

Lawrence: Ciudad de Campeones

Por Dalia Díaz

(Read it in English on page 6)

Esta pequeña ciudad es conocida por tener atletas notables, pero la gente generalmente piensa en el baloncesto, el voleibol o el béisbol. Nuestro campeón destacado es un estudiante de Andover High School, Elias Maita, campeón estatal de lucha libre de la División 1 que ha estado entrenando durante los últimos dos años con el club Firepit Wrestling.

El club Firepit Wrestling se inició hace siete años por Alexander Vargas, un bombero de Lawrence que trabaja en Engine 7 en Park St. Alex comenzó su entrenamiento mientras estudiaba en la Escuela Técnica de Greater Lawrence y más tarde en la Universidad Estatal de Bridgewater. Al ingresar al ejército de los EE.UU., continuó su amor por el entrenamiento deportivo con los militares, llevando su conocimiento a Lawrence High School como entrenador asistente. Alex recibió tanto apoyo de los bomberos que decidió tomar el examen y se unió a sus filas hace unos años.

Cuando comenzó su club, había unos diez luchadores y estaban recibiendo capacitación, uniformes y equipos de forma gratuita gracias a algunas donaciones que recibían. Hoy, el grupo ha crecido a más de 100 y están solicitando una tarifa de \$100 para cubrir los gastos, lo cual es una ganga teniendo en cuenta que otras ciudades requieren \$300 por estudiante. Es por eso que los jóvenes de las ciudades y pueblos de los alrededores se están uniendo al club Firepit Wrestling; no son exclusivamente lawrencianos.

Su reputación ha crecido tanto que los atletas conocidos de diferentes disciplinas y artistas se han ofrecido para brindar charlas

inspiradoras al grupo sin costo alguno para ellos. Algunos son entrenadores olímpicos tales como Matt Smith, Dylan Palacio, Sobhan Soap Namvar, Donald McNeil, Corey Jantzen y Zach Bridson

El único inconveniente es no tener un lugar permanente para entrenar. Lawrence High School está comprometida con dos meses al año y luego tienen que encontrar otro lugar, pero a Alex le gustaría poder hacerlo durante todo el año.

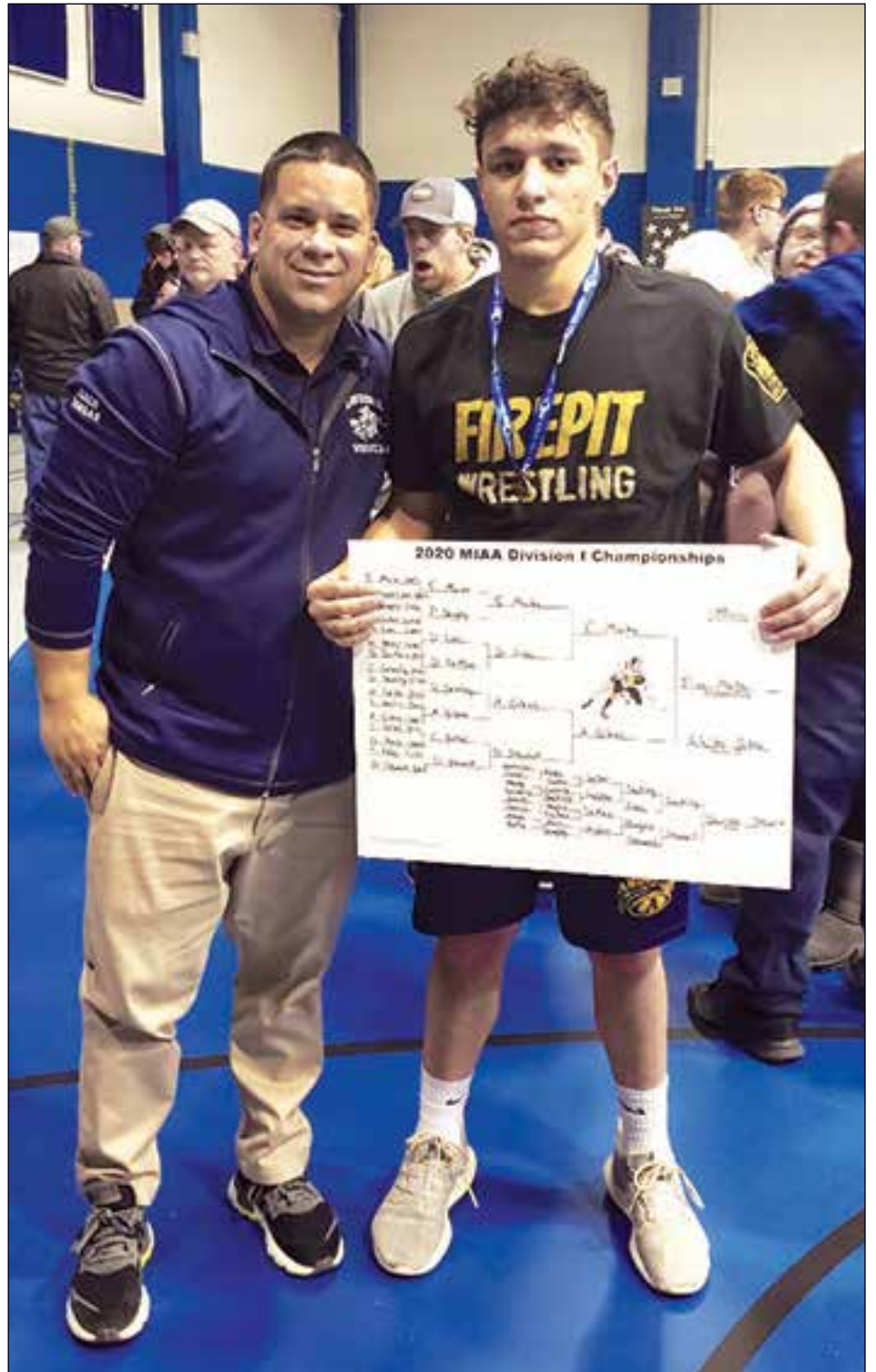
Alex aprecia mucho la ayuda que siempre ha recibido de los entrenadores Matt Armano, entrenador asistente de Central Catholic High School y Michael Mena, entrenador asistente de Lawrence High School.

Están viendo los resultados de sus esfuerzos de voluntariado porque Elias Maita no fue el único ganador. Luis Mauricio quedó en 3er lugar y John Vasquez, en 4to en la División 1.

En el Torneo de Lucha All-State de Massachusetts el sábado pasado, que es una competencia más dura, Luis Mauricio y John Vásquez quedaron en 4to lugar. Ellos viven en Lawrence.

La próxima sesión de capacitación comienza del 23 de marzo al 21 de mayo en Lawrence High School los lunes y jueves de 6 p.m. a 8 p.m. La fecha límite de inscripción es el 14 de marzo y la inscripción tardía será de \$140.

Cualquier persona interesada en recibir más información o hacer una contribución lo encontrará en Firepit Wrestling de Facebook o en su sitio web. También puede llamar a Alex al (978) 809-5050 si está interesado en unirse al club.



Alexander Vargas, creador de Firepit Wrestling acompañado de Elías Maita después de ganar el título de Campeón Estatal de Lucha Libre en Massachusetts en la División 1.

Alexander Vargas, creator of Firepit Wrestling with Elias Maita having won the title of Wrestling State Champion in Massachusetts in Division 1.



El bombero Alexander Vargas, creador de Firepit Wrestling.

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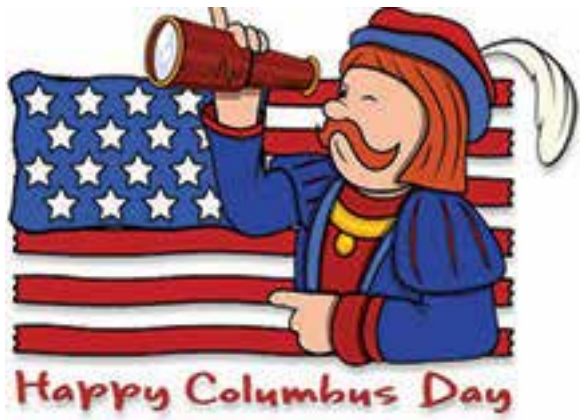
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Frank Bonet solicita que el Concejo Municipal cambie el Día de Colón al Día de los Pueblos Indígenas



El 27 de febrero de 2020, Frank Bonet presentó una solicitud, al Concejo Municipal de Lawrence, para cambiar el Día de Colón a el Día de los Pueblos Indígenas. Al solicitar este cambio como lo solicitan los pueblos indígenas para defender la verdad en la historia y reconocer las atrocidades que han sobrevivido como resultado de la colonización.

"Quiero que Lawrence se una a la lista de cientos de ciudades y docenas de estados para reconocer a los pueblos indígenas en lugar del Día de Colón. El Día de Colón fue elegido oficialmente como feriado federal en 1937, a pesar del hecho de que Colón no descubrió América del Norte, a pesar del hecho de que millones de personas ya vivían en América del Norte a su llegada a América, y a pesar de que Colón nunca pisó las costas de los Estados Unidos actuales "

Al hablar de Colón, debe tenerse en cuenta que este supuesto héroe fue un invasor en tierras indígenas y causó daños irreparables a través de la eliminación, explotación y actos inimaginables de abuso físico, mental y sexual que él y sus hombres infligieron a los habitantes originales de lo que llegaría a ser conocido como el Nuevo Mundo. Cristóbal Colón inició el comercio transatlántico de esclavos. La trata de esclavos nativos americanos de Colón se

transformó en la trata de esclavos africanos a mediados del siglo XVI. Además, hacer referencia a los Estados Unidos como una nación de inmigrantes borra no solo a los pueblos indígenas, sino también la historia de la esclavitud y la explotación económica.

Sobre Frank Bonet

Frank Bonet-Rosado es un veterano retirado del Ejército de EE. UU., Director de Personal de la Ciudad, ex Gerente de Recursos Humanos de las Escuelas Públicas de Lawrence y ex miembro del comité escolar. Tiene una maestría en administración. Lleva más de 39 años prestando servicios al público en Recursos Humanos. Está comprometido a elevar el nivel de excelencia en educación inspirando, alentando a través de publicaciones y oportunidades educativas. Ha escrito varios artículos sobre el Río Merrimack, introdujo y tuvo éxito en cambiar la estructura del servicio civil para Lawrence permitiendo la contratación de decenas de residentes de las minorías de bomberos y policías. La mayor parte de su tiempo se dedica a proporcionar un servicio gratuito para reescribir currículos y currículum vitae para personas de bajos ingresos, y proporcionar educación sobre habilidades para entrevistas.

Frank Bonet requests City Council change Columbus Day to Indigenous Peoples Day

On February 27, 2020, Frank Bonet submitted a request, to the Lawrence City Council, to change Columbus Day into Indigenous People's Day. In requesting this change as called for by Indigenous Peoples to uphold truth in history and recognize the atrocities they have survived as a result of colonization.

"I want Lawrence to join the list of hundreds of cities and dozens of states in recognizing Indigenous People in place of Columbus Day. Columbus Day was officially chosen as a federal holiday in 1937, despite the fact Columbus did not discover North America, despite the fact millions of people were already living in North America upon his arrival to the Americas, and despite the fact Columbus never set foot on the shores of the current United States."

When discussing Columbus, it should be noted that this so-called hero was an invader upon Indigenous lands and caused irreparable damage through the removal, exploitation and unimaginable acts of physical, mental and sexual abuse he and his men inflicted upon the original inhabitants of what would become to be known as the New World. Christopher Columbus initiated the trans-Atlantic slave trade. Columbus's Native American slave trade morphed into

the African slave trade by the mid-16th century. Furthermore, referencing the United States as a nation of immigrants erases not only Indigenous Peoples but the history of chattel slavery and economic exploitation.

About Frank Bonet

Frank Bonet-Rosado is a retired US Army veteran, City's Personnel Director, former Lawrence Public Schools Human Resources Manager & former school committee member. He has a Master's Degree in Management. He has been providing services for the public, in Human Resources, for over 39 years. He is committed to raising the level of excellence in education by inspiring, encouraging through publications and educational opportunities. He has written number of articles in regards to the Merrimack River, introduced and was successful in changing the structure of civil service for Lawrence allowing for the hiring a tens of Fire and Police minority residents. Most of his time is dedicated to providing free service in re-writing resumes and curriculum vitae for low income individuals, and providing education on interviewing skills.

EDITORIAL | EDITORIAL

¡Por favor, el 3 de marzo, salga a votar!

Tradicionalmente, muchas personas en los Estados Unidos no salen a votar en Marzo durante las Elecciones Primarias para la Presidencia por no considerarlas tan importantes como las Elecciones Finales de noviembre.

Lo cierto es que éstas son aún más significativas que las Elecciones Finales ya que los votantes tienen la oportunidad de escoger a su candidato preferido en cada partido político y dependiendo de los resultados de las primarias, su candidato favorito puede o no, quedar eliminado.

Si no tiene un candidato de su predilección, no está obligado a escoger el que otra persona le indique. Su deber como ciudadano es educarse sobre quiénes son los candidatos y qué es lo que prometen. Analice si tiene sentido lo que ofrece ya que no han sido claros en cuanto a cómo van a pagar por lo que proponen.

Si aún después de estar escuchándolos por meses no se ha decidido, preséntese en el colegio electoral y de su nombre. Casi tan importante como llenar la boleta electoral es que su nombre quede plasmado en el registro de votantes. Esta es la oportunidad para los ciudadanos de habla española de ser contados donde realmente cuenta: en las urnas electorales.

En Lawrence, no significada nada que seamos la mayoría en números si no cumplimos con nuestra obligación de votar.

Please, on March 3, go out to vote!

Traditionally, many people in the United States do not vote in March during the Primary Elections for the Presidency because they are not considered as important as the November Final Elections.

The truth is that these are even more significant than the Final Elections, since voters have the opportunity to choose their preferred candidate in each political party, and depending on the results of the primaries, their favorite candidate may or may not be on the ballot.

If you do not have a candidate of your choice, you are not required to choose the one indicated by another person. Your duty as a citizen is to educate yourself about who the candidates are and what they promise. Analyze if it makes sense what they offer since they have not been clear as to how they will pay for what they propose.

If even after listening to them for months, you have not made a decision, go to the polling station and give them your name. Almost as important as filling out the ballot is that your name is reflected in the voter registry. This is the opportunity for Spanish-speaking citizens to be told where it really counts: at the polls.

In Lawrence, it means nothing that we are the majority in numbers if we do not fulfill our obligation to vote.

"Resolvamos ser dueños, no víctimas, de nuestra historia, controlando nuestro propio destino sin dar paso a sospechas y emociones ciegas".

"Let us resolve to be masters, not the victims, of our history, controlling our own destiny without giving way to blind suspicions and emotions."

— John F. Kennedy

Rumbo

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DIRECTOR AND GRAPHIC DESIGN

Dalia Díaz
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

Alberto M. Suris
albertosuris@rumbonews.com

Publicación de SUDA, Inc.
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR RUMBO

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

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

¿Debemos preocuparnos por COVID-19?

Por doquier vemos noticias sobre el coronavirus alarmando al público. Los casos están aumentando en los Estados Unidos y algunas publicaciones aconsejan cómo prevenirlo.

Las noticias de NBC dijeron en parte que los líderes empresariales deberían comenzar a considerar qué empleados podrían trabajar desde su casa. Quizás llegue el momento al igual que otros expertos dijeron que observar las prácticas y ceremonias religiosas en el hogar, en lugar de asistir a reuniones comunitarias más grandes en lugares de culto, sería una buena idea. También, las familias deberían comenzar a preguntarse cómo manejarían una o dos semanas en casa, sin tener que viajar distancias cortas en busca de comida, medicamentos o entretenimiento.

Para mí, eso suena alarmante, pero teniendo en cuenta el riesgo, es un buen consejo. Si planea obtener una máscara, no se moleste. No hay ninguna en ninguna farmacia o cadena de tiendas y una vacuna tardará más de un año en perfeccionarse para la dispensación humana.

Mientras tanto, el único reconocimiento que hemos escuchado de los funcionarios de nuestra ciudad es que Lawrence tiene un riesgo bajo. Aunque pienso que no hay nada de malo en prepararse para lo peor.

Nancy Messonnier, directora del Centro Nacional de Inmunización y Enfermedades Respiratorias de los CDC indicó que los padres/tutores de los estudiantes deben preguntar a las escuelas de sus hijos sobre los planes de cierre asociados con la posibilidad de propagación del coronavirus a nuestra comunidad. Advirtió que espera

que el coronavirus que ha provocado brotes en todo el mundo comience a propagarse a nivel comunitario en los Estados Unidos, ya que un alto funcionario dijo que las interrupciones en la vida diaria podrían ser graves.

¿Existe un plan o los padres/tutores tomarán la iniciativa de no enviar a un estudiante a la escuela al saber del primer caso que ocurra en Lawrence?

Hay un artículo muy informativo del Departamento de Salubridad de Massachusetts en la página 13 con información sobre prevención que le recomiendo que lea.

El que tiene padrino...

Déjeme contarle otra historia de manipulación en Lawrence.

