



FINAL DE UNA LARGA CARRERA

Después de trabajar para el Haverhill Gazette por treinta años, Tom Vartabedian se retira y vino a WCCM-1490 a invitar a Bruce Arnold al desayuno que se dará en su honor. Vea más detalles en la página 3.

Por Alberto Surís
 albertosuris@rumbonews.com

Después de trabajar para el Haverhill Gazette por treinta años, Tom Vartabedian se retira y vino a la WCCM-1490, al programa que anima el legendario Bruce Arnold a anunciar el desayuno que ha sido programado para su despedida con el objeto de recaudar fondos para el "Fondo de Santa" del Gazette.

En abril, 1997, Vartabedian escribió un artículo en el Merrimack Valley News sobre Rumbo, poniéndonos en el mapa de negocios del Valle de Merrimack. El fue editor de ese periódico por tres

VER **VARTABEDIAN:**
 CONT. EN LA PÁGINA 3

LONG CAREER COMES TO AN END

After thirty years with The Haverhill Gazette, Tom Vartabedian is retiring, and came to WCCM-1490 to invite Bruce Arnold to a breakfast to be held in his honor. See details on page 3.



PÁGINA 24

EL ÚLTIMO MIXER DEL AÑO DE MVCC

Joseph J. Bevilacqua, Presidente/CEO de MVCC y Bárbara Fay, directora de ventas del Andover Country Club y anfitriona, donde se celebró el último mixer del año.

MVCC LAST MIXER OF THE YEAR

Joseph J. Bevilacqua, MVCC President/CEO with Barbara Fay, Andover Country Club Director of Sales and host, where the last mixer of the year was held. PLEASE SEE PAGE 24.



PÁGINA 2

ASÍ CANTA PUERTO RICO CUMPLIÓ 9 AÑOS

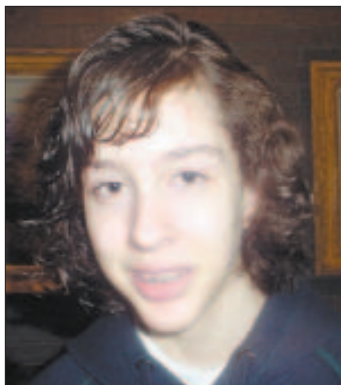
Luis Bonilla, productor de Así Canta Puerto Rico, celebró el 9no. Aniversario de su programa radial.

Blanchette está enojado; debía estar peor

PÁGINA 5

Blanchette's angry; it should be even more

PAGE 5



Doscientas pulgadas de cabello y muchas esperanzas

El evento denominado "Give the Gift of Beauty" fue patrocinado por la entidad Locks of Love y se llevó a cabo en el área del Lobby de la biblioteca pública de Lawrence. Alrededor de 25 personas donaron en total cerca de 200 pulgadas de cabello. En la foto vemos a Génesis Peña antes y después de su corte de pelo. PAGINA 7

EDITORIAL EDITORIAL EDITORIAL

Editorial

¡Feliz Año Nuevo!

Mirando al año que termina no podemos decir con toda franqueza que fue un buen año. Ciertamente que mientras que algunas de las metas de la Ciudad de Lawrence fueron logradas, otras dejaron a los residentes haciendo frente a un pesaroso 2007.

Los problemas que encaramos en el 2007 no son solamente tarifas de agua más altas ya que alguien tiene que pagar por la nueva planta de agua, sino también impuestos más altos porque la administración decidió (y el concilio aprobó) balancear el presupuesto aumentando la tasa en lugar de hacer reducciones.

Mirando hacia este año de elecciones, no tenemos una bola de cristal que nos indique quienes serán los líderes que nos puedan llevar por buen camino otra vez.

Entre los logros podemos mencionar el estadio Veterans Memorial, las renovaciones del Ayuntamiento y la planta de tratamiento de agua que está por abrir, todos hechos con nuestro plan de mejoras de infraestructura.

Por otro lado, han extendido la fecha para completar la nueva escuela secundaria en medio de controversia y escándalo.

Happy New Year!

Looking back at the year that just ended, we can not honestly say that it was a very good year. Certainly, while some of the goals for the City of Lawrence were accomplished, some others had left the citizenry facing a grim 2007.

The problems we will be facing in 2007 are not only higher water rates because someone has to pay for the new water plant, but higher taxes since the administration decided (and the city council approved) to balance the budget not by constriction but by increasing the tax rates.

Looking down the road at an election year, we don't have the crystal ball to point to who will be the leaders who can put us back on track.

Among the accomplished goals, we must point out the Veterans Memorial Stadium, the renovation of the City Hall and the Water Treatment Plant about to be opened, all done with our own Capital Improvement Plan.

On the other hand, the completion of the new High School has been extended amidst controversy and scandal.

CARTAS AL EDITOR | LETTERS TO THE EDITOR

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

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

Así Canta Puerto Rico cumplió 9 años

Por Alberto Surís
albertosuris@rumbonews.com

El 23 de diciembre, 2006, Luis Bonilla, productor del programa radial Así Canta Puerto Rico, celebró rodeado de los que con él llevan la responsabilidad de deleitarnos cada domingo con música jíbara puertorriqueña, el 9no. aniversario de su programa radial. Así Canta Puerto Rico se transmite los domingos de 7 a 9 de la mañana por WCCM-1490.

Bonilla nació el día 19 de junio de 1928 en el pueblo de Aibonito, Puerto Rico. A la edad de un año, sus padres, Doña Vicenta González y Ramón Bonilla mudaron a la familia al pueblo de Caguas, donde Don Luis creció. Desde temprana edad, Bonilla mostró interés por la música y a los 12 años ya asistía a una estación de radio conocida como "La Güira", cuando esta mencionaba un programa "Buscando Estrellas".

Don Luis comenzó a cantar a través de las emisoras radiales WVJP y WNEL con el grupo



Reunidos en la Federación Hispana de Deportes, situada en el 505 de la Calle Broadway, componentes del equipo de Así Canta Puerto Rico: Cristóbal Ramos, "El Polifacético"; Luis Bonilla, "El Muñequito de Oro"; María Ortiz y Erris Marrero.



Con una deliciosa comida y este gigantesco pastel, los asistentes a la fiesta celebraron en grande el noveno aniversario de Así Canta Puerto Rico.

LETTERS/CARTAS

Cartas al Editor

Comentario sobre editorial

Acabo de leer su editorial en la edición del 22 de diciembre 22 del 2006 y pienso que somos americanos y debemos respetar la cultura y los días festivos americanos.

Este país se ha sacrificado mucho por demasiadas personas.

Kyrsis Figueroa
Methuen

Comment about our editorial

I just read the editorial of your December 22, 2006 edition and I feel that we are Americans and we should respect American Culture and Holidays.

This country bends over backwards for too many people!

Kyrsis Figueroa
Methuen

Rítmico Cagüeno, donde hacía la segunda voz, y pronto ya Don Luis hacía alarde de su talento en las Parrandas de diferentes pueblos, tales como Gurabo, Yabucoa, Humacao, Aguas Buenas, San Lorenzo, etc. A la temprana edad de 24 años, Bonilla contrajo nupcias con doña Francisca Rodríguez y tuvieron tres hijas. Bonilla llegó a la Ciudad de New York con su familia, donde se desempeñó en distintas actividades y no fue hasta el año 1979 que llegó a la Ciudad de Lawrence, donde abrió una dulcería en la calle Park.

Don Luis tiene una personalidad alegre, gusta de hablar y compartir con las personas y siempre ha sido amante de la música puertorriqueña, por lo que no nos sorprende que, por estos últimos nueve años, haya convertido con el amor y el carisma que lo caracteriza, el programa radial así Canta Puerto Rico como su compromiso primordial con la comunidad.

Parte de la información para preparar este artículo fue obtenida del libro impreso por el Movimiento Puertorriqueño, en ocasión de su séptima ceremonia de conmemoración del descubrimiento de Puerto Rico, celebrada en el Salón Comunitario Clemente Abascal, el domingo, noviembre 19, 2006.

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Long career comes to an end

By Alberto Surís
albertosuris@rumbonews.com

After thirty years with The Haverhill Gazette, Tom Vartabedian is retiring, and came to WCCM-1490, to announce through the legendary Bruce Arnold's show about the breakfast being organized in his honor to raise money for The Gazette's Santa Fund. In April, 1997, Vartabedian wrote a nice article about Rumbo in the Merrimack Valley News, putting us in the Merrimack Valley business map. He was the Editor of the Valley News for 3 years, until Bernie Anderson, its publisher could not continued with it.

The Merrimack Valley News, as Vartabedian explained, came out of the Haverhill Chamber of Commerce and it was designed to cover 5 other chambers and their businesses across the valley. "When I started at The Merrimack Valle News, it had 4 pages; by the time I left, we were up to 30 pages," said Vartabedian proudly.

Tom Vartabedian has been a writer and photographer for The Haverhill Gazette for thirty years. He is very active in the Armenian community and has been also a correspondent for The Armenian Weekly for forty years, where he writes a column, Poor Tom's Almanac.

VARTABEDIAN:

CONT. DE LA PÁGINA 1

años, hasta que su publicista, Bernie Anderson no pudo continuarlo.

El Merrimack Valley News, de acuerdo con lo que explica Vartabedian, salía de la Cámara de Comercio de Haverhill y servía a otras 5 cámaras del valle y sus negocios. "Cuando yo comencé allí, el Merrimack Valley News, tenía solo 4 páginas. Cuando me fui estábamos imprimiendo treinta páginas", dijo Vartabedian con orgullo.

Tom Vartabedian se ha desempeñado como escritor y fotógrafo de Haverhill Gazette por los últimos treinta años. Él está muy activo dentro de la comunidad armenia y también ha sido corresponsal de The Armenian Weekly por 40 años, donde escribe una columna titulada Poor Tom's Almanac.



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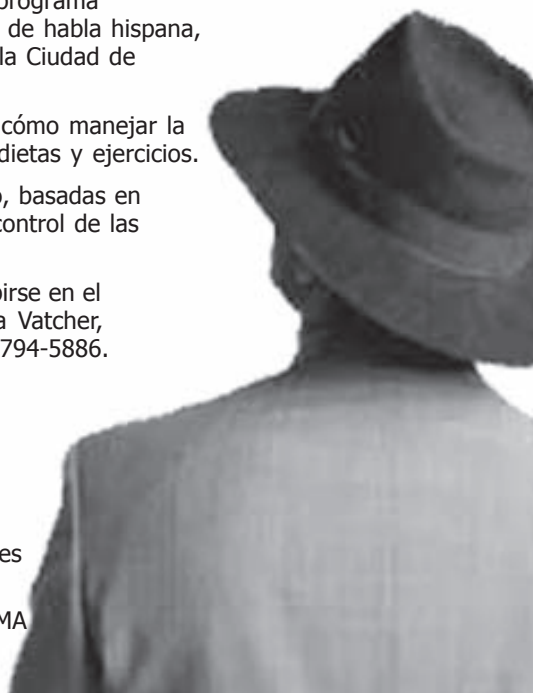
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LOWELL HIGH SCHOOL HISPANIC PARENTS MEETING

By Maria Lopez

Hispanic parents, Lowell High School staff, current and past students and friends attended a meeting at the Lowell High School cafeteria on Monday, December 18, 2006.

Headmaster William Samaras welcomed everyone and took the opportunity to discuss his ideas and goals for the school. Among the things he would like is for more parents to visit the school and to see more parents at the various meetings that are held during the year.

He would like to welcome community organizations into the school so that parents can utilize them for the many resources they may need with their every day lives. This would also help parents become acquainted with the high school. Mr. Samaras wants families to feel welcomed at the school. Recognizing that many parents are busy with jobs and other issues, he asked the group for their opinions and ideas on how to be able to accomplish this goal.

Mrs. Maria Vejar, Housemaster C House, Mr. Jim DeProfio, Director of the Freshman Academy, Mr. Charles Caragianes, Dr. Maura Ammendolia, Housemaster B House and Dr. Raquel Bowman were also present at the meeting to welcome, meet everyone and answer questions. Mr. DeProfio explained how freshmen students are divided into eight groups called "clusters". The students are followed closely and given help transitioning into high school with seminars on how to study and be organized.

Mr. DeProfio wants students to get involved in high school life and to learn to love their school. He believes this can happen when students get involved in sports, clubs, and other school activities because they get a sense of belonging and ownership. Mr. DeProfio explained that there are studies indicating that students who participate in school activities usually have better grades.

Mrs. Maria Vejar coordinated the event and had food, music and a small raffle for all to enjoy. The phone number to Lowell High School is 978-937-8900 and the website is <http://lhs.lowell.k12.ma.us>

Reunión de Padres Hispanos en la Escuela Superior de Lowell



Por María López

Padres hispanos, personal de la Escuela Superior de Lowell, estudiantes y miembros de la comunidad asistieron a una reunión en la cafetería de la Escuela Superior de Lowell el lunes, 18 de diciembre del 2006.

