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The Red Dress is a red alert to take heart disease seriously. Talk to your doctor and get answers that may save your life. The Heart Truth is, it's best to know your risks and take action now.

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El vestido rojo es una alerta roja para tomar en serio las enfermedades del corazón. Habla con tu médico para obtener las respuestas que podrían salvar tu vida. La verdad es que es mejor conocer los riesgos y tomar las medidas necesarias ahora.



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Abierta la inscripción para el examen ACT de abril de 2011

Ya comenzó el período de inscripción para el examen de aprovechamiento académico ACT, el cual se administrará el 9 de abril de 2011. Los estudiantes que deseen tomar esta prueba de admisión a la universidad deben inscribirse antes del 4 de marzo de 2011.

El ACT es un examen de aprovechamiento académico basado en el currículo. El mismo examina lo que los estudiantes han aprendido en la escuela, no su capacidad para aprender. El ACT también mide lo que los estudiantes necesitan aprender para estar preparados para tomar los cursos de primer año de universidad, a partir de los estándares conocidos como ACT College Readiness Standards. Los resultados de cada estudiante pueden relacionarse directamente con estos estándares.

El examen ACT consta de cuatro secciones—inglés, matemática, lectura y ciencia—y completar dicho examen toma aproximadamente tres horas. Los estudiantes que toman el ACT Plus Writing, también toman un examen opcional de redacción que toma unos 30 minutos adicionales. Contrario a otros exámenes, el ACT no penaliza a los estudiantes por adivinar y contestar todas las preguntas en cada sección. De hecho, contestar todas las preguntas en el tiempo asignado es incluso beneficioso para los estudiantes que toman el examen.

Durante la inscripción, los estudiantes pueden seleccionar hasta cuatro universidades las cuales recibirán el informe de resultados (puntajes o calificaciones) que el estudiante obtuvo en el examen. Todas las universidades de cuatro años de Estados Unidos aceptan los resultados de la prueba ACT. ACT informa los resultados de la prueba solamente cuando el estudiante así lo ha solicitado. Por un costo mínimo, el estudiante puede enviar sus resultados a más de cuatro universidades.

Al inscribirse, los estudiantes contestan una serie detallada de preguntas. Cada estudiante recibe un informe que incluye amplia información para asistirle en la selección de cursos de secundaria, cómo prepararse para la universidad y la carrera profesional, y para la admisión a la universidad.

El costo del ACT, sin la parte opcional de redacción, es de \$33. Cuando se toma con el ACT Plus Writing, el mismo tiene un costo de \$48. Los estudiantes que llenen los requisitos pueden solicitar un relevo del pago de inscripción a través de su consejero académico.

El sitio en la Red de ACT, www.actstudent.org, ofrece valiosa información, artículos sin costo, formas para ordenar a un bajo costo, y materiales de ayuda para el examen. Sin embargo, la mejor

POR FAVOR VEA EXAMEN
CONTINÚA EN LA PÁGINA 28



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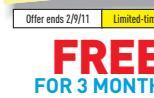
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A Taste of Creative Haverhill

POR ALBERTO SURÍS
albertosuris@rumbonews.com

"A Taste of Creative Haverhill," with art and gift baskets from the best of the city's artists, boutiques, and a silent auction took place on Saturday, February 12th with adventures, surprises and incredible bargains, to kick off artist's workshops and a 16-week performing arts series in the downtown restaurant district, beginning in July 2011 that will feature local musicians, groups and other artists.

Each week, visitors and residents of downtown Haverhill will be entertained at various locations from Columbus Park to Washington Square by local musicians and artists as the result of a grant awarded to the HCC by the Massachusetts Cultural Council (MCC).

If you have a deep appreciation for the natural beauty of wood and ageless metal parts then artist Jeff Grassie sculpture's are a sight to behold . In his art he gives new life to old discarded objects and then creates unique pieces of whimsical art.

The MCC panel of judges noted in their award letter that Make Some Noise "provides public benefit because it is free and open to the community, and because it touches on several important areas – economic development, downtown revitalization, pride of place, and a celebration of Haverhill."

The HCC sponsored the tasting to help



finance the Make Some Noise project since the grant to the HCC is a 4:1 matching grant. This means the HCC needs to raise \$4,800 to receive \$1,200 in state funding.

"It's a very do-able goal," says David Zoffoli, HCC Chairman, "We recognized

the need for something vibrant and visible. Make Some Noise will effectively establish venues and precedent for free and low-cost entertainment from July through October." A Request for Proposals (RFP) for all types of performing artists (musicians,

street performers, performance artists, actors) will be issued in the coming weeks. Auditions will be both live and through electronic media. For more information, artists are encouraged to email the HCC at culturalcouncil@cityofhaverhill.com.

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¡Hola! Mi nombre es Emmanuel

"Me gusta cantar y bailar y mis amigos me llaman Manny."

Emmanuel o "Manny" es un joven de nueve años de ascendencia hispana que se describe a sí mismo como "agradable, feliz, juguetón y gracioso." Ya sea que se encuentre columpiándose, montando en bicicleta, jugando con su imaginación o simplemente estando alrededor de otros, Manny mantiene una sonrisa amistosa frente a la vida. Manny es un niño lleno de chispa y que siempre quiere estar activo. Tiene muy variados intereses como la música, los carros, los juguetes, la

ropa, las caricaturas y las actividades al aire libre. También disfruta actuando delante de otros. Cuando está quieto activa su imaginación pintando.

Manny está actualmente en un programa de residencia en el que se encuentra bien. Es muy respetuoso y educado y considera que los adultos son muy importantes para él. Emmanuel asiste a la escuela y aprovecha bien las clases. Sus materias favoritas son las ciencias y la geometría. Manny dice que en el futuro cuando crezca quisiera ser un cantante, un oficial de policía, un bombero, un luchador profesional o un secretario privado.

Manny se encuentra legalmente libre para adopción y respondería bien en una familia de padre y madre con o sin niños mayores. La familia ideal para él debe estar dispuesta a apoyarle para que el siga recibiendo la ayuda necesaria. Manny necesita seguir en contacto con su familia de nacimiento. Manny tiene una sonrisa contagiosa y una actitud emprendedora que serían un gran aliento para una familia que esté dispuesta a ofrecerle la estabilidad y la atención de un hogar permanente. Manny dice que su mayor deseo es tener 100 millones de dólares para poder comprar cosas para otras personas.



