

Marina honra héroe Afroamericano



Miembros de la familia de Doris Miller se reúnen alrededor de un retrato en honor al héroe de Pearl Harbor y el futuro portaaviones que llevará su nombre. (Departamento de Defensa)

Article published by Navy Times, January 20, 2020

El portaaviones más nuevo de la Armada nombrado en honor al Héroe Afroamericano

Durante una emotiva ceremonia el lunes, 20 de enero 2020, en Pearl Harbor, Hawaii, el Secretario Interino de la Marina Thomas Modly honró el legado del héroe de la Segunda Guerra Mundial Doris Miller al otorgar su nombre a un futuro portaaviones.

Es la primera vez que se rinde este tipo de homenaje a un afroamericano, un receptor de la Cruz de la Marina y un miembro del servicio alistado. Y se decretó en un día reservado para recordar al reverendo Martin Luther King Jr. y su cruzada de toda la vida para terminar con la discriminación racial en los Estados Unidos.

"Doris Miller era hijo de un aparcero y descendiente de esclavos", dijo Modly en la ceremonia en Pearl Harbor. "No se le dieron las mismas oportunidades que a los hombres de un color diferente para servir a este país. Pero el 7 de diciembre de 1941, no se definiría por los prejuicios de otras personas".

Con el USS Arizona Memorial como

telón de fondo, Modly esbozó cómo Miller se levantó a la batalla en la mañana del 7 de diciembre de 1941, un asistente de desastre en una clasificación racialmente segregada que convirtió a los hombres afroamericanos en sirvientes de oficiales blancos.

En lugar de recoger la ropa de la mañana, Miller transportó a los compañeros de barco heridos del acorazado West Virginia después de que fue alcanzado por el fuego enemigo. Combatió las llamas cuando estallaron en el barco y luego operó una ametralladora calibre .50, un arma que nunca antes había operado, para derribar aviones japoneses durante el ataque sorpresa en curso que lanzó a los Estados Unidos a la Segunda Guerra Mundial.

Su munición se agotó y recibió la orden de abandonar el barco; él fue uno de los

POR FAVOR VEA **HEROE**

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Navy's newest aircraft carrier named in honor of African American hero

Members of Doris Miller's family gathered around a portrait honoring the hero of Pearl Harbor and the future aircraft carrier that will bear his name. (Department of Defense)

During an emotional Monday ceremony in Pearl Harbor, Acting Navy Secretary Thomas Modly honored the legacy of World War II hero Doris Miller by bestowing his name on a future aircraft carrier.

It marks the first time a flattop has paid homage to an African American, a Navy Cross recipient and an enlisted service member. And it was decreed on a day set aside to remember the Rev. Martin Luther King Jr. and his lifelong crusade to end racial discrimination across the United States.

"Doris Miller was the son of a sharecropper and a descendant of slaves," Modly said at the ceremony at Pearl Harbor. "He was not given the same opportunities that men of a different color were given to serve this country. But on December 7, 1941, he would not be defined by the prejudice of other people."

With the USS Arizona Memorial his backdrop, Modly sketched how Miller rose to battle on the morning of December 7, 1941, a mess attendant in a racially

segregated rating that made African American men servants to white officers.

Instead of collecting the morning's laundry, Miller carried wounded shipmates from the blazing battleship West Virginia after it was hit by enemy fire. He fought the flames as they erupted on the vessel and then manned a .50 caliber machine gun — a weapon he never operated previously — to swat away Japanese planes during the ongoing surprise attack that launched the United States into World War II.

His ammo spent and ordered to abandon ship; he was one of the last three sailors to escape the West Virginia.

When the Navy, which Miller had joined in 1939, awarded medals to those who had fought bravely, it didn't even mention the name Doris Miller.

Four months later, the Pittsburgh Courier, perhaps the leading African

PLEASE SEE **HERO**

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HEROE

últimos tres marineros en escapar de West Virginia

Cuando la Armada, a la que Miller se había unido en 1939, otorgó medallas a quienes lucharon valientemente, ni siquiera mencionó el nombre de Doris Miller.

Cuatro meses después, el Pittsburgh Courier, quizás el principal periódico afroamericano del día, finalmente publicó el nombre del marinero y la Armada le dio una carta de recomendación a regañadientes.

Como se registra en la tarjeta de servicio de Miller en los Archivos de la Armada, el presidente Roosevelt intervino y ordenó que se le otorgara la Cruz de la Marina. "Eso no estuvo exento de controversia", dijo Modly. "Hubo algunas personas que no querían que

él recibiera la Cruz de la Marina, debido a su raza".

Miller fue asignado al portaaviones Liscome Bay, que menos de un año después del ataque de Pearl Harbor, fue hundido por un torpedo japonés. Dorie Miller nunca fue visto de nuevo.

Murió de la misma forma que vivía, un marinero estadounidense defendiendo a su nación, hombro con hombro con sus compañeros de barco, hasta el final", dijo Modly. "Dorie Miller defendió todo lo bueno de nuestra nación. Su historia merece ser recordada y repetida donde sea que nuestra gente continúe vigilando hoy.

"No es solo la historia de un marinero. Es la historia de nuestra Armada, de nuestra nación y nuestra lucha continua para formar, como indica nuestra Constitución, una unión más perfecta".

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HERO

American newspaper of the day, finally published the sailor's name and the Navy grudgingly gave him a letter of commendation.

As recorded on Miller's service card in the Navy Archives, President Roosevelt stepped in and ordered him awarded the Navy Cross. "That was not without controversy," Modly said. "There were some people who did not want him to receive the Navy Cross, because of his race."

Miller was assigned to the aircraft

carrier Liscome Bay, which less than a year after Pearl Harbor, was sunk by a Japanese torpedo. Dorie Miller was never seen again.

"He died as he lived, an American sailor defending his nation, shoulder to shoulder with his shipmates, until the end," said Modly. "Dorie Miller stood for everything that is good about our nation. His story deserves to be remembered and repeated wherever our people continue to stand the watch today.

"He's not just the story of one sailor. It is the story of our Navy, of our nation and our ongoing struggle to form — in the words of our Constitution — a more perfect union."

EDITORIAL | EDITORIAL

Recordando al Dr. King

Todos los años para esta fecha, recordamos los tiempos anteriores a la aprobación de la Decimoquinta Enmienda Constitucional en 1869 que otorgó a los Negros el derecho al voto y al Movimiento de Derechos Civiles entre los años de 1954 y 1968, dándoles una verdadera igualdad en este país.

Nos abrieron las puertas a todos nosotros de diferentes razas y nacionalidades, dándonos la verdadera libertad que disfrutamos hoy. Nosotros, que vivimos esos tiempos, no podemos referirnos a ellos como "los buenos tiempos" porque fueron una vergüenza para la historia de este país.

A medida que pasaron los años, hemos tenido la oportunidad de aprender sobre la vida y los sacrificios de Martin Luther King, lo que nos permite reconocer y apreciar más las acciones y el coraje del Dr. King.

Fue arrestado una multitud de veces durante manifestaciones que respaldan casos contra el abuso y la injusticia. Aunque la violencia siempre siguió a sus manifestaciones, siempre dirigió al público a clamar por la paz. Martin Luther King murió asesinado en 1968 y no hemos visto líderes de su calibre desde entonces.

Si todavía estuviera vivo, el Dr. King estaría muy orgulloso hoy, sabiendo que la Marina de los Estados Unidos, aprovechando el 52 aniversario de su muerte, nombró a su nuevo portaaviones en honor a Doris Miller, un marinero negro que ganó la Cruz de la Marina por sus acciones durante el ataque japonés a Pearl Harbor.

Entendemos sin temor a equivocarnos que en el Valle, la única ciudad que rindió homenaje al Dr. King, fue Haverhill en el Templo Emanu-El con un Servicio de Shabat.

Aparentemente, en Lawrence, donde tenemos tantos que tenemos mucho que agradecer al Dr. King, lo hemos olvidado.

Recordamos con nostalgia, hace años, cuando Guy Kelley, del Cuerpo de Servicio Comunitario de Merrimack Valley, celebraba cada año el Día de Martin Luther King esta vez, con una espectacular presentación de arte en el Centro Rogers para las Artes en Merrimack College. El momento más importante fue cuando Guy Kelley presentó a la audiencia una magnífica colcha creada por miembros de la comunidad.

Heather Stockwell, acompañada en el piano por Margaret DiGrazia, cantó tres canciones que fueron un tributo directo a Martin Luther King en una de las voces más hermosas que pueden escuchar.

También recordamos "Jóvenes sin Fronteras", un grupo musical de la Iglesia de Santa María bajo la dirección de Víctor Núñez, dio una magnífica nota latina con su música.

Guy Kelley, han pasado 18 años de ese evento, pero donde quiera que estés, gracias por tu trabajo recordando a los jóvenes la vida del Dr. King, ellos están a cargo de preservar su legado.

Un día... no un día libre

Remembering Dr. King

Every year by this date, we remember the times before the passing of the Fifteenth Constitutional Amendment in 1869 that gave Blacks the right to vote and the Civil Rights Movement between the years of 1954 and 1968 giving them true equality in this country.

They opened the doors to all of us of different races and nationalities, giving us the true freedom we enjoy today. We who live through those times cannot refer to them as "the good times" because those were an embarrassment to the history of this country.

As the years have passed, we have had the opportunity to learn about the life and sacrifices of Martin Luther King allowing us to recognize and appreciate Dr. King's actions and courage more.

He was arrested a multitude of times during demonstrations supporting cases against abuse and injustice. Although violence always followed his demonstrations, he always led the public cry for peace. Martin Luther King died assassinated in 1968 and we have not seen leaders of his caliber since then.

If he were still alive, Dr. King would be very proud today, knowing that the US Navy marked the 52 anniversary of his death, naming his new aircraft carrier in honor of Doris Miller, a Black sailor who won the Navy Cross for his actions during the Japanese attack on Pearl Harbor.

We understand without fear of being wrong that in the Valley, the only city that paid tribute to Dr. King was in the Emanu-El Temple of Haverhill with a Shabbat Service.

Apparently, in Lawrence, where so many of us have much to thank Dr. King, we have forgotten him.

We remember with nostalgia, years ago, when Guy Kelley with the Merrimack Valley Community Service Corps every year celebrated Martin Luther King Day this time, with a spectacular art presentation at the Rogers Center for the Arts at Merrimack College. The most important moment was when Guy Kelley presented to the audience the magnificent quilt created by members of the community.

Heather Stockwell, accompanied on the piano by Margaret DiGrazia sang three songs that were a direct tribute to Martin Luther King in one of the most beautiful voices we ever heard.

We also remember "Young people without Borders", a musical group from the Church of Santa María under the direction of Víctor Nuñez, gave a magnificent Latin note with his music.

Guy Kelley, 18 years have passed since that event but, wherever you are, thanks for your work reminding young people of Dr. King's life, they are responsible of preserving his legacy.

A Day on... Not a Day Off!

Rumbo

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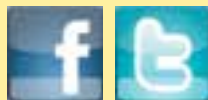
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POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Noticias en medios locales

La semana pasada se realizó una reunión en la Biblioteca Pública de Lawrence organizada por Solutions Journalism Network (SJN), con sede en Lebanon, NH, para discutir la necesidad y las condiciones actuales de las noticias locales. Liderando la conversación estuvieron Leah Todd, gerente regional de Nueva Inglaterra para SJN, y la investigadora Rachel Edens.

El objetivo de la conversación fue reunir los comentarios de los miembros de la comunidad local sobre algunas preguntas clave: ¿Qué están haciendo realmente bien los medios locales en el área de Lawrence? ¿Qué se puede fortalecer?

Este es un esfuerzo de investigación regional para SJN. Lawrence es una de las ocho comunidades de Nueva Inglaterra que participan.

Según su página web, "Tenemos mucho que aprender sobre el estado de las noticias de Nueva Inglaterra, razón por la cual la Red de Periodismo de Soluciones se complace en anunciar un nuevo esfuerzo: el Proyecto del Ecosistema de Noticias Locales de Nueva Inglaterra".

Este proyecto está financiado por una subvención de la Fundación Barr, el Proyecto del Ecosistema de Noticias Locales de Nueva Inglaterra busca comprender los problemas más urgentes para los residentes de Nueva Inglaterra, y si ellos dicen que encuentran la información que necesitan sobre estos temas.

Un pequeño grupo de residentes y periodistas se reunieron en la sala de Robert Frost, durante dos horas, intercambiando ideas sobre lo que le falta a la comunidad. No fue ninguna sorpresa su incomodidad con las condiciones actuales.

Se mencionaron la crisis de vivienda, la falta de vivienda, la seguridad pública, el costo de vida, los opioides, etc.

Altagracia Mayí, graduada en periodismo de la República Dominicana y personalidad de radio aquí, declaró: "La ciudad está superpoblada y la calidad de vida ha disminuido. Tengo una hija de 15 años y me preocupo por ella". Cualquier persona con hijos debe preocuparse por la cantidad de drogas y violencia a la que están expuestos los jóvenes.

Richard Russell, un guardián en esta comunidad, se quejó del crimen y la violencia relacionada con las drogas que no se hacen públicos. El Departamento de Policía de Lawrence ha convertido su sistema a uno incomprensible y ya no puede seguir sus llamadas por el escáner.

Agregué que no podemos creer la información provista en el registro diario del departamento de policía. Ellos minimizan la información para hacer que los problemas aparezcan como delitos menores. Esta es la forma en que la administración pretende mostrar que el crimen se está reduciendo, aunque los residentes saben que no es así.

Todos parecían estar de acuerdo en que las noticias locales no están cubiertas y que no hay desafío de los medios a los políticos locales. Mientras tanto, los periódicos y los programas de noticias de televisión saturan al público con noticias políticas nacionales. A partir de ese momento, también hubo acuerdo en que parece haber una reacción violenta hacia los que dicen la verdad.

Si se ofrece al público una mejor cobertura de noticias, estarán expuestos a más información que los educará para razonar las cosas. Insisto en que hay un esfuerzo concertado para mantener a esta comunidad ignorante. Eche un vistazo a lo que Lawrence Community Access Television (LCAT) ha hecho a los residentes de Lawrence por los últimos 15 años. Estamos pagando por ese servicio a través de la factura del cable y nos niegan el derecho a producir programas de televisión que puedan servir para educar a los residentes.

"El diario local tiene la culpa de no proporcionar una mejor cobertura de noticias sobre temas locales", dijo Carlos Morillo. Eso llevó a Altagracia Mayí a comentar que los medios noticiosos les dan a todos los dominicanos trabajadores un mal nombre al mencionar la nacionalidad en cualquier arresto o accidente. "Nunca mencionan ningún otro país de origen".

La concejala de la ciudad en general Ana Levy fue la única concejal presente. También agregó que "no estamos informados localmente".

También asistió David Turner, editor de The Eagle-Tribune, que permaneció en silencio en su mayor parte, pero al final, admitió haber tomado notas. "Me complace haber asistido; tomé muchas notas y las traeré de regreso al Tribune.

Astillas del mismo palo

Reenvié la columna de la semana pasada a todos los legisladores de la Casa de Estado. Con frecuencia reciben mis correos electrónicos como una forma de informarles sobre los errores y travesuras de Lawrence. Algunos responden o me llaman con comentarios, pero nunca he recibido nada como lo que el Representante Nika Elugardo de Jamaica Plain, Roslindale y Brookline. Esto es lo que dijo:

"Gracias por contactarnos. No puedo hablar sobre las prácticas de contratación del Alcalde Rivera. Sé que ha sido un firme defensor en la Casa de Estado en cuestiones de vivienda. Con respecto a su otra preocupación, nosotros, como representantes, tenemos total discreción sobre cómo empleamos los talentos de nuestros asistentes legislativos. Solo nuestros votantes pueden hacernos saber cómo nuestras elecciones coinciden con sus expectativas".