El director, Sr. William Samaras dio la bienvenida a todos y tomó la oportunidad para hablar de sus ideas y metas para la escuela. Entre algunas de sus metas está el ver más padres visitar la escuela y también verlos en las reuniones que se llevan a cabo durante el año.

Desea invitar a las organizaciones de la comunidad a establecerse en la escuela para que los padres puedan utilizar los muchos recursos que estas ofrecen. Esto en cambio también ayudaría a los padres a familiarizarse con la escuela. El Sr. Samaras desea que las familias se sientan bienvenidas en la escuela. Reconociendo que muchas familias hoy en día están ocupadas trabajando y con otros asuntos importantes, le pidió al grupo su opinión y

exhortó a que den sus ideas de cómo se puede lograr esta meta.

La Sra. Maria Vejar, Directora Casa C, Sr. Jim DeProfio, Director de la Academia de Noveno Grado, Sr. Charles Caragianes, la Dra. Maura Ammendolia, Directora Casa B, y la Dra. Raquel Bowman también estuvieron presentes en la reunión para saludar, compartir con todos y contestar preguntas. El Sr. DeProfio explicó cómo los estudiantes de noveno grado son divididos en ocho grupos llamados "clusters". Los estudiantes son seguidos de cerca y reciben ayuda en la transición a la escuela superior con servicios y seminarios de cómo estudiar y mantenerse organizados.

El Sr. DeProfio desea que los

estudiantes se envuelvan en la vida escolar y que aprendan a querer su escuela. El dijo al grupo que esto se puede lograr cuando los estudiantes se envuelven en deportes, clubes y otras actividades escolares, pues adquieren un sentido de pertenecer y de ser dueños. El Sr. DeProfio explicó que hay estudios los cuales indican que los estudiantes que participan en actividades escolares usualmente obtienen mejores grados.

La Sra. Maria Vejar coordinó el evento y se aseguró de que hubiese comida, música y una pequeña rifa para el disfrute de todos. El número de teléfono de la Escuela Superior de Lowell es el 978-937-8900 y el Internet es <http://lhs.lowell.k12.ma.us>

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Blanchette's angry; it should be even more

By Dalia Díaz
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The President of the City Council, Patrick Blanchette is very angry at several on-going problems in the city but perhaps he should be even angrier than what he appears to be. Yes, he's finally getting his way: the Budget and Finance Director John Griffin has resigned effective January 5th but not without controversy.

We recently found out that Mr. Griffin had threatened to sue the city over the way the City Council has been portraying his job performance publicly, thus ruining his professional reputation, so Mayor Michael J. Sullivan, with the help of City Attorney James Bowers secretly drafted a separation agreement on November 9th, giving \$60,000 and medical insurance for the next nine months. There is still a question as to whether the mayor has authority to draft this settlement on his

SEE **BLANCHETTE:**
CONT. ON PAGE 14

Blanchette está enojado; debía estar peor

Por Dalia Díaz
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El Presidente del ayuntamiento, Patrick Blanchette está muy enojado por varios problemas en la ciudad pero quizás él debe estar aún más enojado que lo que él aparece estar. Sí, él finalmente se va a salir con la suya: el director de presupuesto y finanzas John Griffin han renunciado efectivo el 5 de enero pero no sin controversia.

Recientemente supimos que el Sr. Griffin amenazó con demandar a la ciudad por la manera que el concilio ha estado representando públicamente el desempeño de su trabajo, así arruinando su reputación profesional, de modo que el Alcalde Michael J. Sullivan, con la ayuda de Abogado de la Ciudad James Bowers redactaron secretamente un acuerdo de separación el 9 de noviembre, que le da \$60,000 y seguro médico por los próximos nueve meses. Todavía hay la duda de si el alcalde tiene autoridad para hacer este trato y disponer de \$60,000 sin consultar con los miembros del concilio por adelantado.

Casi un mes pasó antes que el presidente del concilio se enterara que tal trato había sido hecho implicando al Abogado Bowers cuando él solicitó una copia del acuerdo del Abogado de la Ciudad Charles Boddy. El 18 de diciembre, el

Abogado Boddy mandó un memorando a Blanchette que explica la sucesión de los acontecimientos que implica su oficina. El escribió: "Hice la indagación a la Oficina del Alcalde y al Abogado Bowers y me informaron que no existe ninguna copia tal acuerdo y ningún acuerdo ha sido firmado. Recibí su mensaje telefónico y su correo electrónico hoy, ambos expresando su descontento por haber sido forzado a esperar tanto tiempo para recibir una copia del acuerdo. Tras el recibo de su llamada telefónica, yo contacté a James Bowers. El reiteró que él no tenía una copia del acuerdo".

Boddy pasa a explicar cómo él fue más tarde en el día contactado por "el abogado del Director Griffin quien expresó estar preocupado por la manera en que este asunto estaba siendo manejado". Al darse cuenta que Boddy no tenía conocimiento del trato, él le ofreció una copia firmada que fue mandada luego al presidente del concilio. De hecho, Bowers mintió a su jefe porque su firma aparece en el documento y el mismo fue redactado sin el conocimiento de Boddy.

No es necesario decir que eso no se sentó bien con el Sr. Blanchette y lanzó otro

...el Alcalde Michael J. Sullivan, con la ayuda de Abogado de la Ciudad James Bowers redactaron secretamente un acuerdo de separación el 9 de noviembre, que le da \$60,000 y seguro médico por los próximos nueve meses.

memorando muy fuerte al concilio y el abogado de la ciudad ese mismo día. El cita de dos mensajes fechados diciembre 4 y diciembre 11 pidiendo información sobre este acuerdo de separación y el Alcalde Sullivan respondió simplemente cada vez que, "nada ha sido ejecutado o ha sido firmado para fechar por lo que el contrato. Hemos estado compartiendo ideas pero nada está tallado en piedra". En cada

VER **BLANCHETTE:**
CONT. EN LA PÁGINA 9

Estimado doctor Pano



Pano M. Yeracaris MD, MPH
es vicepresidente y director
médico de Network Health.

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Con *Network Health Together*, los miembros reciben todos los beneficios de MassHealth, ADEMÁS DE otros beneficios y servicios.

Estimado Dr. Pano: Hace poco le diagnosticaron a mi hermana diabetes tipo II y me preocupa mucho. ¿Podrá llevar una vida normal?

La diabetes es una enfermedad grave, pero eso no significa que los diabéticos no puedan llevar una vida normal y saludable. Simplemente deben tener ciertas precauciones porque corren el riesgo de sufrir varios problemas de salud. La diabetes tipo II se debe a una insuficiencia de producción de insulina, que puede ocasionar complicaciones de salud graves si no se tratan adecuadamente.

El proveedor de atención médica debe verla periódicamente. Podrá orientarla respecto a los medicamentos, dieta y ejercicios adecuados para que se mantenga sana y sean menores las probabilidades de complicaciones relacionadas con la diabetes. Yo también sugeriría que participe en un grupo de ayuda de personas con diabetes, que le brindarán recursos y apoyo. Si su hermana realiza algunos cambios en su dieta y estilo de vida, no hay motivo para que no lleve una vida sana, feliz y larga.

Estimado Dr. Pano: Tengo tiempo con una enfermedad cardíaca y ahora me da miedo que mis hijos la padezcan cuando sean grandes. ¿Qué puedo hacer ahora para que no la tengan cuando sean grandes?

¡Es fabuloso que piense con anticipación en sus hijos! Muchas investigaciones han demostrado que cuando tienes un familiar con una enfermedad cardíaca aumenta el riesgo de padecerla, hay varias cosas que puede hacer para reducirlo. Primero, y lo más importante, enseñe a sus hijos a comer sanamente. Cuanto antes sea posible, enséñeles constantemente cómo llevar una vida de actividad física. Desde luego que esto significa que usted también se mantenga activa para que sea un buen modelo. Si usted y su familia no tienen actividad física ahora, pueden empezar hoy mismo juntos. Cuanto más sedentario sea su estilo de vida (es decir, pasar mucho tiempo sentados, por ejemplo para ver televisión, practicar muchas horas de juegos electrónicos y pasar mucho tiempo en la computadora), mayor es la probabilidad de que usted y su familia tengan problemas de salud.

De igual modo, apoye a sus hijos para que no fumen. Fumar aumenta la posibilidad de padecer diversas enfermedades que ponen en peligro la vida, además de que incrementa el riesgo de sufrir una enfermedad coronaria, sobre todo cuando un familiar ya la padece. Así que no deje fumar a sus hijos ¡a como dé lugar! Y, cuando lleguen a la edad adulta, deben revisarse periódicamente la presión arterial y las concentraciones de colesterol para no aumentar el riesgo de una enfermedad cardíaca. No se deben ignorar los antecedentes de padecimientos cardíacos en la familia, aunque tampoco significa que los vayan a tener. La buena noticia es que con sólo tomar pequeños pasos para llevar una vida más sana, ayudará a su propia enfermedad cardíaca y a que sus hijos no la padezcan.

Estimado Dr. Pano: Sé que fumar es muy malo para la salud, pero no soy un fumador cotidiano, sólo en ocasiones sociales y fines de semana. No me hace daño, ¿o sí?

Me equivocaría si le dijera que fumar socialmente no le hace daño. Desde luego que sí le afecta. Daña al corazón y los pulmones y puede causar asma o embolias a mujeres que toman anticonceptivos comunes. Ser fumador pasivo también aumenta el riesgo de una enfermedad relacionada con el tabaco.

Muchas veces, un fumador casual con el tiempo se convierte en uno regular, ya que es usual que adquiera la adicción. Le recomiendo mucho que haga el esfuerzo de dejar de fumar ya. He visto casos de que apenas unos cuantos cigarros a la semana aumentan los síntomas alérgicos y problemas de resfriados frecuentes. Preguntarse si sólo cinco cigarros a la semana es tan malo es como querer saber si es malo para usted manejar una hora a 60 millas por hora sin cinturón de seguridad. Los dos plantean un riesgo que no hay que correr, ¿entonces por qué hacerlo?

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Para sus opciones en Commonwealth Care, llame al 877-MA-ENROLL o al 877-623-6765 (TTY: 877-623-7773) de lunes a viernes de 8 a.m. a 5 p.m.



Jóvenes alcanzan un nuevo grado en Karate

Por Beatriz Pérez
pberez@rumbonews.com

Las destrezas, los movimientos certeros y el auto-control unidos con la disciplina estuvieron de manifiesto el pasado sábado durante la prueba presentada por tres estudiantes de la escuela de karate "Salas Shotokan Tradicional Karate Do" quienes hoy gracias a lo aprendido han alcanzado un nuevo escaño dentro de esta disciplina deportiva.

Los tres jóvenes que en la actualidad tienen un nuevo grado son: Fernando Núñez, Franchely Acosta y Giuseppe Paulino.

El examen se realizó en el gimnasio del local del Salvation Army, espacio donde funciona la academia.

Los jóvenes, alumnos de dicha escuela de karate que dirige Daniel Salas, mostraron las habilidades y los conocimientos adquiridos en las técnicas de katas o peleas imaginarias, kobudos, que son movimientos donde se utilizan palos y kumite, combate de puntos.

Tanto Núñez como Acosta fueron elevados al grado de cinta negra (primer Dan) mientras que Paulino al de cinta morada, mejor conocida como Kyu.

Los jueces que calificaron a los jóvenes fueron Rogelio Fernández, de la Escuela de Shotokan Karate Do de la ciudad de Lynn, Nelson Silvestre, Director Técnico de la Secretaria de Estado de Deportes y Educación Física de la República Dominicana, extensión de Nueva Inglaterra y Roberto Recinos.

El karate es un arte marcial, conocido como método de combate, el cual emplea una variedad de técnicas, que incluyen puñetazos, patadas, maderas, ataques, derribos, unidos a llaves articuladas y rotura de huesos.

Existen diversos grados de enseñanza formalmente reconocidos en karate, representados por el color del cinturón de tela que rodea al gi (especie de blazer que es parte del uniforme de los karatecas); los colores usuales en orden ascendente son: blanco, verde, morado, marrón y negro.

Las calificaciones para los cinturones difieren de escuela a escuela, dependiendo del estilo y el nivel que se enseñe. El cinturón negro o dan es el máximo nivel en karate y está calificado en grados de pericia, siendo el décimo el dan de mayor nivel. Más que un método de combate el karate hace hincapié en la autodisciplina, la actitud positiva y los propósitos de elevada moral. La práctica de esta disciplina está dividida en tres aspectos: Kihon (básicas), Kata (formas), y Kumite (pleito).

La palabra karate es una combinación de dos términos japoneses: "KARA", que significa vacía y "TE", que significa mano.



Giuseppe Paulino, cinta morada; Daniel Salas, director de Salas Shotokan Tradicional Karate Do; Franchely Acosta y Fernando Núñez ambos cinturones negros.

Es decir que la traducción literal de la palabra karate significa: mano vacía, mientras que el Shotokan se identifica por sus técnicas alineadas, puñetazos directos, bloqueos y patadas desde posturas bajas.

