

CALENDARIO | CALENDAR

Para listar su evento en esta sección de Rumbo, favor de enviarnos un correo electrónico a (y solo a) calendar@rumbonews.com. Este debe incluir el nombre, fecha, hora y lugar del evento. Se recomienda un número de información o dirección de correo electrónico. Una breve descripción de de menos de 30 palabras puede ser incluida. Si su mensaje no incluye la información requerida no será colocado en el calendario. Su aviso será listado solo si hay espacio disponible. Rumbo no se hace responsable de cualquier información errónea que sea publicada.

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

Senior Lunch

Merrimack Valley Hospital Hosts Senior Lunch
Tuesday, March 16, 2010
1:00 pm

In the Hospital Auditorium
Cost: \$5.00 (includes full dinner and guest speakers)

Guest Speakers: Merrimack Valley Hospital Palliative Care Team. Topic: Palliative Care – What is it and how will it help my family?

Menu: Garden Salad with Dressing, Corned Beef Dinner with Boiled Potatoes, Carrots and Cabbage, Dinner Rolls, Dessert, Coffee/Tea.

To pre-register call Kathy at 978-521-8140
Merrimack Valley Hospital
140 Lincoln Avenue
Haverhill, MA 01830

South Lawrence West Little League Registrations

Dear Parents and Friends of South Lawrence West Little League (Mount Vernon Park): Registrations for the 2010 Season will be held at the Lawrence Knights of Columbus, 1 Market Street, on the following dates and times: Saturday, March 13th from 9AM to 12PM.

There may be additional Registration dates and times and locations; but for now, these are the only dates and times.

For more information please contact our Registrar, Cindy Rebinskas via e-mail at crebinskas@gmail.com; or our new President, Daniel Halloran via e-mail at ddhalloran@gmail.com.

INTERNATIONAL WEEK at the SENIOR ACTIVITY CENTER

70 Temple St. Nashua
MONDAY, MARCH 8th -MARCH 13th

MONDAY MARCH 8th INTERNATIONAL WOMEN'S DAY - 10-1PM The Senior Activity Center invites all to join us for a day of sharing the many cultures, music, food and fun! Visit all our International Tables. (FREE)

TUESDAY, MARCH 9th IRISH SOCIAL - 1:30 David Molson will lead you in an Irish Sing-A-Long. See if you have the luck of the Irish with raffles and door prizes. Refreshments. Tickets \$5.00 (NO TICKETS SOLD AT DOOR - Must purchase by Friday, March 5th).

WEDNESDAY, MARCH 10th 12:30 - 1:15 Music from FINLAND with Kauno Rauhala and Alan Tastula (FREE), 1:30 - 2:30 SIBERIA Presentation by Gary Pitts (FREE)

THURSDAY, MARCH 11th EXCLUSIVE LOCATION FOR THE 2010 CENSUS ROAD TOUR - 11:00 - 2:00 PM (FREE)

FRIDAY, MARCH 12th - 11:00 ICELAND with Pat Francis (FREE), 1:15 Movie - Oriental Express London to Venice (FREE)

SATURDAY, MARCH 13th - 10:30 INDIA COOKING CLASS with Raj Jain \$5.00. Pre-register and pay by March 9th.

For more information call 889-6155 ask for Gary (x 19) or Vivien (x12)

National Consumer Protection Week 2010

Topic: The Foreclosure Crises: How to Protect Your Investment

Date: Wednesday, March 10, 2010

Time: 2:00 pm - 4:00 pm
Location: Lawrence Heritage State Park
1 Jackson Street Lawrence, MA

This event is free and open to the public. A HUD representative will discuss the default and foreclosure rate over the last few years; steps that homeowners should take when facing a possible foreclosure; information on certified housing counseling agencies, and information on government programs available to provide mortgage relief by helping homeowners refinance or modify their mortgage payments to an affordable level. A Postal Inspection Service representative will provide information to help protect you from fraud.

Also featuring information tables: "Congress on Your Corner" "Greater Lawrence Community Action Council, Inc." and "U. S. Postal Service and Postal Inspection Service"

In cooperation with the Office of Congresswoman Niki Tsongas, Office of Mayor William Lantigua, City of Lawrence, U. S. Postal Service, Postmaster, Lawrence. Participants: Marie Finelli of the Greater Lawrence Community Action Council, Inc. – Consumer Protection Program and representatives from the U. S. Department of Housing and Urban Development, U. S. Postal Service, and U. S. Postal Inspection Service.

Free Legal Workshops for Small Businesses

Are you struggling to keep your business running? Are you looking to expand your business?

