

La Legislatura debe acatar la orden judicial

The Legislature must comply with court order



Anne was born in Honduras, and is currently the only Latina running for Statewide office in Massachusetts. Anne earned her Juris Doctorate from Suffolk University Law School and she is serving as a SelectWoman in Wayland, Massachusetts.

Anne nació en Honduras y actualmente es la única latina que se postula para un cargo estatal en Massachusetts. Obtuvo su doctorado en Derecho en la Facultad de Derecho de la Universidad de Suffolk y es concejala en Wayland, Massachusetts.

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NOTICE OF PUBLIC HEARING FISCAL YEAR 2026- PROPERTY TAX CLASSIFICATION DOC. 421/25

In accordance with Chapter 40, Section 56, and other applicable provisions of the Massachusetts General Laws, notice is hereby given that the City Council will hold a Public Hearing on Tuesday, November 18, 2025, at the South Lawrence East School Auditorium, 165 Crawford Street, Lawrence MA at 7:00 p.m. The purpose of said hearing is to gather testimony, information, and public input concerning the proposed approval of a split tax rate which shifts the tax burden between Residential Properties and Commercial, Industrial, and Personal Property Classes for FY 2026 in order to establish the residential and commercial tax rate for the City of Lawrence, Lawrence Massachusetts.

Interested taxpayers are encouraged to present information by appearing at the public hearing. Written comments and information may be submitted on this matter. Please forward any written comments to the Office of the City Clerk, 200 Common Street, Room 107, Lawrence, MA 01840 on or before 5:00 pm on Tuesday, November 18, 2025.

Persons wishing to be heard on this matter will be afforded the opportunity.

Attest: Eileen Bernal, City Clerk

BrightBridge Credit Union Announces Steward Sponsorship of Groundwork Lawrence's Annual Glow Gala



From left / Desde la izquierda: Groundwork Lawrence Green Team member Derek Marroquin, Groundwork Lawrence Executive Director Lesly Melendez, Anthony Marino, Groundwork Lawrence Director of Development Megan Davis and Green Team member Exzaydian Colon.

(Cont. on page 5)

Nuevo curso gratuito en español ayuda a padres a entender el sistema educativo K-12 en Estados Unidos

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New Free Course in Spanish Helps Parents Understand the K-12 Education System in the United States

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Brensley se une a DiZoglio para obligar a la Legislatura a ser auditada

Anne Brensley, candidata republicana a vicegobernadora, presentó una demanda en el Tribunal Superior de Middlesex contra el presidente de la Cámara de Representantes, Ron Mariano, y la presidenta del Senado, Karen Spilka, por negarse a cumplir con una ley aprobada por una abrumadora mayoría de los votantes de Massachusetts que exige que la Legislatura estatal sea auditada por el Auditor del Estado.

La consulta popular sobre la auditoría fue aprobada con más de 2.3 millones de votos a favor (71.6%). Más de un año después, la dirección de Beacon Hill ha desafiado la ley y se ha negado a entregar los registros necesarios para la auditoría.

La demanda de Brensley busca una sentencia declaratoria y un mandamiento judicial que obligue al cumplimiento del Capítulo 11, Sección 12 de las Leyes Generales de Massachusetts (M.G.L. c. 11 §

12). Se trata, además, del primer caso con legitimidad jurídica clara, ya que Brensley es contribuyente de Massachusetts y candidata a un cargo estatal, lo que le otorga un interés directo y particular en virtud de la ley.

“Esto no se trata de partidismo, sino del estado de derecho”, declaró Brensley. “El pueblo de Massachusetts exigió transparencia, y la dirigencia de Beacon Hill optó por la desobediencia. Eso es inaceptable en una democracia.”

La demanda solicita al tribunal que:

- Declare que la Regla 85A de la Cámara de Representantes no cumple con la ley.

- Confirme que la Auditora Estatal, Diana DiZoglio, está legalmente autorizada para auditar a la Legislatura.

- Ordene a la Legislatura que cumpla con la ley en un plazo de 30 días.

Brensley joins forces with DiZoglio to force the audit on the Legislature

Anne Brensley, Republican candidate for Lieutenant Governor, has filed a lawsuit in Middlesex Superior Court against Speaker Ron Mariano and Senate President Karen Spilka for refusing to comply with a law passed overwhelmingly by Massachusetts voters requiring the State Legislature to be audited by the State Auditor.

The audit ballot question passed with more than 2.3 million votes (71.6%) in favor. Over a year later, Beacon Hill leadership has defied the law and refused to release the records necessary for the audit.

Brensley's lawsuit seeks a declaratory judgment and writ of mandamus compelling compliance with M.G.L. c. 11 § 12. It's also the

first case with clear legal standing, as Brensley is both a Massachusetts taxpayer and a candidate for statewide office, giving her a direct, particularized interest under the law.

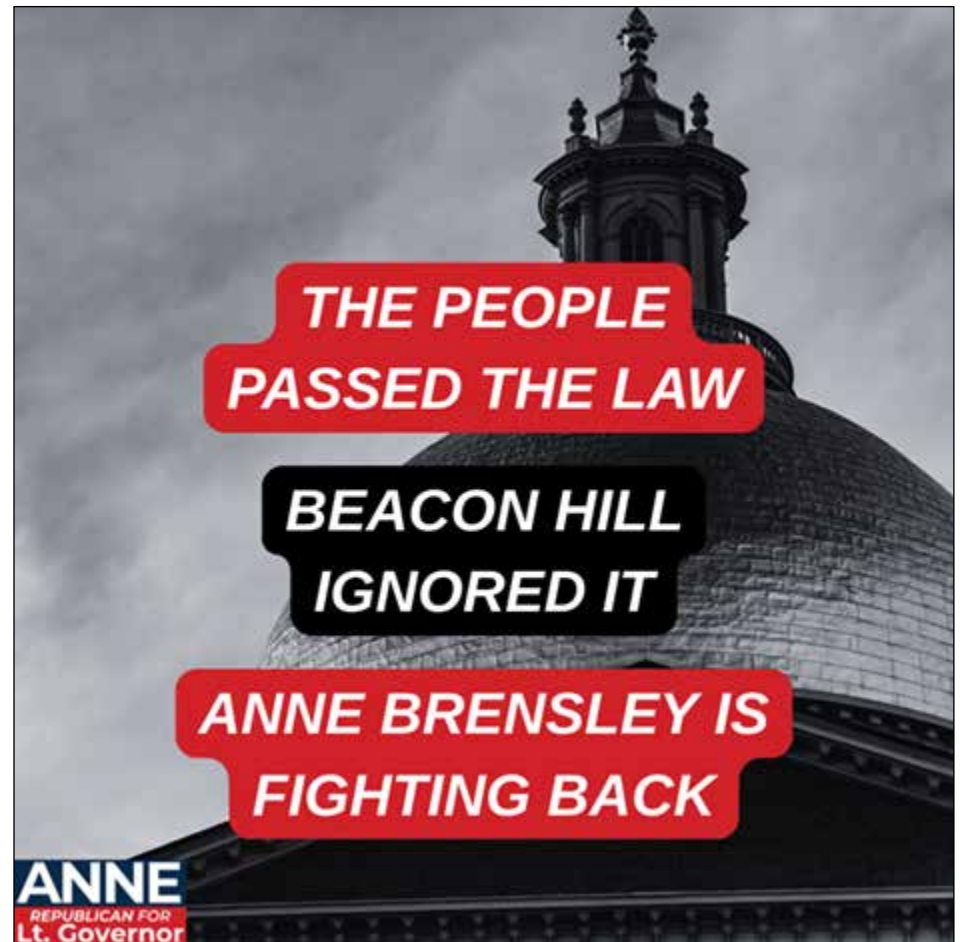
“This isn't about partisanship, it's about the rule of law,” Brensley said. “The people of Massachusetts demanded transparency, and Beacon Hill leadership chose defiance. That's unacceptable in a democracy.”

The complaint asks the court to:

- Declare that House Rule 85A does not satisfy the statute.

- Confirm that State Auditor Diana DiZoglio is lawfully authorized to audit the Legislature.

- Order the Legislature to comply within 30 days.



On November 5, 2024, over 2.3 million Massachusetts voters (71.6%) approved Ballot Question 1, "A Law Expressly Authorizing the Auditor to Audit the Legislature." This overwhelming mandate gave the State Auditor the clear authority to audit the accounts, programs, and activities of the Massachusetts Legislature.

The law became effective on December 5, 2024. Yet, nearly a year later, House Speaker Ron Mariano and Senate President Karen Spilka have refused to comply with the law and provide the State Auditor with the documents and materials needed to conduct the audit.

El 5 de noviembre de 2024, más de 2.3 millones de votantes de Massachusetts (71.6%) aprobaron la Pregunta 1 de la boleta electoral, "Ley que autoriza expresamente al Auditor a auditar la Legislatura". Este mandato abrumador otorgó al Auditor del Estado la autoridad expresa para auditar las cuentas, los programas y las actividades de la Legislatura de Massachusetts.

La ley entró en vigor el 5 de diciembre de 2024. Sin embargo, casi un año después, el Presidente de la Cámara de Representantes, Ron Mariano, y la Presidenta del Senado, Karen Spilka, se han negado a cumplir con la ley y a proporcionar al Auditor del Estado los documentos y materiales necesarios para realizar la auditoría.

The People Spoke. Beacon Hill Ignored Them.

Senate President Spilka has claimed the Legislature already audits itself, that the current State Auditor has "political motives," and that she's disqualified because she was once a member of the Legislature. None of these excuses hold legal water.

"Voters spoke loud and clear — they want transparency on how their tax dollars are spent. Nearly a year later, legislative leaders have ignored that mandate and refused to comply with the law. This isn't about politics — it's about accountability to the people."

— Anne Brensley

El pueblo habló. El Congreso ignoró su voz.

La Presidenta del Senado, Spilka, ha afirmado que la Legislatura ya se audita a sí misma, que la actual Auditora del Estado tiene "motivaciones políticas" y que está inhabilitada por haber sido miembro de la Legislatura. Ninguna de estas excusas tiene fundamento legal.