Esta disciplina hace énfasis en la postura correcta, unida a una alineación correcta. Los que practican esta disciplina consideran que nada es más importante que una técnica de fortaleza básica.

La escuela Salas Shotokan Karate-Do

ofrece un programa abierto para todas las edades que quieran aprender todo lo relacionado con Defensa Personal y las Artes Marciales.

Actualmente, la escuela ofrece la oportunidad a niños y niñas de alimentar de forma positiva su cuerpo y su mente, con la utilización de ejercicios calisténicos y un entrenamiento riguroso. Estos ejercicios le permiten desarrollar músculos fuertes y lograr la armonía emocional.

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El centro de computadoras para ancianos localizado en Elder Services of the Merrimack Valley, 360 Merrimack Street, Bldg. 5, Lawrence, MA, está aceptando matrículas para sus clases de computadoras comenzando el 8 de enero, 2007. Aprenda destrezas nuevas o avanzadas en la computadora en una atmósfera relajada diseñada específicamente para el estudiante adulto.

EL HORARIO DE CLASES SERÁ:

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El costo para los socios de SeniorNet es \$50 y \$90 si no lo son. El costo para los no socios incluye la inscripción en Senior Net por un año. Requieren que se matriculen por adelantado.

Doscientas pulgadas de cabello y muchas esperanzas

Por Beatriz Pérez
bperez@rumbonews.com

Muchos expertos en belleza consideran que el cabello es el marco de la cara y que el mismo representa un elemento importante para realzar las características definidas del rostro.

Sin embargo, también puede llegar a ser la mejor forma de ayudar a quien penosamente no puede mostrarlo, ya sea porque lo haya perdido a consecuencia de una enfermedad o porque su cuero cabelludo sufrió una quemadura que le dejó huellas irreparables.

Estas fueron algunas de las razones por las cuales recientemente la Biblioteca Pública de Lawrence sirvió de escenario para apoyar un programa que utiliza el cabello de otras personas para diseñar pelucas que son usadas por aquellos que han perdido el cabello por una u otra causa, la mayoría de ellas porque sufren los estragos del cáncer.

El evento denominado "Give the Gift of Beauty" fue patrocinado por la entidad Locks of Love y se llevó a cabo en el área del Lobby de la biblioteca y contó con la presencia de la estilista Lissandra Espinal del salón de belleza Paul Mitchell, ubicado en Stadium Plaza de la Ruta 114.

Alrededor de 25 personas donaron en total cerca de 200 pulgadas de cabello. Cada



Rebecca Domin antes y después de donar su cabello por esta linda causa. Rebecca fue quien organizó la actividad.

uno de los donantes apoyó al trabajo de Locks of Love, una organización sin fines de lucro que diseña peluquines para niños y adolescentes que sufren de cáncer.

Esta entidad proporciona prótesis de cabello a niños menores de 18 años de edad que no cuentan con recursos económicos para adquirirlas.

Entre las enfermedades que afectan el cuero cabelludo y que provoca la caída del cabello está la alopecia areata que provoca que los folículos del cuero cabelludo se caigan.

Se estima que alrededor de 2,200 niños son diagnosticados con tumores en el cerebro anualmente, quienes luego de ser sometidos a radiaciones pierden el cabello. Por otro lado se indica que más de 1.5

millones de personas sufren algún tipo de quemadura seria cada año.

Cada donante tenía 10 pulgadas de largo o más luego de que su pelo fuese recogido en forma de cola de caballo, antes de ser donado.

Niños, mujeres y hombres acudieron al llamado sin importar su condición racial, ni que su pelo fuese sometido anteriormente a un cambio de color, a un permanente, pero debía no estar decolorado o químicamente dañado.

Entre las personas que donaron su cabello se destacan Rebecca Domin, que trabaja en el área de Young Adult/Reference de la biblioteca, quien además organizó la actividad y Deborah Soule quien trabaja en Reference Desk.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS

Los ataques de asma de su niño pueden ser provocados por muchas cosas que jamás sospecharía. Incluyendo los animales de peluche. Con la nueva información, usted puede ayudar a prevenir los ataques de asma de su niño, y evitar la sala de emergencias.



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JANICE TATARKA PROVIDES CREDIT POINTERS TO LAWRENCE YOUTH

What is a credit score? Which is better when you want to establish credit: getting a cell phone or a credit card? When should you pay your bills? These were among some of the questions asked by students of Diploma Plus and the Lawrence Adult Learning Center GED programming when visited by Janice Tatarka, Director of the Office of Consumer Affairs and Business Regulation.

When approached by Diploma Plus Program Facilitator, Andrea O'Brien, to provide a speaker who could warn her students about the risks of running-up unexpected cell phone bills and other credit damaging habits, Chris Shannon, of the Merrimack Valley Workforce Investment Board was able to arrange this visit, which took place on Thursday, December 14, 2006.

Ms. Tatarka presented basic information about credit to about 60 students and young adults at the Lawrence Adult Learning Center. She then opened up a discussion and ended by engaging the audience in a group activity. Among her main points:

- Credit is not a right; it is a privilege.
- Review your credit report once a year.
- And her favorite: Even if you are only paying the minimum balance, *pay your bills on time.*

These tips, she said, would help put these students on the right track to establishing good credit and providing better lives for themselves in the future.

Janice Tatarka habla de crédito a juventud de Lawrence



Students work on a group activity exploring different financing options with help from a Lawrence Adult Learning Center faculty member.



Consumer Affairs Director, Janice Tatarka, answers students' questions at Lawrence Adult Learning Center about financial issues that will affect their credit.

¿Qué es la cifra de crédito? ¿Qué es mejor cuando quiere establecer crédito: comprar un teléfono celular u obtener una tarjeta de crédito? ¿Cuándo debe pagar sus cuentas? Estas fueron algunas de las preguntas que los estudiantes de Diploma Plus y del programa de GED del Lawrence Adult Learning Center hicieron cuando fueron visitados por Janice Tatarka, directora de la Oficina de Asuntos del Consumidor y Regulaciones Comerciales.

Cuando Andrea O'Brien, facilitadora del programa Diploma Plus le preguntó si podía enviar a un orador que pudiera asesorar a los estudiantes en cuanto al riesgo de elevar demasiado una cuenta de teléfono celular y otros hábitos crediticios perjudiciales, Chris Shannon, del Merrimack Valley Workforce Investment Board pudo hacer los arreglos necesarios para realizar esta visita el pasado jueves, 14 de diciembre, 2006.

La Srta. Tatarka les presentó información básica sobre crédito a unos 60 estudiantes y jóvenes del Lawrence Adult Learning Center. Entonces ella abrió la discusión y terminó envolviendo a la audiencia en una actividad de grupo. Entre sus puntos más importantes:

- El crédito no es un derecho; es un privilegio.
- Revise su reporte de crédito una vez al año.
- Y su favorito: Aún si usted está pagando solamente el mínimo del balance, *pague sus cuentas puntualmente.*

Estos consejos, dijo ella, lo ayudarán a que estos estudiantes entren por el camino correcto para establecer un buen crédito y proveer mejores vidas para ellos en el futuro.

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CONT. DE LA PÁGINA 5

mensaje de correo electrónico, el alcalde negó haber firmado un acuerdo de separación el 9 de noviembre, 2006, junto con James Bowers, Myles Burke, John Griffin y otro testigo cuya firma es ilegible. Blanchette escribió, "Esta es una situación vergonzosa y una que yo no puedo comprender. Estaré eternamente perturbado y profundamente herido por esta acción poco ética del Alcalde de esta ciudad".

Sr. Blanchette, quizás esto es una indicación de que es así como se conducen los negocios en la ciudad y usted no debe simplemente estar "eternamente perturbado y profundamente herido" sino que debe tomar su trabajo seriamente y tomar acción. Los residentes de Lawrence están seguros que esto pasará como todo lo demás y será barrido debajo de la alfombra. Usted recomendó que "debe ser referido a la Junta de Massachusetts que Supervisa a los Abogados (Board of Bar Overseers) y recomendaré que el contrato del Abogado James Bowers (el cual está bajo la jurisdicción del concilio) no sea renovado". No, sea firme y dígalo claramente que usted empujará para que él sea despedido de su trabajo inmediatamente y le sea prohibido

ejercer abogacía.

El problema es que si usted actúa con tanta entereza de carácter en este caso, las personas esperarían que usted sea igualmente de firme con DPW y el Departamento de Agua en el caso de los precios excesivos de \$493,000 no autorizados en la instalación de fibras ópticas.

¿Cuán difícil es pedir a los oficiales de la compañía que recuerden qué conversaciones ellos sostuvieron y con quiénes que pueda haber sido interpretado como una aprobación verbal? Si la compañía quiere recibir su pago, estoy segura que ellos pueden proporcionar los nombres, conversaciones, quizá hasta mensajes electrónicos que revelen que alguien aprobó que el trabajo se hiciera. La ciudad ha empleado a investigadores privados para asuntos menos importantes que éste.

Esta es otra situación que pasará, las cosas se calmarán, ellos lograrán obtener suficientes votos en el concilio para aprobar el pago y los votantes se olvidarán cuando llegue noviembre. ¡Estamos acostumbrados y ellos cuentan con eso!

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La tradición hispana de los Tres Reyes Magos y de la Rosca de Reyes gana fuerza en los Estados Unidos

Wal-Mart adopta la tradición hispana en 600 tiendas por todo el país

En los Estados Unidos, la Navidad se celebra con un árbol vivamente decorado y con la leyenda de un alegre Santa Claus de barba blanca, quien luciendo un traje rojo y blanco baja por la chimenea el 25 de diciembre para entregar regalos a los niños que se portaron bien todo el año. En México, España y en muchos países latinoamericanos, se celebran las fiestas del día de Reyes o conocidos también como los Tres Reyes Magos, quienes vienen trayendo regalos y juguetes para los niños, la noche del 5 de enero.

El Día de Reyes tiene su origen en la historia de tres hombres sabios que siguieron una estrella, la cual predijo el nacimiento de un nuevo rey (el Niño Jesús). Melchor, Gaspar y Baltasar, reyes ricos, viajaron en camello, elefante y a caballo desde Persia hasta Belén, llevando regalos de oro, incienso y mirra para el niño en un pesebre.

Miguel Peña, quien ahora vive en Estados Unidos y creció en México, tiene tiernos recuerdos de esta fiesta tan especial, “La celebración del Día de Reyes es una de mis favoritas en el año; están los regalos, los juguetes, la emoción y ese delicioso e inolvidable aroma de la Rosca de Reyes mientras se hornea. Estas son las tradiciones que ahora comparto con mis hijas y mi esposa aquí en los Estados Unidos”.

“Las tradiciones Hispánicas son de gran importancia para Wal-Mart”, dice Sofia Vawter, Gerente Senior Multicultural de Mercadotecnia, “nos hemos esforzado para que nuestros clientes celebren El Día de Reyes cuidando cada detalle además de tener los artículos necesarios para que no se pierda la tradición”, agrega Vawter. Ofrecemos muchos emocionantes juguetes que estarán disponibles para nuestros clientes a precios de Wal-Mart para la celebración del Día de Reyes. Estamos seguros de que nuestros niños latinos estarán complacidos al recibir estos juguetes en este día tan especial. Y además, nos sentimos muy orgullosos de ofrecer la tradicional Rosca de Reyes en casi 600 tiendas en todos los Estados Unidos”.



La manera en la que se celebra el Día de Reyes varía ligeramente de país en país. En Puerto Rico, los niños colocan montoncitos de césped cerca de sus camas para atraer a los cansados y hambrientos camellos. En México, la noche del 5 de enero, los niños colocan sus zapatos cerca del árbol de Navidad o del Nacimiento para que los Reyes Magos o los Tres Reyes les dejen sus tan esperados regalos.

El 6 de enero, las familias se reúnen para celebrar la llegada de los Tres Reyes, el banquete de la Epifanía, y comparten la Rosca de Reyes tradicional acompañado de una taza de chocolate caliente hecho en casa. Una figurita de plástico o de galleta se coloca dentro de la Rosca de Reyes. Según la tradición, a la persona que le toque la figurita en su rebanada será el afortunado en ofrecer el último evento de la temporada navideña: el banquete de la Candelaria, el 2 de febrero. En esta reunión familiar, la comida incluye tamales con atole o chocolate caliente.

“Sin importar dónde o cuándo se celebre, a los niños de la comunidad hispana les cuesta mucho quedarse dormidos la noche del 5 de enero. No porque Santa venga en camino, sino porque los Tres Reyes vienen con los regalos que han traído desde lejos.”

Merrimack Valley Housing Partnership

LOWELL, MA

El Proyecto Génesis continúa ofreciendo su programa de pago de entrada para la compra de su hogar. Durante el mes de enero y febrero las clases serán ofrecidas en español los siguientes sábados: enero 27, febrero 3, 10. Las clases tendrán lugar en las oficinas de Merrimack Valley Housing Partnership en el 10 de Kirk Street. En el futuro anunciarán otras fechas disponibles.

