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### Primera feria de estados en LFDCS First 'state fair' at LFDCS

State Fair first place winners in the front row: Khiana Rudis and Rosangela Mejia representing Michigan, Josue Rosario and Sebastian Guerra representing Louisiana, and Victoria Torres and Hecmely Ferreiras representing Massachusetts. LFDCS Administrators in the back row: Kate Allen, Head of Lower School, Ralph Carrero, Superintendent, Patricia Karl, Interim Principal.

Durante la tormenta Nemo que azotó los estados del este y enterró esta zona en dos pies de nieve, la única información local en español durante el viernes fue a través de WLLH-AM 1400 "La Mega".

Santiago Matías, Milagros Domínguez y Ana Cristina Perdomo pidieron a la gerencia que les permitiera informar a la comunidad durante la emergencia y estuvieron en el aire hasta casi las 4 de la tarde. A las 3 de la tarde el Alcalde William Lantigua se unió a ellos para dar consejos y números telefónicos a los residentes y se fueron antes de comenzar la prohibición del gobernador de andar transitando por las calles después de las 4 PM.

Al llegar a casa, Matías y Milagros continuaron transmitiendo por la internet para aquellos que tienen computadora hasta las 7 PM.

Gracias por ese esfuerzo desinteresado.

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During the storm Nemo which hit the eastern states, and buried this area under two feet of snow, the only local information in Spanish on Friday was over WLLH-AM 1400 "La Mega".

Santiago Matias, Milagros Dominguez and Ana Cristina Perdomo asked the management to allow them to inform the community during the emergency and were on the air until almost 4 pm. At 3 pm the Mayor William Lantigua joined them for advice and phone numbers for residents and they left before the start of the Governor's ban on driving after 4 PM.

Upon arriving home, Matias and Milagros continued broadcasting via the internet for those having computers until 7 PM.

Thanks for that selfless effort.

### El secreto para mejorar a Lawrence

Vea una entrevista con Wayne Hayes y Juan "Manny" González con respecto a la organización que ellos crearon, Heal Lawrence. Su único propósito es asistir a los residentes en caso de incendios o tragedias. Como dijera el Sr. Hayes, "Eso es lo que significa una comunidad." |11

### The secret to improve Lawrence

Read an interview with Wayne Hayes and Juan "Manny" Gonzalez about the organization they created, Heal Lawrence. Their only purpose is to assist residents suffering from a house fire or tragedy. As Mr. Hayes said, "That's what community is all about." |11

### Importancia de la comunicación



Milagros Domínguez, Santiago Matías y Ana Cristina Perdomo del programa "El Tapón".

## Nemo paralizó el estado / Nemo paralyzed the state - Pg. 9

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## Los estudiantes de cuarto grado en la LFDCS compiten en la primera feria de estados

Sesenta estudiantes de cuarto grado de Lawrence Family Development Charter School (LFDCS), trabajando en grupos, presentaron razones convincentes para visitar cada uno de los cincuenta estados de los EE.UU. sobre la base de la investigación y el desarrollo de habilidades en la escritura persuasiva y presentación pública.

Organizando carismáticas y persuasivas presentaciones, los estudiantes asombraron a la multitud en la Primera Feria Anual de Estados de LFDCS. Sobre la base de sus habilidades básicas de geografía, grado 4 se embarcó en un viaje de investigación este año explorando los cincuenta estados que conforman los Estados Unidos de América.

En un esfuerzo por fortalecer las técnicas de investigación a través de una computadora como se indicara en las nuevas normas fundamentales preparación universitaria y profesional, los estudiantes utilizan el laboratorio de computación de la escuela primaria de LFDCS para realizar indagar sobre los estados que les fueron asignados. Los estudiantes sintetizan la información y los hechos que han descubierto sobre la geografía de cada estado, la historia, la agricultura y las áreas de comercio, entre otras curiosidades de triviales.

Con este material en la mano, los equipos de estudiantes describieron y organizaron la información compuesta

de informes expositivos. Sin embargo, la diversión no se detuvo allí. Pasando al lado del arte de la escritura persuasiva, los alumnos estudiaron los comerciales de turismo y el arte de influir en las opiniones de otros.

Jueces de la comunidad, miembros de la junta escolar, el personal de YouthBuild Lawrence y amigos de LFDCS entrevistaron a cada equipo, anotando presentaciones y el conocimiento contenido en una rúbrica. Cada juez entrevistó a ocho equipos para garantizar que todos los estudiantes fueran evaluados por varios jueces. Las puntuaciones fueron contadas y los finalistas fueron entrevistados en la última ronda para seleccionar a los medallistas.

Los padres participaron en la presentación de por la tarde y tuvieron la oportunidad de anotar la puntuación de los estudiantes antes del anuncio de los ganadores por el Superintendente Ralph Carrero. Su participación en este proyecto les dio la oportunidad de utilizar el sistema de evaluación de la escuela, lo que les ayuda a aprender lo que las nuevas normas buscan en el estudiante en el dominio de las tareas escolares.

Los ganadores del primer lugar presentaron su Proyecto Estatal ante la Junta Directiva de la Escuela en la reunión de la Junta del mes de febrero.

**“People are not the most important asset. The right people are.”**

**“Las personas no son el activo más adecuado. Las personas adecuadas lo son.”**

**Jim Collins**

## Fourth grade students at LFDCS compete at first 'state fair'

Sixty Lawrence Family Development Charter School (LFDCS) fourth grade students, working in teams, presented compelling reasons to visit each of the fifty states in the US based on research and development of skills in persuasive writing and public presentation.

Putting together charismatic persuasive presentations, students wowed the crowd at the First Annual LFDCS State Fair. Building upon their foundation geography skills, grade 4 embarked on a research journey this year exploring the fifty states that make up the United States of America.

In an effort to strengthen computer-based research skills as outlined in the new Common Core Standards for College and Career Readiness, the students utilized the LFDCS Lower School Computer Lab to conduct inquiries into their assigned states. Students synthesized information and facts they discovered about each state's geography, history, agriculture, and areas of commerce among other trivia tidbits.

With this material in hand, teams of students outlined and organized the information and composed expository reports. However, the fun did not stop there.

Turning next to the craft of persuasive writing, students studied tourism commercials and the art of influencing others' opinions.

Judges from the community, members of the school board, staff of YouthBuild Lawrence and friends of LFDCS interviewed each team, scoring presentations and content knowledge on a rubric. Each judge interviewed eight teams ensuring that all students were evaluated by multiple judges. Scores were tallied and the finalists were interviewed in the last round to select medalists.

Parents participated in the afternoon presentation and had the opportunity to score student presentations prior to the announcement of the winners by Superintendent Ralph Carrero. Their participation in this project gave them the opportunity to use the school's rubric assessment system, which helps them learn what the new standards are looking for in student mastery of school work.

First place winners presented their State Project before the charter school Board of Trustees at the February Board Meeting.

## EDITORIAL | EDITORIAL

### Después de la tormenta, felicitaciones a DPW

La tormenta Nemo que comenzó a azotarnos el día viernes 8 de este mes de febrero y continuó todo el día sábado 9 para compensarnos con un soleado domingo, dándonos la oportunidad de sacudirnos la nieve de encima y reflexionar sobre lo sucedido.

Ante todo, nuestras sinceras felicitaciones a nuestro Departamento de Obras Públicas, bajo la dirección de John Isensee por un trabajo bien hecho. La tormenta fue anunciada con días de anticipación y es obvio que DPW estaba preparado para capearla.

Nunca antes habíamos notado la abundancia de equipo pesado dedicado a mantener abiertas las avenidas principales; así todo, en ocasiones notamos que ésta, azotada por el fuerte viento los hacían lucir como juguetes incapaces de contenerla.

Aunque impopular para muchos, la decisión del Gobernador Deval Patrick de prohibir el tráfico innecesario en todo el estado con amenazas de fuertes multas a los violadores tal vez evitó una repetición de lo sucedido en el Blizzard del 78, cuando miles de autos fueron abandonados a lo largo de la Ruta 128 y cientos de personas perdieron la vida, algunos sentados tras el volante de sus autos asfixiados por emisiones de monóxido de carbono.

Fue una Tormenta Monstruosa y gracias a los avances en la ciencia de la meteorología, todo sucedió tal como fue anunciada; comenzó el día indicado, a la hora indicada y terminó según el pronóstico. Si no sufrimos más daños, fue porque nuestras autoridades tuvieron no solo el tiempo sino la visión de prepararse para ello.

De nuevo, nuestras felicitaciones a los hombres y mujeres que trabajaron día y noche, sin descansar, durante los días críticos de la tormenta para mantener nuestras calles abiertas.

### After the storm, kudos to DPW

Nemo, the storm that began beating us on Friday, this February 8th and continued all day Saturday the 9th to compensate with a sunny Sunday, gave us the opportunity to shake the snow off and reflect on what happened.

First of all, our sincere congratulations to our Public Works Department, under the direction of John Isensee for a job well done. The storm was announced days in advance and it is obvious that DPW was well prepared to weather it.

Never before we have noticed the abundance of heavy equipment dedicated to keeping the main thoroughfare open; however, sometimes we noticed that the wind-whipped snow made them look like toys unable to contain it.

Although unpopular with many, Governor Deval Patrick's decision to prohibit unnecessary traffic across the state with threats of heavy fines on violators, perhaps avoided a repeat of what happened in the Blizzard of 78, when thousands of cars were abandoned along Rt. 128 and hundreds of people were killed, some sitting behind the steering wheel of their cars asphyxiated by their carbon monoxide emissions.

It was a monster storm and thanks to the advances in the science of meteorology, it turned out just as it was announced. It began on the day and time indicated, and finished according to the forecast. If we had not suffered more damage, it was because our authorities had not only the time, but the vision to prepare for it.

Again, our congratulations to the brave men and women who worked day and night without rest during the critical days of the storm keeping our streets open and all of us safe.

## Rumbo

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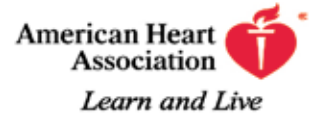
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**Images from last year's  
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Imágenes del  
Día de Vestir de Rojo  
del pasado año  
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## UN PUNTO DE VISTA

Por Paul V. Montesino, PhD, MBA

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El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com



# El coraje de dejar ir

Nunca es fácil para nosotros los humanos ser... bueno, humanos. Es difícil reconocerlo en frente de nuestra audiencia.

Lo único que tenemos que hacer es echar una mirada a nuestros llamados líderes, particularmente nuestros íconos políticos. Cuando son elegidos quieren mantener el poder para siempre, y quiero decir eternamente. Quienquiera que sea su Senador tal o cual o su Representante tal o cual, la longevidad en su cargo es un escudo de honor para ellos. Los presidentes comienzan a trabajar en su reelección para un segundo término el día que comienzan el primero. No se trata de aprovechar el día; se trata de aprovechar el aplauso para un día dentro de cuatro años. Si la Constitución nos permitiera reelegirnos ad infinitum, estoy seguro que se postularían ad nauseam.

Revise la lista de los legisladores en Washington, D. C. que han servido por largo tiempo y podrá ver de quien estoy hablando. Tome un vistazo a la lista de dictadores latinoamericanos que se guindan del poder por vida y va a tener problemas viéndolos; el brillo de su pomposidad lo va a cegar. ¿Cómo es posible que el mundo pueda continuar sin ellos? Se preguntan tontamente.

Echemos un vistazo a la situación que confronta Venezuela en el presente, por ejemplo. Todo parece ser el producto de una película de ficción de Hollywood. A su presidente, Hugo Chávez, no se le ha visto u oído hace más de sesenta días, su condición física un secreto oficial, pero ¿a quién le importa? Su elección (repetida) como presidente de esa nación se ha visto cubierta de misterio y obscuridad. La prognosis de su enfermedad no descrita es un secreto nacional bien guardado por el gobierno y se ha convertido en una broma internacional.

Los reportajes sobre su condición física son noticias provenientes de un líder enfermo de otro país que tiene una mente que se deteriora y que responde al nombre de Fidel Castro, un hombre que quiere ser relevante en un mundo que juzgó sus ideas irrelevantes desde que el Muro de Berlín se derribó. Es inconcebible que esa nación pueda aceptar una situación tan anormal y vergonzosa por tanto tiempo. Más inconcebible es que el resto del mundo la pueda considerar como algo normal.

Pero no se desespere, todavía hay esperanza. Recientemente se nos ha ofrecido un ejemplo de humanidad y humildad refrescante y diferente. Hay algunos de nosotros que sabemos mejor. Esta semana escuchamos que el Papa Benedicto XVI ha decidido renunciar y nos está regalando una lección de realismo. Lo que hace esta historia difícil de creer es que la última vez que eso sucedió en el mundo Papal fue hace seiscientos años. ¿Por qué por tanto tiempo? Tal vez los Papas no quieren morir pacíficamente fuera de nuestra vista. Como nuestros propios padres y abuelos en casa, ellos se ponen viejos y enfermos y mueren frente a nuestros ojos colectivos. Nos dan una lección en la fragilidad de la humanidad y las expectativas de una recompensa en la vida del más allá, pero ¿es eso necesario?

