

Annual Breakfast to honor Veterans



At-Large Councilor Ana Levy congratulating former Councilor Roger Twomey and wife Marilyn for the success of the breakfast. Three days after taking this picture, Levy was re-elected for a new term of two more years. Congratulations! Pg. 12

Desayuno anual para honrar a los veteranos

Concejal at-Large Ana Levy congratulando al exConcejal Roger Twomey y esposa Maryleen por el éxito del desayuno. Tres días después de tomar esta foto, Levy fue re-electa por un nuevo término de dos años más. ¡Felicidades! Pg. 12

Reconocimiento a la Chef María Marte



Vestida con un chef coat negro bordado con su nombre en verde, la chef Maria Marte conversa con Arismendy López, chef y propietario de la Cocina de Arismendy, durante la inauguración de la Sala Maria Marte en el Restaurant Don Matias. Al acto - por invitación solamente- asistió una nutrida representación de funcionarios vinculados al gobierno local. La Chef Marte recibió varios reconocimientos. "Honradísima de que me deis esa acogida aquí en Massachusetts", dijo emocionada. (Foto y Texto: George Richardson/www.gjrjrichardson.com)

Ríos Sucios 2

El peligro del Río Merrimack

Dirty Rivers 2

The danger in the Merrimack River

Pg. 2

John R. Dimitry Building was renovated



The President of NECC Lane Glenn welcoming distinguished visitors to the celebration of the newly renovated John R. Dimitry Building, which occupies Northern Essex Community College located at 45 Franklin Street in Lawrence. Pg. 13

El John R. Dimitry Building fue renovado

El Presidente de NECC Lane Glenn dando la bienvenida a los distinguidos visitantes a la celebración del recién renovado Edificio John R. Dimitry, que ocupa la Universidad Northern Essex Community College localizado en el 45 de la Calle Franklin, en Lawrence. Pg. 13

Halloween party at the Boys & Girls Club



More than 400 youth members of the Boys & Girls Club of Lawrence were treated to a Halloween party featuring games overseen by members of the Merrimack College women's basketball team, a performance by the club's Dance Academy, a bounce house, prizes for best costume for boys and girls in three age groups and candy. Pg. 14

Foster Kids of the Merrimack Valley calls for Santa's Helpers

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Ríos sucios 2

El peligro del Río Merrimack

Por Frank Bonet

Hace algún tiempo hice un artículo sobre la contaminación en el Río Merrimack. Escribí que era responsabilidad de todos mantenerlo libre de contaminación. Escribí sobre cómo no usaría el río para nada debido a los contaminantes que posee y la falta de notificación a tiempo de esos contaminantes que vienen río abajo.

Me acabo de enterar de que los funcionarios del gobierno federal y los funcionarios del gobierno estatal están permitiendo que un depósito sanitario de New Hampshire envíe cerca de 100,000 galones por día de aliviadero contaminado al Río Merrimack a través de Lowell Regional Wastewater Utility que carecen del proceso de tratamiento para el tipo de contaminación que se le permitirá correr hacia el río. Waste Management Turnkey contaminará las aguas del Valle de Merrimack sin preocuparse por nadie que viva, pesque o use el río con fines recreativos.

Esa escorrentía contaminada contiene cantidades escandalosas de productos químicos extremadamente tóxicos conocidos como PFAS. Las sustancias de polifluoroalquilo (PFAS) son un grupo de productos químicos artificiales que se han fabricado y utilizado en una variedad de industrias en todo el mundo, incluso en los Estados Unidos desde la década de 1940. Ambas sustancias químicas son muy persistentes en el medio ambiente y en el cuerpo humano, lo que significa que no se descomponen y pueden acumularse con el tiempo y, como explica el Boston Globe, "sustancias químicas para siempre" debido a estos contaminantes que nunca se degradan por completo.

Existe evidencia de que la exposición

al PFAS puede conducir a efectos adversos para la salud humana. Los hallazgos más consistentes son el aumento de los niveles de colesterol entre las poblaciones expuestas, con hallazgos más limitados relacionados con el bajo peso al nacer, los efectos sobre el sistema inmunitario, el cáncer (por los PFOA) y la alteración de la hormona tiroidea (por los PFOS).

Para la mayoría de los residentes que no tienen educación sobre lo que esto significa exactamente para Lawrence, tenga miedo. Tenga mucho miedo.

Mientras tanto, sus políticos esperan la intervención del gobierno federal. Buena suerte esperando esa intervención. La Ciudad de Lawrence necesita presentar demandas para forzar que los residentes de esta ciudad no se vean afectados. Nosotros, y el estado de Massachusetts (si quieren entrar en esto) deberíamos demandar al estado de New Hampshire, básicamente por todo el desperdicio peligroso que viene río abajo.

Mientras tanto, la compañía que enviará las escorrentías aguas abajo a Lawrence y otras ciudades a lo largo del Valle de Merrimack recibió la aprobación para una gran expansión de su vertedero. Quieren agregar 60 acres a su basurero de 1,200 acres. New Hampshire lo aprobó. En junio de 2018 Waste management Turnkey declaró que no estaban "recogiendo residuos peligrosos".

La gente no debe usar el Río Merrimack y estoy advirtiéndolo a los padres que no permitan que sus hijos naveguen en bote, en canoa, naden o pesquen en el Río Merrimack. No es seguro.

Dirty Rivers 2

The dangers in Merrimack River

By Frank Bonet

Quite some time ago this year, I wrote in regards to the pollution in the Merrimack River. I wrote how it was everyone's responsibility to maintain its pollution-free. I wrote about how I would not use the river for anything because of the contaminants that it possessed and the lack of on-time notification of those pollutants coming downstream.

I have just learned that federal government officials and state government officials are allowing a New Hampshire landfill to send close to 100,000 gallons a day of polluted runoff into the Merrimack River through the Lowell Regional Wastewater Utility who lack the treatment process for the type of pollution that will be allowed to run into the river. Waste Management Turnkey will be polluting the waters of the Merrimack Valley not caring about anyone who lives, fish, or uses the river for recreational purposes.

The polluted runoff contains outrageous amounts of extremely toxic chemicals known as PFAS. Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals that have been manufactured and used in a variety of industries around the globe, including in the United States since the 1940s. Both chemicals are very persistent in the environment and in the human body – meaning they don't break down and they can accumulate over time and as the Boston Globe explains it – "forever chemicals" because of these contaminants that never

fully degrade.

There is evidence that exposure to PFAS can lead to adverse human health effects. The most consistent findings are increased cholesterol levels among exposed populations, with more limited findings related to low infant birth weights, effects on the immune system, cancer (for PFOA), and thyroid hormone disruption (for PFOS).

For most residents who are uneducated on what this exactly means for Lawrence – be afraid. Be very afraid.

In the meantime, your politicians are waiting for federal government intervention. Good luck waiting for that intervention. The City of Lawrence needs to file lawsuits to force that this city's residents are not affected. We, and the Commonwealth of Massachusetts (if they want to come into this) should sue the state of New Hampshire – for basically all the waste that is coming downstream.

In the meantime, the company that will be sending the runoffs downstream to Lawrence and other cities along the Merrimack Valley was provided approval for a big expansion of their landfill! They want to add 60 acres to their already 1,200-acre trash land. New Hampshire approved it. In June 2018 Waste management Turnkey stated that they were not "taking in hazardous waste".

People should not use the Merrimack River and I am cautioning parents against allowing their children to boat, canoe, swim or fish in the Merrimack River. It is not safe.

EDITORIAL | EDITORIAL

Terminaron las elecciones. ¡Gracias a Dios!

Aunque no tan sensacionales como las elecciones presidenciales donde los candidatos suelen prometer la luna, siempre las locales como las que acabamos de sobrepasar, traen sus errores culturales.

El primer enigma es el que rodea al votante hispano. Llegamos a este país procedente de países donde en algunos, el voto es obligatorio. En Lawrence, donde hay 40,631 votantes registrados sólo votamos 6,051 ó 14.89% de los registrados.

Aquellos que intentaban cambiar las caras de los miembros del concilio no contaron con el apoyo económico necesario para llevar a cabo una campaña efectiva.

El hispano es conocido por asistir a los eventos que lleva a cabo el candidato para recaudar fondos, lo aplaude, le dice que lo apoyará, le come la comida y se marcha sin dejar un centavo, a diferencia del no Latino (por no llamarle americano) éste entra con el cheque en la mano.

Esta campaña no fue tan larga pero si dura. Parecía más dura y más difícil para los candidatos con recursos limitados que desesperadamente querían hacer llegar sus mensajes a sus electores.

Felicidades a todos los ganadores. Para aquellos que no ganaron, por favor, no desaparezcan. Manténganse en contacto. Si usted realmente tenía algo bueno que aportar, dé un paso adelante y ofrézcalo a la persona que salió ganadora.

Y por último, una recomendación a los futuros candidatos hispanos. Antes de entrar en la política Americana, debemos aprender como lo han venido haciendo sus habitantes hasta ahora por más de 200 años. Por favor, no queramos hacerlo "como en nuestro país".

Elections are over. Thank God!

Although not as sensational as the presidential elections where the candidates usually promise the moon, the promises like the ones we have just heard always bring their cultural misgivings.

The first hesitation surrounding the Hispanic voter is that we arrived in this country from some countries where voting is mandatory. In Lawrence, where there are 40,631 registered voters, only 6,051 went out to vote or 14.89% of those registered.

Those who tried to change the faces of council members did not have the financial support necessary to carry out an effective campaign.

Hispanics are known for attending the events that the candidate holds to raise funds, applauds him/her, tells him/her that they will give their support, eats the food and goes home without leaving a penny, unlike the non-Latino (otherwise called American) This one enters with the check in hand.

This campaign was not very long but it was difficult. It seemed tough and challenging for candidates with limited resources who desperately wanted to get their messages to their constituents.

Congratulations to all the winners. For those who did not win, please do not disappear. Keep in touch. If you really had something good to contribute, take a step forward and offer it to the person who won.

And finally, a recommendation to future Hispanic candidates: Before entering American politics, we must learn how its inhabitants have been doing so far for more than 200 years. Please, we don't want to do it "like in our old country."

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

DIRECTOR AND GRAPHIC DESIGN

Dalia Díaz
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

Alberto M. Surís
albertosuris@rumbonews.com

Publicación de SUDA, Inc.
315 Mt. Vernon Street Lawrence, MA 01843-3206

Tel: (978) 794-5360 | www.rumbonews.com



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UnidosUS Teams up with Lawrence CommunityWorks to Improve Digital Literacy among Latinos in the Workforce

UnidosUS, the nation's largest Latino civil rights and advocacy organization (formerly known as National Council of La Raza), and Lawrence CommunityWorks (LCW) will host a presentation and reception alongside Verizon on November 4 at noon ET to highlight the new Latinos @ Work Program, which aims to improve digital literacy rates among Latino workers across the country.

Over the last several decades, digital literacy has become a key skill necessary to succeed in the workplace. Today, 53 percent of U.S. jobs are "middle-skill" jobs, meaning they require some education beyond a high school diploma, but not a four-year degree. Eight out of 10 of these jobs require digital skills.

Since 2013, LCW's Financial Opportunity Center has been committed to increasing the efficacy, skills, financial

well-being and resilience of Lawrence residents. It now serves over 1,000 adults annually through financial education and coaching, matched savings, home-ownership education, and workforce development. "This partnership represents a new and important opportunity for us to respond to the demand for greater digital literacy in the workforce," said Jessica Andors, Executive Director. "Alongside UnidosUS and Verizon, we stand proudly committed to the educational and economic development of Lawrence families and look forward to the success of Latinos @ Work as another testament to the city's hard-working, talented, and capable workforce."

The Presentation and demonstration was held on Monday, November 4, at Lawrence Community Works, 168 Newbury Street Lawrence, MA.



The first cohort of Digital Literacy students.

NDEC's newest graduating class of Nursing Assistant/Home Health Aide Programs



Notre Dame Education Center at 354 Merrimack Street, Suite 210, Lawrence MA would like to congratulate its Nursing Assistant/Home Health Aide Programs 55th graduating class. Students from Lawrence and the surrounding communities worked together with their Nurse Instructor Amy White, RN, BSN to study Anatomy, Physiology, and Infection Control, assisting with activities of daily living such as

dressings, bathing and feeding their clients.

Cynthia Faulkner, Executive Director, is proud of the accomplishments of these hard working students and their commitment to caring for the sick and elderly.

For more information about our program, and the next session starting in January 2020, please visit our website at <https://ndeclawrence.net/nursing-assistant-program>.



