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The BILINGUAL Newspaper of the Merrimack Valley



American Revolution History in Lowell

Photo Credit: Daley Middle School

(From left to right) Emily Sousa, 11, Sophie Hem, 10, and Kasey Shompole, 10, fifth grade students at the Daley Middle School, play British soldiers along with Freedom Trail Player® Tim Hoover in a reenactment of the Boston Massacre. The Freedom Trail® Scholars program, presented by the Massachusetts Teachers Association and Freedom Trail Foundation, provides high-quality educational experiences to school age children throughout Massachusetts. 6 & 7

¿Concierne a las escuelas el peso de su hijo? |5

Should schools be involved in your child's weight? |5

Consejos del Seguro Social para la temporada de impuestos |10

Social security and tax time |10

2do mercado annual gratis |11

2nd annual community free market |11

Happy Birthday, Mrs. Corcoran!



Lawrence City Councilor at-Large Roger Twomey presented a Letter of Proclamation to Helen Cocoran on Wednesday, March 13, 2013 at the Berkeley Retirement Home.

Mrs. Corcoran received it in honor of her 100th birthday.

Helen is gathered with her family and friends at the Berkeley to celebrate her recognition. Councilor Twomey and his wife Marilyn are standing in the back.

El Concejal Roger Twomey de Lawrence presentó una Proclama a Helen Corcoran el miércoles, 13 de marzo 2013 en el hogar de retiro de Berkeley.

La Sra. Corcoran la recibió en honor a su centenario.

Helen aparece en la foto con familiares y amigos en Berkeley celebrando este reconocimiento. El Concejal Twomey y su esposa Marilyn están de pie atrás.

Haffner's Gasoline at 30⁹ per Gl plus tax

See Mr. B's Sports Stories on page 15

Red Sox Trophies visit Lowell |17

Lowell Public Schools and Community Teamwork, Inc. host an Evening of Family Finance Solutions |20

Editorial: ¡Aleluya, tenemos Papa! / Hallelujah, we have a Pope - Pg. 2

- 02 EDITORIAL
- 04 & 16 DALIA DÍAZ
- 21 DIRECTORIO
- 22 CALENDARIO
- 23 CLASIFICADOS



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Hombres unen fuerzas para prevenir la violencia contra la mujer

By Omar Cabrera

La violencia contra la mujer es un problema grande de la salud pública - y los hombres desempeñan un papel muy significativo en su prevención. El 7 de marzo en la Casa Estatal, hombres y adolescentes de todo el Estado se reunieron para participar en el Día de la Cinta Blanca de Massachusetts 2013. El evento proveyó una oportunidad para los hombres demostrar lo importante que es para ellos afrontar la violencia contra las mujeres, así como ser parte de su prevención.

Los hechos están claros. Un nuevo estudio conducido por los Centros para el Control y Prevención de Enfermedades (CDC, por sus siglas en inglés) reveló que:

* Las mujeres experimentaron altas tasas de violencia por parte de sus parejas, violaciones, acechos, y a largo plazo, enfermedades crónicas y otros problemas de salud tales como trastorno por estrés posttraumático (TEPT).

* La mayoría de las violaciones y actos violentos a manos de la pareja se llevan a cabo por primera vez antes de los 24 años, destacando la importancia de prevenir la violencia antes de que ocurra y asegurar que todas las personas puedan vivir la vida a su máximo potencial.

* Los esfuerzos de prevención deben comenzar temprano con la promoción de relaciones saludables y respetuosas, afrontando las creencias, actitudes y los mensajes erróneos que crean un ambiente que tolera la violencia sexual.

Es por dichas razones que la Campaña de la Cinta Blanca de Massachusetts tiene las siguientes metas:

* Cambiar las actitudes sociales y las creencias que perpetúan y crean excusas para la violencia contra la mujer.

* Promover la seguridad y el respeto ante cualquier situación.

* Crear una red de voces resonantes que apoyarán los esfuerzos de Jane Doe Inc. y otras organizaciones en contra de la violencia sexual y doméstica que promueven la seguridad, la libertad y la dignidad de las víctimas

He aquí cómo usted puede ayudar:

* Comprométase a ser parte de la solución para ponerle fin a la violencia contra la mujer.

* Sea un embajador de la Cinta Blanca en su comunidad.

* Inicie conversación con sus familiares, vecinos y compañeros de trabajo acerca de cómo crear relaciones sanas y equitativas, respetando los límites, y acabar con la violencia.

* Apoye los programas en contra de la agresión sexual y violencia doméstica de Massachusetts, los cuales trabajan todos los días para prevenir la violencia contra la mujer y reducir su gran impacto en las víctimas, los familiares de las víctimas y comunidades enteras. Para encontrar un programa cerca de usted, visite www.mass.gov/dph/violence o llame a SafeLink las 24 horas del día al 877-785-2020, para personas con problemas auditivos: 877-521-2601.

Gracias a Mark Bergeron-Naper del Programa de Prevención de Agresión Sexual y Servicios para Víctimas, por su colaboración en la redacción de este artículo.

Omar Cabrera es Community Health Education Manager para el Departamento de Salubridad de Massachusetts.

"I can't be changed by what happens to me. But I refuse to be reduced by it."

"Las cosas que me pasen a mí no me pueden cambiar. Pero me niego a ser reducida por ellas."

- Maya Angelou



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EDITORIAL | EDITORIAL

¡Aleluya, tenemos Papa!

El 2013 no marcó el fin del mundo, como creíamos que el calendario azteca predecía, sino que nos trajo una noticia inesperada, especialmente para millones de católicos latinoamericanos.

En primer lugar, nos trajo la dimisión por propia decisión de un Papa desde 1294, Benedicto XVI debido a problemas de salud y, en segundo lugar, el anuncio de que un Cardenal argentino es nuestro nuevo Pontífice.

El Cardenal Jorge Mario Bergoglio, de 76 años, ha sido elegido por sus pares como el nuevo Papa, convirtiéndose en el primer pontífice de las Américas. Conocido por su humildad, ha elegido ser conocido como el Papa Francisco I en honor a San Francisco de Asís.

Bergoglio a menudo utilizaba el autobús para ir al trabajo en lugar de una limusina con chófer al que tenía derecho, cocinaba sus propias comidas y está comprometido con la justicia social. Él considera que el negocio esencial de la iglesia es la proyección social, en vez de batallas doctrinales.

Francisco I, el pontífice número 266 de la Iglesia Católica Romana es también el primer no europeo líder de la iglesia en más de 1,000 años.

En sus primeras palabras a la audiencia reunida en la Plaza de San Pedro dijo que estaba feliz de ser un obispo en Roma, pero los cardenales allí fueron al fin del mundo para encontrar un Papa. Pidió a la gente a orar por él.

Para algunos argentinos, el tener un Papa argentino es como ganar el Mundial de Fútbol. ¡Eso nos ayuda a medir su aceptación!

Para los católicos de todo el mundo Francisco I representa la esperanza. Él ha expresado su oposición al aborto, los matrimonios entre homosexuales y la adopción entre miembros del mismo sexo, tres asuntos al que muchos latinos han mostrado oposición, además del abuso sexual por parte de sacerdotes y la forma en que esto se manejado por Roma.

Siendo argentino, donde en 1994 hubo alegaciones de abuso sexual en 47 jóvenes seminaristas lo hace conocedor de la situación mundial.

Dios bendiga al nuevo Papa y lo guie para que logre la unidad tan necesaria dentro de la iglesia y sobre todo justicia para las víctimas de los depredadores.

Hallelujah, we have a Pope!

2013 did not mark the end of the world, as the Aztec Calendar predicted; instead it brought us unexpected news, especially for millions of Latin American Catholics.

First, it brought us the resignation by choice of a Pope since 1294, Benedict XVI due to health issues and second, the announcement that a Cardinal from Argentina is our new Pontiff.

Cardinal Jorge Mario Bergoglio, 76, has been elected by his peers as the new pope, becoming the first pontiff from the Americas. For his known humility, he has chosen to be known as Pope Francis I after St. Francis of Assisi.

Bergoglio often rode the bus to work instead of a chauffeur-driven limousine he was entitled to, cooked his own meals and is committed to social justice. He considers social outreach, rather than doctrinal battles, to be the essential business of the church.

Francis I, the 266th pontiff of the Roman Catholic Church is also the first non-European leader of the church in more than 1,000 years.

In his first words to the audience gathered St. Peter's Plaza he said he was happy to be a bishop in Rome, but the cardinals there went to the end of the world to find a Pope. He asked the people to pray for him.

For some Argentines, having an Argentinean Pope is like winning the Soccer World Cup. That helps to measure his acceptance!

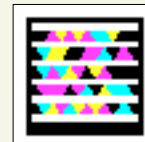
For Catholics all over the world Pope Francis I represents hope. He has expressed opposition to abortion, gay marriages and adoption amongst parents of the same gender, three issues to which many Latinos have shown opposition, in addition to the sexual abuse by priests and the way they were handled by Rome.

Being from Argentina, where in 1994 allegations of sexual abuse on 47 young seminarians surfaced makes him aware of the world situation.

God bless the new pope and guide him to bring the unity so much needed within the church and above all, justice for the victims of the predators.

Rumbo

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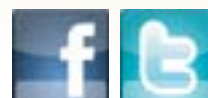
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Evite a los estafadores post-desastres

POR/BY JASON ALDERMAN



¿Alguna vez encendió la luz de un sótano oscuro y se estremeció al ver cucarachas escabullirse por los rincones? Yo sientolamismarepulsión cuando escucho

acerca de estafadores inescrupulosos que se aprovechan de las víctimas de desastres naturales y provocados por el hombre.

La Better Business Bureau, la agencia para mejores prácticas empresariales, ha apodado a estas cucarachas humanas "cazadores de tormentas", porque aparecen de la nada después de cada tormenta o desastre significativo. De hecho, debido a que el fraude se esparció tanto después del huracán Katrina, el Departamento de Justicia creó el National Center for Disaster Fraud (Centro Nacional Contra Fraudes de Desastre), un centro de información para más de 20 agencias federales donde la gente puede denunciar sospechas de actividades fraudulentas vinculadas a desastres de toda clase.

Una estafa común se da cuando supuestos obreros de reparaciones aparecen en los vecindarios afectados, para engañar a los propietarios extenuados. Su discurso típico es: "Estamos realmente saturados pero si realiza un depósito en efectivo podemos hacer lugar en nuestra ocupada agenda". También tienden a asustar a la gente para que crea que su vivienda es peligrosa e insegura y a veces provocan daños durante su "inspección".

A menudo, estos "cazadores de tormentas" simplemente toman el dinero y huyen. O si regresan para hacer las reparaciones, su trabajo o los materiales son de mala calidad. Esto podría comprometerlo financieramente debido a que probablemente su seguro de vivienda no cubrirá reparaciones no autorizadas o fraudulentas.

A continuación, algunos consejos de la Better Business Bureau para evitar ser víctima de un cazador de tormentas.

- Consulte a su compañía de seguro para saber qué cubre su póliza y qué debe presentar específicamente. Solicite también que vengan a inspeccionar los daños y vea si cuentan con contratistas aprobados.
- Nunca contrate a un obrero o contratista en el acto. Obtenga al menos

tres presupuestos en base a las mismas especificaciones y materiales. Verifique las referencias, licencias y registros con la National Association of State Contractors Licensing Agencies (Asociación Nacional de Agencias Estatales de Concesión de Licencias de Contratistas - www.nascla.org/licensing_information); también lea las revisiones publicadas por la Better Business Bureau.