El verano pasado, MassHire publicó un puesto de director asistente e inmediatamente me pregunté quién será el afortunado amigo del Alcalde Danny. El requisito era una licenciatura y el salario en los \$60,000. Aparentemente, había tantas personas bien calificadas que optaron por cancelar la búsqueda con la excusa de "no tener la financiación".

Me decepcionó porque tenía que haber algo más detrás y, efectivamente, en noviembre se creó una nueva posición. El Coordinador de Alcance también tenía el requisito de licenciatura y un salario de alrededor de \$50,000. Hubo algunos solicitantes entrevistados y adivine quién fue elegido. ¡Wendy Luzón! La graduada de la secundaria que mintió en el pasado acerca de tener un título universitario.

El puesto fue creado para ella y el trabajo de director asistente todavía está vacío. Apuesto a que pronto será ascendida.

Además, el Concejo Municipal de Lawrence aconsejó al alcalde que no transfiriera a Lourdes Alvarado, la coordinadora de elecciones bilingüe al Departamento de Agua hasta después de las próximas elecciones.

Sí, obtuvo un ascenso y un trabajo seguro con protección de la SEIU.

En enero, el alcalde inventó el plan de la transferencia y publicó el puesto en el Departamento de Elecciones el 27 de enero. Esto creó un gran problema para el secretario municipal Bill Maloney porque la ciudad está bajo el mandato del Secretario de Estado de tener un mínimo de cuatro empleados en el Departamento de Elecciones.

Afortunadamente, el Concejo detuvo la transferencia hasta después de las elecciones del 3 de marzo.

¿Merecedora de honores?

Un grupo en Lynnfield reconocerá a Lina Montesino como Mujer Inspiradora 2020 en la categoría de Político Sobresaliente.

Estoy confundida porque Celina Reyes ha sido concejal de la ciudad durante dos meses y hasta ahora no ha hecho nada para merecer ningún reconocimiento. Tenga en cuenta que es su alias Lina Montesino quien está siendo felicitada y no tengo idea de lo que ha hecho para ganárselo.

Hablando de Celina, hay una controversia sobre 27 tanques de gas encontrados en el



Una de las fotos originales que Nelson Silvestre tomó y envió a la Concejala Ana Levy.

Río Spiket, cerca del Greater Lawrence Family Health Center.

Nelson Silvestre le envió algunas fotos de los tanques a la Concejala Ana Levy y se puso en contacto con Mike Armano, director de Servicios de Inspección. Luego fue al sitio con el inspector Horacio Rodríguez.

A partir de ahí, el Departamento de Bomberos tomó medidas para sacarlos por ser potencialmente peligrosos. Las imágenes vistas en Facebook fueron tomadas por el Departamento de Bomberos y enviadas a todos los concejales de la ciudad y Celina se atribuyó el crédito por notificar a DPW.

La vacuna contra zóster también puede reducir el riesgo de sufrir accidentes cerebrovasculares

Conferencia internacional sobre los accidentes cerebrovasculares de la American Stroke Association: presentación del póster TP493

Aspectos destacados de la investigación: Zóster, una infección vírica causada por el virus de la varicela, se relaciona con un mayor riesgo de sufrir un accidente cerebrovascular. Un nuevo estudio descubrió que la vacuna viva contra zóster, un tipo de vacunación contra zóster, puede evitar que algunos adultos mayores sufran un accidente cerebrovascular, de acuerdo con la investigación preliminar que se presentará en la "Conferencia internacional sobre los accidentes cerebrovasculares 2020" de la American Stroke Association del 19 al 21 de febrero, en Los Ángeles, una reunión mundial de primer nivel para investigadores y médicos dedicados a la ciencia de los accidentes cerebrovasculares y la salud cerebral.

Más del 99% de las personas de 40 años o más en Estados Unidos portan el virus inactivo de la varicela, también conocido como el virus varicela-zóster. Zóster es una reactivación del virus de la varicela y, por lo general, ocurre después de los 50 años. El riesgo de presentar zóster, una afección dolorosa que provoca ampollas en la piel y que puede tener complicaciones graves,

aumenta con la edad y otros estados de salud.

"Una de cada tres personas que han tenido varicela presentan zóster en su vida", dijo Quanhe Yang, Ph.D., autor principal del estudio e investigador sénior en los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) en Atlanta, Georgia. "La vacuna viva contra zóster ayuda a prevenir zóster y reduce el riesgo de zóster en aproximadamente un 51%. Sin embargo, su efecto disminuye con el aumento de la edad, alrededor de un 64% en las personas de 60 a 69 años; alrededor de un 41% en personas de entre 70 y 79 años, y alrededor de un 18% en personas de 80 años o más".

Para ayudar a determinar si la vacuna contra zóster reduce el riesgo de accidente cerebrovascular, Yang y colegas revisaron los registros médicos de Medicare de más de un millón de beneficiarios de pago por servicio de Medicare, de 66 años o más, que no tenían antecedentes de accidente cerebrovascular y que recibieron la vacuna viva contra zóster entre el 2008 y el 2014, y los siguieron por un promedio de casi cuatro años. Ese grupo se emparejó con el mismo número de beneficiarios de la

tarifa por servicio de Medicare que no recibieron la vacuna contra zóster con el mismo seguimiento de cuatro años. Para examinar el efecto de la vacuna sobre el riesgo de accidentes cerebrovasculares, los investigadores controlaron la edad, el género, la raza, los medicamentos y las afecciones de salud coexistentes.

Los investigadores determinaron lo siguiente:

La recepción de la vacuna contra zóster redujo el riesgo de accidente cerebrovascular en aproximadamente un 16%, redujo el riesgo de accidente cerebrovascular isquémico (causado por coágulos) en aproximadamente un 18% y redujo el riesgo de accidente cerebrovascular hemorrágico (sangrado) en aproximadamente un 12%.

La protección de la vacuna fue más fuerte entre las personas de entre 66 y 79 años.

Entre aquellos menores de 80 años, la vacuna contra zóster redujo el riesgo de accidente cerebrovascular en casi un 20% y, en los de más de 80 años, redujo el riesgo en aproximadamente un 10%.

"La razón del mayor riesgo de accidente

cerebrovascular después de una infección por zóster puede deberse a la inflamación causada por el virus", según Yang.

"Aproximadamente un millón de personas en Estados Unidos sufre de zóster cada año, aunque hay una vacuna para ayudar a evitarlo", dijo Yang. "Los resultados del estudio pueden alentar a las personas de 50 años o más a seguir la recomendación y recibir la vacuna contra zóster. Reduce el riesgo de sufrir zóster y, al mismo tiempo, podría reducir el riesgo de sufrir un accidente cerebrovascular".

Este estudio se realizó cuando la única vacuna contra zóster era la vacuna viva contra zóster (disponible desde el 2006). La vacuna más reciente contra zóster, la vacuna recombinante no viva adyuvante contra zóster (disponible desde el 2017), confiere aún mayor protección y ahora es la vacuna preferida recomendada por el Comité Asesor sobre las Prácticas de Inmunización de los CDC. Dos dosis de vacuna recombinante no viva adyuvante contra zóster tienen una efectividad superior al 90% para prevenir zóster y se recomienda para adultos de 50 años o más.

Hermanas de Notre Dame de Namur y de Presentation of Mary anuncian compra de cinco edificios escolares de PMA

(Read it in English on page 9)

Lawrence, MA/Methuen, MA—Las Hermanas de Notre Dame de Namur (SNDdeN) y las Hermanas de la Presentación de María anunciaron hoy que se han iniciado los procedimientos formales para el Colegio Secundario Notre Dame Cristo Rey (NDCR) patrocinada por SNDdeN para comprar los edificios escolares de la Academia de la Presentación de María (PMA) en Methuen. La sección del colegio del antiguo Searles Estate consta de 5 edificios, aproximadamente 5 acres de una propiedad de más de 24 acres que las Hermanas están vendiendo. Luego de haber proporcionado una educación católica para familias de Methuen y sus alrededores durante 60 años, ambas órdenes religiosas llegaron a un acuerdo inmediato de que NDCR, que ha estado buscando expandir el espacio y alcanzar su propia comunidad de colegio secundario, sería la opción perfecta para comprar los edificios escolares y llevar a cabo la misión de la educación católica en ese lugar.

“Las Hermanas de la Presentación de María no podrían estar más felices de recibir a las Hermanas de Notre Dame y su increíble comunidad escolar en nuestro campus” dijo la Hna. Helene Cote, Provincial de las Hermanas de la Presentación de María. “Como uno puede imaginar, ha sido y es un momento muy difícil para nosotros mientras nos preparamos para cerrar nuestro propio colegio después de tantos años. Durante esta transición deseamos permitir la gran misión de educación católica a los jóvenes a través del currículo de preparación universitaria

y profesional del Colegio Superior Notre Dame Cristo Rey”.

Como parte del plan estratégico actual de cinco años, los miembros Corporativos de SNDdeN, la Junta Directiva y el equipo de liderazgo escolar de NDCR pasaron los últimos años investigando la posibilidad de una nueva ubicación para toda su comunidad escolar. Limitados en espacios, preocupaciones financieras en la ubicación actual y la incapacidad de atender las demandas de inscripción, las Hermanas de Notre Dame de Namur tuvieron una conversación con las Hermanas de la Presentación de María cuando se supo la noticia de que ese colegio cerraría.

“Mientras nuestros corazones están consternados con la noticia de que la Academia de la Presentación de María estará cerrando a finales de este año escolar, Dios ha proveído una gran oportunidad para que nuestras comunidades escolares conviertan una situación difícil en una promesa y esperanza” dijo la Hna. Maryalyce Gilfeather, Presidenta del Colegio Superior Notre Dame Cristo Rey. “Muchos de nuestros amigos en la comunidad, nuestros familiares, estudiantes y hasta exalumnos se comunicaron conmigo para la posibilidad de comprar la propiedad de PMA cuando escucharon que estaba disponible y de su gran tamaño. Les digo que tenemos el apoyo de muchos individuos.

Las Hermanas de Notre Dame de Namur, quienes han servido la comunidad de Lawrence por más de 150 años, no son ajenas

de la comunidad de Methuen ya que también establecieron y trabajaron en el Colegio Santa Mónica en el 1958. Las Hermanas han sido constantes y con una presencia dedicada a la educación local de niños y sus familias para difundir la identidad católica en ambas comunidades. A través del Programa Corporativo de Estudio y Trabajo del Colegio Superior Notre Dame Cristo Rey, los estudiantes trabajan en diferentes organizaciones de Lawrence, incluyendo Santa Mónica y otras organizaciones y negocios en Methuen. La habilidad de poder continuar sirviendo ambas comunidades con más espacio físico para crecer significa más oportunidades para más estudiantes y sus familias.

Con un acuerdo de compra y venta firmado entre las dos congregaciones religiosas, ahora comienzan los procedimientos para el proceso de inspección de 120 días de los cinco edificios que se comprarán. Cuando se le preguntó qué tan probable sería que NDCR comenzara el año escolar 2020-2021 en la nueva ubicación, la Hna. Maryalyce respondió: “Con el apoyo dado de nuestro buen Dios, las Hermanas de la Presentación de María, nuestros miembros Corporativos de SNDdeN, La Junta Directiva, auspiciadores, facultad, personal, estudiantes, familiares y todas las oraciones que hemos ofrecido durante este tiempo, estoy segura de que podremos dar la bienvenida a nuestros estudiantes en su nuevo hogar. No hay palabras para agradecer a las Hermanas de la Presentación de

María por trabajar con nosotros por brindar esta gran oportunidad de crecimiento para nuestra misión en NDCR. También estoy muy agradecida de contar con el apoyo del alcalde de Lawrence Dan Rivera y el alcalde de Methuen Neil Perry a medida que avanzamos, ¡Somos bendecidos!”

Sobre el Colegio Superior Notre Dame Cristo Rey (NDCR):

El Colegio Superior Notre Dame Cristo Rey, se estableció en el 2004 por las Hermanas de Notre Dame de Namur en el corazón de Lawrence, Massachusetts; es un colegio superior católico con preparación universitaria sirviendo a personas de recursos limitados, mayormente a jóvenes en los grados 9no al 12mo. El Colegio les ofrece a los estudiantes la oportunidad de ganar el 60% de su matrícula a través del Programa Corporativo de Estudio y Trabajo, al mismo tiempo los prepara con un currículo para la educación superior, profesional y universitaria. www.ndcrhs.org

Sobre la Academia Presentación de María (PMA):

Ubicada en el histórico Searles Estate en Methuen, Massachusetts, la Academia de la Presentación de María, es un colegio superior católico con preparación universitaria para jóvenes. PMA proporciona a los estudiantes calidad educativa integrando creencias y valores católicos con excelencia académica desde 1958. www.pmamethuen.org



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

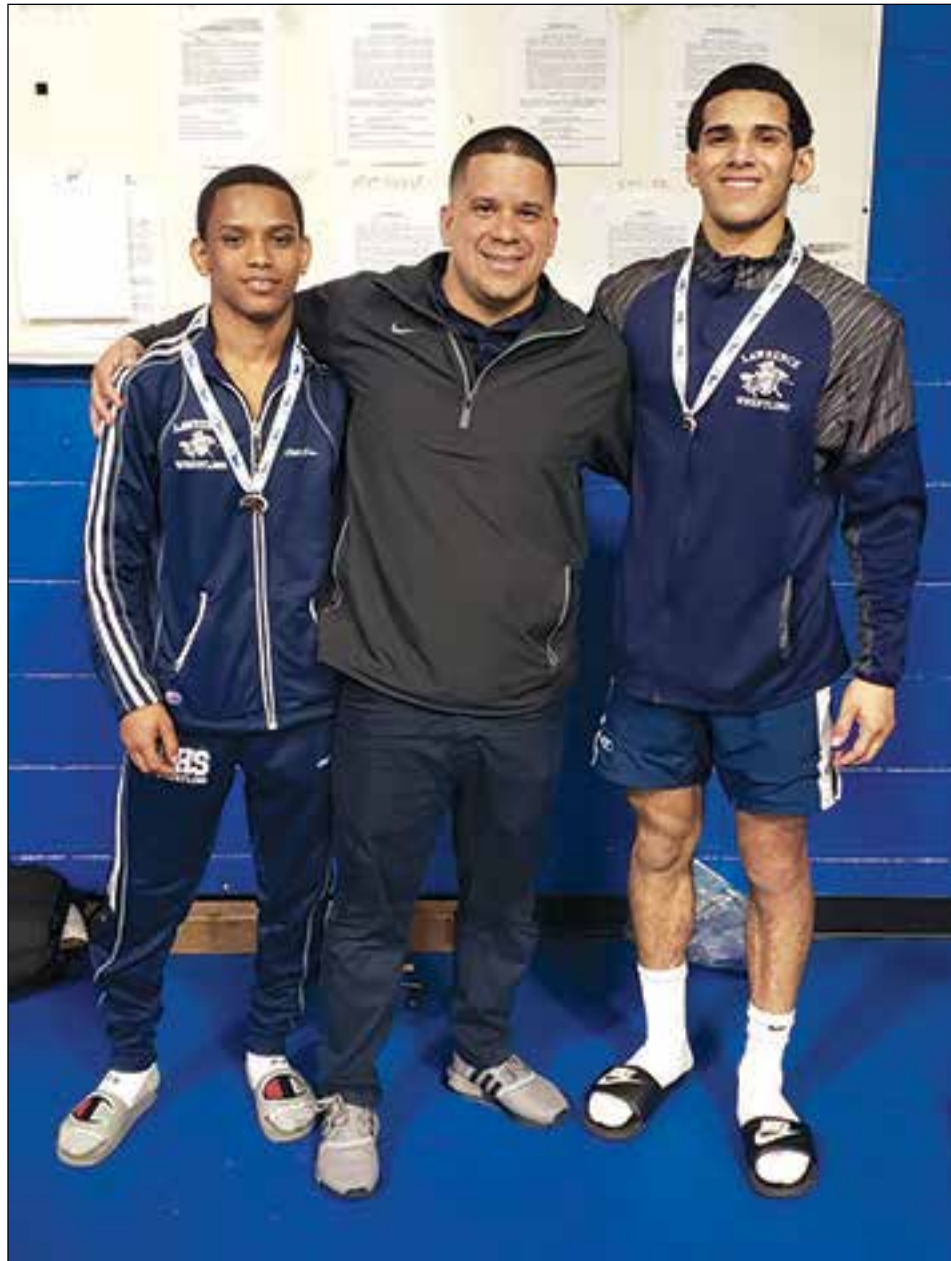
Nick Savarese, de Haverhill, se ha empeñado en prevenir que el dolor de espalda lo vuelva a frenar. Cuando se descubrió que tenía un disco herniado, Nick buscó tratamiento en Lawrence General, que ofrece atención integral de la columna vertebral y tiene un nuevo centro quirúrgico con el primer quirófano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

La historia de Nick puede ser la suya. Para mayor información, llame al 978-683-4000 ext. 2872 o visite lawrencegeneral.org/splne

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



Lawrence: City of Champions



At the Massachusetts All-State Wrestling Tournament last Saturday, which is a tougher competition, Luis Mauricio (left) and John Vasquez (right) placed 4th. In the center is Alexander Vargas, creator of Firepit Wrestling.

By Dalia Diaz

This small city is known for having remarkable athletes but people usually think of basketball, volleyball or baseball. Our featured champion is Elias Maita an Andover High School senior Division 1 State Champion of wrestling who has been training for the past two years with Firepit Wrestling club.