From left, Lizbeth Levy, Digital Literacy program student, Mayor Dan Rivera, Stephanie Lee, Regional Director of Government Affairs at Verizon, Jessica Andors, Executive Director of LawrenceCommunityWorks, Evelyn Crespo, Employer Relations Specialist, Leslie Kent, Assistant Director of Asset Building, and Juan Bonilla, Deputy Director of Lawrence CommunityWorks.

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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COLUMBIA GAS HAS BEGUN ADDITIONAL VERIFICATIONS OF OLD SERVICE LINES

Residents will continue to see an increased presence of Columbia Gas crews in the community in the coming weeks as we verify a remaining set of 2,000 old service lines abandoned during last fall's Merrimack Valley recovery effort, completing verification work that began in September 2019.

The verification work is being conducted in coordination with the Massachusetts Department of Public Utilities to confirm that the work on these abandoned service lines was executed in a manner consistent with applicable requirements and in compliance with Columbia Gas procedures and protocols.

The former service lines in this remaining set relate to homes and businesses that had outside meters prior to the September 2018 gas event. Due to the location of these gas meters, verifications will be conducted outside. Entrance into a customer's home or business is not required unless follow-up work is necessary. If the inspection finds the abandoned service line was not retired in accordance with applicable requirements, procedures and protocols, a crew will complete the necessary work.

If desired, customers can call to request an inside verification of their system out of an abundance of caution.

None of the abandoned service lines that will be verified are connected to the active gas system and there will be no disruption to gas service.

Customers may **visit the Customer Care Center at 439 South Union Street in Lawrence, call 866-388-3239 or visit ColumbiaGasMA.com** for more information, including the list of addresses that will be checked.

Thank you for your patience as we conduct this work.

COLUMBIA GAS HA INICIADO VERIFICACIONES ADICIONALES DE LÍNEAS DE SERVICIO ANTIGUAS

Los residentes continuarán viendo una presencia aumentada de equipos de Columbia Gas en la comunidad en las próximas semanas a medida que verifiquemos un conjunto restante de 2,000 líneas de servicio viejas abandonadas durante el esfuerzo de recuperación del Valle de Merrimack el otoño pasado, completando el trabajo de verificación que comenzó en septiembre del 2019.

El trabajo de verificación se lleva a cabo en coordinación con el Departamento de Servicios Públicos de Massachusetts para confirmar que el trabajo en estas líneas de servicio abandonadas se ejecutó de manera consistente con los requisitos aplicables y de conformidad con los procedimientos y protocolos de Columbia Gas.

Las antiguas líneas de servicio en este conjunto restante se relacionan con hogares y negocios que tenían medidores externos antes del evento de gas de septiembre del 2018. Debido a la ubicación de estos medidores de gas, las verificaciones se realizarán en el exterior. No es necesario ingresar a la casa o negocio de un cliente a menos que sea necesario un trabajo de seguimiento. Si la inspección determina que la línea de servicio abandonada no se retiró de acuerdo con los requisitos, procedimientos y protocolos aplicables, un equipo completará el trabajo necesario.

Si lo desea, los clientes pueden llamar para solicitar una verificación interna de su sistema por precaución.

Ninguna de las líneas de servicio abandonadas que serán verificadas están conectadas al sistema de gas activo y no habrá interrupción en el servicio de gas.

Los clientes pueden **visitar el Centro de Atención al Cliente en 439 South Union Street en Lawrence, llamar al 866-388-3239 o visitar ColumbiaGasMA.com** para obtener más información, incluyendo la lista de direcciones que serán verificadas.

Gracias por su paciencia mientras llevamos a cabo este trabajo.

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10th Annual In Pink Brunch & Comedy Show Breaks Records

Nearly five hundred supporters from across the Merrimack Valley came together for a celebration of women's health as Greater Lawrence Family Health Center (GLFHC) hosted its 10th Annual In Pink Brunch and Comedy Show on Saturday, October 26 at Andover Country Club.

Featuring nationally-renowned comedienne Loretta LaRoche, this year's In Pink event set records for sponsorships and revenue, which translate into an increased capacity to provide essential, first-class women's health programming for GLFHC patients.

The \$112,000 raised is a 19% increase over last year, and reflects a 29% rise in sponsor donations. This is the first year that proceeds have surpassed \$100,000, and GLFHC is grateful to all sponsors and attendees for their support. "It is telling that this event has grown in stature, prominence and impact year after year, and this year's rise was nothing short of remarkable," said Senior Vice President for External Relations, Rich Napolitano. "We are so fortunate to have partners, sponsors and friends who believe in this event enough to

support it this way, and we are committed to putting these resources to the best possible use."

Dianne J. Anderson, President and CEO of Lawrence General Hospital, was honored with the Rosalyn Kempton Wood Award for Inspirational Leadership. The award was presented to her by Claire Wilkes, daughter of the late Rosalyn Wood.

Also honored was breast cancer survivor Mercedes Perez. Mercedes is a member of GLFHC's Fuente de Esperanza, the only bilingual cancer support group in the Merrimack Valley. "We are strong women with the mental capacity to overcome anything," commented Perez.

This spirit of optimism and positivity has become a hallmark of In Pink, and of Greater Lawrence Family Health Center's enduring commitment to providing top-quality healthcare to its patients. "We are truly thankful to the Greater Lawrence community for their support," added Napolitano, "and this event is a true reflection of the mission and impact of Greater Lawrence Family Health Center."



John M. Silva (far right), GLFHC President & CEO, congratulates Dianne Anderson (second from right), President & CEO of Lawrence General Hospital, on receiving the Rosalyn Kempton Wood Award for Inspirational Leadership. With them are Rich Napolitano, GLFHC Senior Vice President of External Relations, and Claire Wilkes, daughter of the late Rosalyn Kempton Wood.

El Foro de Candidatos atrae a una multitud grande y diversa



Vista parcial del público asistente. / Partial view of the public in attendance.

Por Porfirio Matías

El Foro de Candidatos en Haverhill atrajo a una gran y diversa multitud. Más de 80 residentes de Haverhill asistieron al Foro de Candidatos del sábado presentado por la Coalición Latina y otras cuatro organizaciones comunitarias, Indivisible, Community Action Inc., Mt. Washington Alliance y el Merrimack Valley Project.

La Iglesia Unitaria Universalista, 16 Ashland St., donó gentilmente el uso de su sala para el foro. El evento incluyó un foro

del Comité Escolar de 1 pm a 2 pm con los candidatos menos uno presente y el Foro de los Concejales de 2 pm a 4 pm aunque tres de los candidatos no asistió.

Durante la hora social posterior al evento, varios candidatos comentaron sobre la gran audiencia diversa y sobre las preguntas únicas y significativas que se hicieron. Dos ex candidatos del Congreso, Juana Matias y Alexandra Chandler, sirvieron como moderadores.

Candidates Forum Draws Large and Diverse Crowd

By Porfirio Matías

The Candidates' Forum of Haverhill draws large and diverse crowd. Over 80 Haverhill residents turned out for Saturday's Candidates Forum presented by the Latino Coalition and four other community organizations, Indivisible, Community Action Inc., Mt. Washington Alliance and Merrimack Valley Project.

The Unitarian Universalist Church, 16 Ashland St. graciously donated the use of their hall for the forum. The event included

a School Committee forum from 1pm-2pm with all but one candidate present and the City Council Forum from 2pm-4pm with the participation of all but 3 candidates.

During the social hour following the event, several candidates commented on the large diverse audience and on the unique and meaningful questions that were asked. Two former Congressional candidates, Juana Matias and Alexandra Chandler served as Moderators.

10th Annual In Pink Brunch & Comedy Show Breaks Records

Casi quinientos simpatizantes de todo el Valle de Merrimack se reunieron para celebrar la salud de las mujeres, durante la celebración del Centro de Salud Familiar de Greater Lawrence (GLFHC) que organizó su décima presentación anual In Pink Brunch and Comedy Show el sábado, 26 de octubre en el Andover Country Club.

Con la comedianta de renombre nacional Loretta LaRoche, el evento In Pink de este año estableció récords de patrocinios e ingresos, lo que se traduce en una mayor capacidad para proporcionar programas esenciales de salud de mujeres de primera clase para pacientes con GLFHC.

Los \$112,000 recaudados son un aumento del 19% comparado con el año pasado, y reflejan un aumento del 29% en las donaciones de patrocinadores. Este es el primer año que los ingresos han superado los \$100,000, y GLFHC agradece a todos los patrocinadores y asistentes por su apoyo. "Es revelador que este evento ha crecido en importancia, prominencia e impacto año tras año, y el aumento de este año fue notable", dijo el Vicepresidente Senior de Relaciones Externas, Rich Napolitano. "Somos muy afortunados de tener socios, patrocinadores y amigos que creen en este evento lo suficiente como para apoyarlo de esta manera, y estamos comprometidos a poner estos recursos en el mejor uso posible".

Dianne J. Anderson, presidenta y directora ejecutiva del Lawrence General Hospital, fue honrada con el Premio Rosalyn Kempton Wood por Liderazgo inspirador. El premio le fue entregado por Claire Wilkes, hija de la difunta Rosalyn Wood.



Here Congresswoman Lori Trahan (left), Massachusetts 3rd District, congratulates Dianne Anderson, President and CEO of Lawrence General Hospital, on receiving the Rosalyn Kempton Wood Award for Inspirational Leadership.

También fue honrada la sobreviviente de cáncer de seno Mercedes Pérez. Mercedes es miembro de la Fuente de Esperanza de GLFHC, el único grupo bilingüe de apoyo para el cáncer en el Valle de Merrimack. "Somos mujeres fuertes con la capacidad mental para superar cualquier cosa", comentó Pérez.

Este espíritu de optimismo y positividad se ha convertido en un sello distintivo de In Pink y del compromiso duradero del Greater Lawrence Family Health Center de brindar atención médica de alta calidad a sus pacientes. "Estamos realmente agradecidos con la comunidad del Gran Lawrence por su apoyo", agregó Napolitano, "y este evento es un verdadero reflejo de la misión y el impacto del Centro de Salud Familiar del Gran Lawrence".

Inscripciones abiertas para adquirir seguro médico

Ya las inscripciones para obtener seguro de salud están abiertas. El tiempo de inscripciones abiertas con el Health Connector empieza el 1 de noviembre hasta el 23 de enero. Este año MA Health Connector cuenta con nuevas herramientas para facilitar la experiencia de sus miembros, y ahora también cuentan con la nueva adición de voluntarios que están listos para regar la voz en la comunidad dando información sobre la importancia de obtener seguro médico.

El estado de Massachusetts es líder a nivel nacional en acceso a cobertura médica, ya que cuentan con más del 97 por ciento de residentes asegurados, esto quiere decir que alrededor de 290,000 personas tienen seguro por medio del Health Connector. Durante el tiempo de inscripciones abiertas, que se lleva a cabo desde el 1 de noviembre hasta el 23 de enero, los residentes de Massachusetts podrán solicitar seguro médico e inscribirse para obtener cobertura para el nuevo año entrante. Para aquellos residentes que califiquen también podrán hacer uso del programa ConnectorCare, que proporciona planes con primas bajas o sin costo, copagos bajos y sin deducible.

"Desde hace 13 años se implementó la reforma de salud en Massachusetts, y desde entonces hemos estado trabajando para crear una cultura de cobertura en las diversas comunidades que son parte del estado de Massachusetts, y hoy más que nunca seguimos comprometidos a inscribir y a incentivar a todos aquellos residentes que no cuenten con seguro

médico o están experimentando una brecha en la cobertura", dijo Louis Gutiérrez, Director Ejecutivo de Massachusetts Health Connector. "Queremos que todos los residentes de Massachusetts tengan acceso a atención médica asequible, y eso comienza por contar con un seguro médico de bajo costo. El período de inscripción es el mejor momento para las personas que no tienen cobertura puedan obtener la ayuda necesaria para obtener seguro médico, y el Health Connector está listo para ofrecer una experiencia estable y de apoyo a las personas que buscan un seguro". Finalizó el Director Ejecutivo de Massachusetts Health Connector

Para aumentar la conciencia pública a lo largo del período de Inscripción abierta, el Health Connector tendrá "equipos de cobertura" en las ciudades siguientes: Lawrence, Springfield, Lowell, Lynn y New Bedford. Los equipos de cobertura estarán alzando su voz para poderle llegar a sus comunidades, queriendo informar que existen opciones de bajo costo disponibles a través del Health Connector y el programa ConnectorCare. Actualmente, las tres cuartas partes de los miembros de Health Connector pertenecen a ConnectorCare, que a través de subsidios estatales y federales hace que el seguro de salud sea más asequible para los residentes de bajos ingresos.

