for their babies can make a lifetime of difference."

About the Peter and Elizabeth Tower Foundation

The Peter and Elizabeth C. Tower Foundation supports community programming that results in children, adolescents, and young adults affected by intellectual disabilities, learning disabilities, mental illness, and substance use disorders achieving their full potential.

Lawrence General Hospital is a regional, independent, nonprofit hospital. With more than 260,000 inpatient admissions and outpatient encounters annually, Lawrence General ensures access to the high-quality care, the latest technologies, and more than 550 local providers, including primary care and many specialties, delivering caring and personalized treatment. A designated Level III Trauma Center, Lawrence General has one of the busiest Emergency Departments in Massachusetts, offers a broad range of specialty surgeries in its new Santagati Center for surgery, and leads the region in cardiac care with its highly accredited cardiovascular center. It has clinical affiliations with Floating Hospital for Children at Tufts Medical Center, and Beth Israel Deaconess Medical Center. It offers services from its main campus in Lawrence, as well as from locations in Andover, North Andover, and Methuen, MA and Salem, NH. For more information, visit www.lawrencegeneral.org.

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Entrevista con Juan Lopera sobre el período de inscripción anual abierto para el Conector de Salud de Massachusetts

Recientemente, el programa de radio Fortaleciendo la Familia (Fortaleciendo a la familia) en WCCM 1490 AM, dirigido por Rafael Disla, presentó una entrevista sobre el conector de salud de Massachusetts que cubre todos los detalles de por qué es un sistema tan valioso para nuestra comunidad.

El Sr. Juan Lopera, vicepresidente de mercadotecnia de los planes públicos de Tufts Health Plan, habló sobre el tema. El 97% de los residentes de Massachusetts están cubiertos por un seguro de salud, que es un porcentaje alto, pero el estado desea comunicarse con las familias que todavía no lo tienen o no saben si son elegibles.

"Con frecuencia, encontramos personas que creen que esta es la Ley del Cuidado de Salud a Bajo Precio", explicó el Sr. Lopera. "La Ley del Cuidado de Salud a Bajo Precio, también conocida como ObamaCare, es el programa federal".

Massachusetts tiene su propia ley de atención médica, que se implementó antes del programa federal. El estado tuvo que hacer algunos ajustes para cumplir con las reglas de ObamaCare una vez que se estableció.

La principal ventaja del Massachusetts Health Connector es que puede elegir entre 57 planes de salud disponibles para familias a través de las 9 compañías que los ofrecen.

El período de inscripción comenzó el 1 de noviembre y finaliza el 23 de enero de 2019 y lanzaron una campaña llamada "Mantenerse cubierto" para informar al público sobre la cobertura y garantizar que todos estén protegidos.

Massachusetts es un líder en atención médica y cobertura universal. Debido a esto, a los residentes aún se les exige que tengan un seguro de salud y se les puede imponer una multa al presentar sus impuestos. Los residentes de Massachusetts deben comunicarse con el Conector de Salud de Massachusetts para obtener información y asegurarse de que cumplen con la ley.

Hay varios requisitos para inscribirse en el programa. Su estado legal en el país es importante, ya que tiene que ser ciudadano o residente legal. Si trabaja para una compañía que no ofrece seguro médico o tiene bajos ingresos, puede llenar un formulario con su número de Seguro Social y datos de sus hijos con sus edades, entre otras cosas, ya que puede calificar para un subsidio. Las personas indocumentadas no tienen acceso al Massachusetts Health Connector. Hay una serie de servicios disponibles que se aplican de acuerdo con las necesidades de la familia, por lo que es recomendable visitar a uno de los "navegadores" de su comunidad que pueda ayudarlo en esa selección.

"¿Cuál es el costo del seguro de salud familiar, en promedio?" preguntó Leslie Vidal, co-presentadora del programa.

"Es posible que califique para un subsidio dado su nivel de ingresos, y las primas pueden variar desde \$0 ó más, según sus ingresos. Los residentes que reciben Medicaid/MassHealth o Medicare no necesitan solicitar un seguro a través de Health Connector. Siempre es importante contactar a Health Connector si tiene preguntas", dijo Lopera.

Interview with Juan Lopera on the annual open enrollment period for the Massachusetts Health Connector

Recently, the radio program Fortaleciendo la Familia (Strengthening the Family) on WCCM 1490 AM, directed by Rafael Disla, presented an interview about the Massachusetts Health Connector covering all the details of why it is such a valuable system for our community.

Mr. Juan Lopera vice president of marketing Tufts Health Plan Public Plans, spoke on the subject 97% of Massachusetts residents are covered by health insurance, which is a high percentage, but the state wants to reach families who do not already have it or do not know they are eligible.

Frequently, we find people who believe that this is the Affordable Care Act," explained Mr. Lopera. "The Affordable Care Act, also known as ObamaCare, is the federal program."

Massachusetts has its own health care law, which was put into place before the federal program. The state did have to make some adjustments to comply with ObamaCare rules once it was established.

The main advantage of the Massachusetts Health Connector is that you can choose from 57 health plans available to families through 9 companies offering them.

The enrollment period began on November 1 and ends on January 23, 2019 and they have launched a campaign called "Stay Covered" to educate the public about coverage and ensure that everyone is protected.

Massachusetts is a leader in health care

and universal coverage. Because of this, residents are still required to have health insurance and may be fined a penalty when filing their taxes. Massachusetts residents should contact the Massachusetts Health Connector for information to make sure they are in compliance with the law.

There are several requirements to enroll in the program. Your legal status in the country is important, since you have to be a citizen or legal resident., If you work for a company that does not offer medical insurance, or you have low income, you can fill out a form with your Social Security number and data of your children with their ages, among other things, as you may qualify for a subsidy. Undocumented people do not have access to the Massachusetts Health Connector. There are a number of services available that are applied according to the needs of the family, so it is advisable to visit one of the "navigators" in your community who can help you in that selection.

"What is the cost of family health insurance, on average?" asked Leslie Vidal, co-host of the program.

"You may qualify for a subsidy given your income level, and premiums can range from \$0 and upward, depending on your income. Residents who receive Medicaid/MassHealth or Medicare do not need to apply for insurance through the Health Connector. It is always important to contact the Health Connector if you have questions," said Lopera.



Empezar una nueva vida lejos de casa puede traer muchos momentos gratificantes.

No ponga en riesgo todo lo que ha logrado.

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



Cobertura de alta calidad



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El Rep. Frank A. Moran asegura \$750,200 para Departamento de Policía de Lawrence

El Representante Estatal Frank A. Moran (D — Lawrence, Andover, Methuen) anunció que un programa de subsidio estatal que el representante presentó en el presupuesto estatal de este año ha resultado en más de tres cuartos de millón de dólares en el aumento de los fondos para contratar a más agentes de policía en la Ciudad de Lawrence. Este año fue el sexto que el Representante Moran ha presentado esta enmienda al presupuesto estatal.

“En mis conversaciones con los constituyentes, la seguridad pública siempre ha sido una preocupación de ellos. Año tras año, yo continué haciendo esto una de mis principales prioridades para nuestra comunidad cuando el presupuesto del estado se está preparando. Estoy encantado de poder proporcionar fondos para nuestros hombres y mujeres que trabajan duro en el Departamento de Policía de Lawrence.

Todos apreciamos mucho su trabajo incansable para mantener a salvo nuestra ciudad”, dijo el Representante Frank Moran.

Las medidas proactivas permitidas a partir de esta financiación podrían incluir patrullas dirigidas basadas en el análisis de delitos y utilizar la resolución de problemas de vigilancia comunitaria para abordar las preocupaciones de la comunidad. Además, estos fondos pueden ser utilizados para restaurar, retener o contratar personal policial o para pagar por horas extras, si es necesario,



para proporcionar una cobertura de turnos adecuada para mantener niveles adecuados de dotación de personal.

En los últimos años, el programa de dídivas ha sido muy exitoso en Lawrence. Los fondos han permitido a la Ciudad contratar Oficiales de policía adicionales y ha visto una disminución correspondiente en el crimen.

La subvención, administrada por la Oficina Ejecutiva de Seguridad Pública, asiste a ciudades de al menos 60,000 residentes que gastan menos de \$200 per cápita en su departamento de policía.

Rep. Frank A. Moran secures \$750,200 for City of Lawrence Police Department

State Representative Frank A. Moran (D—Lawrence, Andover, Methuen) announced that a state grant program the representative filed in this year's state budget has resulted in over three quarters of a million dollars in increased funding to hire more police officers in the City of Lawrence. This year was the sixth that Representative Moran has filed this amendment to the state budget.

“In my conversations with constituents, public safety has consistently been a concern of theirs. Year after year, I continue to make this a top priority of mine for our community when the state budget is being put together. I’m thrilled to be able to provide funding for our hard working men and women of the Lawrence Police Department. Their tireless work keeping our city safe is much appreciated by all,” said Representative

Frank Moran.