YWCA busca nominaciones para su 37° homenaje anual a las mujeres

Almuerzo anual establecido para el 14 de mayo

Lawrence, Haverhill, Lynn, MA - YWCA Northeastern Massachusetts está buscando mujeres en la comunidad que hayan marcado la diferencia en su trabajo y comunidad. Las nominaciones serán aceptadas hasta el 1 de marzo de 2020 y pueden enviarse a la YWCA, Atención: Jeanne Osborn en 38 Lawrence Street, Lawrence, MA 01840 o ingresando en línea a www.ywcanema.org y siguiendo la pestaña Homenaje. El almuerzo Tribute to Women se lleva a cabo en el Andover Country Club el 14 de mayo de 2020 desde las 12:00 p.m. hasta las 2:0 y sirve como el principal evento de recaudación de fondos de la YWCA.

Un sello distintivo de Tribute es que las mujeres honradas provienen de todos los ámbitos de la vida; sus contribuciones

son variadas y todas son notables en su propia forma única. Desde 1983, el almuerzo de los premios Tributo a las Mujeres de la YWCA ha reconocido a más de 1200 mujeres líderes de Merrimack Valley y North Shore de organizaciones empresariales y comunitarias. El Presidente Honorario del evento es la ex Senadora Susan Tucker, y el Patrocinador Diamante es Pfizer, Inc.

YWCA Northeastern Massachusetts es una organización de cambio social que existe hoy por las mismas razones que se fundó en la década de 1890 para garantizar que las mujeres tengan las herramientas, habilidades y oportunidades que necesitan para convertirse y permanecer autosuficientes personal y económicamente.

YWCA Seeks Nominations for their 37th Annual Tribute to Women

Annual Luncheon Set for May 14th

Lawrence, Haverhill, Lynn, MA - YWCA Northeastern Massachusetts is seeking women in the community who have made a difference in their work and community. Nominations will be accepted through March 1, 2020 and can be sent to the YWCA, Attention: Jeanne Osborn at 38 Lawrence Street, Lawrence, MA 01840 or by going on-line to www.ywcanema.org and following the Tribute tab. The Tribute to Women luncheon takes place at the Andover Country Club on May 14, 2020 from 12:00 pm until 2:0 and serves as the YWCA's major fundraising event.

A hallmark of Tribute is that women honored come from all walks of life;

their contributions are varied, and all are remarkable in their own unique way. Since 1983, the YWCA's Tribute to Women awards luncheon has recognized over 1200 Merrimack Valley and North Shore women leaders from business and community organizations. The event's Honorary Chair is former Senator Susan Tucker, and the Diamond Sponsor is Pfizer, Inc.

YWCA Northeastern Massachusetts is a social change organization which exists today for the same reasons it was founded back in the 1890s to assure that women have the tools, skills and opportunities they need to become and remain personally and economically self-sufficient.

CARTAS AL EDITOR RUMBO

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¿Qué significa un nuevo año para las empresas y sus empleados?

Por **Isabella Perales**

Ante el inicio de un nuevo año, es importante reflexionar sobre los errores del pasado y visualizar las metas y objetivos que queremos alcanzar el próximo año. Esta herramienta de reflexión y visualización, o “lecciones aprendidas” es sumamente importante en cualquier industria, incluyendo la de jardinería y paisajismo. No solo te permite evaluar el desempeño de tu empresa, sino también evaluar a tus empleados y ofrecer consejos y crítica constructiva para mejorar sus habilidades y desarrollo profesional.

En la siguiente nota podrán encontrar alguna información sobre la importancia de trabajar con tu equipo para asegurar su crecimiento y futuro en la empresa y como, particularmente los hispanos, dado su rol en la industria de paisajismo y jardinería, son los que más se benefician de este tipo de buenas prácticas.

Por favor, siéntase en libertad de compartir esta información con sus lectores, y no dude en contactarme si tiene cualquier pregunta. En caso de que decida publicar el artículo, por favor, le agradecería que nos envíe el enlace de este para hacerle seguimiento.

¿Qué significa un nuevo año para las empresas y sus empleados?

Con el inicio de un nuevo año, tenemos la oportunidad de reflexionar sobre los

errores del pasado, analizar nuestros éxitos y fracasos, y plantear nuevas metas personales y profesionales que nos permitan superarnos y, así, alcanzar, nuestro máximo potencial y ser aún mejores que en el año anterior. Las últimas semanas del año son el momento perfecto para visualizar nuestras metas y objetivos y diseñar un plan para alcanzarlos.

Esta tarea es particularmente importante para las empresas, como las de paisajismo y jardinería. Esta herramienta les permite analizar su desempeño como negocio e identificar las áreas que necesitan mejorar para asegurar un crecimiento económico sostenible el próximo año. Es importante que los dueños de negocios y gerentes de empresa consideren este ejercicio como uno de “lecciones aprendidas” para asegurar no repetir los mismos errores en el futuro y replicar las estrategias que demostraron ser exitosas.

Pero, además de realizar una evaluación interna de la empresa, este proceso también es el momento perfecto para sentarte con tu equipo y evaluar su desempeño profesional y discutir oportunidades de crecimiento y desarrollo profesional dentro de la misma. El capital humano es, sin duda, el recurso más importante de cualquier negocio. Sin una mano de obra calificada y comprometida, particularmente en las empresas de jardinería y paisajismo, los negocios son inviables.

La comunidad hispana es indispensable para la industria del paisajismo y jardinería porque, en los últimos años, la misma ha pasado a depender casi completamente de ellos. Incluso, los hispanos han comenzado a tomar posiciones de liderazgo dentro de la industria y tener mayor impacto en el desarrollo y crecimiento de esta. Debido a esto, es aún más importante que los hispanos sientan que tienen un futuro dentro de esta industria y que existen oportunidades profesionales dentro de sus compañías de trabajo. De igual modo, deben sentir que cuentan con un equipo que los apoya.

“El proceso de evaluación de los empleados es uno sumamente delicado, pero, cuando se ofrece crítica constructiva, también puede ser uno extremadamente beneficioso. Además, es otra oportunidad para solidificar tu relación con tus empleados y mejorar la comunicación entre ambos”, dijo Mari Medrano, presidenta de la Alianza Nacional Hispana de Jardinería y Paisajismo (NHJA, por sus siglas en inglés). “Porque, mientras más conoces a una persona, y más interactúes con ella, es más fácil establecer una relación que te permite tener una conversación sincera. De esta manera, cuando ofrezcas consejos o crítica constructiva para mejorar el desempeño y crecimiento profesional de tu equipo, el empleado, en vez de considerarlo

un ataque o crítica negativa, lo percibe como un consejo positivo y una ayuda bien recibida.”

Dicho esto, no cabe duda que la comunidad hispana tiene la capacidad de posicionarse como un grupo de influencia en el ámbito económico y establecer una industria sostenible en el tiempo que refleje el trabajo tan importante al que se dedican diariamente. Pero, para lograr el crecimiento de la industria de paisajismo y jardinería, como el crecimiento de las empresas en esta industria, el apoyo de los líderes, dueños, y gerentes es crucial y sus consejos y guía van a permitir que los hispanos continúen desarrollándose profesionalmente y aportando al crecimiento de las empresas donde trabajan.

Es importante que los empleados se sientan seguros en su ambiente de trabajo y, en vez de sentirse amenazados o nerviosos, sientan que su equipo, y los líderes de la empresa, están comprometidos con su bienestar y futuro. Los procesos de evaluación deben ser positivos, incluso si se refieren a un error que el empleado pudo haber cometido; la crítica constructiva ayuda a los empleados a crecer, mejorar, y desarrollar sus habilidades para convertirse en los futuros líderes y gerentes de la empresa. Siempre hay oportunidades para aprender y mejorar.



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La cirugía para perder peso ayudó a Damaris Morales a recuperar su antigua pasión: usar tacones altos. Damaris pesaba 280 libras cuando se inscribió en nuestro programa de cirugía para perder peso. Pero con el continuo apoyo no sólo de su familia sino también del equipo médico especializado, de las nutricionistas y de los entrenadores físicos, Damaris rebajó a 165 libras y pudo lucir sus tacones sofisticados.

Ahora, las milagros son sorprendentes en Lawrence General Hospital.



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



Prepárese para los impuestos: qué debe saber acerca de los créditos tributarios

Con la temporada de impuestos acercándose rápidamente, el Servicio de Impuestos Internos les recomienda a los contribuyentes a tomar tiempo ahora para determinar si son elegibles para créditos tributarios importantes.

Este es el segundo de una serie de recordatorios para ayudar a los contribuyentes a prepararse para la próxima temporada de presentación de impuestos. Recientemente, el IRS actualizó su página especial Tome medidas ahora para la temporada de presentar los impuestos de 2020.

Crédito Tributario por Ingreso del Trabajo

El Crédito Tributario por Ingreso del Trabajo (EITC, por sus siglas en inglés) es un crédito tributario federal reembolsable para personas trabajadoras con ingresos bajos o moderados que cumplen con ciertos requisitos de elegibilidad. Debido a que es un crédito reembolsable, aquellos que califican y reclaman el EITC pagan menos impuestos federales, no pagan impuestos o incluso pueden obtener un reembolso de impuestos. El EITC puede significar un crédito de hasta \$6,557 para familias trabajadoras con tres o más hijos calificados. Los trabajadores sin hijos calificados pueden ser elegibles para un crédito de hasta \$529.

Para obtener el crédito, las personas deben haber ganado ingresos y presentar una declaración de impuestos federales, incluso si no deben ningún impuesto o no

están obligados a presentar.

Los contribuyentes pueden usar el Asistente EITC para ver si son elegibles para el EITC, determinar si su hijo o hijos reúnen los requisitos del crédito, y estimar la cantidad del crédito que pueda recibir.

Crédito Tributario por Hijos

Los contribuyentes pueden reclamar el Crédito Tributario por Hijos si tienen un hijo menor de 17 años y cumplen con otros requisitos. La cantidad máxima por niño calificado es de \$2,000. Hasta \$1,400 de esa cantidad puede ser reembolsable por cada niño calificado. Por lo tanto, al igual que el EITC, el Crédito Tributario por Hijos puede dar a un contribuyente un reembolso incluso si no debe impuestos.

El niño calificado debe tener un número de Seguro Social válido emitido antes de la fecha de vencimiento de la declaración de impuestos, incluyendo las prórrogas. Para el año tributario 2019, esto significa el 15 de abril de 2020, o si un contribuyente obtiene una prórroga de presentación de impuestos, el 15 de octubre de 2020.

El límite de ingreso en el cual el Crédito Tributario por Hijos comienza a desaparecer gradualmente aumentó a \$200,000, o \$400,000 para las personas casadas que presentan una declaración conjunta.

Crédito por otros Dependientes

Este crédito está disponible para los contribuyentes con dependientes para quienes no pueden reclamar el Crédito Tributario por Hijos. Estos incluyen niños dependientes que tienen 17 años o más al final de 2019 o padres u otras personas calificadas mantenidas por el contribuyente.

La Publicación 972, Crédito Tributario por Hijos (en inglés), disponible ahora en IRS.gov, tiene más detalles y pronto se actualizará para el año tributario 2019.

Créditos tributarios de educación

Existen dos créditos de educación que pueden ayudar a los contribuyentes que pagan costos de educación superior para sí mismos, un cónyuge o dependiente. El Crédito Tributario de la Oportunidad Americana (en inglés) (AOTC, por sus siglas en inglés) y el Crédito Perpetuo de Aprendizaje (en inglés) (LLC, por sus siglas en inglés) se reclaman en el Formulario 8863, Créditos educativos (en inglés). El AOTC es parcialmente reembolsable.

Para obtener cualquiera de los créditos, el contribuyente o estudiante generalmente debe recibir el Formulario 1098-T, Declaración de Matrícula, de la escuela a la que asistió. Se aplican algunas excepciones. Consulte las instrucciones del Formulario 8863 para obtener más información.

Asistente Tributario Interactivo

El IRS insta a los contribuyentes a usar el Asistente Tributario Interactivo (ITA,

por sus siglas en inglés) de la agencia para ayudar a determinar si pueden reclamar cualquiera de estos créditos. El ITA también proporciona respuestas a preguntas generales sobre el estado civil tributario, reclamo de dependientes, requisitos de presentación y otros temas.

Comience con IRS.gov para ayuda que incluye herramientas, opciones de presentación y otros servicios y recursos. Los contribuyentes cada vez más visitan IRS.gov como su primer recurso para asuntos tributarios. Información en idiomas además de inglés está disponible en la pestaña de Idiomas de IRS.gov.

La presentación electrónica es fácil, segura y la forma más precisa de presentar impuestos. Hay una variedad de opciones de presentación electrónica gratis para la mayoría de los contribuyentes, que incluyen el uso de Free File del IRS para contribuyentes con ingresos inferiores a \$66,000, o los Formularios Interactivos del IRS para contribuyentes que ganan más. Los contribuyentes que generalmente ganan \$56,000 o menos pueden tener las declaraciones de impuestos preparadas en un sitio de Ayuda Voluntaria a los Contribuyentes (VITA, por sus siglas en inglés). Los sitios de Asesoramiento Tributario para Personas de Edad Avanzada (en inglés) (TCE, por sus siglas en inglés) ofrece ayuda tributaria gratuita para todos los contribuyentes, particularmente aquellos que tienen 60 años de edad o más.

La página Permítanos ayudarle en IRS.gov incluye enlaces que llevan a los usuarios a información y recursos sobre una amplia gama de temas.

MCC Leads the Way with Online & Evening Course Offerings

Middlesex Community College helps students fit education into their lifestyles. Many Middlesex students hold full- or part-time jobs in addition to their studies. With evening and online class offerings, students save time and money without sacrificing quality.

Registration is now open for Spring 2020 online and evening courses.

Matthew Olson, MCC's Dean of Social Science, Interdisciplinary Studies & Online/Weekend Education, highlights the benefits of online and evening education.

"Adults who are looking to attend Middlesex – both new students and those returning to college – want education to be useful and convenient," he said. "Whether you are coming to school for job advancement, to change careers, or simply to get your degree for yourself or your family, Middlesex provides the right mix of online and evening courses. Mixing some face-to-face classes with online is a great way to get started."

MCC offers 15 degree and certificate programs that can be completed entirely online. Another 10 degree programs can be completed 80 percent online through hybrid course offerings, which combine online and in-class instruction.

Olson emphasizes the importance of evening classes for students who want to have hands-on and face-to-face instruction for subject matter they find difficult, or for classes that include labs.

Having access to either or both of

the college's two campuses – in Bedford and Lowell – provides access to campus amenities such as the library, Student Information Centers and peer interaction in class and out.

Evening courses are a great opportunity to complete general education and introductory courses, including math classes, English Composition, Introduction to Psychology and Biology.

Roxanne McCorry, MCC's Director of Academic Technology & Distance Learning, believes taking an online or evening class is time well spent – and helps develop professional skills.

The college has a proven track-record for the success of their online programming. MCC's Online Business Administration program was ranked No. 41 in the country on the 2019 list of Best Online Associate in Business Administration Programs – one of the first programs at Middlesex to be offered fully online.

Whether as a new or returning student, MCC provides a high-quality and affordable education with the convenience and flexibility of online and evening classes. Spring classes begin Wednesday, Jan. 22. Financial aid is available for those who qualify.

For more information visit www.middlesex.mass.edu/registration or call 1-800-818-3434 to register for Spring 2020 classes. Visit www.middlesex.mass.edu/discover/ to discover your path.

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Univision NY denuncia al gobierno dominicano por atropellar la libertad de expresión. Mi opinión

La administración de Trump no le da ni por los tobillos al gobierno dominicano y sus "aliados".

Por José A. Ayala



Diferencias: Trump (por quien no voté en el 2016 ni planeo votar en noviembre 2020), como individuo, y hasta como presidente, utiliza su cuenta en Twitter para criticar la prensa, sus opositores y no opositores políticos o no políticos, líderes nacionales e internacionales, y hasta a sus funcionarios y ex funcionarios. Nadie está exento de la boca y el intimidante teclado de Trump.