"Asegurar la cobertura de salud puede parecer complicado, pero Health Connector lo hace fácil y accesible para todos", dijo el alcalde de Lawrence, Daniel Rivera. "Hoy, les recordamos a los residentes de

Lawrence los planes asequibles y de calidad disponibles para ellos y sus familias. Nuestra ciudad es más fuerte cuando todos estamos cubiertos, por lo que animo a todos en Lawrence a saber qué opciones están disponibles durante el próximo período de inscripción abierta y a obtener cobertura". Concluyó el alcalde de Lawrence.

Los miembros y los nuevos solicitantes de Health Connector encontrarán nuevas herramientas este año que facilitaran el proceso de inscripción para obtener una cobertura, mantener la una cuenta activa o seleccionar un plan.

- El sitio web de Health Connector, MAhealthconnector.org, se ha actualizado para plataformas móviles. Muchos miembros de Health Connector no tienen acceso inmediato a una computadora, y la plataforma actualizada facilitará la navegación de los miembros con un teléfono o tableta.
- A menudo, se solicita a los solicitantes y miembros que proporcionen documentación para verificar la elegibilidad en su solicitud o cuenta. Una nueva función de carga de documentos facilita a los usuarios enviar dichos documentos y mantener su información actualizada y precisa.
- Una nueva calculadora de costo total está disponible para miembros no subsidiados por primera vez, en respuesta a los comentarios de los miembros. Esta herramienta ayudará a los usuarios a comprender mejor el gasto potencial en el



transcurso del año más allá de sus primas, lo que les ayudará a seleccionar el mejor plan para sus necesidades.

La inscripción abierta se extiende hasta el 23 de enero, sin embargo muchas personas prefieren empezar el año nuevo con cobertura. Para aquellos que desean cobertura a partir del 1 de enero, la fecha límite para solicitar, elegir un plan y pagarla es el 23 de diciembre. Los navegadores, capacitados y con experiencia para ayudar a las personas a inscribirse en la cobertura de Health Connector, están disponibles para reunirse en persona con aquellos residentes que necesiten ayuda con una solicitud o tienen una pregunta sobre su cobertura actual. El año pasado, los navegadores alrededor de todo el estado proporcionaron sus servicios y ayuda más 100,000 veces a los residentes. Las personas pueden encontrar un navegador local u otro asistente en MAhealthconnector.org/enrollment-assisters

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

En Massachusetts, la ley exige tener un seguro de salud.
No ponga en riesgo todo lo que ha logrado.

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

Cobertura de alta calidad

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Estudiantes de GLTS reparan vehículo para organización local sin fines de lucro

Un automóvil reparado por los estudiantes de Greater Lawrence Technical la primavera pasada está marcando la diferencia, gracias a una asociación con una organización local sin fines de lucro.

La primavera pasada, los juniors y seniors de Greater Lawrence Tech repararon abolladuras, reemplazaron una puerta y volvieron a pintar un sedán Honda plateado. El vehículo había sido donado a la organización sin fines de lucro Second Chance Cars por una mujer de Brookline.

Second Chance Cars trabaja con organizaciones sin fines de lucro del área para proporcionar automóviles a veteranos y personas encarceladas que necesitan un vehículo personal para acceder a oportunidades de trabajo, entre otras necesidades de calidad de vida. Según un informe reciente de MassINC, la mayoría de los residentes de las ciudades de acceso dependen de vehículos personales como resultado del transporte público limitado y debido a que los trabajos se han mudado fuera de sus ciudades de residencia.

"Nuestra asociación con Second Chance Cars permite a nuestros estudiantes usar sus habilidades para ayudar a alguien en nuestra área de una manera que podría cambiar por completo su vida, y saber que su trabajo está teniendo un impacto significativo en nuestra comunidad es increíblemente gratificante para ellos", dijo el Superintendente John Lavoie. "Estamos encantados de que nuestros

estudiantes hayan podido reparar este vehículo y estamos agradecidos de haber tenido una oportunidad tan maravillosa de tomar su trabajo y marcar la diferencia para otra persona".

Desde que se reparó el automóvil, Second Chance Cars comenzó a trabajar con Lawrence Dream Network para identificar a una persona local que necesitara un vehículo motorizado. Este mes, el Honda fue otorgado a una mujer de Merrimack Valley que anteriormente estaba encarcelada y está trabajando para reconstruir su vida y establecerse en el mercado laboral.

"GLTS ha sido un socio increíble para Second Chance Cars, reparando autos que nos donan profesionalmente y a un costo muy bajo", dijo Dan Holin, Director Ejecutivo de Second Chance Cars. "Literalmente no podríamos darnos el lujo de proporcionar nuestros autos a veteranos de bajos ingresos y ciudadanos que regresan si GLTS en particular, así como otras escuelas vocacionales, no apoya nuestra causa".

Second Chance Cars ofrece vehículos reacondicionados a particulares por un préstamo de \$900 a 12 meses con un interés del 0%. Esto permite a los beneficiarios de Second Chance Cars ganar el vehículo de manera económica y reconstruir su crédito. Para obtener más información o donar un vehículo, visite www.secondchancecars.org/.



Un automóvil reparado por los estudiantes de GLTS esta primavera fue donado recientemente a una mujer del área necesitada. (Foto cortesía de Second Chance Cars)

Last spring, Greater Lawrence Tech juniors and seniors repaired dents, replaced a door and re-painted a silver Honda donated by a Brookline woman. (Courtesy Photo Second Chance Cars)



La primavera pasada, los juniors y seniors de Greater Lawrence Tech repararon abolladuras, reemplazaron una puerta y volvieron a pintar un Honda plateado donado por una mujer de Brookline. (Foto cortesía de Second Chance Cars)

A car repaired by GLTS last students this spring was recently donated to an area woman in need. (Courtesy Photo Second Chance Cars)

GLTS Students Repair Vehicle for Local Nonprofit

A car repaired by Greater Lawrence Technical students last spring is making a difference, thanks to a partnership with a local nonprofit.

Last spring, Greater Lawrence Tech juniors and seniors repaired dents, replaced a door and re-painted a silver Honda sedan. The vehicle had been donated to the nonprofit organization Second Chance Cars by a Brookline woman.

Second Chance Cars works with area nonprofits to provide cars to veterans and formerly incarcerated people in need of a personal vehicle to access job opportunities, among other quality of life needs. According to a recent report by MassINC, the majority of gateway city residents rely on personal vehicles as a result of limited public transportation and as jobs have moved outside of their cities of residence.

"Our partnership with Second Chance Cars allows our students to use their skills to help someone in our area in a way that could completely change their life, and knowing their work is having a meaningful impact on our community is incredibly rewarding for them," Superintendent John Lavoie said. "We're thrilled our students were able to

repair this vehicle, and thankful that they had such a wonderful opportunity to take their work and make a difference for someone else."

Since the car was repaired, Second Chance Cars began working with the Lawrence Dream Network to identify a local person in need of a motor vehicle. This month, the Honda was awarded to a Merrimack Valley woman who was previously incarcerated and is working to rebuild her life and establish herself in the job market.

"GLTS has been an amazing partner to Second Chance Cars, fixing up cars we get donated professionally and at a very low cost," said Second Chance Cars Executive Director Dan Holin. "We literally could not afford to provide our cars to low income veterans and returning citizens if GLTS in particular, as well as other vocational schools, did not support our cause."

Second Chance Cars provides refurbished vehicles to individuals for a \$900, 12-month loan at 0% interest. This allows beneficiaries of Second Chance Cars to earn the vehicle affordably and rebuild their credit. To learn more or to donate a vehicle, visit www.secondchancecars.org/.

Greater Lawrence Tech Receives \$80,000 School Safety Grant

Students, staff and faculty will soon benefit from new security equipment at Greater Lawrence Tech, thanks to a grant from the Baker-Polito administration.

Greater Lawrence Tech is among fourteen regional vocational technical, agricultural and independent schools who were allocated funding, receiving \$80,000 from the state. The Baker-Polito Administration awarded \$7.2 million in grants to more than 140 Massachusetts schools this October in an effort to support school security initiatives.

"Security is of the utmost importance to all of us here at GLTS, and we're incredibly thankful the Baker-Polito Administration recognized our need for this funding,"

Superintendent John Lavoie said. "As new best practices, equipment, procedures and mechanisms are continually developed to bolster school security, we are always working to revise and improve upon the safety protocol and systems we have in place."

The funding at Greater Lawrence Tech will allow the school to purchase and install electronic safety systems for all outside doors this school year, as well as an outdoor Public Address (PA) system that will facilitate communication between school officials inside the facility and people on the fields of the campus. The school will additionally install external network cameras as a result of the award.

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Foster Kids of the Merrimack Valley Issues Call For Santa's Helpers

Seeking Santa's Helpers To Support a Foster Child During the Christmas Season

Foster Kids of the Merrimack Valley (FKMV), a non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, issues a call for Santa's Helpers to support the Annual Foster Kids Christmas Party. The Santa's Helpers is a volunteer program designed to anonymously match up individuals or groups from the local community with one or more foster children to help fulfill their Christmas wish lists.

This program is part of the Annual Foster Kids Christmas Party organized by the FKMV, whereby age appropriate toys & clothing are distributed to local foster children. The Santa's Helpers program provides a personalized, unique kind of gift-giving and creates a memorable holiday season for foster children. The Annual Christmas Party is scheduled in early December each year.

"The Annual Christmas Party has been a mainstay of the organization. I'm always amazed at how our community participation continues to grow. Last year, with the help of our Santa's Helpers, we provided toys and gifts for more than 250 children and their respective foster parents," stated Larry Giordano, President and Founder of

the Foster Kids of the Merrimack Valley. "The holidays are always difficult times for foster children, they often feel alone and disconnected from their families. We have high hopes that our community will step forward again and help support our local foster children and bring a smile to their faces again."

What is a Santa's Helper?

We are looking for volunteers including businesses and/or individuals to volunteer to be a Santa's Helper and bring joy to a foster child this holiday season. Each Santa's Helper will be anonymously assigned a child and will receive a personal wish list for that child that includes personal items like clothing as well as toys.

The foster children participating in this program are ages birth to 12 years of age, and are currently under the care of the Department of Children and Families (DCF) in the Merrimack Valley, including Lawrence, Methuen, Andover, North Andover and the greater Haverhill region. Individuals, groups, or businesses may sign up to sponsor one child or more. Cash donations are accepted in lieu of receiving a Christmas wish list.

Program Details:

October: The sign up process when businesses

and individuals volunteer to become a Santa's Helper.

November: Each Santa's Helper will be assigned a child and receive a wish list that will provide the gender and age of the child.

December 8th: All gifts are due and can be dropped off at:

Methuen Karate Association
70C Bonanno Court
Methuen, MA

Sign Up Information:

To register as a Santa's Helper, please contact

Email: santashelper@fosterkidsmv.org
Call: 978-771-2150

Wrapping Party:

This year's Wrapping Party is being held on Thursday, December 12 at St. Lucy's Church Hall, 254 Merrimack St., Methuen beginning at 5:00 PM.

Other Donations Needed:

In addition to being a Santa's Helper, the FKMV are accepting in-kind donations for the Annual Christmas Party including Pizza and Beverages, Cookies, Holiday

Decorations, Wrapping Paper, Tape, Scissors and more.

Cash donations may be sent directly to:

Foster Kids of the Merrimack Valley, Inc.
Larry Giordano
P.O. Box 2166
Methuen, MA 01844

About Foster Kids of the Merrimack Valley

We are a certified 501(c)3 non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, including Lawrence, Methuen, Andover, North Andover and the greater Haverhill region. With hundreds of foster children in our local area, they need role models who can make a difference in their lives. Through the efforts of the organization, our goal is to bring a positive influence into the lives of these children and support them as they grow. We offer a range of programs for local foster children of all ages. We work closely with the Department of Children and Families (DCF) to make sure our programs are complementary and needed, and do not overlap with state and federally funded programs. For more information, please visit our website at: <http://www.fosterkidsmv.org>.

Town Hall Meetings

Columbia Gas Class Action Settlement

Please join us at the following meetings to explain the settlement reached in the Consolidated Class Actions against Columbia Gas.

November 8, 2019 6 PM to 9 PM
Collins Center, Andover High School
100 Shawsheen Road
Andover, MA

November 9, 2019 1 PM to 4PM
Greater Lawrence Technical School
57 River Road
Andover, MA

November 9, 2019 5 PM to 8 PM
North Andover Middle School
495 Main Street
North Andover, MA

- Hear from the Consolidated Class Action Leadership Team, the lawyers who filed the class action lawsuits and negotiated the \$143 Million settlement, about why they joined forces and how they achieved the settlement.
- Learn about your rights and options under the settlement and receive instructions about how to fill out claims forms.
- A question and answer period will follow the presentation where lawyers will answer questions from the audience.
- Light refreshments will be served.
- All are welcome at each of the three meetings.