- Exija contratos por escrito que especifiquen el trabajo a realizar, los materiales a utilizar, fechas de inicio y finalización, responsabilidad para la remoción de escombros y detalle de los costos de mano de obra y materiales. Verifique que se incluya el nombre, dirección, número de teléfono y número de licencia del contratista, como también todas las promesas y garantías.

- Lea la letra pequeña. Algunos contratos dudosos incluyen cláusulas que permiten importantes tasas por cancelación si decide no contratar al contratista después de que su compañía de seguro haya aprobado el reclamo. Otros exigen que pague todo el costo si cancela después de haber expirado el periodo de cancelación.

- Solicite a su contratista que proporcione un comprobante del seguro vigente que cubra indemnización laboral, daños a la propiedad y responsabilidad personal.

- Es posible que le soliciten pagar un

depósito por adelantado para cubrir los materiales iniciales; entre un cuarto y un tercio es razonable contra entrega de los materiales en su domicilio y una vez que comiencen las obras.

- Nunca pague la totalidad por adelantado y no pague en efectivo. Exija que el contrato especifique un cronograma para liberar los pagos y, antes de realizar el último pago, solicite al contratista que entregue un comprobante que indique que se les pagó a todos los subcontratistas; de no ser así, usted podría ser responsable de pagarles.

Y finalmente, recuerde el dicho: "Si suena muy bien para ser verdad, probablemente no lo es." Si alguien lo presiona con tácticas de venta, exige el pago total por adelantado, solicita que usted consiga los permisos necesarios o le ofrece reducir costos con materiales sobrantes de otro trabajo, huya. Los resultados finales podrían ser desastrosos, encima usted ya pasó un desastre.

Jason Alderman dirige los programas de educación financiera de Visa. Para participar gratuitamente en una Reunión Cumbre de Cultura y Educación Financiera en línea el 17 de abril de 2013 visite www.practicalmoneyskills.com/summit2013.

Avoiding Post-Disaster Scam Artists

Have you ever turned on the light in a dark basement and shuddered as cockroaches scurried away? I get that same sense of revulsion whenever I hear about unscrupulous swindlers taking advantage of the victims of natural and manmade disasters.

The Better Business Bureau has dubbed these human cockroaches "Storm Chasers" because they creep out of the woodwork after every major storm or disaster. In fact, because fraud was so widespread after Hurricane Katrina, the Department of Justice created the National Center for Disaster Fraud, a central information clearinghouse for more than 20 federal agencies where people can report suspected

fraudulent activities tied to disasters of all types.

One common scam is where supposed repair workers blitz impacted neighborhoods, hoping to ensnare frazzled homeowners. Their typical line is, "We're really slammed but with a cash deposit you can ensure a spot on our busy schedule." Or, they'll scare people into thinking their home is dangerously unsafe, sometimes actually creating damage during their "inspection."

Often, these Storm Chasers just take the money and run. Or, if they do show up and make repairs, their work or materials are shoddy. This could leave you on the hook financially since your homeowners insurance probably won't cover unauthorized or fraudulent repairs.

Here are a few tips from the Better Business Bureau to avoid becoming a Storm Chaser victim:

- Ask your insurance company about what's covered under your policy and specific filing requirements. Also ask them to survey the damage and see whether they have approved contractors.
- Never hire a laborer or contractor on the spot. Get at least three estimates based on the same specifications and materials. Check their references, licensing and registration information with the National Association of State Contractors Licensing Agencies (www.nascla.org/licensing_information); also read reviews posted by the Better Business Bureau.
- Require written contracts that specify

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Las pólizas tienen deducibles. Un deducible es la cantidad que debe pagar antes de que la compañía de seguros le pague su reclamo.

Muchas de las pólizas tienen más de un deducible. Un deducible separado puede aplicar a los daños causados por tormentas de viento o granizo.

La cobertura de terremoto también tiene un deducible especial, pero usted debe comprar cobertura de terremoto y pagar más si quiere cobertura de terremoto.

IMPORTANTE SABER

Una póliza de seguro no es un contrato de mantenimiento. Si el techo es viejo usted debe pagar para reemplazarlo. Su compañía de seguros no paga por un techo nuevo si comienza a gotear. Usted debe mantener su propiedad para evitar tener pérdidas y para evitar que su seguro sea cancelado.

Una compañía puede no renovar el seguro si usted presenta un reclamo.

Una empresa puede cancelar o no renovar su póliza si las condiciones o el uso de su edificio cambia.

Si se muda de una casa a otra, debe cambiar el tipo de póliza sobre la vivienda en la que no vive. Si usted sufre una pérdida y tiene el tipo equivocado de seguro puede que no lo paguen por una pérdida.

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PLEASE SEE SCAM ARTISTS

CONTINUES ON PAGE 16

CARTAS AL EDITOR

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

¿Concierne a las escuelas el peso de su hijo?

Por Dalia Díaz

Van a volver a producir los Twinkies y estoy ansiosa por comerme uno! Es posible que usted desee uno también cuando haya terminado de leer este artículo.

Hace un par de años cambie mi estilo de vida porque tenía que perder un poco de peso y los médicos me habían estado insistiendo que debía hacerlo porque tengo diabetes tipo 2 e hipertensión. En menos de dos meses, perdí 30 libras, mi diabetes bajó a un nivel normal, la presión sanguínea ya no era un problema y mi IMC (Índice de Masa Corporal) pasó de 31.4 a 29.3. Comí comidas saludables varias veces al día bajo el cuidado de Advanced Weight Loss en Andover y comencé un programa de ejercicios en la YMCA. Si alguien sabe los beneficios de salud que el cambio de estilo de vida causa, soy yo.

La obesidad infantil y un IMC alto pueden causar enfermedades cardíacas, diabetes tipo 2, asma y apnea del sueño entre otros graves problemas de salud en la edad adulta.

Desde hace varios años, las escuelas están entrando en la moda de medir el IMC de los niños y asesorar a los padres cuando estiman que sus hijos tienen sobrepeso u obesidad. Puedo apreciar el mensaje que la primera dama Michelle Obama y su campaña Vamos a Movernos están tratando de profundizar en nuestros cerebro. ¡Lo sé! Pero no debería ser el papel del gobierno controlar el peso de nuestros hijos o su

IMC. Además, muchas escuelas siguen ofreciendo donas, helados y máquinas con dulces a los estudiantes.

Antes que fuera insultada por la idea de que las escuelas necesitan meter la nariz en lo que es bonito o no (flaco no equivale a saludable por lo que deben estarse refiriendo a la estética), pensé en el niño que tendrá que traer a casa una carta con un mensaje de este tipo. El daño psicológico al niño podría ser peor que unas cuantas libras, además de exponerlo a él o ella a ser ridiculizado y burlado por sus compañeros.

Además de la mala nutrición, la mayoría de las escuelas han eliminado las clases de educación física y por lo general eso es todo lo que necesitan: a ponerse en movimiento y las libras saldrán solas.

Un buen ejemplo de ello es Sophia Griffin. Ella tenía 12 años cuando se dio cuenta de que 170 lbs era demasiado para ella. Ella tuvo la iniciativa de acudir a Advanced Weight Loss por sí misma y en sólo 9 meses, perdió 40 libras. Ella dice: "¡Nos encanta venir aquí!" La razón es porque Marielle Riendou y su personal animan a los niños a estar sanos y no hermosos. Y cuando una niña de doce años de edad, recibe elogios de sus amigos por su pérdida de peso, tiene que sentirse bien!

Vamos a mantener a las escuelas fuera de los asuntos de la familia.



Sophia Griffin
Before / Antes



Sophia Griffin
Today / Hoy



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Monday	10 AM - 4 PM								
Tuesday-Friday	10 AM - 7 PM								
Saturday	10 AM - 4 PM								
Sunday	closed								

Mayor Fiorentini to Honor Former Mayor James Waldron as "Irish Person of the Year" in Haverhill

Mayor Fiorentini has today announced that he will name James Waldron, former Mayor of Haverhill, as this year's Irish person of the Year. This will take place on Monday, March 18th at 9AM at Haverhill City Hall.

James Waldron was Mayor of Haverhill, elected in 1967 as the city's first "strong mayor" under the current form of government. He will be the official "Flag

raiser" raising the Irish Flag in celebration of St. Patrick's day and Irish American Heritage Month.

Mayor Fiorentini will read a proclamation declaring March as "Irish American Heritage Month" and following the flag raising, there will be a short reception in the Mayor's office.

Should schools be involved in your child's weight?

By Dalia Diaz

Twinkies are going back into production and I can't wait to have one! You might want one also when you are finished reading this story.

A couple of years ago I changed my lifestyle because I needed to lose some weight and doctors had been advising me to do so because I have Type 2 diabetes and high blood pressure. In less than two months, I lost 30 pounds, my diabetes went to normal levels, my blood pressure was no longer a problem and my BMI (Body Mass Index) went from 31.4 to 29.3. I ate healthy meals several times a day under the care of Advanced Weight Loss in Andover and started an exercise program at the YMCA. If anybody knows the health benefits of that it's me.

Childhood obesity and a high BMI can cause heart disease, Type 2 diabetes, asthma and sleep apnea among other serious health problems in adulthood.

For a few years now, schools are getting into the fashion of measuring children's BMI and advise parents when they estimate their offspring is overweight or obese. I can appreciate the message the First Lady Michelle Obama and her Let's Move Campaign is trying to drill in our brains. I get it! But it should not be the role of the government to control our children's

weight or BMI. Besides, many schools are still offering donuts, ice cream and candy machines to students.

Before I was insulted by the idea that schools need to get their nose into what's beautiful or not (slim does not equal healthy so they must be after aesthetics), I thought of the child having to bring home a letter with such message. The psychological harm to that child could be worse than a few pounds besides exposing him or her to ridicule and taunting from his peers.

Besides poor nutrition, most schools have eliminated physical education classes and usually that's all they need: to get moving and the pounds will roll off.

A good example of that is Sophia Griffin. She was 12 years old when she noticed that 170 lbs. was too much for her. She went to Advanced Weight Loss on her own and in just 9 months, she lost 40 lbs. She says, "We love coming here!" The reason is because Marielle Riendou and her staff encourage kids to become healthy, not beautiful. And when a twelve-year-old gets compliments from her friends on her weight loss, she has to feel great!

Let's keep the schools out of family business.

Profesores del Freedom Trail visitan Escuelas Públicas de Lowell

Photo Credit: Tim Hoover, Freedom Trail Foundation

"¡Langostas, váyanse! ¡Langostas, váyanse!" eran los cánticos que se oían al final del pasillo a medida que los estudiantes de quinto grado de Daley Middle School en Lowell asumieron roles durante el programa del Freedom Trail® Foundation Scholars el martes, 26 de febrero. Presentado por la Asociación de Maestros de Massachusetts, en colaboración con la Fundación del Camino de la Libertad, este programa interactivo ayuda a educar en la historia a los estudiantes en los alrededores de Boston y en todo Massachusetts. Gracias a una dádiva de Eastern Bank, la visita marcará la segunda escuela servida por el Freedom Trail en Lowell y Lawrence.

El programa del Freedom Trail Scholars toma la historia de nuestra nación y la lucha por la libertad en el aula y ha impactado las vidas de más de 13,000 estudiantes. El programa proporciona una clase de una hora compuesta por dos actores que asumen múltiples roles para llevar los acontecimientos más importantes de la Revolución Americana en Boston a la vida. El programa incorpora a los estudiantes en el programa, permitiéndoles interactuar con los artistas, leer las partes de los documentos importantes y declaraciones, y reaccionar a los acontecimientos históricos. Los muchachos tuvieron una sesión de preguntas y respuestas a continuación de cada presentación. Los educadores también tienen acceso a la guía de recursos

académicos del Freedom Trail, que incluye planes de lecciones y cuestionarios para ayudar a evaluar la eficacia del programa. Diseñado para adaptarse a los estándares del plan de estudios de Massachusetts, es una manera efectiva y divertida de ayudar a los estudiantes a aprender y recordar nuestra historia.