Debo reconocer que Trump ha tenido encontronazos públicos con periodistas siendo candidato y como presidente con pinceladas de censura, burlas y otros maltratos verbales. Pero ese es Trump. La gente lo sabía y aun así votó por él. Y, si gana el juicio en el Congreso, quien sabe si lo tendremos por 4 años más. Mi punto se dirige a que no es una mala actuación oficializada, apoyada y sustentada por los 50 Estados, sus territorios y sus poderes e instituciones. Es Trump y punto.

Dicho esto, desconozco de algún medio de comunicación al que se le haya cortado la publicidad del gobierno. Desconozco de algún comunicador o su familia que hayan sido amenazados o maltratados físicamente por sus publicaciones, críticas, o trabajos de investigación, por lo menos en los últimos 30 años.

El caso dominicano va más allá de la legendaria y hasta sanguinaria censura a que nos tienen acostumbrados los que se creen dueños de mi país desde Trujillo, Balaguer, PRD y PLD, sus funcionarios y socios. Y los que somos dominicanos recordamos lo que le sucedió al periodista Orlando Martínez, al Profesor Narciso González, y otros

profesionales de la comunicación de masas como Marino Zapete, Nuria Piera y Alicia Ortega quienes, aunque están vivos, ellos y sus seres queridos, viven en desasosiego ante el bloqueo económico, hostigamiento moral y amenazas a ellos y sus familiares por parte de funcionarios, lacayos y serviles privados del gobierno.

Lo de hoy no es nuevo. Es corrupción, crimen organizado, una justicia complaciente, miles de millones combinados todo en su máxima expresión para dar un golpe certero y contundente a las voces y plumas creadoras de conciencia social y desarrollo humano.

Lo que ha cambiado es la forma. El fondo, el objetivo, el común denominador sigue siendo el mismo: callar la palabra ya sea de forma física, corrupta o inmoral.

Parece que el abuso criminal del poder ya es endémico en TODAS las administraciones de mi país y sociedades como la nuestra.

Por lo mostrado en este trabajo de Univisión NY, parece que ahora hay otras variables en la ecuación de censura, intimidación y compra de conciencia:

- Primero, la confabulación del gobierno al también apoyar y aceptar la censura e intimidación a la prensa desde las cárceles y fuera de las cárceles.
- Segundo: La integración, bajo presión, del sector privado para que también retiren su publicidad de los medios críticos del gobierno o allegados al gobierno.
- Tercero: La complicidad y completa "disposición" de periodistas y "comunicadores" para que el gobierno y aliados privados les compren la palabra y la pluma.
- Y, cuarto, el que más me impacta, la disposición de un pueblo a aceptar y hacerse cómplice con su silencio e inacción, a una situación a toda vista ilegal, abusiva y

criminal. Parece que la gente ha perdido todo sentido de sensibilidad y solidaridad ante las víctimas (en este caso la prensa).

La educación formal e informal, desde la preescolar a la universitaria, a los medios de comunicación masiva, a las organizaciones comunitarias e iglesias, debe servir como tablas salvavidas en medio de la tormenta.

Amigos, no basta denunciarlo y publicarlo. La cosa no es tan simple como parece.

Es parte del amplio menú de desafíos diarios de la sociedad dominicana, y que sólo los dominicanos y dominicanas de aquí y de allá debemos resolver.

(Gracias a mi amigo y hermano, el periodista Sixto Bussi por su aporte en esta opinión).

Univision NY denounces Dominican government for trampling the freedom of expression. My take on it

The Trump administration does not even give an ankle to the Dominican government and its "allies."

By José A. Ayala



Differences: Trump (for whom I did not vote in 2016 or plan to vote in November 2020), as an individual, and even as president, uses his Twitter account to criticize the press, his opponents and

non-political or non-political opponents, national leaders and international, and even government officials and former officials. No one is exempt from Trump's mouth and intimidating keyboard.

I must admit that Trump has had public encounters with journalists while a candidate and as president with brushstrokes of censorship, teasing and other verbal abuse. But that is Trump. People knew it and still voted for it. And, if he wins the congressional trial, who knows if we'll have him for 4 more years. My point is that it is not a bad official performance, maintained and supported by the 50 States, their territories and his power and institutions. It's Trump, period.

That being said, I do not know of any means of communication whose government advertising has been cut off. I do not know of any communicator or his family who have been threatened or physically abused by their publications, criticisms, or research papers, at least in the last 30 years.

The Dominican case goes beyond the legendary and even bloodthirsty censorship that those who believe they own my country have accustomed us from Trujillo, Balaguer, PRD and PLD, their officials and partners. And those of us who are Dominicans remember what happened to journalists Orlando Martínez, Professor Narciso González, and other mass communication professionals such as Marino Zapete, Nuria Piera and Alicia Ortega who, although they are alive, they and their loved ones, live in restlessness before the economic blockade, moral harassment and threats to them and their relatives by officials, lackeys and private servants of the government.

What's happening today is not new. It is corruption, organized crime, a complacent

justice, billions combined all at its best to give an accurate and forceful blow to the voices and feathers that create social awareness and human development.

What has changed is the form. The background, the objective, the common denominator remains the same: silence the word either physically, corruptly or immorally.

It seems that the criminal abuse of power is already endemic in ALL administrations in my country and societies like ours.

From what is shown in this work by Univisión NY, it seems that there are now other variables in the equation of censorship, intimidation and selling their conscience:

- First, the government's collusion by also supporting and accepting censorship and intimidation of the press coming from inside and outside prisons.
- Second: The integration, under pressure, of the private sector so that they also withdraw their advertising from the media critical of the government or those close to the government.
- Third: The complicity and complete "practice" of journalists and "communicators" so that the government and private allies buy their word and pen.
- And, fourth, the one that impacts me the most, the willingness of a people to accept and become complicit with their silence and inaction, to a situation that is completely illegal, abusive and criminal. It seems that people have lost all sense of sensitivity and solidarity towards the victims (in this case the press).

Formal and informal education, from preschool to university, to mass media, to community organizations and churches, should serve as lifesavers in the midst of the storm.

Friends, it is not enough to report it and publish it. This is not as simple as it seems.

It is part of the extensive menu of daily challenges of Dominican society, and that only Dominican men and women here and there must solve.

(Thanks to my friend and brother, the journalist Sixto Bussi for his contribution in this opinion piece).

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2020: The year of the census!

Massachusetts Census Equity Fund Awards over \$900,000 to Community-Based Nonprofits for 2020 Census Outreach

Second round of grants awarded from group comprised of major philanthropic institutions focuses on organizations that reach hard-to-count communities across Massachusetts

2020 is upon us and preparations for the United States' decennial census are in high gear. The Massachusetts Census Equity Fund (MCEF) announced its second round of targeted grants, totaling \$350,000.00, to 34 grassroots nonprofit organizations to support efforts across Massachusetts to reach hard-to-count communities in the 2020 Census. MCEF, a statewide funding initiative working to increase participation in the 2020 Census, launched its grant program in early 2019 to provide targeted financial support for nonprofits to encourage the participation of historically undercounted communities in the census.

Alexie Torres, Chair of the Massachusetts Census Equity Fund and Executive Director of Access Strategies stated, "2020 is upon us and the time is now for philanthropy, grassroots organizations, state and civic leaders to join together to ensure the most accurate count of Massachusetts residents in the 2020 Census. The Massachusetts Census Equity Fund is proud to be supporting such an amazing group of groups across the state."

The impact of the results from the upcoming decennial census will be immense, bringing into focus the importance of collecting accurate data from historically undercounted communities.

Census data determines political representation and the allocation of federal funds for social programs, including more than \$16 billion per year for Massachusetts. In other words, the Commonwealth could stand to lose almost \$2,400 in federal funding per year for each person not counted in the census.

New challenges facing an accurate 2020 Census count presents a clear need for the support that MCEF is providing through its grants. For the first time, census data will be collected primarily online, presenting difficulties for people without reliable internet access—most of whom live in areas that are already historically undercounted—to participate. There are also concerns that immigrants and their families will be afraid to participate in the census, as a result

of high-profile, aggressive efforts by the federal government to identify and deport undocumented immigrants.

Finally, the United State Census Bureau has significantly fewer resources than it did in past census efforts. In addition to targeted grant funding to nonprofits working on-the-ground to make their communities count, MCEF created a learning community to connect, convene, and provide resources to partners on the importance of the census and promote active involvement to ensure a fair and accurate count.

In the spring of 2019 MCEF distributed grants totaling more than \$560,000.00 for organizing and education activities in undercounted communities for the months leading up to the census. Those included grants to The Pioneer Valley Regional Ventures Center, Worcester Interfaith, Brockton Immigrant Assistance Center, Coalition for a Better Acre and the Chelsea Collaborative.

Gladys Vega, Executive Director of the The Chelsea Collaborative shared, "We have taken this project seriously and we have incorporated Census Charlas throughout all of our training, classes, and workshops. We have organized street fairs, network gatherings, canvassing and in our Noches Sociales which happens every 6 weeks we have made the Census a table conversation. The Collaborative has to ensure that the hard-to-locate individuals are counted, we know that, without a non-profit organization like ours involved, we will continue to be undercounted. I have no doubt that in Chelsea, Revere, East Boston and Lynn more people will be counted as long as the trusted members of the community are knocking on their doors and getting people to participate."

The Massachusetts Census Equity Fund (MCEF) is a statewide funding initiative working to increase participation in the 2020 Census, specifically in communities that are at risk of being undercounted. MCEF provides grants for grassroots organizations working toward creating an accurate and fair count, as well as a learning community for partners.

2020: ¡El año del censo!

Massachusetts Census Equity Fund otorga más de \$900,000 a organizaciones sin fines de lucro de base comunitaria para la divulgación del censo 2020

La segunda ronda de subvenciones otorgadas por un grupo compuesto por las principales instituciones filantrópicas se enfoca en organizaciones que llegan a comunidades difíciles de contar en todo Massachusetts

El 2020 está sobre nosotros y los preparativos para el censo decenal de los Estados Unidos están en marcha. El Massachusetts Census Equity Fund (MCEF) anunció su segunda ronda de subvenciones específicas, por un total de \$350,000.00, a 34 organizaciones de base sin fines de lucro para apoyar los esfuerzos en todo Massachusetts para llegar a las comunidades difíciles de contar en el Censo 2020. MCEF, una iniciativa de financiación estatal que trabaja para aumentar la participación en el Censo 2020, lanzó su programa de subvenciones a principios de 2019 para proporcionar apoyo financiero dirigido a organizaciones sin fines de lucro para alentar la participación de comunidades históricamente menos contadas en el censo.

Alexie Torres, presidenta del Fondo de Equidad del Censo de Massachusetts y Directora Ejecutiva de Estrategias de Acceso declaró: "2020 está sobre nosotros y ahora es el momento para que la filantropía, las organizaciones de base, los líderes estatales y cívicos se unan para garantizar el recuento más preciso de los residentes de Massachusetts en el censo de 2020. El Massachusetts Census Equity Fund se enorgullece de apoyar a un grupo tan increíble de grupos en todo el estado."

El impacto de los resultados del próximo censo decenal será inmenso, destacando la importancia de recopilar datos precisos de comunidades históricamente menos contadas.

Los datos del censo determinan la representación política y la asignación de fondos federales para programas sociales, incluidos más de \$16 mil millones por año para Massachusetts. En otras palabras, el estado podría perder casi \$2,400 en fondos federales por año por cada persona que no se cuenta en el censo.

Los nuevos desafíos que enfrenta un conteo exacto del Censo 2020 presentan una clara necesidad del apoyo que MCEF está proporcionando a través de sus subvenciones. Por primera vez, los datos del censo se recopilarán principalmente en línea, presentando dificultades para que participen las personas sin acceso confiable a Internet, la mayoría de los cuales viven en áreas que históricamente no han sido contadas. También existe la preocupación de que los inmigrantes y sus familias tengan miedo de participar en el censo, como resultado de los esfuerzos agresivos de alto perfil del

gobierno federal para identificar y deportar a los inmigrantes indocumentados.

Finalmente, la Oficina del Censo de los Estados Unidos tiene significativamente menos recursos que en los esfuerzos anteriores del censo. Además de la financiación específica de subvenciones para organizaciones sin fines de lucro que trabajan en el terreno para hacer que sus comunidades cuenten, MCEF creó una comunidad de aprendizaje para conectar, convocar y proporcionar recursos a los socios sobre la importancia del censo y promover la participación activa para garantizar una participación justa y recuento exacto.

En la primavera de 2019, MCEF distribuyó subvenciones por un total de más de \$560,000.00 para actividades de organización y educación en comunidades que no habían sido contadas debidamente durante los meses previos al censo. Esos incluyeron subsidios para The Pioneer Valley Regional Ventures Center, Worcester Interfaith, el Centro de Asistencia a Inmigrantes de Brockton, la Coalición para un Mejor Acre y el Chelsea Collaborative.

Gladys Vega, directora ejecutiva de The Chelsea Collaborative, compartió: "Nos hemos tomado este proyecto en serio y hemos incorporado Census Charlas a lo largo de toda nuestra capacitación, clases y talleres. Hemos organizado ferias callejeras, reuniones de redes, escrutinio y en nuestras Noches Sociales, que ocurre cada 6 semanas, hemos hecho que el Censo sea una conversación en la mesa. El Colaborativo tiene que garantizar que se cuente a las personas difíciles de localizar, sabemos que, sin una organización sin fines de lucro como la nuestra, seguiremos contando con menos. No tengo dudas de que en Chelsea, Revere, East Boston y Lynn se contará a más personas siempre que los miembros de confianza de la comunidad llamen a sus puertas y hagan que la gente participe."

Sobre el Massachusetts Census Equity Fund El Massachusetts Census Equity Fund (MCEF) es una iniciativa de financiación estatal que trabaja para aumentar la participación en el Censo 2020, específicamente en las comunidades que corren el riesgo de ser menos contadas. MCEF proporciona subvenciones para organizaciones de base que trabajan para crear un recuento preciso y justo, así como una comunidad de aprendizaje para socios.

La ignorancia mata a los pueblos, y es preciso matar a la ignorancia"
Ignorance kills people, and it is necessary to kill ignorance "

José Martí.

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Estimador de Retención de Impuestos actualizado ayuda a trabajadores a obtener reembolso deseado; muestra cómo llenar nuevo W-4 de 2020

Por Alejandra Castro
IRS, Media Relations Specialist

El Servicio de Impuestos Internos lanzó un nuevo y mejorado Estimador de Retención de Impuestos, diseñado para ayudar a los trabajadores a enfocarse en el reembolso que desean al tener la cantidad correcta de impuesto federal descontada de su paga.

El Estimador de Retención de Impuestos actualizado, ahora disponible en

IRS.gov, incorpora los cambios del nuevo Formulario W-4, Certificado de retención de empleados, que los empleados pueden completar y entregar a sus empleadores este año.

El IRS insta a todos a ver si necesitan ajustar su retención a través del Estimador de Retención de Impuestos para realizar una revisión de sus cheques de pago. Si se necesita un ajuste, el Estimador ofrece recomendaciones específicas acerca de

cómo completar el Formulario W-4 en línea de su empleador o proporciona el formulario PDF con partes clave completadas.

Para ayudar a los trabajadores a ajustar su retención de manera más efectiva, el Estimador de Retención de Impuestos actualizado presenta un control deslizante de reembolso personalizado que permite a los usuarios elegir el monto de reembolso que prefieren de una variedad de montos diferentes. El rango de reembolso exacto que se muestra se personaliza en función de la información tributaria ingresada por ese usuario.

Según el monto de reembolso seleccionado, el Estimador de Retención de Impuestos le dará al trabajador recomendaciones específicas acerca de cómo completar su W-4. Esta nueva característica permite a los usuarios que buscan reembolsos más grandes al final del año o más dinero en sus cheques de pago durante todo el año, tener la cantidad exacta retenida para cumplir con sus preferencias.