The Lawyers' Committee's Belin Economic Justice Project provides free legal assistance to small businesses on many issues, including:

Contracts
Business Entity Formation
Real Estate (including
Employment Matters (leases and zoning)
How to protect yourself and your business

The Lawyers' Committee, in association with WilmerHale and the State Office of Minority and Women Business Assistance, is hosting free business legal workshops where business attorneys will give an overview of legal issues that many small businesses face.

Date: March, 10th, 2010
Time: 10 am – 12 pm
Location: Heritage Park, 1 Jackson St, Lawrence, MA

To Register: http://www.somwba.state.ma.us/WorkShop/xwrk_main.aspx

South Lawrence East Little League Registration Date

March 13th
10:00am - 2:00pm
South Lawrence East School Gym

FEES:
T-Ball (5-7) \$35
Little League / Softball (8-12) \$60
Babe Ruth (13-15) \$100
Challenger* (5-16) \$20

SAVE THE DATE!



2010 Scholarship Fundraiser

Friday March 12, 2010
6:00 pm to 10:00 pm

Lowell Lodge of Elks
40 Old Ferry Rd
Lowell, MA 01854

For more details, visit:
www.amsifoundation.org

GET YOUR FLU SHOT!!

THIS IS YOUR LAST CHANCE FOR A PUBLIC PROVIDED H1N1 VACCINATION!! THIS WILL BE ON MARCH 13, 2010, AT THE LAWRENCE SENIOR CENTER, FROM 9AM-12NOON.

SERVICE PROVIDER NETWORK FORUM

Families & Youth Initiative
When: March 16th, 2010
Time: 12:00 Noon - 2:00 PM
Where: 112A East Haverhill Street
Lawrence, MA

Staff from community-based organizations, government agencies, health services, grassroots community groups, faith-based organizations, and other sectors involved with providing services to the community are invited to present a short summary (up to 5 minutes) of the services available to the clients we service.

Does your program: Commit to providing and improving family life? Always know where to refer a client? Want better knowledge of services that are available in our community? Want to collaborate with local agencies? Want to become informed about partnering with FYI?

This innovative forum will provide resource sharing from several organizations in the Merrimack Valley giving us the opportunity to strengthen our partnerships and networking.

Please register by Friday, March 12, 2010, so that we will have sufficient materials and lunch. Our site is wheelchair accessible. Please contact us ahead of time if you need accommodations.

For more information, contact Delilah Rivera, Program Coordinator at drivera@glcac.org or (978) 332-8250

MVCC: Le Grand Cirque

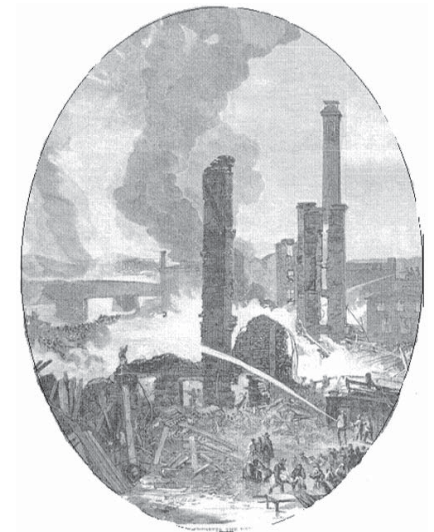
Merrimack Valley Chamber of Commerce Presents LE GRAND CIRQUE

Friday, March 19, 2010 at 7:30pm
Lowell Memorial Auditorium
50 East Merrimack Street
Lowell, MA 01852

Enjoy an exciting evening with your family and friends or reward your business associates at this spectacular performance! Tickets are only \$47.00 - Order Now!

Merrimack Valley Chamber seats start in the 5th row of the balcony. No Cancellations, No Refunds, after tickets have been ordered.

Merrimack Valley Chamber of Commerce
264 Essex Street, Lawrence, MA 01840
Phone (978) 686-0900 Fax (978) 794-9953
www.merrimackvalleychamber.com



El Grupo de Amigos de la Biblioteca Pública de Lawrence PRESENTA:
Pemberton Mill: 10 de Enero, 1860 - 4:46 pm

El público está invitado a una exposición que relata los detalles de uno de los peores desastres industriales de nuestra historia.

LAWRENCE HERITAGE STATE PARK VISITOR CENTER

1 Jackson Street, Lawrence, MA
Febrero 6 hasta Abril 30, 2010
Abierto todos los días, 9:00 a.m. to 4:00 p.m.

Admisión gratuita, totalmente accesible. Para mas información llame al 978-794-1655 www.mass.gov/dcr/parks/northeast/lwhp.htm

Financiado por el Grupo de Amigos de la Biblioteca Pública de Lawrence. El trabajo y los materiales fueron donados.

The Friends of the Lawrence Public Library PRESENT:

Pemberton Mill: January 10, 1860 - 4:50 pm

The public is invited to an exhibit that will tell the story of one of the worst industrial disasters in history.