Gracias a la Asociación de Maestros de Massachusetts y la Fundación, el programa realizará visitas interesantes durante el año escolar 2012-2013. El apoyo adicional para el programa proviene de John Hancock Financial, la Sociedad de Massachusetts de la Cincinnati, Distrigas de Massachusetts, que apoya a las visitas de las Escuelas Públicas de la Ciudad de Everett así como Eastern Bank, que apoya las visitas a las escuelas públicas de Lowell y Lawrence. Las organizaciones y empresas, como Eastern Bank, se les anima a patrocinar visitas de estudiosos de programa a las escuelas de las comunidades a las que servimos.

Para obtener información adicional sobre el programa de becas, incluyendo visitas a las escuelas y el apoyo de la comunidad, por favor llame a Angie Jepson, directora de Scholars Program, en la Fundación The Freedom Trail, al (617) 357-8300, extensión 203, o póngase en contacto con ella por correo electrónico a angie@thefreedomtrail.org.



Erika Pen, 10, Kesey Preom, 12, and Wilfredo Ortiz, 10, play Boston colonists in the Boston Massacre

Freedom Trail Scholars Visit Lowell's Public Schools

"Lobsterbacks, go home! Lobsterbacks, go home!" chants will be heard from down the hall as Lowell's Daley Middle School fifth grade students take on roles during their Freedom Trail® Foundation Scholars program on Monday, March 4 at 8:00 a.m., 9:30 a.m. and 12:45 p.m. at 150 Fleming Street. Presented by the Massachusetts Teachers Association in partnership with the Freedom Trail Foundation, this interactive history program helps educate school children in and around Boston and throughout Massachusetts. Thanks to a grant from Eastern Bank, the visit will mark the second school served by the Freedom Trail Scholars in Lowell and Lawrence.

The Freedom Trail Scholars program takes our nation's history and fight for freedom to the classroom and has impacted the lives of over 13,000 students. The program provides a one-hour traveling class consisting of two actors taking on multiple roles to bring the major events of the American Revolution in Boston to life. The program incorporates students into the program, letting them interact with the performers, read portions of important documents and declarations, and react to the historic events. A question-and-answer

session follows each presentation. Educators also have access to the Freedom Trail Scholars resource guide, which includes lesson plans and quizzes to help evaluate the effectiveness of the program. Designed to match Massachusetts' curriculum standards, it is an effective and fun way to help students learn and remember our history.

Thanks to the Massachusetts Teachers Association and the Foundation, the Scholars program will make exciting visits during the 2012-2013 school year. Additional support for the program comes from John Hancock Financial, the Massachusetts Society of the Cincinnati, Distrigas of Massachusetts, which supports City of Everett Public School visits, and Eastern Bank, which supports Lowell and Lawrence Public School visits. Organizations and companies, like Eastern Bank, are encouraged to sponsor Scholars program visits to schools in the communities they serve.

For additional information regarding the Scholars program, including school visits and community support, please call The Freedom Trail Foundation's Angie Jepson Marks, Scholars Program Director, at (617) 357-8300, extension 203, or contact her by e-mail at angie@thefreedomtrail.org.



Peter Trinh, 10, Celeste Mensah, 10, and Awilda Cosmo, 10, play British soldiers in the Boston Massacre



Kesey Preom, 12, and Wilfredo Ortiz, 10, dump tea along with FT Player Nate Gundy

Volunteers needed

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Lowell's Daley Middle School Students Act Out American Revolution History

Photo Credit: Daley Middle School



Mason Leboeue, 11, and Luke Silva, 11, play British soldiers along with FT Player Tim Hoover



Angel Iglesias and Emily McClusky dump tea with Freedom Trail Player Tim Hoover

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Read Across America in Merrimack Valley Schools

Local schools and officials promote literacy

March is "Read Across America" month and hundreds of school children throughout the Merrimack Valley participated in sponsored reading events, by the National Education Association in celebration of Dr. Seuss's birthday. Read Across America is an annual reading inspiration and awareness program, calling for every child in every community to rejoice in reading. Active members of each community come out to engage with and read to the children.



State Representative Diana DiZoglio (D-Methuen) was one of many elected officials in the Merrimack Valley who contributed as a reader. "All children deserve a mentor to motivate them to ensure they are exploring and advancing their young imaginations. As a new member of the Education Committee in the House of Representatives, I am thrilled to participate with schools throughout the Merrimack Valley to help carry on this great tradition—getting children enthusiastic about reading," said DiZoglio.

Rep DiZoglio chose Dr. Seuss' "Horton Hears a Who!" as her selected reading for the day at North Andover's Kittredge Elementary School. She explained the role of a State Representative in a Q & A with Ms. Desmond's and Ms. Orhn's third grade

classes. She used the book's storyline to convey a mini community involvement and civics lesson. "I wanted to reach them at their level and encourage them. No matter how young they are, just like the tiny "Who" that saved his town in the book, they can make a big difference in their communities," said DiZoglio.

The Read Across America campaign is the nation's leading reading celebration with more than 45 million people contributing in schools, libraries, and community centers around the country, to emphasize the significance of developing a love for reading at a young age.

MI Nursing/Restorative Center earns EPA's ENERGY STAR® Certification for Superior Energy Efficiency

For the second consecutive year, Mary Immaculate Nursing/Restorative Center (MINRC) has earned the U.S. Environmental Protection Agency's (EPA's) ENERGY STAR certification, which signifies that the building performs in the top 25 percent of similar facilities nationwide for energy efficiency and meets strict energy efficiency performance levels set by the EPA.

"We are pleased to accept the EPA's ENERGY STAR certification in recognition of our energy efficiency efforts," said Gerard J. Foley, President/CEO of Mary Immaculate Health/Care Services. "Through this achievement, we have demonstrated our commitment to environmental stewardship while also lowering our energy costs."

MINRC improved its energy performance by managing energy strategically across the entire organization and by making cost-effective improvements to its building.

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- Installed rain sensors on irrigation system
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- Installed new LED night lights in all areas

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NEWS & EVENTS IN HAVERHILL

Mayor Views Renovations of Home that was on the Top of the List for Turn-Around Abandoned Properties

Mayor James J. Fiorentini toured an abandoned property at 69 5th Avenue, which had been previously highlighted as part of an aggressive series of new measures designed to address neighborhood blight. The Mayor announced that the City's Health Department, Building Department, Inspectional Services Department, Community Development Department and the Haverhill Fire Department had been part of an enhanced Code Team that brought the property to the attention of the Attorney General Martha Coakley's Abandoned Housing Initiative (AHI).

The City working in collaboration with the AHI Team, brought the delinquent owners of this foreclosed property to the Northeast Housing Court. A property receiver, Don Settlemoir, was subsequently appointed by the Housing Court to rectify long standing health, safety and building code violations that were the source of frequent neighborhood complaints. Issue addressed included: overgrowth and fallen trees on the property, replacement of broken windows and gutters. The addition of new siding, entryway doors and the replacement of the plumbing and heating systems was

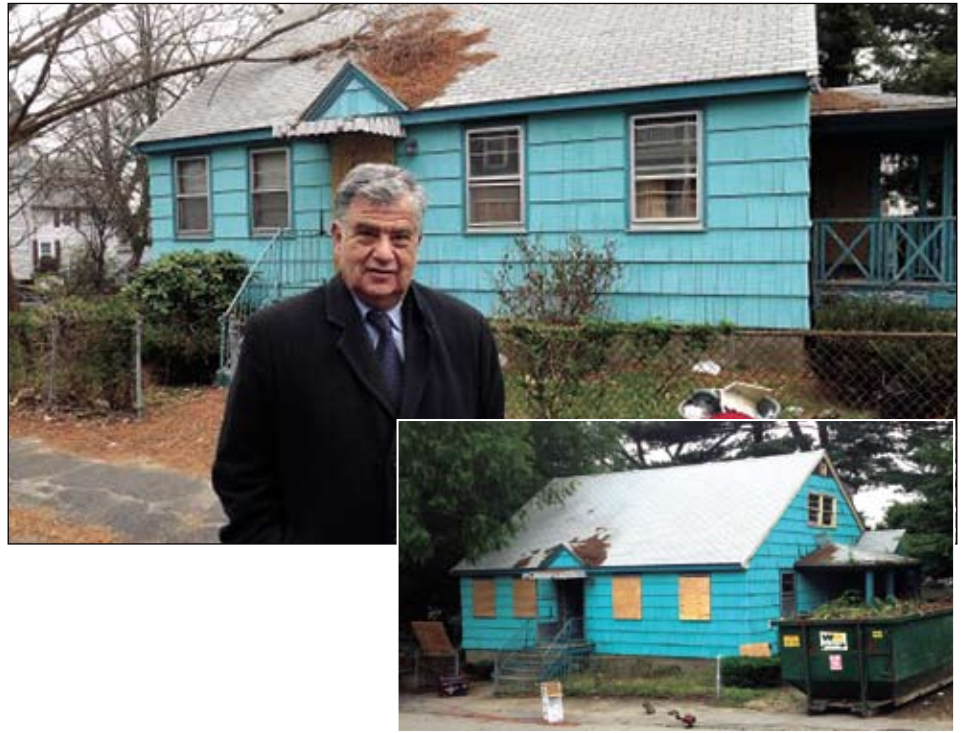
also undertaken. The single family home is almost ready for re-sale as a market rate home.

There is no cost to the City to implement this program, the State covers all of the expenses and the City and the neighborhoods benefit. If you are aware of any homes that should be identified as abandoned properties, please call the City's Health and Inspectional Services Department at 978-374-2325.

Mayor Fiorentini stated: "This initiative not only helped turnaround an abandoned property, it also helped enhance the neighborhood.

"I want to thank Attorney General Martha Coakley's Office for working with us to help clean up these abandoned properties.

"By participating in the Property Receivership program, we are utilizing a tool that will provide for the rehabilitation of these properties without a cost to the City or liability. This leads to better housing and higher property values for the entire neighborhood. These efforts will improve public safety, provide for a cleaner city, and greater tax generation."



Mayor visits seniors at 25 Washington Square



Mayor James J. Fiorentini visited the elderly housing at 25 Washington Square under Haverhill Housing Authority to hear concerns and questions regarding environmental issues and living conditions nearby and inside the downtown area of Haverhill.

Residents addressed ongoing issues taking place, such as noise late at night, as well the lack of entertainment for older people. Mayor Fiorentini fielded further questions from residents about what else could be done to improve the city of Haverhill. Residents suggested more

maintenance outside of stores and streets, benches to sit on for those who need to rest, another super market. The Mayor thanked the residents for the feedback, and assured them that their thoughts and needs will not go unheard.

Mayor Fiorentini stated: "Meeting with residents is important to me as I hear about matters that concern them. Downtown has seen a lot of changes and we will continue to see more. Constituent service is a fundamental part of my being Mayor and I appreciate these residents taking time to come and speak with me."

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Consejos del Seguro Social para la temporada de impuestos

Por **Kenneth Baron**
Especialista en Asuntos Públicos del Seguro Social

Aunque no queremos arruinarle el día a nadie, debe saber que las lluvias en el mes de abril traen consigo mucho más que flores de primavera - también anuncian la llegada de fecha límite para presentar su declaración de impuestos. Así que, no espere hasta que empiece a llover para presentar su declaración de impuestos. Ya sea que usted es un dueño de una pequeña empresa, tiene algún negocio propio o está empleado por alguna empresa, los siguientes consejos de parte del Seguro Social le ayudarán en el proceso.