Reuniones Comunitarias

Acuerdo de Columbia Class Class Action

Únase a nosotros en las siguientes reuniones para explicar el acuerdo alcanzado en la Demanda de Acción Consolidada contra Columbia Gas.

8 de noviembre de 2019 6 p.m. a 9 p.m.
Collins Center, Andover High School
100 Shawsheen Road
Andover, MA

9 de noviembre de 2019 1 p.m. a 4 p.m.
Greater Lawrence Technical School
57 River Road
Andover, MA

9 de noviembre de 2019 5 PM a 8 PM
North Andover Middle School
495 Main Street
North Andover, MA

- Escuche al Equipo de Liderazgo en la Demanda de Acción Consolidada, los abogados que presentaron las demandas de acción conjunta y negociaron el acuerdo de \$143 millones, sobre por qué unieron fuerzas y cómo lograron el acuerdo.
- Conozca sus derechos y opciones en virtud del acuerdo y reciba instrucciones sobre cómo completar formularios de reclamos.
- Un período de preguntas y respuestas seguirá a la presentación donde los abogados responderán las preguntas de la audiencia.
- Se servirán refrigerios ligeros.
- Todos son bienvenidos en cada una de las tres reuniones.

Propietarios del Mes

“Tomar el curso fue un cambio de juego”



Johnny and his mom Maritza along with home buyer counselor Ed Alcantara.

**Por Jim Wilde, MVHP
Director Ejecutivo**

Johnny llegó a los Estados Unidos en 2015 con su madre, Maritza, y sus hermanos. Después de enterarse de la Asociación a través de su hermano, no perdió el tiempo y tomó el curso de capacitación para compradores de vivienda un año después de llegar. Le tomó un tiempo construir su historial crediticio, por lo que retomó el curso en 2019 y, en solo cuatro semanas, Johnny y Maritza se convirtieron en propietarios de vivienda por primera vez.

“Cuando llegamos aquí, sabíamos que este sería un proceso complicado, pero no teníamos idea hasta que tomamos la clase. Fue entonces cuando me di cuenta, que si tomo este curso, esto puede cambiar el juego”. El curso ayudó a Johnny a aprender el proceso de compra de la casa paso a paso y lo hizo tener más confianza para comprar.

Johnny y Maritza analizaron muchas propiedades, pero a menudo fueron superados. “Fue muy frustrante, pero nunca renunciamos”, afirma Johnny. Maritza recordó cómo vieron algunas casas que eran muy bonitas pero que no se sentían como en casa. “En el momento en que entramos en nuestra nueva casa, supe que esta era la indicada”.

Con la ayuda de Natalia Berbesi (ahora de Salem Five) y la abogada Amsi Owens, lograron hacer todo y mudarse a su nuevo

hogar en solo cuatro semanas. “Todos fueron muy serviciales”, dijo Maritza sobre su equipo. “Sabían exactamente lo que necesitábamos para conseguir nuestro nuevo hogar lo más rápido posible”.

Además de los diferentes tipos de hipotecas, aprender sobre presupuestos eficientes fue lo más útil para Johnny y Maritza. “Era muy importante para nosotros ahorrar dinero, así que tomamos los consejos que aprendimos en la clase y establecimos un presupuesto semanal y mensual”. Tener un presupuesto familiar realista los ayudó a ahorrar el dinero que necesitaban.

La asistencia para el pago inicial de la Ciudad de Lowell fue esencial para pagar los costos de cierre de su nuevo hogar, permitiéndoles tener algo de dinero para hacer mejoras en su patio trasero. “Nos dio tranquilidad. Sin ella, nos hubiera llevado al menos otro año”.

Johnny y su familia son un excelente ejemplo de planificación adecuada. Saber lo que está haciendo y formar un gran equipo es lo que se necesita. A los 24 años, Johnny cerró su primer hogar, y él y su familia están encantados de tener un hermoso patio trasero para comidas familiares. “En el momento en que nos mudamos, sentimos paz. Me quitaron un peso de los hombros en el momento en que firmé los papeles”, afirma Maritza.

“La gente piensa que tienes que ser rico para tener una casa. Pero realmente quería intentarlo, así que tomé el curso y ahora tengo una hermosa casa con mi familia”, dice Johnny. “Todo en mi vida finalmente está funcionando. Sinceramente, no podría estar más feliz”.

Felicidades, Johnny y Maritza.



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Visit: www.mvhp.org
or call 978-683-8490

Thank you.



The Merrimack Valley Immigrant & Education Center

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

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

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

Homeowners of the Month

“Taking the course was a game changer”

**By Jim Wilde, MVHP
Executive Director**

Johnny came to the United States in 2015 with his mother, Maritza, and his siblings. After hearing about the Partnership through his brother, he wasted no time and took the Home Buyer Training Course a year after arriving. It took a while to build his credit history, so he retook the course in 2019, and within just four weeks, Johnny and Maritza became first-time homeowners.

“When we came here, we knew this was going to be a complicated process, but we had no idea until we took the class. That was when it hit me, that if I take this course, this can be a game-changer.” The course helped Johnny learn the home buying process step by step and made him more confident in buying his home.

Johnny and Maritza looked at many properties, but were often outbid. “It was very frustrating but we never quit.” Johnny claims. Maritza recalled how they saw some houses that were very nice but didn’t quite feel like home. “The moment we stepped into our new house, I just knew that this was the one.”

With the help of Natalia Berbesi (now of Salem Five) and Attorney Amsi Owens, they managed to get everything done and move into their new home in just four weeks. “Everyone was so helpful,” Maritza said about their team. “They knew exactly what we needed in order to get our new home as fast as possible.”

In addition to the different types of mortgages, learning about efficient budgeting was the most helpful for Johnny and Maritza. “It was very important for us to save money, so we took the advice we learned in the class and established a weekly and monthly budget.” Having a realistic household budget helped them to save the money they needed.

The City of Lowell’s Down Payment Assistance was essential in paying the closing costs to their new home, enabling them to have some money left to make improvements to their back yard. “It gave us peace of mind. Without it, it would’ve taken us at least another year.”

Johnny and his family are an excellent example of proper planning. Knowing what you are doing and assembling a great team is what it takes. At age 24, Johnny closed on his first home, and he and his family are thrilled to have a beautiful back yard for family cookouts. “The moment we moved in, we felt peace. A weight was lifted from my shoulders the minute I signed the papers.” claims Maritza.

“People think that you have to be rich to own a house. But I really wanted to give it a try, so I took the course, and now I own a beautiful house with my family.” Johnny says. “Everything in my life is finally working out. I honestly couldn’t be happier.”

Congratulations, Johnny and Maritza.

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Enterprise Bank una vez más apoyando a los veteranos locales durante noviembre

Por tercer año, Enterprise Bank reconoce a las organizaciones locales que brindan apoyo y servicios a veteranos militares con la campaña "Checking with Purpose". A lo largo del mes de noviembre, Enterprise Bank reconocerá a seis organizaciones locales dentro del área de servicio del Banco que brindan apoyo a los veteranos. Cada sucursal está asociada con una de las organizaciones.

Por cada nueva cuenta de cheques abierta con Enterprise Bank del 1 al 30 de noviembre de 2019, el Banco donará \$10 a una organización local de veteranos designada en la campaña de Cheques con Propósito.

Desde que comenzó el programa Checking with Purpose en noviembre de 2017, Enterprise Bank ha realizado

donaciones a ocho organizaciones diferentes de veteranos locales como parte de la campaña.

Para abrir una cuenta corriente, visite cualquiera de las 24 ubicaciones de Enterprise Bank. Para obtener una lista de todas las ubicaciones, o para obtener más información, visite EnterpriseBanking.com.

Las donaciones del programa se realizarán a las organizaciones antes del 31 de diciembre de 2019 para cuentas corrientes abiertas del 1 al 30 de noviembre de 2019. Esta oferta está sujeta a cambios o retiros sin previo aviso. Los requisitos mínimos de depósito de apertura y los cargos por servicio varían para cada producto de cuenta corriente. Visite una sucursal para más detalles.

Este año, Enterprise Bank reconoce y agradece a estas organizaciones por el trabajo que realizan para brindar apoyo y servicios a nuestros veteranos:

This year, Enterprise Bank recognizes and thanks these organizations for the work they do providing support and services to our veterans:

- Cunningham Veteran's Home, Lowell MA
- iPods for Wounded Veterans, Wilmington, MA
- Clear Path for Veterans, Devens MA
- Veterans Northeast Outreach Center, Haverhill, MA
- Homeland Heroes Foundation, Salem, NH
- Harbor Homes – Veterans First, Nashua, NH

Enterprise Bank Once Again Supporting Local Veterans During November

For the third year, Enterprise Bank is recognizing local organizations that provide support and services to military veterans with the "Checking with Purpose" campaign. Throughout the month of November, Enterprise Bank will recognize six local organizations within the Bank's service area that support veterans. Each branch location is partnered with one of the organizations.

For every new checking account opened with Enterprise Bank from November 1 to 30, 2019, the Bank will donate \$10 to a designated local veteran's organization in the Checking with Purpose campaign.

Since beginning Checking with Purpose

program in November 2017, Enterprise Bank has made donations to eight different locally-based veterans' organizations as part of the campaign.

To open a checking account, visit any one of Enterprise Bank's 24 locations. For a list of all locations, or for more information, please visit EnterpriseBanking.com.

Donations from the program will be made to the organizations by December 31, 2019 for checking accounts opened November 1-30, 2019. This offer is subject to change or withdrawal without notice. Minimum opening deposit requirements and service charges vary for each checking account product. Please visit a branch for details.

Fire victims / Víctimas de incendios

The recent fire at Bennington St. in Lawrence left 64 residents homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of donated items and things that are needed as well as names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

El reciente incendio de la calle Bennington en Lawrence ha dejado a 64 residentes sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que han sido donados y lo que necesitan así como nombres, edades, tallas, etc. pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.

<http://heallawrence.org/> heallawrence@aol.com
<https://www.facebook.com/heallawrence.mass>

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Si se vio afectado por el evento de sobrepresurización de Columbia Gas ocurrido el 13 de septiembre de 2018

Sírvase leer este Aviso Sumario *cuidadosamente*. Sus derechos se han visto afectados.

¿De qué se trata este Aviso?
 Se ha llegado a un Acuerdo propuesto en una demanda colectiva por el evento de sobrepresurización de gas natural ocurrido el 13 de septiembre de 2018 ("el Incidente"). Los Demandantes aseguran que Columbia Gas causó el Incidente y, en consecuencia, sufrieron ciertas pérdidas económicas y no económicas, entre las que se incluyen daños a bienes inmuebles, daños a bienes muebles, gastos por desplazamiento, salarios caídos y lucro cesante. Los Demandantes también reclaman pérdidas no económicas, entre las que se incluyen estrés emocional, alteración, molestias, pérdida de uso y disfrute de la propiedad y pérdida de fondo de comercio. Columbia Gas niega toda responsabilidad legal por los daños y perjuicios referidos.

¿Quién es Miembro del Colectivo?
 Si usted vivía, tenía una propiedad o un negocio en Lawrence, Andover o North Andover el 13 de septiembre de 2018, usted es Miembro del Colectivo. En el sitio web que se indica al final de este aviso encontrará una lista de direcciones elegibles.

¿Qué establece el Acuerdo?
 El Acuerdo establece un Fondo del Acuerdo por \$143 millones para hacer pagos en efectivo a los Miembros del Colectivo que califiquen y para los pagos que apruebe el Tribunal por administración del Acuerdo, honorarios y gastos de los abogados y asignaciones a los representantes del colectivo. La presentación de una reclamación permitirá que los Miembros del Colectivo reciban dinero en virtud del Acuerdo si el Tribunal lo aprueba. Las indemnizaciones del Fondo del Acuerdo se basarán en una fórmula aprobada por el Tribunal que toma en cuenta una serie de factores, que incluyen la ubicación geográfica, el número de integrantes de la familia y la duración de la interrupción del servicio.

Los Miembros del Colectivo también podrán ser elegibles para solicitar una indemnización detallada por pérdidas o gastos extraordinarios incurridos a consecuencia del Incidente, incluyendo, entre otros, daños a la propiedad, gastos de evacuación, gastos de calefacción, salarios caídos, lucro cesante y estrés emocional. El Administrador del Acuerdo revisará todas las solicitudes de indemnización por pérdidas extraordinarias, que deberán corroborarse. Las solicitudes de indemnización por pérdidas extraordinarias no garantizan la asignación de una indemnización adicional y retrasará la recepción de su indemnización del acuerdo.