Para más información, favor de llamar al (978) 459-8490.

CHOOSING ADOPTION Decidiéndose por Adopción

Hola! Mi nombre es Xavier

“A mí me encantan los animales. Cuando sea grande, quiero ser un diseñador de juegos de video.”

Por Milton L. Ortiz

Xavier es un jovencito inteligente y encantado, con una personalidad afectiva y compasiva. Las personas a su alrededor disfrutan su carisma y buen sentido del humor. Xavier nació en noviembre de 1993, de descendencia latina y le encantan absolutamente los videos y los animales.

A él también se le puede encontrar jugando sus deportes favoritos, baloncesto y béisbol. Xavier vive actualmente en un hogar de crianza, pero anhela tener una familia permanente. El responde a la atención individual y disfruta estando alrededor tanto de adultos como los otros niños. Xavier se lleva bien especialmente con niños un poco menores que él.

Debido a su pasado, Xavier asiste a terapia para ayudarle con sus necesidades emocionales. El asiste a la escuela pública, en la que se beneficia del apoyo de los servicios de un plan educativo individualizado.

Legalmente libre para la adopción, Xavier necesita la comprensión y afecto de una familia de una madre sola o de una pareja. El responderá bien siendo el menor o el único hijo en la familia.



Usted puede ayudarle a Xavier a encontrar un lugar llamado HOGAR, llamándonos a MARE al (617) 542-3678 ó a la línea gratis 1-800-882-1176 y preguntando por Milton Ortiz. También puede llamarnos si desea aprender más sobre la adopción en general o recibir una copia gratis del folleto “Decidiéndose por Adopción”. Usted también puede encontrar información en español acerca de otros niños que están en espera, en el Manual de MARE, el cual se encuentra en las bibliotecas públicas en todo el estado de Massachusetts, o visítenos en el Internet: www.mareinc.org.

Ha vivido durante siete años en la calle. Hogar no le falta.

La verdad es que tiene un hogar. Y si bien no es dentro de cuatro paredes, la vida que lleva es valiosa. Nacidos en la calle, estos gatos que no son esterilizados finalmente forman colonias y establecen su hogar en cualquier parte donde puedan encontrar alimento. Los machos merodean a las hembras; las hembras quedan preñadas. Y el ciclo de procreación continúa. Para ayudarlos, Alley Cat Allies cuenta con un plan económico que no sólo reduce las poblaciones de gatos salvajes, sino que mejora y prolonga la vida de los miembros de la colonia. Se denomina Trap, Neuter, and Return (o TNR, que significa atrapar, esterilizar y devolver). Para conocer más sobre este probado método compasivo e ingenioso de control de la población, o realizar una contribución, ya sea de dinero o tiempo, visite www.alleycat.org.

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Fotografía: Molly Wald

Porque los gatos vagabundos, los gatos salvajes y los gatos de la calle necesitan un tipo de atención diferente

Iniciativa nacional para ayudar a los hospitales a comunicarse mejor con los pacientes cuyo dominio del inglés es limitado

La Fundación Robert Wood Johnson elige 10 hospitales de todo el país para identificar y probar estrategias de modo de brindar servicios de idiomas efectivos y oportunos a los pacientes

Se anunció hoy un programa nacional para mejorar la calidad de la atención médica brindada a los pacientes con un dominio del inglés limitado (limited English proficiency, LEP), con 10 hospitales en todo el país. Estos son seleccionados para participar en una colaboración de aprendizaje de alto nivel cuyo objetivo es ayudar a los hospitales a desarrollar programas de servicios de idiomas probados que brinden comunicaciones más efectivas y oportunas a estos pacientes.

Fundado por la Fundación Robert Wood Johnson y administrado por The George Washington University's School of Public Health and Health Services (Facultad de Salud Pública y Servicios para la Salud de George Washington University), Speaking Together: National Language Services Network (Hablando juntos: Red de servicios nacionales de idioma) es la más reciente adición a la cartera de programas de la Fundación para mejorar la calidad de la atención médica en los Estados Unidos, a la vez que se eliminan disparidades raciales y étnicas.

“La calidad de la comunicación entre un paciente y su médico determina en gran medida si el paciente recibe o no la atención óptima”, dijo Pamela Dickson, M.B.A., vice directora del Health Care Group (Grupo de Atención Médica) de la Fundación Robert Wood Johnson. “Cuando existen barreras idiomáticas, la calidad de la atención sufre y las posibilidades de un error médico son más altas. Esto puede ocasionar disparidades tanto en el nivel de la atención como en la calidad de la misma para los pacientes que no hablan inglés. Al identificar estrategias específicas que producen los programas de servicios de idiomas más efectivos en los hospitales de los Estados Unidos, podemos ayudar a mejorar la calidad y reducir la disparidad para millones de personas”.

La investigación indica que cuando un paciente tiene dificultades para comunicarse con su proveedor de atención médica es mucho menos probable que entienda su afección, que comunique de forma adecuada sus síntomas y que adhiera a las recomendaciones del tratamiento. Si bien se requiere que todos los hospitales de todo el país brinden servicios de idiomas a pacientes con dominio limitado del inglés, no existen lineamientos federales acerca de las formas más efectivas de comunicarse con

La investigación indica que cuando un paciente tiene dificultades para comunicarse con su proveedor de atención médica es mucho menos probable que entienda su afección, que comunique de forma adecuada sus síntomas y que adhiera a las recomendaciones del tratamiento.

esos pacientes.

“Las diferencias idiomáticas representan una de las barreras más obvias a la provisión de asistencia médica de calidad”, dijo Marsha Regenstein, PhD, MCP, profesora adjunta del departamento de Política de Salud de George Washington University y directora de la Oficina Nacional del programa Speaking Together. “Con demasiada frecuencia, los miembros de familias bilingües o miembros del personal del hospital que no tienen capacitación alguna en la interpretación de la terminología médica sirven como intermediarios entre un paciente y su médico y otro miembro del personal del hospital, porque no hay disponible un profesional de servicios de idioma. De la misma forma que un paciente espera una atención proveniente de un profesional de la atención médica capacitado y calificado, un paciente con dominio limitado del inglés debería esperar los servicios oportunos de un intérprete capacitado especialmente en la interpretación de información médica y de la salud. A través de este programa, identificaremos las formas más efectivas y eficientes de hacer que eso suceda”.

Los 10 hospitales seleccionados de entre 70 candidatos a participar en el programa Speaking Together representan diversas comunidades con una variedad de poblaciones con pacientes LEP. Cada uno recibirá un subsidio de hasta \$60,000, así como asistencia técnica y capacitación utilizando medidas de mejora de la calidad desarrolladas por el Departamento de Política de Salud de George Washington University.

El proceso de colaboración de 16 meses examinará cómo estos hospitales se comunican con los pacientes que no hablan inglés, y se centrará en cómo el personal del hospital puede estructurar y manejar mejor los programas de servicios de idiomas con el fin de que las comunicaciones con pacientes LEP sean efectivas, eficientes y oportunas. Los hospitales participarán a través de una estructura de ‘red de aprendizaje’ para probar nuevas ideas, cuantificar los resultados y compartir las

lecciones aprendidas. A través del trabajo en equipos interdisciplinarios, los hospitales participantes tendrán la oportunidad de aprender qué está funcionando en otros programas de servicios de idiomas y beneficiarse del conocimiento del grupo para encarar los desafíos de los servicios de idiomas de sus propias instituciones.

Las prácticas óptimas probadas se compartirán con los profesionales de la salud de todo el país, lo cual le dará a los hospitales con pacientes de diversidad lingüística ejemplos concretos y probados de programas de servicios de idiomas efectivos y de intervenciones que pueden adoptar.

Más información disponible en www.speakingtogether.org

La Fundación Robert Wood Johnson se concentra en los problemas apremiantes de salud y atención médica que afronta nuestro país. Como la institución filantrópica más grande del país dedicada exclusivamente a mejorar la salud y la atención médica de todos los estadounidenses, la Fundación trabaja con un grupo variado de organizaciones y personas para identificar soluciones y lograr cambios integrales, significativos y oportunos. Durante más de 30 años la Fundación ha aplicado su experiencia, compromiso y enfoque equilibrado y riguroso a los problemas que afectan la salud y la atención médica de las personas a las que atiende. Cuando se trata de ayudar a los estadounidenses a llevar vidas más saludables y recibir la atención que necesitan, la Fundación espera realizar mejoras en el transcurso de sus vidas.

Los hospitales de Massachusetts seleccionados para participar en Speaking Together son:

Cambridge Health Alliance – Cambridge, Massachusetts

Cambridge Health Alliance (CHA) es un sistema de atención médica público y académico que incluye tres hospitales de atención aguda, más de 200 sitios de atención primaria y el departamento de salud pública de la ciudad de Cambridge, MA. CHA tiene más de 44 FTE (empleados de tiempo completo), 100 por día, y una cantidad mínima de intérpretes independientes que brindan cobertura todo el día para 43 idiomas. El portugués es el idioma más común entre los idiomas que no son inglés, entre los pacientes de CHA.

UMass Memorial Health Care – Worcester, Massachusetts

UMass Memorial Health Care es el segundo sistema de atención médica más grande de Massachusetts y sirve como hospital de red de seguridad para Massachusetts Central. UMass Memorial cuida a una población de pacientes que requieren servicios en 65 idiomas, que incluyen albanés, ASL (lenguaje de señas americano), portugués, ruso, español y vietnamita.

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BLANCHETTE:

CONT. FROM PAGE 5

own and dispose of \$60,000 without consulting with the City Council in advance.

Almost a month went by before the council president heard of such a deal being made involving Attorney Bowers when he requested a copy of the agreement from City Attorney Charles Boddy. On December 18, Attorney Boddy sent a memo to Blanchette explaining the sequence of events involving his office. He wrote: "I made inquiry to both the Mayor's Office and to Attorney Bowers and was informed that no copy of the agreement existed, and no agreement had been signed. I received your telephone message and your email today, both expressing discontent that you were forced to wait so long for a copy of the agreement. Upon receipt of your telephone call, I contacted James Bowers. He reiterated that he did not have a copy of the agreement."

Boddy goes on to explain how he was later in the day contacted by "Director Griffin's Attorney who expressed concern over way this matter is being handled." Upon learning that Boddy had no knowledge of the deal, he volunteered a

signed copy which was later sent to the council president. In effect, Bowers lied to his boss because his signature was affixed to the document and it was drafted without Boddy's knowledge.

Needless to say that did not sit right with Mr. Blanchette and he fired a very strong memo to the council and the city attorney that same day. He quotes from two messages dated December 4 and December 11 requesting information about this separation agreement and Mayor Sullivan simply responded each time that "Nothing has been executed or signed to date as far as the contract. Ideas are being shared but nothing is set in stone." In each email message, the mayor denied having signed a separation agreement on November 9th, 2006, along with James Bowers, Myles Burke, John Griffin and another witness whose name is illegible.

Blanchette wrote, "This is a shameful situation and one that I can't comprehend. I will forever be disturbed and deeply hurt over this unethical action by the Mayor of this city."

Mr. Blanchette, perhaps this is an

...so Mayor Michael J. Sullivan, with the help of City Attorney James Bowers secretly drafted a separation agreement giving \$60,000 and medical insurance for the next nine months on November 9th.

indication that this is the way business is done in the city and you should not just be "disturbed and deeply hurt" but take your job seriously and call for action. The residents of Lawrence are confident that this will blow over like everything else and be swept under the rug. You recommended that it should "be referred to the Massachusetts Board of Bar Overseers and I will further recommend that Attorney James Bowers' contract (which falls under the purview of the City Council) not be renewed." No, be firm and say it clearly that you will push for him to be fired from his job immediately and disbarred from his legal profession.

The problem is that if you act that strongly in this case, people would expect you to be equally firm with DPW and the Water Department in the case of the unauthorized fiber optic installation overcharges of \$493,000.

How difficult is it to ask company officials to remember what conversations they had and with whom that may have been construed as verbal OKs. If the company wants to get paid, I'm sure they can come up with names, conversations, perhaps even email messages that will reveal that someone approved the work to be done. The city has hired private investigators for less important issues than this one.

This is another situation that will blow over, things will calm down, they will manage to get enough votes in the council to pass the payment through and the voters will forget come November. We are used to it and they are counting on it!

LOCAL PHYSICIAN TO DIRECT NEW NECC HEALTH PROGRAM

Dr. Ralph Wade of Haverhill was recently named coordinator of Northern Essex Community College's new Paramedic Technology Program. He brings more than 20 years of

emergency medical care to the position.

Wade received his Bachelor of Arts in Biology from Merrimack College and his medical degree in biology from the University of Massachusetts Medical School in Worcester.

He has worked in emergency services at a number of area health facilities including North Shore Medical Center/Salem Hospital, Atlanticare Medical Center, North Shore Trauma Center, Lynn, MA, and the former Hale Hospital in Haverhill.