Los votantes se expresaron con claridad: exigen transparencia sobre cómo se gastan sus impuestos. Casi un año después, los líderes legislativos han ignorado ese mandato y se han negado a cumplir la ley. Esto no es política, es rendición de cuentas ante el pueblo.

— Anne Brensley

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"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Rosalynn Carter

Desde Mi Esquina

POR DALIA DÍAZ
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From My Corner

BY DALIA DÍAZ
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¡Tanto que decir y tan poco tiempo!

Varios amigos bien intencionados me han aconsejado que escriba menos porque mis artículos tienden a ser demasiado largos. Eso me resulta muy difícil, ya que tengo tantas cosas en la cabeza que mi única oportunidad de expresarlas es a través de estas páginas, pero prometo que intentaré hacerlo mejor y más breve.

Ahora mismo, se me ocurren varios temas (los resultados electorales, el asunto del LRA y los Premios a la Imagen Hispana, entre otros), pero dejaré este último para el final porque sin duda me subirá la presión.

Resultados electorales

El alcalde Brian DePeña fue reelegido para un segundo mandato y, para sorpresa de muchos votantes, Juan "Manny" González le dio una dura batalla. Es un buen hombre, respetable y fiel a esta comunidad, pero el comportamiento de algunas personas en ambas campañas fue vergonzoso. Fue tan grave que evité por completo las redes sociales porque me avergonzaban los ataques e insultos que se daban en ambos sentidos.

Al final, Brian y Manny seguirán trabajando para la ciudad y llevándose bien, mientras que muchas amistades se fragmentarán durante mucho tiempo.

Autoridad de Reurbanización de Lawrence (LRA)

Ahora que ha terminado, la batalla con la Autoridad de Reurbanización de Lawrence (LRA) cobra mayor relevancia. Llevo un par de años escribiendo sobre esta organización, que se está volviendo cada vez más agresiva y firme. Ahora, el LRA ha demandado a la ciudad, exigiendo la adquisición de numerosas propiedades valoradas en varios millones de dólares.

Les recomiendo leer el artículo de Sarah Pérez Márquez en la página 8. Independientemente de si les cae mal Sarah o no están de acuerdo con sus tácticas, les pido que mantengan una mente abierta y analicen lo que dice. Ella va por buen camino, porque Lawrence —y sus residentes— se verán perjudicados o beneficiados por lo que suceda.

Gala de Imagen Hispana

La mayoría de los asistentes a esa farsa no se percataron del desorden, la falta de coordinación y las sandeces de la velada, presidida por Yudith Álvarez. Más allá del brillo y la elegancia,

se comportaron como novatos que nunca habían organizado un evento de esa magnitud. Hispanic Image lleva varios años ofreciendo capacitación y seminarios para mujeres empresarias. Organizan eventos, desayunos y oportunidades para que las mujeres aprendan unas de otras, gracias a las membresías y donaciones; luego, una vez al año, se reúnen para esta gala de premios.

La entrada a este evento costaba \$250 por persona, lo que incluía una buena comida, oradores inspiradores, la presentación de las nominadas en cada categoría y, por supuesto, la de las ganadoras. Usé una palabra fuerte a propósito al decir que fue una "farsa", porque nunca se mencionó a las nominadas. No había programa disponible, las ganadoras fueron preseleccionadas y, aunque su sitio web dice: "Apoyando y empoderando a las mujeres en el Valle de Merrimack", las mujeres provenían de todas partes, incluyendo una bailarina de Nueva York que ahora vive en Los Ángeles.

La presentadora mencionó a algunos políticos presentes, pero ignoró a otros. El video, que consistía de breves entrevistas con las asistentes, carecía de subtítulos con los nombres de las oradoras; otros solo tenían su profesión, sin ninguna identificación.

Luego, durante la cena, con un toque de clase baja, una mujer tomó una bolsa con un frasco de vidrio que contenía galletas saladas y una poción casera, y la pasó entre las mesas con su tarjeta de presentación, insistiendo en que los huéspedes la probaran.

Por suerte para el hotel y para Yudith, nadie se enfermó, o la demanda habría sido inminente, además de la prohibición total de entrada en el futuro al lugar. Por eso los hoteles no permiten que se lleven alimentos ni bebidas a eventos con servicio de catering: ellos son responsables de la calidad.

Ya les comenté que operan gracias a donaciones. Pues bien, Hispanic Image no está registrada como organización benéfica, y cualquiera que haya pensado que sus contribuciones son deducibles de impuestos debería reconsiderarlo.

Mientras Yudith Álvarez cobre por sus sesiones de capacitación como empresa, nadie lo cuestionará. Pero en el momento en que pide donaciones sin especificar que no tienen un número 501(c)3, se convierte en una estafadora que utiliza un lenguaje engañoso que podría meterla en problemas.

So much to say; so little time!

Several well-meaning friends have advised me to write less because my articles tend to be too long. That is very difficult for me because there are so many things inside my head that my only chance to let it all out is through these pages, but I promise that I will try to do better – and shorter.

Right now, I can think of various subjects (election results, the LRA issue, and the Hispanic Image Awards, among others), but I'll leave that one for last because my blood pressure will undoubtedly rise.

Elections results

Mayor Brian DePeña was re-elected to a second term, and to the surprise of many voters, Juan "Manny" González gave him a good battle. He is a good man, respectable and faithful to this community, but the behavior of some people in both campaigns was shameful. It was so bad that I avoided all social media because I was embarrassed by the attacks and insults going on both ways.

In the end, Brian and Manny will continue working for the City and getting along, while many friendships will be fractured for a long time.

Lawrence Redevelopment Authority (LRA)

Now that it is over, the battle with the Lawrence Redevelopment Authority (LRA) gets more attention. For a couple of years, I have been writing about this organization and is getting more aggressive and assertive with time. Now, the LRA is taking the City to court, demanding the acquisition of numerous properties valued at several million dollars.

I recommend that you read Sarah Pérez Márquez's article on page 9. Whether you dislike Sarah or disagree with her tactics, please keep an open mind, assessing what she says. She's on the right track because Lawrence – and its residents – will be hurt or benefited by what happens.

Hispanic Image Gala

Most people attending that farce did not notice the disarray, lack of coordination, and absurdities of the evening headed by its president Yudith Alvarez. Besides glare and elegance, they behaved like novices who had never organized something like that before.

Hispanic Image has been in operation for a few years, offering training and seminars for women in business. They hold events, breakfasts, and opportunities for women to learn from each other, operating through memberships and donations; then, once a year, they gather for this gala awards night.

Admission to this event was \$250 per person, which included a good meal, inspirational speakers, finding out who the nominees were in each category, and, of course, who would win. I purposely used a strong word when I said it was a "farce" because the nominees were never mentioned. There was no program listing available, the winners were pre-selected, and although their website says, "Supporting and elevating women in the Merrimack Valley," the women came from everywhere, including a dancer from New York, now living in Los Angeles.

The host mentioned some politicians in attendance while ignoring others. The video produced with brief interviews among attendees, lacked captions with the speakers' names; others had only their professions with no identification.

Then, during dinner, giving it a bit of low class, a certain woman grabbed a lunch bag containing a Mason jar with soda crackers and a potion she makes at home, passing it around the tables with her business card, insisting that guests try it.

Lucky for the hotel and for Yudith that no one got sick from it, or the lawsuit would be forthcoming, along with total banishment from the location in the future. That's why hotels don't allow food or beverages to be brought to a catered event: they are responsible for the quality.

You heard me mention that they operate through donations. Well, Hispanic Image is not registered as a charitable organization, and anyone who may have thought your contributions are tax-deductible should think again.

As long as Yudith Alvarez charges for her training sessions as a business, no one would question it. But the moment she asks for donations without specifying that they don't have a 501(c)3 number, she becomes a con artist using predatory language that could get her in trouble.

"Keep your face always toward the sunshine - and shadows will fall behind you."

Walt Whitman

Busque a Rumbo en su página de Facebook

Nuevo curso gratuito en español ayuda a padres a entender el sistema educativo K-12 en Estados Unidos

Aunque el 73 % de los padres hispanos consideró cambiar de escuela el año pasado, muchos aún desconocen cómo navegar el sistema K-12.



Por Lucía Matamoros, Directora de Comunicación
lucia@schoolchoiceweek.com

Miles de familias hispanas en Estados Unidos están tomando decisiones educativas más activas que nunca, pero todavía enfrentan barreras de información. Para responder a esa necesidad, Conoce tus Opciones Escolares, programa de la National School Choice Awareness Foundation (NSCAF), lanzó el Curso Avanzado de Educación K-12 para padres, un curso gratuito en español que explica de forma práctica y sencilla cómo funciona el sistema educativo y cuáles son las opciones disponibles para las familias hispanas.

El lanzamiento coincide con una tendencia creciente: según una encuesta nacional realizada por National School Choice Awareness Foundation en junio de 2025, casi tres de cada cuatro padres hispanos (73 %) consideraron un cambio de escuela el año pasado, y más de la mitad planea hacerlo otra vez este año. Las razones van desde mudanzas y transiciones académicas hasta la búsqueda de entornos educativos más adecuados. Organizado en cuatro módulos, el curso responde a las preguntas más comunes de los padres hispanos:

- ¿Qué significa K-12 y cómo funciona el sistema escolar en Estados Unidos?
- ¿Qué tipos de escuelas existen y cómo elegir la mejor opción para la familia?
- ¿Qué documentos se necesitan para inscribir a los hijos?

- ¿Qué hacer si se necesita cambiar de escuela o acceder a apoyos adicionales?

“Este curso nació de una necesidad que escuchamos todos los días: padres que quieren involucrarse más, pero no saben por dónde empezar”, afirmó Krissia Campos Spivey, directora senior de Conoce tus Opciones Escolares. “La educación de los hijos no debería ser un proceso confuso, y este recurso busca que cada familia hispana tenga acceso a la información que necesita en su propio idioma.”

El curso está disponible de forma gratuita y completamente en español. Los padres pueden inscribirse y avanzar a su propio ritmo en: <https://curso.opcionesescolares.com/offers/kUF2Gj4z/checkout>

Más información sobre el contenido del curso en: <https://opcioneseescolares.com/curso>

National School Choice Awareness Foundation (NSCAF) promueve un conocimiento amplio y positivo sobre las opciones escolares a través de dos programas benéficos: la organización de la National School Choice Week cada mes de enero y la investigación, desarrollo y difusión de recursos completos e imparciales para que los padres puedan navegar el sistema educativo mediante Navigate School Choice y Conoce tus Opciones Escolares. NSCAF no apoya ni se opone a la legislación en ningún nivel de gobierno y se mantiene firmemente no partidista y no política.