Si desea saber más acerca de Emmanuel o acerca de adopción, puede comunicarse con MARE al 617-542-3678 ext. 124 ó visitar la red www.MAREinc.org.

En Massachusetts hay más de 200 niños y niñas de origen latino que están esperando ser adoptados.

Hi! My name is Emmanuel

"I like to sing and dance and my friends call me Manny."

Emmanuel, or "Manny," is a nine year old young man of Hispanic descent who describes himself as "nice, happy, exciting to play with, and funny." Whether it is swinging on swings, riding his bike, playing imaginary games or just being around people, Manny approaches life with a friendly smile. Full of spunk, Manny likes to stay busy. He has well rounded interests that include music, cars, toys, clothes,

watching cartoons and playing outside. He also enjoys performing for others. During quieter times, Manny likes to tap into his imagination through drawing. Manny is doing well in his residential program. He is extremely respectful and polite and counts the adults in his life as being very important to him.

He also attends school at his program and is benefitting from the services that are provided for him. His favorite subjects include science and geometry. With an eye on his future, Manny has set many goals for

himself. He would like to either be a singer, a policeman, a firefighter, a pro-wrestler, or a personal assistant when he grows up.

Legally free for adoption, Manny would do well in a two-parent family, with or without older children. The ideal family would be able to advocate on behalf of Manny to ensure that he continues to receive the services he needs. Openness to aiding Manny with maintaining birth family contact would also be necessary. Manny has an infectious smile and a resilient attitude that would be refreshing to a family

that is willing to offer him the stability and attention of a permanent home. Manny says his very special wish is to have "100 million dollars" so "I could buy things for other people."

If you want to know more about Emmanuel or about adoption you can contact MARE at 617-542-3678. You can also visit our website www.MAREinc.org. In Massachusetts there are more than 600 children in foster care waiting for adoption.

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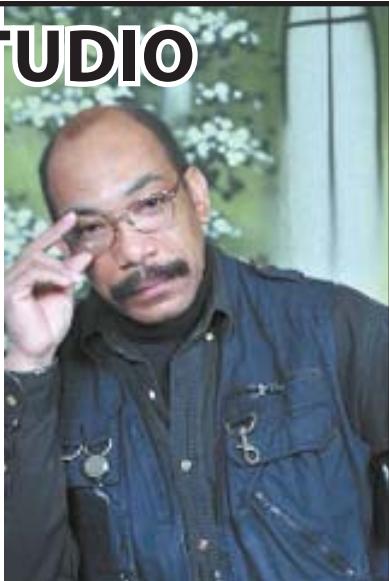
Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

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PAREDES QUE SE DESMORONAN PARTE III: CUANDO LAS GENTES QUIEREN SER SIMPLEMENTE... GENTES

El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com y conferenciante de Information Processing Management Department en Bentley University, Waltham, MA.

Enero del 2011 ha sido un mes detestable. Yo he vivido en Massachusetts por cuarenta y ocho años y este tiene que haber sido uno de los más fríos y nevados eneros que he vivido. Bueno, ahora no estoy muy seguro. Mi memoria puede estar fallándome y tal vez lo que estoy diciendo realmente es que ha sido el mes más frío y nevado que recuerdo. Eso suena mejor. Pero no se preocupen, cuando julio y agosto lleguen voy a pedir por aire acondicionado fresco.

Pero ese no es el final de lo detestable que ha sido enero. Me hallaba disfrutando del tiempo agradable de San Juan, Puerto Rico, en enero 8 cuando las noticias de Tucson, Arizona, agitaron las ondas de la radio y la televisión. Como casi todos los norteamericanos, viajé emocionalmente desde la falta de creencia en lo que sucedía hasta la realización de que todo era cierto y habíamos perdido nuestro sentido de política civilizada. Afortunadamente para el alma de nuestra nación descubrimos que la política nada tenía que ver con los trágicos balazos. Era simplemente un ciudadano que estaba mentalmente defectuoso y había usado

su boleto de los derechos de la Segunda Enmienda constitucional para comprar un arma con la que disparar docenas de balas en medio de un minuto para arrebatar a otros de sus derechos a la Primera Enmienda de esa misma constitución. Él necesitaba realmente de esos derechos y varias personas tuvieron que pagar por ello. Pero las víctimas de ese día se han convertido en parte del fondo que rodea los alzamientos recientes de Túnez y Egipto.

No sé de dónde sacamos la creencia de que somos indispensables a los seres humanos y nos creemos la idea de que tenemos que atarnos para siempre al poder político. Había una época en que a los reyes se les creía ser coronados por la voluntad de Dios. Me apuesto a que todavía hay algunos que lo creen, si no abiertamente por lo menos secretamente. La divinidad sabía lo que hacía, era la idea de la época y la(s) Iglesia(s) eran las primeras que apoyaban esa afirmación porque eran ellas, desde luego, las beneficiarias más cercanas. Y cuando había diferencias con esa opinión oficial el costo era muy elevado. Por muchos siglos los emperadores y reyes aducían poseer

con ellos las bendiciones del todopoderoso y la gente regular como usted y yo lo aceptábamos no solo porque era fácil sino porque era peligroso y pecaminoso también no hacerlo. Las Iglesia(s) no perdonaban fácilmente.

Es entonces que vemos hoy con horror y sorpresa a cientos de miles de personas que hasta hace unos días se comportaban como ovejas convertirse en enojados y ruidosos rebeldes. La situación en Egipto no debía sorprendernos. No podemos mantener a un país de ochenta millones de personas, muchos de ellos profesionales y bien educados, simplemente aspirando pero nunca alcanzando un mejor nivel de subsistencia. La vida no es un ensayo, es la versión final. Y aquellos que han aprendido a tener ambiciones tienen el derecho de ponerlas en práctica.

No nos cansamos de criticar a aquellos que se convierten en fanáticos religiosos cuando escogen no tener esperanza y se destruyen a sí mismos y a otros en el proceso.