Firepit Wrestling club was started seven years ago by Alexander Vargas, a Lawrence Firefighter working out of Engine 7 on Park St. Alex started training while a student at Greater Lawrence Technical School and later at Bridgewater State University. Upon entering the U.S. Army, he continued his love for the sport training with the military, bringing his knowledge to Lawrence High School as assistant coach. Alex received so much support from firefighters that decided on taking the exam and joined their ranks a few years ago.

When he started his club there was about ten wrestlers and they were getting the training, uniforms and equipment free of charge thanks to some donations they received. Today, the group has grown to over 100 and they are requesting a \$100 fee to cover expenses which is a bargain considering that other towns require \$300 per student. That is why youngsters from surrounding cities and towns are joining the Firepit Wrestling club; they are not exclusively Lawrencians.

Their reputation has grown so much that well-known athletes of different disciplines and artists have volunteered to bring inspirational talks to the group at no

cost to them. Some of them are Olympic coaches such as Matt Smith, Dylan Palacio, Sobhan Soap Namvar, Donald McNeil, Corey Jantzen and Zach Bridson.

The only drawback is not having a permanent place to train. Lawrence High School is committed to two months out of the year and then they have to find another location but Alex would like to be able to do it year round.

Alex is very appreciative of the help he has always received from Coaches Matt Armano, assistant coach at Central Catholic High School and Michael Mena, Lawrence High School assistant coach.

They are seeing the results of their volunteering efforts because Elias Maita was not the only winner. Luis Mauricio came in 3rd place and John Vasquez 4th in Division 1.

At the Massachusetts All-State Wrestling Tournament last Saturday, which is a tougher competition, Luis Mauricio and John Vasquez placed 4th. They live in Lawrence.

The next training session begins on March 23rd through May 21st at Lawrence High School meeting on Mondays and Thursdays from 6 PM to 8 PM. Registration deadline is March 14 and late registration will be \$140.

Anyone interested in receiving more information or making a contribution will find it Facebook's Firepit Wrestling or their website. You may also call Alex at (978) 809-5050 in interested in joining the club.

Honrando a Ramona Delgado en el Día Internacional de la Mujer



Ramona Delgado nació el 2 de Febrero de 1938 en Arroyo, Puerto Rico. Hija de Sindulfo Delgado y Francisca Ramos, ellos tuvieron dos hijos Renato y Ramona.

Ramona contrajo matrimonio con el Sr. Martin Caraballo con el cual procreo 11 hijos, 6 varones: Severo, Johnny, Felito, Martin Jr, Edward y Frankie y 5 hembras, Margarita, Carmen, Anita, Nylsa y Mercy. Tiene 22 nietos, 27 biznietos y 5 tataranietos.

Llegó a Lawrence, Massachusetts en 1966 y trabajó en Lawrence Maid y en la Raytheon. En 1975 decide regresar a Puerto Rico donde trabajó como ama de llave.

Para el principio de los 90 decide regresar a Lawrence para estar al lado de sus hijos. Su esposo ya retirado pero Ramona sigue trabajando arduamente. En ese entonces trabaja para Woodmill Nursing Home y en Nevins Nursing Home en el Laundry.

Después de su retiro siguió trabajando como voluntaria la Iglesia El Buen Samaritano, Food for the World, GLCAC Community Program.

La Sra. Delgado sabe ir a donde la necesiten para mantenerse activa. Lleva muchos años sirviendo a su comunidad ganándose el respeto de muchas personas e instituciones. Desde muy joven ha servido en la comunidad Cristiana. Ella tiene pasión por nuestra ciudad y su gente la cual la respeta y la aprecia. En su tiempo libre a ella le gusta pasear, estar afuera en su jardín sembrado diferentes plantas y flores.

La Sra. Ramona recibirá un homenaje el viernes, 6 de marzo a las 7:00pm en CCF Lawrence, 582 Essex St. Este homenaje se le otorga a una persona de la comunidad que es fiel al servicio no solo eclesiástico sino también comunitario.

Honoring Ramona Delgado on International Women's Day

Ramona Delgado was born on February 2, 1938 in Arroyo, Puerto Rico. Daughter of Sindulfo Delgado and Francisca Ramos, they had two children Renato y Ramona.

Ramona married Mr. Martin Caraballo with whom he had 11 children, 6 boys: Severo, Johnny, Felito, Martin Jr, Edward and Frankie and 5 girls: Margarita, Carmen, Anita, Nylsa and Mercy. She has 22 grandchildren, 27 great-grandchildren and 5 great-great grandchildren.

She arrived in Lawrence, Massachusetts in 1966 and worked at Lawrence Maid and Raytheon. In 1975 she decided to return to Puerto Rico where she worked as a housekeeper.

By the beginning of the 90s she decided to return to Lawrence to be next to her children. Her husband has already retired but she continues to work hard. At that time she worked for Woodmill Nursing Home

and Nevins Nursing Home in the Laundry.

After her retirement she continued to work as a volunteer for the Good Samaritan Church, Food for the World, GLCAC Community Program.

Mrs. Delgado knows how to go where they need her to stay active. She has been serving her community for many years earning the respect of many people and institutions. From very young she has been serving the Christian community. She has a passion for our city and its people that's why she is respected and appreciated. In her free time she likes to go out and spend time outside in her garden sowing different plants and flowers.

Mrs. Delgado will receive a tribute on Friday, March 6 at 7:00 pm at CCF Lawrence, 582 Essex St. This tribute is given to a person from the community who is faithful to the service not only ecclesiastical but also to the community.

iGANANAMOS!

con **mike 2020**



mike
FOR PRESIDENT
2020

El día de las elecciones en Massachusetts es el martes, 3 de marzo.

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Pagado por Mike Bloomberg 2020

- ✓ **MIKE ELIMINARÁ** la brecha que existe para graduados Universitarios latinos en 10 años.
- ✓ **MIKE DUPLICARÁ** el número de empresas de dueños latinos con empleados en 10 años.
- ✓ **MIKE REDUCIRÁ** la brecha que existe para latinos en cuanto a enfermedades crónicas que los afectan desproporcionadamente.
- ✓ **MIKE ELIMINARÁ** los retrasos que impiden la naturalización y creará un camino hacia la ciudadanía para los 11 millones de inmigrantes indocumentados.



Rev. James T. O'Reilly OSA Division Eight Ancient Order of Hibernians Lawrence, Massachusetts

"149 Years of Dedication to
Religion, Heritage, Charity and
Community"

Irish Heritage Month March 2020 Preserving and Fostering our Heritage and Culture

Sunday, March 1, 2020: OPENING of the EXHIBIT "The Irish of Massachusetts – The Final Chapter" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Sunday, March 1, 2020 - 26th ANNUAL CLADDAGH PUB 4 MILE Classic ROAD RACE - 11 am, 399 Canal Street, Lawrence, MA (rain or shine) - For more information contact 978 688 8337 or the Barry Kara Foundation. (Race # 9 of the Wild Rover Series)

Monday, March 2, 2020 - IRISH FLAG RAISING Across from City Hall – Common St. @11 a.m.

Wednesday, March 4, 2020 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: OPEN HOUSE 10:30 am – 1 pm Showcase of Irish Books, CD's, DVD's, photos and memorabilia – Sponsored by Division 8 (FREE) – Handicap Accessible

Saturday, March 7, 2020 – AUTHOR SERIES – with JOHN DESMOND – Mr. Desmond will discuss his book, "The Black Thorn" – at the Lawrence Public Library, 51 Lawrence St., Lawrence, MA @ 2 pm (FREE) - Handicap Accessible

Saturday, March 7, 2020 - THE 149th ANNUAL SAINT PATRICK'S DAY BANQUET AND DANCE at the Reliefs' In, One Market Street, Lawrence, MA Traditional Corned Beef & Cabbage Dinner with dancing to John Connors & the Irish Express from 6 pm – 11 pm – Awarding of the Richard Cardinal Cushing and Irishman & Irishwoman of the Year Awards. For more information contact Charles Breen at 508 328 0323. Sponsored by Division 8 AOH – Handicap Accessible

Sunday, March 8, 2020 – WHITE FUND LECTURE – with ROBIN GERRY - Ms. Gerry will discuss her book, "Healing the Family Heart Holes: A Genealogical Quest to Solve an Illegal Adoption Mystery Using DNA, Old Records, and Irish Luck" - at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm (FREE) - Handicap Accessible

Wednesday, March 11, 2020 - AOH NATIONAL HUNGER MONTH FOOD DRIVE: Please consider donating canned goods and non-perishable food items. All food items received will be donated to a local food pantry. 6 pm – 7:30 pm Claddagh Pub, 399 Canal Street, Lawrence MA:

Friday, March 13, 2020 – 51st ANNUAL SAINT PATRICK'S DAY LUNCHEON at the Reliefs' In, One Market Street, Lawrence, MA Traditional Corned Beef and Cabbage Dinner with entertainment by the Silver Spears Irish Show Band at NOON. Awarding of the Honorable John E. Fenton Citizenship Award - For more information contact Jack Lahey @ 603 560 8192 Sponsored by Division 8 AOH – Handicap Accessible

Saturday, March 14, 2020 – SAINT PATRICK'S DAY PARADE @ 1 pm – For more information please contact mcheco@cityoflawrence.com

Saturday, March 14, 2020 – ENTERTAINMENT AT THE CLADDAGH – featuring the Veterans Den Band – 2 - 6 pm – 399 Canal S., Lawrence, MA For more information contact the Claddagh at 978 688 8337.

Sunday, March 15 2020 – FAMILY DAY AT THE CLADDAGH – featuring the Veterans Den Band 2 – 6 pm – 399 Canal S., Lawrence, MA For more information please contact the Claddagh at 978 688 8337.

Sunday, March 15, 2020 – WHITE FUND LECTURE – with JOSEPH BLANCHETTE – Mr. Blanchette will discuss his book, "The View from Shanty Pond" – at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm (FREE) - Handicap Accessible

Wednesday, March 18, 2020 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: OPEN HOUSE 10:30 am – 1 pm Showcase of Irish Books, CD's, DVD's, photos and memorabilia - Sponsored by Division 8 (FREE) – Handicap Accessible

Sunday, March 22, 2020 – JOIN PIANIST TERRI KELLEY AND VOCALIST BILL DONELAN FOR AN ALL NEW PROGRAM OF CELTIC MELODIES - FROM ANCIENT GAELIC AIRES TO CURRENT SONGS - at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by Division 8 (FREE) – Handicap Accessible

Wednesday, March 25, 2020 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: OPEN HOUSE 10:30 am – 12 Noon Showcase of Irish Books, CD's, DVD's, photos and memorabilia – Sponsored by Division 8 (FREE) – Handicap Accessible

Saturday, March 28, 2020 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence @ 10 am Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Tuesday, March 31, 2020: EXHIBIT CLOSES "The Irish of Massachusetts – The Final Chapter" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence (FREE) – Handicap Accessible

IRISH HERITAGE MONTH IS SPONSORED BY THE ANCIENT ORDER OF HIBERNIANS DIVISION 8
Irish Heritage Month is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

For information on AOH Membership please write to: Division 8 AOH Organizer, PO Box 1407, Lawrence, MA 01842 or e-mail our organizer @ division8aoh@verizon.net

Presentado por el Mt. Washington Alliance & Co-Patrocinado por Latino Coalition Haverhill, Greater Haverhill Indivisible, Calvary Baptist Church, U.S. Census Bureau

TU PARTICIPACIÓN ES TU VOZ.

2020 U.S. CENSUS
LANZAMIENTO de la CAMPANA de HAVERHILL

Sabado 7 de Marzo - 2:00-4:00pm
UU Church Haverhill (16 Ashland St.)

Taller de capacitación del instructor, Q&A Sesión Asistente para la solicitud de empleo del Censo
\$27.50/hr. pagar

COMIDA GRATIS. CUIDADO NINOS. REGALOS.
Taller se ofrecerá en español y ingles.

Logos: Mr. Washington Alliance, Latino Coalition Haverhill, GREATER HAVERHILL INDIVISIBLE WE THE PEOPLE, CALVARY BAPTIST CHURCH, United States Census 2020

Presented by the Mt. Washington Alliance & Co-Sponsored by Latino Coalition Haverhill, Greater Haverhill Indivisible, Calvary Baptist Church, U.S. Census Bureau

YOUR PARTICIPATION IS YOUR VOICE.

2020 U.S. CENSUS
HAVERHILL CAMPAIGN KICK-OFF

Saturday, March 7 - 2:00-4:00pm
UU Church Haverhill (16 Ashland St.)

Census Train-the-Trainer Workshop, Q&A Session
Census Taker Job Application Assistance
\$27.50/hr. rate

FREE FOOD. CHILDCARE. GIVEAWAYS.
The workshop will also be provided in Spanish.

Logos: Mr. Washington Alliance, Latino Coalition Haverhill, GREATER HAVERHILL INDIVISIBLE WE THE PEOPLE, CALVARY BAPTIST CHURCH, United States Census 2020



Rev. James T. O'Reilly OSA Division Eight Ancient Order of Hibernians Lawrence, Massachusetts

"149 Years of Dedication to
Religion, Heritage, Charity and
Community"

Division 8 AOH Lawrence Announces 2020 Award Recipients

The Rev. James T. O'Reilly OSA Division 8 Ancient Order of Hibernians has announced the recipients of their 2020 Awards.

The Rev. Christopher J. Casey has been selected as the 2020 recipient of the Richard Cardinal Cushing Award and Mark J. Alaimo has been selected, as the 2020 Irishman of the Year. Both of these awards will be presented at Division 8's 149th Annual Saint Patrick's Day Dinner Dance on Saturday, March 7, 2020. Larry F. Giordano has been selected as the recipient of the Hon. John E. Fenton Citizenship Award. The Fenton award will be given at Division 8's 51st Annual Saint Patrick Day Luncheon on Friday, March 13.

The Rev. Christopher J. Casey, a Lawrence native and son of the late Cornelius and Mary Casey is a graduate of Saint Lawrence O'Toole Grammar School, Lawrence High School and the University of Massachusetts at Amherst. When Saint Lawrence O'Toole Parish closed in 1980, he became a member of Saint Mary of the Assumption Parish in Lawrence. Following graduation, he moved to Salisbury and became a parishioner of Star of the Sea Parish in Salisbury and the Immaculate Conception Parish in Newburyport. It was from this last parish that he entered Saint Pope John XXIII National Seminary in Weston.

Following his seminary studies, he was ordained at Holy Cross Cathedral in Boston by Cardinal Sean O'Malley on June 5, 2007. He served a deacon internship at St. Michael Parish in North Andover and celebrated his first Mass there following his

ordination. He served as a Parochial Vicar at St. Francis of Assisi and St. Marguerite d'Youville both in Dracut, and at Saint Agnes Parish in Arlington prior to being named as Pastor of Our Lady of Good Counsel Parish in Methuen on September 1, 2010. Father Casey is one of the seven children. His siblings are his sisters: Ann Langlois, Mary Brouillette and Shelia Casey. Three of Father Casey's brothers, Cornelius, Timothy and Sean are deceased.

Division 8 established the Richard Cardinal Cushing Award in 1974, which was named after the great Irish American Catholic prelate, who served as Archbishop of the Archdiocese of Boston for 25 years. For the past 46 years this award has been presented to an individual in the Greater Lawrence area who emulate the characteristics of this beloved prelate.

Mark J. Alaimo, the son of Michael and Joan Alaimo of Methuen, is a graduate Holy Trinity Grammar School, Central Catholic High School and Bentley University. He assisted for many years at Saint Mary of the Assumption Parish, Lawrence and Saint Monica Parish, Methuen in various capacities. At present he serves as a Principal and the Chief Operating Officer of LCW CPAs in South Lawrence, and for over 15 years has worked in the field of public accounting, family office advisory, and wealth management.

Mark is an active member of several Catholic fraternal and service organizations throughout the Lawrence area including the AOH Division 8 where he served as Division Organizer and currently serves as

Chairman of the Catholic Action/Pro-Life committee; the Saint Monica Knights of Columbus Council 14725 in Methuen where he served two terms as Grand Knight; and the Father James O'Donnell, OSA Fourth Degree Knights of Columbus Assembly 393 where he served for two-terms as Faithful Navigator.

Mark Alaimo is also active in numerous professional and community organizations, notably including the Boy Scouts of America. After earning the Eagle Scout Award as a youth, he continued his involvement as an Executive Board member of the Spirit of Adventure Council and its predecessor Yankee Clipper Council and in 2019 received the Silver Beaver Award – the highest adult honor awarded by councils – in recognition of exceptional service to youth through the Scouting program. He is also involved more locally with the Lawrence Partnership – dedicated to helping the Lawrence business community thrive and Entrepreneurship for All – dedicated to empowering fledgling entrepreneurs to succeed.

Mark currently resides Methuen with his wife, Meredith, and their four children: Julia, Dominic, Peter, and Paul. Mark is an active parishioner of Saint Monica Parish in Methuen. He enjoys participating in local community events and family activities.