¿Están sus beneficios de Seguro Social sujetos a impuestos? Los beneficios de Seguro Social están sujetos a impuestos para algunas personas. Cerca de un tercio de las personas que reciben los beneficios de Seguro Social tienen que pagar impuestos. Si el total de sus ingresos, incluyendo los beneficios de Seguro Social, es \$25,000 o más y presenta una declaración de ingresos solo a su nombre, sus beneficios están sujetos a impuestos. (El monto mínimo de ingresos para parejas casadas que presentan sus impuestos en conjunto es de \$32,000.)

¿Recibiré algún formulario para propósitos de impuestos de parte del Seguro Social? Sí. De hecho, ya debió

haberlo recibido. El formulario para el año tributable 2012 se llama Social Security Benefit Statements (formulario SSA-1099) y se le envió por correo general a todos los beneficiarios y debe haberlo recibido a no más tardar del 31 de enero de 2013. Si recibe los beneficios de Seguro Social y todavía no tiene una copia del formulario 1099, puede obtener una copia por Internet en www.segurosocial.gov/1099.

Nuestro primer bebé nació en el 2012. ¿Necesitamos un número de Seguro Social para nuestro bebé? Sí. La gran mayoría de personas solicita el número de Seguro Social de su bebé mientras todavía están en el hospital, usando el mismo formulario que llenan para solicitar la partida de nacimiento. Pero, por si acaso no lo hizo así, necesitará solicitar el número de Seguro Social de su bebé para poder reclamarlo como dependiente en su declaración de impuestos. También necesitará el número de Seguro Social para poder solicitar ciertos beneficios del gobierno para su bebé o su familia. Infórmese mejor acerca

POR FAVOR VEA **SEGURO SOCIAL**
CONTINÚA EN LA PAGINA 12

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Social security and tax time

By **Kenneth Baron**
Social Security Public Affairs Specialist

April's showers bring more than just May's flowers - they also bring the deadline day for filing taxes. Don't wait until the showers arrive to prepare for tax season. Whether you are a small business owner, a retiree, or a new parent, here are some Social Security tax tips that may help you.

Are Social Security benefits taxable? They are for some people. About one third of those receiving benefits must pay taxes on some of their Social Security. If your total income, including Social Security and all of your other taxable income, is \$25,000 or more and you file federal taxes as an individual, you'll need to pay federal taxes on some of your benefits. (That amount is \$32,000 for married couples filing a joint return.)

Will I get a tax form for my Social Security benefits? Yes. In fact, you should have already received it. Social Security Benefit Statements (Form SSA-1099) for tax year 2012 were mailed to beneficiaries and should have been received by January 31, 2013. If you receive Social Security and haven't received your 1099, you can request one online at www.socialsecurity.gov/1099 <<http://www.socialsecurity.gov/1099>>.

We had our first child in 2012. Does our baby need a Social Security Number?

Yes. Most people apply for their baby's Social Security number while they're still in the hospital at the same time they apply for the birth certificate. But if you didn't, you'll need to apply for your child's Social Security number in order to claim the child as a dependent on your tax return. You'll also need it if you ever apply for government benefits on behalf of the child or your family. Learn more about Social Security cards and numbers at www.socialsecurity.gov/ssnumber.

I changed my name when I got married last year. Do I need to report it to Social Security? Yes. If you've legally changed your name due to marriage, divorce, court order, or for any other reason, make sure you change your name with Social Security, as well as with your employer. If you change with one source but not the other, it could cause your earnings to be improperly recorded. That could result in you not getting all the benefits you earned when you become eligible for Social Security in the future. You can learn more about your Social Security number and how to change your name at www.socialsecurity.gov/

PLEASE SEE **SOCIAL SECURITY**
CONTINUES ON PAGE 12

2do mercado anual gratis

Por Everson Taveras

The Vine, una comunidad espiritual basada en Haverhill, está patrocinando su segundo mercado comunitario anual gratis el sábado, 16 de marzo de 10-2 pm en El Buen Pastor Iglesia Metodista Unida de Haverhill (471 Main St. en Haverhill).

Según Melissa Yosua-Davis, miembro de La Viña, todo en el mercado gratis es gratis desde muebles, comida, libros, ropa - pero los boletos se dispersan para ayudar a controlar el flujo de artículos, a fin de que las personas que llegan tarde al mercado todavía puedan encontrar cosas que les gustaría tener. The Vine colabora con agencias del área que trabajan con individuos y familias que viven en el borde de la pobreza dándoles boletos por adelantado para el mercado gratis, el cual abre una hora antes de dar a las personas necesitadas acceso a los mejores artículos.

"Estamos abiertos para todos, independientemente de su necesidad. No hay prueba de identidad, ingresos, estado, nada. Estamos aquí para dar la bienvenida a todos y asegurarse de que todo el mundo tiene acceso a los artículos que necesitan o quieren ayudar a proporcionar un hogar para ellos y sus familias".

The Vine comenzó el Free Market el año pasado con la convicción de que hay más que suficiente para todos. El grupo da fe de que una de las principales razones del éxito

del mercado gratis el año pasado se debió principalmente al ambiente comunitario de Haverhill. Para muchas personas y familias en situaciones difíciles, cada vez que intentan acceder a los servicios, algo que les exigen es identificación, documentación de ingresos, comprobante de ciudadanía, etc. Melissa sostiene que tenemos tantas cosas que la gente no necesita, cosas que la gente no utiliza y el mercado gratis exige es que tengan en cuenta a aquellos menos afortunados y gratitud hacia lo que reciben.

"Realmente pienso esto es una gran idea, ya que da a las personas que no tienen muchas cosas la oportunidad de tener algo", dijo Margarita Marte, residente de Haverhill.

Un almuerzo gratis de pan y sopa será servido de 12 a 1 PM.

El mercado gratis acepta donaciones que van desde la comida hasta ropa. Sin embargo, la ayuda también se puede lograr por otros medios. The Vine anima a los que quieren ayudar a donar de su tiempo, con muchas oportunidades para ayudar, tanto antes del evento como ese día.

Para obtener más información acerca de nuestra próxima Mercado Gratis, por favor póngase en contacto con Keith Boucher al 603-203-4917 ó visite thevinehaverhill.com

NEWS & EVENTS IN HAVERHILL

2nd annual community free market

By Everson Taveras

The Vine, a spiritual community based in Haverhill, is sponsoring its 2nd annual Community FREE Market on Saturday, March 16th from 10 – 2 PM at Good Shepherd United Methodist Church of Haverhill (471 Main St. in Haverhill).

According Melissa Yosua-Davis, a member of The Vine, everything at the free market is free—furniture, food, books, clothes— but tickets are dispersed to help control the flow of items, so that people who arrive later to the market can still find things they might like. The Vine collaborates with area agencies that work with individuals and families who live on the edge to give out advance tickets for the Free Market, which opens an hour early to give those people in need better access to the best items.

"We are open to all, regardless of need. No proof of identity, income, status, anything. We're here to welcome everyone and make sure everyone has access to the items they need or want to help provide a home for themselves and their families."

The Vine started the Free Market last year out of the belief that there is more than enough stuff to go around. The group attests that one of the main reasons for

Free Market's success last year was due mainly to the community atmosphere of Haverhill. For so many people and families in tough places, whenever they try to access services, something is demanded of them -- identification, income documentation, proof of citizenship, etc. Melissa argues that with as much stuff as there is to go around—stuff that people don't need, things that people don't use—the free market demands only mindfulness for those less fortunate and gratitude towards what is had and given.

"I really this is a great idea because it gives people who don't have a lot of things to have something," said Margarita Marte, a Haverhill resident.

Free lunch will be served from 12 PM to 1 PM - soups and breads.

The Free Market accepts donations that range from food all the way to clothes. However, helping can also be achieved by other means. The Vine encourages those who want to help to donate their time, with plenty of opportunities to help, both prior to the event and day of.

For more information about our upcoming Free Market, please contact Keith Boucher at 603-203-4917 or visit thevinehaverhill.com

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de los números y tarjetas de Seguro Social visitando nuestra página de Internet www.segurosocial.gov/espanol/sp_ssn/index.htm

Cambié mi apellido cuando me casé el año pasado. ¿Necesito informárselo al Seguro Social? Sí. Si cambió su nombre o apellido debido a que se casó o se divorció, por procedimiento judicial de cambio de nombre o cualquier otra razón legal, es imperativo que también haga el cambio de su nombre en los registros de Seguro Social. No se olvide de también hacer lo mismo para los efectos de los registros de su empleador. Si efectúa el cambio en un registro pero no en los otros, es posible que sus ganancias no sean acreditadas apropiadamente. Esto puede resultar en que usted no reciba todos los beneficios a los que tenga derecho en el futuro. Puede informarse mejor acerca de qué hacer para efectuar un cambio de nombre con el Seguro Social visitando nuestra página de Internet www.segurosocial.gov/espanol/sp_ssn/index.htm

Tengo una pequeña empresa. ¿Puedo llenar los formularios W-2 de mis empleados usando los servicios del Seguro Social por Internet? Sí. De hecho, le animamos a que lo haga usando nuestros servicios por Internet en www.segurosocial.gov/bso (solo disponible en inglés). El presentar los formularios W-2 electrónicamente ¡es gratis, rápido y seguro! Además, como bono adicional, le proporcionamos hasta un mes más para presentar los formularios W-2,

porque al presentar sus W-2 por Internet le permite hacerlo hasta el 31 de marzo. También recibirá un acuse de recibo. Por último, cuando presenta los formularios W-2 por Internet, podrá imprimirlos y presentárselos a sus empleados.

¿Algún consejo que el Seguro Social me pueda dar referente a los beneficios de Seguro Social y la presentación impuestos para el próximo año? Le animamos a que haga un escrutinio de su nombre, número de Seguro Social y toda la información contenida en su formulario W-2, su información en su Social Security Statement (Declaración/Estado de Cuenta de Seguro Social) su tarjeta de Seguro Social y así verificar que todas estas cosas concuerdan. Si no tiene acceso a la información de su tarjeta de Seguro Social o su Declaración pero sabe su número de Seguro Social, asegúrese que su número e información estén correctos en su formulario W-2. Una discrepancia puede causar retrasos en su reembolso de impuestos y causarle problemas con sus futuros beneficios de Seguro Social. Es más fácil corregir estas discrepancias hoy que en el mañana. Si encuentra una discrepancia, debe comunicarse con el Seguro Social llamando al 1-800-772-1213 (TTY 1-800-325-0778) o si el error está en su W-2, infórmele a su empleador.

Infórmese mejor visitando el sitio de Internet del Seguro Social www.segurosocial.gov

CONTINUES FROM PAGE 10

SOCIAL SECURITY

ssnumber

I own a small business. Can I report the W-2s of my employees online to Social Security? Yes, and we encourage you to do so at www.socialsecurity.gov/bso. Filing your W-2s electronically is free, fast, and secure! Plus there's an added bonus: when you file electronically, you receive an extra month to file because electronically filed W-2s aren't due until March 31st. You'll also receive an electronic acknowledgement receipt. And when you file electronically, you can print out your W-2s for your employees.

Does Social Security have any advice to make tax filing and future benefit applications go smoothly? We encourage you to carefully check your name, Social Security number and all of the data on your W-2s, your online Social Security Statement, and Social Security card to make sure they all match. If you don't have access to your card or Statement but know your Social Security number, make sure the number and information is correct on your W-2s. A mismatch could delay your tax refund and cause problems with your Social Security benefits in the future. Such errors are much easier to fix now. If you do notice an error, you should contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or if the information on the W-2 is incorrect, notify your employer.

For more information about Social Security, visit www.socialsecurity.gov

Do you want a picture that appeared in Rumbo?