New Free Course in Spanish Helps Parents Understand the K-12 Education System in the United States

Although 73% of Hispanic parents considered changing schools last year, many still don't know how to navigate the K-12 system.

By Lucía Matamoros, Communications Director
lucia@schoolchoiceweek.com

Thousands of Hispanic families in the United States are making more active educational decisions than ever before, but they still face information barriers. To address this need, Know Your School Options, a program of the National School Choice Awareness Foundation (NSCAF), launched the Advanced K-12 Education Course for Parents, a free course in Spanish that explains in a practical and simple way how the education system works and what options are available to Hispanic families.

The launch coincides with a growing trend: according to a national survey conducted by the National School Choice Awareness Foundation in June 2025, nearly three out of four Hispanic parents (73%) considered changing schools last year, and more than half plan to do so again this year. The reasons range from relocations and academic transitions to the search for more suitable educational environments.

Organized into four modules, the course answers the most common questions from Hispanic parents:

- What does K-12 mean and how does the school system work in the United States?
- What types of schools are there and how do you choose the best option for your family?
- What documents are needed to enroll your children?

- What should you do if you need to change schools or access additional support?

“This course was born out of a need we hear about every day: parents who want to be more involved but don't know where to start,” said Krissia Campos Spivey, senior director of Know Your School Options. “Children's education shouldn't be a confusing process, and this resource aims to ensure that every Hispanic family has access to the information they need in their own language.”

The course is available free of charge and entirely in Spanish. Parents can enroll and progress at their own pace at: <https://curso.opcionesescolares.com/offers/kUF2Gj4z/checkout>

More information about the course content is available at: <https://opcioneseescolares.com/curso>

The National School Choice Awareness Foundation (NSCAF) promotes broad and positive awareness of school choices through two charitable programs: organizing National School Choice Week every January and researching, developing, and disseminating comprehensive and unbiased resources to help parents navigate the education system through Navigate School Choice and Know Your School Choices. NSCAF neither supports nor opposes legislation at any level of government and remains firmly nonpartisan and nonpolitical.

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"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Rosalynn Carter

BrightBridge Credit Union anuncia su patrocinio principal de la Gala Glow anual de Groundwork Lawrence

BrightBridge Credit Union (BrightBridge) se enorgullece en anunciar su patrocinio principal de la Gala Glow 2025 de Groundwork Lawrence, que se celebrará el jueves 20 de noviembre de 2025. Esta alianza, que incluye una donación de \$5,000, refleja el firme compromiso de BrightBridge con el fortalecimiento de las organizaciones comunitarias en todo el Valle de Merrimack y más allá.

Groundwork Lawrence, una organización sin fines de lucro fundada en 1999, ha logrado avances significativos en la transformación de Lawrence y las comunidades aledañas a través de la gestión ambiental, programas de justicia alimentaria, capacitación laboral y desarrollo comunitario impulsado por los residentes. Anthony Marino, vicepresidente sénior y director de cultura de BrightBridge, ha sido miembro de la junta directiva de Groundwork Lawrence durante casi 12 años. Al preguntarle qué distingue a esta organización, Marino habló sobre las personas que la conforman.

“Hay muchos aspectos que hacen especial a esta organización, pero, sobre todo, son las personas excepcionales que la conforman: desde los miembros de la junta directiva hasta el personal, nuestros dedicados voluntarios y el Equipo Verde, jóvenes que contratamos cada año para impulsar programas educativos en todo Lawrence”, dijo Marino. “Todos están sumamente comprometidos y participan

activamente ofreciendo su ayuda y apoyo en todo lo relacionado con la organización... Es una organización verdaderamente extraordinaria”.

La Gala Glow reunirá a líderes empresariales, socios filantrópicos, líderes comunitarios y residentes para celebrar los logros de Groundwork Lawrence y movilizar recursos para el próximo año.

El patrocinio de BrightBridge se alinea con la misión de la cooperativa de crédito de impulsar a las organizaciones locales que generan cambios positivos en nuestras comunidades. Además de las contribuciones monetarias, la cooperativa de crédito anima a sus empleados a participar activamente en nuestras comunidades a través del voluntariado.

“Nuestra intención como cooperativa de crédito es apoyar a las comunidades a las que servimos, más allá de simplemente brindar servicios financieros”, afirmó Marino. La misión y las operaciones de Groundwork Lawrence se basan en la premisa de que las condiciones ambientales están intrínsecamente ligadas a la economía y la salud de un vecindario, y sus proyectos contribuyen a transformar las comunidades locales. Al apoyar con orgullo a Groundwork Lawrence, BrightBridge puede brindar la ayuda necesaria para cambiar la vida de las personas.

Para obtener más información sobre las iniciativas comunitarias de BrightBridge, visite www.brightbridge.com/news.

BrightBridge Credit Union Announces Steward Sponsorship of Groundwork Lawrence's Annual Glow Gala

BrightBridge Credit Union (BrightBridge) is honored to announce its Steward sponsorship of Groundwork Lawrence's 2025 Glow Gala, set to take place on Thursday, Nov. 20, 2025. This partnership, which includes a donation of \$5,000, reflects BrightBridge's deep commitment to bolstering community-based organizations across the Merrimack Valley and beyond.

Groundwork Lawrence, a nonprofit that was founded in 1999, has made measurable strides in transforming Lawrence and the surrounding communities through environmental stewardship, food-justice programs, workforce training and resident-driven community development. BrightBridge's Senior Vice President & Chief Culture Officer Anthony Marino has been a member of Groundwork Lawrence's Board of Directors for nearly 12 years. When asked about what sets this organization apart, Marino spoke about the people behind the nonprofit.

“There are a number of things that make this organization special, but most importantly, it's the special people who are involved, from the board members to staff, our devoted volunteers and the Green Team, who are young people we hire each year to help drive education programs throughout Lawrence,” Marino said. “Everyone is extremely committed

and active in offering their help and support for anything related to the organization...It's a truly extraordinary organization.”

The Glow Gala will bring together business leaders, philanthropic partners, community champions and residents to celebrate Groundwork Lawrence's accomplishments and mobilize resources for the year ahead.

BrightBridge's sponsorship aligns with the credit union's mission of elevating local organizations that drive positive changes within our communities. In addition to monetary contributions, the credit union encourages team members to engage with our communities through volunteerism.

“Our intent as a credit union is to support the communities we serve, beyond just providing financial services,” said Marino. “Groundwork Lawrence's mission and operations are premised on the understanding that environmental conditions are inextricably linked to the economic and health of a neighborhood, and their projects help transform local communities. By proudly supporting Groundwork Lawrence, BrightBridge can provide the kind of help that can change people's lives.”

To learn more about BrightBridge's community efforts, visit www.brightbridge.com/news.



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A couple of days ago, we wrapped up our film festival/screening tour on Bailando. We had a conversation about when we'd release this film, and well, here we are.

My chest feels heavy as I think about it. Maybe it's cause I've held on to this film for so long and now it's out and about, something I always knew would happen, but now, as you're reading this hope this comes to you as

a nice surprise.

I owe a lot more words than this, and at some point, I will say more, but for now, I hope you enjoy this film. Share it with your parents, share it with your friends, with your crushes, and with anyone who appreciates a film like this. I hope you have fun watching this.

Thank you for all the support. More to come soon.

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Four from volleyball recognized with All-Region honors



Cherly Brito Rosario



Crismary DeLeon

Haverhill, MA (November 10, 2025) – Four members of the Northern Essex Community College women’s volleyball team were recognized with All-Regions honors as voted on by the region coaches. The four honorees were highlighted by Cherly Brito Rosario (Lawrence) being named to the All-Region First Team.

BritoRosario was joined by three of her teammates who earned Honorable Mention recognition in Faith Martin (Billerica), Santa DeLeon (Lawrence) and Rachelle Torres (Lawrence).

For Brito Rosario, its her second all-region selections as she earned second team honors a season ago. This season she led the team with 173 kills on the season which ranked as fourth best in the region for total kills and averaged 2.58 kills per set. She also led the team in Service aces with 58 and digs with 215.

The trio of first year honorable mention selections helped lead the Knights back to the post-season for an eighth consecutive season before falling in the semi-finals.

Torres was the team leader in assists with 254 as she and Brito Rosario shared the setting duties for the Knights. She also contributed 53 service aces to go along with 150 digs. DeLeon contributed 129 kills which finished second on the team in that category and also had 163 digs. Martin rounds out the honorees with as she served up 48 aces, while contributing 118 digs and 77 kills on the season.

The Knights finished the season with a 12-8 overall record under the direction of first year head coach Yemayma Molin.

(More NECC Sport news on page 12)

Keeping Pet Families Together

Imagine the heartbreak of this impossible choice: your home or your beloved pet.

So far this year, 2,917 cats and dogs have been surrendered to MSPCA-Angell shelters — a 26.5% increase over the same period last year. Of those surrenders, 36% of owners cited housing-related problems as the cause.

Less than 10% of rentals in Massachusetts are truly pet-inclusive, meaning they have no restrictions based on breed, size, or other factors. Make no mistake: this is one of the top threats to pets in Massachusetts.

That’s why we’re launching a new campaign to face this threat head-on: Action for Pet-Inclusive Housing, which is designed to increase housing choice through policy change and partnerships with housing providers across Massachusetts.

Under this new initiative, we will:

- Seek new partnerships with local housing authorities, developers, property managers, and local governments to make sure pet families won't be left behind
- Collaborate to implement pet policies with positive outcomes for tenants, landlords, and management across all forms of housing — from public, senior, and affordable to the open market
- Work to make sure people can keep their beloved companions with them in domestic violence shelters and safe temporary housing
- Create and advance strategies to

prohibit homeowners’ insurers from discriminating based on breed

To do all this, we’ve hired Jamie Blackburn, the MSPCA-Angell’s first-ever Housing Policy Specialist. With more than 15 years of experience in the nonprofit sector, specializing in health and housing policy at both the state and federal levels, her sole focus will be addressing this crisis once and for all — and making sure that pets aren't forgotten.