POR FAVOR VEA MONTESINO

■ CONTINÚA EN LA PAGINA 28

MY POINT OF VIEW^{©1996}

TUMBLING WALLS PART III: WHEN FOLKS WANT TO BE... JUST FOLKS

January of 2011 has been a nasty month. I have lived in Massachusetts for forty-eight years and this has to be one of the coldest and snowiest Januaries I have lived. Well, I am not sure now. My memory may be failing and perhaps all I am saying is that the month is the coldest and snowiest I can recall. That sounds better. But worry not; come July and August I will be asking for some air conditioned cool air.

But that is not the end of January's nastiness. I was enjoying the balmy weather of San Juan, Puerto Rico, on January 8th when the news of the Tucson, Arizona shootings hit the air and television waves. Like most Americans, I traveled emotionally from disbelief to the realization that it was true and we had lost our sense of civilized politics. Fortunately for our

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■ CONTINUES ON PAGE 30



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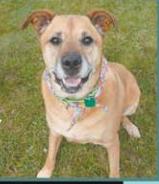
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- Rabies Vaccination (*proof of prior rabies required for 3 yr vaccination*)
- Microchip (*permanent identification*)
- Nail Trim

Contact the MSPCA at Nevins for an appointment at **(978) 687-7453 x6101**

Feline Spay \$50 Feline Neuter \$25
Services for Cats include:

- Surgery
- FVRCP Vaccination (*distemper*)
- Rabies Vaccination (*proof of prior rabies required for 3 yr vaccination*)
- Flea Treatment
- Deworming
- Physical Exam

Contact the Merrimack River Feline Rescue Society for an appointment at **(888) 495-7729**

This program is made possible through a grant from the Massachusetts Animal Coalition. To learn more about the MAC and their license plate program, through which this grant was awarded, visit their website at www.massanimalcoalition.org.

Lawrence Animal Control is joining forces with the MSPCA at Nevins Farm and The Merrimack River Feline Rescue Society to offer affordable spay-neuter surgeries and vaccines to the cats and dogs of Lawrence families in need of financial assistance.

Canine Spay or Neuter \$75

Services for Dogs include:

- Surgery
- DHLPP Vaccination (*distemper*)
- Rabies Vaccination (*proof of prior rabies required for 3 yr vaccination*)
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Contact the Merrimack River Feline Rescue Society for an appointment at **(888) 495-7729**

This program is made possible through a grant from the Massachusetts Animal Coalition. To learn more about the MAC and their license plate program, through which this grant was awarded, visit their website at www.massanimalcoalition.org.

MSPCA at Nevins Farm to Host Surgical Marathon, 24-Hour Spay Day Event for 200+ Cats and Dogs

Spay/Neuter events also hosted at MSPCA's Boston and Cape Cod locations

As a precursor to Spay Day USA, the MSPCA at Nevins Farm will host a surgical marathon lasting 24 hours between February 19th and 20th to spay or neuter more than 200 cats and dogs from low-income families. The MSPCA's adoption centers in Boston and Centerville will also host events to spay or neuter 50 cats at each location. Appointments are required at all locations.

"This year's spay and neuter event will be unique since more than a dozen veterinarians, two dozen technicians, and volunteers will be donating their time in shifts around the clock," said Mike Keiley, director of the MSPCA at Nevins Farm's Noble Family Animal Care and Adoption Center. "We are targeting pets owned by low-income families that may not otherwise afford these crucial surgeries. We are potentially saving thousands of animals' lives, and in conjunction with our other ongoing, innovative spay/neuter assistance programs, we hope to have an even greater impact on the overpopulation in our community."

The MSPCA at Nevins Farm's 4th Annual Spay/Neuter Clinic is planned in partnership with the Merrimack River Feline Rescue Society, in recognition of Spay Day USA, a national event held later in the week aimed at encouraging pet owners to spay their animals and reduce unwanted litters. A clinic held in 2010 at the MSPCA at Nevins Farm provided services for 113 animals; the MSPCA hopes to double that number at this year's event.

Area residents wishing to spay or neuter their pets should visit the adoption center at the MSPCA at Nevins Farm to fill out an application for available surgery time slots. Fees begin at \$25 for cats and include spay or neuter surgery, rabies vaccination, distemper vaccination, flea prevention, ear mite treatment if necessary, and a microchip ID. Available surgery slots will be filled on a first come, first served basis.

The general public is also encouraged to support the MSPCA at Nevins Farm's 4th Annual Spay/Neuter Clinic by sponsoring a surgery. Donations will help offset the non-profit's expenses for medical care, vaccinations, and potentially provide for future low-cost surgeries. Individuals may

contribute financially to cover the cost of spay or neuter surgery, or they may wish to donate an item from the Nevins Farm Wish List, which includes medical supplies. The Wish List is available at www.mspca.org/nevins, or at the Noble Family Animal Care and Adoption Center at Nevins Farm.

"We are grateful that we can offer reduced rates for these surgeries due to the kind contributions of a generous donor," said Jean Weber, the MSPCA's director of animal protection. "We are hopeful that, following the success of this event, additional community members will come forward to help us fund future animal welfare promotions."

THE MSPCA AT NEVINS FARM'S 4TH ANNUAL SPAY/NEUTER CLINIC (DOGS AND CATS):

Register by calling (978) 687-7453 x 6101 or visit the Web site at www.mspca.org/nevins. MSPCA at Nevins Farm, 400 Broadway, Methuen

Saturday, February 19th beginning at 8am and running for 24 hours until Sunday, February 20th

\$25 - Female or Male Cats

\$50 - Female or Male Pit Bulls*

\$75 - Male Dogs

\$100 - Female Dogs

*Reduced fees for Pit Bulls or Pit Bull Mixes through the MSPCA's Pit Pals Program

THE MSPCA-BOSTON SPAY/NEUTER CLINIC (CATS ONLY):

Register by calling (617) 541-5007 or visit the Web site at www.mspca.org/boston. MSPCA-Boston Shalit-Glazer Clinic, 350 South Huntington Avenue, Boston

Sunday, February 20th from 8am-5pm

\$25 - Female or Male Cats

*Cats must be between the ages of 8 weeks – 5 years old

THE MSPCA-CAPE COD SPAY/NEUTER CLINIC (CATS ONLY):

Register by calling (508) 775-0940 or visit the Web site at www.mspca.org/cape. Three locations:

MSPCA-Cape Cod, 1577 Falmouth Road, Centerville

Cape Cod Cat Hospital, 286 Route 130, Forestdale

Barnstable Animal Hospital, 157 Airport Road, Hyannis

Saturday, February 19th from 8am-5pm

\$25 - Female or Male Cats (50 cat limit – must register first)

www.rumbonews.com



**When You're Ready to Quit.
We're Ready to Help.**

You don't have to quit smoking on your own. Call the American Cancer Society anytime, day or night, at 1-800-ACS-2345. We are here to help.



