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The BILINGUAL Newspaper of the Merrimack Valley

(MA) Lawrence, Methuen, Haverhill, Andover, North Andover, Lowell
(NH) Salem, Nashua, Manchester

LARE Institute at American Training Celebrates its 2019 Graduating Class



Kamilca Marte (L) and Julio Pazmino (R) celebrating their accomplishments at the LARE Institute graduation ceremony. Pg. 13

No todos son bienvenidos en la Ciudad Santuario de Lawrence



Photo taken January 2018

Hace una semana, los trabajadores del Departamento de Obras Públicas despejaron una gran área a lo largo del Río Merrimack, que se había convertido en el hogar de muchas personas desplazadas. Esta propiedad en el 70 Bay State St. en Lawrence es privada. Pg. 7

Not everyone is welcome in the Sanctuary City of Lawrence

A week ago, workers from the Department of Public Works cleared a large area along the Merrimack River which had become home to many homeless individuals. This property located at 70 Bay St. St. in Lawrence is private. Pg. 7

Ciclistas locales recaudan fondos para MS

Local cyclists raise funds for MS



Haverhill Eagle Cycling and the Lawrence based Velosimo hope to raise at least \$5,000 for this worthy cause. The team members will be in uniform at their fundraiser to be held at Moderno Appliance & Furniture on Wednesday, July 31 at 6pm. There will be educational materials about MS and about cycling. City Councilor Jeovanny Rodríguez encourages people to donate to this cause. Pg. 19

Haverhill Eagle Cycling y el equipo de Lawrence Velosimo esperan recaudar al menos \$5,000 para esta causa digna. Los miembros del equipo estarán uniformados en su recaudación de fondos que se llevará a cabo en Moderno Appliance & Furniture el miércoles 31 de julio a las 6 pm. Habrá materiales educativos sobre la EM y sobre el ciclismo. El Concejal Jeovanny Rodríguez alienta al público a donar para esta causa. Pg. 19

Colombianos celebraron su independencia



Diana Lorena Ayala cantando el Himno Nacional Colombiano durante la celebración del 209no aniversario de la Independencia de Colombia, llevada a cabo el viernes, 19 de julio, 2019 en Lawrence. Pg. 12

Colombians celebrated their independence

Diana Lorena Ayala singing the Colombian National Anthem during the celebration of the 209th anniversary of the Independence of Colombia held on Friday, July 19, 2019 in Lawrence. Pg. 12

Por/Dalia Diaz
rumbonews.com/blog

Revisando los pasos de Rivera
MassHire se ha mudado
Mi visita a Don Matías

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Retracing Rivera's steps
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From My Corner

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The LARE Institute at American Training Celebrates its 2019 Graduating Class

The LARE Institute of American Training recently graduated their 2019 class, celebrating the over 250 graduates who earned certificates in a variety of LARE Institute programs.

These programs spanned from ESL, HiSET, Pharmacy Technician, Electronics Assembly, Business Technology, Certified Nursing Assistant, and Medical Assisting.

The annual LARE Institute Graduation Celebration is an opportunity to recognize students for their academic accomplishments and hard work. Graduates have succeeded and left the stage with a certificate even after overcoming some of life's most overwhelming challenges.

Some are just kids graduating from high school who are looking for opportunity in an affordable next step, some have been working and are suddenly faced with having to change careers unexpectedly and learn something completely new, and some have never finished high school and are looking to earn their HiSET to start them on the path to a brighter future.



Keynote Speaker, Commissioner Jeffrey McCue of the Massachusetts Department of Transitional Assistance, addresses the LARE Institute graduating class. He is joined on stage by Acting Director Jim Sullivan (L) and President and CEO Tom Connors (R).



Jaileen Ortiz of the LARE Medical Assisting Program delivers a speech to her fellow graduates thanking the LARE Institute, its employees and her classmates for supporting her through one of the most difficult times in her life.



LARE Institute graduate, Radelis Polanco celebrating commencement.

Fire victims / Víctimas de incendios

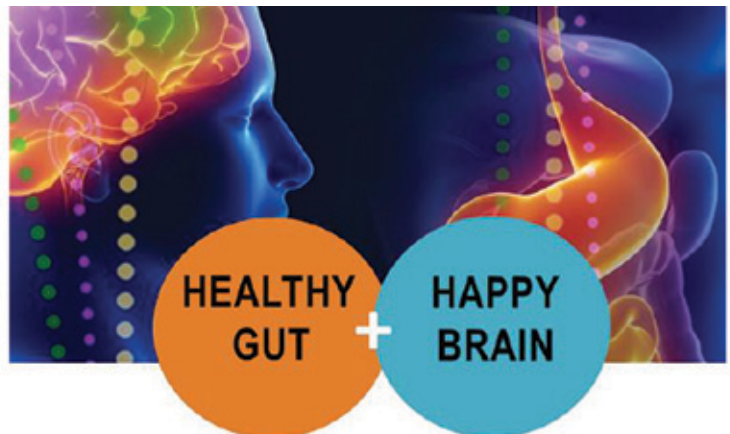
Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

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

<http://heallawrence.org/>

heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>



BODY & BRAIN
YOGA • TAICHI

Did you know that your Brain Health is directly connected to your "Gut Health".

Your insides need exercise just as much as your outside! You need an **Internal Workout**

Did you know that 75% of the body's immune system is in the "Gut" and 90% of the hormone Serotonin the Happy Hormone is produced in the "Gut".

Also 30-40% of our blood supply is in the "Gut".

So, "Gut Health" is important for overall health and especially Brain Health.

Come and learn more about how to have a "Healthy Gut and Happy Brain".

Free public workshop
Saturday July 27, 2-4 pm.
BodynBrain Yoga Studio
290 Merrimack St. (rear entrance)
Lawrence, Ma.
978-688-5200