Something that makes the MSPCA-Angell such a powerhouse in the animal welfare space is our systems-based approach — this belief that everything is interconnected. That's why to keep pet families together, we're tackling the housing crisis at its very root.

I'm so grateful like-minded supporters like you stand alongside us as we create a better world for pets and their families.

Thanks for caring,

Mike Keiley
Vice President
Animal Protection Division

P.S. As Massachusetts addresses the ongoing housing crisis, it's our job to make sure pet families aren't left behind. Stay up to date on our new initiative at mspca.org/housing.

PUBLIC NOTICE

Haverhill –Thursday, November 20, 2025 – Meeting (public)

The Merrimack Valley Planning Commission Regional Resource Center Inc. will hold a meeting on Thursday, November 20, 2025 at 12:30 p.m. to address space concerns at the MVPC offices.

The agenda is available at the MVPC website www.mvpc.org. For questions or details of this meeting contact Jodie Furey at jfurey@mvpc.org



PUBLIC NOTICE

December 3 @ 6:30 pm - 8:00 pm

CTI Board Meeting (November/December Combined)

Marjorie McDermott Board Room 155 Merrimack Street – 2nd Floor, Lowell, MA

Full Board Meetings are open to public (RSVP sruas@commteam.org to virtually attend)

Full Board Meetings take place on Wednesday evenings beginning at 6:30 P.M.



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La Demanda Judicial: LRA vs. Ciudad de Lawrence

Cuando falla la transparencia, recurren a los tribunales.

Por Sarah B. Perez Marquez

Título del caso: Lawrence Redevelopment Authority vs. City Of Lawrence
Tribunal: Corte Superior del Condado de Essex
Número de caso: 2577CV01233
Tipo de caso: Remedios Equitativos / Juicio Declaratorio
Ley invocada: Ley General de Massachusetts, Capítulo 231A
Fecha de presentación: 6 de noviembre de 2025
Demandante: Lawrence Redevelopment Authority (LRA)
Demandado: Ciudad de Lawrence
Abogado del LRA: Brian Thomas Corrigan, Esq.

Qué Busca Realmente el LRA

El LRA presentó un Juicio Declaratorio, un mecanismo legal que se utiliza cuando una parte pide a un juez que “declare” o “aclare” quién tiene autoridad o derechos de propiedad.

En palabras simples, el LRA le está pidiendo al tribunal que le otorgue autoridad o control sobre las propiedades que pertenecen a la ciudad, sin requerir la aprobación del Concejo Municipal de Lawrence.

Esta demanda no es sobre dinero, es sobre poder.

El LRA busca convertir su control sobre los terrenos públicos en una realidad legal, eludiendo el proceso democrático. Es un movimiento calculado para transferir el control de la propiedad y del desarrollo urbano de los funcionarios electos —que responden al pueblo— a una junta nombrada que opera a puerta cerrada.

Bajo el Capítulo 231A, acciones declaratorias como esta se utilizan con frecuencia cuando las agencias desean evitar supervisión o consolidar poder mediante una validación judicial.

Eso es precisamente lo que representa esta presentación: un atajo legal para apoderarse del poder que no se pudo obtener por medios transparentes o legales.

Cronología de los Hechos

6 de noviembre de 2025: El LRA presenta electrónicamente la demanda.

7 de noviembre de 2025: El caso se ingresa oficialmente en el registro judicial y se asigna al “Track A”.

6 de marzo de 2026: Fecha límite para que la Ciudad presente su respuesta formal.

2027–2028: Fase de descubrimiento y posible período de juicio.

La cronología confirma que esta

no es una demanda simbólica, sino el inicio de una larga batalla legal cuyo objetivo es transferir la propiedad de los bienes públicos.

Todo lo que Advertí

Durante meses, advertí que bajo la dirección del Director Ejecutivo Octavien Spanner, el LRA ha operado sin transparencia, usando RFPs incompletos, correos institucionales municipales y direcciones que no pertenecen a la agencia, además de hacer declaraciones falsas sobre la propiedad de los terrenos.

Repetí una y otra vez que su objetivo era obtener control total de las propiedades municipales — estacionamientos, edificios abandonados, terrenos de desarrollo— sin supervisión pública.

Cuando lo dije, muchos me llamaron loca, llena de odio y obsesionada.

Pero ahora, la demanda lo demuestra: El LRA está demandando a la propia Ciudad para obtener esos poderes mediante un fallo judicial.

La Campaña de Difamación

Pocos días antes de que se presentara esta demanda, el alcalde Brian DePeña lanzó una campaña pública de difamación en mi contra a través de un comunicado oficial emitido desde el Ayuntamiento el 3 de noviembre de 2025.

Usando recursos públicos, correos electrónicos municipales y el sello oficial de la Ciudad de Lawrence, el alcalde me acusó de: “Una campaña calculada de represalias y desinformación,”... “Motivaciones personales,” y hasta hizo referencia a asuntos familiares privados que no tienen nada que ver con el gobierno municipal.

No fue una simple declaración: fue difamación disfrazada de autoridad gubernamental. Usaron canales financiados por los contribuyentes para atacar a una ciudadana privada que se atrevió a denunciar corrupción y abuso de poder.

Eso no es transparencia. Eso es represalia.

La Carta de “Cease and Desist” (Cese y Desista)

Semanas antes, el 17 de octubre de 2025, recibí una carta de “Cease and Desist” del abogado Richard D’Agostino, en representación del alcalde Brian DePeña.

La carta me exigía dejar de hablar públicamente sobre el alcalde y amenazaba con acciones legales

por supuesta difamación y decía lo siguiente: “This correspondence serves as a formal demand that you immediately cease and desist from all such conduct.”

Esto fue un intento claro de silenciarme —una táctica de intimidación legal diseñada para frenar mi defensa pública, mi documentación y mis llamados a la rendición de cuentas.

Intentaron callarme con miedo, y cuando eso falló, me difamaron públicamente, y ahora el LRA está en los tribunales intentando apropiarse de las propiedades de la ciudad.

Conectando los Puntos

Estos tres hechos no son aislados. Forman parte de una misma estrategia coordinada:

La carta de “Cease and Desist” — para silenciar mi voz.

El comunicado del alcalde — para destruir mi credibilidad.

La demanda del LRA — para asegurar legalmente el control de los bienes de la ciudad.

Los mismos actores aparecen en los tres: El alcalde Brian DePeña, Octavien Spanner y su círculo cercano dentro del LRA.

Sus acciones reflejan una intención clara —no de reconstruir Lawrence para su gente, sino de concentrar el control de los terrenos públicos y del

poder de decisión en manos de unos pocos.

Me llamaron loca. Dijeron que estaba enojada. Pero yo estaba advirtiéndoles. Esto nunca fue por odio — fue por amor a mi ciudad.

Cada paso que han tomado confirma lo que siempre he dicho.

Están intentando silenciar las voces disidentes, desacreditar la verdad, y apropiarse de las propiedades públicas de Lawrence mediante la intimidación y la manipulación.

Los documentos, fechas y registros judiciales hablan más fuerte que cualquiera de sus mentiras.

Conclusión

La carta de “Cease and Desist”, el comunicado difamatorio del alcalde, y ahora la demanda del LRA forman un mismo relato: un gobierno que no tolera la transparencia y que toma represalias contra quienes la exigen.

Lo que el LRA busca en los tribunales no es aclaración — es control.

Lo que el alcalde busca en los medios no es verdad — es distracción.

Pero la verdad ya está documentada, archivada y es pública.

Y como he dicho desde el principio — esta lucha no es personal. Es por Lawrence, por su gente y por el derecho a proteger lo que nos pertenece a todos.



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The Lawsuit: LRA vs. City of Lawrence

When transparency fails, they turn to the courts.

By Sarah B. Perez Marquez

Case Summary

Case Title: Lawrence Redevelopment Authority vs. City of Lawrence
 Court: Essex County Superior Court
 Case Number: 2577CV01233
 Case Type: Equitable Remedies / Declaratory Judgment
 Statute Invoked: Massachusetts General Laws, Chapter 231A
 Filed: November 6, 2025
 Status: Open
 Plaintiff: Lawrence Redevelopment Authority (LRA)
 Defendant: City of Lawrence
 Attorney for LRA: Brian Thomas Corrigan, Esq.

What the LRA Is Really Seeking

The LRA filed a Declaratory Judgment, a legal mechanism used when one party asks a judge to “declare” or “clarify” who has legal authority or ownership rights.

In plain terms, the LRA is asking the court to give it authority or control over city-owned properties — without requiring the Lawrence City Council’s approval.

This lawsuit is not about money; it’s about power.

The LRA wants to turn its control over public land into a legal reality, bypassing the democratic process. It is a calculated move to shift property ownership and redevelopment control from elected officials — who answer to the people — to an appointed board that operates behind closed doors.

Under Chapter 231A, declaratory actions like this are often used when agencies want to avoid oversight or solidify control through judicial validation.

That is exactly what this filing represents: a legal shortcut to seize power that could not be gained through transparent or lawful means.

Timeline of Events

November 6, 2025: Complaint electronically filed by the LRA.

November 7, 2025: Case officially entered into the docket and assigned to Track A.

March 6, 2026: The City’s formal response is due.

2027–2028: Discovery phase and potential trial window.

The timeline confirms that this is not a symbolic filing — it’s the beginning of a long legal fight aimed at transferring ownership of public assets.

Everything I Warned About

For months, I have warned that under Executive Director Octavien Spanner, the LRA has operated without transparency, using incomplete RFPs, municipal emails, and addresses that don’t belong to the agency, and making false representations about property ownership.

I repeatedly said their goal was to gain total control of city properties — parking lots, abandoned buildings, redevelopment parcels — without public oversight.

When I said it, people called me crazy, hateful, and obsessed.

But now, the lawsuit proves it: The LRA is suing the City itself to take those powers through a court judgment.

The Defamation Campaign

Just days before this lawsuit was filed, Mayor Brian DePeña launched a public smear campaign against me through an official press release from City Hall on November 3, 2025.