Por años hemos regalado una copia digital a aquellos que no las han pedido. Ahora tenemos la misma disponibilidad, pero le pedimos que haga una donación de \$5 para el Lawrence Senior Center (El Centro de Ancianos de Lawrence) por cada foto.

Si quiere una foto que vio en Rumbo, solo tiene que llamarnos al (978) 794-5360. Déjenos saber la edición y la página en la que vio la foto.

Colosseum Restaurant The flavor of Italy

POR ALBERTO SURÍS & DALIA DÍAZ
 albertosuris@rumbonews.com
 daliadiaz@rumbonews.com

The first time you eat at The Colosseum Restaurant and haven't been in Italy before, you will realize that you are eating at a good restaurant, but if you have ever been in Italy and like the food you ate there, then going to The Colosseum you'll be experiencing the genuine Italian flavors without the long and expensive trip.

Annibale Todesca, owner and executive chef of The Colosseum Restaurant located at 264 N. Broadway, in Salem, NH, studied law at the University of Naples, Italy, but following the steps of his father, Nicola Todesca, who used to cook for Benito Mussolini, decided that cooking would be his lifelong career.

Annibale arrived in the United States in 1981 with dreams like any other immigrant. In 1987 he opened The Colosseum at a different location, until 1999 when he opened at the present site. Since, he has received multiple awards, including the Best Italian Chef and Restaurant in the World. "It is in fact, the only restaurant to have ever received this award outside of Italy," said Todesca.



Otros trofeos que adornan las paredes del restaurante.
Other awards adorning his restaurant's walls.

Annibale Todesca rodeado de los premios recibido a través de los años incluyendo uno recibido de su Santidad el Papa Juan Pablo.

Annibale Todesca, surrounded by awards he received over the years, including one from His Holiness Pope John Paul.

According to Todesca, no one else in the United States has won Best Italian Chef and Restaurant in the World Award, given to him during a ceremony in Italy by the Guardians of the Nine Doors. "We beat out restaurants in Italy to receive the award. Second place went to a restaurant in Bologna and third to one in Venice," ended Todesca.

New Medical Center in Lawrence

Four area physicians, supported by a medical team of 18 nurses and staff, have opened a new clinic in Lawrence - Merrimack Medical & Walk-In Center – that is open 7 days per week and offers medical care to patients of all ages. Dr. David Farzan, Dr. Michael Giorgetti, Dr. K. Ingrid Hunt and Dr. Asia Zaheen have worked together for years at another Lawrence walk-in medical facility.

The new Clinic is located on the third floor at 25 Marston Street - shortly before Lawrence General Hospital - and includes on-site laboratory testing and X-ray for faster diagnostics. Merrimack Medical & Walk-In Center will be open M-F from 8:30am-6:00pm; Saturdays from 9:00am-3:00pm; and Sundays/holidays from 10:00am-3:00pm.

"We feel that patients who are sick or injured should be able to quickly see



David Farzan, MD



Michael Giorgetti, MD



K. Ingrid Hunt, MD



Asia Zaheen, MD

a physician – outside of an emergency room – and we are making that possible with our Center. Patients will have access to our doctors every day and will be able to see them with minimal waiting times,"

according to Dr. David Farzan.

Appointments are available at Merrimack Medical & Walk-In Center by calling 978-688-3100 or simply by walking

into the facility. The Center accepts most major medical insurances and Office Visits Co Pay. More information can be found at the Center's website www.mmwic.com.

Nuevo centro médico en Lawrence

Cuatro médicos del área, con el apoyo de un equipo médico de 18 enfermeras y otro personal, han abierto una nueva clínica en Lawrence - Merrimack y Medical and Walk-In Center - que está abierto los 7 días a la semana y ofrece atención médica a pacientes de todas las edades. El Dr. David Farzan, el Dr. Michael Giorgetti, la Dra. K. Ingrid Hunt y la Dra. Asia Zaheen han trabajado juntos durante años en otro centro médico de Lawrence.

La nueva clínica está ubicada en el tercer piso en el 25 de la calle Marston - poco antes de llegar a Lawrence General

Hospital - e incluye un laboratorio para sus pruebas y rayos X para un rápido diagnóstico. Merrimack Medical and Walk-in Center estará abierto de lunes a viernes de 8:30 am-6:00pm, sábados de 9:00 am-3:00pm y los domingos y festivos de 10:00 am-3:00pm.

"Creemos que los pacientes que están enfermos o lesionados deberán tener la facilidad de ver rápidamente a un médico - fuera de la sala de emergencias - y estamos haciendo que sea posible con nuestro Centro. Los pacientes tendrán acceso a nuestros médicos todos los días y será capaz de verlos con un mínimo de tiempo

de espera", según el Dr. David Farzan.

Las citas están disponibles en Merrimack Medical and Walk-In Center llamando al 978-688-3100 ó simplemente yendo a nuestras oficinas. El Centro acepta

la mayoría de los seguros médicos y los co-pagos por visitas. Más información se puede encontrar en www.mmwic.com el sitio Web del Centro.

CALENDARIO | CALENDAR OF EVENTS

Tsongas launches official Twitter account

Also Facebook page as additional means to communicate with constituents

Congresswoman Niki Tsongas announced the launch of a new official Twitter feed and Facebook page that she will use to communicate with constituents and keep them updated on her votes in Congress as well as her activities around the Fifth Congressional District.

"I am always looking for new ways to stay in close contact with those that I have the privilege of representing," said Congresswoman Tsongas. "Twitter and Facebook offer an innovative way to do just that and I will be using these new media tools to provide real time updates on happenings

in Congress and the Fifth District. I also welcome feedback and ideas on my posts and hope that Fifth District residents will share their comments."

Twitter is a social networking site that allows users to post "tweets" of up to 140 characters that can be viewed by logging on to the twitter homepage or signing up for updates via email and text-message. Constituents can follow Congresswoman Tsongas on twitter@nikiinthehouse. Tsongas' official Facebook page can be found at Facebook.com/RepTsongas.