Division 8's Irishman of the Year Award is the highest award that Division 8 can bestow on a member. Anyone interested in attending the Hibernian Dinner Dance on March 7 should contact Dinner Dance Chairman Charles Breen @508 328 0323 Larry Giordano of Methuen has served

his country, state and community in many capacities. Abandoned at four days old in Springfield, MA, he was raised in a foster home in Everett, MA. After completing high school Larry entered the United States Air Force and served in Germany and Mississippi. As a tribute to his foster mother who had helped him in his formative years and made him the man he became, he took her surname Giordano and became Larry Giordano. Following his time in the US Air Force he continued to serve his state and community in many roles as a Methuen City Councilor, Massachusetts Commissioner of Public Safety, Methuen State Representative and a Methuen Police Officer.

Recognizing the difficulties, a foster child can have from his own experiences and knowing how important community support is, Mr. Giordano founded Foster Kids of the Merrimack Valley fifteen years ago to help support foster children and help them to be the best they can be, as well as, achieve success. Larry Giordano serves as President of this fine community orientated organization.

Larry is married to the former Eileen Bonanno and they are the proud parents of three children: Marie, Lonnie and Stephen. For the past 57 years, Larry has owned and operate the Methuen Karate Association which serves as a caring environment for people of all ages. Today his two sons, Lonnie and Stephen, work with him in this venture.

Anyone interested in attending the 50th Annual Hibernian Saint Patrick's Day Luncheon should contact Luncheon Chairman, Jack Lahey at 603 898 7766.

Sisters of Notre Dame de Namur and Sisters of the Presentation of Mary Announce Formal Proceedings Have Begun for NDCR Purchase of Five PMA School Buildings on Searles Estate

(Léalo en español en la página 5)

Lawrence, MA/Methuen, MA – The Sisters of Notre Dame de Namur (SNDdeN) and the Sisters of Presentation of Mary announced today that formal proceedings have begun for the SNDdeN sponsored Notre Dame Cristo Rey High School (NDCR) to purchase Presentation of Mary Academy's (PMA) school buildings in Methuen. The school section of the former Searles Estate consists of five buildings, approximately 5+acres of a 24+ acre property which the Sisters are selling. Having provided a Catholic education for families in and around Methuen for 60 years, both religious orders would be the perfect fit to purchase the school buildings and carry on the mission of Catholic education at this location.

"The Sisters of Presentation of Mary could not be happier to welcome the Sisters of Notre Dame and their incredible school community onto our campus," said Sr. Helene Cote, Provincial of the Sisters of Presentation of Mary. "As one can imagine, it has been and is a very difficult time for us as we prepare to close our own school after so many years. To allow the greater mission of Catholic education and identity to the youth in this area through Notre Dame Cristo Rey High School's college and career readiness

curriculum is exactly what we would want in this transition."

As part of NDCR's current five-year strategic plan, the SNDdeN Corporate Members, the Board of Directors, and the NDCR school leadership team spent the last few years researching the possibility of a new location for its entire school community. Limited in space, increased financial concerns at its current location and the inability to address the demands of enrollment, the Sisters of Notre Dame de Namur engaged in conversation with the Sisters of Presentation of Mary when news broke about them closing the school.

"While our hearts are heavy with the knowledge that Presentation of Mary Academy will be closing at the end of this school year, God has provided an opportunity for our school communities to turn a difficult situation into one of promise and hope," said Sr. Maryalyce Gilfeather, President of Notre Dame Cristo Rey High School. "So many of our friends in the community, our families, our students and even our alumni reached out to me about the possibility of purchasing PMA, knowing of its availability and size. To say we have the support of so many individuals on this move is an understatement."

The Sisters of Notre Dame de Namur, who have served the community of Lawrence

for over 160 years, are no strangers to the Methuen community as they also established and staffed Saint Monica School in 1958. The Sisters have been a constant and dedicated presence by educating local children and their families and spreading Catholic identity to both communities. Through Notre Dame Cristo Rey's Corporate Work Study Program, students from NDCR work in several Lawrence organizations as well as St. Monica's School and other Methuen organizations and businesses. The ability to continue serving both communities with more physical space to grow means more opportunities for more students and their families.

With a signed purchase and sales agreement between the two Religious Congregations, proceedings now begin for the 120-day inspection process of the five school buildings to be purchased. When asked how likely it will be for NDCR to begin the 2020-2021 school year at the new location, Sr. Maryalyce replied, "Given the support of our Good God, the Sisters of the Presentation of Mary, our SNDdeN Corporate Members, Board of Directors, donors, faculty, staff, students and families, and ALL the prayers we have offered during this time, I am confident that we will be able to welcome our students to their new home. I cannot thank the Sisters of Presentation of

Mary enough for working with us to provide this opportunity of growth for our NDCR mission. And I am so very grateful to have the support of both Mayor Dan Rivera of Lawrence and Mayor Neil Perry of Methuen as we move forward – we are blessed!"

About Notre Dame Cristo Rey High School:

Notre Dame Cristo Rey High School, established in 2004 by the Sisters of Notre Dame de Namur and located in the heart of Lawrence, Massachusetts, is a Catholic, college preparatory high school serving low income, predominantly minority youth in grades 9-12. The school offers students the opportunity to earn 60% of their tuition through its Corporate Work Study Program while also preparing them for higher education through a college preparatory and career readiness curriculum. www.ndcrhs.org

About Presentation of Mary:

Located on the historic Searles Estate in Methuen, Massachusetts, Presentation of Mary Academy is a Catholic, college preparatory high school for young men and women. PMA provides students with a quality education that has been integrating Catholic beliefs and values with academic excellence since 1958. www.pmamethuen.org

IRS aumenta visitas a contribuyentes de altos ingresos que no han presentado declaraciones de impuestos

WASHINGTON – Como parte de un mayor esfuerzo para asegurar el cumplimiento y la equidad, el Servicio de Impuestos Internos anunció hoy que intensificará los esfuerzos para visitar los contribuyentes de altos ingresos que en años anteriores no presentaron oportunamente una o más declaraciones de impuestos.

Luego de la reciente y continua contratación de personal de cumplimiento, los oficiales de ingresos del IRS en todo el país aumentarán sus visitas a contribuyentes de altos ingresos que no hayan presentado declaraciones de impuestos en 2018 o años anteriores. Estas visitas están dirigidas principalmente a informar a estos contribuyentes de sus obligaciones de presentación y pago de impuestos, y lograr que cumplan con sus responsabilidades tributarias.

"El IRS está comprometido con la equidad en el sistema tributario, y queremos recordarles a las personas de todas las categorías de ingresos que deben presentar sus impuestos", dijo Paul Mamo, Director de Operaciones de Cobros de la División de Pequeñas Empresas/Trabajadores Independientes. "Queremos asegurarnos de que los contribuyentes conozcan sus opciones para hacer lo correcto con sus impuestos y evitar problemas mayores más adelante".

Para la temporada actual de impuestos, el IRS les recuerda a los contribuyentes que deben presentar su declaración de impuestos de 2019 antes de la fecha límite de presentación del 15 de abril, independientemente de si pueden pagar en su totalidad. Las prórrogas de presentación de seis meses también están disponibles, aunque eso no extiende la fecha límite de abril para pagar los impuestos adeudados.

"Los contribuyentes que tienen obligaciones de pago o presentación morosa deben consultar a un asesor tributario competente antes de esperar a que un oficial de ingresos del IRS se comunique con ellos. Siempre vale la pena aprovechar los diversos métodos para presentar o cumplir con el pago antes de ser contactado personalmente por el IRS."

Para las nuevas visitas realizadas, los contribuyentes con altos ingresos que no presentaron son aquellos que generalmente recibieron ingresos mayores de \$100,000 durante un año tributario y no presentaron una declaración de impuestos ante el IRS. Los contribuyentes que ejercen sus mejores esfuerzos para presentar sus declaraciones de impuestos y pagar o entrar en acuerdos

para pagar sus impuestos, merecen saber que el IRS persigue agresivamente a otros que no han cumplido con sus obligaciones de presentación y pago.

Durante las visitas, los funcionarios de cobro de impuestos del IRS compartirán información y trabajarán con el contribuyente para resolver el problema de impuestos.

¿Cómo pagar?

Hay muchas opciones de pago para aquellos que tienen problemas para pagar su factura de impuestos. Los planes de pago a menudo se pueden configurar rápidamente en línea.

Una vez que se presentan las declaraciones o se produce una evaluación, hay varias opciones de pago en línea disponibles en IRS.gov, incluida el pago directo a través de una cuenta bancaria o con una tarjeta de débito o crédito. Otras formas de pago incluyen el Sistema electrónico de pago de impuestos federales (mejor opción para negocios o pagos grandes; se requiere inscripción), retiro electrónico de fondos (durante la presentación electrónica), transferencia electrónica el mismo día (pueden aplicarse cargos bancarios), y cheque o giro postal o efectivo (en un socio minorista participante). Aquellos no pueden pagar de inmediato pueden cumplir con su obligación tributaria en cuotas mensuales mediante la solicitud de un plan de pago (incluidos los acuerdos de cuotas y los que deben menos de \$50,000), averiguar si califican para un ofrecimiento de transacción (una manera de liquidar su deuda tributaria por menos del monto total), o solicitar que el IRS demore temporalmente el cobro hasta que mejore su situación financiera.

Para aquellos que se niegan a pagar, el IRS tiene una serie de opciones disponibles bajo la ley, que van desde una serie de acciones de cobro civil y, cuando sea apropiado, perseguir casos criminales contra los contribuyentes. El personal de cumplimiento del IRS también trabaja más estrechamente con los investigadores criminales del IRS en asuntos de cumplimiento prioritario, que incluyen casos de altos ingresos.

"Estas visitas de cumplimiento acentúan la importancia de que las personas presenten sus impuestos este mes de abril, incluso si no pueden pagar la totalidad de los impuestos adeudados," dijo Hank Kea, Director de Operaciones de Cobro en el Campo, División de Pequeñas Empresas/Trabajadores Independientes. "No presentar y pagar impuestos empeora con el tiempo

a medida que aumentan los intereses y las multas. Tenemos muchas opciones de pago disponibles en IRS.gov para ayudar a los contribuyentes. Es mejor trabajar con estos temas por adelantado en lugar de ignorarlo y últimamente, llegar al punto de que el IRS tome medidas más serias. Nuestro uso continuo de tecnología cambiante junto con personal adicional de cumplimiento de ley sugiere que esperar no es una opción viable para la mayoría de los contribuyentes morosos."

¿Cuáles el trabajo de un funcionario de cobro de impuestos del IRS?

Los funcionarios de cobro de impuestos del IRS son empleados capacitados de la aplicación civil que trabajan para resolver problemas de cumplimiento, tales como declaraciones de impuestos no presentadas y impuestos adeudados. Los funcionarios de cobro de impuestos del IRS realizan entrevistas para recopilar información financiera y proporcionar a los contribuyentes los pasos necesarios para cumplir con la ley y continuar cumpliendo con ésta. Cuando sea necesario, tomarán las medidas apropiadas para cobrar la cantidad adeudada, mientras respetan los derechos de los contribuyentes y siguen la ley.

No se confunda: las visitas no son una estafa

Para esta nueva iniciativa, estos contribuyentes de altos ingresos recibieron típicamente numerosas cartas del IRS por un periodo de tiempo extendido, por lo que

generalmente están al tanto de que tienen un problema de impuestos.

Las visitas de los funcionarios de cobro de impuestos del IRS no deben confundirse con estafas. Esto es lo que debe buscar:

- Mientas que la mayoría de las visitas de un funcionario de cobro del IRS no se avisan, siempre proporcionará dos formas de credenciales oficiales, ambas incluyen un número de serie y una foto del empleado del IRS. Los contribuyentes tienen derecho a ver cada una de estas credenciales.
- Un funcionario legítimo de cobro de impuestos del IRS (en inglés) ayuda a los contribuyentes a entender y cumplir con sus obligaciones tributarias. El oficial explicará la responsabilidad al contribuyente, junto con las consecuencias de no cumplir con la ley. El empleado del IRS no hará amenazas ni exigirá una forma inusual de pago por una responsabilidad inexistente.
- Las visitas de los funcionarios de cobro de impuestos del IRS generalmente ocurren después de numerosos contactos por correo acerca de un problema de impuestos existente; los contribuyentes están conscientes de que tienen un problema de impuestos cuando se producen estas visitas.
- Si alguien tiene una deuda tributaria federal pendiente, el oficial visitante solicitará el pago, pero proporcionará una variedad de opciones, que incluyen el pago por cheque escrito al Tesoro de los Estados Unidos.
- Más información acerca de la identificación de representantes legítimos del IRS y cómo reportar estafas (en inglés) se pueden encontrar en IRS.gov.

Las muertes por sobredosis relacionadas con opioides en Massachusetts caen un 5 por ciento desde el pico en 2016

Los últimos datos trimestrales de opioides muestran el impacto continuo del fentanilo en las muertes por sobredosis

La tasa de muertes por sobredosis relacionadas con opioides en Massachusetts disminuyó aproximadamente un 5 por ciento desde su punto máximo en 2016, a pesar de la creciente presencia del opioide sintético fentanilo como un conductor de muertes por sobredosis relacionadas con opioides, según datos preliminares en el último informe trimestral de vigilancia de opioides publicado hoy por el Departamento de Salud Pública de Massachusetts.

En 2019, la tasa de mortalidad por sobredosis relacionada con opioides fue de 29 por 100,000 personas, en comparación con 30.5 por 100,000 personas en 2016. Los datos preliminares muestran que en 2019 hubo 2,023 muertes por sobredosis relacionadas con opioides confirmadas y estimadas, mientras que para el mismo periodo en 2016 hubo 2,097 muertes confirmadas por sobredosis relacionadas con opioides.

Massachusetts Opioid-Related Overdose Deaths in Massachusetts Fall 5 Percent Since Peak in 2016

Latest quarterly opioid data shows continued impact of fentanyl in overdose deaths

The rate of opioid-related overdose deaths in Massachusetts fell an estimated 5 percent from its peak in 2016, despite the growing presence of the synthetic opioid fentanyl as a driver of opioid-related overdose deaths, according to preliminary data in the latest quarterly opioid surveillance report released today by the Massachusetts Department of Public

Health.

In 2019, the opioid-related overdose death rate was 29 per 100,000 people, compared to 30.5 per 100,000 people in 2016. Preliminary data shows that in 2019, there were 2,023 confirmed and estimated opioid-related overdose deaths, while for the same period in 2016 there were 2,097 confirmed opioid-related overdose deaths.

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Merrimack Valley Credit Union se asocia con Edmit para dar a los miembros acceso a herramientas innovadoras de planificación universitaria

La asociación ayudará a los miembros a tomar decisiones financieras informadas sobre la deuda universitaria y estudiantil

Merrimack Valley Credit Union, una de las 10 cooperativas de crédito más grandes de Massachusetts, anunció que se asociará con Edmit, un proveedor galardonado de herramientas innovadoras de planificación y asesoramiento, para ayudar a los miembros a obtener informes financieros y tomar decisiones sobre la universidad y maximizar sus inversiones universitarias. Los miembros de Merrimack Valley Credit Union pueden visitar edmit.me/mvcu para acceder a estas herramientas financieras.

"Pagar la universidad es una inversión significativa para muchos de nuestros miembros", dijo John Howard, presidente y director ejecutivo de Merrimack Valley Credit Union. "Ahora tendrán acceso a Edmit y su conjunto de herramientas para ayudarlos a tomar decisiones financieras informadas para la universidad. Esta asociación es

solo una de las formas en que nuestra organización proporciona información y recursos para ayudar a nuestros miembros a alcanzar todos sus objetivos financieros".

Edmit Plus ofrece a los miembros:

- Asesoramiento personalizado: herramientas de apoyo a la decisión y un toque humano para ayudar a navegar esta importante decisión financiera emocional
- Centro de aprendizaje: extensas guías, listas y recursos relacionados con el pago de la universidad
- Software: Ayuda personalizada y estimaciones de becas, calculadoras y recomendaciones universitarias.

Edmit puede crear estimaciones precisas de los costos, los posibles resultados de ingresos y la asequibilidad asociada con

cada universidad. Edmit también ayuda a las familias a obtener el mejor precio posible, así como a comprender cómo van a pagar la universidad al proporcionar una recomendación sobre qué combinación de ayuda financiera y de mérito, ahorros, estudio de trabajo y préstamos será necesaria para cubrir los costos de la universidad.

"Merrimack Valley Credit Union y Edmit están comprometidos a ayudar a las familias, lo antes posible, a través del lado financiero del proceso de búsqueda de universidades", dijo Sabrina Manville, cofundadora de Edmit. "Usando las sofisticadas herramientas de Edmit, las familias podrán determinar qué escuelas les ofrecen el mejor valor, cómo pagarlo de manera responsable y la mejor manera de preparar a los estudiantes para el éxito después".

La asociación fue posible gracias a la relación de Edmit con Credit Union Student Choice, el proveedor líder de soluciones de financiación de educación superior y la educación financiera correspondiente a las cooperativas de ahorro y crédito de Estados Unidos.

"Estamos encantados de llevar este poderoso recurso a las cooperativas

de crédito y sus miembros", dijo Scott Patterson, presidente y director ejecutivo de Credit Union Student Choice. "Una mayor transparencia al comienzo del proceso de selección de la universidad ayudará a las familias a tomar decisiones mucho más responsables y evitar una deuda excesiva. Esta es una forma poderosa para que las cooperativas de crédito apoyen el bienestar financiero de sus miembros y mejoren las relaciones a largo plazo".

