

## NILP Honors Richard Rodriguez with 2025 ADA Champion Award

The Northeast Independent Living Program, Inc. (NILP) proudly presented its 2025 ADA Champion Award to Richard Rodriguez, ADA Coordinator, City of Lawrence, during its Annual Meeting held at the NILP offices on October 22, 2025. This annual award recognizes an individual who exemplifies outstanding dedication to advancing ADA awareness, compliance, and community inclusion.

The ADA Champion Award honors individuals whose advocacy, leadership, and collaboration have significantly improved accessibility and inclusion for people with disabilities. Recipients demonstrate a deep understanding of the Americans with Disabilities Act (ADA) and a commitment to ensuring that people with disabilities can live full, independent, and self-directed lives.

This year's honoree, Richard Rodriguez, was recognized for leading efforts to update the community's ADA Transition Plan, promoting accessible public spaces, fostering disability inclusion through innovative programs, etc.

In addition to the ADA Champion Award presentation, NILP's Annual Meeting included Community Partner Awards, recognizing local organizations and partners whose work strengthens accessibility and supports the independence of individuals with disabilities throughout the region.

"Richard's leadership in promoting inclusion and access in the City of Lawrence sets an example for others and underscores the importance of equal access for all residents," stated Matt Pellegrino, CEO of NILP.

Through the ADA Champion



Award, NILP celebrates those who work to expand opportunity, promote empowerment, and honor the spirit and intent of the Americans with Disabilities Act. Each recipient serves as an example of how dedication and partnership can make a meaningful difference in the lives of individuals with disabilities and their communities.

### About the Northeast Independent Living Program (NILP)

The Northeast Independent Living Program, Inc. (NILP) is a consumer-controlled, nonprofit organization that provides advocacy and independent living services to people with all disabilities. NILP promotes a philosophy of independence and self-determination, empowering individuals with disabilities to live in the community and participate fully in all aspects of life.

For more information, visit [www.nilp.org](http://www.nilp.org) or contact [jmcdonough@nilp.org](mailto:jmcdonough@nilp.org).

## Students Recognized for Success in Re-Entry Program



The STAR program, launched in 2022, was designed to help individuals transition successfully back into their communities after incarceration. For Essex County Sheriff Kevin Coppinger, that mission is deeply personal. (Page 4)

### ¿Fue una orden o una visión? Was it an order or a vision?

por/by Paul Montesino - Pg. 5

### Corrupción en Lawrence / Corruption in Lawrence

por/by Sarah Pérez Márquez - Pg. 15

## Pancake Breakfast Honoring Veterans



Katie Darwin delivered a bouquet of roses sent by Ann Clegg to Marilyn Twomey as a remembrance of her husband, Roger Twomey, who started this annual event. (Page 11)

## LPS arts conference



As part of its district-wide professional development day on November 4, Lawrence Public Schools hosted the second annual

"Artistry Unleashed" conference planned by its Visual and Performing Arts department.

(Page 6)

# SPOA advierte que el hito clave del control de alquileres representa un riesgo para Massachusetts

Esta medida de control de alquileres, más extrema que las versiones anteriores que fracasaron, solo agravará la crisis de vivienda.

Debemos construir más viviendas para reducir los alquileres para los inquilinos, así como los exorbitantes costos operativos para los propietarios. Por eso, el control de alquileres es contraproducente, ya que reducirá aún más la oferta de vivienda, lo que aumentará aún más los gastos para todos los interesados.

Si bien sus promotores afirman haber hecho excepciones para los propietarios más pequeños, estas exenciones aún excluyen a la gran mayoría de los propietarios de pequeñas empresas, quienes se verán agobiados por un aumento aún mayor de los costos. Las viviendas, entonces, se deteriorarán.

Esta política ha fracasado en todas partes donde se ha implementado, diezmando la base económica de esas comunidades. Es hora de que los activistas de los inquilinos reconozcan la verdadera ciencia detrás de la política de vivienda, en lugar de jugar a la



política del resentimiento en detrimento de todas nuestras comunidades.

Massachusetts se está volviendo abiertamente hostil a los dueños de negocios, quienes constituyen una parte significativa de la base impositiva. Los propietarios están abandonando el estado en cifras récord. El nuevo lema de Massachusetts será "en cualquier lugar menos aquí" si nuestros legisladores en Beacon Hill no son cautelosos.

## SPOA Warns Rent Control Signature Milestone Signals a Risk for Massachusetts

This rent control ballot measure, which is more extreme than previous versions that failed in the past, will only make the housing crisis worse.

We must build more housing in order to decrease rents for tenants, as well as exorbitant operating costs for property owners. This is why rent control is counterproductive, as it will further reduce the supply of housing, which will make expenses increase even more for all stakeholders.