Using public resources, city email accounts, and the official seal of the City of Lawrence, the Mayor accused me of: “A calculated campaign of retaliation and misinformation,” “Personal grievances,” and even referenced private family matter that had nothing to do with city business.

This was not an ordinary statement — it was defamation cloaked by government authority. It used taxpayer-funded communication channels to attack a private citizen who dared to question corruption and misuse of power.

That is not transparency. That is retaliation.

The Cease and Desist Letter

A few weeks earlier, on October 17, 2025, I received a Cease and Desist letter from attorney Richard D’Agostino, representing Mayor DePeña.

The letter demanded that I stop speaking publicly about the mayor and threatened potential legal action for alleged defamation. It stated: “This correspondence serves as a formal demand that you immediately cease and desist from all such conduct.”

This was a clear attempt to silence me — a legal intimidation tactic meant to stop my public advocacy, my documentation, and my calls for accountability.

They tried to silence me with fear, and when that failed, they defamed me publicly, and now the LRA is in court fighting to seize the city’s properties.

Connecting the Dots

These three events are not isolated. They are part of one coordinated strategy:

The Cease and Desist letter — to silence my voice.

The Mayor’s press release — to destroy my credibility.

The LRA lawsuit — to legally secure control of the city’s assets.

The same players appear in all three: Mayor Brian DePeña, Octavien Spanner, and their close network inside the LRA.

Their actions show a clear intention — not to redevelop Lawrence for its people, but to concentrate

control of public land and decision-making power into the hands of a few.

They called me crazy. They said I was angry. But I was warning them. This was never about hate — it was about love for my city.

Every step they have taken confirms what I’ve said all along.

They are trying to silence dissent, discredit truth, and take ownership of Lawrence’s public properties through intimidation and manipulation.

The documents, dates, and filings speak louder than any of their lies.

Conclusion

The Cease and Desist letter, the

defamatory press release, and now the LRA’s lawsuit form a single narrative: a government that cannot handle transparency, retaliating against those who expose it.

What the LRA seeks in court is not clarification — it’s control.

What the Mayor seeks in the media is not truth — it’s distraction.


But the truth is now documented, filed, and public.

And as I’ve said from the beginning — this fight is not personal. It’s for Lawrence, for its people, and for the right to protect what belongs to all of us.

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Cuida a tus peludos del frío: Best Friends Animal Society ofrece recomendaciones para esta temporada invernal

A medida que bajan las temperaturas en todo el país, les recordamos a los dueños de mascotas la importancia de mantener a sus compañeros peludos seguros, abrigados y fuera del peligro.



Con la llegada del clima invernal a gran parte del país, Best Friends Animal Society, una organización nacional líder dedicada a salvar las vidas de perros y gatos en los albergues de Estados Unidos y lograr que el país sea No-Kill, recuerda a los dueños de mascotas que las bajas temperaturas pueden representar un riesgo para sus fieles compañeros.

Para mantenerlos seguros, cálidos y cómodos durante toda la temporada, Best Friends comparte algunas recomendaciones prácticas:

- **Cuidado con el frío extremo:** Cuando el termómetro baja de los 20°F, los perros y gatos pueden sufrir hipotermia o congelación en pocos minutos. Limita el tiempo al aire libre a paseos cortos y procura que pasen la mayor parte del día dentro del hogar.

- **Abrígalos:** Los perros pequeños, mayores o de pelo corto pueden necesitar un suéter o abrigo para mantenerse calientes. Si tu perro empieza a temblar, levantar las patas o caminar más despacio, es momento de regresar a casa.

- **Protege sus patitas:** La sal y los productos químicos para derretir el hielo pueden irritar las almohadillas, mientras que el anticongelante es altamente tóxico. Usa productos aptos para mascotas, limpia sus patas al regresar del paseo y considera el uso de botitas.

- **Siempre con correa:** La nieve puede confundir a los animales y hacer que pierdan su rastro habitual. Mantenlos con correa y asegúrate de que su microchip y placas de identificación estén actualizados.

- **Antes de encender el auto:** Los gatos comunitarios suelen refugiarse cerca del motor para buscar calor. Da unos golpecitos al capó o toca la bocina antes de arrancar para evitar accidentes.

Además, si buscas una forma de llenar tu hogar de calidez este invierno, considera adoptar. Según los datos de Best Friends, si tan solo el 6 % de los siete millones de personas que planean adquirir una mascota este año optaran por adoptar en lugar de comprar, podríamos acabar con el sacrificio de perros y gatos en los albergues del país.

Para conocer mascotas disponibles para adopción o descubrir cómo puedes apoyar esta causa, visita salvaunamascota.org

Acerca de Best Friends Animal Society

Best Friends Animal Society es una organización líder en bienestar animal dedicada a salvar las vidas de perros y gatos en los albergues de Estados Unidos y a convertir al país en una nación No-Kill. Fundada en 1984, Best Friends opera programas y centros de salvamento en todo el país en colaboración con más de 5,500 albergues y grupos de rescate. Desde su sede en Kanab, Utah, administra el santuario No-Kill más grande del país, que cada año recibe a miles de visitantes. Best Friends mantiene la base de datos más completa sobre albergues animales en Estados Unidos y la pone a disposición del público para ayudar a las comunidades a entender las necesidades locales y cómo contribuir. La organización cree que cada perro y gato merece un hogar, y que trabajando juntos, podemos Save Them All® (Salvarlos a Todos®).



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Lawrence Holiday Party

Event Date: Saturday, December 6

Time: 2:30 p.m. - 5:00 p.m.

Location: Lawrence Corporate Office

500 Merrimack Street

Lawrence, MA 01843

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.

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Why Hispanic Heritage Month Matters to me as a Latina Educator and Leader

Por qué el Mes de la Herencia Hispana es importante para mí como educadora y líder latina

By/Por Andreina Croes, Head of School Grades 1 and 2 at Lawrence Family Development Charter School

For me, Hispanic Heritage Month is both a celebration and a reminder. It's a celebration of the people, traditions, and values that shaped me into the leader and educator I am today. It also serves as a reminder of the importance of creating spaces in schools where every student feels proud of who they are, and where they've come from. My Venezuelan heritage has influenced my approach to education and leadership in Lawrence.

Growing up, I was lucky to see first hand the power of education, and how it can change lives. My parents lived in New York City for almost a decade, working full-time while pursuing their degrees. My father became the first person to specialize in digital marketing for insurance companies in Venezuela. My grandmother immigrated to Venezuela from Costa Rica as a young girl, and was a huge advocate for her family's education. Two of her sisters founded two of the best schools in Falcon. On the other side of my family, my grandfather grew up with very limited resources, but moved to Caracas to pursue an education in Journalism. He became one of the most respected journalists in the country. Education has been more than a priority in my family. It is our legacy.

My teachers in Venezuela also shaped me. They showered me with love but never lowered their expectations. They pushed me, challenged me, and held me accountable because they believed in me. They had the perfect balance between care and rigor, and that balance is something I carry into my leadership today. I also learned from them the importance of warmth and connection. Latino and Hispanics are known for being welcoming, and my teachers always found ways to connect with my family so that I had a strong support system in and out of the classroom. That commitment to partnership is something I now strive to create with families in my school - Lawrence Family Development Charter School. I want families to feel that we are working together to support responsible and respectful children.

Being a Latina in leadership carries deep meaning for me. I understand the customs, traditions, and hardships that many Latino families face as immigrants. Having someone in leadership who not only speaks the same language but also shares similar cultural experiences opens many doors for connection. Parents often feel more confident advocating for their children when they know the person in front of them will truly understand where they are coming from. Representation matters because when students and families see leaders and staff who reflect their backgrounds, they see proof that their voices belong in every space, including positions of leadership.

At our school, Hispanic Heritage Month has become a joyful time of year. In the past, teachers have invited parents into classrooms to read aloud in their native language, we have held door decorating contests with Hispanic Heritage themes, and for Social Studies and Writing, students have researched Latinos who have made history. Staff members have also been invited to classrooms to share their stories and facts about their home country; last year, I had the privilege of talking to students about Venezuela, showing them pictures of my family, and answering questions they had on Venezuela and Venezuelan traditions.

While most of our students come from Dominican and Puerto Rican families, we also have students whose families are from Central and South America. When those students share their own culture and traditions, Dominican and Puerto Rican students often respond with excitement, saying, "That's me!" or "I do the same!" These moments help students see that, even though they or their families come from different Hispanic or Latino countries, they share similarities. This is why it is so important for schools to honor Hispanic heritage: students not only feel seen but also learn to celebrate both their differences and the similarities they share.

Throughout the year, we intentionally look for curricula and programs that reflect our students' identities. Teachers include students' names into math word problems, read stories that reflect their cultures, and plan family events to celebrate their heritage. For the past couple of years, our community has come together for a Culture Night organized by one of our student clubs, Change Makers. Families and students come together to learn about other countries, try traditional food, and see traditional dances and performances. Events like these ensure that culture and heritage are uplifted not only for a month but throughout the entire year.

These practices show students that they are always loved, valued, and appreciated. My hope is that they leave our school knowing that their heritage is an asset and that they carry within them the ability to achieve anything they set their minds to.

My heritage gives me a unique perspective that I use in my role as Head of School. I can connect with families in ways that honor their experiences and meet their needs. I can relate to students about the joys and challenges of being an immigrant or part of an immigrant family, and I can advocate for their voices to be heard. More than anything, I want my students to know that their identity is celebrated and loved by our team.

Para mí, el Mes de la Herencia Hispana es tanto una celebración como un recordatorio. Es una celebración de las personas, las tradiciones y los valores que me han moldeado hasta convertirme en la líder y educadora que soy hoy. También me recuerda la importancia de crear espacios en las escuelas donde cada estudiante se sienta orgulloso de quién es y de dónde viene. Mi herencia venezolana ha influido en mi enfoque de la educación y el liderazgo en Lawrence.