LAWRENCE HERITAGE STATE PARK VISITOR CENTER

1 Jackson Street, Lawrence, MA
February 6 through April 30, 2010
Open Daily, 9:00 am to 4:00 pm
Free Admission, fully accessible. For information call 978-794-1655 <http://www.mass.gov/dcr/parks/northeast/lwhp.htm>

Funding by the Friends of the Lawrence Public Library. Labor and materials donated.

Home Buyer Training Seminar in Spanish

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

The classes will be held at 10 Kirk St., Lowell. The next series will be held on Saturday mornings, March 13 and 20, 2010 from 8:00 a.m. to 12:30 p.m. Participants must attend all sessions to receive a certificate of completion. \$60.00 per household.

Topics include: Overview of the Home Buying Process, Bank Mortgage Guidelines, Legal Aspects, Home Inspections, Down Payment Assistance Programs, Information on Credit.

Please call the office at 978-459-8490 to register. www.mvhp.org.

Clases De Computadora en Español

Notre Dame Education Center
354 Merrimack St., Entrance C, Suite 210
Lawrence, MA, 01843
Phone: 978-682-6441 ext. 202
www.ndeclawrence.org

CALENDARIO | CALENDAR

Introducción a Word Processing

Clases incluyen: E-mail en Google, Usar documentos en Google, Aprender a Abrir documentos y guardar, Aprender a usar Microsoft Word 2007.

Hora: Sabados a las 8:30 am a 10:30 am (en Español)

Maestro: Mr. Richard Aybar

Sabados de: 8:30 a 10:30

Días: Marzo 20, 27 - Abril 3, 10, 17, 24

Costo Total de la clase: \$80 (Registración: \$20 - no reembolsable; Costo de la clases: \$60)

Regístrate en persona: Lunes - Viernes: 9:30am - 4:30pm; Martes y Jueves: 6 pm a 7:30 pm; Llamar: 978-682-6441 ext 202.

Espacio es limitado: 15 (los primero que llegan, son los que tiene el espacio disponible)

Laugh Yourself Healthy

Northern Essex Community College's Life Long Learning Program will present Richard Mullen, of Georgetown, Ma, in a presentation titled, "Laugh Yourself Healthy". This event will be held Thursday, April 1 at 2 p.m. in the Technology Center on the college's Haverhill Campus, 100 Elliott St. Admission is \$2.

Richard Mullen, natural health educator, gelotogist, hypnotherapist, and comedian, with over thirty years of experience, will be teaching how to incorporate laughter into daily life. Gelatology is the study of the effect humor and laughter has on the human body. Some of the benefits of laughter include that it decreases depression, lowers blood pressure, strengthens core muscles, helps to clear lungs and airway, and increases blood flow to the brain. Mullen will teach how to find the humor in everyday life and by the end the audience will see how contagious laughter is and be able to incorporate Mullen's "Laugh Yourself Healthy" into their everyday life.

Life Long Learning is a program of lectures, study groups, and trips for adults. All programs are open to the public.

For more information or to receive a free calendar of upcoming Life Long Learning events, contact Charlene Boucher, Life Long Learning coordinator, at 978-556-3825, or cboucher@necc.mass.edu.

Lowell Humane Society

Help the Lowell Humane Society Win a \$10,000 grant!

The Animal Rescue Site is hosting a special challenge with Petfinder.com and are awarding grants to shelters and rescue groups up to \$10,000! All you have to do to help us win is click to help rescued animals, and then vote in The Animal Rescue Site \$100,000 Shelter+ Challenge. Both of these actions are absolutely free! You can vote once a day, every day, from January 18th through April 18th, 2010. Every time you vote, or tell a friend to vote, you are making a huge difference for us. Vote today!

Last year we took in over 2,500 animals. It costs \$1,500 a day to operate the Lowell Humane Society, and things such as unforeseen medical costs can increase this number by hundreds of dollars every day. Thank you for your help and don't forget to vote every day!

Visit: TheAnimalRescueSite.com

Shaken Baby Syndrome Training

Preventing shaken baby syndrome by preparing parents and other caregivers to respond effectively to the challenges of infant crying.

This training will be provided in English and is free of charge.

Location: 112A East Haverhill Street, Lawrence, MA

Date: Tuesday, April 27, 2010

Time: 5:30pm

Lawrence Families & Youth Initiative
Contact Person: Delilah Rivera, Program

Talleres de Educación Financiera

Puedes asistir a una o asistir a todas. El es necesario inscribirse para proporcionar los materiales suficientes. Estos talleres se realizarán en español.