"Dr. Wade is well experienced in emergency medical care, having worked as an emergency room physician for more than 20 years," said Paul Bevilacqua, retired vice president and dean of academic affairs at NECC. "In addition he has teaching experience in a basic EMT Program and holds an associate faculty appointment at the University of Massachusetts Medical School. His interpersonal and teaching skills are evident in his interactions with the students."

The Associate Degree in Science in Paramedic Technology prepares students for careers in emergency medical service. The program is presented through a series of lecture, lab, hospital clinical and field internship experiences. The program is open to registered and experienced EMTs.

For additional information and criteria for the program contact Linda Comeau, NECC Enrollment Services, 978-738-7408 or lcomeau@necc.mass.edu.

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LEFT TO RIGHT: RICHARD AYBAR, BRUCE ARNOLD, & DALIA DIAZ

COMPUTER CLASSES AT ELDER SERVICES

The SeniorNet computer learning center, located at Elder Services of the Merrimack Valley, 360 Merrimack Street, Bldg. 5, Lawrence, MA, is accepting registrations for computer classes beginning the week of January 8, 2007. Learn new or advanced computer skills in a relaxed classroom setting specifically designed for the older learner.

The schedule for classes will be: Monday – Computer Basics; Tuesday – Fun With Graphics; Wednesday – Internet; Thursday – Computer Basics I; Friday – XP.

Each session is scheduled from 1 pm to 3 pm, one day per week for eight-weeks. The class fee for SeniorNet members is \$50 and \$90 for non-members. The non-member fee does include membership in Senior Net for one year. Advanced registration is required.

For more information, please call 1-800-892-0890 ext. 516 and leave a message. A SeniorNet member will get back to you as quickly as possible.

GLTS Chooses Three Seniors as Students of the Month

Greater Lawrence Technical School, Andover, has announced its Students of the Month for November, recently honored at a luncheon in the school's restaurant, the Edward V. Coakley Four Winds. They are Yaliza Fana of Methuen, Brenda Guzman of Methuen and Ramon Pinargote of Lawrence, all members of the Class of 2007.

Yaliza Fana majors in Marketing at Greater Lawrence Tech, and works in the student office as a participant in the school's Cooperative Education Program. She has enjoyed all aspects of the Marketing curriculum over the years, including computer skills and working in the school store, but interacting with people has been her favorite aspect. She is an active school citizen who serves as vice president of Student Council, student representative to the District School Committee, a member of the State Advisory Board for Student Council, and a member and competitor in DECA.

Following graduation from GLTS, Yaliza plans to attend college and major in social work. University of Massachusetts Amherst and St. John's College in New York are on the top of her list. Both Student Council Advisor Jenna Simard and Community Relations/Grants Manager Barbara Parente nominated Yaliza as Student of the Month. They cited her willingness to help and professionalism in the office and called her a model school citizen.

Brenda Guzman specializes in Building and Property Management and says that the opportunity to paint attracted her to that field when she was exploring careers as a ninth grade student. Painting is still her preferred activity in the career area, and English is her favorite academic subject.

Four people – instructors Paul Casey, Tom Cronin, Tom Ciulla, and Construction Cluster Chair Richard Krafton, nominated her. They describe her as very focused, polite, respectful, and hard working and note that she is disciplined in both her academic classes and career areas. "She is willing to take on any task and always sees her projects through to completion," Mr. Casey commented. "She is smart and a good worker."

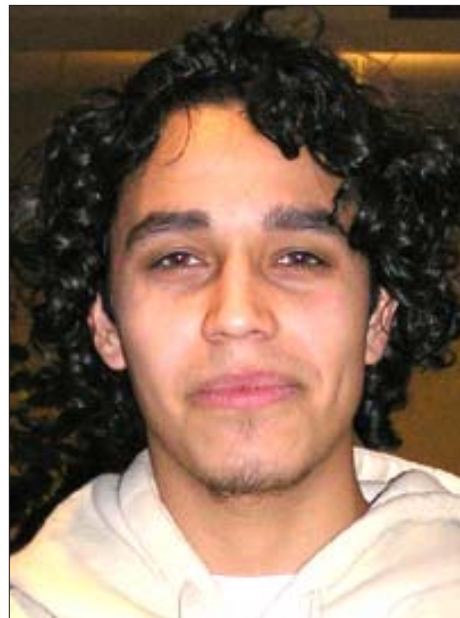
Ramon Pinargote's strong interest in computers caused him to choose Information Support Services as a technical major, and this interest goes beyond the classroom and lab. Ramon has rebuilt his



Yaliza Fana



Brenda Guzman



Ramon Pinargote

own computer and assists others with both rebuilding and repair. Data, audio and video are also strong interests. He videotapes school events, from Freshman Parent Night to Open House to pep rallies and sports events.

ISS instructor Charles Pouliot, who says Ramon is "a perfectionist who always volunteers to take on special projects, nominated him. Both his peers and his teachers seek his advice for technical solutions." Mr. Pouliot credits Ramon's work on the "visible computer" demonstration and display for the October

29 Open House as "a major factor in the success of ISS at Open House."

Following graduation, Ramon will continue to study computers, networking and computer repair, either at Northern Essex Community College or ITT Institute.

The Student of the Month program was begun ten years ago to familiarize the Greater Lawrence communities with the school's outstanding students and their achievements. Marilyn Fitzgerald administers the program.

Greater Lawrence Technical School, Andover, has announced its Students of the Month for November...They are Yaliza Fana of Methuen, Brenda Guzman of Methuen and Ramon Pinargote of Lawrence, all members of the Class of 2007.

LOCAL MAN JOINS NECC ADVISING TEAM



Jeffrey Pierce of Bradford has been hired as an academic advisor at Northern Essex Community College's Career Planning and Advising Center on the Haverhill campus.

He holds a Bachelor of Arts in Psychology/Political Science from Bradford College, a Master's in Education in Counseling and Psychology from Cambridge College, and Massachusetts Department of Education certification in Spanish.

He previously worked as a career advisor at ValleyWorks Career Center in Haverhill and as an ESOL instructor at NECC.

Located on both the Haverhill and Lawrence Campuses, Northern Essex's Career Planning & Advising Centers (CPAC's) feature advisors who can help students choose courses and programs, select or change a major, learn about transfer opportunities after Northern Essex, find an internship or co-op experience, and receive career guidance such as determining career direction, resume writing, and interviewing skills. Academic Advisors also assist students who are transitioning from the College's ESL curriculum into mainstream academic programs, as well as students who find themselves in academic trouble.

For more information, visit the CPAC website at www.necc.mass.edu/cpac or call 978 556-3700.

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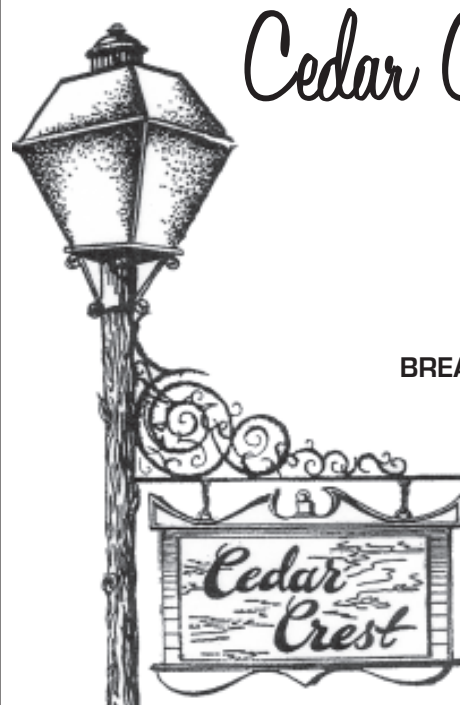
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HAVERHILL NEWS

ACTIVITIES AT THE HAVERHILL SENIOR CENTER

FREE CELL PHONES

Council on Aging announces it has a supply of free cell phones for Haverhill seniors. These phones are programmed to call 911 in an emergency. This is a free service. Please call Joel Berg for additional information.

For any of the following activities, unless noted differently, please call Kathy Bresnahan or Rita LaBella at the Council on Aging at (978) 374-2390.

BOSTON SYMPHONY ORCHESTRA

Haverhill COA has tickets to the Boston Symphony Orchestra Mozart/Haydn open rehearsal on Thursday, January 18, 2007, at 10:30 a.m. Bus will leave Westgate at 7:45 a.m. Lunch will be dutch treat after the performance.

Tickets are \$30 per person for ticket and transportation.

AN EVENING OF ROMANCE

The Recreation Department and Council on Aging are sponsoring a trip to "An Evening of Romance" with Michael Amante at Lowell Memorial Auditorium on Thursday, February 15, 2007, at 8:00 p.m. This is an encore performance by Mr. Amante, world renowned recording artist, for the Saint Alfio Society of Lawrence. Cost of the tickets is \$45.00, including transportation.

TRIP TO BRANSON, MISSOURI

The Council on Aging is planning a trip to Branson, Missouri, "Live Music Capital of the World", for the Branson Show Extravaganza from April 27 to May 7, 2007. This luxury motor coach trip includes stop at Hershey's Chocolate World, casino stops along the way, 6 fabulous Branson shows (including Yakov Smirnoff, The Joey Riley Show, Dick Clark's American Bandstand Theater, Neil Goldberg's "Cirque", and Darren Romeo- "The Voice of Magic"). Also included in this trip is a dinner show aboard the showboat Branson Bell (cruise on Table Rock Lake), 10 nights lodging, 18 meals (10 breakfasts and 8 dinners), stop at Indianapolis Museum of Art and Phipps Conservatory and Botanical Gardens, and more! Cost of this exceptional trip is \$979 per person, double occupancy with \$75.00 due upon signing. Trip insurance is available.

AVOID IDENTITY THEFT!

Haverhill COA and TRIAD have purchased a shredder for city seniors' use. The shredder will be available at the Citizens Center, 10 Welcome Street, Room 30, on the second and fourth Wednesday of the month from 12:30 to 2:30 p.m. Papers that should be shredded to reduce the risk of identity theft include charge slips and charge bills, bank statements, financial records, and all papers that contain social security numbers and account numbers. There is no charge for this service thanks to donations by TRIAD, Essex County Sheriff's Department and the Haverhill Council on Aging. For additional information call Joel at 978-374-2390 Wednesdays and Fridays from 12:00 to 2:30 p.m.

Mayor's Rezoning Plan Wins Approval

This past week both the City Council (by a vote of 7-2) and the State approved our plans to rezone Wingate Street, lower Washington Street, Locke Street and Locust Street (areas with abandoned shoe shops) as a "Chapter 40R Smart Growth Zoning Overlay District."

We have had a Mayoral task force working on this for over a year. This rezoning makes us a State wide leader in the redevelopment of old factory buildings.

A Chapter 40R zoning overlay district is a zoning district located with ¼ mile of a transit station, designed to encourage people to live in old factory buildings. Housing in these districts is allowed as a matter of right. Retail is required on the first floor. There are detailed architectural and design standards.

The State pays a bonus if cities agree to adopt Chapter 40R. Haverhill will receive an up front cash bonus of \$600,000 and an additional \$3,000 per unit for every residential unit built.



From this...



...To this.

State Approval Puts City in Line for \$600,000 Bonus

Mayor James J. Fiorentini today announced that the State has given approval to the City's downtown smart growth rezoning proposal. This approval puts the City in line for a \$600,000 bonus from the State and an additional \$3,000 bonus for every unit. To receive the money, the City Council must give final approval to the rezoning.

The smart growth zoning package is called a Chapter 40R Rezoning. It allows for the reuse of upper floors of the old factory buildings which are located within ¼ of a mile near a transit station. The rezoning is part of the state's policy of encouraging transit oriented development to encourage people to live in old factory buildings near train station.

Transit oriented development and reusing factory buildings have been key goals of the Fiorentini administration. Mayor Fiorentini has made smart growth rezoning a key part of his Economic Redevelopment Plans.

Mayor Fiorentini, noting that the city was one of the first cities in the state to adopt the chapter 40R smart growth rezoning called this "more great news for Haverhill and a major step forward for our urban renaissance."

"Bringing old factory buildings back to life as urban housing has been a key goal of this administration.

We are proud as a city to be one of the first cities in the state to adopt the Chapter 40R smart growth rezoning.

This new law came about because the City was the very first city in the State to obtain a technical assistance grant of \$50,000 to hire a consultant to rewrite our rezoning laws. It also came about because of the great work of our Chapter 40R Zoning Overlay Committee. They spent an entire year working on the zoning package and I commend them for their hard work.

It takes team work to move the City forward. I thank all of the members of the team for their great work."

NECC'S GALLAUDET UNIVERSITY CENTER NAMES OUTREACH SPECIALIST



Pauline Ballentine of Hopedale was recently appointed outreach specialist for the Gallaudet University Regional Center (GURC) at

Northern Essex Community College.

Ballentine holds a Bachelor of Arts in Deaf Culture/Pastoral Studies from North Central University in Minneapolis, MN and a Master of Arts in Organizational Leadership Studies from Regent University in Virginia Beach, VA.