Proactive measures allowed for from this funding could include directed patrols based upon crime analysis and using community policing problem solving to address community concerns. Additionally, these funds can be used to restore, retain or hire police personnel or for overtime if needed to provide adequate shift coverage to maintain appropriate staffing levels.

In past years, the grant program has been very successful in Lawrence. The funds have allowed the City to hire additional police officers and it has seen a corresponding decrease in crime.

The grant, administered by the Executive Office of Public Safety and Security, assists cities of at least 60,000 residents that spend less than \$200 per capita on its police department.

El vacío interior

Por Jesús Martínez Madrid

Foro Independiente de Opinión

El vacío interior, que tanto abunda en nuestra sociedad, se suele notar de un modo especial durante los fines de semana. Mientras el trabajo llena casi todo el tiempo disponible no queda margen para las sensaciones de vacío; en cambio, cuando el trabajo termina, suelen aflorar las frustraciones que estaban encubiertas. Aparece entonces la melancolía como síntoma de la incapacidad para afrontar los desafíos de la vida.

Este problema se puede observar en cualquier edad, pero sobre todo, a partir de la adolescencia, que es cuando las personas comienzan a interesarse por su identidad. Muchos padres creen que la frustración existencial es simplemente una fase pasajera de la adolescencia, ignorando que puede ser algo más profundo y duradero.

Algunos adolescentes y jóvenes de ahora suelen sufrir un creciente desencanto hacia la vida que es expresión de su vacío interior. Para suplir ese vacío se refugian en evasiones perjudiciales y peligrosas: alcohol,

droga, ideologías radicales, actividades de mucho riesgo, etc. Les falta valor para estar a solas y encontrarse consigo mismo en un ambiente de silencio exterior e interior. La táctica del aveSTRUZ es un autoengaño que no sólo no resuelve los problemas, sino que los aumenta. Cada vez que metemos la cabeza debajo del ala necesitamos tenerla más tiempo en esa posición.

La cultura del postmodernismo sustituyó lo consistente por lo banal. Es una cultura decadente que provocó en el hombre un nuevo individualismo que sólo se atiene a la “ley del deseo”. Esta “ley” establece que cualquier cosa que yo haga es buena si la deseo hacer. Lo que le daría garantía de bondad es que emana directamente de mi deseo; por ese simple hecho quedaría justificada en sí misma, sin que sea necesario un contraste con la norma moral. La única norma es la ausencia de toda norma. En esto consiste la “moral de la tolerancia”.

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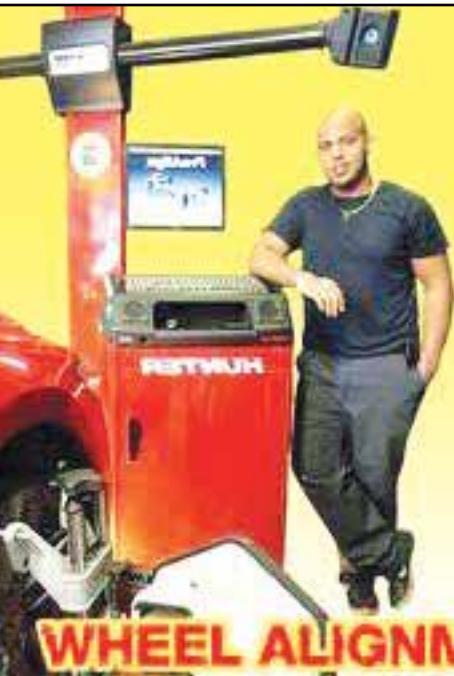


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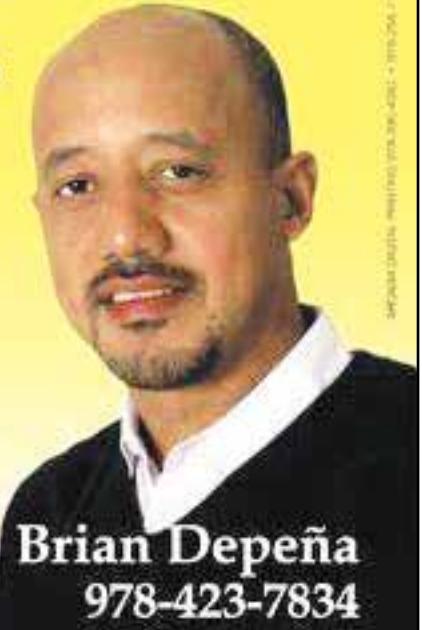




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To the People of Andover, Lawrence, and North Andover:

On behalf of Columbia Gas of Massachusetts and NiSource, I want to wish you a very happy and healthy holiday season.

We know that the past few months have not been easy. The resiliency of your communities and your willingness to come together and help each other through these challenging times is inspiring. We are extremely grateful to you all as you welcomed our crews into your neighborhoods and homes.

While we recently marked the substantial completion of the first phase of the restoration project, we know our work is not finished. NiSource and Columbia Gas are committed to this region for the long-term. In the coming weeks, we will continue to share additional details about the next phase of restoration project activity.

We urge anyone who has unmet needs to call us at **1-866-388-3239**. Claims assistance continues to be available by calling **1-800-590-5571** or by visiting one of our Customer Care Centers.

I also want to thank the local, state and federal officials, the first responders, our mutual aid partners, the thousands of workers, and the entire community for their support and steadfast work on this incredibly complex recovery project. And most importantly, we appreciate the patience and understanding of our customers.

No words or actions can undo the tragic events of September 13 or the disruption to your everyday lives throughout the recovery effort. But we will keep working as hard as we can to restore your communities, rebuild the trust that was lost and prevent such a tragedy from happening again.

As we look forward to the new year, please know that we will be with you every step of the way.

On behalf of the employees of Columbia Gas of Massachusetts and NiSource, Happy Holidays.

A la gente de Andover, Lawrence y North Andover:

En nombre de Columbia Gas of Massachusetts y NiSource, les deseo una temporada de fiestas muy feliz y saludable.

Sabemos que los últimos meses no han sido fáciles. La resistencia de sus comunidades y su disposición a unirse y ayudarse mutuamente a través de estos tiempos desafiantes es inspiradora. Estamos extremadamente agradecidos a todos ustedes, por el recibimiento que le han dado a nuestros equipos en sus vecindarios y hogares.

Aunque recientemente hemos logrado completar una parte sustancial de la primera fase del proyecto de restauración, sabemos que nuestro trabajo no ha terminado. NiSource y Columbia Gas están comprometidos con esta región a largo plazo. En las próximas semanas, continuaremos compartiendo detalles adicionales sobre la próxima fase del proyecto de restauración.

Instamos a cualquier persona que tenga necesidades pendientes a que nos llame al **1-866-388-3239**. La asistencia para reclamos sigue estando disponible llamando al **1-800-590-5571** o visitando uno de nuestros Centros de Atención al Cliente.

También quiero agradecer a los funcionarios locales, estatales y federales, a los primeros socorristas, a nuestros socios de ayuda mutua, a los miles de trabajadores y a toda la comunidad por su apoyo y trabajo constante en este increíblemente complejo proyecto de recuperación. Y lo más importante, agradecemos la paciencia y comprensión de nuestros clientes.

Ninguna palabra o acción puede deshacer los eventos trágicos del 13 de septiembre o la interrupción de su vida cotidiana durante el esfuerzo de recuperación. Pero seguiremos trabajando tan duro como podamos para restaurar sus comunidades, reconstruir la confianza que se perdió y evitar que vuelva a ocurrir una tragedia.

Mientras esperamos el nuevo año, tenga en cuenta que estaremos con usted en cada paso del camino.

En nombre de los empleados de Columbia Gas de Massachusetts y NiSource, Felices Fiestas.



Joe Hamrock
President and CEO, NiSource Inc.
Parent Company of Columbia Gas of Massachusetts



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Corrupción en Lawrence: Tráfico de influencia

Por Dalia Diaz

A veces, los políticos no se postulan para el cargo por dinero, sino por los contactos potenciales que pueden hacer y la influencia que pueden tener o ejercer sobre los demás.

Teniendo en cuenta que Lawrence mide menos de 7 millas cuadradas, uno puede pensar que la ciudad es fácilmente manejable y controlada, pero no! Los residentes se mantienen ignorantes de la forma en que funciona la ciudad y los pocos que intentan hacer preguntas, se les hace pasar las mil y quinientas teniendo que insistir para obtener lo que habían pedido.

A través de los canales apropiados, solicité los documentos en virtud de la Ley de Libertad de Información (FOIA, por sus siglas en inglés) sobre las propiedades de la Concejala del Distrito B Estela Reyes, que muestran los últimos tres años de pagos de impuestos a la propiedad. Después de enviar un recordatorio de su vencimiento, tardaron un mes en enviarlos. Las solicitudes bajo un FOIA deben ser entregadas en el término de 10 días hábiles.

El propósito era verificar el estado del pago de sus propiedades y el plan de pago que ella había mencionado para pagar por los atrasos. Lo que muestran fue interesante, por cierto.