In addition to twitter and Facebook,

Tsongas also seeks constituent input and provides updates to Fifth District residents through her Congress On Your Corner program, a regular eNewsletter, holding traditional and telephone town hall meetings and through her website www.tsongas.house.gov. These newly launched official Facebook and Twitter accounts will be used for Congressional updates and are separate from the Facebook account and Twitter feeds Tsongas used during the campaign season.

The Merrimack Valley Housing Partnership is pleased to announce that we are offering the Project Genesis Home Buyer Training Seminars in Lowell in Spanish.

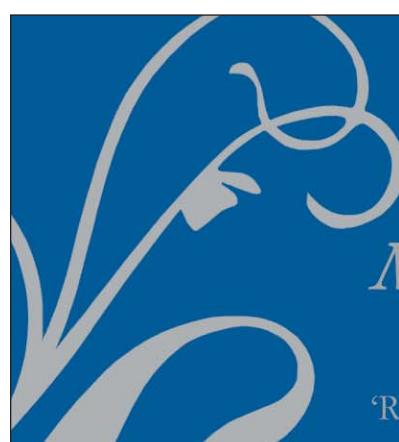
The classes will be held at 10 Kirk St., Lowell. The next series will be held on Saturday mornings, March 5 and 12, 2011 from 8:00 a.m. to 1:00 p.m. Participants must attend all sessions to receive a certificate of completion. \$60.00 per household.

Topics include: Overview of the Home Buying Process, Bank Mortgage Guidelines, Legal Aspects, Home Inspections, Down Payment Assistance Programs, Information on Credit. Please call the office at 978-459-8490 to register. www.mvhp.org. Thank you.

El Merrimack Valley Housing Partnership se complace en anunciar que estamos ofreciendo en Lowell el Proyecto Génesis, Seminarios para Primeros Compradores de Casa en Español.

Las clases se llevarán a cabo en el #10 de la calle Kirk en Lowell. Las próximas clases serán sábados, marzo 5 y 12, 2011 de 8:00 a.m. a 1:00 pm. Se requiere asistir a las dos clases para recibir el certificado del Proyecto Génesis. Costo \$60 por familia. Temas Incluyen: El Proceso de Comprar una Casa, Guía de Hipoteca del Banco, Aspectos Legales, Inspección de La Casa, Programas de Asistencia para el Depósito, Informacion de Crédito.

Llame a nuestra oficina al 978-459-8490 para inscribirse. www.mvhp.org. Gracias.



20th Annual Merrimack Valley YMCA
Reach Out for Youth & Families Gala'

Celebrating 20 years of Excellence:
Achieving Healthy Living For All

Please join us for the

20th

Anniversary Gala Auction

Saturday, March 26, 2011 • 6:30pm

DiBurro's in Ward Hill

\$100 per person, includes dinner and a complimentary cocktail hour
We have many surprises in store for our anniversary evening.

Live Auction • Silent Auction • Raffles • and more!

Take out an advertisement in our sponsor booklet for as low as \$100.

Tickets available at the YMCA Welcome Centers or by calling 978.725.6681.

Presenting Sponsor: **WATTS**
WATER TECHNOLOGIES

Pre-dinner Reception Sponsored By:
 The Savings Bank

Merrimack Valley YMCA 

News from Nashua (NH)

Public Library
2 Court Street
For directions and information on parking go to:
www.nashualibrary.org/directions.htm

FAMILY FILM SERIES

Family Films are shown on Saturdays at 2 p.m. in the library theater. Children 6 and under must be accompanied by an adult. Sponsored by the Friends of the Nashua Public Library. Call the library's film line at (603) 589-4646 for titles. Please, no food or drink in the theater. No registration required.

OPEN STORYTIMES AND PUPPET SHOWS

Mondays, Tuesdays, and Wednesdays at 10 a.m. Thursdays at 7 p.m., and Sundays at 2 p.m. Open Storytimes & Puppet Shows run continuously, and no registration is required.

BABIES AND BOOKS STORYTIME

Through stories and music, learn how to read aloud and develop your baby's language and pre-reading skills. Babies and their caregivers are welcome to join us. Thursdays: 9 a.m. and 10 a.m.: ages 13 to 24 months; 11 a.m. and 12 noon: ages birth to 12 months. No registration required. For more information call the Children's Room at (603) 589-4631.

PAINTINGS OF NASHUA ARTISTS HELENE LEVASSEUR

The paintings of Nashua artists Helene Levasseur are on display at the Nashua Public Library during February. Primarily acrylics, the paintings include scenes of Downtown Nashua and the Millyard, trucks and tractors from nearby farms, and several still lifes.

Levasseur comes from a family of painters. After her aunt taught her the basics of painting, she went on to take courses at Mass College of Art and study with Cape Ann artists. A member of the New Hampshire Artists' Association, she has exhibited from Maine to Pennsylvania and maintains a studio at the Picker Building at 99 Factory Street in Nashua. Levasseur uses mostly acrylics since receiving a grant to teach senior citizens to paint with them. "I found it the least toxic and a very rewarding medium to use, very flexible and user friendly." You can find more information about Levasseur on her blog, hlevasseurpaints.blogspot.com. The exhibit can be viewed during normal library hours: Monday through Friday 9 a.m. to 9 p.m., Saturday 9 a.m. to 5:30 p.m., and Sundays 1 p.m. to 5 p.m.

LEARN TO BORROW E-BOOKS

Did you know that you can borrow e-books from the Nashua Public Library? Learn to download them to your Nook, Sony Reader, iPhone, iPad, Blackberry—just about any reader except the Kindle—on Thursday, February 24, at 7 p.m. in the library theater. Bring your eBook reader if you have one. No registration is required. For more information call Carol at (603) 589-4610.

Haverhill Historical Society/ Buttonwoods Museum to hold past finders vacation workshop February 24, 2011

Join Haverhill Historical Society in celebrating Lincoln's 202nd birthday at our February vacation workshop, Happy Birthday, Mr. Lincoln! The workshop will run on Thursday, February 24, 2011, from 10am to 1pm. Games, stories, crafts, and a museum scavenger hunt will bring our sixteenth president to life. And what's a party without birthday cake and ice cream? Parents are invited to join us for cake and ice cream at 12:45pm.