No hay dudas que los retos que confrontaba este Papa, u otro Papa, en tiempos como estos, son enormes. El Nuevo Pontífice va a estar muy ocupado en un mundo donde la fe reconocida no coincide necesariamente con la práctica de sus miembros. Las preguntas el mundo, y la Iglesia Católica que representa la más grande tradición Cristiana confrontan, no han cambiado y probablemente no cambiarán: los abusos de sacerdotes pedófilos, mujeres en el sacerdocio, los derechos de los gays, contraceptivos, el SIDA, la pobreza y el papel de la ciencia como la célula madre. La lista se extiende y encontramos difícil creer que el próximo Papa ofrecerá soluciones no diferentes a las que Benedicto XVI y los Papas anteriores ofrecieron, pero los problemas en su escritorio todavía se hallarán ahí. Y esos temas no solo interesan a los católicos. El mundo necesita respuestas que resuelvan esos problemas, no que sean simplemente volverles nuestras espaldas. Las mujeres son todavía el cincuenta por ciento de la población mundial y el cero por ciento de los ministros católicos; los gays nacen así, no se hacen así y el SIDA se riega cuando la gente no usa contraceptivos no cuando se abstienen de tener relaciones sexuales.

Pero hay una diferencia en esta ocasión. Este Papa ha ido más allá de sus predecesores y nos ha desplegado su humanidad, seamos católicos o no, y ha

decidido irse antes de volverse seriamente incapacitado u ofrecer a su congregación un espectáculo triste de impotencia y senilidad, no el regalo de su necesaria sabiduría. Él quiere que se le vea arreglando las cosas, no cayendo víctima de la inevitabilidad de su propia fragilidad humana. Esa decisión, en sí, es una lección de humildad para todos nosotros. No somos eternos, tenemos que reconocer las señales de nuestra propia irrelevancia y abrir las puertas a la nueva generación antes de irnos. Tal vez un Hugo Chávez, si todavía lo puede hacer, escuchará y renunciará, o nuestros tontos legisladores pensarán profundamente y decidirán que es hora que ellos también arrensen su arrogancia y abran espacio para las ideas de los jóvenes que esperan fuera de sus puertas.

Si esa es la única lección duradera que este Papa nos da, merece nuestro respeto y admiración por una decisión que trasciende teología y dogma porque está dirigida a todos. Es claro para mí que aceptó el papado porque se lo pidieron y creyó de conciencia que tenía que aceptarlo, no porque quería la posición. La palabra Papa quiere decir papá, que se traduce padre. Yo me sentiría orgulloso de un padre que se comporte con esa dignidad. Así que para el Papa, gracias por la lección paternal humana que nos ha dado y que tenga buen viaje.

Y por último, cuando pensamos en todo esto que ha ocurrido, nos preguntamos: ¿Cuántos Papas han realmente conocido el nombre de sus sucesores? Este lo va a saber; y eso es toda una recompensa de por sí.

Y ese es Mi Punto de Vista Hoy.

## ¿Quiere una foto que vio en Rumbo?

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.



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# Programa de Transición para Estudiantes con Problemas de Aprendizaje

Aprenda más sobre el Programa de Middlesex Community College y su reconocido nacionalmente Programa de Transición, el programa de certificado sin créditos para los estudiantes con problemas de aprendizaje o discapacidad cognitiva con dos años de duración. Una sesión de información pública para los posibles estudiantes del Programa de Transición y sus familias se llevará a cabo de 7 a 8:30 pm el jueves, 7 de marzo, en el Campus de MCC en Bedford en el Center Café East, 591 Springs Road.

La transición es un programa único, diseñado especialmente para estudiantes sin las habilidades necesarias para completar los requisitos para un grado asociado. Estudiantes del Programa de Transición asisten a clases diseñadas para enseñar habilidades de vida independiente, informática y habilidades de supervivencia de empleo y habilidades sociales. También serán colocados en un programa de pasantías. Estudiantes de transición pueden participar en todas las actividades de los estudiantes Middlesex mientras reciben cursos especializados y entrenamiento para

satisfacer sus necesidades.

Los participantes en la sesión informativa recibirán una definición general del programa, así como información detallada sobre el plan de estudios, procedimientos de solicitud, los detalles de la parte práctica necesaria del programa y posibles oportunidades de empleo.

Los candidatos del Programa de Transición deben tener un diploma de escuela secundaria o credencial de haber obtenido su GED, tener interés en entrenamiento para trabajo a nivel de principiante en los negocios y la industria, entre quinto y octavo grado nivel de lectura y matemáticas, y la madurez y estabilidad emocional para participar efectivamente en un programa en un campus universitario.

Para registrarse para la sesión informativa del Programa de Transición de MCC, llame al 781-280-3630.

Para obtener más información acerca del Programa de Transición en Middlesex, comuníquese con Kathy Matheson, Servicios de Apoyo a Discapacitados, al 781-280-3525.



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## Transition Program for Students with Learning Disabilities

Learn more about Middlesex Community College's nationally recognized Transition Program, a two-year, noncredit certificate program for students with learning/cognitive disabilities. A Public Information Session for Transition Program prospective students and their families will be held from 7 to 8:30 p.m. Thursday, March 7, in MCC's Bedford Campus Center Café East, 591 Springs Road.

Transition is a unique, specialized program designed for students without the skills necessary to complete requirements for an associate degree. Transition Program students attend classes designed to teach independent-living skills, computer and job-survival skills, and social skills. They will also be placed in an internship program. Transition students may participate in all Middlesex student activities while receiving specialized coursework and

training tailored to meet their needs.

Information session participants will receive a mandatory overview of the program, as well as in-depth information on the curriculum, application procedures, details of the required internship portion of the program, and prospective job opportunities.

Transition Program candidates should have a high school diploma or GED credential, interest in training for entry-level work in business and industry, fifth- to eighth-grade level reading and math skills, and the maturity and emotional stability to effectively participate in a program on a college campus.

To register for MCC's Transition Program Public Information Session, call 781-280-3630.

For more information about The Transition Program at Middlesex, contact Kathy Matheson, Disability Support Services, at 781-280-3525.

# Rumbo

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Usted podría cumplir con los requisitos para acceder a planes de salud de bajo costo o sin costo, y su pequeño negocio podría recibir crédito en sus impuestos y otros descuentos.



El Health Connector es el centro de compras en internet donde comparar seguros de salud en Massachusetts. [www.MAhealthconnector.org](http://www.MAhealthconnector.org)

Health Care For All es una organización sin fines de lucro. [www.hclama.org](http://www.hclama.org)



Building healthier Latino communities  
by reducing tobacco use

## LATINOS SALUDABLES SIN TABACO

# ¡Prevenir es mejor que lamentar!

Por Jeannette Noltenius, MA, PhD

Los productos de la industria tabacalera siguen siendo la principal causa de muerte prematura en nuestro país. Cobran 443.000 vidas al año. Sin embargo, los gobiernos estatales no han hecho lo suficiente para detener la ofensiva letal de esta industria.

Para los latinos la situación es mucho más alarmante. Debido a que los programas de prevención a nivel local brillan por su ausencia, el problema se ha convertido en una cuestión de la comunidad.

Además de contar con un presupuesto de mercadotecnia de 8.5 mil millones de dólares al año —23 veces más grande que el de la suma de todos los programas de prevención y control de tabaco en el país—, las tabacaleras han sabido dirigir sus esfuerzos de manera estratégica para incrementar su clientela.

Fumar es un problema de los jóvenes y de los niños. 90 por ciento de los fumadores comienzan antes de los 18 años de edad y el 99 por ciento empiezan antes de los 26. Hoy, 1 de cada 4 jóvenes es latino.

Un estudio publicado en el American Journal of Public Health establece que si los estados y los gobiernos municipales invirtiesen mayor energía y fondos en programas de prevención, el número de adictos al tabaco decaería dramáticamente. Este estudio revela que entre los años 2002 y 2008, la implementación de programas de cesación y campañas educativas sobre el daño del tabaco, entre otras medidas, redujo un total de 220,000 jóvenes y adolescentes adictos al cigarrillo.

Sabemos que invertir en prevención funciona, pero no lo estamos haciendo. Nuestros gobernantes no dedican los recursos necesarios para asegurar la sostenibilidad de los programas de prevención, mientras que los tres gigantes tabaqueros, Altria, R.J. Reynolds y Lorillard, gastan millones de dólares en mercadotecnia y nuevos productos nocivos dirigidos específicamente a enviciar a nuestros hijos.

De acuerdo a un nuevo reporte oficial

de la Asociación Americana del Pulmón, “Estado del Control del Tabaco”, durante el 2012, más de 40 estados decepcionaron al país. Recibieron una “F” de calificación por su desempeño en programas preventivos.

Asimismo, el Informe de la Cirujana General: Prevención del tabaquismo en los jóvenes y adultos jóvenes (2012) contiene información valiosísima y a la vez preocupante. Más de 600,000 estudiantes de preparatoria (middle school) y 3 millones de bachillerato (high school) fuman cigarrillos. Se cree que los jóvenes que siguen fumando, uno de cada tres morirá prematuramente.

Expertos en salud pública advierten que debemos priorizar proyectos e iniciativas de prevención en los latinos y otros grupos minoritarios. Según las últimas proyecciones del Censo, por primera vez en la historia, en el 2011 el 50.4% de los bebés nacidos en los Estados Unidos fueron de las minorías raciales o étnicas, de los cuales el 26.3% fueron latinos. Por lo tanto, para prevenir que los jóvenes latinos y de otras minorías no se conviertan en los nuevos fumadores, va ser importante el continuo fomento y la financiación de programas que son comprobados de ser efectivos para reducir el consumo de tabaco.

La red nacional Latinos Saludables Sin Tabaco (NLTCN), junto con otros expertos y activistas de la salud pública, hemos estado orgullosos de apoyar la actual campaña de educación pública sobre el tabaquismo auspiciada por los Centros para el Control y la Prevención de Enfermedades (CDC). Este programa es efectivo. Por una parte, permite disuadir a menores a prender el primer cigarro y aumenta el número de adictos que llaman al 1-800-QUIT-NOW para obtener ayuda para dejar de fumar.

POR FAVOR VEA **PREVENIR**  
CONTINÚA EN LA PAGINA 18

# An ounce of prevention will save lives

By Jeannette Noltenius, MA, PhD

Tobacco remains the number one cause of premature death in the U.S., exacting a toll of 443,000 lives each year. Nonetheless, our state governments have failed to do enough to slow the tobacco industry’s lethal offensive.

The glaring absence of tobacco prevention programs at the local level has become an especially alarming problem for the Latino community.

The tobacco companies have an annual marketing budget of US\$8.5 billion —23 times bigger than the combined budget of all of the country’s tobacco control and prevention programs — and they have learned to use these resources strategically to grow their customer base.

The problem with smoking boils down to youth and children. Ninety percent of smokers start before age 18, and 99 percent start before they turn 26. Today, 1 out of every 4 youths is Latino.

A study published in the American Journal of Public Health has found that if state and municipal governments were to invest greater energy and resources into prevention programs, the number of smokers would fall dramatically. This study reveals that between 2002 and 2008, the implementation of cessation programs and educational campaigns on the dangers of tobacco use, among other measures, reduced the number of youth and adolescent smokers by 220,000.

We know that investing in prevention works, and yet we are not doing it. While our elected leaders fail to allocate sufficient resources to ensure the sustainability of our prevention programs, the three tobacco giants—Altria, R.J. Reynolds and Lorillard—spend millions of dollars trying to hook our kids on their new, deadly products.

According to a new report from the American Lung Association, “State of Tobacco Control,” more than 40 states received “F” grades in 2012 for inadequately funding their tobacco prevention programs.

Likewise, the findings of Preventing Tobacco Use Among Youth And Young Adults: A Report of the Surgeon General (2012) are both instructive and troubling. More than 600,000 middle school students and 3 million high school students smoke cigarettes. It is estimated that 1 out of every 3 of these young people who continue smoking will die prematurely.

Public health experts recognize the importance of developing tobacco prevention projects and initiatives that focus on Latinos and other minority groups. According to the latest Census projections, for the first time in history, in 2011 50.4% of babies born in the U.S. were racial or ethnic minorities, of whom 26.3% were Latinos. Therefore, in order to prevent Latino and other minority youth from becoming new smokers, it will be crucial to provide ongoing support and financing for programs that are proven to be effective at

reducing tobacco use.

Members of the National Latino Tobacco Control Network (NLTCN), together with other public health experts and activists, are proud to support “Tips from Former Smokers,” the Centers for Disease Control’s current national tobacco education campaign. It’s working—by persuading youth not to light their first cigarette, and by increasing the number of smokers who call 1-800-QUIT-NOW for help with quitting smoking.

Moreover, the television and radio spots featuring former smokers have hit the tobacco industry like a ton of bricks. The federal government made the right call in supporting the campaign, but this kind of help should be constant—year after year—to prevent addiction, sickness and premature death.

History and justice are on our side. We need to make our voices heard as Latinos, and the states need to realize that, if we fail to fund prevention today, we will pay later in human suffering from illnesses and premature death caused by tobacco.