El plan de pago para los impuestos sobre bienes inmuebles en mora se estableció el 1 de noviembre de 2018 para permitir que los impuestos, los intereses y los cargos atrasados se paguen a plazos. Lo suficientemente justo para que se aplique por igual a todos los residentes. Siga leyendo.

La Concejala Reyes acordó realizar pagos regulares de \$1,283.71 a más tardar el día 15 de cada mes durante 12 meses para satisfacer los atrasos por un monto de \$12,744.32.

Esos pagos deben hacerse mientras que "los impuestos futuros/cargos de alcantarillado/recolección de residuos deben pagarse en su totalidad cuando dichos montos vencen y sean pagaderos o los términos de este acuerdo serán nulos".

Eso significa que omitir pagos en otras propiedades anularía el plan de pago.

Mientras se encuentra en un plan de pago, "la Ciudad se compromete a no negar, revocar o suspender las licencias y permisos locales..."

"Además, en consideración de realizar pagos completos y oportunos, la Tesorera acepta no presentar una petición para



ejecutar la hipoteca del título de retención de impuestos en el Tribunal de Tierras". Pero si el Contribuyente no realiza los pagos es necesario y está en incumplimiento de pago, la Ciudad puede proceder a cobrar impuestos, intereses y cargos de cualquier manera posible.

Estas son las propiedades que son propiedad de la Concejala Reyes o sus asociados:

Dirección	Tasación gravable
36 E Haverhill St. (su casa)	\$453,100
73 - 75 Abbott St.	\$497,200
1 - 7 Lea St.	\$513,900
173 - 175 Haverhill St.	\$271,900
92 Oak St. (terreno)	\$ 3,400

Las tres primeras propiedades siempre se pagaron a tiempo, pero 173 - 175 Haverhill St. muestra que desde que lo compró en 2014, no realizó ningún pago de impuestos. Para el 1ro de diciembre de 2017, la Ciudad decidió imponer un derecho de retención sobre ese edificio y se le otorgó un plan de pago de \$408 por mes.

La Concejala Reyes realizó un pago de \$408 el 8/30, 10/4 y 12/16 durante el 2017. Luego, en 2018, los pagos fueron el 1/5, 2/2, 6/5, 7/16 y 9/13. Como podemos ver, ella no estaba cumpliendo con los términos del plan de hacer pagos mensuales.

En lugar de tomar posesión de la propiedad, la Ciudad le dio otro plan de pago y eliminó el anterior; esta vez pagando \$1,283.71. Me pregunto si a algún otro

residente se le ha otorgado tal cortesía.

Curiosamente, el registro que me enviaron no incluye el 2019 como se ve en las otras propiedades y hay dudas de si enumera otro gravamen, ya que se supone que la Ciudad debe ingresar cada vez que otorgue un plan de pago.

La Concejal Estela Reyes ha mostrado un total desprecio por sus responsabilidades como contribuyente que confía en que su estatus e influencia la pondrán por encima de todos nosotros. Los registros muestran que ha tenido gravámenes colocados el 8/27/2001 en 73 - 75 Abbott St.; el 12/1/2017 en 173 - 175 Haverhill St.; el 3/16/2018 en 73-75 Abbott St.; y el 7/20/2018 en 36 E Haverhill St.

Con ese registro de pagos, la Ciudad debería haber tomado posesión de la monstruosidad en Haverhill St. y haberla demolido. Probablemente, ella esperaba que las renovaciones de la Escuela Oliver comenzaran hace mucho tiempo y ya habría hecho un paquete vendiendo ese edificio a la ciudad.

Eso es lo que me molesta de los políticos: no se avergüenzan de que los medios publiquen sus malas acciones porque no tienen vergüenza. No buscan el salario anual de \$15,000 por servir en el Concejo Municipal, sino los favores políticos y las ganancias financieras, como lo que ella ha estado recibiendo.

Corruption in Lawrence: Traffic of influence

By Dalia Diaz

Sometimes, politicians do not run for office for money but for the potential contacts they can make and they influence they can have or exert on others.

Considering that Lawrence is less than 7 square miles, one may think it's easily manageable and controlled, but no! Residents are kept ignorant of the way the city functions and the few trying to ask questions, are made to go through hoops and insist in order to get what they requested.

Going to the proper channels, I requested under the Freedom of Information Act (FOIA) documents on properties owned by District B City Councilor Estela Reyes showing the last three-year' property tax payments. Having sent a reminder that they were due, it took a month to get them. Requests under a FOIA should be delivered within 10 working days.

The purpose was to check on the payment status on her properties and the payment plan she had mentioned to repay the arrears. What they show was interesting, indeed.

The payment plan for delinquent real estate taxes was established on November 1, 2018 to allow delinquent taxes, interest and charges to be paid on an installment basis. Fair enough if it's going to be applied equally to all residents. Read on!

Councilor Reyes agreed to make regular payments of \$1,283.71 no later than the 15th of each month for 12 months in order to satisfy arrears in the amount of \$12,744.32.

Those payments should be made while "future taxes/sewer/trash charges must be paid in full when such amounts become due and payable or the terms of this agreement are null and void."

That means that skipping payments on other properties would cancel out the payment plan.

While on a payment plan, "the City agrees to not deny, revoke, or suspend local licenses and permits..."

"Also, in consideration of making full and timely payments, the Treasurer agrees to not file a petition to foreclose its tax title lien in the Land Court." But if the Taxpayer fails to make payments are required and he/she is in default, the City may proceed to collect taxes, interest and charges in any possible way.

These are the properties owned by Councilor Reyes or her associates:

Address	Taxable valuation
36 E Haverhill St. (her home)	\$453,100
73 - 75 Abbott St.	\$497,200
1 - 7 Lea St.	\$513,900
173 - 175 Haverhill St.	\$271,900
92 Oak St.	\$ 3,400

The first three properties were always paid on time but 173 – 175 Haverhill St. shows that since she purchased it in 2014, has made no tax payments. By December 1, 2017, the City decided to put a lien on that building and she was granted a payment plan of \$408 each month.

Councilor Reyes made a payment on 8/30, 10/4 and 12/16 during 2017. Then, in 2018, the payments were on 1/5, 2/2, 6/5, 7/16 and 9/13. As we can see, she was not abiding by the terms on the plan of making monthly payments.

Rather than taking possession of the property, the City gave her another payment plan and deleted the old one; this time paying \$1,283.71. I wonder if any other resident has been granted such courtesy.

Curiously, the record they sent me does not list 2019 as seen on the other properties and there is doubt if it lists another lien as the City is supposed to enter whenever granting a payment plan.

City Councilor Estela Reyes has shown total disregard for her responsibilities as a taxpayer confident that her status and influence will make her above all of us. Records show that she has had liens placed 8/27/2001 on 73 – 75 Abbott St.; 12/1/2017 on 173 – 175 Haverhill St.; and 3/16/2018 on 73-75 Abbott St.; on 7/20/2018 on 36 E Haverhill St.

With that record of payment, the City should have taken possession of the eyesore on Haverhill St. and demolished it. Probably, she expected the Oliver School renovations to begin long ago and she would have made a bundle selling that building to the city by now.

That's what bothers me about politicians: They are not embarrassed to have the media publish their dirty deeds because they have no shame. They are not after the \$15,000 annual salary but the political favors and financial gains such as what she has been getting.

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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

Enroll Now in MCC's Children's Behavioral Health Certificate

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

Launched fall semester, this 19-credit Human Services certificate program focuses on concepts related to the children's behavioral health (CBH) workforce.

"This is a great opportunity for people looking to work with children and families," explained Paulo Barrio, Chairman of the Human Services Department.

"Massachusetts has developed several positions falling under the 'children's behavioral health' umbrella, but there aren't many formal educational opportunities available," he added. "Agencies are looking to become involved with these required services and are looking for well-informed and well-trained employees."

MCC's CHB Certificate is designed to help reduce mental-health disparities, and increase the quality of care in racial, ethnic and underserved communities, said Barrio. The program covers skills required for working in community health, clinical writing, and working with youth and families. It also includes supervised experience in the field.

For further information about the Children's Behavioral Health Certificate,



There is still time to enroll in Middlesex Community College's Children's Behavioral Health Certificate Program. Registration is now open and spring-semester courses begin Tuesday, Jan. 22, 2019. Call 1-800-818-3434.

visit: <https://www.middlesex.mass.edu/admissions/newprograms> or contact Paulo Barrio, Chairman, Human Services Department, at barriop@middlesex.mass.edu.

To register for 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 Enrollment Days at MCC

Is it time to start or finish your college degree? Walk right in and get started on your pathway to success at Middlesex Community College! Spring-semester classes begin Tuesday, Jan. 22.

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

Jan. 8-17, in Bedford and Lowell. Hours are: 9 a.m. to 5 p.m., Monday-Thursday; and 9 a.m. to 4 p.m. Friday.

Walk-In Enrollment will 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.

Students can learn about MCC's more than 70 degree and certificate programs during Walk-In Enrollment. 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.