Al crecer, tuve la suerte de presenciar de primera mano el poder de la educación y cómo puede transformar vidas. Mis padres vivieron en la ciudad de Nueva York durante casi una década, trabajando a tiempo completo mientras estudiaban. Mi padre fue el primero en especializarse en marketing digital para compañías de seguros en Venezuela. Mi abuela emigró a Venezuela desde Costa Rica cuando era niña y fue una gran defensora de la educación de su familia. Dos de sus hermanas fundaron dos de las mejores escuelas de Falcon. Por parte de mi otra rama familiar, mi abuelo creció con recursos muy limitados, pero se mudó a Caracas para estudiar periodismo. Llegó a ser uno de los periodistas más respetados del país. La educación ha sido más que una prioridad en mi familia; es nuestro legado.

Mis maestros en Venezuela también me marcaron. Me colmaron de cariño, pero nunca bajaron sus expectativas. Me impulsaron, me desafiaron y me exigieron responsabilidad porque creían en mí. Lograron el equilibrio perfecto entre cariño y exigencia, y ese equilibrio es algo que aplico en mi liderazgo hoy en día. También aprendí de ellos la importancia de la calidez y la conexión. Los latinos e hispanos son conocidos por su hospitalidad, y mis maestros siempre encontraron la manera de conectar con mi familia para que yo contara con una sólida red de apoyo dentro y fuera del aula. Ese compromiso con la colaboración es algo que ahora me esfuerzo por crear con las familias de mi escuela: Lawrence Family Development Charter School. Quiero que las familias sientan que estamos trabajando juntos para formar niños responsables y respetuosos.

Ser latina en un puesto de liderazgo tiene un profundo significado para mí. Comprendo las costumbres, tradiciones y dificultades que muchas familias latinas enfrentan como inmigrantes. Contar con alguien en un puesto de liderazgo que no solo hable el mismo idioma, sino que también comparta experiencias culturales similares, abre muchas puertas para la conexión. Los padres suelen sentirse más seguros al abogar por sus hijos cuando saben que la persona que tienen enfrente comprenderá verdaderamente su origen. La representación es importante

porque cuando los estudiantes y las familias ven líderes y personal que reflejan sus raíces, ven la prueba de que sus voces tienen cabida en todos los ámbitos, incluyendo los puestos de liderazgo.

En nuestra escuela, el Mes de la Herencia Hispana se ha convertido en una época alegre del año. En el pasado, los maestros han invitado a los padres a las aulas para leer en voz alta en su lengua materna, hemos organizado concursos de decoración de puertas con temas de la Herencia Hispana y, en Ciencias Sociales y Escritura, los estudiantes han investigado a latinos que han hecho historia. También se ha invitado a miembros del personal a las aulas para compartir sus historias y datos sobre su país de origen; el año pasado, tuve el privilegio de hablar con los estudiantes sobre Venezuela, mostrarles fotos de mi familia y responder a sus preguntas sobre Venezuela y las tradiciones venezolanas.

Si bien la mayoría de nuestros estudiantes provienen de familias dominicanas y puertorriqueñas, también tenemos estudiantes cuyas familias son de Centroamérica y Sudamérica. Cuando estos estudiantes comparten su cultura y tradiciones, los estudiantes dominicanos y puertorriqueños suelen responder con entusiasmo, diciendo: "¡Ese soy yo!" o "¡Yo hago lo mismo!". Estos momentos ayudan a los estudiantes a comprender que, aunque ellos o sus familias provengan de diferentes países hispanos o latinos, comparten similitudes. Por eso es tan importante que las escuelas honren la herencia hispana: los estudiantes no solo se sienten reconocidos, sino que también aprenden a celebrar tanto sus diferencias como las similitudes que comparten.

A lo largo del año, buscamos intencionalmente planes de estudio y programas que reflejen la identidad de nuestros estudiantes. Los maestros incluyen los nombres de los estudiantes en los problemas matemáticos, leen cuentos que reflejan sus culturas y organizan eventos familiares para celebrar su herencia. En los últimos años, nuestra comunidad se ha reunido para una Noche Cultural organizada por uno de nuestros clubes estudiantiles, Change Makers. Familias y estudiantes se reúnen para aprender sobre otros países, probar comida tradicional y disfrutar de bailes y presentaciones tradicionales. Eventos como estos garantizan que la cultura y el patrimonio se enaltezcan no solo durante un mes, sino durante todo el año.

Estas prácticas demuestran a los estudiantes que siempre son queridos, valorados y apreciados. Espero que al graduarse de nuestra escuela sepan que su herencia es un tesoro y que poseen la capacidad de lograr todo lo que se propongan.



Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

Knights survive and advance to Championship Sunday

Haverhill, MA (October 31, 2025) – The Northern Essex Community College men's soccer team survived a wild game Friday night, while never trailing in the Region 21 semi-final contest against, the Knights survived a valiant effort from Springfield Tech and advanced to Sunday's championship game with a 4-3 result. Sunday's championship game will be the third straight appearance for NECC as they are looking for a second straight championship.

The Knights will host Bristol Community College at 5:00pm on Sunday at Whittier Tech, the winner will advance to the NJCAA National Tournament scheduled to begin on Tuesday November 11th at Herkimer College in Herkimer, NY.

NECC jumped out to an early 2-0 lead as Gabriel DosReis (Somerville) got the Knights on the board in the 9th minute as he took a pass from Maxim Chriss (Lexington) and beat the outstretched keeper to the corner to open the games scoring.

Christian Coleman (Nashua, NH) gave the Knights a two-goal advantage in the

25th minute as he took a free kick from 20 yards out and tucked the ball into the upper ninety passed the outstretched keeper.

The two goal lead would stand for less than 10 minutes as STCC would get on the board off of a corner kicker and the Knights took a 2-1 lead into halftime.

In the 58th minute, DoesReis would add his second of the game, grabbing a deflected shot from a teammate at the top of the box and drilling it past the keeper to give the Knights back their two goal lead.

Springfield responded to get back within one six minutes later before the Knights responded with what would be the game winner just 90 seconds later when Ilembo Kiza (Lowell) took a ball that Coleman sent in from the midfield line, and lofted it over the keep from 25 yards out.

The Rams would respond once again in the 73rd minute to make the game 4-3, but the Knights defense would hold its ground for the remaining 17 minutes to secure the win.

Dylan Gavin (Methuen) recorded five saves in the game for the Knights.

BACK TO BACK: Knights punch ticket to second straight NJCAA National Tournament

Haverhill, MA (November 2, 2025) – The top seeded Northern Essex Community College men's soccer team punched their ticket to a second straight national tournament on Sunday night under the lights at Whittier Tech as they convincingly defeated third seeded Bristol Community College by a 4-1 final in the Region 21/Northeast District Championship and improved their overall season record to 12-3-1.

After shaking off quick assault from the Bayhawks in the opening minutes the Knights kept their composure and in the 21st minute found the back of the net to open a 1-0 lead which would stand through the remainder of the first half. Off a corner kick from Christian Coleman (Nashua, NH), Oriel Jean (Haiti) headed the ball toward the goal and Maxim Chris (Lexington) found the back the of the net.

The Knights would double their lead at the 76 minute mark in the second half when Ilembo Kiza (Lowell) recorded his second goal of the post-season when he collected a long ball from Rayann Bhalla (Methuen)

and beat the charging Bayhawks keeper to the ball and sent it in from eight yards out. Just 90 seconds later, Lucas Cantelli (Lowell) would collect a bouncing ball in the center of the pitch and from 20 yards out beat a diving goalkeeper to his left.

Bhalla would record a goal of his own in the 82nd minute when a Bayhawks defender attempted to head a crossing attempt out of the six yard box and the ball came to Knights head and he put it over the outstretched hands of the Bayhawks keeper.

Bristol would tuck in a goal of their own in the 86th minute to prevent the Knights from recording the clean sheet.

Dylan Gavin (Methuen) recorded six saves in net for the victory.

The Knights will play a national quarterfinal game on Wednesday November 12th on the campus of Herkimer College in Herkimer, NY against an opponent and time to be determined. Tournament seeding will be released on Tuesday November 4th at 5:30pm live on the NJCAA Network.

Knights draw 6 seed in national tournament, face 3rd seeded Bergen County

Haverhill, MA (November 4, 2025) – The Region 21 and NJCAA Northeast District Champion Northern Essex Community College men's soccer team has been named the six seed for next week's national tournament as released this evening by the NJCAA. The Knights will be making their second straight national tournament appearance. Bergen is making their first national tournament appearance since 2016.

The Knights will be the six seed for a second consecutive season and will face the Bulldogs at 6:30pm on Wednesday November 12 at Wehrum Stadium on the campus of Herkimer College in the fourth national quarterfinal game of the day.

A quarterfinal win would send the Knights to the national semi-final on Friday November 14th against the winner of second seeded Mohawk Valley and seventh seeded Raritan Valley at 6:30pm. A quarterfinal loss and the Knights would conclude the season on Thursday at 6:30 against the loser of the MVCC and RVCC contest.

The national championship game and third place games are both scheduled for Sunday November 16th.

Christian Coleman (Nashua, NH), the Region 21 tournament most valuable player leads the Knights with 20 points on the season on six goals and eight assists. Both Maxim Chriss (Lexington) and Ilembo

Kiza (Lowell) have a team high seven goals.

Heading into the tournament the Knights are averaging 3.2 goals per game, while Bergen averages 3.89 per game. Defensively, NECC is allowing 1.42 goals per game, compared to 1.21 for Bergen.

The Knights will head to the national tournament with a 12-3-1 overall record and became the first team to repeat as Region 21 champions since Bunker Hill claimed three straight from 2016-18. NECC is one of six teams participating in the 2025 tournament who qualified a season ago including the defending national champion Mohawk Valley earning the second seed and the six-time national champion Richland earning the top overall seed.

Fans not making the trip to upstate New York can tune into the tournament live on the pay-per-view NJCAA Network National Tournament Seeding:

1. Dallas College-Richland
2. Mohawk Valley
3. Bergen County
4. Finger Lakes
5. Suffolk County
6. Northern Essex
7. Raritan Valley
8. Joliet Junior College

Quarterfinal Matchups – Wednesday November 12th

11:00am #1 Dallas Richland vs. #8 Joliet Junior College

1:30pm #4 Finger Lakes vs. #5 Suffolk County

4:00pm #7 Mohawk Valley vs. #7 Raritan Valley

6:30pm #3 Bergen County vs #6 Northern Essex.