El Estimador actualizado también presenta otras mejoras, incluida una que permite que cualquier persona que espere recibir una bonificación indique si se retendrán impuestos. Además, las mejoras agregadas el verano pasado continúan disponibles, incluido el diseño apto para

dispositivos móviles, el manejo de los ingresos por pensiones, los beneficios del Seguro Social y el impuesto sobre el trabajo por cuenta propia.

A partir de 2020, la retención del impuesto sobre el ingreso ya no se basa en el estado civil de un empleado y las deducciones de retención, vinculadas al valor de la exención personal. En cambio, la retención del impuesto sobre el ingreso generalmente se basa en el estado civil tributario esperado del trabajador y la deducción estándar para el año. Además, los trabajadores pueden optar por deducciones detalladas, el Crédito Tributario por Hijos y otros beneficios tributarios reflejados en su retención para el año.

Es importante que aquellos con más de un trabajo a la vez (incluidas las familias en las que trabajan ambos cónyuges) ajusten su retención para evitar que se les retenga muy poco. Usar el Estimador es la manera más precisa de hacerlo. Como en el pasado, los empleados también pueden optar por que un empleador retenga un monto fijo adicional en dólares en cada período de pago para cubrir, por ejemplo, los ingresos que reciben de la economía compartida, el trabajo por cuenta propia u otras fuentes no sujetas a retención.

Para más información acerca del Estimador de Retención de Impuestos actualizado y el Formulario W-4 de 2020 rediseñado, visite IRS.gov.

IRS inicia temporada de presentación de impuestos 2019 para contribuyentes individuales el 27 de enero

Por Alejandra Castro
IRS, Media Relations Specialist

El Servicio de Impuestos Internos confirmó que la temporada de impuestos de la nación comenzará para los contribuyentes individuales el lunes, 27 de enero de 2020, cuando la agencia tributaria comenzará a aceptar y procesar las declaraciones del año tributario 2019.

La fecha límite para presentar las declaraciones de impuestos de 2019 y pagar cualquier impuesto adeudado es el miércoles, 15 de abril de 2020. Se espera que se presenten más de 150 millones de declaraciones de impuestos individuales para el año tributario 2019, y la gran mayoría se presentará antes de la fecha límite tradicional de abril.

"A la vez que nos adentramos a la temporada de presentación, los contribuyentes deben saber que la fuerza laboral dedicada del IRS está lista para ayudar," dijo Chuck Rettig, Comisionado del IRS. "Alentamos a los contribuyentes a planificar y usar las herramientas e información disponibles en IRS.gov. El IRS y la comunidad tributaria de la nación están comprometidos a lograr otra temporada de presentación sin problemas."

El IRS fijó la fecha de apertura del 27 de enero para garantizar la seguridad y la preparación de los sistemas clave de procesamiento de impuestos y para abordar el impacto potencial de la legislación tributaria reciente en las declaraciones de impuestos de 2019.

Si bien los contribuyentes pueden preparar declaraciones a través del programa Free File del IRS, así como muchas compañías de software de impuestos y profesionales de impuestos antes de la fecha de inicio, el procesamiento de esas declaraciones comenzará después de que los sistemas del IRS abran más adelante este mes.

"El IRS alienta a todos a considerar la presentación electrónica y la elección del depósito directo," dijo Rettig. "Es rápido, preciso y la mejor manera de obtener su reembolso lo más rápido posible."

La presentación electrónica señala errores comunes y solicita a los contribuyentes información que falta. Los contribuyentes pueden obtener ayuda gratuita para preparar y presentar impuestos a través de Free File del IRS en línea o de ayuda gratuita de impuestos de parte de voluntarios capacitados en sitios comunitarios de todo el país. El IRS también les recuerda a los contribuyentes que no tienen que esperar hasta el 27 de enero para comenzar su declaración de impuestos o comunicarse con un preparador de impuestos (en inglés) acreditado.

Además, la ayuda tributaria del IRS está disponible las 24 horas del día en IRS.gov, el sitio web oficial del IRS, donde las personas pueden encontrar respuestas a las preguntas tributarias y resolver problemas tributarios en línea. La página Permítanos ayudarle ayuda a responder la mayoría de las preguntas sobre impuestos, y la Guía de Servicios del IRS enlaza con estos y otros servicios del IRS.

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.

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Plazo para presentar reclamos de Columbia Gas extendido al 31 de enero de 2020

Los abogados de la demanda celebrarán el último foro comunitario para ayudar a los residentes a presentar sus reclamos

La fecha límite para presentar reclamos relacionados con el evento de sobrepresión de Columbia Gas del 2018 se extendió por orden judicial hasta el 31 de enero de 2020.

Se alienta a cualquier persona que se haya visto afectada por este evento a presentar un reclamo, incluso si ya presentó un reclamo a través del seguro o mediante el proceso administrado por Columbia Gas.

Ya tuvieron dos foros el 18 y el 25 de enero con cientos de personas asistiendo. Este sábado, el 25 de enero desde el mediodía hasta las 3:30 pm, estarán allí nuevamente en Greater Lawrence Technical High School, 57 River Rd., Andover. Asegúrese de llevar cualquier documento que necesite presentar. Si no puede ir ese último día, puede llenar su planilla en el 300 de Brickstone Sq. Andover, antes del día 31.

"Esto es dinero real y es fácil presentar un reclamo. Una familia promedio de cuatro podría recibir un pago global de \$1,050 a \$9,500 en función de la gravedad de la interrupción causada por el Incidente".

El Acuerdo de \$143 millones pagará reclamos por pérdidas importantes, así como cualquier inconveniente menor experimentado. Esto incluye evacuaciones, gastos de evacuación, pérdida del servicio de gas, gastos de calefacción, pérdida de salarios, pérdida de ingresos comerciales, daños a la propiedad y angustia emocional.

Los agentes que hablan inglés y español estarán disponibles para ayudar y responder preguntas sobre el proceso de presentación de reclamos.

Todos los residentes que asistan a esta sesión deben traer con ellos un comprobante de residencia en el área afectada en el período de septiembre de 2018 (por ejemplo, facturas de servicios públicos, talones de pago, facturas de teléfonos celulares, contratos de arrendamiento).

Por favor no llame a Greater Lawrence Technical High School. En cambio, por favor llame 1-833-927-0819 ó visite ColumbiaGasExplosionSettlement.com para obtener más información.

Deadline to file columbia gas claims extended to january 31, 2020

Class Counsel to hold last town hall to help residents file claims

The deadline to file claims related to the 2018 Columbia Gas Over-Pressurization event has been extended by Court order to January 31, 2020.

Plaintiffs' Co-Lead Counsel, Elizabeth Graham said, "We are planning to hold three town hall meetings to help people file claims and answer any questions. Anyone who was impacted by this event is encouraged to file a claim -- even if they already filed a claim through Insurance or through the Columbia Gas-managed process.

They already had two forums on January 18 and 25 with hundreds of people attending. They will be there again this Saturday, January 25 from noon to 3:30 pm. at Greater Lawrence Technical High School, 57 River Rd., Andover. Be sure to bring any documents you need to present. If you cannot go that last day, you can fill out your form at 300 Brickstone Sq. Andover, before the 31st

"This is real money and it's easy to file a claim. An average family of four could

get a lump sum payment of \$1,050 to \$9,500 based on the severity of disruption caused by the Incident."

The \$143 million Settlement will pay claims for major losses, as well as any minor inconvenience experienced. This includes evacuations, evacuation expenses, loss of gas service, heating expenses, lost wages, lost business income, property damage, and emotional distress.

Both English and Spanish-speaking agents will be on hand to assist and answer questions regarding the claims filing process.

All residents attending the town hall sessions should bring with them proof of residency in the class area for the period of September 2018 (e.g. utility bills, pay stubs, cell phone bills, lease agreements).

Please do not contact Greater Lawrence Technical High School. Instead, please call 1-833-927-0819 or visit ColumbiaGasExplosionSettlement.com for more information.

El grupo de trabajo sobre opioides del alcalde de Lowell emite advertencias de invierno para prevenir sobredosis

El grupo de trabajo de Opioides del Alcalde de la Ciudad de Lowell está instando a aquellos con familiares y/o amigos que viven con el trastorno por consumo de opioides a que tomen precauciones adicionales para prevenir una sobredosis relacionada con opioides durante los fríos meses de invierno.

A pesar de que hay menos llamadas al 9-1-1 para enfermedades relacionadas con los opioides durante los meses de invierno, se producen más incidentes en interiores durante el invierno que en cualquier otra temporada. Los datos históricos en Lowell muestran que entre diciembre y febrero, dos tercios de todas las llamadas al 9-1-1 relacionadas con opioides ocurrieron en interiores. Esto puede deberse en parte al aislamiento; si una persona toma una sobredosis mientras está sola, no hay nadie disponible para administrar Narcan y llamar al 9-1-1. El aislamiento es un factor de riesgo. El clima frío también puede exacerbar problemas de salud adicionales.

El Grupo de Trabajo ha emitido las siguientes recomendaciones:

- Controle a sus amigos y seres queridos que usan opioides con más frecuencia cuando pasan tiempo a solas, y conozca las señales de advertencia de una sobredosis de opioides.
- Capacítase sobre cómo usar Narcan y

obtenga al menos un kit de Narcan. Puede recibir Narcan sin receta en la mayoría de las farmacias. Las personas de alto riesgo pueden recibir un kit de Narcan y capacitación de forma gratuita llamando al Centro de salud comunitario de Lowell (978-221-6767) o al Tratamiento y Recuperación de adicciones de Lowell House (978-459-8656).

• Narcan puede debilitarse después de una exposición prolongada a temperaturas extremas. Almacene Narcan entre 59 y 77 grados. NO lo guarde en un automóvil. Narcan puede permanecer efectivo cuando se expone brevemente a temperaturas tan bajas como 39 grados y tan altas como 104 grados. Sin embargo, Narcan se congela a 32 grados. Considere obtener un nuevo kit Narcan después de que hayan terminado los meses de invierno si su kit de Narcan actual ha estado expuesto a temperaturas extremas.

Para obtener más información, visite www.drugfreegreaterlowell.org o llame al 978-674-4304.

El Departamento de Salud de Lowell se esfuerza por promover y proteger la salud y el bienestar de las personas dentro de Lowell. Cumple esta misión a través de una amplia gama de programas de salud pública y educación de salud de divulgación en una variedad de áreas.

Lowell Mayor's Opioid Task Force issues winter warnings to prevent overdoses

The City of Lowell's Mayor's Opioid Task Force is urging those with family and/or friends living with opioid use disorder to take extra precautions to prevent an opioid-related overdose during the cold winter months.

Even though there are fewer 9-1-1 calls for opioid related illnesses during the winter months, more incidents occur indoors during the winter than in any other season. Historical data in Lowell shows that between December and February, two-thirds of all opioid related 9-1-1 calls occurred indoors. This may be in part due to isolation; if a person overdoses while by themselves, there is no one available to administer Narcan and call 9-1-1. Isolation is a risk factor. The cold weather can also exacerbate additional health concerns.

The Task Force has issued the following recommendations:

- Check on your friends and loved ones who use opioids more frequently when they are spending time alone, and become educated on the warning signs of an opioid overdose.
- Be trained on how to use Narcan and

obtain at least one Narcan kit. You can receive Narcan without a prescription at most pharmacies. High risk individuals can receive a Narcan kit and training for free by calling Lowell Community Health Center (978-221-6767) or Lowell House Addiction Treatment and Recovery (978-459-8656).

• Narcan may be weakened after prolonged exposure to extreme temperatures. Store Narcan between 59 and 77 degrees. DO NOT store it in a car. Narcan may remain effective when briefly exposed to temperatures as low as 39 degrees and as high as 104 degrees. However, Narcan freezes at 32 degrees. Consider getting a new Narcan kit after the winter months have ended if your current Narcan kit has been exposed to extreme temperatures.

For more information, visit www.drugfreegreaterlowell.org or call 978-674-4304.

The Lowell Health Department strives to promote and protect the health and wellness of the people within Lowell. It fulfills this mission through a wide range of public health programs and outreach health education in a variety of areas.

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MCC's Nursing Program Ranks No. 2 in Massachusetts

Middlesex Community College's Nursing Program was named No. 2 for associate degree programs in Massachusetts on the 2020 list of Best Schools for Registered Nursing Programs by Nursingprocess.org.

Dr. Sandra Shapiro, MCC's Director of Nurse Education, emphasizes the importance of a supportive, educated and student-motivated faculty for the success of the program.

"We have knowledgeable and committed faculty that are dedicated to student success," Dr. Shapiro said. "They go above and beyond, day after day, to offer students opportunities to develop the knowledge, skills and abilities needed to care for patients with complex healthcare needs."

Dr. Shapiro asserts that students are faculty's number one priority. Over several semesters, the nursing faculty worked together to devise a curriculum framework that best suits their students' needs. They also developed a more intensive student evaluation process.

"The nursing faculty are highly educated and very experienced in the areas of their nursing specialty," Dr. Shapiro said. "They continue to increase their knowledge in both nursing care and in educational practice. The faculty have an attitude that they can always be better, and their reflective practice is key to a successful Nursing Program."

The resources Middlesex provides to students is another strength of the program. Faculty members carefully choose the most relevant textbooks and online videos to provide diverse learning experiences. Students take exams on a software program that is similar to the format of the National Council Licensure Exam (NCLEX) for Registered Nursing. This helps students practice how to take the test so they are better prepared. The Nursing Skills Lab allows students to develop and apply expertise they can then use on real patients when fully prepared.



According to Dr. Shapiro, MCC has made strides in providing students and faculty with greater technology and resources across all nursing courses.

"The college leadership recently enabled the Nursing Program to enhance its simulation lab," Dr. Shapiro said. "The lab is now equipped with state-of-the-art simulation mannequins – an adult, a child and a baby. With education and training to run the new equipment, faculty will soon be able to offer students amazing learning opportunities!"

Middlesex offers both full-time day and part-time evening/weekend options to prepare nurses to earn an Associate in Science, as well as eligibility to take the NCLEX. The program's curriculum combines classroom learning of science, technology and general education courses with laboratory and clinical experiences.

Visit www.middlesex.mass.edu/nursing/ for more information on MCC's Nursing programs.

Registration for MCC's Spring 2020 courses are now open. To register, go to www.middlesex.mass.edu/registration or call 1-800-818-3434.

Aprender a pensar en tiempos de Internet

Por Jesús Domingo Martínez

En California una high school, a unas veinte millas al sur de San Francisco, ha decidido prohibir a los alumnos el uso de los móviles, porque distraen demasiado la atención.

En la Francia centralista la prohibición entró en vigor con carácter general a comienzos del curso pasado, por una decisión tomada en París. Aunque no faltan expertos que reaccionan ante este género de medidas, porque quitar a los estudiantes sus smartphones podría originar otro tipo de distracciones y ansiedades...

Los directivos entienden que los

alumnos van a la escuela a aprender, trabajando con sus profesores y sus compañeros. Ese objetivo se hace casi imposible a causa de la adicción a los dispositivos electrónicos. Porque los estudiantes tienden a empeorar sus resultados cuando gozan de conectividad a Internet en las aulas: hasta un 5%, según un estudio de Rutgers University.

Al contrario, la escuela debe fomentar la capacidad de superar las distracciones para concentrar la atención en lo que importa en cada momento.

Learning to think in times of Internet

By Jesús Domingo Martínez

A high school in California, about twenty miles south of San Francisco, has decided to ban students from using mobile phones, because they distract too much attention.

In centralist France, the ban came into force in general at the beginning of last year, due to a decision taken in Paris. Although there is no lack of experts who react to this kind of measures because removing students from their smartphones could cause another type of distractions and

anxieties...