\*\*\*

Jeannette Noltenius, M.A., Ph.D., is National Director of the National Latino Tobacco Control Network. Dr. Noltenius is a nationally recognized leader in the field of Latino and minority health and an expert in tobacco and alcohol policy issues. She is also known internationally for her work with the Pan American Health Organization/WHO on health planning, human resources, environmental health and HIV/AIDS. She is currently National Director of the National Latino Tobacco Control Network, an open information and support system comprising more than 5,000 advocates and experts in the fields of tobacco control and health disparities. An immigrant from El Salvador, Dr. Noltenius obtained a Master of Arts degree in Counseling Psychology from Antioch College in Keene, New Hampshire, and a Master in Economics and a Ph.D. in Social Sciences from the University of Paris 1, Sorbonne, in France.

### About The National Latino Tobacco Control Network (NLTCN)

The National Latino Tobacco Control Network (NLTCN) is an open information and support system for tobacco control and health disparities advocates and experts who want to become more effective in changing policies and social norms around tobacco control through the exchange of information and personal and institutional linkages. NLTCN produces newsletters, reports and other publications about best practices in tobacco control, and organizes events and training opportunities throughout the U.S. NLTCN’s website ([www.latinotobaccocontrol.org](http://www.latinotobaccocontrol.org)) serves as a resource with links to repositories of tobacco control materials, curriculums and reports to help advocates do their work.

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

¡Gracias por tu apoyo!



# Revisión del estado en las escuelas de Haverhill

Próxima Revisión Coordinada del Programa (Coordinated Program Review) para las Escuelas Públicas de Haverhill

El Superintendente de las Escuelas Públicas de Haverhill, James F. Scully, ha sido informado por el Departamento de Educación Elementaria y Secundaria de Massachusetts que la próxima Revisión Coordinada del Programa, que se llevará a cabo este año escolar. Como parte de la Revisión Coordinada del Programa, Personal del Departamento visitará el distrito durante la semana del 18 de marzo, 2013.

Dichas visitas son rutinariamente conducidas por el Departamento, con el propósito de satisfacer requisitos federales y estatales, para la revisión periódica de programas educativos, y servicios en las escuelas a través del estado. El Departamento está revisando varios programas durante la única visita que realizará, con el propósito

de utilizar más efectivamente el tiempo del Departamento y del personal de las escuelas y para fomentar una conexión más estrecha entre los programas.

La Revisión Coordinada del Programa del Departamento abordará los siguientes programas: Educación Especial, los Derechos Civiles y el Desarrollo del Inglés Académico. Después de revisar los procedimientos del distrito para estos programas, un equipo del Departamento realizará una visita a las instalaciones, durante la cual, revisará archivos individuales de estudiantes, entrevistará a personal administrativo, maestros y paraprofesionales, conducirá encuestas con padres y observará los espacios donde se realiza la instrucción.

Después de la visita a las instalaciones, preparará un reporte para el superintendente y el comité escolar.

## NEWS & EVENTS IN HAVERHILL

### Upcoming Coordinated Program Review for Haverhill Public Schools

The Massachusetts Department of Elementary and Secondary Education has informed Superintendent James F. Scully of an upcoming Coordinated Program Review that will be taking place this school year. As part of this Coordinated Program Review, Department staff will visit the district during the week of March 18, 2013.

Such visits are routinely conducted by the Department to satisfy federal and state requirements for the periodic review of specific education programs and services in schools throughout the Commonwealth. The Department is reviewing several programs during a single visit in order to use Department and school staff's time most efficiently and to encourage strong

connections among the programs.

The Department's Coordinated Program Review will address the following programs: Special Education, Civil Rights, and English Language Education. After reviewing school district procedures for these programs, a Department team will make its onsite visit, during which it will review individual student records, interview administrators, teachers and paraprofessional staff, survey parents and observe instructional spaces.

After the onsite visit it will prepare a report for the Superintendent and School Committee.

#### NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencias de servicio social y organizaciones de salud, está buscando voluntarios para llevar a ancianos a citas al médico y otras citas de calidad de vida a través del Programa de Friends in Deed de Elder Services of the Merrimack Valley.

Si usted puede, aunque sea ocasionalmente, por favor, llame a Jerry Proulx, reclutador de voluntarios, al 1-800-892-0890 ext. 463 (y mencione Interfaith Caregivers.)

Gracias de parte de Interfaith Caregivers y los muchos ancianos que necesitan de los servicios de choferes voluntarios para poder permanecer independientes en su propio hogar.

#### Volunteers needed

Did you know that 1 in every 50 children in the US will go to sleep without a home this year? Horizons for Homeless Children is looking for energetic and enthusiastic volunteers to play with children living in family homeless shelters in Northeastern Massachusetts.

A commitment of just 2 hours a week will make a significant difference in the lives of some wonderful children in your community.

Trainings for your region are coming up soon - sign up today!

Sign up today! Contact us at (978) 557-2182 or at northeast@horizonsforhomelesschildren.org for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.

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## Carta al Editor / Letter to the Editor

### Rep. propone área exenta de impuesto de venta

La sesión legislativa del 2013 ya está en marcha. Actualmente estoy patrocinando un acta con respecto a una exención de impuesto a la venta al por menor dentro de los diez millas de la frontera de New Hampshire. Esto permitirá a los pequeños comercios minoristas en Massachusetts a competir con comercios similares de New Hampshire.

Los ciudadanos que viven a menos de diez millas de New Hampshire en la actualidad tienen un incentivo financiero para hacer compras a través de la frontera y evitar el pago de un impuesto sobre las ventas. Este proyecto de ley apoya a las empresas en Methuen, Lawrence y Andover, al disuadir a los consumidores de salir del estado para comprar mercancías. Este proyecto de ley es bueno para los consumidores, las empresas y Massachusetts.

También me complace anunciar que el Presidente de la Cámara me ha designado a los comités de Educación, Leyes Electorales y el Comité Mixto de Protección al Consumidor y Licencias Profesionales. Espero con interés trabajar en estos comités y representar los puntos de vista del Distrito 17 de Essex.

Representante Frank Moran  
Distrito 17 de Essex  
Andover, Lawrence, Methuen

### Rep. proposes tax free area for Lawrence

The legislative session of 2013 is well under way. I am currently sponsoring an act regarding a sales tax exemption to any retail sale made within ten miles of the New Hampshire border. This will allow small retail businesses in Massachusetts to compete with their New Hampshire counterpart.

Citizens that live within ten miles of New Hampshire currently have a financial incentive to shop over the border and avoid paying a sales tax. This bill would support businesses in Methuen, Lawrence, and Andover by deterring consumers from leaving the state to buy goods. This bill is good for consumers, businesses, and Massachusetts.

I am also pleased to announce that the Speaker of the House has appointed me to the committees of Education, Election Laws, and the joint committee on Consumer Protection and Professional Licensure. I look forward to working on these committees and representing the views of the 17th Essex district.

Representative Frank Moran  
17th Essex District  
Andover, Lawrence, Methuen

## Collins, Heywood Named Hobey Baker Memorial Award Nominees

Merrimack hockey members Mike Collins (Boston, Mass.) and Jordan Heywood (Regina, SK) have been named nominees for the 2013 Hobey Baker Memorial Award. The Hobey Baker is the most prestigious award for College hockey players.

Merrimack fans can vote for Collins and Heywood here to support the player they view as the best in college hockey. Voting will close March, 10 so don't miss out on voting for your Warriors.

Collins has been the Warriors best offensive threat all season long, helping Merrimack be ranked #19 in the country and placing second in the Hockey East. The Hockey East Player of the Month for January currently ranks first in Hockey East in scoring in Conference games as he has 29 points, 10 goals and 19 assists, in 19 Conference games. Collins also ranks second in the Hockey East in total points with 34 points through 28 games for the

Warriors while leading the team in goals, assists and total points.

Heywood, who is also a Humanitarian Award nominee, has led the Warriors defense to a second ranking in the Hockey East for scoring defense, allowing 2.39 goals per game. Heywood ranks second on the team in multiple categories including points (15), assists (10), goals (5), plus/minus rating (+8) game-winning goals (2) and shots on goal (73). The Regina, SK native, leads all Merrimack defenseman in each category as well.

The four main criteria that the candidates must exhibit are, strength of character both on and off the ice, must contribute to the integrity of the team and display outstanding skills in all phases of the game, consideration should be given to scholastic achievement and sportsmanship and they must comply with NCAA rules; be full-time students and complete 50% or more of the season.

### Rumbo

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#### LETTERS TO THE EDITOR

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

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# Nemo paralizó el estado

Por Everson Taveras

El Gobernador Deval Patrick declaró el estado de emergencia el viernes, 8 de febrero, por lo que fue considerado por los meteorólogos como la peor tormenta de nieve que golpeó a Massachusetts desde 1978.

Noticias acerca de la severidad de la tormenta pasó factura cuando el gobernador prohibió el tránsito de vehículos después de las 4 pm hasta nuevo aviso. De acuerdo con funcionarios estatales, a los automovilistas se les prohibió la circulación por la carretera con las siguientes excepciones: los trabajadores de seguridad pública, funcionarios gubernamentales, trabajadores de servicios públicos, medios de prensa y los profesionales sanitarios que viajan a proporcionar servicios esenciales. Aunque hubo algunas excepciones a la prohibición de recorrido para mantener y entregar los servicios críticos como la energía, el suministro de combustible y entregas, o para apoyar las operaciones de negocios que proporcionan servicios esenciales para el público, incluidas las estaciones de gasolina, tiendas de comestibles y ferreterías - aquellos que se arriesgaran a violar la prohibición podrían recibir una multa de \$500, o peor aún, un año de cárcel.

Incluso el transporte público llegó a detener el viernes, ya que la MBTA cerró sus servicios a las 3:30 pm y MVRTA cesó sus operaciones a las 5:00 pm. Fue como si la corriente que movía a Haverhill se hubiese detenido de repente. Gruesas barricadas de nieve en las calles, los hogares y las pequeñas empresas de Haverhill; los vehículos fueron casi enterrados. Independientemente de las condiciones meteorológicas adversas que amenazan con sobrepasar a la tormenta

de nieve de 1978, la seguridad seguía siendo prioridad para Joe Costanza, el administrador de la MVRTA.

"Hemos detenido los servicios de la madrugada del viernes debido a la tormenta de nieve", dijo Costanza. "Lo importante era que el público pudiera llegar a donde tenía que ir con seguridad sin poner en riesgo la salud de nadie."

Además de las cancelaciones realizadas el viernes, USPS dejó de hacer entregas después de las 3:00 pm para asegurar que sus empleados pudieran llegar a salvo a casa.

"Básicamente, hemos entregado donde era seguro. Con el clima tan malo como lo fue, lo único que queríamos era que nuestros empleados viajaran con seguridad y retirarse de sus funciones tan pronto como fuese posible", dijo Christine Dugas, un portavoz de USPS en Massachusetts. Hizo hincapié en que, para garantizar aún más la seguridad de los carteros de USPS y recibir mensajes de forma más eficiente, cualquiera que tenga un buzón de correo debe allanar el camino o al menos despejar la zona para que los carteros puedan entregar el correo con mayor facilidad.

De acuerdo con The Tribune-Eagle, aunque se informó de que había varias personas conduciendo después que la prohibición fue emitida, nadie recibió una multa o fue arrestado. Por otra parte, la prohibición de conducir que llevó a algunos a cuestionar la decisión del gobernador, terminó a las 4 pm del sábado. Con la prohibición levantada, la vida en la Ciudad de Haverhill fue reanudada. Los servicios cancelados y aquellos otros servicios que habían terminado temprano el viernes se

reanudaron el lunes.

Pero el daño que causó la tormenta invernal Nemo permanece, dejando su huella de 28 pulgadas para que Haverhill la limpie. Con montones de nieve por todas partes, viajando en vehículo ha sido difícil para los residentes de Haverhill. Ha sido aún más para los peatones, que luchan para evitar ser atropellados por un coche mientras se dirigen a casa o a la tienda de la esquina. La ciudad todavía tiene que aclarar ciertas aceras y áreas, algunas de las cuales son utilizadas regularmente por los que no tienen coches para caminar con seguridad. Hasta el momento, ninguna muerte o lesiones relacionadas con la tormenta de nieve se han confirmado.

# Nemo paralyzed the state

By Everson Taveras

Governor Deval Patrick announced a state of emergency on Friday, February 8, for what was considered by weather forecasters to be the worst snow storm to hit Massachusetts since 1978.

News regarding the severity of the storm took its toll when the Governor banned vehicle travel after for 4 p.m. until further notice. According to state officials, motorists were banned from driving on the road except for the following: public safety workers, government officials, utility workers, news media and healthcare workers traveling to provide essential services. Though there were few exceptions to the ban—travel to maintain and deliver critical services such as energy, fuel supplies and delivery, or to support business operations that provide critical services to the public, including gasoline stations, food stores and hardware stores—those found violating the ban risked a fine of \$500, or worse, a year in jail.

Even public transportation came to halt on Friday, as MBTA shut down its services at 3:30 p.m. and MVRTA ceased operations at 5:00 p.m. It was as if the very current that moved Haverhill had suddenly stopped. Thickened snow barricaded the streets, homes and small businesses of Haverhill; vehicles were nearly buried. Regardless of severe weather conditions threatening to topple the blizzard of 1978, safety remained top priority for Joe Costanza, the MVRTA administrator.

## Volunteers Needed!

Did you know that 1 in every 50 children in the US will go to sleep without a home this year? Horizons for Homeless Children is looking for energetic and enthusiastic volunteers to play with children living in family homeless shelters in Northeastern Massachusetts.