Students can also learn about MCC's many transfer agreements with four-year colleges and universities, including the state's new Commonwealth Commitment/MassTransfer Pathways program, which can save an average of 40 percent from the cost of earning a bachelor's degree. Transfer counseling and transfer-credit evaluation



Middlesex Community College will hold Walk-In Enrollment Days Jan. 8-17, in Bedford and Lowell. Spring classes begin Tuesday, Jan. 22. Call 1-800-818-3434.

will also be available. (Transfer students should bring their transcripts.)

A complete listing of spring course offerings can be found in MCC's Spring Academic Advising Schedule, available on the college website: <https://www.middlesex.mass.edu/registration/> or call 1-800-818-3434.

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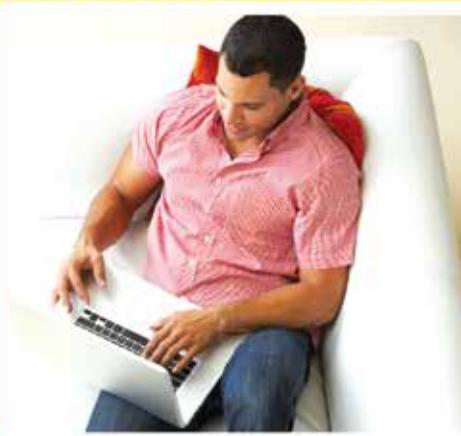
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Concurso de Cocina de “Fortaleciendo la Familia”

Por Alberto Suris

Tal como fue anunciado, el 22 de diciembre, 2018 en el 198 de Garden St., Lawrence, se llevó a cabo el tan anunciado concurso de cocina auspiciado por el programa radial Fortaleciendo la Familia que produce y dirige Ynocencio R. Disla.

Durante 3 semanas consecutivas, los platos a concursar, Arroz con pollo y verduras, Pollo al horno con verduras, Espaguetis a la boloñesa italiana, Pechugas de pollo en salsa de queso, Pechugas de pollo a la barbacoa y Arroz a la milanesa fueron anunciados en Rumbo.

También se anunció que un jurado decidiría la mejor de las recetas, otorgando al ganador del primer lugar \$200; el segundo lugar, \$150; y el tercer lugar, \$100. De acuerdo a Alfonso Rodríguez, Andrea Burgos obtuvo el 1er lugar; Carmen Márquez 2do y Sandy Fañas, 3ro.

Además de Gloria Bautista, Alfonso Rodríguez y Leslie Vidal que forman parte del elenco del programa radial, animaron la noche

y recibieron placas, así como el Padre Joel Almonó, Bárbara Medina, Laura Ibet Abreu Rodríguez y Luis Martínez que la compartió con Leslie Vidal. Aunque no recibieron placas por su presencia, Carlos Morillo y Wilfredo Peralta estaban presentes para ofrecer su crítica constructiva.

Cuando llegó la hora de repartir regalos, los peques fueron sorprendidos por la abundancia al punto de poder escoger más de uno, de acuerdo con su preferencia. Para ellos también hubo caras pintadas, como muestran las fotos. Dionis Mézquita se ofreció de voluntario para ayudar a repartirlos y también para probar los platos.

Los jueces del concurso fueron la Concejala Ana Levy, Jenny García y Dionis Mézquita.

Parte del entretenimiento estuvo al cargo de Rafael Matías, tío de Rafael Disla quien deleitó a la audiencias con sus canciones.

Este evento tuvo lugar en el salón de actos de la Escuela Esperanza en el 198 Garden St. en Lawrence.



Si desea ver más fotos de la celebración, búsqüelas en Facebook/Rumbonews



NECC will Showcase Seminars for Seniors on Jan 22

Adults 50 and older who are interested in learning for fun are invited to check out the series of seminars planned for this winter and spring, offered by Northern Essex Community College's College of Older Learners (CoOL.)

Seminars cover a wide range of topics from "Meditation" to the "History and Impact of The French Revolution" to "Tai Chi to Improve Health." Those interested are invited to attend a showcase of CoOL's offerings which will be held on January 22, from 2 p.m. to 4 p.m. at the Hartleb Technology Center, room 103A, on the Haverhill Campus, 100 Elliott St.

The showcase will feature the CoOL courses and seminars offered during the winter and spring terms. Each instructor will present an overview of his or her seminar so that participants can decide which seminars are the best fit for their interests. CoOL classes are meant to be interesting and enriching, without admission requirements, exams, or term papers.

All of the courses meet on a designated week-day for five consecutive weeks, unless otherwise noted, at the Haverhill campus. Courses cost \$35 and run anywhere from January to March and March to April.

For additional information visit the CoOL seminar page, call 978-556-3110 or email Cool@necc.mass.edu.

With campuses in Haverhill and Lawrence, Northern Essex Community College offers over 60 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. Each year, close to 8,000 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 2,600 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. For more information, visit the website at www.necc.mass.edu.

Register Now for Spring Classes at NECC

Is your New Year's resolution to finally earn that college degree or jump start a stalling career, enroll now at Northern Essex Community College for the spring semester which begins Wednesday, January 23, 2019.

It's not too late to register for courses that could lead to a degree or a certificate. Register online <https://www.necc.mass.edu/current-students/academic-resources/register-for-classes/>, in person, or by phone.

Northern Essex offers more than 60 associate degrees and certificates in fields such as health care, criminal justice,

computer science, business, engineering, and much more. Classes and programs are offered days, evenings, weekends, and online. Campuses are in Haverhill and Lawrence.

Drop-in hours at the Haverhill campus Student Success Hub, 100 Elliott St. are Monday through Thursday 9 a.m. to 4:30 p.m. or at the Riverwalk mini-hub, Monday 10 a.m. to 1:30 p.m. and Tuesday 9 a.m. to 12:30 p.m. For more information, contact enrollment services at Northern Essex at 978-556-3700 or admissions@necc.mass.edu or visit www.necc.mass.edu

NECC Hosts Information Session for Students Who Want to Transfer In Credits

Do you have some college credits but no degree?

For the first time, Northern Essex Community College is hosting a special event for students who are interested in "transferring in" credits from other colleges and getting on track to complete a degree.

The Transfer In to NECC Information Session will be held on Tuesday, January 8 from 6 to 7 pm in the Hartleb Technology Center on the college's Haverhill Campus, 100 Elliott St. At the information session, you'll learn how to get credit for college courses you took at another college, about programs that meet your interests, and the cost of attending Northern Essex.

Each year, approximately one in ten students who enroll at Northern Essex Community College bring credits from another college, according to the college's statistics.

There are a lot of reasons for transferring in credits to Northern Essex, said Danny Richer, NECC's director of admissions. "Some students choose to attend a residential campus right out of high school and find they're not quite ready to be away from home. Others stopped out for academic or financial reasons, and are now ready to get back in college, sometimes after a few years off."

Kiley Broadhurst, a Northern Essex Journalism/Communications major, for example, attended a private school in Florida after graduating from Timberlane High School in 2016. When she still was



exploring majors after her first semester, she decided it didn't make sense to continue.

"By the time December rolled around, I realized I still had no idea what I wanted to pursue. I just wanted to be at a place that could help me get an education without putting me into considerable debt. And eventually I recognized that the place I wanted was much closer to home," said Broadhurst.

Northern Essex accepted her credits from the Florida college and she will graduate with her associate's degree in May and plans to transfer to a public university in Massachusetts or possibly San Diego where her brother lives with his family.

To learn more about transferring in to Northern Essex or the January 8 event, visit the website, or contact admissions, 978 556-3700 or admissions@necc.mass.edu.



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Buon Giorno Good Morning Buenas Tardes

Every Sunday, beginning at 9AM to 11AM with Sicilian, Italian, English, Rock 'n Roll music and Así es Colombia.



Now on WCCM 1490 AM

Celebrating 20 years bringing you two continuous hours of entertainment, news, interviews, music and fun.



Seated, Nunzio DiMarca, standing Neal Perry, Pio Frittitta and Vincenzo Buonanno.

Tres Reyes Magos en Lowell

Por Alberto Surís

Los Tres Reyes Magos, Gaspar, Melchor y Baltasar hicieron una parada en la Iglesia de San Patricio el pasado domingo 6 del corriente mes de enero. Siguiendo la tradición de los originales Reyes Magos, que obsequiaron al Niño Jesús en el pesebre, éstos vinieron cargados de regalos para los peques de la Parroquia.

Además, los Reyes se trajeron unos caballitos pequeños para que los niños montaran en ellos así como unas ovejas para deleite de ellos.

Un muy simpático payaso se hizo cargo de organizar a los niños por edades para que pudieran recibir sus regalos ordenadamente.



Vista parcial de la audiencia en la fiesta del Día de Reyes en la Iglesia de San Patricio en Lowell.



Si desea ver más fotos de la celebración, búsquelas en Facebook/Rumbonews



Santa visita Heritage Common

Por Nelson Silvestre

Con motivo de las Fiestas Navideñas, Santa Visita Heritage Common trayendo esperanza y amor para el 2019.