Managers understand that students go to school to learn, working with their teachers and their peers. That goal becomes almost impossible because of the addiction to electronic devices. Because students tend to worsen their results when they enjoy Internet connectivity in the classroom: up to 5%, according to a study by Rutgers University.

On the contrary, the school must foster the ability to overcome distractions to focus attention on what matters at all times.

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.

Las escuelas CDCPS son escuelas públicas gratuitas desde Jardín de Infantes 1 hasta el Octavo grado, conocidas por sus estrictas normas académicas. Las escuelas ofrecen un horario de 8:00 a.m. a 4:00 p.m. con programas de cuidado disponible antes y después del horario escolar (por una tarifa) y ofrecen curso de verano gratuito (para los estudiantes que califican).

Aceptando Solicitudes para el Año Escolar 2020-2021

Los estudiantes deben cumplir 4 años de edad en o antes del 1ro. de septiembre del 2020 para ser elegibles para el Kindergarten I. Las solicitudes en Internet están disponibles en las páginas electrónicas de las escuelas: www.cdcp.org, www.cdcpgateway.org y www.cdcpwebster.org.

La admisión para cada escuela es hecha en una lotería pública que se realiza en Marzo 2020 para el próximo año escolar. Usted debe completar una solicitud en Internet en o antes del 7 de febrero del 2020 a las 5 p.m. para que su hijo/a pueda ser incluido/a en la lotería de esa escuela.

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Grados K1-8 - 2020-2021	Grados K1-8 - 2020-2021	Grados K1-8 - 2020-2021
Casa Abierta: 29 de enero del 2020 6-7 p.m. 9 Ballard Way, Lawrence	Casas Abiertas: 28 de enero del 2020 6-7 p.m. En 190 Hampshire St., Lawrence (Haverhill St. entrance)	Casa Abierta: 30 de enero del 2020 6-7 p.m. 7 Ballard Way, Lawrence
Lotería: 11 de marzo del 2020, 9 a.m. En el 190 Hampshire St., Lawrence	Lotería: 11 de marzo del 2020, 9 a.m. En el 190 Hampshire St., Lawrence	Lotería: 11 de marzo del 2020, 9 a.m. En el 190 Hampshire St., Lawrence
Contactar: www.cdcpgateway.org 978.688.4343 jortiz@cdcpgateway.org	Contactar: www.cdcp.org 978.722.2583 kramirez-baez@cdcp.org	Contactar: www.cdcpwebster.org 978.688.4343 lperalta@cdcpwebster.org

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

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Lawrence YMCA SRO holiday dinner

Volunteers and staff served a delicious hot meal with a side of holiday cheer to the formerly homeless men who live in the SRO (Single Room Occupancy) at the Lawrence YMCA. Thanks to generous donations, each resident also received a gift of gloves, socks, toiletries and a few sweet treats.



Volunteers and staff served a delicious buffet of Chinese food.



Residents enjoyed the chance to eat together and celebrate the holiday season



Volunteers, staff and residents were all smiles.



Board members Kathleen Costello and Rosa Munoz helped staff Rocio Diaz and Kaira Cabrera serve food.



Methuen YMCA Associate Executive Director Ryan McVann joined Board member Debra Schmidt and Camping Services Executive Director Anne Whalen to serve dinner to the guests.



Volunteers, staff and residents were all smiles



SRO Director Kelly Osmer handed out gifts to the residents. Thanks to generous donations, each resident received a gift of socks, gloves, toiletries and a few sweet treats



Case worker Milly Dominguez and MV YMCA President and CEO Frank Kenneally helped greet the guests

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

¡Gracias por tu apoyo!

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.

Resoluciones de Año Nuevo para 2020: ¿Listo para dejar de fumar? "Déjelo, no cambie" a los cigarrillos electrónicos

La American Lung Association le recuerda al público que los cigarrillos electrónicos, o vapear, no es dejar de fumar

Además de ir al gimnasio con más frecuencia y comenzar una dieta, dejar de fumar encabeza muchas listas de resoluciones de Año Nuevo. Actualmente hay 715.500 fumadores en Massachusetts y casi el 60% intentó dejar de fumar el año pasado. Los nuevos anuncios de las compañías de cigarrillos electrónicos harán que los fumadores crean falsamente que cambiar a vapear es dejar de fumar. La American Lung Association está recordando a los residentes de Massachusetts que la Administración de Drogas y Alimentos no ha encontrado que ningún cigarrillo electrónico sea seguro y efectivo para ayudar a los fumadores a dejar de fumar.

Este año, la Asociación Pulmonar está alentando a los fumadores a "dejar de fumar, no cambiar". Hasta el 31 de diciembre de 2019, logren una libertad total sin humo con un descuento del 10% en el programa Freedom From Smoking® Plus de eficacia probada en Lung.org/ Salir-no-cambiar.

Amber Pelletier, Directora de División de Promociones de Salud de la Asociación Americana del Pulmón en Massachusetts, dijo: "La información

errónea sobre los riesgos para la salud del vapeo es generalizada y el uso de cigarrillos electrónicos, especialmente entre los jóvenes, ha sido declarado" epidemia "por el Cirujano General de los Estados Unidos. La simple verdad es que los cigarrillos electrónicos son productos de tabaco, y la Asociación Pulmonar ha ayudado a las personas a evitar y dejar de usar tabaco durante décadas. Como Año Nuevo inspira a un nuevo grupo de fumadores a dejar de fumar, esperamos dirigirlos a estrategias comprobadamente efectivas y medicamentos aprobados por la FDA, mientras les ayudamos a comprender que los cigarrillos electrónicos no son la respuesta".

Pelletier también ofreció estos datos sobre los cigarrillos electrónicos:

- Los cigarrillos electrónicos son productos de tabaco. Ningún producto de tabaco es seguro, y eso incluye los cigarrillos electrónicos. Las hospitalizaciones y muertes recientes relacionadas con el vapeo subrayan el hecho de que el vapeo es de hecho dañino.

- Cambiar a cigarrillos electrónicos no significa dejar de fumar. Dejar de fumar significa poner fin a su adicción a la nicotina, que puede ser muy difícil.

- La investigación muestra que los cigarrillos electrónicos contienen metales peligrosos y productos químicos tóxicos que pueden causar una enfermedad pulmonar irreversible.

- Obtenga los hechos en Lung.org/ecigs "Uno de los mayores problemas con los cigarrillos electrónicos es que muchas veces las personas se convierten en usuarios duales, lo que significa que fuman cigarrillos cuando pueden y usan dispositivos de vapeo en otros momentos", dice Albert A. Rizzo, MD, Director Médico de la Asociación Americana del Pulmón. "El uso de cigarrillos electrónicos no es seguro: un nuevo estudio publicado en diciembre

encontró que los adultos que actualmente o alguna vez usaron cigarrillos electrónicos tienen un 30% más de probabilidades de desarrollar enfermedad pulmonar crónica, como asma, bronquitis y enfisema", dijo Rizzo.

Durante años, la American Lung Association ha estado instando a la FDA a tomar medidas enérgicas contra estas afirmaciones no comprobadas para dejar de fumar hechas por la industria del cigarrillo electrónico. Estas afirmaciones en curso han hecho que sea más confuso para los fumadores saber qué hacer cuando estén listos para dejar de fumar.

Para los medios interesados en hablar con un experto sobre cigarrillos electrónicos, salud pulmonar, consumo de tabaco y políticas de tabaco, comuníquese con la American Lung Association a Jennifer.Solomon@lung.org

New Year's Resolutions for 2020: Ready to Quit Smoking? "Quit, Don't Switch" to E-Cigarettes

The American Lung Association reminds the public that e-cigarettes, or vaping, is not quitting smoking

Along with hitting the gym more often and starting a diet, quitting smoking tops many New Year's resolution lists. There are currently 715,500 smokers in Massachusetts and nearly 60% tried to quit last year. New ads from e-cigarettes companies would have those smokers falsely believe that switching to vaping is quitting smoking. The American Lung Association is reminding Massachusetts residents that the Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit.

This year, the Lung Association is encouraging smokers to "Quit, Don't Switch." Through December 31, 2019, achieve complete smokefree freedom with a 10% discount to the proven-effective Freedom From Smoking® Plus program at Lung.org/quit-dont-switch.

Amber Pelletier, Division Director for Health Promotions for the American Lung Association in Massachusetts said, "Misinformation about the health risks of vaping is rampant and e-cigarette use, especially among youth has been declared an "epidemic" by the U.S. Surgeon General. The simple truth is that e-cigarettes are tobacco products, and the Lung Association has been helping people avoid and quit using tobacco for decades. As New Year's inspires a new group of smokers to quit—we hope to direct them to proven-effective strategies and FDA-approved medications, while helping them understand that e-cigarettes are not the answer."

Pelletier also offered these facts about e-cigarettes:

- E-cigarettes are tobacco products. No

tobacco product is safe, and that includes e-cigarettes. Recent hospitalizations and deaths related to vaping underscore the fact that vaping is in fact harmful.

- Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine, which can be very difficult.

- Research shows that e-cigarettes contain dangerous metals and toxic chemicals that can cause irreversible lung disease.

- Get the facts at Lung.org/ecigs

"One of the biggest problems with e-cigarettes is that many times people become dual users, meaning they smoke cigarettes when they can and use vaping devices at other times," says Albert A. Rizzo, M.D., American Lung Association Chief Medical Officer. "Using e-cigarettes is not safe: a new study released in December found adults who currently or ever used e-cigarettes are 30% more likely to develop chronic lung disease, including asthma, bronchitis and emphysema," said Rizzo.

For years, the American Lung Association has been urging the FDA to crack down on these unproven quit smoking claims made by the e-cigarette industry. These ongoing claims have made it more confusing for smokers to know what to do when they're ready to quit.

For media interested in speaking with an expert about e-cigarettes, lung health, tobacco use and tobacco policies, contact the American Lung Association at Jennifer.Solomon@lung.org

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Sunday February 16, 2020 – Vasario 16

Corpus Christi Church

10:30 Mass in lower church,

Lithuanian Dinner @ 12noon

Church hall on Common St.

Donation: Adults \$ 15.

Children \$ 5.

After the three courses there will be raffles, and a tradition Lithuanian folk song concert by the soloist - Danute Mileika. Please join us and bring a friend to this entertaining annual event sponsored by the Lawrence Chapter of the American Lithuanian Council Inc.- ALTAS. For information call Jonas @ (978) 685-4478

GLCF Announces Cambodian Journalism Dream Scholarship Fund



Greater Lowell Community Foundation announces the Cambodian Journalism Dream Scholarship Fund, a scholarship established by Soben Pin, co-founder and publisher of the KhmerPost USA.

Lowell, MA – As a new year begins, the Greater Lowell Community Foundation is honored to announce the establishment of the Cambodian Journalism Dream Scholarship Fund. This new scholarship provides funds for an individual of Cambodian descent who is pursuing a bachelor's degree in journalism or communication.

Soben Pin, co-founder and publisher of the KhmerPost USA, established the Cambodian Journalism Dream Scholarship Fund through the Greater Lowell Community Foundation. Pin was born in Vietnam's TraVinh Province during the years of turmoil that followed the fall of South Vietnam. With her own family disrupted by the consequences of the war, Soben along with her father, one sister, one brother came to the United States in 2000. After several years in California, the family moved to Philadelphia where Soben Pin excelled in high school receiving a scholarship to and then graduating from Penn State. While in college, she embraced Khmer culture.

"I understand the impact of what it means to receive a scholarship – it changed my life knowing someone believed in my dream," said Soben Pin. "In today's world, information is critical to our everyday life. From decision-making at a policy level or decisions for your own family – it is imperative to have individuals with trained skills in reporting/journalism that help guide you."

"GLCF believes that investing in

education for young people is a powerful investment in our community's future," states GLCF President & CEO Jay Linnehan. "This scholarship will support the dream of the next generation of Cambodian journalists."

Based in Lowell since 2010, KhmerPost USA has printed over 1 million copies and now serves the New England region including the Greater Lowell, Lynn, Revere, MA and Providence and Cranston Rhode Island. In 2019, KhmerPost USA has expanded its circulation to Long Beach, CA. A recent television channel was launched in October 2019.

The first scholarship is scheduled to be awarded in Spring of 2021.

Donations to any fund at the Greater Lowell Community Foundation, including the Cambodian Journalism Dream Scholarship Fund, can be made online at www.glcfoundation.org/donate or by mail to the Cambodian Journalism Dream Scholarship Fund c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.

Scholarships play a significant role in helping GLCF achieve its mission to improve the quality of life for the Greater Lowell community. For more information, call 978-970-1600 to learn how the community foundation can help a donor establish a scholarship. For more information on the Greater Lowell Community Foundation please visit www.glcfoundation.org.

EParaTodos' Entrepreneurship Committee, shrinking the gap between the Latino businesses and the American market

The EParaTodos LatinX Networking, is an Alumni organized event with the mission to educate the Latino business community, on best practices to run their endeavors.

For the third time, the EParaTodos' Entrepreneurship committee, will bring a high-profile Keynote Speaker to the city, to empower local Business Owners & Entrepreneurs through a networking event to be held at Japú Restaurant with the main goal to assist attendants to expand their social network.

The Keynote Speaker will be the Cuban Nelson Reyneri, whom is currently serving as Liberty Power's Senior Vice President for sales and external affairs. In this role, he oversees the company's strategy for developing structured solutions to support corporations' energy and sustainability goals. This includes product development for supply and demand side energy strategies, internal and external business analytics and energy related thought leadership, including engagement with Chief Procurement Officers, Sourcing Professionals, Diversity and Inclusion Professionals as well as Public Service Commissions.

The Event will take place on Tuesday, January 28th, 2020 from 6:00 PM to 8:00PM. It will be free of cost, and open to the public.

Reyneri holds two master's degrees, one in Business Administration from Northwestern University's Kellogg School of Management, and the other one in Public Administration from Harvard University's Kennedy School of Government. Reyneri also has extensive senior leadership experience in the public sector.

In 2016, he was nominated by President Barack Obama to serve on the Board of Directors of the Overseas Private Investment Corporation (OPIC), a position requiring Senate confirmation.

In the 2004 election cycle, Reyneri led the Democratic Party's outreach to the

Hispanic community, serving as a Senior Advisor to the Chairman of the Democratic National Committee (DNC) and as DNC Director of Hispanic Outreach. Prior to joining the DNC, he served as a Senior Advisor to U.S. Senator John Kerry.

From 1994 to 2001, he was appointed to senior-level positions in the Clinton Administration, including Chief of Staff at the Overseas Private Investment Corporation (OPIC), Special Assistant to the Deputy Chief of Staff to President Clinton, and Director of Regulatory Reform at the Occupational Safety and Health Administration (OSHA).

In 2003, Reyneri was chosen as one of the top 100 Most Powerful Latinos by PODER magazine. Currently serves on the Board of the US Hispanic Chamber of Commerce and as Vice Chair of the National Utilities Diversity Council, and previously served as a Director on the Board of the National Hispanic Medical Association and on the Advisory Board of the Kellogg Electricity Market Initiative.

Previously, the EParaTodos Committee held its first event at Tekila's Mexican Restaurant, during the month of May in 2019. Rufus Gifford was invited as the Keynote Speaker, whom served as the United States Ambassador to Denmark from 2013-2017; a reality television star, with his show The Ambassador, featured in Netflix; and a former candidate for U.S. Congress in Massachusetts's 3rd congressional district. He was the Finance Director for Barack Obama's presidential re-election campaign in 2012.

Later during the month of July, the LatinX Networking was held at Bocaditos. Jonathan D'Oleo was the Keynote Speaker, whom is the author of the books: *Emprende Dinámica* and *Ideas Claras*; He is a former Wall street Stockbroker and the managing Director of the consulting firm D'Oleo Analytica based in Miami, FL.

With this type of initiatives, —the alumni formed— Entrepreneurship committee, volunteers to support the EParaTodos' mission: which is accelerating

economic and social impact through entrepreneurship continuing on the legacy that changed their lives as individuals, in context with their communities.