Workshops are for students in grades 1 through 6. A snack and all craft materials are included in the workshop fee. The workshop cost is \$10 for non-members and \$7 for members. A registration form is required for each child attending. Space is limited. Register by filling out and mailing the registration form (found at www.haverhillhistory.org), emailing sfraser@haverhillhistory.org, or calling the museum at 978-374-4626.

Project Genesis – Home Buyer Training Seminars -English

Learn about the home buying process. Each series consists of four sessions. Topics include an overview of the home buying process, the mortgage application process, legal aspects, home inspections, household budgeting and down payment assistance programs.

The next series will be held on March 15, 16, 22 and 23, 2011 from 6:30 p.m. to 9:00 p.m. Another series will begin on April 5. The fee is \$60.00 per household which includes all materials.

To register, visit our website www.mvhp.org or call our office at 978-459-8490.

FBI Summer Transportation Institute

FBI Citizens Academy Alumni: The Citizens Academy Alumni Association Board wanted to share information about this unique learning opportunity for high school students. The Summer Institute is a 4-week long intensive (free) program sponsored by the US Department of Transportation, and partners, that seeks to aid in developing a diverse and robust workforce for the transportation industry by exposing 10th, 11th and 12th grade students to transportation careers. The next class is scheduled for June 26 through July 22, 2011 at Merrimack College. The deadline to apply is May 6, 2011.

The program provides a broad range of opportunities including classroom activities, laboratory visits and field trips, worth an approximate value of \$6500, including room and board at Merrimack College.

For full details on the program and how to apply, visit: http://www.merrimack.edu/academics/science_engineering/civil_engineering/STI/Pages/default.aspx

Noncredit Accounting and Finance Courses Offered at NECC

Two new noncredit accounting and finance courses, through Northern Essex Community College's Business Skills & Professional Development area, offer new and experienced business owners and nonprofit organizers solid accounting and finance principles needed to succeed.

This 10-week, two-part, fast track program includes Fundamentals of Accounting followed by Business Finance Fundamentals. The classes provide critical skills and information needed to understand basic accounting and finance principles to record, summarize, and understand financial information, work with cash flow projections, financial statements, balance sheets, and budgets, measure return on investments and more.

Each course is \$184. They can be taken independently or together to earn an accounting and Finance Essentials Certificate Program. They are offered Tuesdays 6:30 to 8:30 p.m. March 1 through 29 and April 12 through May 10, at NECC Riverwalk, 360 Merrimack St., Lawrence, Bldg. 9. They are taught by Jim Chiafery, CPA, CMA, CFE, who shares examples in the classroom from his extensive experience as an auditor, controller, financial manager, investor relations officer, and fraud examiner.

For more information, contact Diane Zold-Gross at dzoldgross@necc.mass.edu or 978-659-1221 or Dianne Lahaye at dlahaye@necc.mass.edu or 978-659-1222 or see our website at www.necc.mass.edu/noncredit for more information on this and other fine business related courses at NECC.

SE NECESITAN VOLUNTARIOS PARA JUGAR CON NIÑOS QUE VIVEN EN REFUGIOS!

Horizons for Homeless Children busca personas serias, bilingües que hablen inglés y español para jugar con niños que viven en refugios para familias sin hogar. Se requiere un compromiso de 2 horas a la semana (un turno semanal) por 6 meses. Para más información o para inscribirse en línea, favor de visitar el sitio www.horizonsforhomelesschildren.org o llame al 978.557.2182. Es una experiencia muy agradable que beneficia a los niños y también a todas las personas que se envuelven en el programa. Gracias!

PRÓXIMO ENTRENAMIENTO:

Noreste Región,
Sábado, 22 de enero
9:30 am - 4:30 pm
Lowell, MA

¡Inscribase hoy! Contacto Brittany Pyle al (978) 557-2182 o en northeast@horizonsforhomelesschildren.org, para obtener más información y una solicitud, o llene una planilla en línea en www.horizonsforhomelesschildren.org.

Adopt a Cat

Our foster homes are full of wonderful cats and kittens waiting to be adopted. In order for BCCC to help more cats, we need to find homes for these terrific "fur kids". Please visit our website to see who is available for adoption, or feel free to pass this message along to anyone you know who may be interested in adopting one of our "fur kids". Thank you for your support.

www.billericacatcarecoaliton.org

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1-888-657-7323
www.loc.gov/nls

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PARA CIEGOS Y FÍSICAMENTE IMPEDIDOS
PUBLIC SERVICE MESSAGE

ADOPT A PET

MSPCA-METHUEN & RUMBO COOPERATIVE EDUCATION COLUMN

Puck

White and Orange, Male: Puck is a happy and energetic boy who would love to fill your home with feline fun! He is just out of kittenhood but no one told him so he acts like a kitten when he's playing with cat toys, other kitties, or his favorite human. He loves to get brushed and enjoys getting back & cheek scratches. Puck would make a great companion for school aged kids, another cat, or anyone who wants a friendly face to brighten up each and every day!



Oreo

Black and White, Female: This little princess is looking for a happy ending after arriving at the adoption center as a stray many months ago. She'd like to find a home where she can get all the attention and love that she deserves. She is extremely lovable and outgoing, likes to be social, and hang out with her humans. She'll even talk to you when she feels the need to say something! She's a pretty mellow girl, but is playful when the mood strikes and someone wants a little interactive play. Oreo may like the company of another cat or cat experienced/gentler children.



Mama

Dilute Tortoiseshell: Mama is a gorgeous Torti with bright green eyes. She came to the adoption center as a stray and is about three years old. She had kittens and was a great Mom until all of her babies found homes. Now it's her turn! She likes other cats and kids. Do you have a sunny window to offer this beautiful girl?



Dutch

Dutch Mix Bunny, Black and White Female: Dutch is a laid back, sociable girl who is true to her breed in that she is gentle and likes children. She is hoping for a home where she's allowed to run around and get lots of playtime. Bunnies are a great indoor-pet alternative to a dog or cat and can be trained to use a litterbox.



Elvis

Bantam Sultan Rooster: Elvis has been patiently waiting for a while at the adoption center to be adopted. If you are interested in adopting, please contact the barn staff at 978-687-7453 ext 113 or e-mail us at barnstaff@mspca.org for more information.