En un ambiente sano lleno de alegría, los niños recibieron un caluroso apretón de mano del viejo Santa.

Hubo regalos, juegos infantiles y hasta algodón dulce. Se bailó el aro y hubo clases de decoraciones y otros juegos artesanales.

La coordinadora del evento, Vera Zannino, dio la bienvenida a los asistentes y gracias al viejo Santa. Hubo picadera y dulces navideños. La coordinadora dio gracias a todos los voluntarios y también a PickaPartyPlace.com por dar de su tiempo y traer alegría a los niños presente.

Feliz Navidad y próspero Año Nuevo.



BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

Winter fashion

Have you noticed how often we see people wearing flannel pajamas out on the streets? Maybe you haven't because they are becoming part of the "casual wear" by so many.

I was at a local department store a couple of weeks ago and I came very close to asking a man why he didn't get dressed before he went out that day but I was afraid of the consequences.

Cooking contest

We had the pleasure of promoting the cooking contest that took place on December 22 at 198 Garden St. in Lawrence. Family events like that should be held more often because it was clean fun without the need for alcoholic beverages. I congratulate Rafael Disla and all his team for giving us a few hours of enjoyment.

Of course, not everything went perfectly.

Our community must learn to respect protocols and follow directions.

City seal on DPW trucks

On the December 15 edition I showed you some signage on Lawrence DPW trucks with the bright, modern one that they are being replaced. At that time, I showed there's a city ordinance stating that the City seal is to be displayed on doors of all but undercover or surveillance police vehicles, permanently affixed to its driver side and front passenger doors (Ord. No. 44-2009, 10-20-09)

Then, Carlos Jaquez, director of the Department of Public Works sent me the picture shown here explaining that they are in the process of placing the city seal on every vehicle, although it may take some time to get them all done.

I have to check and see if the mayor's car (purchased by the Water Department) also has it affixed.



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.

Home Health VNA receives Deficiency-Free DPH Survey Rating

Home Health VNA recently received a deficiency-free rating in a home health care agency survey conducted by the Massachusetts Department of Public Health (DPH).

DPH periodically administers unannounced surveys of home health care agencies, hospitals and skilled nursing and rehabilitation facilities to ensure compliance with State and Federal regulations and to assess the quality of care provided. On Monday, December 10th, DPH surveyors arrived at Home Health VNA and began an immediate, thorough review of clinical documentation, administrative and clinical procedures, employment files, quality data and collection procedures, contracts and emergency preparedness. In addition, they conducted interviews with clinicians and accompanied them on home visits to assess the quality of care provided to patients. At the conclusion of the three day survey, Home Health VNA was found to be in full compliance with all the conditions of participation and regula-

tions of a quality home health care agency.

"With changing and increasingly stringent regulations, a deficiency-free rating is extremely difficult to accomplish," said Karen Gomes, RN, MS, CPHQ, President and CEO of Home Health Foundation. "The results demonstrate that we have dedicated and talented clinicians and support staff who are committed to the highest quality of care for patients and their families."

Home Health Foundation, the leader in home health care, is comprised of affiliate agencies Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. Together the agencies serve more than 110 communities throughout the Merrimack Valley, Northeastern Massachusetts, and Southern New Hampshire. Merrimack Valley Hospice also serves the Southern Maine region as York Hospital Hospice in partnership with York Hospital. For more information, visit our website at HomeHealthFoundation.org.

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>



Forgive your enemies, but never forget their names.

Perdone a sus enemigos, pero nunca olvide sus nombres.

- President John F. Kennedy

fb/david avocado wolfe

A brave snake saving a fish from drowning.

This is how the media reports the news these days.

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Fechas de Sesiones de Información:

Jueves 17 de Enero, 2019 - 5:30PM

Martes 5 de Febrero, 2019 - 9:00AM

Fecha Límite De Inscripciones en Febrero 26, 2019 @12

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La Asociación del Pulmón aplaude la nueva ley de Massachusetts que aumenta la edad de venta de tabaco que entró en vigor el 1 de enero

El 1 de enero de 2019 Massachusetts se convirtió en el sexto estado en prohibir la venta de tabaco a cualquier persona menor de 21 años

La American Lung Association elogió al Commonwealth de Massachusetts como una nueva ley que aumenta la edad de venta de todos los productos de tabaco de 18 a 21 y entró en vigencia el 1 de enero de 2019. La legislación también agrega los cigarrillos electrónicos a la ley de lugares de trabajo libres de humo, y prohíbe la venta de tabaco en centros de salud, incluyendo las farmacias.

"El año nuevo entrega una nueva hoja para el Commonwealth de Massachusetts, ya que con orgullo se convierte en el sexto estado de la nación en aumentar la edad de venta de productos de tabaco a los 21. Esta ley salvará vidas y protegerá a nuestros jóvenes de comenzar un peligroso adicción al tabaco", dijo Michael Seilback, Vicepresidente Nacional de Políticas Públicas del Estado de la American Lung Association. "Además, al restringir el uso de los cigarrillos electrónicos y la exposición del público a las emisiones de

cigarrillos electrónicos, y al retirar el tabaco de las farmacias, todos los residentes de Massachusetts podrán respirar un poco más fácilmente".

De acuerdo con el Estado de control de tabaco de la American Lung Association 2018, más del 29% de los estudiantes de secundaria de Massachusetts reportaron haber consumido productos de tabaco. Casi el 95 por ciento de los fumadores adultos reportan haber probado su primer cigarrillo antes de los 21 años. Según un informe de 2015 de la Academia Nacional de Medicina, aumentar la edad del tabaco a 21 años en todo el país evitaría 223,000 muertes entre las personas nacidas entre 2000 y 2019, incluidas 50,000 menos muertes por cáncer de pulmón, la principal causa de muerte por cáncer en la nación.

Además del daño causado por los productos de tabaco tradicionales, los datos recientemente publicados de los Centros para el Control y la Prevención

de Enfermedades muestran que el uso de cigarrillos electrónicos, cigarrillos electrónicos, cigarrillos electrónicos y productos similares ha aumentado dramáticamente entre los niños. A nivel nacional, los cigarrillos electrónicos son el producto de tabaco más comúnmente usado entre los estudiantes de secundaria y preparatoria, con un 20.8 por ciento de los alumnos de secundaria y el 4.9 por ciento de los estudiantes de secundaria que los utilizan, según la encuesta de tabaco para jóvenes de 2018 del Centro para el Control y la Prevención de Enfermedades.

El uso de cigarrillos electrónicos, e-cigarrillos, e-hookahs y productos similares en todo el estado ha aumentado dramáticamente, y sin las leyes actualizadas de ambientes

libres de humo, los clientes de todas las edades están cada vez más expuestos a las emisiones de segunda mano de cigarrillos electrónicos en el transporte público, en bares y restaurantes, en eventos deportivos, conciertos y en bibliotecas públicas.

Seilback continuó: "Esta ley estatal creció debido a que los gobiernos locales aumentaron la edad de venta en sus comunidades, y ahora jugará un papel importante para aumentar su eficacia. Nos enorgullece ver que Massachusetts regrese a un importante papel nacional en la política de salud pública".

Hasta la fecha, California, Hawái, Maine, New Jersey y Oregon tienen leyes estatales, donde 21 es la edad legal de venta para comprar productos de tabaco.

Lung Association Applauds New Massachusetts Law Raising the Age of Sale of Tobacco as It Went into Effect January 1st

January 1ro 2019 Massachusetts Became 6thState to Prohibit the Sale of Tobacco to Anyone Under the Age of 21

The American Lung Association praised the Commonwealth of Massachusetts as a new law raising the age of sale of all tobacco products from 18 to 21 went into effect on January 1, 2019. The legislation also adds e-cigarettes to the smoke free workplace law, and prohibits the sale of tobacco in health care facilities including pharmacies.

"The new year turns over a new leaf for the Commonwealth of Massachusetts as it proudly becomes the 6th state in the nation to raise the age of sale of tobacco products to 21. This law will save lives and protect our young people from beginning a dangerous addiction to tobacco," said Michael Seilback, National Assistant Vice President of State Public Policy for American Lung Association. "Additionally, by restricting the use of e-cigarettes and the public's exposure to e-cigarette emissions, and removing tobacco from pharmacy shelves all Massachusetts residents will be able to breathe a little easier."

According to the American Lung Association's 2018 State of Tobacco Control, over 29% of Massachusetts high school students reported using tobacco products. Nearly 95 percent of adult smokers report trying their first cigarette before the age of 21. According to a 2015 report from the National Academy of Medicine, raising the tobacco age to 21 nationwide would prevent 223,000 deaths among people born between 2000 and 2019, including 50,000 fewer dying from lung cancer, the nation's leading cancer killer.

