

Getting to Know Our Parks

What A Park!

Juana Matias

Dr. Nina Scarito Park is a beautiful park for Lawrence families and their children to enjoy. It is located on Brook St. along the Spicket River in Lawrence. There are many children and young teens who love to go there to either play basketball or ride their bikes. Dr. Nina Scarito Park is very clean and kid friendly. It has

playground equipment for small kids, a nice size field, basketball court, and a small garden. There are also tables where families can enjoy a nice picnic and parents can relax and watch their children play. People in the park always look like they are having fun. Visitors treat the park kindly and with respect so it is a safe environment for children and families. Come

to this park to enjoy yourself and see one of the wonderful parks that Lawrence has to offer!



Appreciating Our Parks as a Community

Rumaira Balborda

Many people don't know about the many great parks in Lawrence. How beautiful they are and all the activities for families, adults, and teenagers. No matter what your age, there is something for everyone to do at the park, whether you want to sit, eat, jump, play, or just walk around. According to the state Department of Public Health, Lawrence has the highest obesity rate among children and youth in Massachusetts. Obesity is sometimes caused by lack of ex-

ercise. If people don't get enough exercise it can lead to obesity, which is especially a problem with young children. Exercise in Lawrence is extremely important and the park is the perfect place for teenagers and children to go and exercise. People should think more about their health and ways to stay healthy. Exercise is a great way to get healthy, and visiting the parks can be a start! Participating in this project has made me realize the value of

the parks. They are a great place to have fun, socialize and stay active and healthy. It's time to start appreciating and caring for our beautiful parks!



This Park Needs Some TLC!

Daniel Lopez- Martinez

Bourgoin Square could be one of the nicest parks in Lawrence, however the park is a little lonely. It has a lot to offer like a baseball field and a playground for kids ages of 5-12 to appreciate and have fun. It also has a soccer field for people practice the sport and

get better and better by the moment. However, the park needs people to go there and enjoy it- it is a really great park to visit! It also needs some landscaping and cleaning. We should use and enjoy the parks we have. There are people who aren't as fortunate as

Lawrence residents because they don't have many parks in their city, so we should appreciate the ones we have!



Exciting News and Updates!

Tanya Borrero and Katherine Almonte

In January, we will be featured in an exhibit at the Museum of Science in Cambridge. We will be presenting about our work and the importance of making sure our parks are safe and the best they can be. We will be talking

about what we have observed in the parks, and also how issues like race and health are related to parks. We will be listening to people's comments and concerns, and answering questions for people interested in our project. More infor-

mation coming soon- look out for our flyer! **We will presenting the research and our experiences with the study to the Lawrence Mayor's Health Task Force on Tuesday November 30, 10 am-12 noon, held at the Senior Center at 155 Haverhill Street**

Tip of the Month:

Exercise is good for both you and your dog! Stay active by taking your dog out for a walk though one of the parks in the Lawrence community!