¿Cómo puedo recibir un pago?
 La única manera de calificar para recibir un pago es presentar oportunamente un Formulario de Reclamación. Se les han enviado avisos con formularios de reclamación a los Miembros del Colectivo. También puede obtener un formulario de reclamación visitando el sitio web que se indica al final de este aviso, llamando al 1-833-927-0819 o escribiendo a Columbia Gas Settlement, c/o Settlement Administrator, PO Box 58729, Philadelphia, PA 19102-8729. Tiene plazo para presentar su Formulario de Reclamación hasta el 9 de enero de 2020.

¿Cuáles son mis derechos?
 Conforme a las leyes de Massachusetts, usted **no** puede excluirse de quedar vinculado por las decisiones que tome el Tribunal respecto del Acuerdo. Si no hace nada, no será elegible para recibir ningún tipo de indemnización. No obstante, los Miembros del Colectivo que deseen ser parte del Acuerdo, pero que no les guste alguna o ninguna parte de los Términos del Acuerdo podrán objetar, para lo cual deberán enviar una carta al Administrador del Acuerdo explicando los motivos específicos de hecho o legales por los cuales no se debe aprobar el Acuerdo. El Aviso y el sitio web contienen instrucciones específicas que debe seguir para objetar. Tiene plazo para objetar hasta el 10 de diciembre de 2019.

El Tribunal hará una audiencia de equidad el 27 de febrero de 2020, a las 10:00 a. m. en Essex County Superior Court, 56 Federal Street, Salem, Massachusetts 01970 para: (a) considerar si el acuerdo propuesto es justo, razonable y suficiente; y (b) decidir la petición de honorarios de los abogados de los demandantes de hasta el 16.5% del valor bruto del acuerdo (\$23,595,000), costos de aviso y administración y gastos por hasta el 3% del valor bruto del acuerdo (\$4,290,000) y una asignación de \$5,000 para cada uno de los ocho representantes del colectivo. La moción de los honorarios y costos de los abogados será publicada en el sitio web después de que se introduzca. Usted podrá asistir a la audiencia, pero no tiene que hacerlo, y podrá contratar a un abogado para que asista por usted, a su costo.

Esto es solo un resumen. Para conocer información adicional, incluyendo información en relación con el Formulario de Reclamación, el Arreglo del Acuerdo, cómo presentar una objeción y preguntas frecuentes comuníquese al 1-833-927-0819 o visite ColumbiaGasExplosionSettlement.com.

ColumbiaGasExplosionSettlement.com 1-833-927-0819

Desayuno anual para honrar a los veteranos

Annual Breakfast to honor Veterans

Por Alberto Surís

Roger Twomey celebró su 10mo desayuno anual en honor de todos sus compañeros veteranos el domingo, 3 de noviembre.

Twomey sirvió honorablemente en la Fuerza Aérea de los Estados Unidos durante 4 años durante la Guerra de Corea. Más de 200 personas, no solo veteranos, asistieron al evento de este año celebrado en el Firefighters' Relief's In, en Lawrence.

Después de servir a la ciudad por un total de 14 años, el Sr. Twomey, quien presidió la Junta de Licencias desde el 2000 hasta el 2006 y ha servido en el concejo desde el 2008, finalmente se retiró en el 2015, pero no se ha olvidado de los veteranos.

By Alberto Surís

Roger Twomey held his 10th annual breakfast in honor of all his fellow veterans last Sunday, November 3rd.

Mr. Twomey honorably served in the United States Air Force for 4 years during the Korean War. More than to 200 people, not just veterans, attended this year's event held at the Firefighters' Relief's In, in Lawrence.

After serving the city for a total of 14 years, Mr. Twomey, who chaired the Licensing Board from 2000 until 2006 and has served on the council since 2008, finally retired in 2015 but has not forget the veterans.



Chris Twomey and Keith Wlodyka, two organizers of the event.



Holding the Money Cake is Patricia Winalski its creator and her sister Anne Clegg. The product of the ticket sale goes to benefits Operation Delta Dog.



Sitting at the DAV (Disabled American Veterans) table are, from left, Vicky Spinner, Leonard Gaudette, Maciel Sandoval, Desiree Allbee and Service Dog handler Linwood Brasier with dog Abbie.



Some of the gifts donated for the raffle.



Emily Holman and Sarah Stratton made a brief presentation about Operation Delta Dog and thanked everyone for the contribution to their organization.



Service Dog handler Linwood Brasier with adorable dog Abbie.

NECC's Dimitry Building is Rededicated

Nearly two years after it was closed for a \$6.5 million renovation, Northern Essex Community College's Dimitry Building at 45 Franklin St., Lawrence, was rededicated on Friday, November 1, with great fanfare.

NECC President Lane Glenn welcomed retired NECC President John Dimitry, for whom the building is named, his wife Audrey and daughter Jane, along with a full complement of legislators and local dignitaries.

In 1991, due to Dimitry's leadership, The Prudential Company made the extraordinary donation of 45 Franklin St., a 68,000 square foot building, to the Commonwealth of Massachusetts for use as a Lawrence Campus. Five years later, in 1996, it was dedicated to Dr. Dimitry.

Glenn noted that Northern Essex now occupies nearly a half-dozen buildings in Lawrence that serves some 3,000 Lawrence students as well as others. "We would not be here today without the vision of Dr. Dimitry," he said.

He credited Dimitry, who was the second president of NECC and served for 21 years, with spurring "dramatic growth and expanded academic offerings and creation of a Lawrence Campus."

Dimitry made numerous trips to the Massachusetts State House to convince legislators of the need for a Lawrence Campus. Following the Lawrence riots of 1984 the state launched the Lawrence Education Employment Project (LEEP) which eventually grew into the Lawrence Campus. Today the campus includes the Dr. Ibrahim El-Hefni Allied Health & Technology Center, 420 Common St., the Louise Haffner Fournier Education Center, and the John R. Dimitry Building.

"We are tremendously proud of what is happening in this building," Glenn said. Among other improvements, there is now a room that serves as "home base" for the hundreds of Early College students enrolled at NECC.

Carol Gladstone, Commissioner of the Division of Capital Asset Management and Maintenance (DCAMM) said, "This building is a great example of what we are trying to do across the Commonwealth."

Massachusetts has many other buildings that were also built in the 1970s and 1980s and in need of renovations or undergoing renovations, she said.

"What a great space this is. It's inviting. It's simple but effective," she said. "This will be a great building for many years to

come for you."

Senator Barry Finegold waxed nostalgically about NECC where his father Michael Finegold, taught for more than 30 years. As a child, he would hide in the back seat of his father's car hoping his father would forget to drop him at school and he would instead go to NECC with him. He remembers fondly that the Dimitrys always made a point to speak with him.

"When we (legislators) think about why we do this job, it's about creating opportunity...students here have an opportunity..." Finegold said. He said that President Dimitry set a "high bar" and that President Glenn has met that bar.

"Everyone connected to Northern Essex knows you are helping to make the city better and the Merrimack Valley better," Finegold said.

Rep. Frank Moran told President Dimitry, "Today is a great day. This building carries your legacy and your leadership. NECC is a shining example of what our community stands for."

In addition, Moran thanked Glenn for his vision of making Lawrence a "college town."

Lawrence mayor Dan Rivera said he remembers when the building was owned by Prudential Insurance as his sister worked there.

"To see it renewed as a great viable building where education happens is great," he said.

Dr. Noemi Custodia-Lora, vice president Lawrence campus and community relations said the building primarily services first generation Hispanics who are working more than one job. She said the renovated atrium with its seating and Coco Ray's satellite restaurant is helpful to both students and staff. While students use the space to socialize and study, staff are readily available to answer questions and direct them to the resources they need.

A 114 x 14 foot mural created by the nonprofit community program Elevated Thought was unveiled. The mural depicts imagery that translates into Northern Essex being the path to the future. One image, of a hand, shows the viewer/student that they have the power or control to create their future with the help of Northern Essex and its resources.

Following a ribbon cutting, tours were given of the building.



Cutting the ribbon during the re-dedication of Northern Essex Community College's Dimitry Building at 45 Franklin St., Lawrence are from (L to R back row) Senator Barry Finegold, Rep. Frank Moran, Rep. Marcos Devers, Lawrence Mayor Dan Rivera, Rep. Tram Nguyen, Rep. Andy Vargas, Senator Diana DiZoglio, Dr. Noemi Custodia Lora, vice president Lawrence campus and community relations, NECC Trustee Attorney William Cox, NECC Trustee Marianne Paley Nadel, DCAMM Commissioner Carol Gladstone, and Rep. Christine Minicucci. Front Audrey Dimitry, Retired NECC President John Dimitry, NECC President Lane Glenn, and Rep. Linda Dean Campbell.



Attending the celebration, State Representative Frank Moran, Michael Finegold, State Senator Diana DiZoglio, State Rep. Tran Nguyen, State Rep. Linda Dean Campbell and State Rep. Andy Vargas.



From left, John Dimitry, NECC President Lane Glenn, State Representative Linda Dean Campbell and Professor Michael Finegold.



Former director of the Lawrence Campus now retired Kathy Rodger was one of the most prominent guests at this celebration. On the left is Hilce Cassanelli, who used to be her right hand.



Jr. Politician, State Representative Andy Vargas, listen attentively to Sr. Politician State Senator Barry Finegold.



Marquis Victor and Alex J. Brien of Elevated Thought, an art and social justice Lawrence-based non-profit and the artists who created the large mural in the common area at the Dimitry Building Atrium.

Boys & Girls Club of Lawrence Treats 400 Youth Members to Halloween Party

More than 400 youth members of the Boys & Girls Club of Lawrence were treated to a Halloween party featuring games overseen by members of the Merrimack College women's basketball team, a performance by the club's Dance Academy, a bounce house, prizes for best costume for boys and girls in three age groups and candy.

The Boys & Girls Club of Lawrence provides a safe, after-school haven offering nightly meals, homework help, fitness and nutrition programs, college and career planning, community involvement and lasting personal relationships with caring staff and volunteers. For more information, visit www.lawrencebgc.com.



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Tuesday, November 19
Registration now open, enrollment limited

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A tenement building on Manhattan's Lower East Side. Early morning traffic is audible, as is the cry of the fishmongers.

Beginners Screenwriting Workshop with Matt Belfiore
Registration now open, enrollment limited
Tuesday, November 19 - 7:00 pm

Do you have an idea that would make a great movie, but have no idea how to get started? HC Media's Professional Course Series continues on November 19 with a one-night Beginners' Screenwriting Workshop presented by HC Media's own Matt Belfiore, who has placed as a finalist in multiple national screenwriting competitions. Writing a screenplay is very different from writing a novel or short story.

During this two-hour seminar, you'll learn about motion picture three-act structure, character development, writing good dialogue, submitting query letters to agents and producers, what to do and not to do, and a plethora of tips and tricks. The Beginners' Screenwriting Workshop is free and open to all HC Media members.

To register, call 978-372-8070 or email mbelfiore@haverhillcommunitytv.org.

NECC to Offer Free Robotics & Automation Program

Northern Essex Community College is holding information sessions November 20, and December 11, for individuals to learn about a seven-week, 140-hour Robotics & Automation Training Program that begins this winter.

The grant-funded, noncredit program is free to qualified applicants.

The information sessions, which are free and open to the public, will be held at the Greater Lawrence Technical School, (GLTS) 57 River Road, Andover, at 4 p.m. The program, which is designed for unemployed and underemployed individuals (ages 17 to 29) with the minimum of a high school diploma or equivalent, runs from January 21 through March 13, Mondays through Thursdays, 4 to 9 p.m. at GLTS.

The program is ideal for anyone with mechanical, electrical, IT or manufacturing skills or experience.

This program introduces the concepts and technology used in modern manufacturing environments. Students learn fundamental skills that will help

them gain employment as a manufacturing technician or related position and prepare them for the specific training required by manufacturing companies running automated equipment. The program includes online modules as well as hands-on activities using training equipment. The concepts and skills presented during the program are relevant to setup, programming, running and troubleshooting automated equipment and industrial robots.

Students who successfully complete the robotics portion of the program by passing the online modules, hands-on labs and final exam, will receive the FANUC CERT "Handling Tool Operations and Programming" Cert Level I.

The program, offered through NECC's Center for Corporate and Community Education, is sponsored by a \$4 million grant from the U.S. Department of Labor, Employment and Training Administration. For additional information, or to register for one of the information nights, call 978-556-3067 or 978-722-7054.