EparaTodos
Convirtiendo sueños en negocios
LATINX NETWORKING EVENT

Enero 28
6PM-8PM

ESTRATEGIAS PARA EL CRECIMIENTO Y DESARROLLO DE UNA COMPAÑIA.

Nelson Reyneri
Nelson Reyneri se desempeña como Vice Presidente de Ventas y Asuntos Externos de Liberty Power, el mayor proveedor de electricidad minorista en los Estados Unidos. Nelson tiene una amplia experiencia de liderazgo en el sector público y ha trabajado para las administraciones del Presidente Barack Obama y el Presidente Bill Clinton. Nelson también tiene una amplia experiencia en temas de diversidad e inclusión, trabajando en conjunto con el Consejo Nacional de Desarrollo de las Minorías (NMSDC) y la Cámara de Comercio Hispánica de los Estados Unidos (USHCCI).

Donde:
Japú Restaurant
4 Union Street
Lawrence, MA

www.eforall.org/es

New Year, New Decade. New JOB

Largest Seniors Job Networking Group In Essex County Powers into 2020 With Participant Successes and New Tool Kit

North Andover --- The 50+ Job seekers networking Group that addresses the issues of age bias in hiring, workforce re-entry and career redirection rolls into the new year with a record of success and a series of new sessions optimized for seniors intent on improving their employment status.

Formed under the direction of the North Andover Senior Center, the program which began in September, 2019, has seen the largest participation to date of any similar program pioneered and sponsored by The Mass Council on Aging.

The innovative program is aimed directly at men and women in the 50+ demographic who live in the Merrimack Valley or Essex County area. The program meets at the North Andover Senior Center on a bi-weekly basis, on the 2nd and 4th Tuesdays of each month, beginning on January 14 at 4:30 p.m.

WINTER/SPRING SCHEDULE

The second session is intended to be a thorough investigation into the new opportunities offered by the information age as well as traditional personal presentation skills

Meeting topics will include:

- January 28 – Developing A Resume – What are recruiters looking for
- February 11 – Creating An Elevator Speech – Quick & To The point description of self.
- February 25- Creating A Linked-In Profile
- March 10 – Using Linked-In As A Powerful Job Search Tool
- March 24 – Networking 2.0
- April 14 – Interview Preparation/ Strategy
- April 29 – Developing A Marketing Plan – Insuring A Full Tool Box
- May 12 – Interactive Session Based on Participant Questions/Issues

PROGRAM REGISTRATION

The program is free but pre-registration is required and can be done on-line at www.mcoonline.com/50plusregistration. Additional information can be had by calling Cahla Ahlstrom, Outreach Manager and Assistant Director at the North Andover Senior Center at 978-688-9560. Cahla is available during normal Senior Center hours.

“Based on the feedback we have received from participants in the first session, we are really excited about the potential for success we will see from those attending the Winter and Spring programs,” Ahlstrom said.

“Our facilitator is not only a recognized professional in the field, but her enthusiasm and presentation skills make for an informative and effective program,” she added.

ATTENDEES

While the program is being presented in North Andover, seniors from all over

Essex County as well as the Merrimack Valley region, including greater Haverhill and greater Lowell are cordially invited to attend.

“This area-wide program reinforces our stated goals to bring robust programming to all seniors, and when we can include those beyond North Andover, we are more than happy to do so,” said Irene M. O’Brien, Director of the North Andover Senior Center.

North Andover Senior Center

GROUP FACILITATOR

The Seniors Networking Group is facilitated by Deborah B. Hope, a professional certified Integral Coach. As the Principal of Hope Associate, she has carved out a position as the leading professional specializing in Leadership Agility and Career Counseling.

Hope has become a specialist in the 55+ age group counseling as a result of her long relationship with the Mass Council on Aging (MCOA). The idea for a senior networking group originated with Susan Kelly of MCOA and Hope has been a veteran member of the group’s facilitators for many years.

A graduate of Boston College’s Carroll School of Management, Hope has been the principal of her firm for over 8 years. She has lectured widely and serves on several civic boards, including the Merrimack Valley YMCA Corporate Board of Directors. In addition, she has written on intergenerational career issues.

Ms. Hope’s stated goals are to guide attendees through self-assessment, help identify marketable and transferable core competencies, and lay the groundwork in determining new employment applications and job retention skills.

Funding for the 50+ Job Seekers Networking Program is provided by a grant from the Executive Office of Elder Affairs. It is managed by the Massachusetts Council of Aging.

Merrimack Valley Credit Union Offering \$15,000 in College Scholarships

Applications must be postmarked by March 1, 2020

Merrimack Valley Credit Union and Bridgewater Credit Union, a division of Merrimack Valley Credit Union, will award 15 students in the Merrimack Valley and South Shore regions with \$1,000 college scholarships. Two of the scholarships will be awarded to credit union members, while the other 13 scholarships will be open to any high school senior attending a school within the field of membership. Applications must be postmarked by March 1, 2020 and are available for download at www.mvcu.com/scholarship.

“Our annual scholarship program is just one way that we give back to those in our community,” said John Howard, President and CEO of Merrimack Valley Credit Union. “Higher education is important for many young adults as they pursue different career paths. Our scholarships will help fifteen bright and driven students from our community advance their education, either close to home or across the country.”

In addition to the application, students must submit a transcript of their grades and one letter of recommendation from a teacher, guidance counselor, coach, scout leader or religious leader. Students will also write a


500-word essay, finishing the sentence, “If I ran the credit union, I would...”

Students can download the application and additional instructions from www.mvcu.com/scholarship. To be considered, students must send their completed applications and required materials to: Marketing Department, Merrimack Valley Credit Union, 500 Merrimack Street, Lawrence, MA 01843, no later than March 1, 2020.

For more information about Merrimack Valley Credit Union’s scholarship program, visit <https://www.mvcu.com/scholarship>.

Merrimack Valley Credit Union (MVCU) is a state-chartered community credit union with \$1 billion in assets. MVCU serves anyone who lives, works, volunteers, or attends school in the Merrimack Valley region or Barnstable, Bristol, Norfolk or Plymouth counties. MVCU offers a wide range of savings and loan products to meet the financial needs of its members, and has 10 branch locations in Bridgewater, Fairhaven, Haverhill, Lawrence, Methuen, North Andover, Plymouth, and Quincy, Mass., and Plaistow and Seabrook, N.H.




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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Local News media

Last week a meeting was held at Lawrence Public Library organized by Solutions Journalism Network (SJN), based in Lebanon, NH, to discuss the need and present conditions of local news. Leading the conversation were Leah Todd, New England region manager for SJN, and researcher Rachel Edens.

The focus of the conversation was to gather local community members' feedback on a few key questions: What are local news outlets in the Lawrence area doing really well? What can be strengthened?

This is a regional research effort for SJN. Lawrence is one of eight New England communities participating.

According to their webpage, "We have a lot to learn about the state of New England news, which is why the Solutions Journalism Network is excited to announce a new effort — the New England Local News Ecosystem Project."

This project is funded by a grant from the Barr Foundation, the New England Local News Ecosystem Project seeks to understand the issues most urgent to New Englanders, and whether New Englanders say they find the information they need on these issues.

A small group of residents and journalists gathered in the Robert Frost Room, for two hours exchanging ideas about what the community is lacking. It came as no surprise their discomfort with the present conditions.

The housing crisis, homelessness, public safety, cost of living, opioids, etc. were all mentioned.

Altagracia Mayí, a journalism graduate from the Dominican Republic and radio personality here stated, "The city is overpopulated and the quality of life has decreased. I have a 15-year-old daughter and worry about her." Anyone with children must worry about the amount of drugs and violence youth are exposed to.

Richard Russell, a watchdog in this community complained about crime and

drug-related violence that are not made public. The Lawrence Police Department has converted its system to encryption and he no longer can keep track of their calls.

I added that we cannot believe the information provided in the police department's daily log. They downplay the information to make issues appear as minor offenses. This is the way the administration pretends to show that crime is being reduced although residents are aware it is not.

Everyone seemed to agree that local news are not covered and there is no challenge from the media to local politicians. Meanwhile, newspapers and television news programs saturate the public with national political news. From that point, there was also agreement that there seems to be a backlash for speaking the truth.

If the public is offered better news coverage, they will be exposed to more information that would educate them to reason things out. I insist that there is a concerted effort to keep this community ignorant. Take a look at what Lawrence Community Access Television (LCAT) has done to Lawrence residents during the past 15 years. We are paying for that service through the cable bill and they deny us the right to produce television programs that could serve the purpose of educating residents.

"The local daily is at fault for not providing better news coverage on local issues," said Carlos Morillo. That prompted Altagracia Mayí to comment that news media gives all hard-working Dominicans a bad name by mentioning nationality upon any arrest or accident. "They never mention any other country of origin."

City Councilor at-Large Ana Levy was the only city councilors present. She also added that "we are not locally informed."

Also in attendance was David Turner, The Eagle-Tribune editor who was silent for the most part but at the end, he admitted having taken notes. "I am pleased to have attended; I took lots of notes and will bring them back to the Tribune."

Birds of a feather

I forwarded last week's column to all legislators at the State House. Frequently they receive my emails as a way of letting them know about Lawrence's wrongdoings and shenanigans. Some respond or call me with comments but I have never received anything like what Rep. Nika Elugardo from Jamaica Plain, Roslindale and Brookline. This is what he said:

"Thanks for reaching out. I cannot speak to Mayor Rivera's hiring practices. I do know he has been a staunch champion at the State House for housing issues. With regards to your other concern, we as reps have complete discretion in how we employ the talents of our legislative aides. Only our voters can let us know how our choices match their expectations."

Apparently, Rep. Elugardo admires

LETTERS TO THE EDITOR

RUMBO

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Lawrence MA 01843
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Letters must be less than 300 words in length. Please send a telephone number or email address by which we may confirm the sender.

our mayor for what he sees him doing in Boston regarding housing. We question who the beneficiaries of additional housing in Lawrence are because apartments in those mill buildings don't come cheap. We must remember that when they provide a few units for low-income families, it's only for a number of years and then become market value.

He refers to my "other concern" which is what I wrote about Rep. Marcos Devers last week. According to Rep. Elugardo, they have "complete discretion" on how they use their legislative aides. His only true statement was that voters have the last word telling them if they agree with the way they act.

My email to legislators said that it is a real shame they don't have a process in place to impeach Marcos.

Marcos now has two legislative aides and there is no reason for taxpayers to be footing the bill for a personal driver while no work is being done in his office.

Gretchen Carlson, Julie Roginsky of Lift Our Voices Join Senator DiZoglio at State House in Call for Action on Bill Banning NDAs

State Senator Diana DiZoglio (D-Methuen) will be joined by journalist, author and empowerment advocate Gretchen Carlson and political strategist Julie Roginsky, both of the advocacy group Lift Our Voices, for a State House press conference on Monday, January 27, regarding the continued use of non-disclosure agreements in cases of harassment, discrimination and assault in state government and across Massachusetts.

Lift Our Voices was founded by Carlson, Julie Roginsky and Diana Falzone in an effort to end the practice of mandatory NDAs, confidentiality provisions and forced arbitration clauses that seek to silence workers who want

to speak publicly about toxic workplace conditions. Carlson and Roginsky both sued former Fox News Chairman Roger Ailes for sexual harassment, while Falzone sued Fox News for gender discrimination.

"It is beyond past time that the abuse of non-disclosure agreements come to an end in the Commonwealth," said DiZoglio. "I am beyond grateful to be joined by Gretchen Carlson and Julie Roginsky, who have tirelessly worked to raise awareness around these issues."

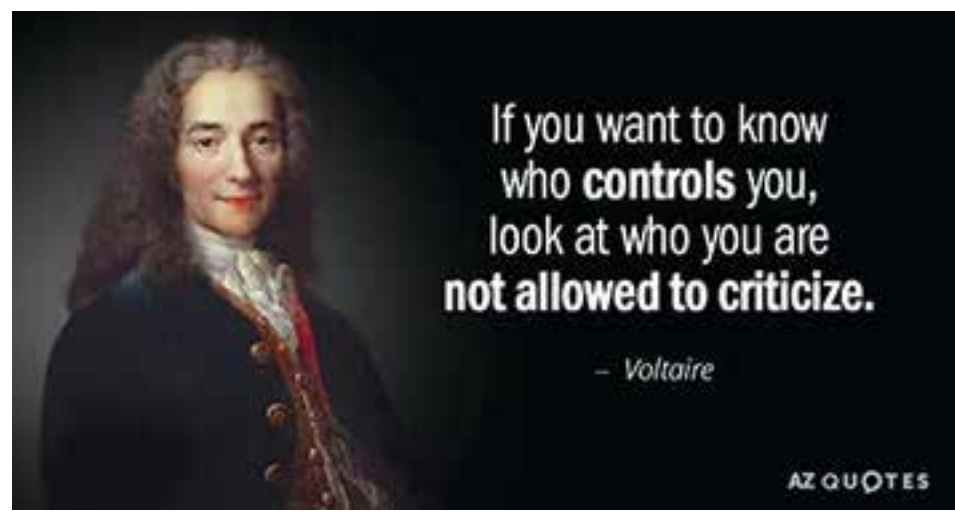
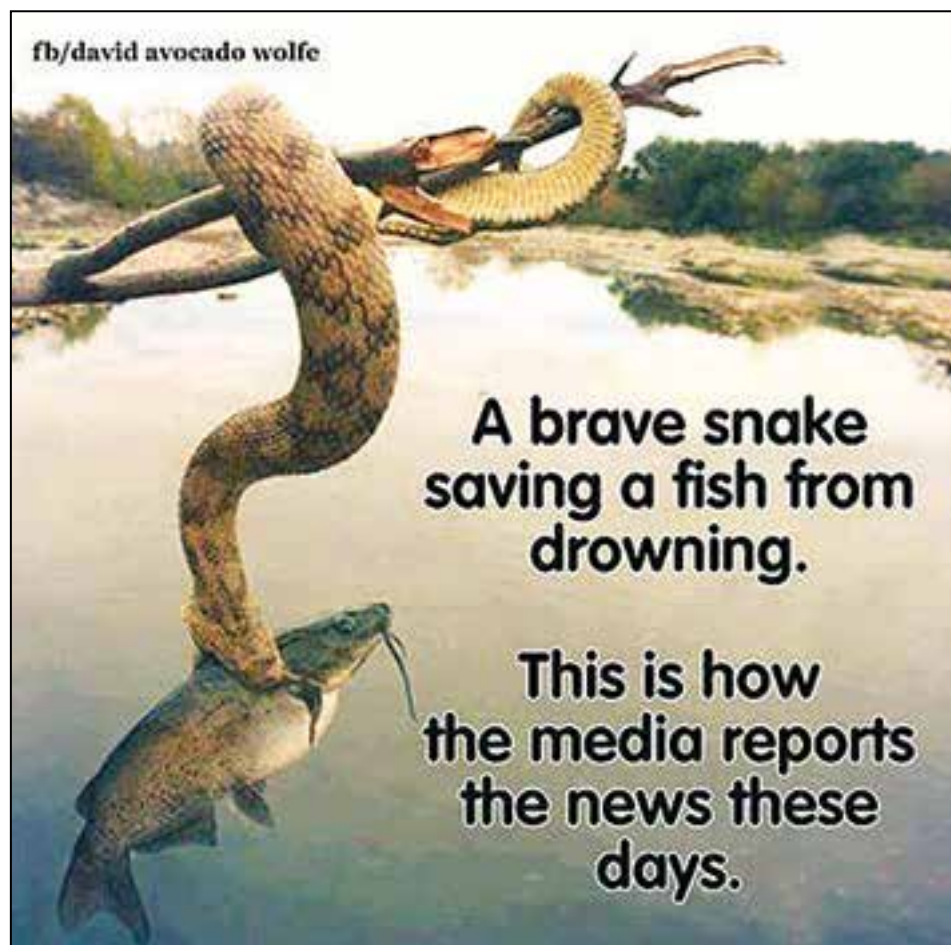
Also speaking at the press conference will be attorney Mitchell Garabedian and State Representative Alyson Sullivan (R-Abington).