A commitment of just 2 hours a week will make a significant difference in the lives of some wonderful children in your community.

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Sign up today! Contact us at (978) 557-2182 or at [northeast@horizonsforhomelesschildren.org](mailto:northeast@horizonsforhomelesschildren.org) for more information and an application, or fill one out online at [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org).

PLEASE SEE **NEMO**  
CONTINUES ON PAGE 19

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# El secreto para mejorar a Lawrence

# The secret to improve Lawrence

Por Dalia Díaz

"Si quiere algo bien hecho, dáselo a la persona más ocupada".

No sé quién dijo eso, pero se ha demostrado muchas veces que cuando alguien quiere hacer algo, será hecho - y se hará bien.

Hay personas en Lawrence que siempre están tratando de encontrar ideas innovadoras para ayudar a la ciudad y sus ciudadanos, y algunos terminan siendo controversiales, pero al final, se preocupan lo suficiente como para hacer un cambio.

En diciembre se produjo un gran incendio en Lafayette Ave. y Wayne Hayes y Juan "Manny" González se unieron para ayudar a las víctimas de aquel infierno.

Después de haber pasado diez años como presidente de la Asociación de Vecinos de Belvidere en Lowell, MA, Wayne se dio cuenta de que podía poner esa experiencia a la práctica en Lawrence. Habían logrado muchos éxitos embelleciendo su área y podía ver la necesidad en su nuevo hogar, también.

Siendo Presidente de la Asociación de Vecinos de Mt Vernon, la organización Amigos de Jacques Pond, y al frente de un movimiento que lucha para identificación de votantes, al parecer no fue suficiente para mantenerlo ocupado a pesar de que su tiempo es muy limitado porque trabaja en el área de Boston.

Wayne tiene una respuesta muy simple



Wayne Hayes



Juan "Manny" González

para que todo lo que hace para la comunidad: "Eso es lo que significa una comunidad. ¡Podemos hacer muchas cosas juntos!"

Manny, un bombero por más de 20 años en esta ciudad, siente un profundo dolor cada vez que alguien pierde su hogar. Él lo ha visto demasiadas veces y deseaba encontrar algo más que pudiera hacer para ayudarlos.

"Soy un graduado de Lawrence High School y siento por esta ciudad", dijo Manny. Desde su llegada de Puerto Rico de niño, él piensa que, "Lawrence es mi hogar, mi esposa y mis hijos y queremos trabajar duro para mejorarla".

Manny también es un investigador privado en su tiempo libre y había trabajado con Wayne en otros proyectos comunitarios

por lo que se volvió muy natural para ellos colaborar ayudando a las familias de Lafayette Ave. después del incendio.

Crearon la página Heal Lawrence en Facebook solicitando donaciones para las familias que lo habían perdido todo y una dirección de correo electrónico donde la gente pudiera comunicarse con ellos.

Más tarde desarrollaron una página web (www.heallawrence.org) dedicada a los cuatro incendios que ocurrieron en el mes de enero. Gracias a sus esfuerzos, las familias afectadas fueron capaces de permanecer más tiempo en los hoteles

By Dalia Diaz

"If you want something done right, give it to the busiest person."

I don't know who said that but it has been proven many times that when somebody wants to do something, it will get done - and done right.

There are individuals in Lawrence who are doers, always trying to come up with innovative ideas to help the city and its citizens; some end up being controversial but in the end, they care enough to make a change.

Last December there was a huge fire on Lafayette Ave. and Wayne Hayes and Juan "Manny" Gonzalez teamed up to help the victims of that inferno.

Having spent ten years as president of the Belvidere Neighborhood Association in Lowell, MA, Wayne realized that he could put that experience into practice in Lawrence. They had achieved many successes beautifying their area and he could see the need in his new home, as well.

Being President of the Mt Vernon Neighborhood Association, Friends of Jacques Pond, and heading a movement fighting for Voter ID, apparently was not

POR FAVOR VEA **HEAL LAWRENCE**

CONTINÚA EN LA PAGINA 17

PLEASE SEE **HEAL LAWRENCE**

CONTINUES ON PAGE 12

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CONTINUES FROM PAGE 11

## HEAL LAWRENCE

enough to keep him busy although his time was very limited because he works in the Boston area.

Wayne has a very simple answer for all he does for the community: "That's what community is all about. We can do a lot together!"

Manny, a firefighter for over 20 years in this city, feels deep sorrow every time someone loses a home. He has seen that too many times and wished there was more he could do to help them.

"I am a Lawrence High School graduate and I feel for this city," Manny said. Since coming from Puerto Rico as a child, he believes that, "Lawrence is home for me, my wife and my children and we want to work hard to improve it."

Manny is also a private investigator in his off time and he had worked with Wayne in other community projects so it became very natural for them to collaborate helping the Lafayette Ave. families after the fire.

They created the Heal Lawrence page in Facebook requesting donations for the families who had lost everything and an email address where people could contact them.

Later on they developed a web page ([www.heallawrence.org](http://www.heallawrence.org)) dedicated to four other fires that followed in the month of January. Through their efforts, affected families were able to stay longer at local hotels, found apartments and with a massive network of friends and caring people, they

obtained from clothing to furnishing for their new home. A college student who lost all her school work – along with her laptop computer – found consolation in a new computer that was given to her by Commonwealth Motors.

Lists were created on the webpage for each family enumerating their needs and what had already been contributed. The Lafayette Ave. families were all set within one month and equally fast the rest of them. The most difficult part was finding apartments for them.

While Wayne handled the emails and donations coming through the website, Manny did most of the running around with the fire victims, finding deals in local hotels, looking for apartments, taking them up previously from donors.

During evenings and weekends, Wayne picked up and delivered furniture as well, sometimes renting a truck on his own.

Fortunately, things have quiet down in recent weeks and the families are getting settled but they are certain that it will not be forever. Now that they have created such a wide network of help, they want to make it available for future needs. Now that a system to help victims of any tragedy in Lawrence has been created, they don't have to reinvent the wheel when something happens. That ample network of assistance can immediately get to work requesting donations according to need.

They would like to have all the local churches, social organization, community groups and neighborhood associations listed on the website and be part of that network to make sure the information would flow easily. Please contact [HealLawrence@aol.com](mailto:HealLawrence@aol.com) for more information or to offer yours. Check the website [www.heallawrence.com](http://www.heallawrence.com) to see the work they have done and how you can contribute if there are other unfulfilled needs.

HealLawrenceisnota501(c)3charitable organization and is not incorporated in any way; it's just a group of caring people led by

Wayne Hayes and Manny Gonzalez trying to help their neighbors. For that reason they don't accept cash contributions. If there is anybody interested in making cash donations, they, Wayne and Manny will put the donors in contact with the recipients so they can do it personally.

Wayne suggest that gift cards from Target, Wal-Mart and Market Basket are the best contribution people can make, so everyone will use them at their convenience.

Wayne Hayes and Juan "Manny" Gonzalez, two men who really care!

### Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>

[heallawrence@aol.com](mailto:heallawrence@aol.com)

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Minimum of 5 children to run this class. Please reserve by phone (978) 686-4035 or email [director.nahistory@gmail.com](mailto:director.nahistory@gmail.com). Members: \$6; Non members \$8.

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## Alcalde ayuda a entregar mantas donadas por Southwick



Pictured above (L-R) Fire Chief Rick Borden, Lisa Doumanian from Southwick, Stella Karas from Southwick, Mayor James J. Fiorentini, Carol Schibel and Michele Gogas from Southwick.

El Alcalde James J. Fiorentini se unió a los empleados de Southwick en la Estación de Bomberos de Water Street para entregar mantas donadas por Southwick y hechas por sus empleados.

Un empleado de Southwick se inspiró por una historia de un oficial de la policía de New York que compró un par de botas para un hombre sin hogar. El empleado de Southwick sugirió a la administración que los empleados estarían dispuestos a donar su tiempo para hacer las mantas si Southwick donaría la tela.

Los empleados fueron a trabajar y hacer 62 mantas que fueron donadas al Departamento de Bomberos de Haverhill que se utilizarán para los residentes que lo necesitan en caso de emergencia y también por el Citizen Center cuando el edificio se utiliza como refugio.

El Alcalde Fiorentini dijo, "Quiero agradecer a Southwick y sus empleados por haber pensado en nuestros residentes. Southwick es una empresa de Haverhill que siempre dio un paso para apoyar a nuestra ciudad".

## Mayor helps deliver blankets donated by Southwick

Mayor James J. Fiorentini joined Southwick employees at the Water Street Fire Station as they delivered blankets donated by Southwick made by their employees.

An employee at Southwick was inspired by a story of a New York police officer who purchased boots for a homeless man in New York City. The Southwick employee suggested to management that the employees would be willing to donate their time to make the blankets if Southwick would donate the fabric.

The employees went to work and made 62 blankets that were donated to the Haverhill Fire Department to be used for residents that need them in emergencies and they will also be used by the Citizens Center when the building is utilized as a shelter.

Mayor Fiorentini stated, "I want to thank Southwick and their employees for thinking about our residents. Southwick is a Haverhill company that has always stepped to support our city."

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# Beyond Soccer recibe dádiva de U.S. Soccer Foundation



apoyar todos los aspectos del juego. En concreto, las organizaciones no lucrativas que ofrecen a los niños la oportunidad de jugar al fútbol y vivir un estilo de vida saludable se otorgan subvenciones para apoyar su programación y las iniciativas de creación de campos de juego.

De las 48 concesiones de subvenciones distribuidas por la U.S. Soccer Foundation, 29 fueron dados como parte de un programa llamado "Lugares Seguros Para Jugar". Con el apoyo de Adidas y FieldTurf, este programa desarrolla o aumenta los espacios de terreno en zonas marginadas para proporcionar lugares seguros para que los niños jueguen. Hasta la fecha, la Fundación ha ayudado a crear o mejorar más de 1,100 lugares seguros para los niños a nivel nacional.

"Estamos muy agradecidos por el apoyo continuo de la U.S. Soccer Foundation. El premio de este año mejorará nuestra capacidad para atraer y excitar a los niños a través de la participación del fútbol, no sólo por atraer a más estudiantes por medio de la colaboración planificada con las Escuelas Públicas de Lawrence, pero al mejorar la eficacia de nuestros programas actuales que apoyan los objetivos de vida de nuestros jugadores más allá de los desafíos de la cancha de fútbol. Estamos muy contentos por el compromiso de la Fundación con la

La Fundación de Soccer de EE.UU. ha concedido una subvención a Beyond Soccer para apoyar sus iniciativas de enriquecimiento durante todo el año del fútbol, sobre todo a través de experiencias que exponen a los niños de Lawrence a nuevas personas y lugares fuera de los límites de la Ciudad.

La USA Soccer Foundation, la rama caritativa oficial de soccer en los Estados Unidos, anunció que ha concedido 48 subvenciones por un total de más de \$2.4 millones a organizaciones sin fines de lucro al servicio de los jóvenes en zonas marginadas en 21 estados y el Distrito de Columbia.

La Fundación se esfuerza por ayudar y hacer crecer el deporte del fútbol (soccer), así como mejorar el bienestar de los niños de las comunidades de escasos recursos, mediante la concesión de subvenciones para

Ciudad de Lawrence, que es el beneficiario de dos subvenciones del programa en 2013. Tanto Beyond Soccer y la Academia Esperanza fueron elegidos como ganadores de las subvenciones de la Fundación, lo cual es bastante impresionante dado a las credenciales de la competencia solicitando a nivel nacional," dijo Stephanie McArdle, Directora Ejecutiva de Beyond Soccer.

"La U.S. Soccer Foundation cree que cada niño debe tener la oportunidad de disfrutar del juego de fútbol en un ambiente que es seguro y promueve el desarrollo positivo", dijo Ed Foster-Simeon, presidente y CEO de la US Soccer Foundation. "Estamos encantados de apoyar a las organizaciones que, a través de impactantes programas comunitarios, aprovechan el poder del fútbol para mejorar el bienestar de los niños."

Apoyo al proceso de U.S. Soccer Foundation es proporcionado por los socios corporativos de la Fundación, como Eurosport, FieldTurf, Hunter Industries, Musco Sports Lighting, PEVO Sports y Sport Court. Desde su creación en 1994, la U.S. Soccer Foundation ha otorgado más de \$59 millones en la concesión de subvenciones a organizaciones no lucrativas en los 50 estados y el Distrito de Columbia.

## Beyond Soccer receives U.S. Soccer Foundation Grant

The U.S. Soccer Foundation has awarded a grant to Beyond Soccer to support its year round soccer enrichment initiatives, especially through experiences that expose Lawrence kids to new people and places outside the City limits.

The U.S. Soccer Foundation, the major charitable arm of soccer in the United States, announced that it has awarded 48 grants totaling more than \$2.4 million to non-profit organizations serving youth in underserved areas across 21 states and the District of Columbia.

The Foundation strives to assist and grow the sport of soccer, as well as improve the well-being of children in under-resourced communities, by awarding grants to support all aspects of the game. Specifically, non-profit organizations that provide children with the opportunity to play soccer and live a healthy lifestyle are awarded grants to support their programming and field-building initiatives.