While proponents claim that they have made carve-outs for the smallest of owners, those exemptions still exclude the vast majority of small business owners who will be burdened by even more rising costs. Housing

will then fall into disrepair.

This policy has failed EVERYWHERE it has been implemented, decimating the economic backbone of those communities. It's time for tenant activists to acknowledge the actual science behind housing policy, instead of playing the politics of resentment to the detriment of all our communities.

Massachusetts is becoming openly hostile to business owners, who constitute a meaningful portion of the tax base. Property owners are departing the state in record numbers. The new Massachusetts motto is going to be "anywhere but here" if our legislators on Beacon Hill are not cautious.

"Un líder lleva a las personas a donde quieren ir. Un gran líder lleva a las personas a donde no necesariamente quieren ir, pero deberían ir".

"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

# Wanda Santos Sworn for the Methuen Commission on Disability

Former city council candidate in Methuen had the honor of being officially sworn in as a Commissioner for the Commission on Disability.

Wanda's lifelong work in leadership roles across nonprofits and organizations that support individuals with special needs has genuinely shaped who she is. Now, she believes bringing that experience home to serve her own community is a privilege she will honor.

"I am truly humbled by the trust and confidence the Methuen City Council has placed in me," she said at that time. "I am committed to advocating for greater accessibility, strengthening ADA compliance, and fostering a more inclusive Methuen where every resident feels as if they truly belong in their community. Thank you, Methuen, for welcoming me into this important work. I promise to serve with integrity, compassion, and dedication."

Then, Wanda added, "It has been a great week of peace and happiness for our families as we celebrate

Thanksgiving, and I wish each of you love, kindness, and peace with the people who matter most."



La excandidata al concejo municipal de Methuen tuvo el honor de ser juramentada oficialmente como Comisionada de la Comisión de Discapacidad.

La trayectoria de Wanda en puestos de liderazgo en organizaciones sin fines de lucro y organizaciones que apoyan a personas con necesidades especiales la ha moldeado profundamente. Ahora, cree que poder llevar esa experiencia a casa para servir a su propia comunidad es un privilegio que honrará.

"Me siento verdaderamente honrada por la confianza que el Concejo Municipal de Methuen ha depositado en mí", dijo entonces.

"Me comprometo a abogar por una mayor accesibilidad, fortalecer el cumplimiento de la Ley para Personas con Discapacidades (ADA) y fomentar un Methuen más inclusivo donde cada residente se sienta realmente parte de su comunidad. Gracias, Methuen, por acogerme en esta importante labor. Prometo servir con integridad, compasión y dedicación".

Luego, Wanda agregó: "Ha sido una gran semana de paz y felicidad para nuestras familias al celebrar el Día de Acción de Gracias, y les deseo a cada uno de ustedes amor, amabilidad y paz con las personas que más les importan".

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## Desde Mi Esquina

POR DALIA DÍAZ  
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### Devolución de las escuelas a Lawrence

Tras muchos años de espera, el Departamento de Educación de Massachusetts ha notificado a Lawrence que el Estado no devolverá el sistema escolar al gobierno local durante al menos tres años más y que continuará bajo control estatal.

Una comunicación de Jonathan Guzmán, miembro del Comité Escolar de Lawrence, explica: “El Comisionado de Educación, Pedro Martínez, emitió una carta formal confirmando que Lawrence continuaría bajo intervención estatal. La carta, dirigida a Patricia Mariano, presidenta de la junta de síndicos, explica que el distrito aún no ha demostrado suficiente progreso como para que se le retire su designación de distrito con bajo rendimiento crónico. Si bien reconoce los avances, incluyendo el desarrollo de un plan estratégico, el Estado concluyó que aún se requieren mejoras adicionales en los resultados académicos y la capacidad institucional”.

Me comuniqué con el Superintendente Escolar, Ralph Carrero, para obtener más información sobre los motivos de esta decisión, pero, aunque dijo que me devolvería la llamada, nunca lo hizo.

Seguiré investigando esto y obtendré más información, en particular sobre los resultados de las pruebas, directamente del Departamento de Educación, y les mantendré informados.

### Control de Alquileres en la boleta electoral del próximo año

Hay un artículo en la página 2 de esta edición sobre una petición para incluir la cuestión del control de alquileres en la boleta electoral y así evitar que los propietarios aumenten los alquileres de forma abusiva.

Debemos recordar las consecuencias que esta medida trajo para cualquier ciudad que tuviera que soportar esa limitación. Tras años de abandono, los edificios se deterioraron hasta el punto de que los propietarios no podían permitirse repararlos porque ni siquiera recaudaban lo suficiente de las rentas mensuales para pagar los impuestos anuales y los seguros. Los inquilinos tenían que mantenerlos si querían vivir en un espacio decente.