Women's Basketball opens league play with win over Bristol

Haverhill, MA (November 6, 2025) – Three players in double digits led the Northern Essex women's basketball team to a 71-52 victory over visiting Bristol Community College on Thursday night as the Knights opened up Region 21 play at the Sport and Fitness Center. The win improves the Knights to 1-2 on the season.

Kelsie Martinez (Lawrence) scored a team high 19 points and she was joined in double figures by Shaneley Henriquez

(Haverhill) with 14 and Serena Rechdan (Byblos, Lebanon) with 12.

NECC led 40-27 at halftime, but the Bayhawks clawed their way back in the third quarter outscoring the Knights 17-9 before the Knights rebounded in the fourth quarter by a 22 to 8 scoring margin.

The Knights will return to the court on Saturday afternoon when they head north to Portland for a non-conference tilt with Southern Maine Community College.

Colem named Region 21 MVP, Six Knights named All-Region, Marote Coach of the Year

Haverhill, MA (November 6, 2025) – Christian Coleman (Nashua, NH) of the Northern Essex Community College men's soccer team has been named the Region 21 MVP as he highlighted six all-region selections for the Knights and Eusebio Marote was named Region 21 Coach of the Year for a second straight season.

Colem was joined on the first team by teammates Maxim Chriss (Lexington) and Gabriel DosReis (Somerville). Earning second team recognition were Oriel Jean (Haiti) and Sotir Agalliu (Manchester, NH) while Lucas Cantelli (Lowell) earned honorable mention recognition.

The MVP nod for Coleman marked the third straight season in which NECC has taken home the honor as Jadiel Bomfim was recognized each of the previous two seasons. He will lead the Knights into next week's national tournament with a team high 20 points on the season on six goals and eight assists. The eight assists for Coleman were the high-water mark in the region this season.

Chriss who tied for the team lead in goals with seven on the season including

five of which were game winners to go along with three assists for 17 points. The flashy DosReis rounded out the first team selections as he sits with 13 points on five goals and three assists heading into the national tournament.

The defensive duo of Jean and Agallui were the backbones of the Knights defense that held opponents to 1.42 goals a game on the season including five shutout victories. Agallui contributed three goals on the season while Jean had two goals to go along with an assist. Jean scored the game winning goal in the season opener at Westchester County while Agallui added a game winner on the road against rival Bunker Hill.

Cantelli rounds out the Knights honors as he recorded seven points on the season on three goals and assist from his midfield position.

The Knights will return to the pitch on Wednesday, November 12th when they take on Bergen County in a national quarterfinal contest set for 6:30pm at Wehrum Stadium on the campus of Herkimer College in Herkimer, NY.

(More NECC Sports on page 15)

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Sports with NECC ... (Cont. from page 14)

Knights run away from Bristol in front of capacity crowd

Haverhill, MA (November 6, 2025) – Playing in front of a capacity home crowd Alejandro Delgado (Haverhill) scored a game high 22 points as the eighth ranked Northern Essex men’s basketball team opened up the home portion of their schedule with a regional win over Bristol Community College by an 80-55 final score. The win improved the Knights to 2-1 on the season.

Following a back and forth opening 10 minutes, the Knights pressure defense forced multiple turnovers and the home team was able to open up a 21 point half time lead 43-22.

Christian Sanders (Boston) led

another trio of Knights in double figure scoring as he poured in 15 points, 11 of which came in the opening half. Cristian Moscat (Lawrence) added 12 points and Alex Johnson (Worcester) rounded out the double-digit scorers with 10.

As a team the Knights blocked nine shots in the game.

The Knights head south to Pinehurst, NC for the weekend as they will take on nationally ranked Sandhills Community College on Saturday (3:00pm) followed by Patrick and Henry Community College on Sunday (1:00pm). Both games will take place on the Sandhills campus.

#8 Knights take down #6 Sandhills on the road in battle of nationally ranked teams

Pinehurst, NC (November 8, 2025) – In a battle of top 10 nationally ranked teams the eighth ranked Northern Essex Community College went on the road and defeated six ranked Sandhills Community College by a 92-78 final score. The win improves the Knights to 3-1 on the young season.

The Knights trailed by as many as 11 points in the first before turning up the defensive pressure in the closing minutes of first half and went into the locker room knotted at 43 with the Flyers.

NECC took their first lead of the game in the opening moments of the second half on a drive to the basket by Yuno Matsuda (Tokyo, JP) for two of his 15 points in the game and never trailed again as they opened a second half lead to as many as 17 points

before holding on in the closing moments.

Alejandro Delgado (Haverhill) and Christian Sanders (Boston) both tallied double-double performances as Delgado dropped a game high 22 points to go along with 13 rebounds while Sanders poured in 13 points and 14 rebounds.

Alex Johnson (Worcester) gave the Knights four scorers’ in double figure with 14 points including four three point baskets in the second half.

The Knights had strong bench play with 20 points off the bench led by eight points from Johnaricus Davis (Waterbury, CT).

The Knights will return to the Sandhill campus on Sunday when they play Patrick and Henry Community College.

#8 Knights complete southern sweep with 106-88 win over Patrick & Henry

Pinehurst, NC (November 9, 2025) – The Northern Essex Community College men’s basketball completed a sweep of their two game southern trip as they defeated Patrick and Henry Community College on Sunday afternoon on the campus of Sandhills Community College by a 106-88 final and in the process improved their overall record to 4-1 on the season.

The Knights never trailed in the contest and 14 different players found the scoresheet with at least two points in a game in which the Knights never trailed.

Alejandro Delgado (Haverhill) led seven scorers in double figures for NECC with a team high 14 points.

Jay’von Depina (Brockton) had his strongest game to date as he came off the bench to drop 13 points along with Alex Johnson (Worcester). Derrick Twum (Lowell) scored a career high 12 points while Christian Sanders (Boston) added 11. Cristian Moscat (Lawrence) and Johnaricus Davis (Waterbury, CT) both tossed in 10 points.

NECC went to the halftime locker room with a 12-point lead (53-41) before outscoring the Patriots 51-47 in the second half.

The Knights will return to Region 21 play on Thursday evening when they play host to Bunker Hill at 7:30pm in Sport and Fitness Center.

Men’s soccer falls 3-1 to Bergen in National Quarterfinal

Herkimer, NY (November 12, 2025) – The sixth seeded Northern Essex Community College men’s soccer team saw their national championship hopes stopped on Wednesday nights as they fell to Bergen County Community College by a 3-1 final at Wehrum Stadium on the campus of Herkimer College. The loss drops the Knights to 12-4-1. They will conclude their season on Thursday evening at 6:30pm in a consolation bracket game against seventh seeded Raritan Valley.

In an evenly played game for most of the 90 minutes, the Knights jumped on the board first at the 12:30 mark when Lucas Cantelli (Lowell) collected a loose ball in the offensive half of the field and took it to the top of the box where he found Wesdra DaSilva (Gloucester) who put the ball to the right of the outstretched keeper.

The lead was short lived as Bergen

tied the game 75 seconds later on a floating knuckleball from the left side that floated over Knights keeper Dylan Gavin (Methuen).

The teams would go to the locker room tied at one with Bergen holding a slight advantage in shots at 7-5.

The game would remain even until the 73rd minute when Bergen was able to take a 2-1 advantage and put a header into the top corner off of a corner kick. The Bulldogs doubled their lead in the 79th minute with the Knights pressing for an equalizer, they were able to have a numbers advantage and beat Gavin to the right corner for the final goal of the game.

The Knights had a couple chances of their own in the closing minutes to tighten the game, but the Bergen keeper was able to recorded three saves in the closing minutes to preserve the win.

Soccer defeats Raritan Valley 4-0, secures fifth place national finish

Herkimer, NY (November 13, 2025) – The Northern Essex Community College men’s soccer team picked up their first ever national tournament victory on Thursday night as they defeated Raritan Valley 4-0 at Wehrum Stadium on the campus of Herkimer College. The win gives the Knights a fifth place national tournament finish in their second ever tournament appearance and finish the season with a 13-4-1 overall record.

Maxim Chriss (Lexington) and the Knights jumped on the Lions early as Chriss scored two goals in the game’s opening 3:40 of the contest. The first goal would come on an assist from Gabriel DosReis (Somerville) when he sent a short pass to Chriss who sent the ball across the box and off the keepers outstretched and into the left corner.

The second goal would come off an

assist from Kayky Freitas (Everett) as he sent the ball in from the left side and Chriss sent the ball to the top of the net from six yards away.

DosReis would connect with Chriss again for the hat trick just over two minutes into the second half in similar fashion to the second goal as Chriss scored again from six yards out as he took the pass from the left side.

Sotir Agallui (Manchester, NH) would finish the scoring for NECC in the 75th minute when he got his foot on a shot from Oriol Jean (Haiti) and deflected it into the left corner.

For the game NECC had a 23-9 advantage in shots and forced the Lions keep to make 13 saves. Rolston Ladd (Candia, NH) got the start in net for the Knights and made four saves.

Gutierrez basket in closing seconds give Knights 48-46 win over BHCC

Haverhill, MA (November 13, 2025) – The NECC women’s basketball team got back into the win column on Thursday night as they defeated Bunker Hill by a 48-46 final score as Rhaelyn Gutierrez (Methuen) sunk a game winning layup with 14 seconds remaining to secure the win for the Knights as they improved to 2-0 in in conference play and 2-3 overall.

The game winning basket for

Gutierrez were the final two of her game high 24 points.

Shanley Henriquez (Haverhill) and Kelsie Martinez (Lawrence) also scored in double digits for the Knights with 12 and 10 respectively.

NECC trailed 20-19 at the half, before outscoring the Bulldogs 29-26 in the second half.