For years we have been giving away digital copies of our pictures to anyone requesting them. We are still willing to make them available, but we ask you to make a \$5 contribution to the Lawrence Senior Center for each photo.

If you want a picture seen in Rumbo, all you have to do is call us at (978) 794-5360. Let us know which edition and the page number where you saw the picture.



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YWCA de Lawrence Ofrece Programa Gratis “Mi Vida, Mi Salud” para Personas con Enfermedades Crónicas

La YWCA de Lawrence invita a mujeres que estén viviendo con una enfermedad crónica o que cuiden de un familiar u otra persona con dichas enfermedades, a una serie de actividades gratuitas que se enfocarán en como tomar control de su salud y manejar su enfermedad con el fin de vivir una vida plena.

Pedimos a mujeres que estén siendo afectadas por una enfermedad crónica, tales como cáncer de senos, cervical o cualquier otro tipo de cáncer, Diabetes, presión arterial alta, enfermedades del corazón, asma, depresión, etc., a tomar parte en una serie de talleres educativos e interactivos, los cuales serán ofrecidos una vez por semana durante un periodo de seis semanas. Las interesadas deben además ser residentes de Lawrence o ciudades aledañas y ser mayor de 18 años.

Durante estos talleres, las participantes aprenderán un sinnúmero de destrezas, tales como fijar y cumplir metas personales, como hablar con su médico o proveedor del cuidado de la salud, a tomar decisiones sobre su tratamiento, maneras de manejar el estrés, y aprender y poner en práctica técnicas sencillas que pueden fortalecerle y mejorar su calidad de vida.

Estas actividades serán conducidas en

español y se efectuarán una vez por semana en la YWCA de Lawrence, todos los miércoles, comenzando el día 10 de abril hasta el 15 de mayo del 2013, entre las horas de las 5:30p.m. y 8:00p.m. La YWCA está convenientemente localizada en el 38 de la calle Lawrence, en Lawrence, MA, frente al parque Common Campagnone.

Se ofrecerán meriendas saludables durante cada sesión y las participantes recibirán certificados al concluir el ciclo de talleres. El espacio es limitado, así que les exhortamos a mujeres y jóvenes interesadas a que se inscriban hoy mismo llamando a Yashira Robles o a Evelyn Cora a la YWCA al (978) 687-0331.

¡La YWCA de Lawrence— contribuyendo al cuidado de la salud de mujeres, niñas y familias en nuestra comunidad!

Estas actividades son ofrecidas gratuitamente, gracias a fondos provenientes de Latino CEED: REACH New England, the Massachusetts Affiliate of the Susan G. Komen for the Cure y donativos del sector privado. La YWCA de Lawrence es miembro de la organización de Fondos Unidos.

YWCA offers Healthy Living workshop that will focus on Chronic Disease Self-management

The YWCA of Greater invites residents of Lawrence and nearby communities, to a Healthy Living workshop that will focus on Chronic Disease Self-management, as well as the importance of good nutrition and daily exercise to maintain a healthy weight and overall health.

We encourage those suffering from or taking care of someone with a chronic illness, such as diabetes, cancer, asthma, high blood pressure, obesity and depression, to take part in fun and diverse workshops in which they will learn how to set and achieve goals, how to speak to their primary care physician, make decisions about their specific treatment, stress management, learn and put into practice techniques that will improve their health and quality of life.

Activities will be conducted in Spanish and will be held at the YWCA of Greater Lawrence, located at 38 Lawrence Street

in Lawrence, on Wednesdays, beginning on April 10th, through May 15, 2013, from 5:30 to 8:00pm.

The YWCA will provide healthy snacks to all participants and certificates of completion at the end of this cycle of activities.

Space is limited!! Those interested need to register with anticipation by calling Yashira Robles or Evelyn Cora at the YWCA of Greater Lawrence at (978) 687-0331.

The YWCA of Greater Lawrence— always helping women and girls in our community take care of their health!

These services are offered free or charge thanks to funds from the Latino CEED: REACH New England and private donations. The YWCA of Greater Lawrence is a member of United Way of MA Bay & Merrimack Valley.

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Dalia Díaz
Host & Director

Irish Heritage Month March, 2013 Lawrence, Massachusetts

Preserving and Fostering our Heritage and Culture Sona Feile padraig ort.

Saturday, March 16, 2013 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson Street, Lawrence, MA 01840 (First Floor) 10:00 a.m. Sponsored by Division 8 AOH For further information please call 978 794-1655. (FREE) - Handicap Accessible

Saturday, March 16, 2013 — OPEN HOUSE — Music all day long at the Claddagh Pub and Restaurant, 399 Canal Street, Lawrence, MA 01840 for further information call 978 688-8337.

Friday, March 15, 2013 - ANNUAL IRISH ART EXHIBIT (March 1 — March 31) at Lorica Artworks, 96 Main Street, Andover, MA 01810 for information please call 978 470-1829. Sponsored by the Irish Foundation — Handicap Accessible

Sunday, March 17, 2013 — HAPPY SAINT PATRICK'S DAY — OPEN HOUSE - Music all day long at the Claddagh Pub and Restaurant, 399 Canal Street, Lawrence, MA 01840

01840 For further information please call 978 688-8337.

Saturday, March 23, 2013- Paula de Fougereolles will speak on her books, "Prophet" and "The Chronicles of Iona" at Lawrence Heritage State Park Visitors Center, 1 Jackson Street, Lawrence, MA 01840 2:00 p.m. (FREE) — Handicap Accessible

Sunday, March 24, 2013 IRELAND IN SONG - CELTIC MELODIES FOR VOICE AND PIANO - A Tribute to the late great Fiddle Virtuoso Larry Reynolds - performed by Terri and George Kelley at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence Street, Lawrence, MA 01840 at 2:00 p.m. Presented by the Friends of the Lawrence Public Library. (FREE)

Irish Heritage Month is sponsored by the Ancient Order of Hibernians Division 8, Division 8 LAOH and The Irish Foundation of Lawrence

Irish Heritage Month is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

For information on AOH Membership please write to: Division 8 AOH Organizer, PO Box 1407, Lawrence, MA 01842 or e-mail our organizer @ mark.alaimo@gmail.com

March, 2013 — National Hunger Month: The AOH has declared, March, 2013 National Hunger Month. Please consider donating non perishable food item to a local food bank. Please be generous. Thank You!

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 our website for more information and an application, or fill one out online at www.horizonsforhomelesschildren.org.

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BRIAN DE PEÑA

More memories




The Merrimack Valley Women's Golf League held its season opening banquet at Bishop's Restaurant last night. Shown with Merrimack Valley Golf Club Pro Bill Max are (L-R): Edna Marudzinski, Mary Pelliccione, Fritzie Samia, Flora D'Agata, Evelyn Giarusso and Gladys Keamy.



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.

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With KATHLEEN BARTOLINI, MA, NCC
 A certified counselor with over 20 years experience working with children and parents. Kathleen will be presenting on some of the most common caregiver challenges. Join us!

All workshops are held at Stepping Stones
 640 Primrose Street
 Haverhill, MA
 visit www.stcinc.net for directions

Setting Successful Limits

Tired of repeating yourself? Join us and learn how to set clear, effective limits and stick to them! Gain an understanding of why it's so important for kids to experience the natural consequences of their choices.

DATE: Thursday, March 14, 2013
TIME: 7:00pm-9:00pm
COST: \$20.00
PLACE: Stepping Stones Therapy Center

Mothers of Uniquely Challenged Kids. A New Breed of Parent

Raising kids with physical, emotional and neurological challenges brings a very different dynamic for parents and families. Join us to discuss some of the challenges moms face, and some solutions for managing day to day.

DATE: Thursday, March 28, 2013
TIME: 7:00pm-9:00pm
COST: \$20.00
PLACE: Stepping Stones Therapy Center



MR. B'S SPORT STORIES

BY FRANK BENJAMIN

Rudiger tosses a I-hitter on May 13th 1970

Frankie Rudiger the young right-hander pitched his Hancock Team to a 6/1 victory over Paul's Auto in fast pitch action on May 13th 1970.

Striking out nine and showing great control, he walked only one player. Frank still lives locally and is retired from the Eagle-Tribune and can be seen now a day in his new sport: roller blading. He was staked to an early lead in the 1st inning after a Bill Bateman single Don Overka homered to right field.

In the 3rd inning Bateman drills a long homer and Ruediger has all he needs. Bateman is a retired school teacher from the Bruce school and after an Overka walk and scored on John Lenihan double. He and Bateman were teammates in the Prospect Hill Little League. The youngest player on this Hancock Team just kept firing strikes and his team kept scoring.

In the 6th inning, Dick McCarron singled and Lenihan followed with another hit. McCarron scored as Ronnie Tourville of Haverhill hit and Dave Peters, a former LHS baseball captain scores Tourville with a single. The young pitcher showed great poise and a good variety of pitches with

good control to satchel the win for his team. It's May 1970 and a big night for young Frankie Ruediger as he spins a 1-hitter for a 6-1 win.

In other local stuff in 1970 here is something that may bring a tear to your eyes. Haffner's of Lawrence, Methuen and North Andover is featuring regular gas at 30.9 per regular and 33.9 for premium. Turnpike gas on Rte 114 offers double green stamps with each purchase.

Sterlings Drugs on Essex St. was offering sales of many products: a Westlock alarm clock with a lighted dial was selling for \$3.98; a seven piece camera set went for \$3.99; Westinghouse flashbulbs were \$1.29 per dozen.

On Essex St Burger King was selling a whopper for 39 cents.

Finest (First National) is featuring NY sirloin at 87 cents a pound; sliced bacon 68cents a lb. Maxwell House coffee 59cents a one pound can, limit 3 per customer. Cream pies chocolate, coconut, banana or lemon 5 for a dollar; 6 one-pound loafs of Betty Alden white bread for a buck.

No, it's not the Twilight Zone, it's our city in 1970.

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Message from State Rep. Frank Moran regarding The Circuit Breaker

I wanted to take the time to pass along some information to you regarding a tax credit program designed for Massachusetts seniors age 65 and older called "The Circuit Breaker." The Circuit Breaker is a property tax credit that was designed by the legislature with the hope of alleviating some of the burdens that property tax can create. In this brochure you will find information to help you determine your eligibility. This informational brochure is not an official tax document, therefore I encourage you to consult with a tax professional with your specific questions. Should you have any general questions on this matter, please feel free to contact me. I can be reached at the State House by calling 617-722-2425 x6322 or by email at frank.moran@mahouse.gov

WHAT IS THE CIRCUIT BREAKER?

It's called the Circuit Breaker Tax Credit because it's "triggered" like an electrical circuit breaker when property payments exceed 10% of a senior citizen's annual income.

Those who qualify will still be required

to pay property taxes to their local communities.

Seniors will receive a dollar credit on their Massachusetts state income taxes for every dollar that the total of their property tax, water and sewer bills exceed 10% of their income, up to the \$1,000 maximum.

WHO IS ELIGIBLE?

Massachusetts residents who:

- Are age 65 and older before January 1, 2012 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older.)
- Own or rent residential property in Massachusetts and occupy the property as primary residence.
- Have an annual income of \$53,000 or less for a single filer, \$67,000 or less for a head of household; or \$80,000 or less for joint filers.
- Have property assessed at no more than \$705,000.

WHO IS NOT ELIGIBLE?

- Married persons who do not file jointly for this credit.
- Those who are dependent on another

tax filer.

- Those who receive federal or state rent subsidy directly; or those who live in a property-tax exempt facility.
- Those whose property is assessed at a value of \$705,000 or more.
- Those who rent from a landlord who is not required to pay real estate taxes.

IS THERE A SPECIAL APPLICATION?