Three from Volleyball named to All-Region Team

Dan Blair
Director of Athletics

Three members of the Region 21 runner-up Northern Essex Community College women's volleyball team were named to the All-Region teams as selected by the Region 21 volleyball committee.

Sarah Shattuck (Andover, MA) and Brooke Naatz (North Andover, MA) earned first team honors, while Christine Ortega (Haverhill, MA) received honorable mention recognition based on their performances throughout the season.

Shattuck, a co-captain has earned first teams honors for the second consecutive year was the regional leader in kills with 193 and service aces with 80. She also ranked fourth in digs with 121 and while missing a small portion of time early in the season with an injury. She also averaged 3.71 kills per set which was tops amongst the region.

Naatz, a consistent presence on the court throughout the season finished second regionally in hitting percentage at .314 and was fourth in kills with 135. Her 2.21 kills per set was fourth in the region amongst those competing in at least 60% of their

teams matches. She was fifth in service aces with 45.

Ortega, a co-captain and team leader provided a consistent presence on both sides of the net for the Knights throughout the season. She was fifth in the region in digs with 108 and contributed 30 service aces.

After a slow start, NECC turned things around and recorded a 7-3 conference record, earning the number two seed in the regional tournament where they fell in the championship round to Massasoit by a 3-1 final.

Northern Essex Community College competes as a member of the National Junior College Athletic Association (NJCAA) and sponsors 12 varsity intercollegiate sports including baseball, men's basketball, women's basketball, softball, women's volleyball, men's and women's cross country, men's soccer, Esports and men's and women's track and field. For more information on Northern Essex Community College Athletics please visit the official website of Northern Essex Athletics (www.neccknights.com).

NECC Welcomes New Assistant VP



Dr. Jennifer Mezquita joins Northern Essex Community College as its new assistant vice president of student affairs.

Northern Essex Community College recently appointed Dr. Jennifer Mezquita the new assistant vice president of student affairs.

Mezquita holds a Doctorate in Education in Higher Education Leadership from the University of Central Florida (UCF), in addition to a Master of Arts in Educational Leadership from UCF, and a Bachelor of Science in Food and Resource Economics from the University of Florida. She is a graduate of Valencia College, one of the largest community colleges in the country.

A native of the Dominican Republic, Mezquita has held a series of progressively responsible positions as coordinator of academic services and then assistant director of University Testing Center at

the University of Central Florida, and then manager of student services and then director of alumni engagement and annual giving at Valencia College, and finally as director of alumni engagement at the College of the Desert in California over the last 11 years.

This now Haverhill resident points to her own experience as a first-generation, low income, immigrant college student as a guiding force in her work with students.

"I am very excited to have her join me in the leadership of academic and student affairs as we pursue the Integrated Student Experience and success for all of our students," said William Heineman, vice president of academic and student affairs.

For additional information, contact Mezquita at jmezquita@nec.mass.edu

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MassHire Merrimack Valley Workforce Board recibe \$257,078 para liderar la asociación de capacitación de HealthCare

La Junta de Fuerza Laboral de MassHire Merrimack Valley (MMVWB) se asociará con el Centro de Salud Familiar Greater Lawrence (GLFHC) y el Hospital General Lawrence (LGH) para ofrecer capacitación en habilidades ocupacionales a los empleados actuales de nivel básico. El Programa de Capacitación de Asistente Médico (MAT, por sus siglas en inglés) permitirá a los empleadores mejorar a sus empleados y llenar las vacantes de MA que son críticas para mantener servicios de alta calidad, mientras que los empleados obtendrán acceso a trabajos con mejores carreras remuneradas. Este proyecto será financiado por el Senador Kenneth J. Donnelly Workforce Success Grant (Asignación del

Fondo Fiduciario de Competitividad Laboral para el año fiscal 19) a través de la Oficina Ejecutiva de Trabajo y Desarrollo Laboral de Massachusetts; es administrado por Commonwealth Corporation.

"Tanto GLFHC como LGH brindan servicios críticos a los residentes de Merrimack Valley", dijo el Senador Estatal Barry Finegold. "Me enorgullece abogar por los programas estatales que ayudan a estas instituciones y a su personal".

El Programa MAT capacitará a 30 trabajadores existentes que los empleadores reclutarán y recomendarán para participar. Greater Lawrence Technical School ofrecerá la capacitación que comenzará a fines de este otoño hasta la próxima primavera, así

como en el otoño de 2020. Consistirá en una capacitación de habilidades ocupacionales de 300 horas seguida de 140 horas de capacitación clínica en cada una de las instalaciones asociadas, y finalizará con el examen de Asistente Médico Clínico Certificado (CCMA).

"Los asistentes médicos juegan un papel tan importante en la vida de nuestros pacientes y, a menudo, son vistos como el primer punto de contacto para muchos de ellos", dijo Ann Marie Borgesi, vicepresidenta sénior, directora administrativa y de recursos humanos del Centro de Salud Familiar Greater Lawrence. "La oportunidad de participar en un programa como este no solo nos permitirá invertir en nuestro personal actual, sino que también mejorará la entrega de la mejor atención médica en la región a los más de 60,000 pacientes que atendemos en la región de Lawrence y sus alrededores.

Robin Hynds, Directora de Integración Clínica en Lawrence General declaró: "Nos enorgullecemos de nuestra capacidad de apoyar al personal mientras buscan avanzar dentro de LGH. Estos fondos ayudarán en gran medida a LGH a fortalecer la capacidad del personal y, en última instancia, el trabajo que hacemos en nombre de nuestros pacientes".

"El cuidado de la salud es la industria más

grande de la región y continúa creciendo", dijo el director ejecutivo de MMVWB, Abel Vargas. "El MMVWB tiene un papel único en el desarrollo de programas que apoyan a nuestros socios regionales para garantizar el acceso a una fuerza laboral capacitada".

La Junta de la Fuerza Laboral de MassHire Merrimack Valley está compuesta por líderes empresariales y comunitarios expertos e influyentes que son nombrados por el alcalde de Lawrence en nombre de las quince comunidades de la región. Como entidad regional, MMVWB trabaja en estrecha colaboración con los municipios locales para impulsar el desarrollo económico y el empleo y para proporcionar a las empresas del área una fuerza laboral bien capacitada.

La junta sirve como el órgano de supervisión y formulación de políticas para los servicios de empleo y capacitación financiados con fondos federales en la región. La junta también tiene el papel más amplio de abordar cuestiones críticas del mercado laboral y desarrollar asociaciones estratégicas con líderes locales en desarrollo económico, el sistema de educación K-12 y superior, agencias gubernamentales, cámaras de comercio y organizaciones comunitarias y laborales.

Greater Lowell Community Foundation and Community Foundation of North Central Massachusetts Seek Request for Proposals for 2019 Nashoba Valley Healthcare Fund Cycle



The Greater Lowell Community Foundation and Community Foundation of North Central Massachusetts 2018 Nashoba Valley Healthcare Fund Grant Recipient Gaining Ground. From l to r: Kim Schmidt, Farm Staff; Hannah Lawson Assistant Farm Manager; and Amy Capofreddi, Executive Director at Gaining Ground.

The Greater Lowell Community Foundation and the Community Foundation of North Central Massachusetts opened its 2019 Nashoba Valley Healthcare Fund Cycle on October 22, 2019. The foundations are seeking requests for proposals from nonprofit organizations supporting the advancement of community health of residents in thirteen communities: Ashby, Ayer, Bolton, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Townsend, and Westford.

Grant awards will range from \$5,000 up to \$20,000; however, larger scale collaborative projects that are more than

\$20,000 will be considered if the funding request is justified by the impact of the project. The Foundations are especially interested in seeing proposals that address systemic issues like (but not limited to) opiate addiction, food scarcity, obesity, substance abuse, suicide screening and prevention, and other specific issues as indicated by community needs.

Grant applications must be submitted by noon on November 27, 2019. Grant recipients will be announced in February. Application information is available on the website: www.glcfoundation.org/NVHCF.

MassHire Merrimack Valley Workforce Board Awarded \$257,078 to Lead HealthCare Training Partnership

MassHire Merrimack Valley Workforce Board (MMVWB) will partner with the Greater Lawrence Family Health Center (GLFHC) and Lawrence General Hospital (LGH) to offer occupational skills training to current entry-level employees. The Medical Assistant Training (MAT) Program will enable employers to upskill their employees and fill MA vacancies critical to maintaining high quality services, while employees will gain access to better paying career pathway jobs. This project will be funded by a Senator Kenneth J. Donnelly Workforce Success Grant (Workforce Competitiveness Trust Fund FY'19 Appropriation) through the Massachusetts Executive Office of Labor and Workforce Development; it is administered by the Commonwealth Corporation.

"Both GLFHC and LGH deliver critical services to Merrimack Valley residents" said State Senator Barry Finegold. "I am proud to advocate for state programs that help these institutions and their staff."

The MAT Program will train 30 existing workers that employers will recruit and recommend for participation. Greater Lawrence Technical High School will offer the training starting late this fall through next spring, as well as in fall 2020. It will consist of a 300 hour occupational skills training followed by 140 hours of clinical training at each of the partnering facilities, and end with the Certified Clinical Medical Assistant (CCMA) exam.

"Medical Assistants play such an important role in our patients' lives and they are often seen as the first point of contact for many of them" said Ann Marie Borgesi, Senior Vice President, Chief Administrative and Human Resources Officer at Greater Lawrence Family Health Center. "The

opportunity to participate in a program like this will not only allow us to invest in our current staff, but also enhance the delivery of the best healthcare in the region to the 60,000 plus patients we serve in the Greater Lawrence region.

Robin Hynds, Chief Clinical Integration Officer at Lawrence General stated: "We pride ourselves in our ability to support staff as they look to advance within LGH. These funds will go a long way in helping LGH strengthen staff capacity and ultimately the work that we do on behalf of our patients."

"Health Care is the region's largest industry, and it continues to grow" said MMVWB Executive Director Abel Vargas. "The MMVWB has a unique role in developing programs that support our regional partners to ensure access to a trained workforce."

The MassHire Merrimack Valley Workforce Board is composed of knowledgeable and influential business and community leaders who are appointed by the Mayor of Lawrence on behalf of the region's fifteen communities. As a regional entity, MMVWB works closely with local municipalities to bolster economic development and employment and to provide area businesses with a well trained workforce.

The board serves as the oversight and policy-making body for federally funded employment and training services in the region. The board also has the broader role of addressing critical labor market issues and developing strategic partnerships with local leaders in economic development, the K-12 and higher education system, government agencies, chambers of commerce, and community-based and labor organizations.

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.

La inauguración de *Smile Studio*

Un día histórico para el equipo de Smile Studio. El viernes, 1 de noviembre de 2019 celebraron la apertura con una ceremonia de inauguración junto con la Cámara de Comercio del Valle de Merrimack.

Ubicado en el corazón de Lawrence, MA, el nuevo consultorio dental con el equipo más moderno está abierto y acepta nuevos pacientes e incluso acepta casi todos los seguros.

La oficina del Dr. Anuj Sharma está ubicada en 101 Amesbury Street, Suite 102, Lawrence, Mass. El edificio histórico tiene 125 estacionamientos de automóviles

disponibles para todos los pacientes.

Ubicado en el primer piso, una vez dentro, encontrará una instalación dental impecable y moderna. Incluyendo un impresionante conjunto quirúrgico que supera los más altos estándares para la satisfacción del paciente. Además, la oficina cuenta con varias salas de examen discretas, una sala de recuperación, sala de tomografía computarizada y una sala de consulta del plan de tratamiento VIP.

Llame al (978) 965-3133 ó envíenos un mensaje en Facebook para hacer un recorrido personal por su próximo hogar dental.



A milestone day for the Smile Studio Team. On Friday, November 1, 2019 they celebrated the grand opening with a ribbon cutting ceremony along with the Merrimack Valley Chamber of Commerce.

Located in the heart of Lawrence, MA the brand new dental state of the art office is open and is accepting new patients and even take mostly all insurances.

Dr. Anuj Sharma's office is located on 101 Amesbury Street, Suite 102, Lawrence, Mass. The historic building has 125 car free

parking available to all patients.

Located on the first floor, once inside, you will find an impecable, modern dental facility. Including an impressive surgical suite that exceeds the highest standards for patient satisfaction. In addition, the office has several discreet exam rooms, a recovery room, CT Scan room and a VIP treatment plan consultation room.

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Premios: Medallas, Trofeos y Regalos Sorpresas

PARA PINTAR PUEDES USAR: PAPEL, LAPICES, MARCADORES, ACUARELAS O TEMPERA, MADERA, CARTON CARTULINA.