Merrimack Valley Credit Union es una cooperativa de crédito comunitaria autorizada por el estado con más de \$1 mil millones en activos. Merrimack Valley Credit Union sirve a cualquiera que viva, trabaje, trabaje como voluntario o asista a la escuela en la región de Merrimack Valley, y a través de su división Bridgewater Credit Union, los condados de Barnstable, Bristol, Norfolk o Plymouth. Merrimack Valley Credit Union ofrece una amplia gama de productos de ahorro y préstamo para satisfacer las necesidades financieras de sus miembros, y tiene 10 sucursales en Bridgewater, Fairhaven, Haverhill, Lawrence, Methuen, North Andover, Plymouth y Quincy, Mass., y Plaistow y Seabrook, NH

Merrimack Valley Credit Union Partners with Edmit to Give Members Access to Innovative College Planning Tools

Partnership will help members make informed financial decisions about college and student debt

Merrimack Valley Credit Union, one of the 10 largest credit unions in Massachusetts, announced it will partner with Edmit, an award-winning provider of innovative planning tools and advising, to help members make informed financial decisions about college and to maximize their college investments. Merrimack Valley Credit Union members can visit edmit.me/mvcu to access these financial tools.

"Paying for college is a significant investment for many of our members," said John Howard, President & CEO, Merrimack Valley Credit Union. "Now, they will have access to Edmit and its suite of tools to help them make informed financial decisions for college. This partnership is just one of the ways our organization is providing information and resources to help our members achieve all of their financial goals."

Edmit Plus offers members:

- Personalized Advice: Decision support tools and a human touch to help navigate this major emotional financial decision
- Learning Center: Extensive guides, lists, and resources related to paying for college
- Software: Personalized aid and scholarship estimates, calculators, and college recommendations

Edmit can create accurate estimates of the costs, potential earning outcomes, and affordability associated with each college. Edmit also helps families to get the best price possible, as well as understand how they are going to pay for college by providing a recommendation on which combination of financial and merit aid, savings, work study and loans will be

needed to cover college costs.

"Merrimack Valley Credit Union and Edmit are both committed to helping families - as early as possible - through the financial side of the college search process," said Sabrina Manville, co-founder of Edmit. "Using Edmit's sophisticated tools, families will be able to determine which schools offer them the best value, how to pay for it responsibly and the best way to set students up for success afterwards."

The partnership was made possible through Edmit's relationship with Credit Union Student Choice, the leading provider of higher education financing solutions and corresponding financial education to America's credit unions.

"We're thrilled to bring this powerful resource to credit unions and their members," said Scott Patterson, President and CEO of Credit Union Student Choice. "Greater transparency early in the college selection process will help families make far more responsible choices and avoid excessive debt. This is a powerful way for credit unions to support their members' financial wellness and enhance long-term relationships."

Merrimack Valley Credit Union is a state-chartered community credit union with more than \$1 billion in assets. Merrimack Valley Credit Union serves anyone who lives, works, volunteers, or attends school in the Merrimack Valley region, and through its Bridgewater Credit Union division, Barnstable, Bristol, Norfolk or Plymouth counties. Merrimack Valley Credit Union 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.

Mayor Perry Welcomes Notre Dame Cristo Rey High School to Methuen City Honors the Legacy of Presentation of Mary Academy (PMA)

On behalf of the City of Methuen, Mayor Perry welcomed today's news that the Sisters of Notre Dame de Namur and the Sisters of Presentation of Mary have begun formal proceedings that will result in the purchase of Presentation of Mary Academy's (PMA) school buildings in Methuen for the relocation of Notre Dame Cristo Rey High School. The school property is a portion of the former Edward F. Searles Estate which the Sisters of Presentation of Mary purchased in 1957.

"PMA has been an important part of the City of Methuen for over 60 years," Perry said. "As a city, we are grateful to every member of the PMA family — the Sisters, faculty, staff, parents, students, and alumni — for the countless contributions that have been made for the betterment of our community over these many years," he added.

The Mayor noted the difficult decisions

that confronted the Sisters of the Presentation of Mary and expressed appreciation for their willingness to work with the city to preserve the character and historic architecture of the Estate. The city is continuing to work with the Sisters to find an appropriate buyer for the balance of the property.

"The decision of the Sisters of Notre Dame de Namur to relocate Notre Dame Cristo Rey High School to Methuen is wonderful news for our city and for young people in Methuen who might benefit from their unique educational program," Perry said. "We expect a great partnership between the high school and the city going forward," he added.

The city is currently working with the Sisters of the Presentation of Mary and their representatives to review their proposed plans to subdivide the Searles Estate in order to make the sale of a portion of the property possible.



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Beatles Expert Rod Griffith to Address MCC MILES Spring Opener



Middlesex Community College will feature marketing and Beatles expert Rod Griffith as keynote speaker for the spring Opening Session of Middlesex Institute for Lifelong Education for Seniors (MILES) at 2 p.m. Wednesday, March 18, in the Bedford Campus Center's Café East.

Beatles and 60's enthusiasts – come to Middlesex Community College to hear the inside scoop from an expert and fellow fan Rod Griffith. Middlesex will feature Griffith as keynote speaker for the spring Opening Session of Middlesex Institute for Lifelong Education for Seniors (MILES) at 2 p.m. Wednesday, March 18, in the Bedford Campus Center's Café East, 591 Springs Road.

The event is free and open to the public.

"I'll be providing a lot of interesting insights into the recording of the Beatles' final album together – Abbey Road," Griffith said. "We'll review all of the challenges that the band was facing by the end of 1968 – and how their lives began to diverge into different paths at that time and into 1969."

Griffith will discuss studio techniques and tidbits behind the making of classic songs "Come Together," "Something" and "Here Comes the Sun" among others. As a passionate collector of rare Beatles music and artifacts, Griffith was asked by the Beatles' record label to act as a consultant, which led him to a role at the estate of John Lennon.

"They had an ability to create melodies that are timeless. And they never stayed the same – they always wanted to try new things," he said. They weren't interested in repeating their same success over and over. And the result is an incredible body of work that – quite amazingly – was created in just a seven year period together!

"They have a song for every mood – as I say. So almost anyone can find Beatles songs that are meaningful to them at any given time in their lives."

Griffith spent 10 years in marketing positions at area technology companies before starting his own company 25 years ago – MarketReach in Nashua. Now a resident of Lowell and board member of the

Cultural Organization of Lowell (COOL), he grew up in the Berkshires where he earned money as a teenager dusting off paintings for his elderly neighbor – Norman Rockwell.

MCC's MILES program offers stimulating, interactive daytime seminars and workshops – with no term papers, tests or grades – for active, older adults ages 55+. This Opening Session provides community members an opportunity to learn more about MILES and the courses being offered – and is a good time to meet instructors and peers. Light refreshments will be served.

MILES Spring 2020 Session runs Mondays through Thursdays, March 23 through April 30. Classes meet from 2 to 4 p.m. and are facilitated by individuals with expertise in their field. Workshops and seminars focus on topics such as art, the environment, health, history, literature, movies and technology.

Each MILES course is \$15 – with a maximum of \$95 for the semester if you register for seven or more courses. All MILES participants enjoy free use of the MCC Fitness Center and library.

For the complete schedule of MILES courses, contact Lauren Ellis at 781-280-369 or email ellisl@middlesex.mass.edu. To register for courses, call 1-800-818-3434. Visit www.middlesex.mass.edu/MILES for more information.

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!

Master Piano Classes Offered

The music program at Northern Essex Community College will present two free piano master classes/workshops on the art of piano playing, led by NECC Music Professor Christina Dietrich, on Sunday, March 8 at 6 p.m. and Saturday, April 18, at 6 p.m. in the Hartleb Technology Center on the Haverhill campus, 100 Elliott Street.

The master classes, which are open to pianists of all levels, are designed to provide students with a chance to perform and learn in a cooperative group setting. The session will explore piano performance and preparation techniques and cover a range of solo piano works as well as instrumental and vocal works with piano accompaniment.

Dietrich maintains a longstanding career as a soloist and educator. She has performed on such stages as Symphony

Hall, the Lincoln Center, and Jordan Hall. In addition to her faculty position at Northern Essex, she serves as piano department chair at Indian Hill Music, founder/director of the Chopin Conservatory of Music on the North Shore, and as adjunct professor at Mount Wachusett Community College. She also is the artistic director of the Steinway Society of Massachusetts.

She holds advanced degrees in music from the New England Conservatory of Music and Boston University. She was awarded a Steinway & Sons Top Teacher Award for 2017 and 2018. Most recently, she was designated a Steinway Ambassador for M. Steinert & Sons.

Northern Essex offers an associate degree in general studies: music option and a certificate in music technology.

Youth Writing Workshop

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

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

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

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- Les Brown

HOJA DE DATOS DE SALUD PÚBLICA DE MASSACHUSETTS

Nuevo Coronavirus 2019 (2019-nCoV)

Un nuevo virus, conocido como Nuevo Coronavirus 2019 (2019-nCoV), es un tipo de virus respiratorio detectado por primera vez en Wuhan, Provincia de Hubei, China. Este nuevo virus ha dado lugar a miles de infecciones humanas confirmadas, de las cuales más del 99 por ciento se encuentran en China. Otros países, incluyendo los Estados Unidos, han identificado un número de casos pequeño, pero en aumento, en personas que han viajado a China.

¿Cómo se propaga el Coronavirus?

El Coronavirus es un virus respiratorio y se propaga generalmente a través de las secreciones respiratorias (como las gotitas de tos y estornudos) de una persona infectada a otra persona. La información sobre cómo se propaga este Nuevo Coronavirus es todavía limitada.

¿Cuáles son los síntomas del Nuevo Coronavirus 2019?

Este Coronavirus provoca una infección respiratoria (pulmón). Los síntomas de esta infección son:

- fiebre
- tos
- falta de aire
- en casos severos, neumonía (infección en los pulmones)

Aunque la mayoría de las personas se recuperan de esta infección, algunos casos pueden provocar una enfermedad grave o muerte. Las personas mayores y las que tienen problemas médicos preexistentes parecen tener un mayor riesgo de padecer una enfermedad grave.

¿Cuáles son los tratamientos?

¿Existe alguna vacuna?

No existe un tratamiento antiviral específico para la infección por el Nuevo Coronavirus 2019, más allá de los cuidados paliativos y el alivio de los síntomas. Por el momento no hay una vacuna disponible para proteger a las personas de la infección por el Nuevo Coronavirus 2019.

¿Cómo puedo protegerme?

Aunque el riesgo del Nuevo Coronavirus 2019 para los residentes de Massachusetts es bajo, las mismas precauciones que se aplican a la prevención de los resfriados y la gripe pueden ayudar a protegerse contra otros virus respiratorios.

- Lávese las manos frecuentemente con agua tibia y jabón por lo menos durante 20 segundos.
- Cúbrase la boca al toser y estornudar.
- Permanezca en su casa si está enfermo.

¿Debo usar una mascarilla para estar en lugares públicos?

El riesgo para la salud de los residentes de Massachusetts aún es bajo y en este momento no estamos recomendando que las personas utilicen mascarillas para estar en lugares públicos. Las mascarillas pueden ser útiles en algunos lugares, como por ejemplo la sala de espera de una clínica, para evitar que alguien que tenga una enfermedad respiratoria pueda contagiarla a otras personas. No hay evidencia sólida de que una persona que usa una mascarilla esté protegida fuera de los lugares de cuidados de la salud.

¿Cómo es la prueba en personas por el Nuevo Coronavirus 2019?

Las pruebas para el Nuevo Coronavirus 2019 solo están disponibles a través del Laboratorio de Salud Pública del Estado de Massachusetts y de los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés). Cualquier proveedor de cuidados de la salud que sospeche que una persona está infectada con el Nuevo Coronavirus 2019 debe llamar al Departamento de Salud Pública de Massachusetts para analizar las pruebas al (617) 983-6800.

¿Debería hacerme la prueba por el Nuevo Coronavirus 2019?

Sólo quienes han estado en un lugar donde está ocurriendo el Nuevo Coronavirus 2019 o han tenido contacto cercano con alguien que lo tiene, y están experimentando síntomas similares a los de la gripe, deberían ser examinados.

¿Qué debo hacer si he visitado un lugar en el que está ocurriendo el Nuevo Coronavirus 2019 o si tuve contacto cercano con alguien que lo tiene?

Desde el 3 de febrero de 2020, si ha estado en un lugar en el que está ocurriendo el Nuevo Coronavirus 2019 o si ha tenido contacto cercano con alguien que lo tuvo, es posible que se le pida que evite parcial o totalmente el contacto con otras personas, dependiendo de su probabilidad de exposición. Usted también debería:

- Controlar su salud durante 14 días después de su última posible exposición.
- Estar atento a estos signos y síntomas
 - a. fiebre
 - b. tos
 - c. falta de aire o dificultad para respirar
- Otros síntomas iniciales pueden ser escalofríos, dolores corporales, dolor de garganta, dolor de cabeza, diarrea, náuseas/vómitos y secreción nasal.
- Si usted desarrolla cualquiera de estos síntomas llame a su proveedor de cuidados de la salud.
- Antes de concurrir a su cita médica, asegúrese de informarle a su proveedor de cuidados de la salud sobre su posible exposición al Nuevo Coronavirus 2019.

¿Dónde puedo obtener más información sobre el Nuevo Coronavirus 2019?

Para obtener información actualizada, por favor visite el sitio web del Departamento de Salud Pública (DPH, por sus siglas en inglés) en www.mass.gov/2019coronavirus.

Más información detallada y orientación adicional se encuentra disponible en el Centro de Control de Enfermedades (CDC, por sus siglas en inglés) en <https://www.cdc.gov/coronavirus>.

Para consultas

Póngase en contacto con su médico, su enfermero/a o clínica, o con el Consejo de salud local (aparece en la guía telefónica bajo "local government").

Contáctese con la Oficina de Enfermedades Infecciosas y Ciencias de Laboratorio del DPH al (617) 983-6800.



We are writing to you today with information and guidance regarding infection caused by the new coronavirus, now known as COVID-19, first identified in Wuhan, China in late December 2019.

At this time, Massachusetts has one confirmed case of COVID-19 and the risk to our residents remains low. At the same time, the risk for the influenza virus is very high.

The vast majority of reported cases of COVID-19 are in China. Confirmed cases of this respiratory virus associated with travel from Wuhan are also being reported in a growing number of countries, including the United States. Some person-to-person spread of this virus outside China has been detected but, again, the risk to Massachusetts residents remains low at this time.

We know that outbreaks of new virus infections are always of public health concern. The Massachusetts Department of Public Health (DPH) is working closely with the Centers for Disease Control and Prevention (CDC), other federal agencies, local boards of health, and our clinical partners to share the most up to date information available.

It is important to note that Massachusetts residents are much more likely to become sick with a cold or the flu than to be exposed to COVID-19. Many of the precautions that help prevent colds and the flu can help protect against other respiratory viruses.

Please share this with your school nurse and other school health personnel.

Recommended guidance

As of this writing, it is extremely unlikely that anyone with travel to mainland China within the past 14 days would be at school. As of February 3, 2020, travelers from mainland China are arriving into the U.S. at 11 airports (not including Logan airport in Boston) and are being screened upon entry. Travelers who are ill or who have traveled in the high-risk area of Hubei Province are being quarantined at the point of entry. Travelers from other parts of China without symptoms are being told to stay at home for 14 days from day of arrival.

If students, staff or volunteers do come to the nurse's office with a fever, cough, or difficulty breathing AND have traveled from China in the last 14 days OR are ill with fever, cough, or difficulty breathing AND had recent close contact with a confirmed COVID-19 case or had recent close contact with someone under investigation by public health authorities for COVID-19, these are guidelines to follow:

- Place the individual in a private room, ask

them to wear a face mask and close the door.

- Ask the individual about symptoms of COVID-19 (fever, cough, difficulty breathing).

Other symptoms could include: chills, sore throat, headache, muscle aches, abdominal pain, vomiting, and diarrhea. If you are in the same room as the individual, wear a face mask and stand at least 6 feet away.

- If the individual requires immediate medical care, call 911 for an ambulance, inform EMS of the individual's recent travel to China.

- Call the DPH Epidemiology Line at 617-983-6800 or your local board of health for additional guidance.

The precautions to help prevent colds and the flu can help protect against COVID-19.

DPH recommends that schools continue education about good hygiene. Students, staff, and volunteers should be reminded to:

- Wash your hands often with soap and water for at least 20 seconds, if unable to wash, use alcohol-based hand sanitizers
- Avoid touching your eyes, nose, and mouth
- Cover your coughs or sneezes with a tissue or your sleeve (not with your hands)
- Stay away from people who are sick and stay home when you are sick

Schools should follow their regular cleaning and disinfection program.

- Clean hard surfaces (desks, tables, countertops, sinks). Clean and disinfect frequently touched surfaces (door handles, faucets, railings), bathrooms and health rooms. Use alcohol wipes to clean keyboards.

- Use "EPA-approved" disinfectant to clean high-touch surfaces and patient care areas.

- Clean the surface first to remove all organic matter. Thorough cleaning with soap and water will remove most microorganisms.