If qualified, you can claim the credit by submitting a completed Schedule CB, Circuit Breaker Credit, with your 2012 state income tax returns.

Eligible seniors must file a return and claim a refund even if they do not owe taxes. For your convenience, the worksheet on the following page is provided to give an idea of what your tax credit might be.

CONTINUES FROM PAGE 4

SCAM ARTISTS

work to be done, materials to be used, start and end dates, responsibility for hauling away debris, and costs broken down by labor and materials. Verify that the contractor's name, address, phone number and license number are included, as well as any verbal promises and warranties.

- Read the fine print. Some shady contracts include clauses allowing substantial cancellation fees if you choose not to use the contractor after your insurance company has approved the claim. Others require you to pay the full price if you cancel after the cancellation period has expired.
- Ask your contractor to provide proof of current insurance that covers workers compensation benefits, property damage and personal liability.
- You'll probably be asked to pay an upfront deposit to cover initial materials – one-quarter to one-third is reasonable upon delivery of materials to your home and once work begins.
- Never pay in full in advance, and don't pay cash. Have the contract specify a schedule for releasing payments, and before making the final payment, ask the contractor to provide proof that all subcontractors have been paid – if not, you could be liable for their fees.

And finally, remember the adage, "If it sounds too good to be true, it probably is." If someone uses high-pressure sales tactics, requires full payment upfront, asks you to get necessary permits or offers to shave costs by using leftover materials from another job – run. They're potentially disastrous to your bottom line – and you've been through one disaster already.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

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OTHER IMPORTANT INSURANCE TERMS

DEDUCTIBLE:



Policies have deductibles. A deductible is the amount that you must pay before the insurance company pays your claim.

Many policies have more than one deductible. A separate deductible may apply to damage caused by windstorm or hail.

Earthquake coverage also has a special deductible but you must purchase earthquake coverage and pay more if you want earthquake coverage.

IMPORTANT TO KNOW

An insurance policy is not a maintenance agreement. If your roof is old you must pay to replace it. The insurance company does not pay for a new roof if it starts to leak. You must maintain your property to avoid having losses and to avoid having your insurance cancelled.

A company may non-renew your insurance if you file a claim.

A company may cancel or non renew your policy if the condition or use of your building changes.

If you move from one home to another you must change the type of policy on the home you do not live in. If you have a loss, and you have the wrong type of insurance you may not be paid for a loss.

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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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Trofeos del Red Sox visitan el Centro de Vivienda Transitoria en Lowell

Visitantes del refugio, residentes y personal del Centro de Vivienda Transitoria en Lowell (LTLC) celebraron la llegada del entrenamiento de primavera y la próxima temporada de béisbol de 2013 con John McDermott y Sam Barkowski embajadores de los Medias Rojas el martes, febrero 26, trayendo los trofeos de la Serie Mundial de 2004 y 2007 los cuales exhibieron con orgullo en Lowell.

"Estamos encantados de que los Medias Rojas pudieran traer estos maravillosos trofeos a nuestro refugio al igual que Nueva Inglaterra se preparan para el día de la apertura, los residentes del refugio fanáticos del juego de pelota y se alegraron de poder tener la oportunidad de ver un poco de la historia del deporte y dar la mano a los miembros de los Medias Rojas", comentó Dave McCloskey, Director Ejecutivo del Centro de Vivienda Transitoria de Lowell.

Visitantes del refugio, residentes de LTLC, personal y vecinos de las empresas locales se unieron a LTLC el martes para disfrutar de una tarde que ayudó a hacer un



Featured above from left to right are Washington Bank staff left to right: James Hogan, President/CEO, Dennis Jones, Chief Financial Officer, Sean Lydon, Vice-President regional banking.

frío día de febrero más brillante mientras pensaban en la temporada del 2013.

Centro de Vivienda Transitoria en Lowell es un refugio para adultos sin

hogar centrado en el cliente y dedicado a proporcionar servicios de vivienda a corto plazo, alimentos y el apoyo en la transición que requiere el cambio de un refugio a una vivienda permanente. Para obtener más información acerca de LTLC, para ser voluntario o para hacer una donación, por favor visite o llame al (978).458-9888, www.ltllc.org.



In this photo from left to right are: John McDermott, Red Sox, Craig Thomas, City of Lowell Department of Planning and Development, David McCloskey, LTLC Executive Director, Bobby Tugbiyele, Talent Management Specialist, Lowell Community Health Center and Sam Barkowski of the Red Sox.

Lowell Transitional Living Center is Recruiting Volunteers

Lowell Transitional Living Center is recruiting volunteers to help organize our second annual Steps to Home walk which takes place June 9, 2013 through the historic Hamilton Canal district of Lowell. Volunteers can serve in a number of ways participating on the planning committee, leading walk teams and recruiting walkers at your church, company, school or civic group, helping distribute literature throughout Greater Lowell and helping with set up and break down the day of the event.

Steps to Home is LTLC's annual fundraising event and 100% of proceeds raised benefit men and women living in emergency shelter. Volunteering for LTLC

is a great way to meet community service requirements for school, help a local mission and build skills in event coordination. All roles are flexible and fun, all that's required is enthusiasm and the ability to follow through. For more information please call 978.458.9888 or visit www.ltllc.org.

Lowell Transitional Living Center is a client centered shelter for homeless adults dedicated to providing short-term housing, food and support services requires to transition from shelter to permanent housing. For more information about LTLC, to volunteer or to make a donation please visit www.ltllc.org or call 978.458.9888. Like us on Facebook!

Red Sox Nation kicks off Spring Training at Lowell Transitional Living Center

Shelter guests, residents and staff at Lowell Transitional Living Center (LTLC) celebrated spring training and the upcoming 2013 baseball season with John McDermott and Sam Barkowski Red Sox ambassadors on Tuesday, February 26 when the 2004 and 2007 World Series trophies were proudly on display in Lowell.

"We are thrilled that the Red Sox are able to bring these wonderful trophies to our shelter just as New Englanders gear up for opening day, our shelter residents are die hard fans and so pleased to have the chance to see a bit of sports history and shake hands with members of Red Sox Nation," Commented Dave McCloskey, Lowell Transitional Living Center's Executive Director.

Shelter guests, LTLC residents, staff and neighbors from local businesses joined LTLC Tuesday afternoon for the display which helped make a cold February day brighter as thoughts turned to the 2013 season.

Lowell Transitional Living Center is a client centered shelter for homeless adults dedicated to providing short-term housing, food and support services requires to transition from shelter to permanent housing. For more information about LTLC, to volunteer or to make a donation please visit www.ltllc.org or call 978.458.9888.



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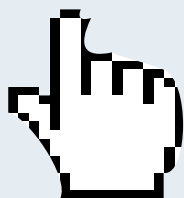
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GED & PreGED
Comprehensive Study program for the High School Equivalency Examination

SECTION 1	AND OR	SECTION 2
 <p>READING, WRITING & SOCIAL STUDIES</p> <p>Placement Test – (\$10) Come During Class Time Saturdays 9AM-12 PM February 9, 16, 23 March 2, 9, 16, 23 April 6, 13, 20, 27 May 4, 11, 18 June 1, 8, 15, 22, 29</p> <p><i>Plus 3 hours of homework each week</i></p>		 <p>MATH and SCIENCE</p> <p>Placement Test – (\$10) Come During Class Time Mondays 5-8 PM February 11, 25 March 4, 11, 18, 25 April 1, 8, 22, 29 May 6, 13, 20 June 3, 10, 17, 24</p> <p><i>Plus 3 hours of homework each week</i></p>

Duration: Each section (one or two) is from January to June 2013 (twice a week for GED; once or twice a week for Pre-GED).
Cost for one Section: \$39 includes registration, test and lab fee (lab is 3 hours of computer lab and homework help per week).
Cost for two Sections: \$79 includes registration, test and lab fee (lab is 6 hours of computer lab and homework help per week).
Computer Program: McGraw-Hill Contemporary GED or (Pre-GED).
Text: Steck-Vaughn Complete GED or (Pre-GED) Preparation.
FALL SESSIONS WILL BE SEPTEMBER – DECEMBER 2012

- This program is for highly motivated adults who are able to come twice a week and pass all of their GED tests (math, science, reading, writing and social studies) by December 2013 OR for Pre-GED learners who will begin testing.
- Sign up for one or both sections: reading writing and social studies in January 12th at 9am (5:00). Math and Science in January 14th at 3pm (5:00).
- Each section provides computer lab coaching and homework help. You must agree to do 3 hours of homework per week per class. If you come for two classes it would be 6 hours of homework.

January 2013 GED testing is changing to: Reasoning Through Language Arts, Mathematical Reasoning, Science & Social Studies.

www.rumbonews.com



LOOK GOOD FEEL BETTER

Look Good Feel Better is a free program that teaches beauty techniques to women who are actively undergoing or have recently concluded cancer treatment. The instruction received will help address appearance-related side effects of cancer treatment.



Location: Lawrence General Hospital, Stevens Classroom
Dates: March 18, 2013, June 17, 2013 and September 16, 2013
Time: 4:00 p.m. – 6:00 p.m.

PRE-REGISTRATION IS REQUIRED
 Contact: Maureen Couture at 978-683-4000 ext. 8090



Receive a free Cosmetic Kit!





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Noticias Locales, Nacionales e Internacionales

Comentarios

Música


¡Y Mucho Más! en su nuevo horario de 10 a 11 AM



Carmen Chalas "La Embajadora"
 Productora & Conductora
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WLLH 1400 AM

Due to bad weather, the Conference was postponed to March 28th



LOWELL WOMEN'S WEEK
 March 3-9, 2013
 Working Together, Creating Change

LATINA WOMEN MOVING FORWARD

Thursday, March 28, 2013 - 6:00pm

Middlesex Community College
Morse Federal Building, Assembly Room
50 Kearney Square, Lowell, MA 01852

The 5th Annual Latina Women Moving Forward Program features **Janin Duran** of the *Merrimack Valley Sandbox*. Help us celebrate Latina women's voice, leadership and contributions to our Greater Merrimack Valley community. Join us for refreshments, networking, Ms. Duran's presentation, and the announcement of this year's Latina Women Moving Forward Award recipient.

For information and to confirm attendance please contact:
 Maria Lopez 978-399-4805 • Darmery Montoya 978-937-8921
 Amsi Morales 978-423-6197 • Darcy Orellana 781-280-3559
 Maria Vejar • 978-857-2793

www.lowellwomensweek.org

¿Oiste? y la YWCA de Lawrence se unen para presentar taller de educación cívica

“La Voz del Pueblo”

A través de un esfuerzo colaborativo con la YWCA de Lawrence, la organización ¿Oiste? presentará su taller de educación cívica “La Voz del Pueblo”. Este taller, presentado en español, se llevará a cabo en las localidades de Lawrence Training School, situado en el 530 de la calle Broadway, en Lawrence, el sábado, 6 de abril 2013, de 9:00am a 1:00pm.

Este evento educativo es parte de la labor continua de la YWCA de Lawrence para promover su misión de Eliminar el Racismo, Potenciar a la Mujer, y promover la Paz, Justicia, Libertad y Dignidad para Todos. En esta ocasión, mediante la expansión de conocimiento sobre el proceso político, con el propósito de promover el liderazgo, movilización y participación de la comunidad latina en este campo, y de equipar a nuestros líderes locales con la intención de que estos puedan influenciar de manera positiva las políticas que nos afectan como comunidad.

La misión de la organización ¿Oiste? es la de promover los principios y prácticas de la democracia institucional y de base para avanzar en la situación política, social y económica de los latinos y latinas en el estado de Massachusetts. ¿Oiste? busca alcanzar estos objetivos como una organización impulsada por sus miembros a

través de las políticas públicas, desarrollo de liderazgo, el compromiso cívico, la reforma electoral progresista y la movilización de votantes activos.