No use Zinc o materiales peligrosos.

Escrita y dirigida por Juan Luis Ogando

Actores: Marina Garcia, Gabriela Arias, Alex Leger, Josue Leger, Joaquin Garcia, Benjamin Garcia

Lugar: Everett Mills 15 Union St. Lawrence MA 01840

Fecha: Sábado 23 de Noviembre, 5:PM

Info. Luis Pineyro 978-885-1842

Los trabajos serán recogidos en las escuelas.



Rumbo

Middlesex Community College to Host Paralegal Career Night

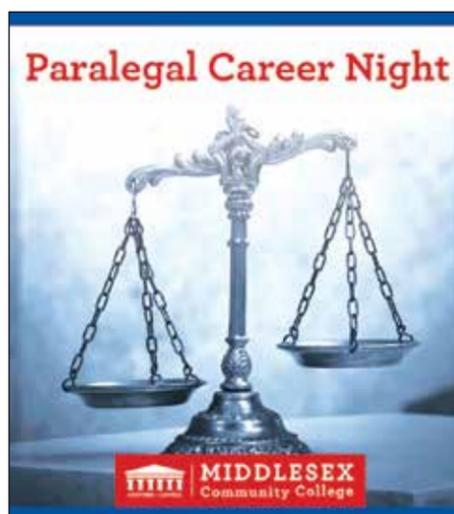
For the research expert and true crime enthusiast alike, an education in paralegal studies prepares students for a wide assortment of career options, including working in law firms, government agencies, businesses and nonprofits.

Middlesex Community College is hosting Paralegal Career Night to speak with prospective students. Events include a panel discussion, conversations with paralegal faculty and students and networking opportunities with the MCC Law Center, Massachusetts Paralegal Association and the Paralegal Association of New Hampshire.

The free event is open to the public and will take place from 6 p.m. to 7:30 p.m. on Tuesday, Nov. 19, in the Bedford Campus Café East. Light refreshments will be served.

MCC's Paralegal Studies program offers three paths to assist students in entering the workforce or transferring to a four year program: post-graduate Paralegal Certificate, Associate in Science, Liberal Studies – Paralegal Career and Associate in Science, Liberal Studies – Paralegal Transfer.

All program pathways prepare students to assist attorneys and provide the legal knowledge, practical skills and ethical values necessary for a fulfilled and



successful career.

Approved by the American Bar Association, MCC's Paralegal Studies Program was ranked in the top five in the state in the Massachusetts Lawyers Weekly Readers' Poll for 2019.

For more information about MCC's Paralegal Studies program, visit www.middlesex.mass.edu/paralegal/ or to learn more about Paralegal Career Night, contact Halye Sugarman, at sugarmanh@middlesex.mass.edu.

Lowell Middlesex Academy Charter School Registration Open

When students have been given up on – or have given up on themselves – Lowell Middlesex Academy Charter School (LMACS) offers an inclusive and supportive environment that holds its students to high standards and ensures they reach their goals. Registration is now open.

LMACS believes in teaching the whole student, holding emotional and mental health in equal regard to academics and providing opportunity for students who need it most.

The accredited public high school partners with Middlesex Community College to serve students between the ages of 15 and 21 who have left school or are at risk of dropping out. The program provides academic, social and career skills necessary to succeed post-graduation – emphasizing the importance of college education. Graduates receive a high school diploma.

Marge McDevitt, LMACS Executive Director, talked to MCC in the spring about how LMACS helps students who may be weary of going to school due to past experiences or struggles.

"At LMACS, students are accepted for who they are, and are not asked to apologize for any past difficulties. Every day is a new day here," she said.

The LMACS curriculum is built around traditional instructional areas, supplemented by psycho-educational courses and groups, a school-to-work component and daily advising. MCC courses are also offered through the college's Dual Enrollment Program and students have access to the Lowell Campus Cafeteria, library and lab facilities.

With an average class size of 12, and a school population of 100, students receive a more individualized learning environment.

McDevitt said, "The success of LMACS over the years can be attributed to a brilliantly dedicated faculty and a group of wonderfully resilient students. Our teachers are the heart and soul of Lowell Middlesex Academy Charter School. They are creative and flexible. Anyone who visits LMACS cannot help but notice the personal connections our teachers establish with the students – in addition to the sound education practice in all subject areas."

Hours are 8:30 a.m. to 3:00 p.m. Monday through Thursday and 8:30 a.m. to 11:30 a.m. on Friday. The school is located in the Pollard Exchange Building, 67 Middle St., across from MCC's Health, Science & Technology Center.

For more information, visit <https://www.lmacs.org> or call LMACS at 978-656-3165.

Middlesex Community College's Arts & Crafts Fair Celebrates 25 Years

For 25 years, Middlesex Community College's Arts & Crafts Fair has been a fixture of the surrounding community. This year's event will take place from 9 a.m. to 3 p.m. on Saturday, Nov. 16, on the Bedford campus. Admission and parking to the event are free.

The college is excited to celebrate this milestone as the Arts & Crafts Fair has become like family, according to Sherri McCormack, MCC's Dean of Advancement.

Lisa Mazerall, MCC's Program Coordinator, is in her second year of organizing the fair and is excited to be

involved for the 25th anniversary.

"We have over 55 vendors – some new and many veterans – that sell incredible wares that are some of the best in the area," she said. "We have such a beautiful campus here in Bedford and the fair is a great way to get a jumpstart on holiday shopping, while enjoying being outside with food and music. It's fun for the entire family and supports a great cause!"

For more information about MCC's 2019 Arts & Crafts Fair, visit: www.middlesex.mass.edu/craftfair or contact Lisa Mazerall at 781-280-3505

Blue Cross Blue Shield amplía el programa de telemonitorización para asociarse con Home Health Foundation

Home Health Foundation, miembro orgulloso de Wellforce, se ha unido al programa de telemonitorización de Blue Cross Blue Shield para pacientes con insuficiencia cardíaca congestiva (ICC). Home Health Foundation proporcionará servicios de telesalud a través de Home Health VNA de Lawrence, MA, Hallmark Health VNA de Malden, MA y Circle Home de Lowell, MA.

La telemonitorización es reconocida como una de las tecnologías más importantes de la década y actualmente se practica a través de cientos de programas en todo el país. La telesalud es un medio para brindar atención, monitoreo y educación a los pacientes en su propio hogar utilizando la tecnología de telecomunicaciones.

El sistema de telemonitorización tiene dos componentes principales: la unidad de monitoreo en el hogar ubicada en el hogar del paciente y la estación central de monitoreo en la agencia.

Cada día, a una hora designada, se realiza una llamada automática al paciente. Una voz amigable en el teléfono guía a los pacientes a través del procedimiento simple para recopilar todos sus datos de signos vitales, como peso, presión arterial, frecuencia cardíaca, nivel de oxígeno y temperatura. Luego se les hace una serie de preguntas a los pacientes para responder sí o no. La voz en el sistema también se puede personalizar para hablar diferentes idiomas.

Una vez que la unidad de telesalud recopila todos los datos de signos vitales del paciente, los envía a la estación central

de monitoreo, donde se muestra un historial del paciente que abarca todo para una fácil revisión y análisis. Mientras usa Telehealth, el paciente continúa recibiendo visitas de enfermería especializada de manera regular, pero sus signos vitales diarios se pueden monitorear más de cerca, lo que resulta en una intervención temprana y atención proactiva. Telehealth trabaja con el servicio telefónico ordinario.

"El uso de la telemonitorización mejora drásticamente el modelo de atención médica domiciliar del manejo de pacientes", dijo Lauren Crowley, RN, Gerente del Programa de Cuidados Paliativos y Complejos. "Al asociarnos con Blue Cross Blue Shield, los médicos de Home Health VNA, Hallmark Health y Circle Home ayudarán a sus pacientes con CHF a convertirse en socios activos en su propia gestión de la atención médica".

Home Health Foundation, que incluye Home Health VNA y Merrimack Valley Hospice, es una de las agencias de cuidados de salud y hospicio sin fines de lucro más respetadas de la región. Como miembro del Sistema de Salud Wellforce, hemos unido fuerzas con Circle Home y Hallmark Health VNA, fortaleciendo nuestras ricas tradiciones de proporcionar atención de salud en el hogar y cuidados paliativos esenciales en todos los lugares que los pacientes llaman hogar. Juntos, nos comprometemos a liderar el desarrollo de una nueva era de innovación, con un enfoque incesante en la transformación de la atención domiciliar.

Blue Cross Blue Shield expands telemonitoring program to partner with Home Health Foundation

Home Health Foundation, a proud member of Wellforce, has joined Blue Cross Blue Shield's telemonitoring program for congestive heart failure (CHF) patients. Home Health Foundation will be providing Telehealth services through Home Health VNA of Lawrence, MA, Hallmark Health VNA of Malden, MA and Circle Home of Lowell, MA.

Telemonitoring is recognized as one of the most significant technologies of the decade and is currently practiced through hundreds of programs nationwide. Telehealth is a means of providing care, monitoring and education to patients in their own home using telecommunications technology.

The telemonitoring system has two primary components: the home monitoring unit placed in the patient's home, and the central monitoring station at the agency.

Each day, at a designated time, an automated call is placed to the patient. A friendly voice on the telephone guides patients through the simple procedure to collect all of their vital signs data such as weight, blood pressure, heart rate, oxygen level and temperature. Patients are then asked a series of questions to answer yes or no to. The voice on the system can also be customized to speak different languages.

Once the Telehealth unit collects all of the patient vital sign data, it sends the data

to the central monitoring station where an all-encompassing patient history is displayed for easy review and analysis. While using Telehealth, the patient continues to receive skilled nursing visits on a regular basis, but their daily vital signs are able to be monitored more closely, resulting in early intervention and proactive care. Telehealth works with ordinary telephone service.

"The use of telemonitoring dramatically enhances the home health care model of patient management," said Lauren Crowley, RN, Palliative and Complex Care Program Manager. "As we partner with Blue Cross Blue Shield, the clinicians at Home Health VNA, Hallmark Health and Circle Home will assist their CHF patients in becoming active partners in their own health care management."

Home Health Foundation, which includes Home Health VNA and Merrimack Valley Hospice, is one of the most respected, not-for-profit home health and hospice agencies in the region. A member of the Wellforce Health System, we've joined forces with Circle Home and Hallmark Health VNA, building upon our rich traditions of providing essential home health and hospice care in all the places patients call home. Together, we pledge to lead the development of a new era of innovation, with a relentless focus on transforming home-based care.

CALENDARIO | CALENDAR OF EVENTS

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.



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RUMBONEWS.COM



Do you live in Lawrence, MA?

Please, take part in our community survey to help us understand the barriers that Lawrence residents face. Let your voice be heard and help us to improve our community!

With your help we can evaluate the following :

¿Vive usted en Lawrence, MA?

¡Participe en una encuesta comunitaria que nos ayudará a comprender mejor su experiencia como residente de Lawrence y lo que podemos hacer para mejorarla!

Con su ayuda podemos evaluar lo siguiente:

Transportación Transportation Alojamiento Housing Seguridad Safety Servicios de Salud Health Services Vida Saludable Healthy Living



Volunteer/
Employment

Community
Supports

Outdoor
Spaces

Immigration
Services



Voluntario/
Empleo

Apoyo
Comunitario

Espacios
Exteriores

Inmigración

Si está interesado(a), por favor llame a:
Danetza Yachachin
Especialista de Salud (en) para la comunidad

If you are interested, please call:
Danetza Yachachin
Community Health Specialist
(978) 620-3544
DYachachin@cityoflawrence.com



YOUTH BASKETBALL LEAGUE

Boys & Girls Grades Pre K - 12

Boys and girls of all skill levels will gain confidence and have fun in our Merrimack Valley YMCA Youth Basketball League (YBL). Throughout the season, teams will have an hour-long practice on a week night and an hour-long game on the weekend. The season is packed with skills clinics, practices, games, picture day, family day, Kimball Classic (grades K-2) /playoffs, banquet and much more!

NOVEMBER 30, 2019 - MARCH 13, 2020
KIMBALL CLASSIC • MARCH 7TH

Days & Times	Cost	Locations
Practice location and game times vary dependent on age	Varies for each branch	Andover/North Andover YMCA Lawrence YMCA Methuen YMCA & St. Ann's Home

For more information contact:

LAWRENCE YMCA Early Bess 978-689-4181 ext. 333 eebess@mvymca.org	ANDOVER/NORTH ANDOVER YMCA Irene Coniglio 978-611-2434 coniglo@mvymca.org	METHUEN YMCA Ruth MacNeil 978-689-5204 ext. 212 macneil@mvymca.org
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or visit mvymca.org/YBL

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Sunday, November 10, 2019
2 to 4 p.m.
Host - Mike Fay

First Church of Christ
10 Church Street, Bradford, MA

For more information:
Contact Mike Fay at (978) 476-6053
or email coachmikefay@gmail.com

Free-will offering accepted.

