

# Mejorando Nuestras Oportunidades para Recreación y Actividad Física:

## Engaging Youth in Research and Local Policy Advocacy



**Katherine Almonte**  
I am a senior at the Lawrence International High School.



**Tanya Borrero**  
I am a freshman at Northern Essex Community College. I've been a resident of Lawrence all my life, and I am proud to say this is my community.



**Rumaira Balborda**  
I am a proud resident of Lawrence. I've been living in Lawrence for 10 years.

### Caring for our community: Getting to know our parks

September 2010

#### What A Park!

Tanya Borrero

Mount Vernon Park is a park where our community as a whole comes together and we want everyone to be acquainted with the good features this park has to offer! Mount Vernon Park is known for its quiet area. You can find this park at the intersection of Amherst Street and Mount Vernon Street, where everyone is more than welcome from dawn until dusk. Mount Vernon Park is a place where anyone can come to relax and unwind, whether it's by taking a walk on the trail or reading a book in its

nice sitting area. This park features many different things that make visiting the park very comfortable. For example, Mount Vernon Park has restrooms for both males and females that are handicap-accessible. Also, there are drinking fountains where cool water is available. The kid's area is very well equipped with a jungle gym for toddlers and older children, and a nice swing set where kids can enjoy their time. There are three baseball fields where softball and baseball games for children and adults are held. The whole family can come and watch practices or games. The park also has a nice full-court basketball court located in its own area. During most events, the concession stand is open for anyone who wants to purchase snacks or drinks. The park also has a large parking lot that is visible from the sports areas. After coming to Mount Vernon Park you will be excited to come back!



#### Appreciating Our Parks as a Community

Katherine Almonte

Our parks are gifts and we should appreciate them by keeping them clean and safe. The parks are important because they provide us with a space to enjoy ourselves. For example, we can hold birthday parties at the park, or play games with friends such as dominos or baseball. My family lives in Lawrence and we enjoy going to the park to watch my brother play baseball. He loves playing base-

ball at the park and dreams about being a baseball player. My parents like watching him play at the park and are proud of him because he is using his free time in a healthy way. The Lawrence community has many different kinds of parks; some have fields and trails, while others have equipment for young children. Respecting the parks and keeping them clean as a community will improve their

quality and our quality of life. Many communities do not have as many parks as Lawrence and some can't use their parks because they are in a really bad shape. We should be thankful for the parks we have and that Lawrence children and families have access to many good parks. Working together as one community we can make a huge difference by caring for our parks, which may inspire other communities to do the same.

#### This Park Needs Some TLC!

Rumaira Balborda

Not all parks in the Lawrence community are the same. Most parks have playgrounds, basketball courts, and baseball fields. Many have open fields where individuals of all ages can have a good time either taking a nice walk, playing sports, or relaxing in a quiet area. However, I have also observed a park that doesn't have these things and is in need of some tender love and care. Plainsman Park is not as well maintained as some of the other parks and also needs more equipment. Although there are a few benches and trees, the park has trash on the ground and there are many areas covered in graffiti. It is important that we keep our parks clean so that everyone will be able to enjoy them. Plainsman Park could be a great park for the community, it just needs some TLC! Please help us improve the park by putting your trash in the garbage cans and not tagging the equipment!



A habitual newsletter for the Lawrence community updating you on our research project *Improving our Opportunities for Recreation and Physical Activity: Engaging Youth in Research and Local Policy Advocacy*.

This project is funded by the Robert Wood Johnson Foundation through its national program Active Living Research, grant #67308.

If you have any questions or comments about our research project please contact Flavia Peré at 617-636-6805.

### Juana Matias

I am a first year student at Merrimack College. I have been a Lawrence resident for about twelve years now.



### Daniel Lopez-Martinez

I am a sophomore at Northern Essex Community College studying criminal justice.



**Flavia C. Peré, Ph.D.** is an Assistant Professor of Public Health and Community Medicine at Tufts University School of Medicine.

**Linda Sprague Martinez, Ph.D.** is a faculty member in the Undergraduate School of Arts and Sciences Community Health Program at Tufts University.

**Rose Gonzalez** is the Deputy Director of Groundwork Lawrence.

#### PARK OF THE WEEK: Howard Park



Por Rumaira Balborda and Cecilia Flores

The park I like the most out of all parks I have been to in Lawrence is Howard Park. This is an outstanding park, always full of life, especially during the evening time. Many teens, adults and little kids attend this park. It is huge and the space is well used. There are all kinds of things happening at Howard Park, especially during the summer. Many sports are played there, such as basketball, baseball and tennis. Baseball is the most common sport played in the summer because the little leagues use the park. The basketball court is filled with teenagers and adults, always excited to play. I myself enjoy watching the basketball games. There is also a tennis court with a net. This is a great park to take children because it has a nice playground and swings. The only downside to this park is the amount of graffiti and litter. If you visit Howard Park please be sure to throw away your trash, so we can all continue to enjoy the park! This project is funded by the Robert Wood Johnson Foundation through its national program Active Living Research, grant #67308.

#### Parque de la Semana: Howard Park

El parque que más me gusta en Lawrence es Howard Park. Este parque es estupendo, siempre lleno de gente, especialmente durante el verano. Muchos adolescentes, adultos y niños usan este parque. Es grande y tiene mucho espacio. Hay muchas diferentes actividades para todos en Howard Park, especialmente en el verano. Se juegan muchos deportes allí incluyendo baloncesto, béisbol y tenis. Béisbol es el deporte más común jugado en el verano porque las pequeñas ligas lo utilizan. Las canchas de baloncesto siempre están llenas de adolescentes y adultos emocionados para jugar. ¡Yo disfruto de ver los juegos! Hay también una cancha de tenis con una red. Este es un parque fabuloso para llevar a los niños porque tiene columpio y un parque de recreo para niños pequeños. La única desventaja de este parque es la cantidad de basura tirada y el graffiti. Si usted visita a Howard Park por favor, asegúrese de botar su basura en un bote para que podamos todos continuar gozando del parque! Este proyecto es financiado por la Fundación Robert Wood Johnson a través de su programa nacional Active Living Research, subvención #67308.

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Bruce Arnold

Lou Blasi



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