- Custodial staff is trained to use disinfectants in a safe and effective manner and to clean up potentially infectious materials and body fluid spills.

For more information

DPH has created a website updated constantly with the latest guidance, including printable fact sheets in multiple languages. Visit: www.mass.gov/2019coronavirus.

For questions, call the DPH Epidemiology Line at 24 hours a day/7 days a week at 617-983-6800.

For more, visit the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Thank you for your help to keep our students and school personnel healthy and safe.

Be
Internet
Awesome.



Día Mundial de la Seguridad en Internet

En el Día de Internet Segura el Programa Sé Genial en Internet se expande con nuevos recursos y entrenamiento gratuito en Boston, Washington DC y otras ciudades para ayudar a las familias latinas a sentirse seguras en el internet

Para ayudar a los padres a enfrentar estas preocupaciones, y para poder dar entrenamiento sobre seguridad en línea al máximo número de personas posibles, Google revela varias alianzas a nivel nacional con organizaciones claves como la Asociación Nacional de Padres y Maestros (PTA por sus siglas en inglés), ConnectSafely, Scholastic y la YMCA. A través de estas alianzas, talleres de trabajo y entrenamientos estarán disponibles para muchas familias en 46 estados incluidos Boston, New York, Chicago y Washington DC.. Más de 400 talleres gratis de seguridad en línea para las familias, ciudadanía y bienestar digital se llevarán a cabo durante la semana del Día de Internet Segura a través de todo el país. Inscríbete en la YMCA y aquí con la PTA Nacional.

“Estamos entusiasmados de aumentar el acceso a nuestro Programa “Sé Genial en Internet” para ayudar a las familias a aprender a navegar en internet juntos de manera segura. Para el “Día de Internet Segura” estaremos lanzando el programa de Sé Genial en Internet en cuatro nuevos países, y también estaremos expandiendo nuestro programa en Latinoamérica para incluir la alfabetización mediática y recursos para los padres tanto en español como

en portugués”, dijo Jessica Covarrubias, Líder del programa de Google Sé Genial en Internet. “Queremos motivar a las familias a que platicuen con sus hijos sobre la tecnología y puedan tener conversaciones amenas y constantes sobre la seguridad en línea tanto en sus hogares como en las aulas”.

También, para ayudar a motivar el aprendizaje de seguridad en línea en el aula, Google se está asociando con DonorsChoose.org para alentar a más de 3,500 aulas a enseñar a los niños sobre seguridad en línea con un Programa de Recompensas de Sé Genial en Internet para las aulas. También se está asociando con Scholastic para llegar a 2 millones de familias con los consejos de Seguridad en Línea de Sé Genial en Internet y recursos por medio de su distribución tanto física como digitalmente.

Una encuesta nacional sobre las preocupaciones de los padres cuando se refiere al bienestar y seguridad digital de la familia ha revelado lo siguiente:

- La mayoría de los padres no se sienten cómodos hablando con sus familias acerca de la seguridad en línea.
 - o Sólo 4 de cada 10 padres sienten la confianza suficiente para hablar con sus familias sobre la seguridad en línea.
 - o El 75% de los padres hispanos en los Estados Unidos han pasado menos de 4 horas en todo el año hablando con sus hijos acerca de la seguridad en línea.
 - o Más del 50% de los padres jamás han recibido entrenamiento sobre seguridad en

línea. (Hispanos en Estados Unidos – 45% de los padres)

- Los padres piensan que los entrenamientos sobre la seguridad en línea deben llevarse a cabo en el hogar Y ADEMÁS en el aula.

- o 8 de cada 10 padres hispanos piensan que sus hijos deberían de aprender sobre seguridad en línea TANTO en el hogar COMO en el aula.

- De las mayores preocupaciones que los padres tienen respecto a la seguridad en línea se encuentran las siguientes:

- o Contenido inapropiado – 38% de los padres (Hispanos en Estados Unidos – 41% de los padres)

- o Comunicación responsable en línea – 20% de los padres (Hispanos en Estados

Unidos – 20% de los padres)

- o Acoso cibernético - 15% de los padres (Hispanos en Estados Unidos – 18% de los padres)

- Dentro de los mayores desafíos que tienen los padres para asegurarse que sus hijos tengan un estilo de vida digital saludable se encuentran:

- o Los contenidos que yo no apruebo o no quiero que vean/usen – 28%.

- o (Hispanos en Estados Unidos – 29% de los padres)

- o Imponer límites de tiempo del uso de la pantalla – 25% (Hispanos en Estados Unidos – 25 % de los padres)

- o Dar un buen ejemplo a mis hijos sobre el tiempo de uso de la pantalla – 21% (Hispanos en Estados Unidos – 22% de los padres)

International Day of Security on Internet

Google is unveiling several nationwide partnerships with key organizations like The National PTA, ConnectSafely, Scholastic and YMCA. Through all these partnerships, workshops and trainings will be available for families across 46 states. More than 400 free family online safety, citizenship, and digital wellbeing workshops will take place during the week of Safer Internet Day across the country. Register for a workshop with the YMCA and here with the National PTA.

To help inspire learning about online safety in the classroom, Google is partnering with DonorsChoose.org to encourage over 3,500 classrooms to teach kids about online safety with a Be Internet Awesome Classrooms Rewards Program, and partnering with Scholastic to reach 2 million families with Be Internet Awesome online safety tips and resources through physical and digital distribution.

Google is also expanding the global footprint of their Be Internet Awesome program to a total of 24 countries, by launching in Spain, Netherlands, Africa, and Indonesia, and kicking off adding Media Literacy to its existing Be Internet Awesome programs across LATAM in ES and BR, so that reaches kids across the globe.

Google is releasing a nationwide survey that reveals parent’s concerns when it comes to their family’s digital wellbeing and digital safety. Key findings include:

- The majority of parents don’t feel comfortable talking to their kids about

online safety.

- o Only 4 in 10 parents feel confident enough to talk to their family about online safety.

- o 75% of US Hispanic parents have spent less than 4 hours a year talking to their kids about online safety.

- o Over 50% of parents have never received online safety training.

- Parents believe online safety training should happen at home AND in the classroom.

- o 8 in 10 US Hispanic parents believe kids should learn about online safety BOTH at home and in the classroom.

- The top online safety concerns amongst parents are:

- o Inappropriate Content - 38% of parents (US Hispanic - 41% of parents)

- o Communicating responsibly online - 20% of parents (US Hispanic - 20% of parents)

- o Cyberbullying - 15% of parents (US Hispanic - 18% of parents)

- Parents’ biggest challenge to ensuring their child has a healthy digital lifestyle:

- o Content I don’t approve of or don’t want them watching/using - 28%

- o Enforcing screen time limits - 25%

- o Setting a good example for my kids with screen time - 21%

Funcionarios de salud pública confirman la quinta muerte por una lesión pulmonar asociada a vapeo

El Departamento de Salud Pública de Massachusetts (DPH) anunció que una quinta persona murió por una lesión pulmonar asociada a vapeo. El paciente, un hombre de unos 40 años del condado de Suffolk, informó sobre el vaporizador de tetrahidrocannabinol (THC), un ingrediente que se encuentra en la marihuana. El caso se encuentra entre los 46 casos confirmados de cigarrillo electrónico o lesión pulmonar asociada a vapeo (EVALI) que DPH ha informado a los Centros para el Control y la Prevención de Enfermedades (CDC) de EE. UU. Desde el 11 de septiembre de 2019, cuando el estado comenzó a exigir a los médicos que Informe cualquier lesión pulmonar inexplicable en un paciente al departamento.

Desde que el estado comenzó a ordenar el informe, se han identificado 127 casos de EVALI, con 46 casos confirmados y 81

casos probables reportados a los CDC.

“Mis condolencias están con la familia de este paciente que murió por una lesión pulmonar asociada con el vapeo”, dijo la comisionada de Salud Pública, Monica Bharel, MD, MPH. “Esta tragedia nos recuerda los peligros del vapeo y las razones por las que fortalecimos nuestras leyes con respecto a los productos de vapeo”.

En enero, DPH informó la muerte de un hombre de unos 70 años del condado de Middlesex que informó de vapear THC. En noviembre, DPH informó sobre la muerte de un hombre de unos 50 años del condado de Worcester que informó de vapeo de nicotina y THC. En octubre, el estado informó sobre las muertes por lesiones pulmonares asociadas con el vapeo de una mujer de unos 40 años del condado de Middlesex y una mujer de 60 años del condado de Hampshire, quienes fumaron nicotina.

State public health officials confirm fifth death from a vaping-associated lung injury

The Massachusetts Department of Public Health (DPH) has announced a fifth person has died of a vaping-associated lung injury. The patient, a man in his 40s from Suffolk County, reported vaping tetrahidrocannabinol (THC), an ingredient found in marijuana. The case is among the 46 confirmed cases of e-cigarette or vaping-associated lung injury (EVALI) that DPH has reported to the US Centers for Disease Control and Prevention (CDC) since September 11, 2019, when the state began requiring clinicians to report any unexplained lung injury in a patient to the department.

Since the state began mandating the report, 127 cases of EVALI have been identified, with 46 confirmed cases and 81 probable cases reported to the CDC.

“My condolences go out to the family of this patient who has died from a vaping-associated lung injury,” said Public Health Commissioner Monica Bharel, MD, MPH. “This tragedy reminds us of the dangers of vaping and the reasons we strengthened our laws regarding vaping products.”

In January, DPH reported the death of a man in his 70s from Middlesex County who reported vaping THC. In November, DPH reported the death of a man in his 50s from Worcester County who reported vaping both nicotine and THC. In October, the state reported the vaping-associated lung injury deaths of a woman in her 40s from Middlesex County and a woman in her 60s from Hampshire County, both of whom vaped nicotine.

Austin Prep Welcomes Return of Career Day to Campus

Austin Prep welcomed the return of Career Day to campus. Forty-three alumni shared their professional experiences with students through panel discussions organized by profession, and a career fair including a resume-building help station.

Headmaster James Hickey, Ph.D. addressed students before they broke-off into panel discussion groups. "Take advantage of this opportunity to interact and ask questions of our alumni. Have conversations not only with our alumni, but with each other." Hickey said. "Some things can't be learned from books alone."

Jennifer Hodgdon, Director of Alumni Relations and Giving, shared a quote from St. Augustine with the students, "In your 'today' you will make all that is to exist tomorrow and thereafter, and in your 'today' you have made all that existed yesterday and for ever before." Hodgdon stated that each of the journeys our alumni have taken beyond Austin Prep has been unique. She encouraged the students to be "present by listening to our speakers with open minds; and to ask meaningful, engaging questions. Career Day is your 'today.' It is your time to

begin building on your future and preparing for your own journey as alumni."

Students had the opportunity to attend two panel discussion sessions, broadly covering the following professions: Athletics, Broadcasting, Business Management/Finance, Career Services, Education, Engineering, Government, Health & Wellness/Science, Journalism/Writing/Communications, Law & Order, Performing Arts/Entertainment. Austin Prep Faculty served as moderator for these discussions.

"It was great to be back on campus and interact with students. I was very impressed with how engaged they were and how they came prepared with great questions." Alum Stephen Boghos said. "(I am) very happy I was able to participate."

Following Career Day, students have engaged with alumni to further their discussions, including one alum who has hired a current student to work in her business. Another student will be interning with an alum this summer at a Boston news station, and a third student is exploring opportunities in journalism with the help of an alum.



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BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR

RUMBO

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

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

Should we worry about COVID-19?

Everywhere we turn coronavirus is in the news alarming the public. Cases are increasing in the United States and some publications advise how to prevent it.

NBC news said in part, that business leaders should start considering which employees could work from home. Perhaps the time will come, and other experts said, to observe religious practices and ceremonies at home, rather than attend larger community gatherings at places of worship. And families should start asking themselves how they would handle a week or two at home, without traveling even short distances for food, medicine or entertainment.

To me, that sounds alarming but considering the risk, it's good advice. If you plan of getting a mask, don't bother. There are none at any drugstore or chain store and a vaccine will take over one year to be perfected for human dispensation.

Meanwhile, the only acknowledgment we've heard from our city officials is that Lawrence is at a low risk. Even though, there is nothing wrong with preparing for the worst.

Nancy Messonnier, director of CDC's National Center for Immunization and Respiratory Diseases indicated that parents/guardians of students should ask their children's schools about plans for closures associated with a possibility of coronavirus spreading to our community. She warned that it expects the coronavirus that has sparked outbreaks around the world to begin

spreading at a community level in the United States, as a top official said that disruptions to daily life could be severe.

Is there a plan or do parents/guardians take the initiative to not send a student to school on the onset of knowing of the first case that occurs in Lawrence?

There is a very informative article from the Center for Disease Control on page 13 with information about prevention that I recommend you read.

It's all who you know

Let me tell you another story of manipulation in Lawrence.

Last summer, MassHire posted a position for assistant director and I immediately wondered who the lucky friend of Mayor Danny picked for that was. The requirement was a bachelor's degree and the salary in the \$60s. Apparently, there were so many well-qualified individuals that they opted for canceling the search with the excuse of "not having the funding."

I was disappointed because there had to be something else behind and sure enough by November, a new position was created. The Outreach Coordinator also had the bachelor's requirement and a salary in the mid \$50s. There were a few applicants interviewed and guess who was picked? Wendy Luzón! The flunkie high school graduate who lied in the past about having a college degree.

The position was created for her and the assistant director job is still empty. I bet she'll be promoted soon.

Also, the Lawrence City Council advised the mayor against transferring

Lourdes Alvarado, the bilingual elections coordinator to the Water Department until after the upcoming elections.

Yes, she got a promotion and a secure job with protection from the SEIU.

Back in January, the mayor concocted the plan of the transfer and posted the position in the Elections Department on January 27th. This created a huge problem for City Clerk Bill Maloney because the city is under a mandate from the Secretary of State to have a minimum of four employees in the Elections Department.

Fortunately, the City Council stopped the move until after the March 3 elections.

Deserving honors?

A group in Lynnfield will be recognizing Lina Montesino as Inspirational Woman 2020 in the category Outstanding Politician.

I am confused because Celina Reyes has been a city councilor for two months and so far has done nothing to deserve any recognition. Keep in mind that is her alias Lina Montesino who is being congratulated and I have no idea what she has done to earn it.

Speaking of Celina, there's a controversy going on regarding 27 gas tanks found on the Spiket River, near Greater Lawrence Family Health Center.



This is one of the original pictures taken by Nelson Silvestre which was sent to Councilor Ana Levy.

Nelson Silvestre sent Councilor at-Large Ana Levy a few pictures of the tanks and she contacted Mike Armano, director of Inspectional Services. She then went to the site with inspector Horacio Rodriguez.

From there, the Fire Department took action removing them for being potentially dangerous. The pictures seen on Facebook were taken by the Fire Department and sent to all city councilors and Celina took credit for notifying DPW.

Showcase, Pitch Contests, and More!

EforAll Lowell-Lawrence is excited to continue a new year of entrepreneurship with great upcoming events, including our All Ideas Pitch Contest in Lawrence and 2020 Winter Accelerator Showcase and Celebration.

In April we'll host a Main Street Pitch Contest in partnership with Middlesex Community College in Lowell, and we are currently accepting applications for our Summer Accelerator!

Showcase & Celebration

Join us as we celebrate our amazing entrepreneurs to the Lowell and Lawrence communities on March 19th!

This is an opportunity to experience the businesses of the 2020 Winter Accelerator cohort. We're celebrating their accomplishments throughout the first 12 weeks of the Accelerator, and giving out \$10,000 in cash prizes! You will have the chance to network, interact with the entrepreneurs, and listen to inspirational speakers. Hope you can join us!

Upcoming Pitch Contests

We have two upcoming pitch contests that will showcase innovative ideas from all across the Merrimack Valley. Join us on February 20th, 2020 at Lawrence CommunityWorks and again on April 14th, 2020 at Middlesex Community College for fast-paced, fun community events that help early-stage entrepreneurs gain valuable exposure and feedback on a business idea.

It's a great opportunity to network, validate a business idea, and compete to win a cash prize. It is free for entrepreneurs to apply and free for all to attend!

Contact abigail@eforall.org to learn more and visit our website to apply or attend!

Become Part of the 2020 Summer Accelerator!

We are currently accepting applications for our 2020 Summer Accelerator Program, a free, one-year program offered twice a year. This program offers a unique combination of immersive business training, mentorship and access to a professional network. Anyone with a dream to start or grow a business is encouraged to apply!



"No nos hacemos periodistas para ser popular. Es nuestro trabajo investigar la verdad y poner presión constante en nuestros líderes hasta obtener las respuestas."

"We don't go into journalism to be popular. It is our job to seek the truth and put constant pressure on our leaders until we get answers."

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

- Ralph Waldo Emerson

— Helen Thomas

Student Cellist Excels With MCC's Dual Enrollment Program

When Nathaniel Abreu first started playing cello at 5 years old, the standard-size instrument was bigger than he was – thankfully they had smaller sizes available for children.

Born to a family of musicians, Abreu began by playing a violin like his sister Marisol, but he didn't care for the high sounds. Instead, he selected the deeper sounding cello.

"Not too much thought goes into it when you're that little, but the idea is that the sound speaks to you – and it still does," he said.

Abreu's dedication to his art – he needs to practice a lot – meant the average high school schedule wasn't a fit for him. His parents made the decision to take him out of the Somerville school system to home-school him.