- Los objetivos de este taller son:
- Desarrollar las habilidades y participación de una comunidad activa.
 - Informar a todos sus miembros con el propósito de convertirlos en un grupo fuerte, atractivo y activo de líderes latinos que les permita lograr influenciar la participación política y tener éxito influyendo en las políticas públicas.
 - Lograremos esto a través de la motivación, movilización y enlace activo de los votantes latinos en el estado de Massachusetts.

Este taller es completamente GRATIS, gracias al generoso patrocinio de Lawrence Training School y su propietario Rafael Guzmán. El espacio es limitado a 40 participantes, así que regístrate hoy mismo! Comuníquese con Vilma Lora en la YWCA al (978) 687-0331 / vlora@ywcawlawrence.org.

Para más información sobre el contenido de este taller, comuníquese con Luzmar Centeno-Valerio en ¿Oiste? al (617) 426-6633 / lcenteno@oiste.net.

¿Oiste? and YWCA of Lawrence join forces to present civic education workshop

“The Voice of the People”

Through a collaborative effort with the YWCA of Greater Lawrence, Oiste?, will host a civic education workshop called “La Voz del Pueblo” (The Voice of the People in English). This workshop, which will be offered in Spanish, will take place at Lawrence Training School, located at 530 Broadway, Lawrence, on Saturday, April 6, 2013, from 9:00 am to 1:00 pm.

This educational event is part of the ongoing efforts to further the mission of the YWCA of Greater Lawrence—Eliminating Racism, Empowering Women, and promoting peace, justice, freedom and dignity for all. The workshop will promote civic leadership, mobilization, and participation among Latinos in the community and will equip local leaders with the knowledge and skills to positively influence politics and policies that affect the community.

The mission of ¿Oiste? is to promote the principles and practices of institutional democracy and to advance the social and economic interests of Latinos in Massachusetts. Oiste achieves this through a variety of different methods including

leadership development workshops, civic education lectures, and the mobilization of voters.

The objectives of this workshop are:

- To develop leadership skills among community members.
- To inform members how to work as a group to influence policy.
- To bring local Latino leaders together.
- To educate community members about the political process.
- To inspire and motivate voters to be an active connection between the community and state politics.

This workshop is offered FREE OF CHARGE, thanks to the generosity of our sponsor, Lawrence Training School and its owner Rafael Guzmán. Space is limited to 40 participants, so sign up today! Contact Vilma Lora at the YWCA at 978.687.0331/ vlora@ywcawlawrence.org.

For more information about the content of this workshop, please contact Luzmar Centeno-Valerio at ¿Oiste? at (617) 426-6633 / lcenteno@oiste.net.



eliminating racism
empowering women
ywca

From justice leaders and organizers at

Taller de Educación Cívica “LA VOZ DEL PUEBLO”

Ven y participa en un taller de educación cívica dirigido para la comunidad Latina.

¿Oiste?, en colaboración con la YWCA de Lawrence, abre las puertas de su organización para compartir contigo las últimas informaciones sobre el liderazgo cívico de los latinos en el estado.

Aprenderás cómo funciona el sistema político de Massachusetts y cómo puedes participar en la movilización y motivación de votantes latinos.

Durante el taller te podrás registrar para ser parte ser miembro de ¿Oiste? Organización de Educación Cívica para Latinos.

Fecha: sábado 6 de abril 2013

Lugar: Lawrence Training School
530 Broadway, 2^{do} Piso, Lawrence, MA

Hora: 9:00am—1:00pm

El taller es completamente **GRATIS**, gracias al patrocinio de
Lawrence Training School

Regístrate ya!

Para registrarse, comunícate con
Vilma Lora en la YWCA
978.687-0331 / vlora@ywcawlawrence.org
¡Espacio limitado a 40 participantes!

Para más información sobre este taller llame al
617.426.6633 / lcenteno@oiste.net o visite la
pagina web www.oiste.net

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

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

Merrimack Valley YMCA

Back by popular demand!

Lawrence YMCA 3-Month Membership

Finally, a YMCA membership that fits MY lifestyle.
It's easy, affordable, and there's no long-term contract.

<p style="font-size: 0.8em;">Family 2 <small>Family with 2 Adults & Dependents</small></p> <p style="font-size: 1.5em; font-weight: bold; color: white;">\$155</p> <p style="font-size: 0.8em; color: white;">for 3 Months</p>	<p style="font-size: 0.8em;">Family 1 <small>Family with 1 Adult & Dependents</small></p> <p style="font-size: 1.5em; font-weight: bold; color: white;">\$115</p> <p style="font-size: 0.8em; color: white;">for 3 Months</p>	
<p style="font-size: 0.8em;">Young Adult <small>Ages 19-23</small></p> <p style="font-size: 1.5em; font-weight: bold; color: white;">\$75</p> <p style="font-size: 0.8em; color: white;">for 3 Months</p>	<p style="font-size: 0.8em;">Adult <small>Ages 24-54</small></p> <p style="font-size: 1.5em; font-weight: bold; color: white;">\$95</p> <p style="font-size: 0.8em; color: white;">for 3 Months</p>	<p style="font-size: 0.8em;">Senior Citizen <small>Ages 55+</small></p> <p style="font-size: 1.5em; font-weight: bold; color: white;">\$60</p> <p style="font-size: 0.8em; color: white;">for 3 Months</p>

Lawrence YMCA • 40 Lawrence Street, Lawrence, MA 01840 • 978-686-6191
www.mvymca.org
Making healthier lives achievable for everyone.

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.



Lowell Public Schools in collaboration with Community Teamwork, Inc

Host an Evening of Family Finance Solutions Tuesday, March 19, 2013 - 6:00 – 7:00 PM Location: Stoklosa School 560 Broadway Street- Lowell

Are you an artist? Do you paint?

The MVNA Art Club now consists of three ladies who get together and paint at the home of Jean Stewart, 130 South Bowdoin Street. Presently, we meet Thursday evenings from 5:30 to 8:30-9:00 PM, but hope to add another session. We are looking for more artists to join our group.

There is no cost to joining our fun, other than your personal art supplies (paint, easels, paper/canvas, etc.) There is no constitution, or by-laws. We just enjoy the comraderie of painting together and sharing our artistic interests. Beginning artists welcomed! For more information, call Jean at 978-794-7984.

Please join us at this Family Finance Solutions event to learn more about managing your family finances and take home a \$15.00 gift card to Market Basket. You will have the opportunity to attend one of the four (4) informative workshops listed below. To register and attend one of these workshops, call Gladys Santiago at Community Teamwork, Inc. @ 978-654-5673.

3. Identificar Recursos en su Comunidad (Identifying Resources in your Community): Sabes a donde recurrir cuando necesitas ayuda? Hay demasiadas puertas disponibles, solo tienes que saber donde tocar. Este seminario te ayudara a encontrar recursos en tu comunidad cuales te ayudaran a compensar tus necesidades.

4. Building a Savings Cushion: Saving money sometimes seems impossible with all the unexpected car problems, home repairs, and the kids getting sick. Yet, having a financial cushion is one of the most important things you can do to feel financially secure and have some peace of mind. This workshop will discuss actions you can take to make savings a priority.

1. Understanding the Cost of Living: Have you ever gone to buy a gallon of milk with exact change only to realize once you're there that the price went up? Do you know why this happens? This workshop will help you understand the changes in the economy and how they affect your pocket.

2. Protecting Yourself from Financial Scams: Have you ever been told that you won something, but can't even remember enrolling? How do you know if it's not a scam? Do you know what warning signs to look out for? This workshop will teach you how to protect yourself by figuring out what is real and what a scam could be.

Gift Card....compliments of Community Teamwork, Inc. will not be granted until the end of the workshop (one gift card per household).

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE RUMBONEWS.COM

BETHANY COMMUNITY SERVICES

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

2013 TRIPS & TOURS

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.

Mi Vida, Mi Salud

UN PROGRAMA PARA PERSONAS CON ENFERMEDADES CRÓNICAS

FECHA

Todos los Miércoles empezando el 10 de Abril del 2013 al 15 de Mayo del 2013 5:30 pm - 8:00 pm

LUGAR

YWCA de Lawrence 38 de la calle Lawrence Lawrence, MA

INSTRUCTORAS:

EVELYN CORA
MARTHA MEDINA

¿Vive o Cuida de Alguien con una Enfermedad Crónica?

Como: Diabetes, Cáncer del Seno, Cáncer Cervical, Artritis, Depresión, Presión Arterial Alta, Asma y Enfermedades del Corazón, entre otras..

Venga y Aprenda Como:

- Fijar y cumplir metas personales
- Hablar con su médico sobre su salud
- Tomar decisiones sobre su tratamiento
- Manejar el estrés y aprender a relajarse
- Aumentar su nivel de energía
- Aprender y poner en práctica técnicas sencillas que pueden mejorar su calidad de vida
- ¡Divertirse!

¡ESTE PROGRAMA ES TOTALMENTE GRATIS!

¡APROVECHE ESTA OPORTUNIDAD!
EN SÓLO 6 SEMANAS APRENDERÁ ESTRATEGIAS QUE SERÁN DE GRAN AYUDA!



!Espacio es limitado a 12 personas!
Favor de llamar a Yashira o Evelyn al (978) 687-0331 para registrarse



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

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.

Fly-Fishing Workshop at Nashua Library

The Merrimack River Valley Chapter of Trout Unlimited will sponsor an introduction to fly-fishing workshop at the Nashua Public Library on Saturday, March 23.

Students will be introduced to the basics of fly-fishing: casting, entomology, equipment, and cold-water conservation.

The workshop is part of the New Hampshire Fish and Game Department's Let's Go Fishing program. It will be taught by trained volunteer instructors from Trout Unlimited, with a wealth of experience and knowledge to help the beginning angler get started.

The class will be held from 10 a.m. to 3 p.m. Enrollment is limited. To register, go to www.tinyurl.com/nplfish and scroll down to this event.**Syria: What's Really Going On?**

Dr. Deina Abdelkader's lecture, "Syria: What's Really Going On?," at the Nashua Public Library has been rescheduled for Saturday, March 23, at 11 a.m.

Abdelkader will talk not just about the day to day fighting but also the broader implications of the uprising, for the country and for the region. An assistant professor in the political science department of the University of Massachusetts/Lowell, Abdelkader specializes in comparative politics, international relations, and the Middle East and Muslim world.

The event is free and open to the public. No registration is required.

Celtic Heritage Month Concert

Celebrate Celtic Heritage Month at the Nashua Public Library with a Sunday concert on March 24 at 2 p.m.

The afternoon begins with Shanacchie,

the Irish singing duo of Pat Heffernan and Patrick Keane. Favorites in Southern New Hampshire, the duo performs songs old and new for young and old, with their special brand of stories and shenanigans thrown into the mix.

Following Shanacchie will be the New England Irish Harp Orchestra in their Nashua Public Library debut. Directed by Regina Delaney, the group includes over a dozen harpers performing dance tunes, airs, songs, and dances that celebrate the rich Irish music tradition. The concert, which is free and open to the public, will be held in the library's Music/Art/Media Wing.

Lecture on Chinese Economic Reforms

China has grown from a command economy, where people could barely feed themselves, to the workplace of the world, where many are connected by cell phone, drive cars, and own large TVs. Find out how it happened, at the Nashua Public Library on Sunday, March 17, at 2 p.m., when UNH Associate Professor Chris Reardon presents "Awakening Dragon: Chinese Economic Reforms Since 1978."

The event, which is free and open to the public, is presented in partnership with the UNH Speakers Bureau. No registration is required.