In addition to the harm posed by traditional tobacco products, recently released data from the Centers for Disease Control and Prevention shows that the use of electronic cigarettes, e-cigarettes, e-hookahs and similar products has dramatically increased among children. Nationally, e-cigarettes are the most commonly used tobacco product among both high school and middle school students with 20.8 percent of high school students and 4.9 percent of middle school students using them, according to the Centers for Disease Control and Prevention's 2018 Youth Tobacco Survey.

The use of electronic cigarettes, e-cigarettes, e-hookahs and similar products across the state have dramatically increased, and without updated smoke free laws, patrons of all ages are increasingly exposed to secondhand emissions from electronic cigarettes on public transportation, in bars and restaurants, at sporting events, concerts and in public libraries.

Seilback continued, "This statewide law grew from local governments raising the age of sale in their communities - and it will now play an important role in increasing their efficacy. We are proud to see Massachusetts return to a leading national role on public health policy."

To date, California, Hawaii, Maine, New Jersey and Oregon have statewide laws where 21 is the legal sales age to purchase tobacco products.

El gobierno estudiantil de GLTS llevó a cabo una colecta de abrigos, mantas y de alimentos para beneficiar a sus compañeros

Las donaciones se enfocaron en ayudar a los afectados por la crisis del gas en Andover/Lawrence

En un esfuerzo por garantizar que todos los estudiantes tuvieran unas Navidades felices y se mantengan abrigados durante todo el invierno, el gobierno estudiantil de GLTS llevó a cabo su campaña anual de abrigo, manta y comida.

Si bien los miembros del gobierno estudiantil siempre han realizado una campaña navideña, este año el grupo adaptó sus esfuerzos hacia una meta. En respuesta a la crisis del gas en Andover y Lawrence, que dejó a muchas familias desplazadas de sus hogares, la campaña se centró en proporcionar a las familias de GLTS afectadas abrigos y mantas que les den calor.

Durante seis semanas, en noviembre y diciembre, el gobierno estudiantil trabajó con el departamento de orientación para identificar a las familias necesitadas, con la facultad, el personal y los estudiantes

donando nuevas chaquetas y mantas, junto con una cantidad de alimentos. Cada familia necesitada recibió una caja de golosinas, que incluía todo, desde verduras enlatadas hasta meriendas, pastas, galletas y comidas para microondas para quienes aún no tienen gas.

Las familias de GLTS recibieron sus abrigos, mantas y alimentos la semana antes de la Navidad, a tiempo para celebrar las fiestas. GLTS también pudo donar chaquetas, mantas y alimentos adicionales a Lazarus House en Lawrence.

"Queremos extender un sincero agradecimiento a todos los profesores, el personal y los estudiantes que donaron para esta campaña", dijo la asesora estudiantil Catherine Rosenzweig. "Todos los años estamos muy agradecidos por la generosidad de nuestra comunidad de GLTS y este año no es una excepción".

GLTS Student Government Holds Coat, Blanket and Food Drive to Benefit Peers

Donations Focused on Helping Those Affected by the Andover/Lawrence Gas Crisis

In an effort to ensure all students had happy holidays and stay warm throughout the winter, the GLTS student government held its annual coat, blanket and food drive.

While members of the student government have always held a holiday drive, this year the group tailored their efforts. In response to the gas crisis in Andover and Lawrence, which left many families displaced from their homes, the drive focused on providing affected GLTS families with warm coats and blankets.

For six weeks in November and December, the student government worked with the guidance department to identify families in need, with faculty, staff and students donating new jackets and blankets, along with a number

of food items. Each family in need received a box of goodies, which included everything from canned vegetables to snack bars, pasta, cookies and microwavable meals for those still without gas.

GLTS families received their coats, blankets and food items last week -- in time to celebrate the holidays. GLTS was also able to donate additional jackets, blankets and food to the Lazarus House in Lawrence.

"We want to extend a sincere thank you to all the faculty, staff and students who donated to this drive," student government adviser Catherine Rosenzweig said. "Every year we're so thankful for the generosity of our GLTS community and this year is no exception."

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en Facebook/Rumbo**

AmeriCorps NCCC construye con Merrimack Valley Habitat for Humanity

Diez miembros de AmeriCorps NCCC iniciaron el proyecto más nuevo de Habitat en Salisbury, Massachusetts

Merrimack Valley Habitat for Humanity (MVHH) (con sede en Lawrence, MA) dio la bienvenida a diez miembros del equipo de AmeriCorps NCCC de 18 a 24 años de edad, del 14 de octubre al 11 de diciembre, un total de 4 semanas. Trabajaron junto con voluntarios regulares en el proyecto más nuevo de MVHH en Salisbury, MA, que comprenderá 7 unidades de vivienda asequible.

Un equipo de diez miembros de AmeriCorps NCCC (National Civilian Community Corps) que provienen de tan lejos como California y tan cerca como de Rhode Island.

"Haré que América haga las cosas para que nuestra gente sea más segura, inteligente y saludable. Reuniré a los estadounidenses para fortalecer nuestras comunidades. Ante la apatía, tomaré medidas. Ante el conflicto, buscaré un terreno común. Ante la adversidad, perseveraré. Llevaré este compromiso conmigo este año y más allá. Soy un miembro de AmeriCorps y haré las cosas". - Compromiso de AmeriCorps.

Esta promesa encaja con la misión de Hábitat de unir a las personas para construir hogares, comunidades y esperanza.

A su llegada en noviembre, los miembros de AmeriCorps NCCC participaron en la celebración de inicio de la construcción de MVHH y se pusieron en marcha inmediatamente para trabajar.

Cuatro semanas más tarde, después de desafiar el clima de New England, se realizó la impermeabilización del fundación, los alfizares y los pisos de primer nivel en la vivienda unifamiliar y enta encamino hacia la vivienda dúplex.

"Estoy realmente impresionado con la motivación de diez personas que se

comprometen a trabajar en grupo, que viven bajo el mismo techo durante todo un año. El grupo estaba ansioso por aprender cómo realizar varias tareas y siempre trabajó con una actitud positiva y amistosa". - Bob Genier, un voluntario de Hábitat y supervisor del sitio desde hace mucho tiempo.

"Con el esfuerzo realizado por los diez miembros de AmeriCorps NCCC y los voluntarios regulares, nuestro proyecto Salisbury ha dado un gran paso adelante. Con un total de siete unidades, una sola casa y tres dúplex, que se construirán, daremos la bienvenida a voluntarios y fondos adicionales. Muchos de nuestros voluntarios se han retirado recientemente y buscan mantenerse activos y contribuir a la comunidad. Habitat es una gran oportunidad", dijo Stuart Johnson, miembro de la junta de Habitat, voluntario regular y supervisor del sitio.

La contribución de AmeriCorps NCCC no se limitó a la construcción de Salisbury de Habitat, sino que también trabajaron en Lawrence en el ReStore de MVHH y en los sitios de construcción.

Durante 33 años, Merrimack Valley Habitat for Humanity continúa asociándose con los propietarios de viviendas por primera vez para construir mejores vidas para ellos y sus familias, ayudándolos a convertirse en propietarios exitosos, vecinos comprensivos y miembros contribuyentes de su comunidad de Merrimack Valley.

Merrimack Valley Habitat for Humanity es una filial autosuficiente de Habitat for Humanity International. La filial de Merrimack Valley comparte una visión en la que todos tienen un lugar decente para vivir. Reunimos a las personas para construir casas, comunidades y esperanza.



Photo Credit: Merrimack Valley Habitat for Humanity
AmeriCorps NCCC Delta 3 team, MVHH regular volunteers and MVHH Building Director on AmeriCorps last day of work. Standing on first floor (top): Andrew Kirk, AmeriCorps NCCC member. Sitting on first floor (front to back):

El último día de trabajo de AmeriCorps NCCC Delta 3, voluntarios regulares de MVHH y el Director de Construcción de MVHH. De pie en el primer piso (arriba): Andrew Kirk, AmeriCorps NCCC miembro. Sentados en el primer piso (desde el frente hacia atrás):

Brenda Padilla, AmeriCorps NCCC miembro; Jesse Kotnik, AmeriCorps NCCC miembro; Emerson Dahmen, MVHH Director de construcción; Caleb McPhee, AmeriCorps NCCC miembro; Sean Longley, AmeriCorps NCCC miembro; Bruce Letwin, Miembro de la junta de MVHH y supervisor del sitio. De pie al frente: Lily Machupa, AmeriCorps NCCC miembro; Yuling Lok, AmeriCorps NCCC miembro; Lexi Phillips, AmeriCorps NCCC miembro; Nicole McConnell, AmeriCorps NCCC miembro; Nick McGrew, AmeriCorps NCCC miembro; Stuart Johnson, Miembro de la junta de MVHH y supervisor del sitio

AmeriCorps NCCC builds with Merrimack Valley Habitat for Humanity

Ten AmeriCorps NCCC members kick started Habitat's newest project in Salisbury, Massachusetts

Merrimack Valley Habitat for Humanity (MVHH) (based in Lawrence, MA) welcomed ten AmeriCorps NCCC team members aged 18-24 years old from Oct 14 to Dec 11 – a total of 4 weeks. They worked alongside regular volunteers on MVHH's newest project in Salisbury, MA which will comprise of 7 units of affordable housing.