The family turned to Middlesex Community College for their Dual Enrollment Program. Even though he is on the younger side, Abreu said Middlesex exposes him to the college learning environment – and his age doesn't matter.

"Everyone comes from different walks of life. It's not unusual to have either a high school student or someone in their fifties – it makes no difference, you're just here to learn," he said.

Middlesex's flexibility, affordability and customizable scheduling was ideal. Abreu says MCC is accommodating, well-managed and a supportive community. He quotes his mom in saying, "when you call, someone will answer the phone."

The ability to earn his associate's degree along with his diploma also appealed to him. Abreu had enough credits to graduate from high school early, but he continued at MCC to finish his associate's – something that will help him at a college or conservatory as many of the institutions will accept his time at Middlesex as two years of college.

As a Commonwealth Honors student majoring in Liberal Arts & Sciences, Abreu has enjoyed all of his courses and listed off a number of non-music classes as some of his favorites.

"It's much more difficult to find something I didn't like," he said.

Some standouts include an Honors Seminar on Latin American History & Literature with Professor Alejandro Raya, English with Professor Stephanie Pesce, and Anthropology with Professor Binnur Ercem.

Ercem's class left such an impression on him, Abreu recommended it to his sister – a former MCC Dual Enrollment student now at Brandeis – which inspired her to change majors. It was a nice experience to share classes and much of his time at MCC with his sister. While she spent her last two years of high school at Middlesex, Abreu came for his entire high school career.

Abreu also credits his relationships with Performing Arts Professors Carmen Rodriguez-Peralta and Orlando

Cela for opening up many opportunities for him.

"The music department here is really dedicated. I'm just so glad that a place like MCC – that thrives in all sorts of different fields – values the arts," he said.

Rodriguez-Peralta has invited Abreu to perform at college fundraising events and student recitals outside of class. Abreu has performed with Cela, including at a recent concert with the Lowell Chamber Orchestra at MCC's Academic Arts Center.

Beyond the cello, Abreu takes piano with Rodriguez-Peralta and conducted a small orchestra at Berklee College of Music with his classmates as part of Cela's course.

"It's fun to learn new instruments and challenging because you're not used to starting from the beginning after years of going deeper into studies of one particular instrument. It's a new feeling that is very helpful for growth," Abreu said.

Abreu welcomes a challenge. For auditions, he is working on a piece that was once believed to be "unplayable" – Russian composer Prokofiev's Cello Concerto.

"It's challenging, but a great piece of music, so it's rewarding to work very hard on it and be able to understand it more deeply," Abreu said.

He compares his selection of music to that of food preference – it depends on his mood. The amount of practice he does depends on the time of year – he'd guess between five to six hours a day – but he doesn't count the hours so much as finishes what he needs to do at the time.

In the summer, Abreu often plays at festivals, including at the Koussevitzky Music Shed at Tanglewood in 2016 and as part of the Yellow Barn Young Artists Program – a chamber music festival. Abreu smiled when he said that in the barn, "the cello sounds very nice."

This year, Abreu was awarded an Honorable Mention for the YoungArts Foundation, which connects him to the program's many alumni. In the spring, he's looking forward to hearing from colleges and summer festivals.

Middlesex is just the starting point to Abreu achieving his dreams.

"I hope to be a performing musician," he said. "It would definitely be a classical music position, but I'm not sure the specifics of that – whether it be orchestra or chamber – that's what I hope to find out in college. Just make a living as a musician and do what I love to do and find my way."

MCC offers several Dual Enrollment workshops, including 5 to 6:30 p.m. on Wednesday, March 11 at the Lowell Campus, Federal Building, Assembly Room or 5 to 6:30 p.m. on Thursday, March 19 at the Bedford Campus Center, Café East. Visit www.middlesex.mass.edu/dualenroll/ for all



Nathaniel Abreu is a Dual Enrollment student at Middlesex Community College. He has been playing cello since he was 5 years old and attends MCC for the flexibility of a college schedule so he can dedicate much of his time to practicing.

workshop availabilities and to learn more about the Dual Enrollment program.

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!

Andover Musician Holding Alzheimer's Benefit Concert in Honor of Her Grandfather

"A Night on the Edge – March 21 – Will Raise Funds for Programs and Services to Help Families Impacted by Alzheimer's Disease

On Saturday, March 21, Andover's own Michelle Canning Band will host an Alzheimer's benefit concert in honor of her grandfather. "A Night on the Edge!" will raise funds for the Alzheimer's Foundation of America (AFA) to support programs and services for families impacted by Alzheimer's disease. The concert will take place at 7:00 p.m. at Chelmsford Elks Hall, located at 300 Littleton Road in Chelmsford, MA. Tickets cost \$20 for adults and \$10 for children 12 and under.

The cause hits home for Ms. Canning as her grandfather, Ken Canning, Sr., had Alzheimer's disease and passed away at the age of 82 from the illness. People attending the benefit are invited to share photos of their loved ones who are living with, or have passed from, Alzheimer's. Those photos will be displayed on a screen behind the stage during the performance of the song she co-wrote in his honor, "It'll Take Him Away."

"As a young girl, it was very difficult to watch my grandfather go through Alzheimer's disease," shared Canning. "With 'A Night on the Edge!' I have the opportunity to not only honor my grandfather, but to help people like him and families like mine get through this difficult time in their lives. I am honored to be able to support the important work of the Alzheimer's Foundation of America."

"We are thankful to Michelle and her band for continuing to support our efforts to help individuals living with Alzheimer's disease and their caregivers," said Charles J. Fuschillo, Jr., AFA's president and chief executive officer. "This is a great

opportunity to bring awareness to the disease and the efforts being made to provide resources and services to families affected by the disease, and to find a cure."

This is the ninth year that the band has been hosting the concert for Alzheimer's disease. To date, the annual benefit has raised more than \$34,000 for AFA. The proceeds raised by the event help fund AFA programs and services nationwide, which include a National Toll-Free Helpline, the National Memory Screening Program, educational programs, caregiver support groups, and professional training programs.

Currently, approximately 130,000 people in Massachusetts are living with Alzheimer's disease.

For more information or to purchase advance tickets, please visit www.michellecanning.net. To make a donation to AFA, visit www.alzfdn.org/donate.

The Alzheimer's Foundation of America is a non-profit organization whose mission is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide, and fund research for better treatment and a cure. Its services include a National Toll-Free Helpline (866-232-8484) staffed by licensed social workers, the National Memory Screening Program, educational conferences and materials, and "AFA Partners in Care" dementia care training for healthcare professionals. For more information about AFA, call 866-232-8484, visit www.alzfdn.org, follow us on Twitter, or connect with us on Facebook or LinkedIn.

Jose Bugzy Martinez (Coach)
Daisy Martinez (owner)





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Ley integral de "MassMakers" para pequeñas empresas

La Senadora Estatal Diana DiZoglio (D-Methuen), quien se desempeña como presidenta del Senado del Comité Conjunto de Desarrollo Comunitario y Pequeñas Empresas de la legislatura, organizará una conferencia de prensa en la Cámara de Representantes el lunes 24 de febrero mientras presenta su nuevo proyecto de ley, el Senado Docket 2812 Una ley para apoyar a los MassMakers. DiZoglio se unirá en el podio por el senador Jason Lewis (D-Winchester), Jon Hurst, presidente de la Asociación de minoristas de Massachusetts (RAM) y otros.

Esta legislación integral tiene como objetivo ayudar a las pequeñas empresas reconociendo sus desafíos únicos y brindando herramientas para ayudarlas a tener éxito. Entre los temas abordados se encuentra el establecimiento de una Oficina de Calles Principales de Massachusetts, un portal web de MassMakers para ayudar a las nuevas y nuevas empresas, microempresas y el empoderamiento de la Oficina de Diversidad de Proveedores de nuestro estado.

La introducción de la Ley MassMakers se produce inmediatamente después de



las giras de escucha que DiZoglio ha organizado en el transcurso de esta sesión para escuchar las preocupaciones de nuestra comunidad de pequeñas empresas aquí en Massachusetts.

"Nuestras pequeñas empresas son los motores económicos de nuestras comunidades y esenciales para la creación de empleo y el crecimiento", dijo DiZoglio. "La Ley MassMakers es una legislación de amplio alcance que fortalecerá la vitalidad, la prosperidad y la diversidad de estas empresas en Massachusetts, que representan no solo la columna vertebral de nuestra economía sino también el corazón".

El evento está abierto al público.

DiZoglio to Unveil Comprehensive Small Business "MassMakers" Bill

State Senator Diana DiZoglio (D-Methuen), who serves as Senate chair of the legislature's Joint Committee on Community Development and Small Business, will host a State House press conference on Monday, February 24 as she unveils her new bill, Senate Docket 2812, An Act to support MassMakers. DiZoglio will be joined at the podium by Senator Jason Lewis (D-Winchester), Jon Hurst, president of the Retailers Association of Massachusetts (RAM), and others.

This comprehensive legislation aims to assist small businesses by recognizing their unique challenges and providing tools to help them succeed. Among topics addressed will be the establishment of a Massachusetts Main Streets Office, a

MassMakers web portal to assist aspiring start-ups and scale-ups, micro-businesses, and the empowerment of our state's Supplier Diversity Office.

The introduction of the MassMakers Act comes on the heels of listening tours that DiZoglio has hosted over course of this session to hear the concerns of our small business community here in Massachusetts.

"Our small businesses are the economic engines of our communities and essential to job creation and growth," said DiZoglio. "The MassMakers Act is wide-ranging legislation that will strengthen the vitality, prosperity and diversity of these businesses in Massachusetts, which represent not just the backbone of our economy but also the heart."

The event is open to the public.

www.rumbonews.com

SCORE
Counselors to America's Small Business

CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

**¿Comenzando un Negocio? ¿Comprando un Negocio?
¿Haciendo Crecer su Negocio?**

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

ALERTA DE ESTAFA: las estafas de Robocall se vuelven políticas

Por Better Business Bureau

Entre los anuncios políticos y la cobertura de noticias, las elecciones presidenciales de 2020 son imposibles de ignorar. Pero los votantes no son los únicos que prestan atención. De acuerdo con informes recientes de BBB Scam Tracker, los estafadores están utilizando llamadas falsas de recaudación de fondos políticos para engañar a los estadounidenses para que "donen" a un candidato favorito.

Cómo funciona la estafa

Recibe una llamada automática y contesta el teléfono. Es una voz grabada, tal vez incluso una que suena como uno de los candidatos presidenciales. Según la grabación, los rivales han estado recaudando mucho dinero. Para ver a su candidato favorito elegido, debe donar... inmediatamente.

Si ofrece dar, será transferido a una persona en vivo y le pedirá la información de su tarjeta de crédito. Pero su dinero no irá a apoyar la causa política. En cambio, la persona que llama por teléfono falsificará su dinero y/o información personal que puede ser utilizada para el robo de identidad. A medida que se calienta la campaña electoral de 2020, esté atento a más versiones de esta estafa.

Cómo evitar las estafas de Robocall

- Filtrar sus llamadas telefónicas. Si recibe una llamada de un número que no reconoce, no responda. Incluso si el número le resulta familiar, tenga cuidado. Verifique el número en Whitepages.com (un negocio acreditado por BBB) para ver si se ha marcado con una alerta de fraude.

- No responda a llamadas automáticas no solicitadas. Si recibe una llamada automática no solicitada que parece provenir



de un negocio legítimo, tenga cuidado. Los estafadores pueden falsificar el identificador de llamadas, y las empresas solo pueden llamarlo por robocall con su permiso por escrito. Si alguien lo llama de la nada, lo más probable es que sea una estafa. La mejor práctica es colgar el teléfono sin interactuar con la llamada. No "presione 1 para ser eliminado de nuestra lista"; eso solo confirma al estafador que su número es bueno.

- Regístrese en el Registro de No Llamar. Este paso no evitará que los estafadores lo llamen, pero reducirá la cantidad de llamadas de marketing legítimas que reciba, lo que facilitará la identificación de las fraudulentas. Si vive en los Estados Unidos, llame al 888-382-1222 ó regístrese en línea en Donotcall.gov. Si vive en Canadá, visite la Lista Nacional de No Llamar.

Para obtener más información sobre cómo evitar las estafas de llamadas automáticas, lea BBB.org/RoboCall. Si ha sido víctima de una estafa de robocall, repórtelo en BBB.org/ULLTracker. Al hacerlo, puede ayudar a otros a protegerse de caer en estafas similares. Obtenga más información sobre estafas en BBB.org/ULLTips y sepa cómo evitarlas en BBB.org/AvoidScams.

SCAM ALERT: Robocall Scams Get Political

By Better Business Bureau

Between the political ads and the news coverage, the 2020 presidential election is impossible to ignore. But voters aren't the only ones paying attention. According to recent BBB Scam Tracker reports, scammers are using phony political fundraising calls to trick Americans into "donating" to a favorite candidate.

How the Scam Works

You receive a robocall and answer the phone. It's a recorded voice – perhaps even one that sounds just like one of the presidential candidates. According to the recording, rivals have been raising a lot of money. In order to see your favorite candidate elected, you need to donate... immediately.

If you offer to give, you'll be transferred to a live person and asked for your credit card information. But your money won't go to support the political cause. Instead, the phony caller will make off with your money and/or personal information that can be used for identity theft. As the 2020 election campaign heats up, be on the lookout for more versions of this con.

How to Avoid Robocall Scams

- Screen your calls. If a call comes in from a number you don't recognize, don't answer. Even if the number looks familiar, be wary. Check the number on [Whitepages](http://Whitepages.com).

com (a BBB Accredited Business) to see if it's been flagged with a fraud alert.

- Don't respond to unsolicited robocalls. If you receive an unsolicited robocall that seems to come from a legitimate business, be cautious. Scammers can fake caller ID, and businesses are only allowed to call you via robocall with your written permission. If someone is calling you out of the blue, it's most likely a scam. Best practice is to hang up the phone without interacting with the call. Don't "press 1 to be removed from our list;" that just confirms to the scammer that your number is good.

- Register with the Do Not Call Registry. This step won't prevent scammers from calling you, but it will reduce the number of legitimate marketing calls you receive, which will make it easier to identify the fraudulent ones. If you live in the United States, call 888-382-1222 or register online at Donotcall.gov. If you live in Canada, visit the National Do Not Call List.

To learn more about how to avoid robocall scams, read BBB.org/RoboCall. If you've been the victim of a robocall scam, report it on the BBB.org/ScamTracker. By doing so, you can help others protect themselves from falling prey to similar scams. Learn more about scams at BBB.org/ScamTips and learn how to avoid them at BBB.org/AvoidScams.

24th Annual Winning Opportunities for Women Conference Announces Five Featured Speakers

Join the Greater Haverhill Chamber of Commerce, five extraordinary speakers, and more than 300 guests for a day of defining moments, connection and personal empowerment.

The Greater Haverhill Chamber of Commerce's Winning Opportunities for Women (WOW) Committee is excited to announce the theme and five guest speakers for the 2020 WOW Conference. The 24th annual event takes place on Friday, March 27, 2020 from 8:00 am until 3:00 pm at the Blue Ocean Music Hall in Salisbury, Massachusetts. This year's "The Time is Now" theme aims to highlight how our speakers overcame personal and professional obstacles to achieve success. The speakers will discuss their strategies and tactics for success and how resilience is the catalyst for accomplishment.

The featured guest speakers include:

- Christa Brown, Founder and Director, The Free Soil Arts Collective; Marketing Manager, EforAll
- State Senator Diana DiZoglio
- Amy Latimer, President of the TD Garden
- Shirley Leung, Columnist and Associate Editor, Boston Globe
- Taniya Nayak, Owner, Taniya Nayak Design; design expert, HGTV and the Food Network. A UMass Lowell grad, Nayak will be interviewed by UMass Lowell Chancellor Jackie Moloney

Events sponsors include Haverhill Medical Offices of Anna Jaques Hospital, Northern Essex Community College, UMass Lowell, Lowell Five, Pentucket Bank, Trinity EMS, Align Credit Union, Haverhill Bank, Merrimack Valley Magazine, Jaffarian Volvo Toyota and Nunan's Florist & Greenhouses. Additional activities include: numerous opportunities to visit our private shopping experience; networking; learn about local businesses that support women's in business; and a delicious dessert from The Little Sugar Shop and coffee station. The WOW Committee is currently seeking vendors, sponsors, swag bag gifts, and raffle items.

Further details about the conference include:



Shirley Leung, Columnist and Associate Editor, Boston Globe



State Senator Diana DiZoglio



Amy Latimer, President of the TD Garden

- Register as a conference attendee: Early bird pricing of \$89 per person (tables of 5 for \$425) ends on March 1, 2020. Ticket price includes: Conference, Continental Breakfast, Lunch, and Private Shopping Experience. Seating is limited.
- Sponsor the WOW Conference: numerous opportunities available.
- Sell or promote your services as a vendor: space and vendor type is limited.
- Donate a raffle item or gift bag promotion: space is limited.
- Access all of the above services on the conference page at: <http://haverhillchamber.com/annual-events>

For more information, contact Melissa Seavey, Greater Haverhill Chamber of Commerce, melissa@haverhillchamber.com or 978 241-2971

Winning Opportunities for Women (WOW) was started by the Greater Haverhill Chamber of Commerce in 1996 to provide local women in business a forum to support one another, exchange business tips and other information to promote the growth of women in the business community. Call the Chamber office at (978) 373-5663 and ask for Melissa for additional information.