LAWRENCE FAMILIES & YOUTH INITIATIVE

Local: 112A East Haverhill Street, Lawrence, MA

Marzo 9, 2010 | 10:00-11:30 AM
Asuntos Básicos

Marzo 16, 2010 | 10:00-11:30 AM
Maneje su dinero de forma inteligente

Marzo 23, 2010 | 10:00-11:30 AM
Haciéndose de Crédito

Marzo 30, 2010 | 10:00-11:30 AM
Reparando su Crédito

Abril 6, 2010 | 10:00-11:30 AM
Reportes de Crédito

Abril 13, 2010 | 10:00-11:30 AM
Ahorrando se llega a la riqueza

Abril 13, 2010 | 10:00-11:30 AM
Obteniendo un préstamo para auto

Abril 20, 2010 | 10:00-11:30 AM
Lo Básico de la Micro Empresa

Abril 27, 2010 | 10:00-11:30 AM
¿Está listo para comprar una casa?
Previniendo la adjudicación bancaria

Mayo 4, 2010 | 10:00-11:30 AM
El robo de identidad
Prevención de fraude

Mayo 11, 2010 | 10:00-11:30 AM
Hablando con los jóvenes sobre dinero
Su trabajo se merece crédito

Estos talleres son gratuitos cortesía de Merrimack Valley Federal Credit Union.

Contact Person: Delilah Rivera, Program Coordinator (978) 975-8793 or drivera@glcac.org.

Upcoming Workshops for Youth

LAWRENCE FAMILIES & YOUTH INITIATIVE

Local: 112A East Haverhill Street, Lawrence, MA

Attend One or Attend All... Registration is required in order to provide sufficient materials. These workshops will be held in English and are FREE

March 10, 2010 | 5:00 PM
What is Money and Why Do We Need It?

March 17, 2010 | 5:00 PM
It Takes All Types of Money
What Can You Do with Money?

March 24, 2010 | 5:00 PM
\$100,000 - No Strings Attached

March 31, 2010 | 5:00 PM
What Determines Value? Supply and Demand

April 7, 2010 | 5:00 PM
Markets: Monopoly and Oligopoly

April 14, 2010 | 5:00 PM
Let's Review: What Do You Remember

This program is free as a courtesy of Merrimack Valley Federal Credit Union

Contact Person: Delilah Rivera, Program Coordinator (978) 332-8250 or drivera@glcac.org.

Coordinator
(978) 332-8250 or drivera@glcac.org
Space is limited so please register early. Fiscal Agent ~ Greater Lawrence Community Action Council, Inc.



Please

"Save the Date"

For the annual
**Merrimack Valley
YMCA's
Reach Out for
Youth & Families Auction**

Saturday, March 13, 2010 at 6:00 pm
\$50 per person, includes dinner

*Our event will be held at the
Wyndham Boston Andover Hotel in Andover, Massachusetts*

*If you have any questions or wish to donate an item or services,
please contact Melissa O'Brien, Director of Special Events, at
978.725.6681 or at mobrien@mvyymca.org*






MERRIMACK VALLEY YMCA
**REACH OUT
for Youth
& FAMILIES**

"If you love the Y, love a great time and want to make a bid to help so many in need, please join us for the premier night on our YMCA calendar. The Auction brings together the joy of giving with the fun of winning in a good time atmosphere."

- Marko Duffy,
Chairman of the Auction Committee

Y Making healthier lives achievable for everyone.



**FAIRNESS.
DIGNITY.
RESPECT.**

National Crime Victims' Rights Week
April 18 - 24, 2010

CANDLELIGHT VIGIL

WEDNESDAY APRIL 14TH 4-9 PM

LOWELL MEMORIAL AUDITORIUM
INFORMATIONAL BOOTHS (4-7PM)
CANDLELIGHT WALK (7:30PM) (weather permitting)
ESCORTED BY THE MIDDLESEX SHERIFF 'S DEPT.
MOTORCADE, COLOR GUARD AND
THE BUNKER HILL PIPER BAND

OPENING OF CEREMONIES
MAYOR JAMES L. MILINAZZO

SPEAKERS
Middlesex District Attorney's Office, Patrice Provitola
Middlesex Sheriff James V. DiPaola
Superintendent Kenneth E. Lavallee
Senator Steven C. Panagiotakos

Presenting : *Lowell High School Spindle Show Choir,*
Directed by Andy Descoteaux

EXPO BOOTHS

ALTERNATIVE HOUSE
COMMUNITY VOICES-
MASS MISSING KIDS
FOCUS
GARDEN OF PEACE
LOWELL COMMUNITY HEALTH
CENTER
LOWELL POLICE DEPT
MADD
MERRIMACK VALLEY -
CHAPTER OF POMC
MIDDLESEX D.A.
MIDDLESEX SHERIFF-
FINGER PRINTING AND
K9 DEMO
MA OFFICE VICTIMS
ASSISTANCE (MOVA)

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**MERRIMACK VALLEY
CHAPTER
OF
POMC**

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