Event Sponsor:

CALENDARIO | CALENDAR OF EVENTS

Groups/Events at Nashua Library

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

Public Health Clinics at Nashua Library

The City of Nashua Division of Public Health holds regular clinics at the Nashua Public Library. You can get immunizations, HIV and hepatitis C testing and counseling, and blood pressure screenings either free or at low cost. No one is turned away for inability to pay.

If you have Medicare, please bring your card to the clinic.

All clinics are held from 9:30 a.m. to 11:30 a.m. on the second and fourth Wednesdays of each month.

For the schedule of which services are available on which dates at the library, call the City of Nashua Division of Public Health at (603) 589-4500.

Spanish Class at Nashua Library

Adults are welcome to join the Tuesday morning Spanish class at the Nashua Public Library.

The group meets year-round from 9:30 a.m. to 11:30 a.m. in the Conference Room. Instruction is at the intermediate level; the class is not appropriate for beginners.

Library-cardholder discounts on concerts, plays

Nashua Public Library cardholders are eligible for discounts to Symphony NH and New Hampshire Philharmonic concerts, as well as plays at the Merrimack Repertory Theatre.

A limited number of \$10 tickets to Symphony NH concerts are available. Check out their 2019-2020 season at symphonynh.org.

Cardholders can get 20 percent off tickets to New Hampshire Philharmonic Orchestra concerts. Check out their 2019-2020 season at nhphil.org.

Merrimack Repertory Theatre offers \$10 off tickets. Their season is listed at mrt.org/show/2019-20-season-shows.

Instructions for getting these discounts are on the library's museum passes web page at nashualibrary.org/services/museum-passes-2. Or call 603-589-4611.

RISE Writers Read From Their Work

At the Nashua Public Library on Sunday, November 17, at 2 p.m., contributing writers from the Rivier Institute for Senior Education will read and discuss prose and poetry from DAWN, The Literary Journal of RISE. Copies of the journal will be available for sale and signing at the event.

The event will be held in the Nashua Public Library's Theater. It is free and open to the public; registration is not required.

Closings at Nashua Library

The library will be closed on the following holidays:	New Year's: Closing at 3 p.m. December 31, closed January 1
Thanksgiving: Closing at 5:30 p.m. November 27, closed November 28	Martin Luther King Jr. Day: Closed January 20
Christmas: Closing at noon December 24, closed December 25	President's Day: Closed February 17

Census Holds Job Fairs at Nashua Library

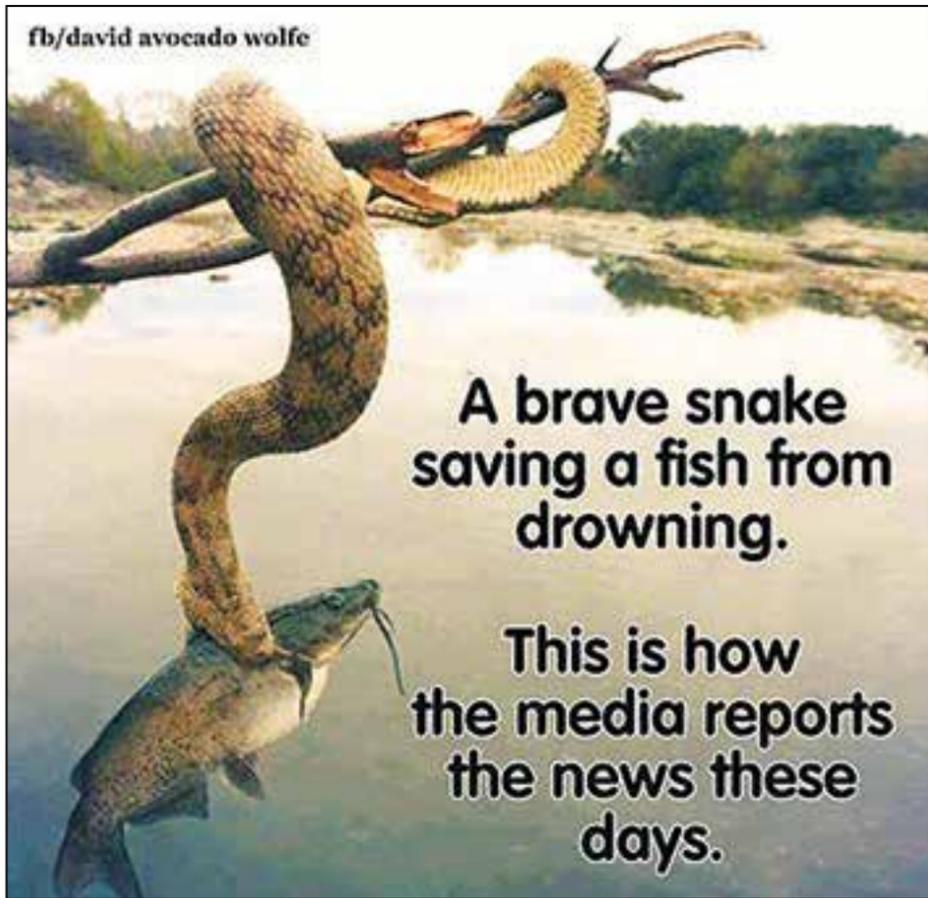
Are you looking for work? The U.S. Census Bureau offers opportunities to get paid while helping your community. Jobs are available in many roles, requiring 20 to 40 hours a week with flexible hours, including some nights and weekends. The pay is up to \$18 per hour on a temporary basis.

You can get more information and apply for these jobs during the bureau's job fairs at the Nashua Public Library. Additional dates have been added to the schedule. They will now be held on the following Thursdays from 3 p.m. to 7 p.m.: November 14 and 21, December 12 and 19, January 16 and 30, February 6 and 20, March 3.

Nevins Memorial Library Children's Room Programs: October 2019

November brings a variety of special and seasonal programs, in addition to our usual collection of morning, after-school, and evening offerings. Highlights include a Frozen Party with the Snow Sisters, beautifully-costumed performers who will tell stories, sing songs, and take photos with children; "Ask the Vet" to help kids learn about the rewards and responsibilities of being a good pet owner; and a Holiday Craft program where kids can make some pretty trinkets for the holidays (maybe you'll even find one under the tree!). Check out our calendar, and join the fun! www.nevinslibrary.org.

- | | |
|--|--|
| Babies & Books (up to 24 months)
Nov. 8, 15, 22 at 9:30am | "Busy as a Beaver" (Nov. 12, 6:30pm)
"Giving Thanks" (Nov. 26, 6:30pm) |
| Read & Play (ages 2-5)
"Construction Zone" (Nov. 15, 10:30am)
"Animals" (Nov. 22, 10:30am) | Sensory Storytime (ages 4 and up)
Nov. 23, 11am |
| Bilingual Play Group (ages 3-5)
Nov. 21, 10am | Story & Craft (grades K-3)
"Fish" (Nov. 14, 4pm) |
| Science Explorers (ages 3-5)
"Volcanoes" (Nov. 20, 10am) | LEGO Block Party (grades K-4)
Nov. 30, 2 pm |
| Storytime for 3-5s (ages 3-5)
"World Kindness Day" (Nov. 13, 10am)
"Squirrels" (Nov. 26, 10am) | "I Survived" Book Group: Hurricane Katrina, 2005 (grades 2-4)
Nov. 18, 4 pm |
| Ask a Vet: How to Choose and Care for a Pet (ages 3-8)
Nov. 18, 10am | Book Chatters Book Group: Three Times Lucky (grades 4-6)
Nov. 19, 7pm |
| Family Storytime (ages 3-8) | Holiday Crafts (grades 4-6)
Nov. 21, 4:30pm |



North Essex Tech Training Program

Volunteers of America and the Sheriff Department need participants to help individuals recently released from prison to provide services for them to prevent them from returning. These include housing assistance, legal support, healthcare, and behavioral health treatment services.

For more information or volunteer, please see details below.

Volunteers of America y el Departamento del Sheriff necesitan participantes para asistir a personas que hayan salido de la prisión recientemente para proveerles servicios y evitar que regresen a la cárcel. Estos incluyen asistencia de vivienda, apoyo legal, atención médica y servicios de tratamiento de salud del comportamiento.

Para más información u ofrecerse de voluntario, favor de ver los datos abajo.

North Essex Tech Training Program
Essex County Pre-Release and Re-Entry Center (ECPRC)
165 Marston St., Lawrence, MA 01841- (978) 750-1900, ext. 4315
Or email NETTP@voamass.org

CLASIFICADOS | CLASSIFIEDS

NOTICE

ATTENTION TAXPAYERS OF THE CITY OF LAWRENCE PUBLIC DISCLOSURE FISCAL 2020 PROPOSED PROPERTY VALUES

The Board of Assessors of the City of Lawrence wishes to announce that it has completed its state-mandated revaluation of all properties for Fiscal year 2020 subject to preliminary certification review by the Bureau of Local Assessment of the Massachusetts Department of Revenue (DOR). It should be noted that the BLA/DOR has not issued preliminary certification as of this date and that all assessed values are subject to change.

A five year revaluation of all taxable property was recently conducted in the City of Lawrence.

A statistical analysis of all sales transactions during calendar year 2018 was the basis for the revaluation of all property. Based on the revaluation results, the total taxable property valuation for the City of Lawrence is \$4,830,785,283 an overall increase of 14.5% from last years total taxable valuation.

The average single family residential property assessment for FY2020 is \$263,800, a 9.9% increase from the average single family assessment of \$240,300 for FY2019.

Computer terminals and computerized printouts of all proposed values will be available in the Assessors Office, Room 103, City Hall 200 Common Street Lawrence, MA.

The public disclosure period will be in effect from November 12, 2019 to November 18, 2019 (excluding Saturday and Sunday) between the hours of 8:30 a.m. and 4:30 p.m. Appeals may be made during the disclosure period.

The information will also be available on the following web site: www.cityoflawrence.com. Please click on Departments, click on Assessors and then on FY20 Preliminary Property Values.

Final values are pending certification from the Department of Revenue.

For further information, comments or questions, please contact the Lawrence Board of Assessors Office at 978-620-3190.



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NOVIEMBRE 30, 2019

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Massachusetts Department of Public Health

SUDOKU (Respuestas/Answers pg 23)

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		1					8	9

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

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

¡Gracias por tu apoyo!

CALENDARIO | CALENDAR OF EVENTS



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THE NATIVITY PLAY

DECEMBER 14
4:00 P.M. TO 8:00 P.M.

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at the 25th
Arts & Crafts Fair.

MIDDLESEX
Community College

where ~ MCC Bedford Campus
when ~ Saturday, November 16, 2019
11 a.m to 2 p.m.

* Kid's Corner is asking for donations to MCC's Campus Food Pantries - personal hygiene items only.

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souped  food

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SATURDAY, NOVEMBER 16, 2019
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Master of Ceremonies



Paul Burton
WBZ TV / CBS Boston

Auctioneer



Susan Wornick
Former WCVB Anchor

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-Dr. Reverend Paul Burton

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For more information, contact Lauryn at laurynklingler@gmail.com or call 978-620-3601

 Lawrence Public Library
Soar to New Heights Through Knowledge

Fire victims / Víctimas de incendios

The recent fire at Bennington St. in Lawrence left 64 residents homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of donated items and things that are needed as well as names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

El reciente incendio de la calle Bennington en Lawrence ha dejado a 64 residentes sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que han sido donados y lo que necesitan así como nombres, edades, tallas, etc. pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.

<http://heallawrence.org/> heallawrence@aol.com
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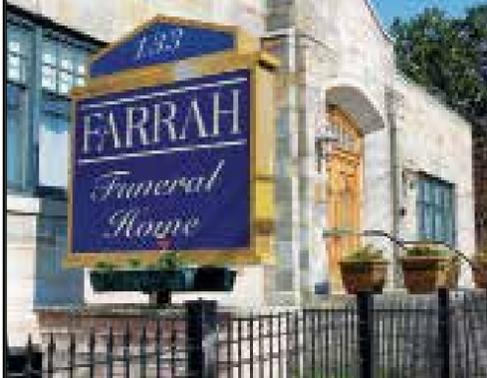
5	7	2	6	9	3	8	1	4
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9	3	4	5	8	1	2	6	7
1	8	6	3	5	9	4	7	2
2	9	3	1	7	4	6	5	8
7	4	5	8	2	6	1	9	3
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