Of the 48 grant awards distributed by the U.S. Soccer Foundation, 29 were given as part of the Safe Places to Play program. Supported by Adidas and FieldTurf, the Safe Places to Play program develops or enhances field spaces in underserved areas to provide safe places for children to play.

PLEASE SEE **SOCCER**  
CONTINUES ON PAGE 19

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**BRIAN DE PEÑA**

## John Perry Resigns as Head Football Coach

Head football coach John Perry has resigned after five seasons at Merrimack. The Andover native will be named an assistant coach at the University of Delaware.

"I'd like to thank John for his dedication to the football program during his five seasons at Merrimack," said Interim Director of Athletics Dean O'Keefe. "He made a positive impact not only on our football student-athletes but also on the entire campus. We will begin a national search immediately and look forward to introducing a new head coach to build on our history of success and lead Merrimack next season and beyond."

Perry's up-tempo, high-scoring offense was tops in the league for five straight seasons, as Merrimack won the 2009 Northeast-10 Championship, its first-ever league title. Perry has taken the program to new heights, as linebacker Shawn Loiseau became the first Warrior to sign an NFL contract with Houston and later Indianapolis.

Leading Merrimack to a 29-21 record in five seasons, Merrimack has produced six All-Americans under Perry, including the 2012 Northeast-10 Most Valuable Player Isaiah Voegeli.

In 2012, the Warriors finished 6-4 overall, 4-4 in conference and in fifth place in the league, led by Voegeli and the NE-10 Offensive Player of the Year Joe Clancy.

A 1992 graduate of the University of New Hampshire, Perry coached at Brown, Dartmouth, Northeastern, Georgetown, New Hampshire and Hofstra prior to coming to Merrimack on December 28, 2007.

Merrimack will begin a national search for a replacement immediately.



### MR. B'S SPORT STORIES

BY FRANK BENJAMIN

## Another tie in Junior League Baseball in 1956

The Junior League Baseball playoffs between Methuen and Tower Hill in 1956 ends in a second straight tie. Methuen is leading the series 2 games to 1 but game four also ended in a tie score 8/8.

Big Hank Koza took the mound for Tower Hill and Methuen sent Cliff Haller out. In the 3rd the hillies Kenny Hulme walks and Barney Bouchard singles, Roger Damphousse a future sharpshooter at both CC and Merrimack College in hoop drills a single sending Hulme in to score.

Bernie Smith now an Administrator at Merrimack College raps a double that scores Barney and Roger. Tower Hill has 3/0 lead.

Methuen comes back in the 4th as big Dave Miller works Koza for a walk. Bernie Licarta a future Ranger Co Captain in football and now a bather on Lawrence Strips a single to center.

When Jim Doyles ground ball is misplayed Miller and Licarta cross the plate. The score stands at 3/2 Lawrence.

In the 5th Methuen scores three times to take a 5/3 lead. In the bottom of the 5th Tower Hill's Bouchard walks, and Roger Damphousse another sharp single.

The Methuen infield collapses when Bernie Smith hits a slow roller and when the dust clears two runs score for Tower Hill and it's tied at 5.

The umpires call it for darkness and its two ties in a row for these evenly matched teams. Some people say that a tie is like kissing your sister which isn't bad if your sister is Julia Roberts.

The league has announced its all star teams any many of this game's players are

chosen. Larry Waite is the catcher hitting at a 506 clip for the year.

Benny Guzzone another catcher from South Lawrence posted a 433 average.

Maury Doyle of Methuen and Ralph Wolfendale of South Lawrence were named as pitchers.

The Wolfendale name is huge in local sports. Cliff Haller of Methuen was at first base and Andy Shea of N A was at second with a 373 average. He's a local barrister these days.

Tony Laurenza with a slick average of 376 was a nifty shortstop and is a Sergeant on the LPD today.

Damphousse is named at third base the first of many honors his athletic ability will

bring him.

The outfielders were Koza hitting 324, power hitting; Dick Lynch with a scorching 380 average and Davey Peters who would later captain LHS baseball. His average was 348.

Bob Danahy of Tower Hill, John Hale of North Lawrence, Larry Zurek of South Lawrence, Bernie Licarta, Danny Cardillo of South Lawrence, Carmen DiAdamo of Methuen, Bobby Meisner of North Andover, Bernie Smith of Tower Hill, Billy Cronin of Andover along with Bob Burns of South Lawrence were second team selections.

The second consecutive tie game in 1956 Junior League play: Methuen 5/Tower Hill .

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Request - This is a wonderful program for our elders who have no one to help them. However, Elder Services needs many more volunteers throughout the Merrimack Valley to answer all the calls for help we are receiving. We hope the folks who are reading this Ad can put a few hours aside each month and help support this critical need.

Contact: Gerry at, 978-946-1445



Listen to Mr. B on WCCM-1110AM every Sunday from 2:00 to 3:00, with Jimmy Carter, left, talking sports. Like in the past, he will be receiving calls from coaches updating the latest results.



## A POINT OF VIEW

By Paul V. Montesino, PhD, MBA

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El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com



# The Courage to Let Go

It is never easy for us humans to be... well, human. It is difficult to acknowledge it in front of our audience.

All we have to do is take a closer look at those we call leaders, particularly our political icons. They get elected and want to hold to their posts forever, and I mean eternally. Whoever your Senator so and so or Representative so and so is, longevity in the position is a shield of honor for them. Presidents start to work for reelection to a second term the day they start their first. It is not about seizing the day; it is about seizing approval for the day four years after. If the Constitution allowed us to reelect them *ad infinitum*, they would try to stay *ad nauseam*.

Visit the list of our long serving scions in Washington D. C. and you will see who we are talking about. Take a look at the list of Latin American dictators who hang to power for life and you will have problems seeing them; the shine in the light of their pompousness will blind you. How can the world go on without them tomorrow? They wonder foolishly.

Look at the present situation in Venezuela, for example. It is something out of a fictional Hollywood story. Its president Hugo Chavez has not been seen or heard for more than sixty days now, his physical condition a big official hush-hush but, who cares? His (repeated) election as the new president of that nation has been put on hold clouded with mystery and obscurity. The prognosis of his undefined disease (my speller had troubled not spelling it decease) is a well-guarded national secret and an international joke. The press releases on his health are the job of a sick leader with a deteriorating mind from another country, Cuba, going by the name of Fidel Castro. He wants to be relevant in a world that judged his ideas irrelevant a long time ago when the Berlin Wall came tumbling down.

It is inconceivable that a nation would or could put up with such an abnormal and shameful machination for so long. More inconceivable is that the rest of the world could accept it as a new normal.

But don't despair, there is still hope. We have been treated to a refreshing different kind of humanity and humility recently. There are some of us now who know better. This week we heard that Pope Benedict XVI has decided to call it quits and is treating us to a lesson of realism. What makes it more hard to believe is that the last time it happened in the Papacy was six hundred years ago. Why so long? I guess Popes are not supposed to die peacefully out of sight. Like our own fathers and grandfathers at home, they get old and sick and die in front of our own collective eyes. It gives us a lesson in the frailty of humanity and the expectation of a rewarding afterlife, but is it really necessary?

There is no question that the challenges facing this Pope, or any Pope, at times like these are enormous and the new Pontiff is going to be busy in a world where the Catholic Church is the confessed faith, but its rules not necessarily the practice of its members. The questions the world, and the Catholic Church as the largest Christian tradition, confronts have not changed and probably will not change: pedophile abuses by priests, women in the ministry, gay rights, contraceptives, AIDS, poverty and the role of science like stem cell.

The list goes on and on and we find it difficult to believe that the next Pope will offer solutions not different from the ones Benedict XVI and previous Popes exposed, but the issues on his desk will still be there. And the topics are not of interest to Catholics alone. The world needs answers that solve those problems, not answers that are simply turning our backs to the problems. Women are still fifty percent of

the world population and zero percent of the Catholic ministers; gays are born that way, not made, and AIDS is spread when folks don't use contraceptives not when they must abstain from sex.

But there is one difference this time. This Pope has gone beyond his predecessors and acknowledged his humanity to all of us, Catholics or not, and has decided to go before he becomes seriously incapacitated and offers to his flock a spectacle of impotence and senility, not his much needed wisdom. He wants to be seen trying to fix things, not falling victim to the inevitability of his own human frailty. That, by itself, is a lesson in humility to all of us. We are not eternal, we have to recognize the signs of our own irrelevance and open the doors to the new generations even before we are gone. Perhaps a Hugo Chavez, if he still can, will listen and quit, or some of our own silly scions will think deeply and decide it is time for them to stop their arrogance and open space for the ideas of the young waiting outside their doors.

If that is the only enduring lesson this Pope gives us, he deserves our own respect and admiration for a decision that transcends theology and dogma because it is directed to all of us. It is clear to me that he accepted the Papacy because he was asked and felt in good conscience that he had to accept it, not because he wanted the job. The word Pope means Papa, which also means Father. I would feel proud having a father who behaves with such dignity. So for the Pope, thanks for the paternal human lesson you have given us and God speed to you.

Last, but not least, when you think of it, how many Popes have really known the name of their successors? This one will; and that is probably a reward in itself.

And that is my point of view today.

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Liability protects you if someone gets hurt on your property or from your business. If you rent, your landlord will want you to have liability insurance and name them as an ADDITIONAL INSURED. If you sell food, a product or service, liability insurance is very important. If you own rental property, liability is necessary to protect you from tenant law suits and it's required for Section VIII tenants. Contractors need liability to protect their clients. Many cities and towns require Certificates of Insurance from contractors when they apply for permits.

**FIRE/HAZARD:** If you borrow money to start your business or buy a building, the bank will require that you have FIRE insurance (just like when you borrow to buy a home).

**THEFT:** Theft coverage can usually be purchased along with fire insurance. Often it is necessary to have a burglar alarm to purchase theft coverage.

**WORKERS COMPENSATION:** If you decide to hire someone or have family help you, it is necessary to purchase workers compensation insurance. This protects the worker if they are injured on the job. Not only are the medical bills paid, but the missing wages are also payable to the injured employee. The cost is based on the type of business and the actual payroll. Corporations must purchase this coverage. Proprietors and LLC businesses do not have to protect themselves but they must purchase a policy for workers they hire.

**LOSS OF RENTS/EARNINGS:** If your rental income or your sales money pays the bills then you need to be sure your policy includes this coverage. It is not automatically included!

Be sure to check your business policy for details!

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# House Preserves \$9 Million in Local Aid

State Representative Marcos Devers, Frank Moran, and Diana DiZoglio joined their colleagues in the Massachusetts House of Representatives in approving a \$115 million supplemental budget that stops the Governor from taking 1% from the \$899 million unrestricted general government aid account, thus preserving \$9 million.

"I am very pleased and proud to have voted along with my colleagues to preserve local funding," said Marcos Devers, Vice Chair of the Joint Committee on Children, Families, and Persons with Disabilities. "Communities with great needs like Lawrence rely heavily on local aid to maintain vital funding that helps our city keep basic quality of life services."

"I pledged during my campaign to be a tireless advocate for localities," said Representative DiZoglio. "And I am proud that one of my first votes as a Representative was to stop a midyear cut in local aid for

North Andover, Lawrence, Methuen, and Haverhill."

"I will work even harder during the upcoming budget process to ensure that cities and towns receive their fair distribution of aid that will help fund our public safety and educational needs in the 14th Essex District," she added.

"I am pleased to support the preservation of nine million dollars in local aid that will help to decrease the hardship that citizens have faced in the Merrimack Valley," said Representative Frank Moran.

"I commend my colleagues in the House for voting to preserve these monies that have proven essential in this economic downturn," said House Speaker Robert A. DeLeo. "Aware of the widespread concern amongst constituents and state officials alike, we will once again look to maintain local aid as a top priority as the FY '14 budget-balancing process begins."

"Particularly during tough economic times, we have to do all we can to protect the vital programs funded through local aid," said Chairman Brian S. Dempsey of the House Ways and Means Committee. "We understand how essential this funding is for our communities. Local aid is a priority and, with this vote, the House continues to prove that fact."

"We applaud the members of the Massachusetts House of Representatives for standing with their cities and towns and preserving \$9 million in essential local aid," said Geoffrey C. Beckwith, the Executive Director of the Massachusetts Municipal Association. "Communities use these funds to pay for police and fire protection, schools, public works and much more, and this vote by the House is very good news for local citizens and taxpayers all across the state."



CONTINUA DE LA PAGINA 11

## HEAL LAWRENCE

locales, encontraron apartamentos y con una gran red de amigos y personas que se preocupan por ayudar, obtuvieron desde ropa hasta muebles para sus nuevos hogares. Un estudiante universitario que perdió todo su trabajo escolar - junto con su computadora portátil - encontró consuelo en una nueva que le fue regalada por Commonwealth Motors.

Crearon listas en la página web para cada familia enumerando sus necesidades y lo que había sido ya contribuido. Las familias de Lafayette Ave. se establecieron todos dentro de un mes e igualmente de rápido, el resto de ellos. La parte más difícil fue encontrarles apartamentos.

Mientras Wayne se encarga de los correos electrónicos y las donaciones que llegan a través del sitio web, Manny hizo la mayor parte de los trámites con las víctimas del incendio, la búsqueda de ofertas en hoteles locales, en busca de apartamentos, llevándolos a diferentes lugares y entregando las donaciones que había recogido previamente de los donantes.