A team of ten AmeriCorps NCCC (National Civilian Community Corps) members who hail from as far as California and as close as Rhode Island.

"I will get things done for America to make our people safer, smarter, and healthier. I will bring Americans together to strengthen our communities. Faced with apathy, I will take action. Faced with conflict, I will seek common ground. Faced with adversity, I will persevere. I will carry this commitment with me this year and beyond. I am an AmeriCorps member and I will get things done." – AmeriCorps Pledge.

This pledge dovetails with Habitat's mission of bringing people together to build homes, communities and hope.

Upon arrival in November, the AmeriCorps NCCC members participated in MVHH's construction kickoff celebration and got straight to work afterwards.

Four weeks later, after braving our New England weather, the foundation waterproofing, sills, first level flooring was done on the single family home and on the way for the duplex home.

"I am really impressed with the motivation of ten people who commit to

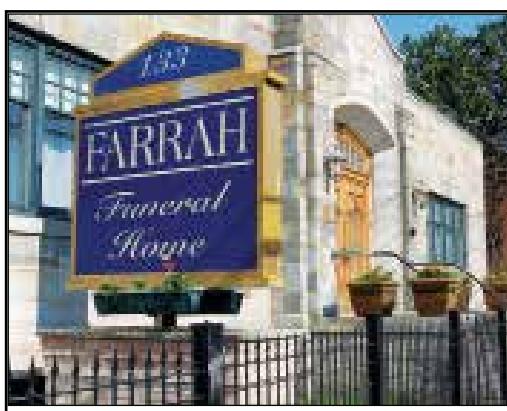
working as a group, living under one roof for a whole year. The group was eager to learn how to do various tasks and always worked with a positive and friendly attitude." – Bob Genier, a longtime Habitat volunteer and site supervisor.

"With the effort put in by the ten AmeriCorps NCCC members and the regular volunteers, our Salisbury project has taken a leap forward. With a total of seven units – one single house and three duplexes – to be built, we will welcome additional volunteers and funding. A lot of our volunteers are recently retired and looking to stay active and give back to the community. Habitat is a great opportunity," said Stuart Johnson, Habitat board member, regular volunteer and site supervisor.

The AmeriCorps NCCC contribution was not limited to Habitat's Salisbury construction build – they also worked at the MVHH's Lawrence ReStore and construction sites.

For 33 years and counting, Merrimack Valley Habitat for Humanity continues to partner with first-time home owners to build better lives for themselves and their families, helping them become successful home owners, caring neighbors, and contributing members of their Merrimack Valley community.

Merrimack Valley Habitat for Humanity is self-sustaining affiliate of Habitat for Humanity International. The Merrimack Valley affiliate shares a vision where everyone has a decent place to live. We bring people together to build homes, communities and hope.



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Sueños Basketball celebró Navidad de Sueños en su tercera versión

Más de 80 jóvenes en edades de 8 a 18 años se encontraron en el gimnasio de Lawrence FamilyDevelopment School celebrando esta gran fiesta deportiva del 26 al 29 de diciembre.

A final los participantes compartieron con el Jefe de Policía Roy Vasque, el Juez Mark Newman y el Representante Estatal Frank Moran.

También se reconoció a Mitchell Fermín y el señor Rivas como padres ejemplares y colaboradores por ser ejemplos de padres comprometidos.

Sueños Basketball agradece al Consulado Dominicano en Boston a Lawrence Family Development School, al empresario Andrés Castillo y a nuestra casa la Iglesia Episcopal de Gracia por su ayuda, soporte y compromiso por una Lawrence positiva, inclusiva, participativa y solidaria.

Si desea contactarnos visite www.suenosbasketball.org

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

¡Gracias por tu apoyo!



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 PM to 8:30 PM.

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

CALENDARIO | CALENDAR OF EVENTS

Jose Bugzy Martinez (Coach)

Daisy Martinez (owner)



Phone: 978-747-6558
Mobile: 978-303-5298
250 Canal Street
Lawrence, MA 01841
canalstreetgym@yahoo.com

Canal Street Gym

South Lawrence West Neighborhood Association Meeting

Monday, January 14, at 6:30pm

Carleen's, 209 South Broadway, Lawrence

Join our Public Safety & Elected Officials to discuss issues and concerns you may have in the neighborhood & city.

ALL WELCOME TO ATTEND

Mount Vernon Neighborhood Association Meeting

Saturday, January 19, at 10:00am

Robert Frost Elementary School, Cafeteria
33 Hamlet Street, Lawrence

Join our Public Safety & Elected Officials to discuss issues and concerns you may have in the neighborhood & city.

ALL WELCOME TO ATTEND

South Common Central Neighborhood Association Meeting

Tuesday, January 22, at 6:30pm

FireFighters Relief's In, One Market St, Lawrence

Join our Public Safety & Elected Officials to discuss issues and concerns you may have in the neighborhood & city.

ALL WELCOME TO ATTEND

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4th Floor (Suite 409)
Lawrence, MA 01840



Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken 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.



Syringe Services Program

Family Health Center

Greater Lawrence Family Health Center's Syringe Services Program helps keep the city clean & safe. Sharps disposal kiosks can be found outdoors at these locations:



Main Site | 34 Haverhill St.

North Site | 150 Park St.

Community Support Services | 100 Water St.

Proper Disposal of Sharps Containers

- NO LOOSE NEEDLES
- All sharps MUST be disposed of in a sharps container
- If you do not have a personal sharps container, you may use a puncture-resistant container such as a one-gallon bleach bottle, or a one-pound sealed, taped coffee can.
- NO glass containers
- NO paper or plastic bags
- DO NOT leave a container outside the kiosk
- DO ask for assistance if kiosk is full

If You Find a Discarded Syringe

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CALENDARIO | CALENDAR OF EVENTS

Essex Art Center

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

Celebrating the Winter Crow Roost
Photographs by Craig Gibson, Jim Renault, John Blout, Sandy Selesky, David Lipsy

Exhibition dates: January 11 - March 15, 2019
Opening reception: Friday, January 11, 5-7

The Chester Sidell Gallery at Essex Art Center Celebrating the Winter Crow Roost, photographs by John Blout, Craig Gibson, David Lipsy, Jim Renault, and Sandy Selesky.

The Essex Art Center is pleased to present exhibitions and programs built around the theme of American Crows and Fish Crows. In cultures around the world, myths have grown up around crows. They are portrayed as tricksters, omens, or bringers of light. For centuries crows have captured the attention of artists. Ancient Arabs illustrated manuscripts with paintings of crows. Naturalists like John James Audubon created realistic images. Van Gogh is famous for his painting "Wheat Fields With Crows." Like artists and storytellers throughout time, we hope you come to be fascinated by these amazing birds!

American Crows are social, family oriented, smart, clever, and very resourceful. In a number of cities and towns from coast to coast, you'll find them during the winter months gathering in large communal overnight roosts. Here in Lawrence along the Merrimack River, the crows begin to roost in October and continue through early April when they return to their breeding grounds. During the winter of 2018, their numbers swelled with arrival of migrants from the north as well as locals from nearby breeding grounds. The winter roost at its peak in the middle of January included over 15,000 American Crows, along with a much smaller number of Fish Crows. These exhibitions celebrate this amazing, natural phenomenon!

Celebrating the Winter Crow Roost portrays



Images credits: Craig Gibson, "American Crow landing on snow," digital photograph.

the crows as they stream into multiple staging, or gathering, locations in late afternoon, and then as they swirl around and land in a final roost location, to settle in overnight. It is an amazing sight to see!

John Blout started photographing birds in January of 2016. John was out walking around near the Sudbury River and saw a Bald Eagle perched in a tree. John took a lousy cell phone shot but returned the next day with a borrowed but proper camera and was lucky enough to see an eagle again. He's been at it ever since.

Craig Gibson is a lifelong amateur photographer. He has become a very active birder over the past fifteen years. His primary interest is capturing action images of birds in flight. Craig takes most of his images with hand-held intermediate and large telephoto lenses.

He is a member of many local bird clubs and is a contributing photographer for a growing list of local conservation groups from Groundwork Lawrence and The Essex County Greenbelt Association, to the Trustees of the Reservations, Mass Audubon Society, and the New Hampshire Audubon Society, as well as The U.S. National Park Service. He has been involved in many projects with birds listed as threatened and endangered species on both the federal and the state level. He brings a deep understanding in observing and monitoring these special types of birds.

David Lipsy

In November of 2016, David Lipsy became disabled due to complications in his lower spine. Now he can walk a short distance, but it does not stop him from his love of birds and nature in general.

He has a special interest in Raptors. One of the things that drives David Lipsy's passion for nature photography is to bring back the beauty he sees all around him to share it with people who also love nature, but are not able to be out.