The event is open to the public.

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

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

- Abraham Lincoln



- Voltaire

Greater Lowell Community Foundation Elects New Member to Board of Directors



The Greater Lowell Community Foundation recently elected a new board member at its December Board Meeting. Pictured, from left, GLCF President and CEO Jay Linnehan, new GLCF Board Member Ryan J. Swartz with GLCF Board Chair Chet Szablak.

At the Greater Lowell Community Foundation December Board Meeting, the Board of Directors unanimously approved the election of Ryan J. Swartz, an attorney at McLane Middleton and Vice Chair of its Trusts and Estates Department, to the Board.

Ryan J. Swartz, of Reading, Mass., advises individuals and families regarding various estate planning matters, including estate, gift, income and generation skipping transfer tax strategies. He advises fiduciaries in conservatorship, probate and trust administration matters. Ryan also counsels individuals and business owners regarding business succession planning and various asset protection techniques.

Ryan completed a Judicial Clerkship with the Massachusetts Superior Court (2003-2004). He received his J.D., cum laude, from Suffolk University Law School (2003) and his B.A., cum laude, from the University of Massachusetts, Amherst (1999).

"I am very pleased to welcome Ryan as the newest member of our Board," said GLCF President and CEO Jay Linnehan. "As a Vice Chair of the Trusts and Estates Department with the prestigious law firm McLane Middleton, Ryan brings a wealth

of experience assisting clients with building and securing their legacies that will help the Foundation to be an asset for those who want to benefit our community."

"I'm excited to join the Board of Directors of the Greater Lowell Community Foundation," said Ryan J. Swartz. "Attorneys at McLane Middleton are very active in their communities, and I look forward to contributing to the Board to further its mission of supporting meaningful causes in Lowell and its surrounding communities."

The Greater Lowell Community Foundation is a philanthropic organization comprised of over 350 funds, currently totaling over \$40MM, which is dedicated to improving the quality of life in 20 neighboring cities and towns.

The Community Foundation annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from its staff, and an in-depth understanding of local needs. The generosity of our donors has enabled the Community Foundation to award more than \$16 million to the Greater Lowell Community since 1999.

Chinese & Vietnamese New Year Celebration

A Chinese & Vietnamese New Year Celebration will take place on Saturday, February 8, 2020 from 10 AM to 2 PM at the Lawrence Senior Center, 155 Haverhill St., Lawrence. The City of Lawrence Council on Aging and the Merrimack Valley Immigrant & Education Center are sponsoring this event. They are inviting the general public to experience an Asian Lunar New Year 2020 "Year of the Rat" celebration.



Tickets for lunch are \$8 per adult and \$3 per child and must be purchased in advance. Entertainment will be provided by cultural Asian dancers from Lawrence known as the Dance Troupe at Lam Ty Ni Temple who will perform the traditional Lion Dance, a fan favorite.

For tickets or more information, contact the Lawrence Senior Center at 978-620-3540. The program is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Celebrando el Año Nuevo Chino y Vietnamita

La celebración del Año Nuevo chino y vietnamita tendrá lugar el sábado, 8 de febrero de 2020 de 10 a.m. a 2 p.m. en el Lawrence Senior Center, 155 Haverhill St., Lawrence. El Concejo de Ancianos de la Ciudad de Lawrence y el Centro de Educación e Inmigrantes de Merrimack Valley están patrocinando este evento. Están invitando al público en general a experimentar una celebración del "Año de la Rata" del Año Nuevo Lunar Asiático 2020.

Los boletos para el almuerzo cuestan \$8 por adulto y \$3 por niño y deben comprarse

con anticipación. El entretenimiento será proporcionado por bailarines asiáticos culturales de Lawrence conocidos como la Compañía de Danza en el Templo Lam Ty Ni, quienes interpretarán la Danza del León tradicional, un favorito de los fanáticos.

Para boletos o más información, contacte al Lawrence Senior Center al 978-620-3540. El programa es apoyado en parte por una subvención del Lawrence Cultural Council, una agencia local que cuenta con el apoyo del Mass Cultural Council, una agencia estatal.

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Monday's from 11 am to 1 pm

FREE BLOOD PRESSURE SCREENINGS

The City of Lawrence and the City of Lawrence Public Health Nurse will be offering **FREE Blood Pressure Screenings at the Lawrence Public Library in the Local History Room located on the 3rd Floor.** BP screenings will be held on **Monday's from 11 am to 1 pm.**

Please bring your blood pressure records and names of your blood pressure medication in case you have questions.

For more information, feel free to call the Public Health Nurse Jackie Aguilar at 978-620-3261 or the Lawrence Public Library at 978-620-3600. If you cannot make it during those times please let the City of Lawrence Public Health Nurse know, so that she can plan other times during the following months.

PRUEBAS DE PRESIÓN ARTERIAL GRATIS

Lunes
De 11 am a 1 pm

La Ciudad de Lawrence y la Enfermera de Salud Pública de la Ciudad de Lawrence ofrecerán **exámenes de presión arterial GRATUITOS** en la Biblioteca Pública de Lawrence en la Sala de Historia Local ubicada en el 3er piso.

Por favor traiga sus registros de presión arterial y los nombres de sus medicamentos para la presión arterial en caso de que tenga preguntas.

Para obtener más información, no dude en llamar a la enfermera de salud pública Jackie Aguilar al 978-620-3261



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MVHP announces new homeowners

By Jim Wilde, Executive Director
Merrimack Valley Housing Partnership



Congratulations Nitta & Thomas!

Nitta was born in Cambodia and moved to Lowell when she was 13 years old. She is now a financial analyst with an MBA from UMass Lowell. She had been thinking of buying a home for a while. She woke up one morning and thought, "I'm going to make this happen."

Nitta looked at several properties and realized how competitive the real estate market had become. When she found the right house, she made a strong offer. After opening up the floor plan and doing some upgrades to her ranch style home, she is thrilled to have a comfortable house in a nice neighborhood.

Nitta completed our home buyer training class and met with our home buyer counselor. She feels that she wouldn't have been able to purchase without the help of the Lowell Development & Financial Corporation's down payment assistance program. The class was very informative and she recalls learning about why having a home inspection is so important.

Nitta's brother completed the course as well and just purchased a home so it is a family trend.

Thomas grew up on a farm on Prince Edward Island in Canada. He completed his college degree at Westfield State University and now works for a large company to keep its employees fit and well.

They both love living in Lowell because of the diversity of the population.



Congratulations, David and Alanna!

David and Alanna became home owners at ages 25 and 22. What an accomplishment.

David moved to Lowell from Fall River and Alanna grew up in Lowell. After looking at 20 houses, they succeeded in buying a lovely home in the Highlands section of Lowell. Their realtor, Kevin Correia kept them from becoming discouraged after being out bid a few times.

Their house has a new roof and heating system. It also has beautiful, original tin ceilings and hardwood floors. They stripped 4 layers of wall paper in several rooms.

David and Alanna enrolled in our home buyer training class on the recommendation of Alanna's older sister who had already purchased a home. They met with our home buyer counselor who helped them assess their finances. They had been living with Alanna's parents which enabled them to save their down payment. They developed a household budget and are building an emergency fund which is something we encourage all of our program participants to do. They also formed an excellent team of professionals.

The Lowell Development & Financial Corporation provided down payment assistance which helped them to retain some money for improvements.

After closing, David and Alanna arranged for an energy audit through the Mass Save program. Mass Save helped with installing insulation in their attic to save on energy costs.

David works as a research & development technician and Alanna works with infants in a child care organization.

Buddhist monks came to bless their new home and they had a house warming party for their family and friends. What an accomplishment!



Congratulations, Sandra!

Sandra started her career as a teacher in her native Jamaica. She then worked in nursing before coming to the United States with her sons four years ago. She now works as a manufacturing operator in Lowell.

She heard about the home buyer course through her niece and enrolled in the online course. "It is an excellent course. It put my mind at ease learning about the do-s and don't-s of home buying." The home inspection training was the most useful for Sandra, and made it possible for her to avoid future problems. "I needed a lot of patience while looking at different homes and I am happy to have learned about home inspections. I visited many houses that seemed perfect at first sight, but turned out to have hidden problems. I would've never known about these without the course."

Sandra spoke highly of her real estate agent, Alton Phouvong of Lamacchia Realty. She closed on her new home in June of 2019. Sandra is now the proud owner of a 3 bedroom home in Lowell in a nice, quiet neighborhood which she loves.

After a personal follow up meeting with Cathy Mercado, Sandra received down payment assistance utilizing the City of Lowell's HOME program. "The down payment program is excellent. Before I got it, I didn't have all the funds to buy a home, so I used to daydream about getting a nice home for me and my sons. But after Cathy walked me through the process, I felt like I had a chance to make my dream become reality."

Sandra was also surprised to see that her mortgage is almost the same as what she was paying for rent. "I have never owned a home before, so I always thought my mortgage would be very high. I never had the chance to host family and friends when I rented. Now I can invite my family over as I please, I can have my mother visit any time without having my son sleep on the couch."

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CONSEJOS GRATIS Y CONFIDENCIALES SOBRE NEGOCIOS POR UNA ORGANIZACIÓN SIN ÁNIMO DE LUCRO

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

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

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

MCC Joined by Lowell Chamber Orchestra for Performance

“A World of Music” – Middlesex Community College’s spring concert series – will debut a new season with a performance of the “Grand Chamber Music” at 7:30 p.m. on Friday, Feb. 1 at the Donahue Family Academic Arts Center Recital Hall on the Lowell campus.

MCC faculty member Orlando Cela will conduct, MCC faculty member Carmen Rodríguez-Peralta will play piano, and MCC dual-enrollment student Nathaniel Abreu will play cello.

They will be joined by members of the Lowell Chamber Orchestra – Wei Zhao on flute, Amy Dinsmore on oboe, Wolcott Humphrey on clarinet, David Stevens on saxophone, Stephanie Busby on bassoon, Megan Riccio on French Horn, Susanna Powers on violin, Jessica Cooper on viola, John Dowd on double bass, and David Wade on electric guitar.

Featured works include Nonets by African British composer Samuel Coleridge Taylor and Bohsulav Martinů and a new septet by Armando Bayolo inspired by “Los Caprichos” by Francisco Goya.

Another performance by the Lowell Chamber Orchestra at MCC’s Donahue Family Academic Arts Center will take place at 7:30 p.m. on Friday, April 18. Both performances are free and open to the public.



Middlesex Community College, with the Lowell Chamber Orchestra, will debut a new season of the concert series “A World of Music” at 7:30 p.m. on Friday, Feb. 1 at the Donahue Family Academic Arts Center on MCC’s Lowell campus. The performance is free and open to the public.

For more information, contact Carmen Rodríguez-Peralta, director of A World of Music, at 781-280-3923 or peraltac@middlesex.mass.edu.

Go to www.youtube.com/user/MCCmusicOnline2 to see video clips of previous MCC concerts.

Visit www.middlesex.mass.edu/transportation/ for parking and directions.

MCC Students Receive \$50k in Funding to Help Launch Businesses



Photo credit: Romany Photography of Lowell

Middlesex Community College students enrolled in the Launch Your Business Now program were awarded \$50,000 in seed funding by the Everyday Entrepreneurs Venture Fund (EEVF) on Dec 19 at an awards ceremony in downtown Lowell. From left to right: Katie Tarlin of Dover, MA; Tara Oslan of Lowell, MA; Michelle Roose of Brockton, MA; Cristina Hernando of Lawrence, MA; Franky Descoteaux, Adjunct Professor; Colleen Doucette of Billerica, MA with Baby Doucette; and Stacie Hargis, Professor.

Middlesex Community College students enrolled in the Launch Your Business Now program – an innovative applied-entrepreneurship certificate program designed for students to start or grow a business – just wrapped up an intensive semester.

The students had the opportunity to pitch for seed funding to the Everyday Entrepreneurs Venture Fund (EEVF). The EEVF committee gave out \$50,000 in seed funding on December 19, 2019 at an awards ceremony in downtown Lowell.

Students’ businesses invested in include:

- \$15,000 invested in HER Massage Therapy – massage therapy clinic in Lawrence, MA (www.hermassagetherapy.com/; Instagram: @hermassagetherapy)
- \$15,000 invested in What the Fork Catering – catering and future café in Billerica, MA (Facebook: What The Fork Catering; Instagram: @what_the_fork_catering)
- \$10,000 invested in Allure Mobile Styles – future mobile hair salon for Greater Lowell (www.declareyourstyle.com/)
- \$10,000 match invested in EkoBon – a future sustainable packaging manufacturer (www.ekobon.com; Instagram: @eko_bon)

Students will use this seed funding for operations as they continue to grow their businesses over the course of 2020.

MCC’s 16-credit Launch Your Business Now certificate program was developed for entrepreneurs who have an idea for a business they want to launch – or scale up – within four to 12 months.

“Someone who is naturally entrepreneurial just wants to get started,” said Stacie Hargis, MCC’s Entrepreneurship Program Coordinator. “This is why we’ve

designed the program to be completed in one intensive, action-oriented semester to support students developing a business concept with a solid foundation for success.”

“I’ve been able to gain confidence as the course progressed. I am now equipped with the proper knowledge moving forward in my journey. I will continue to utilize my tool box with content I was able to learn from the curriculum,” said Jocelyn Pedraza, a Spring 2019 participant of the Launch Your Business Now program.

Students who complete the Launch Your Business Now coursework are encouraged to pitch their business idea to the funding committee of the EEVF – who can award seed money in the form of competitive grants – ranging \$1,000 to \$20,000 – to support student businesses and help start-ups get off the ground. EEVF is a committee of the Middlesex Community College Foundation.

For more information about MCC student businesses, MCC’s new Launch Your Business Now Certificate program, or the Everyday Entrepreneurs Venture Fund, visit www.launchatmcc.com or contact Stacie Hargis at hargiss@middlesex.mass.edu.

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

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, we educate, engage and empower a diverse community of learners. MCC offers more than 80 degree and certificate programs – plus hundreds of noncredit courses – on our campuses in Bedford and Lowell, and online. Middlesex Community College: Student success starts here!

Es facil encontrarnos / It’s easy finding us

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BE A CENSUS TAKER

APPLY ONLINE!
2020census.gov/jobs

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**Census
2020**

The U.S. Census Bureau is an Equal Opportunity Employer.

2020 Census jobs provide:

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call
1-855-JOB-2020

Federal Relay Service:
1-800-877-8339 TTY/ASCII
www.gsa.gov/fedrelay

JOIN THE 2020 CENSUS TEAM

D-1132

Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>

heallawrence@aol.com

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



ROBERTO CLEMENTE LEAGUE OF LOWELL 2020

!!!!!! PLAY BALL !!!!!!!!!!!!!!!

Minor League [Ages (7-8) -9-12] Fee \$50

Senior League [Ages 13-15 -16-17] Fee \$65

[Register in person]

Dates: February (5, 7, 10, 20, 21) & March (2, 5, 9)

WHERE: 21 SALEM ST. COMMUNITY ROOM

Near Rancho Tipico Lowell



TIME : 5:30-6:30pm

DEADLINE APRIL 29

Any information please call Maria Claudio President League 978-608-7246 or Rosa Vidal 978-221-1428

Please bring copy Birth Certificate

FREE FAMILY EVENT!

Haverhill PRESCHOOL RESOURCE FAIR

SATURDAY, FEBRUARY 1ST
9:30 AM – 11:30 AM

Haverhill High School Library
137 Monument St.

Come learn about the many preschool options and resources available to families with young children in the Haverhill community!

REFRESHMENTS GIVEAWAYS BOOKS
CHILDREN'S ACTIVITIES
VISION SCREENINGS & MORE!