Izzy

Ferret, Female: Izzy is a two year old female who's owner could not keep her. She's friendly and enjoys being out of her cage, being picked up, and giving kisses. She'd love to meet you and show off all her funny antics!

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.

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9

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DIFFICULTY: ★★★★

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DIFFICULTY: ★★★★

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CONTINÚA DE LA PAGINA 13

MONTESINO: Mi Punto de Vista

Cómo podemos, por otra parte, pedirles que no tengan esperanza es incomprendible. No podemos imponer la vieja práctica de "palos porque bogas y palos porque no bogas." O les damos la oportunidad de soñar y alcanzar sus aspiraciones o nos veremos obligados a enfrentar nuestras peores pesadillas cuando confrontemos su fanatismo desorientado.

No sé todavía lo que va a suceder en Egipto u otros países de los que se hallan en conflicto social en el presente, pero espero que el resultado sea beneficioso para todos nosotros. Desde hace mucho tiempo los líderes egipcios presentes han sido la barricada contra muchos de aquellos a los que no les gusta nada norteamericano.

Tenemos que tener mucho cuidado como nos sepáramos de aquellos que han jugado ese papel amistoso hacia nosotros por muchos años. Es posible que no lo hayan hecho con clase o elegancia o simplemente por ayudarnos a nosotros, pero nosotros compramos los resultados. ¿Cuándo fue la última vez que usted le envió a los egipcios un e-mail dándoles las gracias por mantener a los muchachos malos lejos de nosotros por más de treinta años? La presente administración en Washington tiene que ser muy cuidadosa de "no botar al bebé de la seguridad norteamericana con las aguas impopulares políticamente del baño."

En el presente, mientras nos

preocupamos de los principios democráticos en Egipto, ignoramos otras situaciones que merecen atención también. Los Castros en Cuba, Chávez en Venezuela, Ortega y su ambición eterna en Nicaragua, Kim Jong-II en Corea del Norte, otros. En otras palabras, los inspirados "divinamente" del mundo que jamás renuncian. Estamos ahora entretenidos con el caso del señor Mubarak, pero él no es único. Quién sabe, enero ya ha pasado, la nieve todavía se amontona fuera de mi ventana, hace frío, y febrero se está ahora convirtiendo en un mes detestable también. Pero mantengamos las esperanzas. Algunas paredes de edificios tiemblan por ahí y yo espero que no sean las mías porque odian el peso de la nieve en sus hombros. Muchas personas temen que sus hogares no están solamente bajo agua cuando se trata de las hipotecas. Ahora parece que muchos estamos bajo nieve también. Eso no suena bien.

Y ese es mi Punto de Vista hoy.

Nota a una revolución rápida

La tinta de mi artículo que aparece en otra parte de esta edición no se había secado todavía cuando oímos la noticia que el señor Mubarak había renunciado. Hay momentos especiales en la historia de la humanidad cuando las voces de la mayoría de nosotros, si no las de todos nosotros, se escuchan alta y claramente. Este es sin dudas uno de esos momentos especiales. Ocurrió durante nuestra propia revolución estadounidense; ocurrió durante la revolución francesa, ocurrió durante la caída del muro de Berlín. Y ha ocurrido en muchas otras circunstancias históricas demasiado numerosas para detallar.

Las multitudes que se han apiñado en la capital Egipcia y otras ciudades durante los últimos dieciocho días no solo hablaban de y sobre ellos. Ellos estaban hablando de y sobre el resto de nosotros también. Como dice el viejo refrán: "Vox Populi, vox Dei" (La voz del pueblo es la voz de Dios).

Al final de mi artículo dije que yo no sabía lo que iba a ocurrir en Egipto. Todavía no lo sé. Aunque era muy claro para mí que el final de la dictadura de Mubarak estaba a la vista, yo no tenía idea alguna de cómo se iba a desenvolver. Tampoco tengo idea del futuro de esa nación. Eso está bien conmigo. Yo no tengo que saber más de lo que sé ahora: cuando la gente de Egipto habló, ellos hablaron por mí y por usted.

Nosotros vivimos una revolución en esta nación para que podamos fielmente, pero no de manera ruidosa, producir cambio cada cuatro años. Eso es lo que llamamos elecciones. No es extraño para otras culturas que no tienen o han tenido esa oportunidad ser tan ruidosos y desorganizados como lo son. Eso me parece bien también. Eventualmente se acostumbrarán al proceso de la misma manera que nosotros lo hicimos. Deseamos que la voz populista egipcia sea presagio de un futuro pacífico, próspero y feliz no solo para ellos sino para el resto del mundo también. Ellos lo pidieron. Espero que lo consigan.

CONTINÚA DE LA PAGINA 5

EXAMEN: Abierta la inscripción para el examen ACT de abril de 2011

forma de prepararse para el examen es tomando cursos rigurosos en la escuela, estudiando, y aprendiendo las destrezas necesarias típicas que se necesitan en la universidad.

La mayoría de los estudiantes se inscriben en línea en www.actstudent.org, o pueden recoger los formularios de inscripción en la oficina del consejero académico de su escuela. Los formularios deben estar fechados por la Oficina de Correo el 4 de marzo de 2011. La inscripción tardía está disponible hasta el 18 de marzo de 2011 por un costo adicional de \$21.

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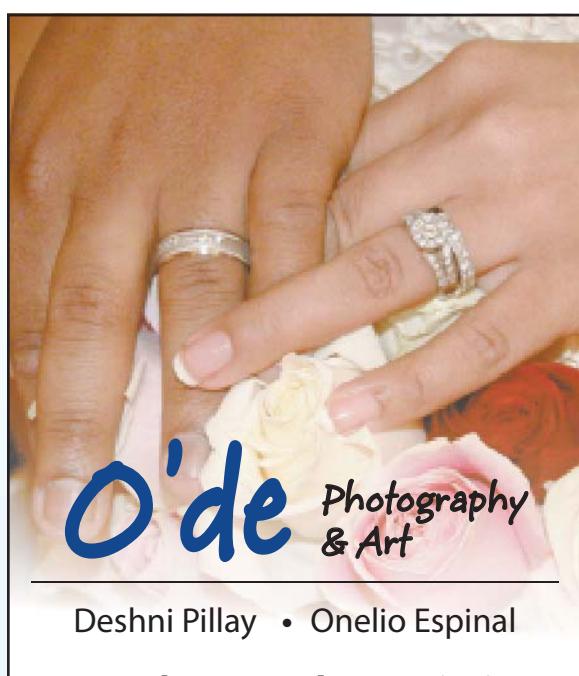
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CONTINUES FROM PAGE 13

MONTESINO: My Point of View

nation's soul it turned out that politics had nothing to do with those shootings. It was just the fact that one mentally defective citizen had used his ticket to the Second Amendment rights of our Constitution to buy himself a gun with the ability to shoot dozens of bullets in less than a minute to deprive others of their First Amendment rights to that same Constitution. He really needed those rights and several people had to pay for it. But the victims of that day have become part of the background that surrounds the recent uprising in Tunisia and Egypt.