Jim Renault has been an amateur photographer for over 45 years. Jim's photographs are featured in Dead in Good Company, A Celebration of Mount Auburn Cemetery, and various publications. In addition to the challenges presented by birds in flight, Jim also enjoys landscape photography.

Sandy Selesky has been a passionate photographer for over 30 years. She and her husband have traveled to places like the Galapagos Islands, Costa Rica, Belize,

the Canadian Rockies, Utah, New Mexico, Wyoming, Florida, Montana, Florida, Provence, and throughout New England. Sandy has also traveled to Texas, California, and Arizona with a friend and in January 2011 she traveled with 7 other photographers to the Falkland Islands for 2 weeks where she found herself in "penguin heaven," returning with over 7,000 images!

Sandy Selesky has won many awards for her photographs, including most recently a Semi-Finalist honor in the Sigma Camera Competition in 2016 and a gold medal for her print entitled "Piping Plover and Baby Love" in 2017 at the NECCC Conference at U Mass/Amherst. She has had photographs in many different publications.

The Chester Sidell Gallery is located on the first floor of Essex Art Center
Gallery Hours: M-F 10-6
FREE and open to the public
www.essexartcenter.com
Essex Art Center, 56 Island St., Lawrence, MA 01840

Workplace English Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken for Workplace English classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843. These classes are free to Lawrence residents but students must have a high beginner level of English.

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.

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.

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264 ESSEX ST.
LAWRENCE, MA 01840-1516

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.

New Hampshire Art & Poetry Collaboration: a traveling exhibition coming to Nashua in January!

In 2018, Alice B. Fogel, Poet Laureate of NH, initiated a collaboration with the Women's Caucus for Art's New Hampshire Chapter. 12 NH poets & 12 NH artists from around the state paired up to create new works. The result is a traveling exhibition, "Text & Textiles," of artwork and poetry connected in some way to fiber. It first appeared to an enthusiastic audience at the Hancock Library in May of this year, and has since traveled to Portsmouth, Gorham, Plymouth, and Moultonboro. Then-Caucus president, Kate Higley, was instrumental in setting the traveling exhibition in motion, along with participating artist and poet Kate Dean.

At each library, participating poets and artists have presented a well-received reading of their new poems and a fascinating panel discussion on each of the pairs' processes and end results. These artists and their new partner poets had never met before, and in some cases still haven't. The pairs corresponded or met, sharing work and finding common ground and inspiration, and the stories of the collaborative efforts are as interesting as their finished works, making for varied, entertaining, and moving exhibitions and discussions.

Nashua Library hosts the exhibition from January 2 – January 30, with its reception/presentation occurring at the library's gallery on January 27 at 3:00PM. Contact: Carol Eyman, 603-589-4600.

After Nashua, the final exhibition will

be in Newport in February and March, with the reception/presentation happening on February 1 at 5PM.

A search for "Text & Textile Catalog" on the Magcloud website (below) will lead you to the purchaseable exhibition catalog, a beautiful full-color, spiral-bound book of all the poems and artwork, along with biographical information about the writers and artists.

http://www.magcloud.com/browse/issue/1457325?_r=1202863

Please contact me, Alice Fogel, with any questions, and help us spread the word by writing something about this special cultural opportunity! Many thanks.

See the list of participating poets & artists, from all across the state.

Poets : Artists

Kyle Potvin : Brenda Wilbert

Ala Khaki : Debra Claffey

Mark deCarteret : Donna Catanzaro

Marnie Cobbs : Kristen Weyrick-Scott

S Stephanie : Linda Basha Brookshire

Alice Fogel : Mary Cornog

Todd Hearon : Maryellen Sakura

Emma Breslow : Shawna Gibbs

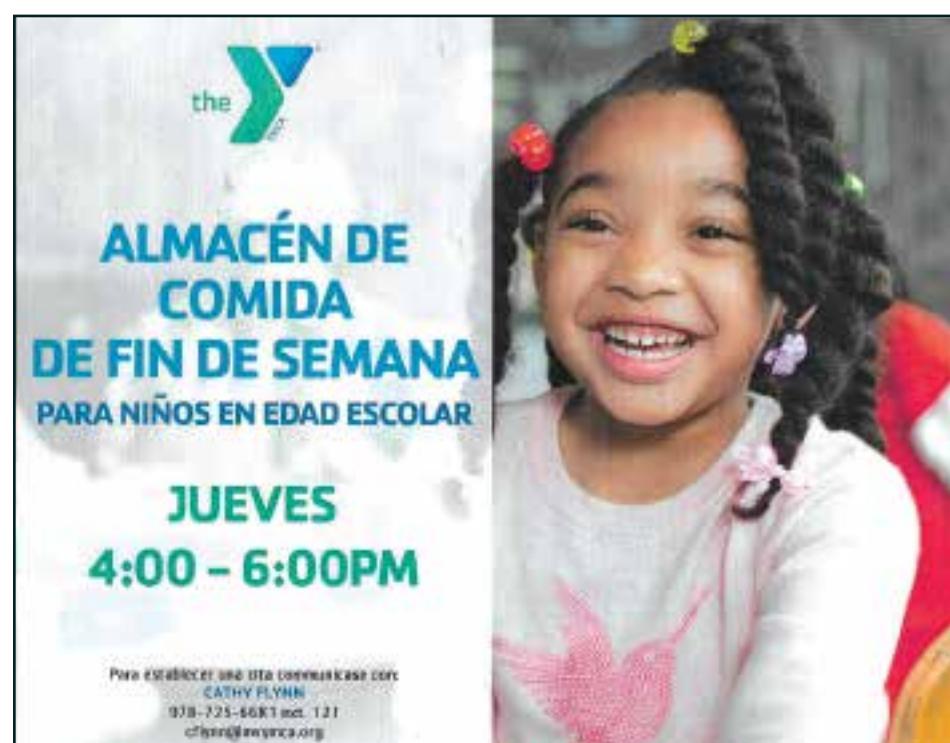
Patrice Pinette : Soosen Dunholter

Candace Bergstrom : Susan Rock

Henry Walters : Linda Greenwood

Kate Dean: Kate Higley

Busque a Rumbo en su página de Facebook



"Obstáculos son las cosas que una persona ve cuando no sigue su meta."

"Obstacles are things a person sees when he takes his eyes off his goal."

- E. Joseph Cossman

Youth Writing Workshop

Registrations are now being taken for Youth Writing Workshops for students entering grades 6 through 10. Workshops will be held on a monthly basis on Monday evenings 6 PM to 8 PM at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

Robert Largess will conduct the workshop. He has more than 20 years experience teaching in Boston Public Schools and has taught our successful Summer Youth Writing Program.

Workshops will combine student writing-short stories, poems, essays, and reports – with reading classic stories and poems, and learning a bit about Asian Culture and history, the Ancient Greeks, and the myths and tales of other cultures. Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

ReStore

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www.mvrestore.org

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PUBLIC HEARING
City of Lawrence, MA
Mayor Daniel Rivera

DOC. 351/2018
In City Council
December 18, 2018

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, January 15, 2019 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Stevens Street, east side, from a point twenty (20) feet northerly of the intersection of Weare Street to a point forty (40) feet northerly of the intersection of Weare Street.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING
City of Lawrence, MA
Mayor Daniel Rivera

DOC. 343/2018
In City Council
December 18, 2018

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, January 15, 2019 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Rollins Street, east side, from a point one hundred sixty (160) feet northerly of the intersection of E Haverhill Street to a point one hundred eighty (180) feet northerly of the intersection of E Haverhill Street.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING
City of Lawrence, MA
Mayor Daniel Rivera

DOC. 397/2018
In City Council
December 18, 2018

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, January 15, 2019 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to Revised Ordinances of the City of Lawrence by adding the following paragraph immediately to the current Section 10.36.031 of the Municipal Code Alternate parking on certain streets between 12:01 a.m. and 3:00 p.m.) (Winter Parking Ordinance) and to be added to the Amended Section 10.36.031 (Snow Emergency Declaration – Alternate parking on certain streets between 12:01 a.m. and 6:00 p.m.) (Winter Parking Ordinance) approved on 12-18-18/eff. 7-1-19:

Orchard Street, for its entire length.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING
City of Lawrence, MA
Mayor Daniel Rivera

DOC. 344/2018
In City Council
December 18, 2018

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, January 15, 2019 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.260 of the Municipal Code (Fifteen (15) Minute Parking), to be inserted in the proper alphabetical order:

Prospect Street, west side, from a point ninety (90) feet northerly of the intersection of Howe Street to a point one hundred ten (110) feet northerly of the intersection of Howe Street.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING
City of Lawrence, MA
Mayor Daniel Rivera

DOC. 353/2018
In City Council
December 18, 2018

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, January 15, 2019 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by DELETING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking);:

West Street, East side, from a point ninety five (95) feet northerly of the intersection of Haverhill Street to a point one hundred fifteen (115) feet northerly of the intersection of Haverhill Street.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

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

- Henry Ford



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