Durante las noches y los fines de semana, Wayne recogía y entregaba muebles a veces alquilando un camión por su cuenta.

Afortunadamente, las cosas se han calmado en las últimas semanas y las familias se asentaron pero están seguros de que no va a ser para siempre. Ahora que han creado una amplia red de ayuda, quieren que esté disponible para las necesidades futuras. Ahora que un sistema para ayudar a las víctimas de cualquier tragedia en Lawrence ha sido creado, no tienen que reinventar la

rueda cuando algo suceda. Esa amplia red de asistencia inmediata puede ponerse a trabajar solicitando donaciones de acuerdo a las necesidades.

A ellos les gustaría tener todas las iglesias locales, organizaciones sociales, grupos comunitarios y asociaciones de vecinos en la página web y sean parte de esa red para asegurarse de que la información fluiría fácilmente cuando el momento llegue. Por favor, póngase en contacto con HealLawrence@aol.com para más información o para ofrecer la suya. Chequee el sitio web [www.heallawrence.com](http://www.heallawrence.com) para ver el trabajo que han hecho y cómo puede contribuir si hay otras necesidades insatisfechas.

Heal Lawrence no es una organización caritativa 501 (c) 3 y no está incorporada de ninguna manera; es simplemente un grupo de personas que se preocupan por su prójimo dirigidos por Wayne Hayes y Manny González tratando de ayudar a sus vecinos. Por esa razón no aceptan contribuciones en efectivo. Si hay alguien interesado en hacer donaciones en efectivo, Wayne y Manny va a poner en contacto a los donantes con los receptores para que puedan hacerlo personalmente.

Wayne sugieren que las tarjetas de regalo de Target, Wal-Mart y Market Basket es la mejor contribución que la gente puede hacer para que las utilicen a su conveniencia.

¡Wayne Hayes y Juan "Manny" González, dos hombres que realmente se preocupan!



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# Representantes aprueban legislación para congelar el Seguro de Desempleo

Los Representantes Estatales Frank Moran y Diana DiZoglio se unieron a sus colegas en la Cámara de Representantes de Massachusetts en la aprobación de una ley que congela un aumento previsto en un seguro de desempleo pagado por todos los empleadores.

"En la apertura de esta sesión, fui ante los miembros de la Cámara y les pedí su apoyo con otro congelamiento de la tasa de desempleo de seguros para ayudar a disminuir la carga de esta recesión ha puesto en las empresas", dijo el Presidente de la Cámara Robert A. DeLeo. "En estos tiempos económicos difíciles, sigue siendo cada vez más importante aprobar una ley para ayudar a estimular la expansión de los negocios y crear puestos de trabajo".

"Me complace apoyar este congelamiento de las tarifas del seguro de desempleo que contribuye a disminuir las dificultades que las empresas locales han enfrentado en el Valle de Merrimack. Esta ley beneficiará a la economía local y ayudará a crear más empleos", dijo el Representante Frank Moran.

"Seguimos trabajando duro para equilibrar las necesidades de los empleadores y empleados en Massachusetts", dijo Brian S. Dempsey, Presidente del Comité de la Cámara de Medios y Arbitrios. "Por medio de la congelación de la tasa de seguro de desempleo, estamos protegiendo nuestro estado al igual que los comercios de otras vicisitudes, que a su vez protege empleos y mantiene los servicios vitales de apoyo para los trabajadores que están luchando para recuperarse de la Gran Recesión."

"Se trata de la protección de empleos en una economía difícil. Al tomar parte

de la carga de nuestras empresas locales en el Valle de Merrimack, esperamos ayudar en la recuperación hacia el crecimiento económico y la estabilidad", dijo la Representante Diana DiZoglio.

"A medida que continuamos trabajando para fortalecer nuestra economía, es imperativo que tomemos las medidas necesarias para proporcionar una protección equilibrada tanto a nuestros trabajadores desempleados y sus empleadores", dijo el Representante Marcos Devers, Vicepresidente de la Comisión Mixta en Niños, Familias y Personas con Discapacidad. "Tenemos que seguir centrados en la obtención de una completa recuperación de esta recesión económica".

El sistema de desempleo a cargo del estado está financiado principalmente por los empleadores del estado. Según la ley, ya que los fondos del sistema de desempleo se agotan, las contribuciones de los empleadores se incrementarían. La congelación de la tarifa en el Schedule E le ahorrará al patrón como promedio un aumento de cerca de un 30% en el seguro de desempleo por trabajador y los trabajadores seguirían recibiendo los mismos beneficios bajo este congelamiento de las tarifas.

Además, el proyecto de ley reduce los créditos para oficinas no ejecutivas en un 1% y aborda temas que requieren fondos adicionales o lenguaje correctivo. Por ejemplo, el presupuesto suplementario saca \$30 millones del Fondo de Estabilización para hacer frente a un déficit causado por el caso de Hinton Drug Lab, sin embargo, después de sacarlo, el estado mantiene un equilibrio sano de \$1.2B en el fondo de emergencia.

Esta legislación también incluye provisiones para gastos de funcionamiento de las deficiencias de necesidad inmediata que incluyen \$45 millones para los refugios de familias sin hogar y \$3 millones para gastos inesperados a las agencias estatales a consecuencia del Huracán Sandy, entre otros.

■ CONTINUES FROM PAGE 6

## PREVENIR

Asimismo, el proyecto ha sido un torrente de agua fría para la industria tabacalera debido a que el programa incluye la participación de ex fumadores en spots televisivos y radiales. El gobierno federal no se equivocó al apoyar esta campaña conocida como "Consejos de Ex Fumadores", pero su ayuda debe ser constante —año tras año— para prevenir adicción, enfermedad y muerte prematura.

La historia y la justicia están de nuestro lado. Tenemos que movilizarnos como latinos para que los estados realicen que hay que invertir en la prevención hoy para no lamentarnos cuando estemos sufriendo de enfermedades relacionadas al uso del tabaco.

\*\*\*

Jeannette Noltenius, MA, PhD, es Directora Nacional de Latinos Saludables Sin Tabaco. La Dra. Noltenius, originaria de El Salvador, obtuvo un Doctorado en Estudios Sociales y una Maestría en Economía de la Universidad de Paris 1, Sorbonne, también tiene una Maestría en Psicología de Antioch College, Keene, New Hampshire. Asimismo, es una persona reconocida a nivel nacional por sus estudios en el área de latinos y salud; es experta en temas sobre el tabaco y el alcohol; reconocida internacionalmente por su trabajo en la organización Pan American Health Organization/WHO sobre planeamiento, recursos humanos, salud ambiental y HIV/SIDA. Actualmente desempeña el cargo de Directora de la red nacional Latinos Saludables Sin Tabaco (NLTCN por sus siglas en inglés), entidad que apoya con información abierta a más de 5,000 defensores y expertos de la salud y control del tabaco.

### Sobre La Red Nacional Latinos Saludables Sin Tabaco

La red nacional Latinos Saludables Sin Tabaco (NLTCN por sus siglas en inglés) es un sistema de información abierta y de apoyo para el control del tabaco y para activistas y expertos sobre las disparidades en salud que pretenden efectuar cambios de manera más efectiva en las políticas públicas y en las normas sociales acerca del control de tabaco, a través del intercambio de información y el fortalecimiento de los lazos institucionales y personales. La NLTCN produce boletines, reportes y otras publicaciones sobre mejores prácticas en el control del tabaco, y organiza eventos y talleres de capacitación alrededor de Estados Unidos. La página web de la NLTCN ([www.latinotobaccocontrol.org](http://www.latinotobaccocontrol.org)) es un recurso que cuenta con links a repositorios de materiales sobre el control de tabaco, currículos y reportes que facilitan el trabajo de estos activistas y expertos.

## House passes unemployment insurance rate freeze legislation

State Representatives Frank Moran and Diana DiZoglio joined their colleagues in the Massachusetts House of Representatives in passing legislation that freezes a scheduled increase in the unemployment insurance assessment paid by all employers.

"At the open of this session, I stood before the House membership and called for support of another unemployment insurance rate freeze to help lessen the burden of this recession on businesses," said House Speaker Robert A. DeLeo. "In these tough economic times, it remains ever important that we pass legislation to help stimulate business expansion and create job opportunities."

"I am pleased to support this unemployment insurance rate freeze that will help to decrease the hardship that local businesses have faced in the Merrimack Valley. This legislation will benefit the local economy and help to create more jobs," said Representative Frank Moran.

"We continue to work hard to balance the needs of employers and employees in Massachusetts," said Chairman Brian S. Dempsey of the House Committee on Ways and Means. "By freezing the unemployment insurance rate, we are protecting our Commonwealth's businesses from additional hardship, which in turn safeguards current jobs and maintains vital support services for those workers who are struggling to recover from the Great Recession."

"This is about the protection of jobs in a tough economy. By taking some of the burden off our local businesses in the Merrimack Valley, we hope to help in the recovery toward economic growth and stability," said Representative Diana DiZoglio.

"As we continue to work towards strengthening our economy, it's imperative that we take the necessary steps to provide a balanced protection to both our unemployed workforce and its employers," said Representative Marcos Devers (D-Lawrence), Vice Chair of the Joint Committee on Children, Families and Persons with Disabilities. "We must remain focused on obtaining a full recovery from this economic recession."

The unemployment system run by the Commonwealth is primarily funded by the state's employers. By law, as the funds in the unemployment system become depleted, employers' contributions would increase. Freezing the rate at Schedule E will save the average employer from having a near 30% increase for unemployment insurance per employee and workers would continue to receive the same benefits under this rate freeze.

Furthermore the bill reduces the appropriations for non-executive offices by 1% and addresses items that require additional funding or corrective language. For example, the supplemental budget draws \$30M from the Stabilization Fund to address a deficit caused by the Hinton Drug Lab case; however, after this draw, the state maintains a healthy balance of \$1.2B in the rainy day fund.

This legislation also includes spending provisions for operating deficiencies of immediate need that include \$45M for Homeless Family Shelters and \$3M for unexpected costs to state agencies as a result of Hurricane Sandy among others.

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<p style="font-size: x-small;">Jóvenes Adultos Edades 15-23</p> <p style="font-size: x-large; font-weight: bold;">\$75</p> <p>por 3 Meses</p>	<p style="font-size: x-small;">Adultos Edades 24-64</p> <p style="font-size: x-large; font-weight: bold;">\$95</p> <p>por 3 Meses</p>	<p style="font-size: x-small;">Adultos Mayores Edades 65+</p> <p style="font-size: x-large; font-weight: bold;">\$60</p> <p>por 3 Meses</p>

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[www.mvymca.org](http://www.mvymca.org)  
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# Dana Clancy exhibits at NECC's ArtSpace Gallery

Boston artist Dana Clancy is currently exhibiting nearly a dozen of her paintings through Saturday, Feb. 23, at the ArtSpace in the Harold Bentley Library at Northern Essex Community College's Haverhill Campus, 100 Elliott St.

ArtSpace hours are Monday through Thursday 2 to 9 p.m., Friday 2 to 5 p.m., Saturday, 9 a.m. to 1 p.m. and closed on Sunday.

Clancy holds a Bachelor of Arts from Vassar College and a Master of Fine Art from Boston University. She also studied at the New York Studio School and Hunter College. Past exhibitions have included group shows in New York, Connecticut, and Massachusetts as well as the solo show "Viewing Space" at the Danforth Museum of Art. Clancy has taught at the School of the Museum of Fine Arts and at University of Connecticut School of Fine Arts.

For additional information on this exhibit contact [pkidney@necc.mass.edu](mailto:pkidney@necc.mass.edu) or [pkidney@necc.mass.edu](mailto:pkidney@necc.mass.edu) Northern Essex offers associate degrees in graphicdesign.generalstudies:multi-media,



Dana Clancy's "Reflection II" is one of nearly a dozen paintings on exhibit at NECC's ArtSpace in the Bentley Library on the Haverhill campus.

general studies: visual arts, illustration, liberal arts: creative arts, and a certificate in graphic design/desktop publishing. For more information on these degrees and certificates visit <http://www.necc.mass.edu/academics/courses-programs/areas/design/> or contact enrollment services at 978-556-3700.

# Merrimack Valley Hospice Announces Capital Campaign Leadership



Scott Cote, President of Pentucket Bank



Mary Jane Werner, Vice Chair of the Board of Trustees

Merrimack Valley Hospice has announced that the Merrimack Valley Hospice House expansion project is well underway and that two co chairs have been selected to lead the fundraising campaign. Scott Cote, President of Pentucket Bank and Mary Jane Werner, Vice Chair of the Board of Trustees have agreed to lead the two million dollar fundraising campaign to expand the Merrimack Valley Hospice House by seven additional suites.

"We are very pleased to have such dynamic leadership for this critical expansion project" said John G. Albert, MBA, FACHE, President and CEO of Merrimack Valley Hospice. "Their commitment to this project, and understanding of the value this expansion brings to patients and families, will assure its' success."

Since Merrimack Valley Hospice House opened in June 2009 it has been operating at or near capacity, serving more than 1,500 patients. Licensed by the Massachusetts Department of Public Health for a 21 suite

facility, the Hospice House was designed for a two-phase construction: the initial 14 suites, then, a final phase of seven suites at a time when occupancy and demand for services exceeded capacity. No one anticipated that time would come so quickly.