I don't know why it is that there are some of us who believe firmly that we are indispensable to our fellow human beings and buy the notion that we must cling to political power forever. There was a time when kings were said to be crowned by the will of God. I bet there are still some world leaders who buy into the concept if not openly at least covertly. Divinity knew better, was the going thinking of the time, and Church(es) were the supporters of that belief because they were the closest beneficiaries. And when there was disagreement the cost was high. For centuries, the emperors and kings claimed to have with them the blessings of the almighty. Regular folks like you and me bought the idea not only because it was easy but also because it was dangerous and sinful not to. Church(es) were not forgiving.

So it is with horror and surprise that we watch hundreds of thousands of folks

who until days before behaved like sheep become angry rebels. The situation in Egypt should not surprise us. You cannot keep a country of eighty million people, many being professionals and well educated, only hoping for but never getting a better standard of living. Life is not a dress rehearsal, this is it. And those who have learned to have aspirations must put them to practice. What is best, they are entitled to it.

We never tire from criticizing those who become religious zealots when they don't choose to have hope and destroy themselves and others in the process. How can we, on the other hand, ask them not to have hope is beyond comprehension. We certainly cannot have it both ways. Either we give them the opportunity to dream and realize their aspirations or we will be facing our worse nightmares when we confront their misdirected fanaticism.

I don't know what is going to happen in Egypt or any other country now in turmoil in that area for that matter, but I hope for a better outcome for all of us. The Egyptian leaders have been our barricade for a long time against some who don't like anything American. We must be careful how we disengage from those who have played that friendly role with us for years. They may have not done it with finesse and elegance or simply to help anyone but themselves, but we bought the results. When was the last time you sent the Egyptians an e-mail thanking them for keeping the bad boys away for more than thirty years? The

current US administration has to be very careful that we "don't throw out the US security baby with the politically unpopular bath waters."

We still don't talk of others who deserve attention as well unfortunately. The Castros in Cuba, Chavez in Venezuela, the eternally hopeful Ortega in Nicaragua, Kim Jong-II in North Korea. In other words, the "divinely" inspired of the world who will never give up. We seem to be stuck with Mr. Mubarak these days but he is not the only one. But who knows? January is over, the snow is still piling outside my window, it is cold, and February is now becoming a nasty month as well. Let's hope. Some building walls are shaky out there and I keep hoping they are not my own who hate the weight of the snow on their shoulders. Many folks are afraid that their homes were not only under water when it came to their mortgages. Now it seems that many are under snow as well. That does not sound good.

And that is my Point of View today.

CONTINUES FROM PAGE 6

DÍAZ: Lawton's stays in Lawrence

and Jamaica Street, South Lawrence with a new, larger red and white replica of the hot dog stand that for 8 decades has been the favorite lunch meeting place for many.

Lawton's was serving well over one thousand hot dogs each week. An increase on that amount is expected now that they will have parking spaces.

Mayor Lantigua thanked all the good people like Alan Hope for helping to making this possible.

"Mayor, you are turning around a battleship. I'm happy to help in whichever way I can," Alan Hope said.

I wish we had been able to do something similar for Bishop's and Cedar Crest before they left," expressed Patrick Blanchette.

Mayor Lantigua promised that he will be available serving the public on opening day.



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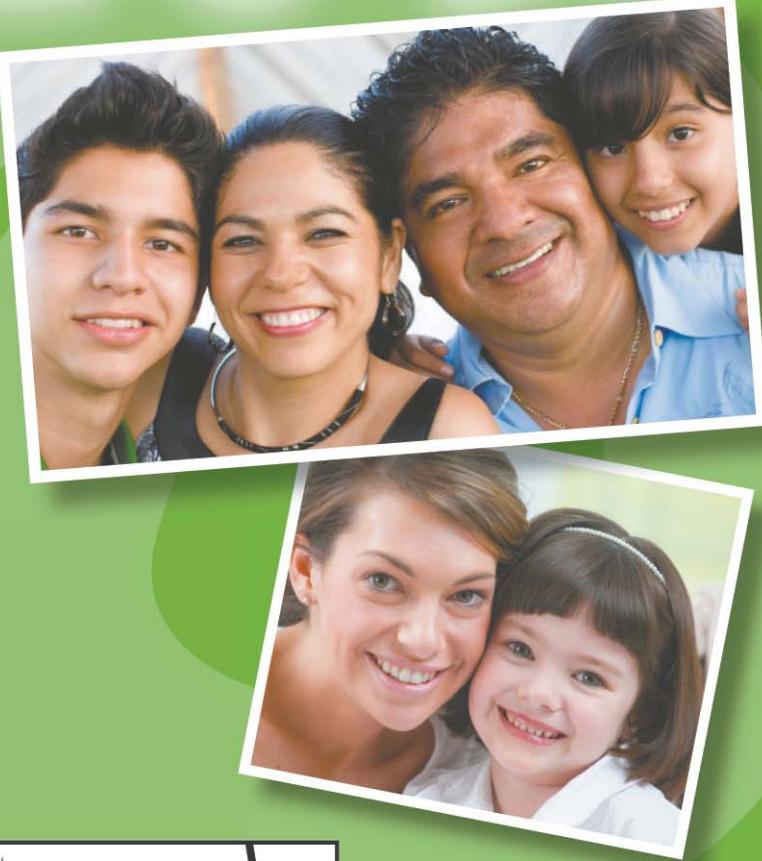
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