Activities for Teens at Nashua Public LibraryIn addition to books, movies, manga, graphic novels, and computers, the Nashua Public Library offers plenty of programs after school for teens in grades 6 through 12. Go to tinyurl.com/nplteen and start signing up!**Anime Club**

Hang out and discuss your favorite anime or manga series, participate in games and activities, and display your anime sketches in the Teen Room.

First Tuesday of the month:
April 2, May 7 at 4 p.m.**NPL Teen Writers**This is the perfect place to share your original writing and provide feedback to others. All styles are welcome from fanfic to poetry, fiction to song lyrics. You can check out or join the group's blog at nplteenwriters.tumblr.com or email teens@nashualibrary.org for more information. Register at tinyurl.com/nplteen.
Second Tuesday of the month:
April 9, May 14 at 4 p.m.**Early Release Day Film**

169 mins./Rated PG-13

Join us in costume for a special showing of the first film in Peter Jackson's trilogy. We'll have dwarf-worthy snacks for you to nibble while you watch. For film title, call (603) 589-4646 after March 1.

Wednesday, March 20, at 2:30 pm

LETTERS TO THE EDITORRUMBO
60 Island Street, Suite 211E
Lawrence MA 01840
Email: rumbo@rumbonews.com

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

**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 registración.

Narración de Cuentos Para Bebés

A través de cuentos y música, aprende a cómo desarrollar el lenguaje de tu bebé y a cómo leerle en voz alta para desarrollar sus habilidades de la pre-lectura. Los bebés 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 mediodía para recién nacidos hasta los 12 meses. No se requiere registración ni tarjeta de la biblioteca.

Ayuda de Tareas En LíneaEn vivo, en línea (conectado en Internet), tutores hispano hablantes para ayudar a los estudiantes con sus tareas o asignaciones de matemáticas, ciencia y estudios sociales. Una tarjeta de la biblioteca es necesaria. www.nashualibrary.org/homework.htm**Serie de Películas para La Familia**

Las películas familiares son presentadas los sábados a las 2 pm en el NPL Theater,

octubre—mayo. Niños de 6 y menores deben ser acompañados por un adulto. Patrocinados por Los Amigos. Llame a la biblioteca a la línea de películas al (603) 589-4646 para los títulos de las películas. No se permite ni comida ni bebidas en el teatro. Gratis; no se requiere una tarjeta de la biblioteca.

Un Mundo de Información 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 además usar ciertos espacios en la página web de la biblioteca desde sus casas.

Una tarjeta de la biblioteca es una credencial o identificación, la cual es completamente gratis para todas aquellas personas que viven, que trabajan, que son dueños de locales o edificios, que asisten a la escuela o que están jubilados o retirados de sus trabajos en Nashua. Las esposas e hijos de trabajadores (o trabajadores retirados) o dueños de locales o edificios en Nashua son también 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 sábado: 9 am—5:30 pm; Domingo: 1 pm—5 pm (cuando esté abierta)

Visite www.nashualibrary.org para actualizar la información acerca de domingos abiertos.**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**¡La Fundación
Big Brother Big
Sister necesita tu
ayuda!****Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.****Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.****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!**

ADOPT A PET

**MSPCA-METHUEN & RUMBO
COOPERATIVE EDUCATION COLUMN**

Chubby: Chihuahua - Male

Handsome three year old Chubby is at the shelter because his previous owner had to move and he couldn't go with them. He can be shy at first and needs time to warm with people and other dogs. Once he is comfortable, Chubby jumps into any available lap and gives lots of kisses! This high energy fellow loves playing with balls and lounging in his crate with the door open. Chubby is house and crate trained and rides well in the car. Quote from Chubby: "After I pee, I moonwalk!"



Tommy: Pit Bull Terrier - Baby Male

Tommy is a very intelligent, sociable pup who needs a little extra help developing self-control and good manners. He is looking for an adult only, puppy experienced home that would be devoted to providing him with the training, classes, exercise and the structure that he needs to grow up to be a wonderful companion. Stable adult dogs in the home will be considered but no cats or children, please. If you are interested in learning more about Tommy and have the experience and time to dedicate to this little guy, please email MOLEARY@MSPCA.ORG



Snoopy: English Pointer/Beagle Mix - Male

Eleventh month old Snoopy is a high energy fellow who just loves people and other dogs. He is looking for an experienced family who will be committed to his training. Snoopy would love someone to be home most of the time to share his love of life and squeaky toys. Snoopy would do well living with another active, tolerant dog who can match his play level. He might be OK with a cat. Teens and older would be best for this wiggly young man.



Nolan: Jersey Woolly Rabbit - Male

Nolan is a loving little guy. He is the father of a group of Jersey Woolly babies that were brought in with him. Those are two months old and he is about nine months old. Allergies became an issue in his previous household, but while there all the bunnies were living with and being handled by children. Nolan is friendly and sociable and loves wooden toys to nibble on and toss about. He will need regular brushing each week to keep his fur looking fabulous. Come meet Nolan and look into his beautiful pink eyes!



Simon: Chicken - Male

Simon is a cute little mixed breed bantam rooster. He has been here at Nevins for a while now and mixes well with the other birds. He is a bit nervous to be caught and held but is good to work around. He would be a great addition for anyone who has a bantam flock. Simon has been very patient waiting for his forever home, we hope this will be his year! If you are interested in adopting, please contact the barn staff at 978-687-7453 ext, 6113 or e-mail us at barnstaff@mspca.org for more information.



Norman: Holstein - Male

Meet Little Norman! He is a sweet 1 1/2 year old Holstein steer. As a calf, Norman was the sad little runt of the market pen. He tugged at the rescuer's heart strings and was taken to live on a horse farm in his early days. Norman was raised around people, horses and dogs -so he is well socialized. As all calves will, Norman started to grow. His exuberance and excitement for grain was cute when he was little but as he grew his caretakers didn't have the experience to handle a happy, bouncy, growing steer. That's when he arrived here at Nevins Farm.



Norman is good to walk on a lead and is very friendly. He thoroughly enjoys his scratches and chin rubs. He is learning his manners when he is getting his food. Norman is looking for a home that has other cows and lots of space to graze. He was very lonely when the horses go the barn at night and hadn't been with another cow since his rescue until very recently when Nevins Farm took in another cow. They are getting along famously! If you are interested in adopting Norman as a pet, please email us at barnstaff@mspca.org or call us at 978-687-7453 X6113 to set up a time to come meet this wonderful fellow.

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.

**4th Annual Easter Gathering
Easter Egg Carnival
Saturday, April 6
Abe Bashara Boat House
1 Easton St., Lawrence**

**City Hall After Hours/Green Jobs event
Economic Development Networking
Wednesday, 27th of March from 5:00-6:30 at Terra Luna
Restaurant at City Hall Plaza, 225 Essex St.
Lawrence, MA 978.747.7989**

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

Merrimack Valley YMCA

**Un Nuevo año para el Nuevo tu.
¡Déjanos ayudarte!**

Compra una membresía de un mes de la YMCA de Lawrence por un costo reducido y empieza el nuevo año correctamente.

Costo:

- Jóvenes-Adultos/Personas Mayores - **\$15.00**
(años 19-23 & 65+)
- Adultos (años 24-64) - **\$20.00**
- Familia 1 - **\$25.00**
- Familia 2 - **\$40.00**

La Membresía de la YMCA de Lawrence Incluye:

- Piscina, dos canchas, y una pista
- Clases de ejercicio
- Centro de ejercicio
- Cuido de niños gratis (comenzando a los 2 años)
- ¡Y mucho más!

Pase por la recepción de la YMCA de Lawrence y compre su membresía de un mes. Membresías deben de ser compradas antes de Enero 13, 2013 para ser elegible para los precios reducidos.

Lawrence YMCA • 40 Lawrence Street, Lawrence • 978-686-6191
Making healthier lives achievable for everyone.

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.

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Aviso de apertura de la lista de espera para familias que reciben ayuda estatal para la vivienda

La Autoridad de Vivienda de North Andover anuncia la apertura de su lista de espera para familias con ayuda estatal, para dos y tres habitaciones efectiva el martes 26 de marzo, 2013. La lista de espera se cierra el lunes 8 de abril, 2013 a las 4:15 PM.

Todos los veteranos, residentes de North Andover y personas que trabajan en North Andover, tendrán preferencia.

Los límites de ingreso son los siguientes:

No. de personas	Ingreso límite
Una	\$45,500
Dos	\$52,000
Tres	\$58,500
Cuatro	\$65,000
Cinco	\$70,200
Seis	\$75,400

Para obtener una solicitud, por favor dirijase a North Andover Housing Authority al 978-682-3932 ó visitando nuestras oficinas en One Morkeski Meadows, North Andover, MA 01845.

La Autoridad de Vivienda de North Andover es un Proveedor de Igual Oportunidad de Vivienda.

Notice of state-aided family housing wait list opening

The North Andover Housing Authority announces the opening of their State-Aided Family two and three bedroom waiting list, effective March 26, 2013. The waiting list will close on April 8, 2013 at 4:15 p.m.

Veterans, North Andover residents, and people who work in North Andover will receive a preference.

The Income Limits are listed below:

No. of People	Income Limit
1	\$45,500
2	\$52,000
3	\$58,500
4	\$65,000
5	\$70,200
6	\$75,400

Applications are available by contacting the North Andover Housing Authority at 978-682-3932 or by visiting our office at One Morkeski Meadows, North Andover, MA 01845.

The North Andover Housing Authority is an Equal Opportunity Affirmative Action housing provider.

tonymello.page.tl

Producciones de video para toda ocasión, comerciales para televisión, fiestas privadas, etc.

Contacte a Tony por el correo electrónico Tony_mello@live.com

o deje un mensaje para él en (978) 794-5360

NOTICE OF PUBLIC HEARING

The Merrimack Valley Regional Transit Authority (MVRTA) will hold a public hearing on Tuesday, April 2, 2013 at 7:00 p.m. at the Andover Town Hall, second floor conference room, Bartlet Street. The purpose of this hearing is to present a fare increase for the Boston Commuter Service as follows:

Fare Category	Present Fare (one way)	Proposed Fare (one way 7/1/2013)	Proposed Fare (one way 7/1/2014)
Cash	\$5.00	\$5.50	\$6.00
10-Ride Pass	\$4.00	\$4.50	\$5.00
Tap & Ride	\$4.00	\$4.50	\$5.00

There has been no fare increase since the inception of this service in January of 2004. Comments will be received at the hearing or comments may be submitted to Marketing@MVRTA.com or by letter to MVRTA, 85 Railroad Avenue, Haverhill, MA 01835.

After the conclusion of the Public Hearing, an update will be provided on the following projects:

1. Purchase of three new commuter buses
2. Update on High Occupancy Vehicle/Bus on Shoulder I-93 Feasibility Study
3. Status of Future Transportation Funding and Added Commuter Service

Joseph J. Costanzo, Administrator
Merrimack Valley Regional Transit Authority (MVRTA)



Join us for our Quarterly W.I.S.E. Event!

Did you know that the more prepared you are, the less likely you are to need self-defense?

Generously hosted by Lowell General Hospital, the morning will feature refreshments, networking and a presentation on Self-Defense for Women.

This event is free and open to all women in business, so please bring a friend or colleague.

Tuesday, March 19th
7:30-9:00am
Lowell General Hospital
Hanchett Auditorium
295 Varnum Avenue - Lowell MA

FREE and Open to All Women in Business!
Please RSVP by calling 978-459-8154 or email ctravers@greaterlowellchamber.org.

Valet parking will be available in front of the Dahod Building, which is the new entrance to the hospital.

SE NECESITAN VOLUNTARIOS PARA JUGAR CON NIÑOS QUE VIVEN EN REFUGIOS

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

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