Ni siquiera podían vender sus propiedades porque no había compradores para activos tan problemáticos. Una vez que los votantes acudieron a las urnas y se modificó la ley, las viviendas se restauraron y zonas como Jamaica Plain y Dorchester en Boston se volvieron prósperas, a diferencia de las zonas inhabitables a las que la gente temía entrar.

¡Ese es el resultado del capitalismo! Si trabajas duro para adquirir una propiedad, tienes derecho a una rentabilidad decente, o a hacerte rico, según corresponda. El problema surge cuando propietarios sin escrúpulos se aprovechan de la situación para subir los alquileres. Por ejemplo, si los impuestos de una casa con cuatro apartamentos aumentan \$500 al año, el propietario puede notificar a cada inquilino que su alquiler aumentará \$100 al mes. Esto supone un aumento de ingresos de \$4,800 para el propietario ese año. Sabemos que algunas personas han recibido aumentos de \$250 al mes porque el propietario sabe que no pueden ir a otro sitio debido a la falta de vivienda. Cuando tengamos suficientes viviendas para elegir, este tipo de abusos no ocurrirá.

Los inquilinos necesitan protección contra estos depredadores, no limitaciones para quienes luchan por comprar una propiedad y asegurar una vida mejor para su familia. A veces, de hecho, son víctimas de daños y destrucción a manos de personas vengativas, con un coste superior al recaudado, pero ningún gobierno debería limitar nuestras decisiones.

### El alcalde DePeña se toma demasiadas vacaciones

Eso se escucha muy a menudo, y decidí abordarlo.

La mayoría de los trabajadores de este país tienen derecho a dos semanas de vacaciones al año. Es común que quienes llevan mucho tiempo en una empresa tengan cuatro semanas de vacaciones, y conozco a algunos que han llegado a ganar hasta seis; depende del tipo de trabajo que realicen y de cuánto tiempo lleven empleados.

Brian DePeña, alcalde de la ciudad de Lawrence, trabaja 24/7. Está "en el trabajo" todo el tiempo, y no tiene tiempo libre. Asistió a una conferencia de alcaldes en Puerto Rico y de allí fue a República Dominicana de vacaciones; estuvo allá del 11 al 23 de noviembre. Durante ese tiempo, se mantuvo en contacto con el Ayuntamiento, el personal de su oficina y los electores que tal vez no supieran que estaba de vacaciones. Incluso tuve que llamarlo cuatro veces.

Puede parecer que está fuera demasiado a menudo porque en los fines de semana feriados le encanta tomar un vuelo y, en 4 horas, puede estar en Santiago. La gente podría pensar que lo estoy defendiendo al acudir en su ayuda, pero detesto la injusticia y la ignorancia.

Infórmese antes de difundir rumores como esos.

## From My Corner

BY DALIA DÍAZ  
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### Returning the schools to Lawrence

After many years of waiting, the Massachusetts Department of Education has notified Lawrence that the State will not return the school system to the local government for at least three more years and will continue under state control.

A communication from Jonathan Guzmán, member of the Lawrence School Committee, explains: “Education Commissioner Pedro Martínez issued a formal letter confirming that Lawrence would continue under state intervention. The letter addressed to Patricia Mariano, chair of the receiver board, explains that the district has not yet demonstrated sufficient progress to be removed from its designation as a chronically underperforming district. While acknowledging advances, including the development of a strategic plan, the State concluded that further improvement in academic outcomes and institutional capacity is still required.”

I contacted School Superintendent Ralph Carrero to learn more about the reasons for this decision, but although he said he would call me back, he never did.

I will continue looking into this and get more information, particularly about test results, directly from the Department of Education, and will let you know.

### Rent Control on next year's ballot

There's an article on page 2 of this issue regarding a petition to place the rent control question on the ballot to prevent landlords from increasing rents in an abusive way.

We should remember the results this measure brought to any city having to endure that limitation. After years of neglect, buildings deteriorated to the point that owners could not afford to fix them because they were not even collecting enough from monthly rents to pay annual taxes and insurance costs. Tenants had to maintain them if they wanted to live in a decent space.

They could not even sell their property because there were no buyers for such troubled assets. Once voters went to the polls and the law was changed, homes underwent restorations, and areas like Jamaica Plain and Dorchester in Boston became affluent, unlike the uninhabitable areas people were afraid to enter.

That's the result of capitalism! If you work hard to acquire a property, you are entitled to a decent return – or to get rich, whatever applies.

The problem arises when unscrupulous landlords take advantage of the situation to raise rents. For example, if taxes on a home with four apartments increase by \$500 in a year, the landlord may notify each tenant that their rent will increase by \$100 per month. That means an income increase of \$4,800 for the owner that year. We know that some people have received increases of \$250 per month because the owner knows they can't go anywhere else due to the lack of housing. When we have sufficient housing to choose from, abuse like that will not happen.