She previously worked as program director of Project H.O.P.E. and finance department assistant at D.E.A.F., Inc., as well as a sign communication proficiency interviewer for the Massachusetts Commission of the Deaf and Hard of Hearing.

Ballentine also taught American Sign Language at Emmanuel College.

The Gallaudet University Regional Centers (GURCs) bring the resources of the world's only liberal arts university for deaf and hard of hearing people to regions across the nation. Through the GURCs, Gallaudet offers extension courses, training workshops, and technical assistance. They address the educational, transition, and professional development needs of deaf people from birth through adulthood, and the needs of their families and the professionals who work with them. They promote collaborative relationships between Gallaudet and the schools and programs in their regions. The Northern Essex Community College regional center is located on the Haverhill Campus.

For more information on the Gallaudet University Regional Center at NECC, call 978 556-3701 or visit the website <http://www.necc.mass.edu/gallaudet/>

MVCC NIGHT WITH THE BOSTON CELTICS

Wednesday, January 3, 2007
at the TDBanknorth Garden, Boston, MA
Boston Celtics vs. Cleveland Cavaliers

Halo seats are in a private area across from the media seating. They are not available through the TDBanknorth Garden box office!

Enjoy an exciting evening of NBA basketball with your family, friends, and reward your business associates as the Boston Celtics take on LeBron James and the Cleveland Cavaliers!

Tickets are \$45.00 each and payment must accompany ticket order. No refunds, No cancellations after tickets have been ordered. Thank you.

Man Honors Lifelong Friend by Creating Scholarship in his Memory

Northern Essex Community College recently received a generous gift to create an endowed scholarship in the name of Edward J. Sheehan, a graduate of the college who served as the college's superintendent of buildings and grounds from 1984 until his death in 2004.

Donating the \$104,000 scholarship was Haverhill native David Witham who is now living in Boston. Witham and Sheehan were "best friends", growing up together during the 1940's and 1950's on 11th Avenue in Haverhill.

"I wanted to honor Ed's memory and because of his close involvement with the college I thought a scholarship would be an appropriate way," says Witham, a hotelier.

Sheehan graduated from St. James' Elementary School and attended Haverhill High School where he played football. After three years in the U.S. Army, he married and, while working full-time, attended Northern Essex Community College four nights a week. He graduated from Northern Essex in 1969 and transferred to Salem State College, graduating with a business management degree in 1974.

Sheehan spent the first 20 years of his career with Massachusetts Electric Company and in 1984 he joined the college as superintendent of buildings and grounds. He worked up until one month before his death from cancer in 2004.

"Ed was dedicated to our Haverhill



Northern Essex Community College recently received a generous gift to create an endowed scholarship in the name of Edward J. Sheehan, a graduate of the college who served as the college's superintendent of buildings and grounds from 1984 until his death in 2004. Donating the \$104,000 scholarship was Haverhill native David Witham who is now living in Boston. Shown left to right in photo are Ronnie Sheehan, Sheehan's wife; David Witham, David Hartleb, president, Northern Essex, and Jean Poth, vice president of institutional advancement, Northern Essex.

Campus," says David Hartleb, president of the college. "Its incredible natural beauty is a testament to his careful stewardship."

At the college's Commencement

Exercises in 2005, Sheehan was posthumously named superintendent emeritus. Emeritus status is an honor that recognizes sustained excellence in performance, character, and meritorious service to the college. Sheehan's wife Ronnie says her husband's love for the college is what prompted her to suggest that the scholarship benefit a Northern Essex student. "He never missed a day of work. He loved the school and especially the crew who worked for him."

The couple's two children—Ted Sheehan and Maura J. Conley—also graduated from Northern Essex and transferred to UMass Lowell. Both have successful careers, as a CPA and international banker respectively. Sheehan's wife Ronnie also has connections to the college, having worked in the reading and writing centers.

The Edward J. Sheehan Memorial Scholarship is an endowed scholarship that will be presented each year to a student

who is graduating from Northern Essex and transferring to a four-year institution. Priority will be given to students with financial need and good moral character. The first scholarship recipient will be selected this spring. The \$4000 scholarship will be presented in \$2000 increments over two years.

According to Jean Poth, the college's vice president of institutional advancement, this will be the largest transfer scholarship the college has ever offered. "This is a major donation and it will make a major difference for our students who are often making great sacrifices in pursuit of a college degree."

Contributions to the fund are welcome and can be sent to the Edward J. Sheehan Memorial Scholarship, c/o Jean Poth, vice president of institutional advancement, NECC, 100 Elliott St., Haverhill, MA 01830. For information on creating your own scholarship, contact Poth at jpoth@necc.mass.edu or 978 556-3624.

Methuen's Festival of Trees

At the recent Methuen Festival of Trees, Merrimack Valley Federal Credit Union donated a decorated tree that was later raffled off as part of the fund raising activities.

The Festival of Trees is a non-profit institution that cares for historical preservation and restoration in the City of Methuen which includes the famous walls built by the Searles Family and the Tenney Gatehouse. Over two-hundred trees are delightfully decorated and donated for that purpose and thousands of people from all over the Merrimack Valley attend every year to view one of the first events of the Christmas season.

Kristen Cole, was the winner of the tree donated by the Merrimack Valley Federal Credit Union and her aunt took pictures of her with the tree set up in her home. They love the tree and feel it is just beautiful. "The pictures don't do it any justice. It is seven-feet tall, it has jewels, sequences, beads and a berry garland that seem to have been hand-made," said Mrs. Cole. "It's totally me!"

She left the baby home and gave



When Kristen Cole was told of her winning she said, "How perfect! I'm a member there!"

her husband and 6-year-old daughter their own raffle tickets but this was the tree she wanted – and luck was with her.

Kristen lives in Plaistow, New Hampshire and comes from a long line of family members who have accounts with MVFCU. From her grandparents on her mother's and her father's side, even her daughter has her own account. Four generations of members being served by MVFCU.

"FOR TOO LONG OUR CULTURE HAS SAID, 'IF IT FEELS GOOD, DO IT.' NOW, WE WANT TO BE A NATION THAT SERVES GOALS LARGER THAN SELF. WE HAVE BEEN OFFERED A UNIQUE OPPORTUNITY. WE MUST NOT LET THIS MOMENT PASS. MY CALL IS FOR EVERY AMERICAN TO COMMIT TO THE SERVICE OF YOUR NEIGHBORS AND YOUR NATION. BY DOING THIS, WE SUSTAIN AND EXTEND THE BEST THAT HAS EMERGED IN AMERICA."

★ ★ **Make a Difference. Volunteer.** ★ ★

When you volunteer to help your neighbors, you help your nation. Find out how at USAFREEDOMCORPS.GOV or call 1-877-USACORPS

LOCAL BUSINESS GAINS NATIONAL RECOGNITION

Little Sprouts Named Among Top 50 in Massachusetts

Methuen, MA, December 15, 2006 - In recognition of the economic power of multicultural businesses, DiversityBusiness.com, the nations' leading multicultural internet site, recently named Little Sprouts as one of the "Top 50 diversity-owned businesses in the state of Massachusetts (Div50)".

The Div50 is the 7th annual listing of the Massachusetts's top 50 diversity-owned businesses representing the state's top multicultural earners. These companies challenge the long-held notion that a diversity-owned business is small or insignificant. Div50 members are sought after by major corporations wishing to increase spending with diversity owned companies.

The Impact of Diversity Business

Affected by recent economic and demographic trends and changes, Fortune 1000 corporations throughout the country have recognized that buying products and services from diversity owned companies positively impacts their business. Diversity-owned businesses contribute over \$1.4 trillion in sales to the U.S. economy.

"Diversity businesses and consumers

are a growing force in the U.S. economy, and a force to be reckoned with," said Kenton Clarke, CEO of Computer Consulting Associates International, the company that built DiversityBusiness.com. This is a whole business segment that can carry its own, that provides jobs, products and services, and generates wealth for their communities. These are the new leaders in American business."

Gloria Bohan, CEO of Omega World Travel in Fairfax, Virginia commented

"This group represents the entrepreneurial spirit that drives our economy and even more. It offers insights into a vastness of cultures and an exchange of ideas that are so valuable in helping me to understand how to reach the needs of today's consumers."

"We are honored to be acknowledged as leaders in diversity not only with the children and families but within our organization," reflected Little Sprouts founder Susan Leger-Ferraro,

SEE **LITTLE SPROUTS:**
CONT. ON PAGE 22

U.S. Army ROTC, UMass Dartmouth sign agreement

UMass Dartmouth has entered into an agreement with the U.S. Army to expand access to ROTC programs with courses delivered on the Dartmouth campus.

The agreement allows for cross-enrollment of students in the Providence College-based Army Senior Reserve Officers Training Corps Program.

UMass Dartmouth joins Bryant University, Brown University, Johnson and Wales University, Rhode Island College, Community College of Rhode Island and others in providing cadets to the PC program, which dates back to 1951.

As a result of the partnership, UMass Dartmouth students are receiving instruction and hands-on training in two Providence College Department of Military Science courses offered each semester, get equal opportunity in competing for Army SROTC scholarships, and participate in military functions and extracurricular activities as members of the PC Corps of Cadets. They also have the convenience of registering for courses via the on-campus registration system.

According to U.S. Army Lieutenant

SEE **AGREEMENT:**
CONT. ON PAGE 22

Este es el reloj que llevaba puesto Stephen Hollingshead, Jr. cuando se encontro con un chofer borracho.

Amigos no dejan que amigos manejen borrachos



U.S. Department of Transportation



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Some of our best local programming comes from local experts in different fields.

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Produce and Host Your Own Weekly or Daily Show On The Air

Contact John Bassett at (978) 683-7171

Mr. B's Sports Memories Simply The Best!

By Frank Benjamin



In my day I've been pleased by watching many great athletes. Local bars and clubs all have their heroes and people who played in their eras. Many discussions (arguments) people don't agree with each others choice and sometimes I've seen it get physical. To this day the Joe "D" fans and the Ted Williams fans still can stoke up a pretty hot session. The local sport scene is filled with people who can and will tell you don't know your butt from your elbow if you don't pick their guy who is maybe a relative, a classmate or former teammate maybe in a "beer" league. These sessions envelope all sports and even in some cases card players, Forty-Five players and Gin Rummy players can get pretty touchy about certain players especially when there is a few "bobs" involved.

Lawrence has its share of great players and when a local priest asked me who was the best football player to ever come out of the city I quickly answered Bill Quinlan and it set my mind in motion (not such an easy thing these days.) Dolph Medalinkas came to mind of the "Flying Liths" backfield. Wobbles Hewitt another old timer I'd only heard of. Joe Bosse an All American end at Central Catholic who got a full boat to Notre Dame. Pat Burke played in the Rose Bowl for Michigan State after graduating from LHS. The feeling is here that this cannot cause an argument because with all the names and there are many, big Bill Quinlan has the pro credentials to garner him the top spot.

I want also bring to the table a great athlete from the south side of the city. He never played high school ball but he sure could've. He's like the athletes you read about in sports books who everybody says, "This guy would've been better than Magic Johnson or Larry Bird if he went to school" and when playing the tournaments (like the Rucker Tourny in New York) people come in droves to see these neighborhood stars.

I've known my guy for years and although only played one game for me he's played many against my teams. This athlete played baseball at the So. Common and I've watched him play against my playground teams at the Riley and at an early age he was showing he was something. With his teammates Dapper Donovan, Sonny Conca and his constant buddy Norman Stone, also known as "Nunna," they formed a nucleus of a fine team. He started playing fast pitch softball and I think he played for every So. Union St. team as the years went by. I think he and Dapper were about 16 when they started playing with the Jules team, or maybe it was the Hayes, could've been the Jeffs. He became teammates with Frank Costello, Archie Conroy, Black Jack Rogers, Georgie Veillieux and other So. Lawrence greats. Jackie Poremba probably started pitching with those teams. I think he once told me that the great softball pitcher Dick Krausse in later days played on one of those teams back in the day.

If you remember a tall slender player showing up at a big game with his jersey slung over his shoulder and a glove that 30

years ago looked like Shoeless Joe Jackson had thrown it away because it was too old, and carrying spikes in the other hand while wearing slippers, then you know who I'm talking about.

Billy Timmons never told you how good he was but he certainly showed you. Over his softball career he played with many people and I'm sure he enjoyed it when Billy Jr. played as a teammate on his Herman Hall team and he was a good player. His wife "Murph" whom he wed at a real young age attended every game and she was as beautiful as he was handsome and they could've made a living posing as wedding cake couples. When playing for the Hermans or the Concordia clubs the team had a rule: "If you struck out, you had to buy the beers for the team." A few of his teammates said he went years without paying through that rule. A great fielder at third base I've seen him go to the outfield to help the team. Possessor of an accurate cannon for an arm he was difficult to bunt on in a game that bunting was a crucial weapon.