The addition of the new wing will allow for 21 private patient suites in total, of which two may accommodate pediatric patients. All suites feature skylights, a private bathroom and seating and space for loved ones to visit at any time of day or night. The wing will reflect the existing peacefulness of a home setting with patios, family gathering area, a care station and several common areas.

Home Health VNA, Merrimack Valley Hospice, and HomeCare, Inc. are the leaders in home health and hospice care. Together, the not-for-profit organizations form a unique and comprehensive continuum of the highest quality home health and hospice care for patients and families. For more information visit [www.MerrimackValleyHospice.org](http://www.MerrimackValleyHospice.org)

CONTINUES FROM PAGE 14

## SOCCER

To date, the Foundation has helped create or improve over 1,100 safe places for children nationwide.

"We are grateful for the continued support from the U.S. Soccer Foundation. This year's grant award will enhance our ability to engage and excite kids through soccer participation, by not only reaching more students through a planned partnership with the Lawrence Public Schools, but by improving the effectiveness of our current programs that support our players' life goals far beyond the challenges of the soccer field. We are excited by the Foundation's commitment to the City of Lawrence, which is the beneficiary of two program grants in 2013. Both Beyond Soccer and Esperanza Academy were chosen as grant winners by the Foundation, which is pretty impressive given the competitive pool of national applicants," said Stephanie McArdle, Beyond Soccer, Executive Director.

"The U.S. Soccer Foundation believes that every child should have the opportunity to enjoy the game of soccer in an environment that is safe and promotes positive development," said Ed Foster-Simeon, president and CEO of the U.S. Soccer Foundation. "We are happy to support organizations that, through impactful community-based programs, harness the power of soccer to improve the well-being of children."

Support for the U.S. Soccer Foundation's grant process is provided by the Foundation's corporate partners, including Eurosport, FieldTurf, Hunter Industries, Musco Sports Lighting, PEVO Sports and Sport Court. Since its inception in 1994, the U.S. Soccer Foundation has now awarded more than \$59 million in grant awards to non-profit organizations in all 50 states and the District of Columbia.

CONTINUES FROM PAGE 9

## NEMO

"We stopped running services early Friday due to the snowstorm," said Costanza. "The important thing was to get people to where they needed to go safely without risking anyone's health."

In addition to the cancellations made on Friday, USPS stopped making deliveries after 3:00 p.m. to ensure that their employees could arrive safely home.

"Basically, we delivered where it was safe to. With the weather as bad as it was, we just wanted our employees to travel safely and retire from their duties as soon as possible," said Christine Dugas, a spokesperson for USPS in Massachusetts. She stressed that to further ensure the safety of USPS mailmen, and to receive mail more efficiently, anyone with a mail box should pave the way or at least clear the area so that mailmen could deliver the mail more easily.

According to The Eagle Tribune, although it was reported that there were several people driving after the ban was issued, no one received a fine or was arrested. Furthermore, the driving ban that led some to question the Governor's decision, ended at 4 p.m. Saturday. With the ban lifted, life in the city of Haverhill resumed. Cancelled services and those other services which had ended early on Friday resumed on Monday.

But the damage that winter storm Nemo caused remains, leaving its footprint of 28 inches for Haverhill to clean up. With mounds of snow everywhere, traveling by vehicle has been difficult for Haverhill residents. It has been even more so for pedestrians, who struggle to avoid being hit by a car as they head home or to the shop around the corner. The city has yet to clear up certain sidewalks and areas, some of which are used regularly by those without cars to walk safely. As of yet, no deaths or injuries related to the snow storm have been confirmed.

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# CALENDARIO | CALENDAR OF EVENTS

## Asian Center of Merrimack Valley, Inc.

1 Ballard Way, Lawrence, MA 01843  
978-683-7316 | www.asiancentermv.org

The Asian Center of Merrimack Valley, Inc. is currently offering morning and evening English classes, citizenship, and pre-school classes from September through June. All classes are open to any interested resident in the area.

### English as a Second Language

Registration is on-going –  
Call now to Reserve a Spot.

**Morning Classes:**  
Tuesdays and Thursdays Level I and II  
9:00 am– 12:00 pm  
Fees: \$75 – Semester (17 weeks)  
\$25 – Text

**Wednesdays and Thursdays Level III**  
9:00 am – 12:00 pm  
Fees: \$75 – Semester (17 weeks)  
\$25 - Text

**Evening Classes:**  
Tuesdays and Thursdays Levels I and II  
6:00 – 9:00 pm  
Fees: \$75 – Semester (17 weeks)  
\$25 - Text

### Citizenship Classes

Morning Classes begin February 6, 2013

**Wednesday Morning Classes:**  
9:00 – 11:00 am (10 weeks)  
Fees: \$50  
\$20 – Text

**Evening Classes begin**  
Thursday February 28, 2013:

**Thursday Evening Classes:**  
6:00 – 8:00 pm (10 weeks)  
Fees: \$50  
\$20 - Text

**Pre-School Classes**  
For children between the ages of 2 years, 9 months and 5 years.  
Classes are: Monday through Friday, 9 AM – 12 PM Fee: \$1,116 Semester.  
Contact: Joan Canterbury, joancanterbury@asiancentermv.org or 978-683-7316.

## BETHANY COMMUNITY SERVICES

Contact: Darlene Sutton  
978-374-2165  
dsutton@bethanycommunities.org

### 2013 TRIPS & TOURS

February 2-22, 2013 President's Cruise Australia & New Zealand -Fly to Los Angeles & tour, fly to Sydney for a city tour, tour Wine Country, tour the Blue Mountains, then board The Diamond Princess in Sydney/other ports of call Melbourne, Hobart (Tasmania), Australia & Fiordland National Park, Dunedin (Port Chalmers), Christchurch (Lyttelton), Picton, Wellington, Taurange & Auckland, NZ/ state rooms start at \$6999pp double plus \$400pp for taxes, transfers & government fees/\$1200 deposit due at sign up-\$1200 due 7-1-12-balance due 11-16-12

April 4-14, 2013-Mississippi River Cruise-Pre cruise package of Nashville & Memphis, TN/7day 7 night cruise The American Queen-all meals-unlimited beverages includes water-soft drinks & beer & wine

with dinner-round trip airfare-round trip transportation to airport-travel protection-all regular tours at each port-Battlefield Tour in Vicksburg-nightly entertainment-Visiting: Nashville, TN; Helena, AR; Natchez, MS; Baton Rouge, LA; New Orleans, LA; Memphis, TN; Vicksburg, MS; St. Francisville, MS & Oak Ally, LA/ price starting at \$3899pp double

April 14-19, 2013-Biltmore Estate-Ashville, North Carolina-6 days 5 nights-deluxe motorcoach-8 meals (5 breakfast 3 dinners)-guided tour of Ashville, NC-a full day at Biltmore Estate-guided drive along the Blue Ridge Parkway-a visit to the famous Folk Art Center and the magnificent St. Lawrence Basilica/\$529pp double-\$679pp single plus insurance/\$75 deposit at sign up-balance due 60 days before trip departs.

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April 3, 2013

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## ARE YOU LOOKING to ENRICH YOUR LIFE?

Don't Miss Mayda Del Valle, Spoken Word Poet

### The Passion of Poetry and the Power of Artistic Expression

THURSDAY, MARCH 7, 8:45 A.M.  
LAWRENCE HIGH SCHOOL  
70-72 NORTH PARISH ROAD, LAWRENCE, MASS.

Join White House performer and Oprah favorite **MAYDA DEL VALLE**, acclaimed poet and spoken word artist. She is a unique, powerful voice who fuses profoundly personal and thought-provoking work with the rhythm and pulse of Hip Hop culture.

Del Valle was chosen by Oprah's O Magazine as one of 20 women on the first "O Power List," and has performed for President Obama and the First Lady at the White House. In 2001 she won the National Poetry Slam Individual Championship, becoming the youngest poet and the first Latino person to win the title. She appeared in several episodes of HBO's Russell Simmons Presents Def Poetry. Del Valle was an original cast member and contributing writer of the Tony award winning production of Def Poetry Jam on Broadway, and toured internationally with the show.

The White Fund Enlightenment Series is presented by Northern Essex Community College. For more information, please call 978-738-7403 or visit [www.neccc.mass.edu](http://www.neccc.mass.edu)

FREE and OPEN to the PUBLIC

Sign language interpreters may be requested by calling #15-056-3547 V or by emailing [interpreters@neccc.mass.edu](mailto:interpreters@neccc.mass.edu)

The views expressed in the White Fund Enlightenment Series presentations are the views of the speaker and do not necessarily reflect the views or policies of Northern Essex Community College.

Mayda Del Valle



# CALENDARIO | CALENDAR OF EVENTS

## NEWS NASHUA, NH NASHUA PUBLIC LIBRARY

2 COURT STREET  
For directions and information on parking go to: [www.nashualibrary.org/directions.htm](http://www.nashualibrary.org/directions.htm)  
Phone 603-589-4610  
Fax: 603-594-3457

### OPEN STORYTIMES AND PUPPET SHOWS

Mondays, Tuesdays and Wednesdays at 10a.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.

### Watercolors

Watercolors by award-winning painter Suzanne Binnie are on display at the Nashua Public Library through August. The exhibit, "Culhaven Studios Presents," features floral, animal, and bird paintings, predominantly watercolor with some mixed media, including ink and rice paper and some Zentangle. "Watercolor is my first love," says Binnie, "and Zentangle is my new passion." Binnie's work won Best in Show Awards at the Callao Art Show in Virginia in 1997 and at E. W. Poore's Juried Show in Manchester in 2007. The exhibit can be viewed during regular library hours.

For more information, call Carol at (603) 589-4610 or visit [www.nashualibrary.org](http://www.nashualibrary.org) and click Events. The library is located at 2 Court Street. Visit [www.nashualibrary.org/directions.htm](http://www.nashualibrary.org/directions.htm) to find out where to park. For more information, call (603) 589-4610.

### Nashua Reads film series

Four films that explore the issues raised by the Nashua Reads book. For titles call (603) 589-4646.

Vacation Fun at Nashua Library  
Something fun for kids and teens is happening all week long at the Nashua Public Library during school vacation week.

### Mike Bent's Abrakidabra!

For ages 4-10. Magic, comedy, and teaching combine to create a unique fun-filled show for the whole family. Tickets are required and available first-come/first-served in the Children's Room starting Sunday, February 17. Monday, February 25, at 2 p.m.

### Drop-In Craft

For ages 4-10. Stop in the Children's Room and create an awe-some craft from our wide selection of kits and ideas, while supplies last. On your way out pick up a free book to enjoy during the rest of your vacation week. Tuesday, February 26, at 2 p.m.

### Duct-Tape Accessories

For grades 6-12. If you're a duct tape junkie this DIY program is for you. Use it to create fashion accessories—ties, rings, belts, wallets, hair bows, and more. Register at [tinyurl.com/nplteen](http://tinyurl.com/nplteen). Tuesday, February 26, at 3 p.m.

### Scratch and Tell

Showcase your Scratch project and teach others the tips and tricks of your creation. Bring a project or come ready to learn more about the interactive games, stories, and art you can create from this free software. This is a hands-on, peer-led program. Learn more about Scratch at [scratch.mit.edu](http://scratch.mit.edu). Register at [tinyurl.com/nplteen](http://tinyurl.com/nplteen). Wednesday, February 27, at 1 p.m.

### 7th Annual Who's Your Baby Doll? Fashion Show

For all ages. Work our runway with your favorite doll (Barbie, American Girl, GI Joe, etc.) decked out in a fashionable outfit. "Haute" refreshments and raffle prizes will round out this event. Bring your own paparazzi. Register at [tinyurl.com/nplkid](http://tinyurl.com/nplkid). Wednesday, February 27, at 2 p.m.

### Vacation Week Teen Film

102 mins./Rated PG-13  
An introvert freshman is welcomed to the real world by two seniors. For film title, call 589-4646. Thursday, February 28, at 7 p.m.

For more information call (603) 589-4601 or visit [tinyurl.com/nplteen](http://tinyurl.com/nplteen).

### Cookie Decorating

For ages 4-10. Use your imagination and decorate a huge, delicious sugar cookie. We'll supply everything you need, but bring your creativity. Register at [tinyurl.com/nplkid](http://tinyurl.com/nplkid). Thursday, February 28, at 2 p.m.

### LETTERS TO THE EDITOR

RUMBO  
60 Island Street, Suite 211E  
Lawrence MA 01840  
Email: [rumbo@rumbonews.com](mailto:rumbo@rumbonews.com)

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

## City Hall After Hours/Green Jobs event Economic Development Networking Wednesday, 27rd of February from 5:30-7 at El Taller 257 Essex St., Lawrence - (near Lawrence St.)

City Hall After Hours is an informal opportunity to bring together people to share ideas, make contacts, and talk about anything and everything the city can do to help your business thrive. City Hall after hours meets in Lawrence the 4th Wednesday of each month. It is always a FREE event.

Ask me about tax incentives for doing business in Lawrence.

Please share this invitation with your clients, colleagues and business contacts.