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El reloj biológico es importante para la salud del corazón



Aspectos destacados de la declaración:

- Las alteraciones de los ritmos circadianos, el reloj biológico interno, están estrechamente relacionadas con un mayor riesgo de obesidad, diabetes tipo 2, hipertensión y enfermedades cardiovasculares. Factores como trabajar por turnos o con horarios rotativos, los horarios irregulares de sueño y comidas, o la exposición a pantallas durante la noche suelen causar estas alteraciones.
- Las alteraciones del reloj biológico perjudican la regulación metabólica, el control de la presión arterial y el equilibrio hormonal, lo que contribuye al avance de la enfermedad.
- La optimización de los ritmos circadianos ofrece una estrategia preventiva prometedora para garantizar la salud cardiometabólica. Las intervenciones conductuales para regular mejor el horario del cuerpo pueden mejorar la alineación circadiana y reducir el riesgo cardiometabólico.
- Se necesita más investigación para establecer la causalidad, identificar estrategias de sincronización óptimas y desarrollar intervenciones personalizadas basadas en el reloj biológico de cada persona.

Como los estilos de vida modernos desafían cada vez más el ritmo circadiano natural del cuerpo, la American Heart Association (Asociación Americana del Corazón) destaca las posibles consecuencias para la salud de las alteraciones regulares del reloj biológico de nuestro organismo en una nueva declaración científica que se publicó hoy en su revista médica insignia *Circulation*. La declaración "El rol de la salud circadiana en la salud cardiometabólica y el riesgo de enfermedades", resalta cómo las alteraciones del ritmo circadiano pueden aumentar el riesgo de desarrollar enfermedades cardiovasculares (sitio web en inglés) y otros factores de riesgo de la salud, como la obesidad (sitio web en inglés), la diabetes tipo 2 (sitio web en inglés) y la hipertensión (sitio web en inglés). Además, la alteración del ritmo circadiano puede ser especialmente importante para la salud cardiovascular, renal y metabólica (sitio web en inglés), que está relacionada con la incidencia de enfermedades cardiovasculares y el riesgo de mortalidad.

"Los ritmos circadianos se producen por el reloj interno natural

de 24 horas del cuerpo, que regula una gran variedad de procesos biológicos, como el sueño, la vigilia, la liberación de hormonas, la digestión y la temperatura corporal. Las interrupciones regulares del reloj biológico son mucho más que simples inconvenientes como quedarse despierto hasta muy tarde o levantarse muy temprano. Estas alteraciones pueden provocar efectos adversos para la salud de muchas formas diferentes", afirmó Kristen Knutson, Ph.D., miembro distinguido de la AHA, presidente voluntaria del grupo de redacción de declaraciones, presidente electa voluntaria del Comité de Ciencia del Sueño de la Asociación y profesora asociada de neurología en Northwestern University's Feinberg School of Medicine en Chicago. "Es importante alinear nuestros comportamientos diarios, como dormir, comer y movernos, con nuestro reloj interno para mantener una salud cardiometabólica óptima".

Los ritmos circadianos son ciclos de aproximadamente 24 horas, en los procesos fisiológicos que regulan funciones clave como la frecuencia cardíaca, la presión arterial, el metabolismo y la secreción de hormonas, como el cortisol, que es importante para la respuesta al estrés y el metabolismo. La declaración define la salud circadiana como el funcionamiento óptimo, el carácter rítmico y la alineación del sistema circadiano con el ciclo de luz y oscuridad. El sistema circadiano se sincroniza principalmente a través de la luz que detecta la retina del ojo y se transmite por el núcleo supraquiasmático, es decir, neuronas especiales en la región del hipotálamo del cerebro. Dentro de estas neuronas y en todo el cuerpo se encuentran proteínas y genes especiales, como CLOCK, BMAL1, PER y CRY, que ayudan a generar la actividad rítmica. Se activan y desactivan en ciclos regulares, lo que crea un ritmo en el reloj biológico interno.

El momento en que una persona duerme, come y realiza actividad física son algunos de los comportamientos que pueden influir en esta alineación. La alteración circadiana puede ocurrir si el reloj biológico interno de una persona no está alineado con su comportamiento. Por ejemplo, si una persona nocturna debe despertarse antes de lo que le indica su reloj biológico, tal vez por un viaje al exterior o un trabajo que requiere madrugar, estará despierta durante su noche biológica, lo que podría alterar sus ritmos circadianos.

Knutson, que se especializa en investigación del sueño y los ritmos circadianos, centrada específicamente en las asociaciones con la salud cardiometabólica y cognitiva, señaló, "Aunque los ritmos circadianos son importantes para mantenernos saludables, a menudo se pasan por alto en la atención médica cotidiana.

Es importante ser conscientes de lo que estas alteraciones pueden hacerle a nuestro cuerpo y de cómo disminuir el impacto".

Conclusiones principales:

- La regularidad en los horarios de sueño es tan importante como la duración del sueño: los horarios de sueño irregulares, aunque sean de una duración adecuada, pueden alterar los ritmos circadianos. El "jet lag social" o las variaciones en los horarios de sueño entre los días laborables o escolares y los días libres se han relacionado con el riesgo de obesidad o sobrepeso. El horario y la regularidad del sueño también influyen en la diabetes, ya que el jet lag social y una mayor variabilidad diaria en la duración y el horario del sueño se presentan como factores de riesgo para la desregulación glucémica y la diabetes tipo 2. Mantener horarios regulares para dormir y despertarse ayuda a sincronizar el reloj interno del cuerpo y favorece la salud metabólica. El sueño es una de las medidas clave para mejorar y mantener la salud del corazón y el cerebro en los consejos que la asociación da en Life's Essential 8™ (sitio web en inglés).
- La exposición a la luz es una herramienta terapéutica: la luz es la principal señal o sincronizador del reloj circadiano central del cerebro. La exposición matutina a la luz natural ayuda a fortalecer los ritmos saludables, mientras que la exposición nocturna a la luz artificial, en especial la luz azul de las pantallas, puede suprimir la melatonina y retrasar la conciliación del sueño. Incluso niveles bajos de luz nocturna se asociaron con un mayor riesgo de desarrollar una enfermedad cardiovascular.
- El horario de las comidas afecta a la salud metabólica más allá del contenido calórico: comer tarde por la noche o tener horarios de comida irregulares pueden desalinearse los relojes circadianos que se encuentran en órganos como el hígado o el páncreas y contribuir a picos o caídas de glucosa en sangre y al aumento de peso. Estudios muestran que comer más temprano, como desayunar antes de las 8:00 a. m., se asocia con un menor riesgo de desarrollar diabetes tipo 2 y mejores resultados cardiometabólicos.
- El momento en que se realiza la actividad física puede mejorar la salud circadiana: el ejercicio funciona como un sincronizador secundario. Entrenar por la mañana o por la tarde puede ayudar a adelantar los ritmos circadianos, mientras que entrenar por la noche puede retrasarlos. El momento en que se realiza la actividad física también puede influir en los resultados como la presión arterial, el control de la glucosa (azúcar en sangre) y la calidad del sueño, aunque se necesita

más investigación para determinar el momento óptimo para cada persona.

- El desajuste circadiano es aún mayor debido al trabajo por turnos, la contaminación lumínica y los patrones de sueño irregulares: las personas que trabajan en horarios no tradicionales, como los trabajadores por turnos, pueden estar más expuestas a la contaminación lumínica y a horarios de comida y patrones de sueño irregulares en comparación con aquellos que trabajan en horarios diurnos o nocturnos. El desajuste provocado por el trabajo por turnos rotativos y nocturnos es un factor de riesgo cardiovascular demostrado.
- El reloj interno de cada persona debe guiar el momento de las intervenciones: el cronotipo, es decir, el ritmo interno de una persona para dormir y realizar actividades, generalmente descrito como "madrugador" o "noctámbulo", influye en cómo los individuos responden a la luz, las comidas y el ejercicio. Adaptar las intervenciones al ritmo natural de cada persona puede mejorar la efectividad y favorecer la sincronización circadiana. Sin embargo, evaluar los ritmos circadianos reales es complicado.

En la actualidad, los investigadores solo pueden medir los ritmos circadianos con precisión en entornos de laboratorio pequeños y altamente controlados. En el cuidado de salud cotidiano, los médicos se suelen basar en pistas simples, como la hora que la persona dice que se acuesta, que no siempre son precisas. Las nuevas tecnologías lo van a facilitar. Herramientas como los dispositivos portátiles, las pruebas de laboratorio avanzadas y la inteligencia artificial pueden ayudar a rastrear patrones en parámetros como la temperatura de la piel o la frecuencia cardíaca por más de 24 horas, lo que da un panorama más claro del ritmo del reloj biológico natural de una persona.

"Todas las personas tenemos un reloj interno, y es hora de que empecemos a escucharlo", afirma Knutson. "Los cambios simples, como acostarse y levantarse cada día a la misma hora, comer más temprano y aprovechar la luz solar de la mañana, pueden hacer una diferencia significativa en la salud de su corazón y en su salud metabólica. Aún necesitamos más investigaciones para establecer la causalidad y comprender cómo y por qué los ritmos circadianos afectan la salud. Lo ideal sería que estas investigaciones ayudaran a los científicos a determinar cuáles son los mejores momentos para llevar hábitos saludables, como dormir, hacer ejercicio y comer, y a crear estrategias personalizadas que se adapten al reloj biológico natural de cada persona".

LOWELL LEGISLATORS COFFEE HOUR

NOVEMBER 21, 2025

Mayor Dan Rourke **State Representative Rodney Elliott**

State Representative Tara Hong **State Representative Vanna Howard**

9:30am-11:00am
Taffeta Music Hall
110 Western Avenue - Lowell, MA
 Cost: \$30 per ticket
 Early bird pricing available till November 7th (\$30)

MERRIMACK VALLEY CHAMBER ANNUAL HUMAN RESOURCES UPDATE LUNCHEON

PRESENTERS:

Luz Frazier Founder & CEO The LeadHumano Collective
Carolyn A. McMenemy Attorney Schwartz Hannum PC
Jack Myers Founder & President LukeJackson Benefit & HR Solutions

Tuesday, November 18th
7:30 AM - 9:00 AM

Location: Burtons Grill & Bar
 145 Turnpike St., North Andover, MA 01845

Topics Include the Following, Plus Q&A

- **Trends & Predictions:** What to look for in 2026 – emerging HR, legal, and workplace developments shaping the year ahead.
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- **AI will not wait for HR to catch up. Lead the shift:** How organizations can stay competitive through AI

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“What sweetness is left in life, if you take away friendship? Robbing life of friendship is like robbing the world of the sun. A true friend is more to be esteemed than kinsfolk.”

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Edward R. Murrow

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