One time with his team needing another player to replace him as he had a leg injury and with nobody showing up he decided to play. I was the opposing and much despised manager he would be playing against and I walked over and told him I wouldn't have my guys bunting because of his pain. As I was walking away I turned back and said, "unless it's a close game." He played one game for me and it was against Eddie Feigner known as the King and his court who came to Lawrence to play an All Star team. I was the manager and asked Billy to play and all he did was to get 3 hits off the greatest pitcher in the world. Feigner told me after the game, "that guy is a hitter and I was pouring it on and still couldn't get him."

I asked Billy about his hitting Feigner and he replied, "I just waited for my pitch. It sounded so simple. Billy had the knack of making great plays look simple. One day I noticed his relic of a glove was not on his hand and when I asked him why he replied, "Someone stole it." I thought he was kidding until I saw the hurt look on his face. It seemed to me it would be like stealing a skunk.

When Bill played with the Hermans or the Concordia club I wanted him to play for me but he said, "Frank, I like playing with those guys and I'm staying with them." His good pal Willie Cartier, Dave Downey, Dave Miller, Irv Wermers (Minsky) and his pitching buddy Ernie Wilson.

My last Timmons story (and there are still many) concerns a tough guy wannabe who played one year in the league and tried to intimidate people, his name was Rocky to boot (I couldn't make this up). Rocky started mouthing off at Billy's team bench and challenged Bill's teammates and started towards the bench. Now, the Herman team was pretty good players and excellent drinkers but I'm sure fighting was not in their bag of tricks. The bully gets close to the bench and Bill stands up and says, "Start right here." Rocky stops, starts a retreat, and it's all over. His athletic ability didn't end on the diamond though as he could throw a football with great accuracy and length and had the local football legendary coach drooling with the thought



Picture shows Billy Timmons about to catch the ball and tag another great local athlete who has since passed away at a too young age. His name was Bobby Marchand. Both these guys were great guys and athletes and both starred for years in fast pitch softball.

of him playing quarterback for Lawrence High School. Our guy refused Mark Devlin's offer.

He was a pretty good golfer and could also beat you in a game of one-on-one basketball. He still competes in the British Club games with his friends the Fieldings, Archie and Joey Halloran, etc. and is a formidable opponent in each event.

His long time pal Dapper Donovan tells me that Timmons played for the US Army team in baseball while serving (I think it was our

side) was selected on the Post All Army team but refused the selection because it conflicted with a furlough home and he came to Lawrence and his beautiful "Murph."

When people mention great third basemen Billy Bateman, Joe D'Orazio, Jack Gage, Chris Decesare and Dick Bretton are all mentioned and some may be as good as Billy Timmons but there was nobody better.

That's my story and I'm sticking to it. By the way he's still wearing slippers instead of shoes.

Thinking about a change?



Please come to the

Women Returning to School Information Fair

Wednesday January 10, 2007

6:00 – 8:00 p.m.

Tech Center Conference Area
Northern Essex Community College
Haverhill, MA

Come meet with us, hear our stories, and discover
some new pathways for a new you!

Are you ...

- ~ interested in coming to college?
- ~ unsure of what direction to take?
- ~ worried about having the skills needed to succeed?
- ~ thinking of taking that first step into the job market?
- ~ looking at a career change?

We will answer your questions and get you started on the path to acquire
the knowledge and skills you need for your new career.

Please call (978) 556-3722 to reserve your space

Snow date is Thursday, January 11, 2007, same time and location.

Andover resident named Andover/North Andover YMCA Board Member of the Year



Pictured (left to right): Last year's honoree Jerry Silverman of Andover; Past YMCA Board Member and former Andover resident Cynthia Wright, for whom the award is named; and John Doherty of Andover.

John Doherty of Andover is the recipient of the sixth annual Cynthia Wright Chairman's Award for the Andover/North Andover Branch of the Merrimack Valley YMCA. This award was established by the branch to recognize outstanding YMCA policy volunteers. YMCA past board member Cynthia Wright, for whom the award is named, served on the Andover/North Andover YMCA's Board of Managers for 25 years and exemplified outstanding board leadership. Mrs. Wright is formerly of Andover and now resides in Maine.

"It is particularly fitting for our board to give this award to John, for when he isn't blazing the trail for our board by speaking his conscience, he is leading us by always being the first to volunteer and by

constantly giving to others in his quiet way - and without being asked. Given what John has done to support the YMCA; to help those less fortunate and to give so much of himself to our community and our country, he truly is a role model and we are honored by his service," said Andover/North Andover YMCA Branch Board of Manager's Chairman Michael W. Morris, Jr.

Mr. Doherty's volunteer service to the Merrimack Valley YMCA's Andover/North Andover Branch dates back more than three decades. He was part of the original group of volunteers who helped raise funds to build the YMCA in 1972, which led to the construction of the current facility, located at 165 Haverhill Street on the Andover/North Andover line, which opened in 1974.



YMCA DAY CAMP OTTER WINTER REUNION

- Saturday, March 31, 2007
- 9am-5pm
- Held at the Merrimack Valley YMCA's Methuen Branch, 129 Haverhill Street, Methuen
- \$35, includes lunch
- Open to any Camp Otter camper from last summer.
- Space is limited. Please call the YMCA Camping Services Office to register at 978-975-1330.

CHOOSING ADOPTION Decidiéndose por Adopción

Hi! My name is Xavier

"I love animals. When I get older, I want to design a video game."

By Corina Hopkins

Xavier is an intelligent and engaging youngster with a caring and compassionate nature. Those around him can't help but enjoy his charisma and great sense of humor. Born in November 1993 of Latino heritage, Xavier absolutely loves video games and animals.

He can also be found playing his favorite sports, basketball and baseball. Xavier currently lives in a foster home, but hopes to have a permanent family. He thrives with one-to-one attention and enjoys being around both adults and children. Xavier gets along especially well with children just a little younger than himself.

Because of his past, Xavier participates in therapy to address his emotional needs. He attends public school where he benefits from the added supports of an individualized education plan.

Legally free for adoption, Xavier is in need of an understanding and nurturing single mother or two-parent family. He



would do well as the youngest or only child in the family.

To learn more about Xavier or about adoption in general, call the Massachusetts Adoption Resource Exchange at 617-54-ADOPT (542-3678) or 1-800-882-1176. You can also read about other waiting children in the MARE Photolisting located at many public libraries in the state, or visit the MARE Web site at www.mareinc.org.

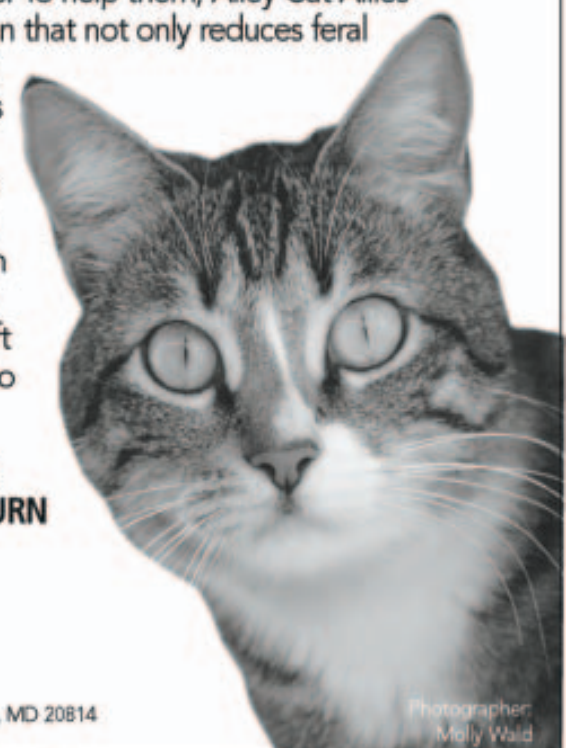
She's lived outside for seven years. She's not homeless.

The truth is, she has a home. And while it may not be inside four walls, she's living a valued life. Born outside, these unsterilized cats eventually form colonies, making their home wherever they can find food. Tomcats prowl for mates, females become pregnant, and the cycle of reproduction continues. To help them, Alley Cat Allies has a cost-effective plan that not only reduces feral cat populations, it also improves their lives. It's called Trap, Neuter, and Return or TNR. To learn about this smart, compassionate, proven method of population control, or to give a gift of time or money, go to www.alleycat.org.

SUPPORT TRAP, NEUTER, AND RETURN



7920 Norfolk Ave., Suite 600 • Bethesda, MD 20814
www.alleycat.org



Photographer: Molly Wald

Because alley cats, barn cats, tomcats, & street cats need a different kind of care.



YMCA offers Pilates instructor classes

Merrimack Valley YMCA's Andover/North Andover Branch introduces STOTT PILATES® instructor training to meet growing demand for skilled Pilates instructors.

As Pilates' popularity continues to grow exponentially across the United States, there has become an increased

demand for Pilates instructors that isn't being met. The Merrimack Valley YMCA's Andover/North Andover Branch is pleased to announce that it will host STOTT PILATES® instructor training courses for those interested in advancing their career and becoming certified Pilates instructors. Group SPX Intensive Mat Training will begin in April 2007.

"The Merrimack Valley YMCA's Andover/North Andover Branch chose to align with STOTT PILATES for its

reputation as the world leader in Pilates education and its comprehensive curriculum that provides instructors with a thorough knowledge of programming and modification techniques," says Nicole Bennett, Group Exercise Coordinator for the Andover/North Andover Branch. "It was also recognized by Fitness magazine for setting high standards in Pilates education with the largest number of trained instructors throughout the world."

According to the Sporting Goods Manufacturers Association's 2006 Pilates study, there are more than 10 million Pilates participants in the United States with more than 1 million of them considered frequent participants taking at least 100 classes a year. Powering this trend, STOTT PILATES' elite education programs, high quality equipment and comprehensive Pilates home exercise DVD library set the brand apart. Developed by professionals for professionals, the STOTT PILATES method incorporates modern knowledge of anatomy and exercise science to provide a safe and contemporary approach to Pilates exercise.

"STOTT PILATES Certified Instructors have completed training that will enable them to safely deliver dynamic, high-quality classes for a broad range of clients," says certified STOTT PILATES® instructor Nicole Bennett. "Once certified, instructors are listed on the company's web-based Instructor Finder where anyone in the world can search for instructors in their area."

The Andover/North Andover Branch of the Merrimack Valley YMCA is a full-service health and fitness facility that offers a comprehensive group exercise program that includes over 65 classes including STOTT PILATES®, Yoga, Spinning® and aerobics classes.

For more information, contact Nicole Bennett at 9788-685-3541.

To have your event listed on this section of Rumbo, please send us an email to (and only to)

calendar@rumbonews.com. The email must contain the name, date, time and location of the event. A contact email and phone number is recommended. A brief description of less than 30 words could also be included. If your message is missing any of this information, it will not be posted. Posting of your event is subject to space availability. Rumbo is not responsible for any misprinted information.

COST OF ADVERTISING

Events organized by non for profit organizations will be posted for FREE. If your event is for profit, please contact us to learn about our posting fees.

YMCA FAMILY CRAFT NIGHT

The Andover/North Andover Branch of the Merrimack Valley YMCA is offering "Family Craft Night." Bring your family and join us as we make beautiful gifts, home décor and more! Work together as a family to create a one-of-a-kind craft project to enjoy through out the year.

SUNDAY, JANUARY 7, 2007
1:30 PM TO 3:00 PM

SUNDAY, FEBRUARY 4, 2007
1:30 PM TO 3:00 PM

The cost per family is: YMCA Family Members \$5; YMCA General Members, \$10; and non-members, \$15. Pre-register at the Member Services Desk. For more information, call 978-685-3541. The YMCA is located at 165 Haverhill Street, Andover.

POP WARNER FOOTBALL

LAWRENCE POP WARNER FOOTBALL AND CHEERLEADING, INC. ESTARÁ MATRICULANDO DURANTE LOS SIGUIENTES DÍAS: **SÁBADO, 10 DE FEBRERO, 2007 Y SÁBADO, 17 DE FEBRERO, 2007 DE 12 A 2 DE LA TARDE EN EL KNIGHTS OF COLUMBUS, EN LA CALLE MARKET, EN LAWRENCE.**

PARA MÁS INFORMACIÓN, POR FAVOR LLAME A KAREN AL 978-683-6150.

LOS DESCUENTOS APLICAN SOLO A LOS PRIMEROS EN MATRICULARSE.

POP WARNER FOOTBALL

LAWRENCE POP WARNER FOOTBALL AND CHEERLEADING, INC. WILL BE HOLDING OPEN REGISTRATION ON THE FOLLOWING DATES: **SATURDAY, FEBRUARY 10, 2007 AND SATURDAY FEBRUARY 17TH FROM 12-2 AT THE KNIGHTS OF COLUMBUS ON MARKET STREET IN LAWRENCE.**

FOR MORE INFORMATION, PLEASE CALL KAREN @ 978-683-6150.

DISCOUNT APPLIES TO EARLY SIGN UPS.

Essex Art Center

WINTER REGISTRATION IS HAPPENING NOW!