**Frank O'Connor, Jr.**  
Community Development Dept. / Office of Economic Devel.  
225 Essex St., Lawrence, MA 01840  
978-620-3517 [www.CityofLawrence.com](http://www.CityofLawrence.com)

## Victims Rights Event April 22 Parents of Murdered Children

The City of Lowell and the Merrimack Valley Chapter of Parents of Murdered Children and other Survivors invites you to our 4th annual victim rights event which will held be on Monday April 22nd starting at the Lowell Senior Center.

5-7pm Informational Tables (Please let me know if you need a table)

7:30 Candlelight walk to city hall (weather permitting, otherwise we stay at the Senior Center)

7:45 Speeches at City Hall Steps

Arnie Muscovitz, Chapter Leader  
Merrimack Valley Chapter of Parents Of Murdered Children  
P.O. Box 8737  
Lowell, Ma 01853

## Cosas de Familias en la Biblioteca Pública de Nashua

Las familias son bienvenidas en la Biblioteca Pública de Nashua. Reúnanse con nosotros para estas actividades divertidas y educativas.

### Cuentos Narrados y Show de Títeres

Lunes, martes y miércoles a las 10:00 am, jueves a las 7:00 pm, y domingos a las 2:00 pm (no domingos en el verano). Los cuentos narrados y el show de los títeres se presentan continuamente y no se requiere registraci3n.

### Narraci3n de Cuentos Para Beb3s

A trav3s de cuentos y m3sica, aprende a c3mo desarrollar el lenguaje de tu beb3 y a c3mo leerle en voz alta para desarrollar sus habilidades de la pre-lectura. Los beb3s y sus cuidadoras son bienvenidos a compartir con nosotros los jueves a las 9 am y 10 am para edades de 13 a 24 meses y jueves a las 11 am y 12 del mediod3a para reci3n nacidos hasta los 12 meses. No se requiere registraci3n ni tarjeta de la biblioteca.

### Ayuda de Tareas En L3nea

En vivo, en l3nea (conectado en Internet), tutores hispano hablantes para ayudar a los estudiantes con sus tareas o asignaciones de matem3ticas, ciencia y estudios sociales. Una tarjeta de la biblioteca es necesaria. [www.nashualibrary.org/homework.htm](http://www.nashualibrary.org/homework.htm)

### Serie de Pel3culas para La Familia

Las pel3culas familiares son presentadas los s3bados a las 2 pm en el NPL Theater, octubre-mayo. Ni3os de 6 y menores deben ser acompa3ados por un adulto. Patrocinados por Los Amigos. Llame a la

biblioteca a la l3nea de pel3culas al (603) 589-4646 para los t3tulos de las pel3culas. No se permite ni comida ni bebidas en el teatro. Gratis; no se requiere una tarjeta de la biblioteca.

### Un Mundo de Informaci3n En Tu Biblioteca

Cualquiera puede usar nuestros materiales sin costo alguno (gratis) mientras visita la biblioteca, pero necesita una tarjeta de la biblioteca para sacar prestado estos materiales, poder llevarlos a casa y adem3s usar ciertos espacios en la p3gina web de la biblioteca desde sus casas.

Una tarjeta de la biblioteca es una credencial o identificaci3n, la cual es completamente gratis para todas aquellas personas que viven, que trabajan, que son due3os de locales o edificios, que asisten a la escuela o que est3n jubilados o retirados de sus trabajos en Nashua. Las esposas e hijos de trabajadores (o trabajadores retirados) o due3os de locales o edificios en Nashua son tambi3n elegibles para obtener una tarjeta de la biblioteca gratis. ¡Venga a la biblioteca y obtenga su tarjeta de la biblioteca gratis hoy!

### Horario de la Biblioteca

Lunes-jueves: 9 am-9 pm; Viernes y s3bado: 9 am-5:30 pm; Domingo: 1 pm-5 pm (cuando est3 abierta)  
Visite [www.nashualibrary.org](http://www.nashualibrary.org) para actualizar la informaci3n acerca de domingos abiertos.

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COOPERATIVE EDUCATION COLUMN****Petunia: American Staffordshire Terrier - Female**

Petunia is a snuggly, tiny girl who was lost outside as a stray. Petunia is very playful and can calm down quickly. She has a darling habit of snorting like a pig when excited in play! You can't tell in her photos, but she is also small for her breed. Petunia would be fine living with another mellow, appropriate dog and with a cat. School age children or older would be great with her, too. Petunia has stolen the hearts of everyone at the Adoption Center.

**Bella: Beagle/Labrador Retriever Mix - Female**

Bella is a 7 year old Beagle/Lab mix who is outgoing and waggy! She was so happy to go to a foster home during the blizzard. For one night she had a warm bed, a family who loved her, and all the exercise and treats a girl could want. Bella loves to swim and play and would love a home with teens who love to run around and maybe a dog or cat friend. She is so smart and friendly and very food motivated. Come by and meet this wonderful dog.

**Nala: Mastiff - Female**

Nala is a 4 year old beautiful brindle Mastiff. She was surrendered because her landlord would not allow dogs. Nala would like to be your only dog but maybe living with a dog savvy cat would be okay. Older, calm and experienced children would be the type of home this gentle giant would like to go to. Or a family with just adults would be okay as well. Nala loves to play toys but squeaky toys are her favorite!

**Steven: Palomino Mix Bunny - Male**

Steven has hugs waiting for you. He is an energetic, playful, loveable, and adorable. Bunnies need lots of fresh hay, dark green veggies, love, and an indoor life to be social and happy and healthy. Also, they need time outside of their pen or cage and like to have the run of a safe room or house for some time each day. Come and learn why Bunnies are the third most popular pet adopted here at Nevins Farm.

**Mario: Chicken - Male**

Mario is a mixed breed bantam rooster. We are not sure if he is a bantam Ameraucana or Old English Game X. He has beautiful red and gold feathers and is an active fellow. He was raised here at the farm from a little chick. He is a little flighty but is very comfortable with people being around him. He can be handled once you catch him. Mario would do best in a home with other bantam hens. He could do well with another larger-sized rooster in the flock too. If you are interested in making an appointment to adopt or need more information, please contact the barn staff at 978-687-7453 ext, 6113 or e-mail us at [barnstaff@mspca.org](mailto:barnstaff@mspca.org).

**Toby: Hamster - Male**

Toby is a super fuzzy, adorable little guy! He'd make a fabulous best friend and promises to entertain you every day! While visiting, buy all of your pet supplies here! All of the proceeds go to help the animals and programs of the Noble Family Animal Care & Adoption Center!



If you have a barn or stable, you can help save a cat! Although the majority of cats can easily live as indoor house pets, sometimes we have cats whose only alternative is to live as a barn cat. Click on Chloe to learn about the program.

One of three MSPCA Animal Care and Adoption Centers statewide, the MSPCA at Nevins Farm in Methuen cared for more than 7,000 animals last year. The MSPCA does not receive state or federal funding and continues its work based solely on the generosity of its supporters. The Noble Family Animal Care & Adoption Center at Nevins Farm is located at 400 Broadway, Rte. 28 in Methuen and is open to the public from 12:00 p.m. – 6:00 p.m. Tuesdays & Thursdays; 11:00 a.m. – 4:00 p.m. Wednesdays & Fridays; 12:00 p.m. – 4:00 p.m. Saturdays and Sundays. To contact the MSPCA at Nevins Farm regarding adoptions and programs please call (978) 687-7453 x. 6101 or on the Web at: [www.mspca.org/nevins](http://www.mspca.org/nevins).

**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.

# 5 Gifts to Ensure Happy, Healthy Dogs

**By Dr. Rod Block**

Today's modern world shows how much our relationship with animals has changed, says animal chiropractic consultant Dr. Rod Block.

"Back before the mechanical wonders of industrialization, we relied upon animals to carry the brunt of our work; essentially, their purpose was to haul loads, plow fields and chase down prey," says Block, author of "Like Chiropractic for Elephants," ([www.drrodblock.com](http://www.drrodblock.com)) a book in part about his experience treating elephants and other animals for chiropractic problems.

"Today, tractors and other marvels of the post-industrial era have largely replaced the duties of the working animal. In a world where humans distance themselves more and more from one another, these animals have become our companions, family members and closest confidantes."

More friends and custodians of animals – including dogs, horses and, yes, elephants – realize that they too suffer from spinal irregularities, he says.

"Of course, any living creature with a spine is vulnerable to injury, which can incur years of suffering and even death," he says.

With that in mind, he offers gift ideas for the furry family member that cannot tell you with language what it needs:

- **Dog harnesses:** For those who haven't already noticed, collars and choke chains hurt dogs that have a habit of pulling during walks. Collars centralize stress on their neck. Ideally, you should train your dog to not pull -- there are how-to books and programs that can help. In the meantime, and even after successful training, a dog harness works best on that rare occasion when, for example, a squirrel piques their interest. Harnesses appropriately distribute weight throughout a canine's torso. They're also appropriate for cats on leashes.

- **Need a chiropractor?** ... Some animals go many years before their caretakers realize they have a significant mobility problem, or that there is an affordable solution to the problem. Many simply do not consider alternative health measures for their horse, dog or cat; they think their only options are expensive, invasive surgery, or nothing. To spot problems early, always monitor how they walk or run, and how they hold their head. "Pay attention to their movements,

and how they respond to touch," he says.

- **Don't overfeed!:** An overfed dog or cat, just like an obese human, experiences damaging health consequences. Excess weight puts stress on the skeleton and joints, and obese cats and dogs can get diabetes. Feed them the appropriate amount of pet food, and do not give them scrap from the dinner table. If your dog has grown accustomed to begging at meal times, put him in another room when you sit down at the table. Our pets do not have the right digestion system for many human foods.

- **Dog beds:** Know your dog. You wouldn't give a child's bed to a large adult; consider what's appropriate for your dog's length, weight and sleeping style. This knowledge will help you when confronted with the many styles of beds: bagel, doughnut and bolster beds; cuddler or nest beds; dog couches; round, rectangle or square beds; or elevated beds with frames. Also, consider manufacturer differences. Each may have its own definition of "large dog," for example.

- **Holistic options:** As health-care avenues have expanded for humans, so too have they for pets. Often, the answer for human and animal well-being is not an overload of prescription medication. Acupuncture is a valid option with no adverse side effects that has shown positive results, especially for large animals like horses. In general, use common sense; an overstressed environment is not good for any living thing. Consider researching the latest alternative-health options for your animal.

**About Dr. Rod Block**

Dr. Rod Block ([www.drrodblock.com](http://www.drrodblock.com)) serves as a chiropractic consultant to numerous veterinary practices in Southern California and is an international lecturer on animal chiropractic. He is board certified in animal chiropractic by the American Veterinary Chiropractic Association, is a member of the International Association of Elephant Managers and serves as an equine chiropractic consultant to Cal Poly Pomona. Dr. Block is the equine chiropractor for the Los Angeles Police Department's Mounted Police Unit, a lecturer at Western State University College of Veterinary Medicine and a lecturer at University of California Irvine (Pre-Veterinary Program). He completed his undergraduate studies at UCLA and later received his Doctorate in Chiropractic.

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**Chess Club meets**

The Lawrence Chess Club will meet on Wednesday, 20 February 2013 from 6-8pm at the Lawrence Public Library, corner of Haverhill & Lawrence Streets.

This is always a FREE event. Please bring a friend and a chess set.

ALL ages and abilities welcome. Play, learn and help teach.

English is not required.

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~ Garry Kasparov, grand master & world champion.

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More information may be emailed by request to dan@salisburyhousing.org  
Use & resale restrictions apply.  
Preferences for persons with verified local preference and increased opportunities for minority applicants.

**Recruiting for Project IMPACT - 18-24 years old - Latinos - Non Smokers - Focus Group - Lawrence**

The Mayor's Health Task Force is recruiting 10 participants for a Focus Group here in Lawrence. The participants will be compensated with \$50 and a light dinner.

The following are the requirements:

- Latino 18-24 years old – female or male
- Lawrence residents
- Non-smoker
- Willing to spend 1 ½ hour to 2 hours at a focus group discussion
- Wednesday, February 13th from 6:00 to 8:00 p.m.
- Location: Conference Room – Lawrence Community Development
- 225 Essex Street, 3rd Floor
- Must speak and read English.
- Information: Carmenza Bruff – 978-620-3536 and 617-785-0314 or via email at: carmenza\_bruff@dfci.harvard.edu

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

**SOUTH LAWRENCE EAST LITTLE LEAGUE**

**2013 REGISTRATION DATES**



**Location: Firemen's Relief Inn: 1 Market St. Lawrence**  
**February 9 & 23 / March 2 & 9 - 12-3pm.**  
**March 16 final registration and players clinic at South Lawrence East Little League fields 12-4pm behind SLELL Middle School**

**T- Ball (5-7yrs) \$40 Little League/Girls Softball (8-12yrs) \$70**  
**Jr. & Senior Babe Ruth (13-16yrs) \$110**  
**Challenger (5-16) Free (for those with disabilities)**

**Boys and Girls Welcome!!! All players must bring Birth Certificate**  
Any questions please email [southlawrenceeastlittleleague@gmail.com](mailto:southlawrenceeastlittleleague@gmail.com) or visit us at [slell.org](http://slell.org)  
And like us on Facebook @South Lawrence East Little League and Twitter @SLELL1

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