The Chamber of Commerce is a private, non-profit business organization composed of nearly 500 area businesses, and we are growing by the day. Whether you are a long-time business owner, have just moved to this locale, or are contemplating relocation, we hope you find this website informative and useful. We are very proud of the communities, which fall into our service area as we continue to offer "small town" advantage in combination with the most current resources, products and services for success. Call the Chamber offices at (978) 373-5663 for additional information or if the Greater Haverhill Chamber of Commerce can be of service to you.



Christa Brown, Founder and Director, The Free Soil Arts Collective; Marketing Manager, EforAll



Taniya Nayak, Owner, Taniya Nayak Design; design expert, HGTV and the Food Network. A UMass Lowell grad, Nayak will be interviewed by UMass Lowell Chancellor Jackie Moloney

"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

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- 2- BAJO LLUVIA
- 3- CULPABLE
- 4- EL MARRON
- 5- TE OLVIDE
- 6- DONDE ESTA
- 7- HAY AMORES QUE
- 8- NECESITO MIRARTE
- 9- TENGO MIEDO DE PERDERTE
- 10- HOY VIVO ESPERANDO
- 11- NOT MY PROBLEM
- 12- TE RECORDARE

CONTACTO:
USA 1-603-943-2253 Oro Molide Production
1-978-419-3396 Carlos Carlos

BMI sigüeme @JAPONERO

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MCC to Host “Whose Line is it Anyway?” Comedians at Spring Fundraiser

Join Middlesex Community College for an interactive night of laugh-out-loud hijinks and quick-thinking humor – all for a good cause! The Middlesex Community College Foundation will welcome “Whose Line is it Anyway?” comedians Colin Mochrie and Brad Sherwood at 8 p.m. on Friday, May 29 at the Lowell Memorial Auditorium for a performance of their two-man improv show, “Scared Scriptless.”

Proceeds from “Scared Scriptless” support scholarships for Middlesex students. Since 2004, the MCC Foundation has awarded 140 student scholarships, totaling \$343,500.

“The student experience is our number one priority,” said Sherri McCormack, MCC’s Dean of Advancement. “Our ‘Scared Scriptless’ event seeks to raise funds to support student scholarships providing educational opportunities that would otherwise be unavailable. We hope you will join us!”

Tickets to “Scared Scriptless” are \$39 to \$69 and are on sale at www.lowellauditorium.com or by calling 1-800-514-3849.

Presenting Sponsor of “Scared Scriptless” is The TJX Companies, Inc., which for 22 years in a row has been presenting sponsor of MCCF scholarship-fundraising events.

“We are thrilled to partner with Spectacle Management and the team at the Lowell Memorial Auditorium once again for our spring fundraiser,” said Judy Burke, MCC’s Executive Director of Institutional Advancement. “We are grateful to our Presenting Sponsor TJX for continuing this journey with us for 22 years! This



The MCC Foundation will welcome “Whose Line is it Anyway?” comedians Colin Mochrie and Brad Sherwood at 8 p.m. on Friday, May 29 at the Lowell Memorial Auditorium for a performance of their two-man improv show, “Scared Scriptless.”

year’s event with Colin Mochrie and Brad Sherwood will delight our donor partners and the community.”

Sponsorship opportunities – which include a private dinner reception before the concert – are available at a variety of donation levels. For information about “Scared Scriptless” sponsorships, please visit www.middlesex.mass.edu/foundation/events/scriptless or contact Sherri McCormack at 978-656-3034.

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!

Freedom Trail® Revolutionary Women Tour Steps Off for Women’s History Month

Freedom Trail® Foundation announces the return of the newest tour experience, Revolutionary Women Tours throughout Women’s History Month in March! Discover the indomitable women who took part in the American Revolution, and the generations of women that followed, inaugurating their own struggles for freedom and equality.

New Freedom Trail Revolutionary Women Tours invite people of all ages to walk the Freedom Trail and explore four centuries of Revolutionary women who changed history. These 90-minute tours features tales of the early religious rebellions of Anne Hutchinson and Mary Dyer, patriotic actions of Abigail Adams and Mercy Otis Warren, abolitionist movements of Harriet Beecher Stowe and Harriet Tubman, prolific writings of authors

Phillis Wheatley and Louisa May Alcott, and landmark speeches of Margaret Sanger and Susan B. Anthony, while visiting the places where women’s voices were heard,

works published, and were laid to rest.

Revolutionary Women Tours depart from the Boston Common Visitor Information Center on Saturdays and Sundays in March at 12:45 p.m., with the first tour of the season departing on Sunday, March 1. Led by 18th-century costumed guides, Freedom Trail Foundation’s walking tours are \$14 for adults, \$12 for seniors/students, and \$8 for children, and include a \$1 donation to the Freedom Trail Foundation’s Preservation Fund. Tickets may be purchased at the Boston Common Visitor Information Center and online at TheFreedomTrail.org – tickets are discounted when purchased online. All walking tours and specialty tours are available as private tours year-round by appointment and are perfect for families, company outings, corporate activities and team building, tourist groups, and more. For additional information, please visit TheFreedomTrail.org or call (617) 357-8300.

2020 Lawrence Central Little League & Babe Ruth Registration

All boys and girls ages 4 to 18 who wish to play baseball and softball, or T-ball, must register on the following dates and registration sites below:
Take \$10.00 off your fee when you register on the 1st weekend.

Where: Elaine's Pizza, 234 Hampshire Street, Lawrence

***Get a free slice of pizza for every boy and girl that pays their registration fee at Elaine's Pizza.

When:	Friday	March 13	from 4:00 P.M. to 8:00 P.M.
	Saturday	March 14	from 11:00 A.M. to 4:00 P.M.
	Friday	March 20	from 4:00 P.M. to 8:00 P.M.
	Saturday	March 21	from 11:00 A.M. to 4:00 P.M.
	Friday	March 27	from 4:00 P.M. to 8:00 P.M.
	Saturday	March 28	from 11:00 A.M. to 4:00 P.M.

T-Ball Teams	Boys & Girls	Ages 4 to 7	Registration Fee	\$60.00
Cal Ripken & L.L.	Boys & Girls	Ages 8 to 12	Registration Fee	\$85.00
Babe Ruth Teams	Girls	Ages 13 to 18	Registration Fee	\$95.00
Babe Ruth Teams	Boys	Ages 13 to 16	Registration Fee	\$95.00
Family Plan				\$190.00

All players must buy their \$10.00 raffle ticket book at the time of registering. When you sell the tickets, you keep the money, then turn the tickets in. (Volunteers are needed).

All returning players and coaches must register on the dates above.

All Players must be accompanied by their parents. Bring a copy of your Birth Certificate and Registration Fees.

For more information please call in English 978-685-0232 or Spanish 978-479-0244.

THE MERRIMACK VALLEY CHAMBER OF COMMERCE

**Business Networking & Referral Mixer with
Andover Country Club & Greater Lawrence Kiwanis**



Wednesday, March 11, 2020
5:00 PM to 7:00 PM
Andover Country Club
60 Canterbury St, Andover, MA 01810



Attend this MVCC Mixer and Enjoy:

- ★ Business Connections and Networking!
- ★ Complimentary Appetizers!
- ★ Business Card Drawing for Door Prizes!

Pre-register and bring a Potential New Member for FREE!
When they join, you get a Free \$50 Restaurant Card courtesy of the MVCC

The Merrimack Valley Chamber of Commerce
★ 264 Essex Street, Lawrence, MA 01840 ★
★ Telephone: 978-686-0900 Email: office@merrimackvalleychamber.com ★ www.merrimackvalleychamber.com ★



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“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

CALENDARIO | CALENDAR OF EVENTS


the lawrence history center invites you and your guests to the



2020 EARTHA DENGLER HISTORY AWARD CEREMONY
in honor of
ARMAND M. HYATT

thursday, april 23, 2020 *gala reception*

5:30 PM - 8:30 PM **\$65.00 / \$40.00***
EVERETT MILL • 15 UNION STREET • LAWRENCE * Young Historian rate for those 30 years old and under



the lawrence history center board of directors proudly present

ARMAND M. HYATT

RECIPIENT OF THE 2020 EARTHA DENGLER HISTORY AWARD

faith - family - service

Son of the founder of Lazarus House, Armand Hyatt is at once an attorney, community advocate, musician, poet, mentor, and surfer. And he is, above all, a leader who has used his prodigious talents to bring Lawrence CommunityWorks into existence, and to benefit Lawrence and nearby communities in countless other ways for decades. Armand's love of family is unmistakable. So are his generous spirit, his infectious optimism, and his powerful faith in God. These qualities are there for all to see and learn from, be they pro bono clients of his law firm, young people he coaches and mentors, fellow musicians with the *Wobblies*, residents of Heritage Common, or the many others across all walks of life who are blessed by his daily civic and faith-driven life of service.



YOU'RE INVITED TO OUR
White Ribbon Day Celebration

THURSDAY, MARCH 19, 2020
7:30 a.m. to 9:00 a.m.
light breakfast at 7:30, program starts at 8 a.m.

at Northern Essex Community College:
Hartleb Technology Center
100 Elliot Street, Haverhill, MA

Join the YW and...
...Haverhill High School students, NECC and men of all ages from Greater Haverhill as we stand together and take the pledge to end all gender based violence.

Keynote Speaker: Andy Vargas, Mass. State Representative
Featured Speaker: Andy Polanco, Haverhill High School Community Liaison/Student Support Services and MA White Ribbon Ambassador


RSVP TO rmcgure@ywcaneema.org
On or before
Wed, March 11, 2020



WHITE RIBBON DAY


Northern Essex Community College  **ywca** eliminating racism. empowering women.

Es facil encontrarnos / It's easy finding us

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Se enorgullece en invitarles a la
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 **1^{era} Reina Cubana** 
Con la animación de DJ Smokey y
El Grupo de Baile Cubano Rumba Habana



Domingo, 22 de Marzo del 2020
ELKS Lodge 652 Andover St. Lawrence MA
3pm - 8pm MORE INFO. TEXT 978-590-6289/978-390-1686 **\$10**

Bocce Ball Bash
Rotary Club of Haverhill
MASSACHUSETTS

Saturday, March 7th, 2020
Methuen Sons of Italy
5:00 PM-9:30 PM- Bocce Tournament & Buffet

ONLY 32 Team Slots Available
BIG PRIZES For 1st, 2nd, & 3rd Place
CASH BAR

Register a team of 4 for \$200 (\$50/person)
\$25 Ticket to Event (no Bocce Play)

Registration Includes:

- Bocce Game on Regulation Court
- Italian Buffet
- 1 FREE Raffle Ticket

To Reserve your team spot contact & mail check to: Megan Shea @ msheama@verizon.net or 978-828-0439
Haverhill Rotary, PO Box 808, Haverhill MA 01931

In partnership with




Sons of Italy
459 Merrimack Street
Methuen, MA 01844

CLASIFICADOS | CLASSIFIEDS

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 207/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Bunkerhill Street, west side, from a point two hundred and five (205) feet southerly of the intersection of Buswell Street to a point two hundred twenty-five (225) feet southerly of the intersection of Buswell Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 220/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Wyman Street, west side, from a point one hundred and five (105) feet southerly of the intersection of Whitman Street to a point one hundred twenty-five (125) feet southerly of the intersection of Whitman Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 253/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Oxford Street, east side, from a point two hundred twenty (220) feet southerly of the intersection of Haverhill Street to a point two hundred forty (240) feet southerly of the intersection of Haverhill Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 273/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Bromfield Street, north side, from a point two hundred ten (210) feet westerly of the intersection of Bennington Street to a point two hundred thirty (230) feet westerly of the intersection of Bennington Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 272/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraphs to Section 10.36.010 of the Municipal Code (Parking prohibited on certain streets – at all times), to be inserted in the proper alphabetical order:

Worswick Terrace, southerly side, entire length
Worswick Terrace, northerly side, entire length


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 305/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING to Section 10.28.100(A) of the Municipal Code (Stop Signs and Flashing Red Signals) the following paragraphs in their appropriate alphabetical order:

Center Street, eastbound and westbound drivers at Spruce Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 277/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Kendrick Street, north side, from a point three hundred and fifty (350) feet westerly of the intersection of Jackson Street to a point three hundred and eighty (380) feet westerly of the intersection of Jackson Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 308A/2019
In City Council
January 21, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.40.060 of the Municipal Code (Permit Parking streets designated), to be inserted in the proper alphabetical order:

Merrimack Street, north side, from a point one thousand thirty-five (1035) feet easterly of the intersection of S. Union Street to a point one thousand one hundred fifteen (1115) feet easterly of the intersection of S. Union Street, daily from 3:00pm until 6:00am


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 310/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.340 of the Municipal Code (Handicapped Parking), to be inserted in the proper alphabetical order:

Swan Street, north side, from a point five hundred twenty-five (525) feet easterly of the intersection of Berkeley Street to a point five hundred forty-five (545) feet easterly of the intersection of Berkeley Street.


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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera
DOC. 315/2019
In City Council
February 4, 2020



Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.010 of the Municipal Code (Parking prohibited on certain streets – at all times), to be inserted in the proper alphabetical order:

Sunset Avenue, east side, from Lawrence Street to Brook Street

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

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PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera



DOC. 20/2020
In City Council
February 18, 2020

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the consideration of authorization of the Lawrence City Council upon the following proposed loan order: An Order Re: Museum Square Parking Garage Bonds:

Ordered: That \$8,000,000 is appropriated to repair and reconstruct the Museum Square parking garage, including emergency structural repairs and the payment of all costs incidental and related thereto; that to meet this appropriation, the Treasurer, with the approval of the Mayor, is authorized to borrow said amount under and pursuant to Chapter 44, Section 7(1) of the General Laws, or pursuant to any other enabling authority, and to issue bonds or notes of the City therefor.

Further Ordered: That any premium received by the City upon the sale of any bonds or notes approved by this order, less any such premium applied to the payment of the costs of issuance of such bonds or notes, may be applied to the payment of costs approved by this order in accordance with G.L. c. 44, §20 of the General Laws, thereby reducing the amount authorized to be borrowed to pay such costs by a like amount.

Further Ordered: That the Treasurer is authorized to file an application with the appropriate officials of The Commonwealth of Massachusetts (the "Commonwealth") to qualify under Chapter 44A of the General Laws any and all bonds of the City authorized to be borrowed pursuant to this loan order, and to provide such information and execute such documents as such officials of the Commonwealth may require in connection therewith.

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

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 March 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.

1. 2011 Jeep Grand Cherokee VIN 1J4RR5GGXBC604728
2. 2004 Jeep Grand Cherokee VIN 1J4GW58NX4C356755
3. 2009 Toyota Camry VIN 4T1BE46K49U842111
4. 2005 Acura TSX VIN JH4CL95925C019475
5. 2008 Honda Accord VIN 1HGCP26838A126782
6. 2005 Jeep Grand Cherokee VIN 1J4HR48N85C649058

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
2/22, 3/1, 3/8

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera



DOC. 308B/2019 & 308C/2019
In City Council
January 21, 2020

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new Section 10.36.430 of the Municipal Code (One Hour Parking – 6:00a.m. to 3:00p.m.) as follows:

10.36.430 - One-hour parking—6:00 a.m. to 3:00 p.m.

[Parking shall be limited to one hour between 6:00 a.m. to 3:00 p.m. on the following streets:]

[308B]

Merrimack Street, north side, from a point eight hundred forty-five (845) feet easterly from the intersection of South Union Street to a point one thousand twenty-five (1025) feet easterly from the intersection of South Union Street.

[308C]

Merrimack Street, south side, from a point twenty (20) feet westerly from the intersection of Osgood Street to a point one hundred and four (104) feet westerly from the intersection of Osgood Street.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera



DOC. 402/2019
In City Council
February 18, 2020

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.030 of the Municipal Code (Restricted parking on certain streets), to be inserted in the proper alphabetical order:

N Parish Road Street, south side, from Phillips Street to the entrance of Lawrence High School, parking is prohibited between the hours of 7:00a.m. and 9:00a.m. on days when school is in session.

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera



DOC. 314/2019
In City Council
February 18, 2020

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by ADDING the following new paragraph to Section 10.36.031(E) of the Municipal Code (Snow emergency declaration – Alternate parking on certain street between 12:01a.m. and 6:00p.m. (Winter Parking Ordinance)), to be inserted in the proper alphabetical order:

Ferguson Street, for its entire length

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

PUBLIC HEARING

City of Lawrence, MA
Mayor Daniel Rivera



DOC. 367/2019
In City Council
February 18, 2020

Notice is hereby given that the City Council will hold a Public Hearing on Tuesday, March 10, 2020 in City Council Chambers, 200 Common Street, Lawrence, MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed amendment to the Revised Ordinances of the City of Lawrence to be further amended by adding the following new paragraph to Section 10.36.010 of the Municipal Code (Parking prohibited on certain streets – at all times), to be inserted in the proper alphabetical order:

Tenney Street, east side, from Arlington Street to Lea Street

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

Persons wishing to be heard shall be afforded the opportunity.

Attest: William J. Maloney, City Clerk

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