Essex Art Center invites you to join us in exploration, discovery and reflection as you are challenged, encouraged and inspired by our faculty this winter. Log on <http://www.essexartcenter.com/faculty.html> to learn more about our faculty.

9-10 week classes begin January 22nd at Essex Art Center. For more info log on <http://www.essexartcenter.com> and click on Winter 07 to download the pdf of our brochure.

WHAT CLASS ARE YOU TAKING?

ALSO...A Great opportunity to meet the current artist exhibiting in the Beland Gallery Gallery Talk with Therese Zemlin on Thursday November 30th at 6:30 pm <http://www.essexartcenter.com/gallery.html>

Jan 22 - Winter classes begin (9-10 week program)

Feb 20-23 vacation camps

For more details on EAC events, please log on www.essexartcenter.com

REGISTRATION BEGINS FOR LAWRENCE YMCA'S 32ND SEASON OF YOUTH BASKETBALL LEAGUE

- Youth Basketball Registration has begun at the Lawrence Branch of Merrimack Valley YMCA, 40 Lawrence Street
- Open to boys and girls ages 5 -14
- Players have team practice one night a week and games are played on Saturdays
- Five divisions 5-6 years old; 7-8 years old; 9-10 years old; 11-12 years old and 13-14
- Everyone plays and everyone wins! YMCA Basketball is unique - we stress development of the child, rather than competition
- Special events are scheduled throughout the season including: Family trip to the Boston Celtics, photo day, bake sale, and end-of-season banquet
- Register at the Member Services Desk
- Fees: YMCA Family members, \$52; YMCA general members, \$65, and non-members, \$100. Financial assistance is available to those who are eligible
- Contact: Physical Department Director Doug Currier at (978) 686-6191
- Volunteer coaches and assistant coaches needed

Ya,
¿Te Conectaste?
rumbonews.com

If you have any questions regarding this section or anything else, please get in touch with the shelter during regular work hours: Tuesday through Saturday from 11 am to 4pm, Thursdays from 12 noon to 7pm, and Sundays from 12-3 pm by calling (978) 687-7453.

MSPCA Online

Find our page in the Internet: mspca.org/nevinsfarm

The animal shelter is located at 400 de Broadway, Ruta 28 en Methuen.



Kindness and Care for Animals™

PAWSITIVELY INTERESTING

MSPCA - Methuen & Rumbo Cooperative Education Column

PETS LOOKING FOR ADOPTION

Mr. Johnson, Cat, Domestic Short Hair-black and white, Size: Large, Age: Adult, Gender: Male

Meet Mr. Johnson. He is big guy who is looking for a new home. Sadly, someone abandoned him on the street back in September. Mr. Johnson may look big and tough, but that is just a shell for what's really inside. He isn't the type of cat that could survive on the streets; he is really a big lovebug who is looking for a nice quiet and cozy home. He would prefer to be the only pet in the household; he wants all the love and attention for himself! Please consider coming to the shelter to meet him, he'll win your heart!



Saete, Dog, American Staffordshire Terrier, Size: Medium, Age: Adult, Gender: Male

Saete is a 6 year old active boy. He loves to play and enjoys soft squeaky toys and tennis balls. He hasn't mastered the retrieving part yet but he still has fun. Saete also loves to snuggle. He can be a bit jumpy at times and would benefit from a basic obedience class. He is incredibly smart and knows sit, speak, down, stay and will even crawl on command. Saete would make a great

family dog for an active household with older kids. He has lived with dogs in the past but doesn't always do well with all dogs. A proper introduction would be the best way to see if he would be the right fit for your household. Don't spare another moment but come on down to meet Saete today!

Alex, Rabbit, Dwarf Mix, Size: Small, Age: Baby, Gender: Male

Alex is a sweet and spunky 6 month old Dwarf Mix. He may be small in size but has a grand enthusiasm for adventure and would appreciate being adopted by someone who would indulge him in his need for regular exercise outside his cage. A rabbit of Alex's size would make a wonderful apartment pet. He's quiet, able to be litter trained and relatively odorless if his litter box is cleaned regularly. Many landlords, opposed to dogs and cats, will allow caged pets like a rabbit or guinea pig. Alex was surrendered to the shelter due to his previous owner's allergies.



Itzy and Spider, Rabbits, Mini-Lop, Rex Mix, Size: Large, Age: Baby

Itzy and Spider are two adorable siblings who are just shy of four months of age. Itzy is female while Spider is male. They came in with two other siblings, Bitzy and Tiny, but those two have already found wonderful new homes to call their own. Itzy and Spider get along well and could either be adopted together or separately.

Bosco, Cat, Domestic Medium Hair - gray and white, Size: Large, Age: Young, Gender: Male

Hey I'm Bosco! I'm a friendly, super outgoing guy who loves to be the center of attention. I love other cats and dogs. I really like to play with them. I also think kids are lots of fun too. I'm really cuddly and love to just hang out with you. I like (and need!) to be brushed, which is great because otherwise I would get scruffy looking. I use a scratching post all the time, and I'm great for clipping my nails too! In case you haven't noticed quite yet, I am a great cat who would fit in well to any type of household, as long as there's plenty of love for me!



Toast, Cat, Domestic Short Hair-black Mix, Size: Medium, Age: Young, Gender: Male

Yes, you read it right. My name (temporarily) is Toast. It wasn't my original name. I was a stray when I came here. So feel free when you adopt me to give me a new name. I may not have a great name, but I am (according to staff and volunteers) an EXCELLENT cat! I love to be with people. I like to sit with you. I like to play with you. I love to talk to you. I am the ultimate companion. Really! And I



like cats too. I think I would do well with a feline friend. I do have to tell you here and now, however, that I will not tolerate a canine companion. Nope. I don't know what it is, but when I see a dog I'm compelled to chase it. You may laugh, but they don't. Not when I catch them. So it's best that I just don't have that temptation. Besides, with a super friendly, cuddly, fun loving guy like me around, who needs a dog?

SAVE LIVES: GET YOUR PET SPAYED OR NEUTERED Reduced SNAP fees are made possible through generous donations of time and resources by participating veterinarians who believe in the importance of spaying and neutering as part of a complete pet health care program.

AGREEMENT:

CONT. FROM PAGE 18

Colonel Paul C. Dulchinos, a cadet must complete eight academic classes in order to graduate from the Army ROTC program. Upon awarding of a bachelor's or master's degree, the cadet will receive a commission to serve as a second lieutenant on active duty or in one of the reserve components - U.S. Army Reserve or Army National Guard.

"What this agreement does is, it guarantees and secures UMass Dartmouth student body access to the Army ROTC program," Dulchinos said. "With this partnership, the U.S. Army agrees to a permanent commitment to provide on-site military science instruction at UMass Dartmouth and the university has come back and graciously provided us with the necessary facilities to properly execute the mission."

The ROTC program has office space co-located with the Public Safety Annex in Elmwood Hall.

Dulchinos said that the Army ROTC program will also assist those UMass Dartmouth students already serving in the Army National Guard and the US Army Reserves, as they can participate in a special simultaneous membership program. This program allows cadets to continue to serve in the reserves in a non-deployable status while they work towards completing their college degree and earning their commission as a second lieutenant in the U.S. Army. Cadets participating in the simultaneous

membership program receive educational benefits from both agencies.

Currently, there are 10 active UMass Dartmouth cadets in the PC Corps of Cadets. Four are receiving full tuition and fees scholarships and another three are participating in the simultaneous membership program. More scholarships are expected to be awarded this year.

In addition to the financial benefits, the program allows participants to hone their leadership and management skills, pursue a professional career as a U.S. Army officer, and "serve their nation in a time of need," Dulchinos said.

Cadet David Wilson signed up for ROTC because he has wanted to be a military officer for as long as he can remember. "I've loved the courses and experiences so far," he said. "ROTC allows me to train in areas that normally a person couldn't and learn leadership skills."

Wilson "absolutely" would recommend the program to other UMass Dartmouth students. "It allows us to explore a possible future in the Army and for those who stay in the program, there are great challenges with great rewards," he said.

More than 1,700 officers have been commissioned through the Army ROTC program headquartered at Providence College, of which 20 have been graduates of UMass Dartmouth or one of its predecessor institutions.

LITTLE SPROUTS:

CONT. FROM PAGE 18

"Our vision of making a difference one relationship at a time is actualized with this prestigious award."

The Div50

The Div50 is a classification that represents the top 50 diversity-owned (Women, Blacks, Hispanics, Asians, Native Indian and other minority groups) businesses in Massachusetts, in sectors such as technology, manufacturing, food service and professional services. Large organizational buyers throughout the country that do business with multicultural and women-owned businesses use the list. The Div50 is produced annually by DiversityBusiness.com, the nation's leading multicultural B2B Internet portal that links large organizational buyers to multicultural product and service suppliers.

The winning companies will be honored at a special awards ceremony at DiversityBusiness.com's "7th Annual Multicultural Business Conference", taking place April 11 - 13, 2007 at the Mirage in Las Vegas, Nevada.

For the complete list of winning companies, please visit: www.diversitybusiness.com

About Little Sprouts Child Enrichment Centers

Little Sprouts Child Enrichment Centers have been leaders in High Quality Childhood Education since 1982, focusing on involving families in each child's development and education. From the beginning, Little Sprouts has been committed to creating a holistic experience for children, combining a stimulating atmosphere and cutting-edge curriculum


with an outstanding range of services. Little Sprouts has received national recognition from the U.S. Department of Education for the quality of their programs, having been named a Preschool Center of Educational Excellence and awarded the prestigious Early Reading First Grant two times, once in September 2003 for \$1.5M and again in September 2006 for \$3.49M. Little Sprouts centers include six sites in Andover, Methuen, Lowell, Lawrence, Haverhill and Westford. Founder Susan Leger-Ferraro has been recognized as Intriguing Individual of the North Shore by *North Shore Living* in 2005 and received the YWCA's Tribute to Women in 2004. For more information visit www.littlesprouts.org

About DiversityBusiness.com

Launched in 1999, with over 32,000 members DiversityBusiness.com is the largest organization of diversity-owned businesses throughout the United States that provide goods and services to Fortune 1000 companies, government agencies and colleges and universities. Members use the sites technology to find and track new business opportunities. It also produces the country's largest conference on diversity education and training for major corporations and small business. Its research on top businesses appears in Fortune, Forbes, Business Week and numerous magazines and media publications. The site has gained national recognition and has won numerous awards for its content and design. DiversityBusiness.com is produced by Computer Consulting Associates International Inc. (CCAii.com) of Southport, CT. CCA was founded in 1980 by CEO Kenton Clarke.

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EL ÚLTIMO MIXER DEL AÑO

DE MVCC

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La Cámara de Comercio del Valle de Merrimack llevó a cabo su último mixer del año conjuntamente con Andover Country Club y el Banco de América. El evento se llevó a cabo el 19 de diciembre, 2006, en el Andover Country Club, localizado en el 60 de la Calle Canterbury, en Andover.

Excitantes premios cortesía de Bodyworks Fitness, Candy Bouquet of Tewksbury, Cory Glass, Emerald City Web Designs, Find me on Google, Fitness Together, Hoballin Designs, Holiday Inn Tewksbury/Andover, Merrimack Valley YMCA, North Massachusetts Telephone Workers Credit Union, Tech Solutions, Waterfield Business Center and The Chamber fueron rifados.



En la mesa del pavo, Berni Martínez atiende a los Bevilacqua, Joseph J., su esposa Toni y su hijo Michael.

At the turkey table, Berni Martínez is taking care of The Bevilacqua, Joseph J., wife Toni and son Michael.



Andrea López, (derecha) sirviendo un plato a Denise Murray, asistente administrativa de MVCC.

Andrea Lopez (right) waiting on Denise Murray, MVCC Administrative Assistant.



Disfrutando el mixer / Enjoying the mixer:

Richard Dewhirst, President, The Charles F. Dewhirst Family Funeral Homes; Peter Derby, QPL, Inc.; Wilfred N. Carpenter, MVCC Vice President, Sales & Service and Peter F. Slettehaugh, of KWTTheHomeTeam.com.



Mike Topalian, de Bank of America, Business Banking Senior V.P. for Northern Massachusetts, conversando con Orlando Salazar, MVCC Economic Development Coordinator en el mixer.

Mike Topalian, of Bank of America, Business Banking Senior V.P. for Northern Massachusetts, chats with Orlando Salazar, MVCC Economic Development Coordinator, at the mixer.

MVCC LAST MIXER OF THE YEAR

The Merrimack Valley Chamber of Commerce held its last mixer of the year courtesy of Andover Country Club and Bank of America. The event took place on December 19th, 2006, at Andover Country Club, located at 60 Canterbury Street, Andover.

Exciting raffle prizes were given away compliments of Bodyworks Fitness, Candy Bouquet of Tewksbury, Cory Glass, Emerald City Web Designs, Find me on Google, Fitness Together, Hoballin Designs, Holiday Inn Tewksbury/Andover, Merrimack Valley YMCA, North Massachusetts Telephone Workers Credit Union, Tech Solutions, Waterfield Business Center and The Chamber.