Presented by: Haverhill's Early Learning Leadership Team

LEA EDICIONES PREVIAS DE RUMBO EN NUESTRO WEBSITE
WWW.RUMBONEWS.COM

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

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

- Les Brown

INSCRIBASE PARA LAS CLASES DE CIUDADANIA GRATIS

El Centro de Aprendizaje Para Adultos de las Escuelas Públicas de Lawrence esta ofreciendo una Clase Gratis de Ciudadanía con maestros calificados y con experiencia. Esta es una colaboración con la Biblioteca Pública de Lawrence para utilizar la biblioteca como un recurso comunitario que incluye: La Esquina de la Ciudadanía, el Departamento de Historia, El Cuarto de Lectura para niños, y software en línea como ProCitizen.

La Clase empieza el 12 de Noviembre 2019 y se reunirá:

Martes, Miércoles, y Jueves
9:00 AM – 12:00 PM
Biblioteca Pública de Lawrence

¡VENGA Y APRENDA TODO LO QUE NECESITA SABER SOBRE EL PROCESO DE APLICACIÓN PARA CONVERTIRSE EN CIUDADANO DE LOS E.U.!

NIVEL ESOL 3+

REGISTER NOW FOR FREE CITIZENSHIP CLASSES

The Lawrence Public Schools' Adult Learning Center is offering a FREE Citizenship Class with experienced & qualified teachers. This is a partnership with the Lawrence Public Library to utilize the library as a resource including their: Citizenship Corner, History Department, Children's Reading Room, online software, including ProCitizen.

COME AND LEARN EVERYTHING YOU NEED TO KNOW ABOUT THE CITIZENSHIP APPLICATION PROCESS!

Class is starting November 12, 2019 and will meet:

Tuesday, Wednesday, and Thursday
9:00 AM – 12:00 PM
Lawrence Public Library

ESOL LEVEL 3+

YOU WILL LARN ABOUT:

- Application Process
- Civics and History
- English, Writing and Reading Test

USTED APRENDERÁ SOBRE:

- El Proceso de Aplicación
- La Historia y Ciencia del Derecho C ívico
- Examen de Inglés, Escritura y Lectura

For more information, please contact:
LPS-Adult Learning Center
147 Haverhill Street
Lawrence, MA 01840
978-722-8110

Lawrence Public Library
See to See Right Through Knowledge

THE PEACE DOVE

25 χρόνια ΕΕΔΥΕ 1955-1980

Β' ΔΕΚΑΗΜΕΡΟ ΕΙΡΗΝΗΣ
9-19 Μαΐου 1980

An international labor poster exhibit

From the collection of
STEPHEN LEWIS

January 5 – January 30, 2020
Haverhill Public Library
99 Main St., Haverhill, MA
Open Mon. through Thu. 9 am to 9 pm.
Weds. and Fri., Sat. 9 am to 5 pm, Sun. 1 pm to 5 pm.

For library information call 978/373-1586
Fully accessible

This program is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency,

Mass Cultural Council

and by donations from Ironworkers Local 7 and Sheetmetal Workers Local 17.

CALENDARIO | CALENDAR OF EVENTS

Nevins Memorial Library Children's Room Programs: January 2020

Things slow down a little in January while we all recover from the holiday, but of course we're offering our usual collection of morning, after-school, and evening offerings. And don't forget about our new weekly Creative Drama Club for grades 5-8, a new Craft Club for grades 4-6 --check out our calendar, and join the fun! www.nevinslibrary.org.

- | | |
|--|---|
| Babies & Books (up to 24 months)
Jan. 17, 21 at 9:30am | "Flowers in Winter" (Jan. 29, 1pm) |
| Read & Play (ages 2-3)
"Fun in the Snow" (Jan. 21, 10:30am) | Family Storytime (ages 3-8)
"Peace" (Jan 21, 6:30pm) |
| Preschool Storytime (ages 3-6)
Morning sessions:
"Pizza!" (Jan. 28, 10am)
Afternoon sessions:
"Popcorn" (Jan. 22, 1pm) | Sensory Storytime (ages 4 and up)
Jan. 25, 11am |
| | Story & Craft (grades K-3)
"Snowman" (Jan. 23, 4pm) |



**Lawrence Heritage State Park
INTERPRETIVE PROGRAM**
1 Jackson Street
Lawrence, MA 01840
(978) 794-1655




Dominican Carnaval Heritage Exhibit

by the *Asociacion Carnavalesca de
Massachusetts*

Extended to Feb. 28, 2020
Open Daily, 9am to 4pm
Please join us for our ACM/youth showcase!
Saturday, Feb. 8, at 5:00pm





Free Admission, fully accessible; For info call 978-794-1655



**Lawrence Heritage State Park
INTERPRETIVE PROGRAM**
1 Jackson Street
Lawrence, MA 01840
(978) 794-1655

Lawrence Goes to Hollywood, 2.0 The Frank Lackteen Story

Most Lawrencians know about Thelma Todd, Lawrence's ill-fated Hollywood star, but Frank Lackteen, a Lebanese-American from Lawrence, had a five-decade career in the movies. We'll explore his life and film career, largely stereotyped as ethnic villains. Film historian Omar Mouallen will share his deep research on his ancestor, Lawrence's Frank Lackteen.




Frank Lackteen in "Malice in the Palace"

Sponsored by the Friends of Lawrence Heritage State Park, the Lawrence History Center, the Friends of the Lawrence Public Library, and the American Lebanese Awareness Association

Sunday, February 9, at 1:30 pm

FREE POPCORN & REFRESHMENTS
Free admission; fully accessible

Lawrence Heritage State Park Visitor Center
1 Jackson Street, Lawrence, MA 01840
For info call 978-794-1654



SUDOKU (Respuestas/Answers pg 23)

9			3			4		
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Please take part in our community survey  Participe en una encuesta comunitaria

With your help we can evaluate the following:

Con su ayuda podemos evaluar lo siguiente:



Transportación
Transportation



Alojamiento
Housing



Seguridad
Safety



Servicios de Salud
Health Services



Vivir Saludable
Healthy Living



Voluntario/ Empleo
Volunteer/
Employment



Apoyo Comunitarios
Community Support



Espacios Exteriores
Outdoor Spaces



Inmigración
Immigration Services

Si está interesado(a), por favor llame a:  If you are interested, please call:



Danetza Yachachin
Especialista de Salud/ Community Health Specialist
(978) 620-3544
DYachachin@cityoflawrence.com



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

The City of Nashua Division of Public Health holds regular clinics at the Nashua Public Library. Look for their van on the Library Plaza from 9:30 a.m. to 11:30 a.m. on these Wednesdays:

February 12 and 26

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.

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.

Immigration Advice

If you have questions about applying to enter the U.S. or becoming a citizen, come to the Nashua Public Library for a private meeting with an expert from U.S. Citizenship and Immigration Services. One of their staff members will be on hand to talk to you individually on Wednesdays, February 12, 2020, from 9:30 a.m. to 11:30 a.m.

No appointment is necessary for these meetings.

Book Club for Adults with Asperger's/Autism

Monthly book discussions for post-high school adults with autism spectrum disorder and related conditions will continue at the Nashua Public Library this winter.

The discussions are held on Mondays at 6 p.m. in the Large Meeting Room at the Nashua Public Library. Dates and titles are:

2/3 "Everything, Everything" by Nicola Yoon

The group, which is facilitated by the Asperger/Autism Network, is for people who can participate in discussions without help from a caretaker. Caretakers may wait nearby, but should not expect to attend.

Please register for each session at least three days in advance at aane.org/events.

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.: January 30, February 6 and 20, March 3.

Adult Craft Classes

Adult Craft Classes at the Nashua Public Library are for ages 18 and up. Daytime classes are on Tuesdays; evening classes are on Thursdays. They are open to the first 20 people who sign in at the Chandler Desk starting 30 minutes before the class.

Chalkboard Magnetic Tray
Sample: tinyurl.com/traychalkboard
2/11 at 3 p.m. or 2/20 at 7 p.m.

Crafters will also enjoy attending the library's Adult Coloring and Crafts Group. Attendees bring coloring, craft projects, knitting, crocheting, or needlework to the Activity Room on Mondays from 2 p.m. to 3:30 p.m. Come with friends or meet new ones!

Download audiobooks, video, and more on Hoopla

Your Nashua Public Library card is now your ticket to use Hoopla to borrow audiobooks—in addition to e-books, movies, music, graphic novels, and TV shows—free. Enjoy them on your computer, tablet, phone, or TV. Hoopla items are always available—no waiting lists here!

Four times a month, using your library card, you can stream an item immediately, or download it to your phone or tablet for offline enjoyment.

Go to nashualibrary.org and click Hoopla under Emedia, or download the Hoopla app from the Apple Store or Google Play.

If you need help, call the library's Information Desk at 603-589-4611.

Join a Library Book Group

Book lovers have a choice of joining a daytime or evening book group at the Nashua Public Library.

The Nashua Novel Readers usually meet on the second Thursday of the month at 7 p.m. in the Conference Room. Members of the group rotate leading the discussion each month. Upcoming selections are:

2/13 "Born a Crime" by Trevor Noah

Download audiobooks, video, and more on Hoopla

Your Nashua Public Library card is now your ticket to use Hoopla to borrow

audiobooks—in addition to e-books, movies, music, graphic novels, and TV shows—free. Enjoy them on your computer, tablet, phone, or TV. Hoopla items are always available—no waiting lists here!

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2/13 "Born a Crime" by Trevor Noah

The Downtown Book Group, led by a reference librarian, meets monthly on Fridays at 3 p.m. in the Large Meeting Room. This winter they're talking about:

2/14 "The Immortalists" by Chloe Benjamin

If you need copies of the books, call 603-589-4611 or email reference@nashualibrary.org.

Library exhibit features paintings by Olga Sushkova-Hunyadi

Olga Sushkova-Hunyadi.jpg – "Girl With a Partridge"

Russian immigrant paints impressions of her new home "New England Windows," an exhibit of paintings by Olga Sushkova-Hunyadi, is on display at the Nashua Public Library in January.

The paintings depict Sushkova-Hunyadi's impressions of the character of New England, her new home, especially its architecture and nature. She is a recent immigrant from Russia now living in Lowell, Mass.

The paintings, done in oil and acrylic on canvas, are simple at first glance. But they show familiar objects from an unusual side, conveyed through deep, thoughtful coloring.

International exhibitions

Sushkova-Hunyadi has been exhibiting

her art for 14 years, with shows throughout Russia and abroad in Germany, Switzerland and Canada. Locally, she has taken part in group shows in Massachusetts and New York and had a solo show in Google offices in Cambridge.

Her work is held in private collections in Russia, Ukraine, Belarus, Germany, Switzerland, France, Italy, the Netherlands, Australia, Estonia, China, Canada, and the U.S.

The library is located at 2 Court Street. Visit nashualibrary.org/visit/directions for directions and parking information. For other information, contact Carol at carol.eyman@nashualibrary.org or (603) 589-4610.



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Jose Bugzy Martinez (Coach)
Daisy Martinez (owner)



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

Canal Street Gym




978-885-1842

CLASIFICADOS | CLASSIFIEDS

 RUMBO NEWS.COM


City of Haverhill
Job Opening

Volunteer/Activities Coordinator
(Job #2020-002)

Visit: www.cityofhaverhill.com/departments/human_resources/index.php


CITY OF LAWRENCE
REAL ESTATE FOR SALE

The City of Lawrence, through its Planning Department, is proposing the sale of real estate currently owned by the City. "Request for Proposal" (RFP) packages will be available starting on Tuesday, January 14, 2020 at the Office of Planning and Development. All RFP packages will be reviewed immediately after the deadline listed below. The following property is for sale:

105-109 Springfield Street – The property is a 4,500 square feet vacant parcel. It is located in a (R-3) Residential Zoning District. The City has established a minimum bid of \$40,000.00. BID DEADLINE: February 18, 2020 at 3:00 p.m.

All RFP Packages can be picked up on or after Tuesday, January 14, 2020 at the Office of Planning and Development, 12 Methuen Street, Lawrence, Massachusetts from 8:30 A.M. to 4:30 P.M. Please contact Laiza Lizardo St. Onge at 978-620-3520; lstonge@cityoflawrence.com for more information.

CIUDAD DE LAWRENCE
PROPIEDADES EN VENTA

La Ciudad de Lawrence, a través del Departamento de Planificación, propone la venta de bienes raíces en la Ciudad. Paquetes de "Solicitud de Propuesta" (RFP) estarán disponibles en el Departamento de Planificación a partir del Martes, 14 de Enero 2020. Todos los paquetes de solicitud de propuestas serán revisados inmediatamente después de la fecha que aparece a continuación. La siguiente propiedad está a la venta:

105-109 Springfield Street – La propiedad es un terreno vacante de 4,500 pies cuadrados. Se encuentra ubicado en un distrito residencial (R-3). La Ciudad ha establecido una oferta mínima de \$40,000. Las ofertas serán recibidas hasta: Febrero 18, 2020 a la 3:00 p.m.

Todos los paquetes de RFP se pueden recoger a partir del Martes, 14 de Enero 2020 en el Departamento de Planificación de la Ciudad de Lawrence, 12 Methuen Street, Lawrence, Massachusetts desde las 8:30 a.m. a 4:30 p.m. Para más información, por favor póngase en contacto con Laiza Lizardo St. Onge al 978-620-3520; lstonge@cityoflawrence.com.

LEGAL NOTICE

NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after February 9, 2020 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

- 2008 Honda Accord VIN 1HGCP26438A058349
- 2002 Ford Mustang VIN 1FAFP42X52F157715
- 1995 Ford Mustang VIN 1FALP42T0SF120877
- 2016 Nissan Sentra VIN 3N1AB7AP3GY223865
- 2006 Mazda 5 VIN JM1CR29L760116249
- 2013 Ford Edge VIN 2FMDK4KC2DBA44673
- 2012 Toyota Sienna VIN 5TDKA3DC1CS012042
- 2017 Toyota Corolla VIN 2T1BURHEXHC903498

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
1/22, 2/1, 2/8

SUDOKU Respuestas/Answers

9	1	2	7	3	6	5	4	8
3	7	5	8	1	4	6	9	2
4	6	8	5	2	9	3	7	1
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5	4	6	2	9	1	7	8	3
1	9	3	4	7	8	2	6	5
2	8	7	3	6	5	9	1	4

Es facil encontrar a
Rumbo
(978) 794-5360
Rumbo@Rumbonews.com

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.

DENTAL *dreams*

dentistry for KIDS and ADULTS

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- We welcome most dental insurance plans including Medicaid MassHealth/ Commonwealth Care and PPOs

Aceptamos la mayoría de seguros privados y Medicaid- MassHealth/ Commonwealth Care y PPOs

- General Dentistry for Children & Adults
Servicio dental general para niños y adultos

- Walk-Ins Welcome
Lo atendemos sin cita

- Open Saturdays and Evenings
Abrimos los Sábados y de noche

- Emergencies Admitted Same Day
Atendemos emergencias el mismo día

- For the kids: Video Games, Kids' Theater, Indoor Kids' Playground
Video juegos, Cine para niños, Area de juegos



Call for an Appointment **TODAY!**
Hablamos Español

700 Essex Street - Lawrence

IN THE ESSEX PLAZA SHOPPING CENTER, NEXT TO MARKET BASKET SUPERMARKET

EN LA ESSEX PLAZA SHOPPING CENTER, AL LADO DE MARKET BASKET SUPERMARKET



978.683.2200

Dr. Sameera Hussain DMD and Assoc.

NEW Patients
Oferta Introductoria

\$145

Adults & Children - Adultos & Niños

Includes: Exam, x-rays, consultation - Incluye: Examen, rayos-x y consulta

30%
Off All

DENTAL PROCEDURES

Descuento en todos los trabajos dentales

Patient FINANCING available - Financiamiento disponible