Tenants need protection from these predators, not limitations on those who struggle to buy property to assure a better life for their family. Sometimes they are indeed victims of damage and destruction at the hands of vengeful people, costing more than what was collected, but no government should place constraints on my decisions.

### Mayor DePeña takes too many vacations

You hear that very often, and I decided to address it.

Most workers in this country are entitled to two weeks' vacation each year. It is common for others who have been with a company long-term to have four weeks, and I know some people who have earned up to six weeks; it depends on the type of work they do and how long they have been employed.

Brian DePeña, mayor of the City of Lawrence, works 24/7. He is “on the job” all the time, and there's no time off for him. He went to a mayors' conference in Puerto Rico and from there, to the Dominican Republic on vacation; he was there from November 11th through the 23rd. During that time, he remained in touch with City Hall, his office staff, and constituents who might not know he was on vacation. I even had to call him four times.

It may seem he's away too often because on long holiday weekends, he loves to take a flight and, in 4 hours, he can be in Santiago. People might think I am defending him by coming to his aid, but I despise unfairness and ignorance.

Check before spreading rumors like those.

## Escuelas públicas de Lawrence cierran acuerdos con varias unidades de negociación, incluido el sindicato de profesores

Las Escuelas Públicas de Lawrence y el Sindicato de Maestros de Lawrence han alcanzado un nuevo contrato de tres años, el cual fue aprobado por unanimidad el lunes por la noche por la Alianza para la Educación de Lawrence (LAE).

La LAE también aprobó un nuevo acuerdo con la Asociación de Conserjes de las Escuelas Públicas de Lawrence. Con esto, LPS ha logrado acuerdos con seis unidades de negociación en el último año.

El acuerdo con el LTU, que se extiende hasta el 30 de junio de 2028, incluye aumentos salariales anuales que aseguran que la compensación de los maestros de Lawrence siga siendo competitiva con respecto a las comunidades vecinas, mientras se mantiene como prioridad el compromiso del distrito de desarrollar y retener a educadores altamente cualificados. El acuerdo también incluye \$2,000 dólares por maestro en nuevos reembolsos anuales de matrícula – y más de \$3,200 dólares en total – para continuar estudios superiores y el desarrollo profesional, así como un reconocimiento financiero adicional de la importancia de la licencia profesional completa.

“Los estudiantes de las Escuelas

Públicas de Lawrence pueden lograr cualquier cosa con el apoyo adecuado, y eso comienza con un personal debidamente capacitado, licenciado y compensado,” dijo el Superintendente de LPS, Ralph Carrero. “Estamos agradecidos por el compromiso compartido del LTU y la Asociación de Conserjes al alcanzar acuerdos que nos ayudarán a seguir avanzando como distrito.”

El acuerdo también mantiene el actual sistema de compensación profesional basada en el rendimiento, que ofrece oportunidades de avance profesional para los maestros, y un modelo de toma de decisiones a nivel escolar que da prioridad a la voz y la representación de los maestros.

“Quiero agradecer al Superintendente Carrero, a su equipo de LPS y al liderazgo del LTU y la Asociación de Conserjes por su trabajo y colaboración en beneficio de los estudiantes y las familias,” dijo Patricia Mariano, presidenta de LAE. “Estos acuerdos no solo ayudan a mantener a los mejores maestros y personal en nuestras escuelas y salones de clase, sino que también renuevan nuestro compromiso con apoyar su crecimiento y éxito a largo plazo.”

## Lawrence Public Schools Finalizes Agreements with Multiple Bargaining Units, including Lawrence Teachers' Union

Lawrence Public Schools and the Lawrence Teachers' Union have reached a new three-year contract agreement, which was unanimously approved Monday evening by the Lawrence Alliance for Education (LAE).

The LAE also approved a new compact with the Lawrence Public Schools Custodians' Association. LPS has now reached agreements with six bargaining units in the past year.

Extending through June 30, 2028, the LTU agreement provides annual salary increases that ensure Lawrence teachers' compensation remains competitive with surrounding communities, while prioritizing LPS' commitment to developing and retaining highly qualified educators across the district. It includes \$2,000 per teacher in new annual tuition reimbursements – and over \$3,200 total – for continuing higher education and professional development, as well as additional financial recognition of the importance of full professional licensure.

“Lawrence Public Schools

students can achieve anything with the right support, and that begins with an appropriately trained, licensed and compensated staff,” said LPS Superintendent Ralph Carrero. “We are grateful for the shared commitment of the LTU and the Custodians' Association in reaching agreements that will help us continue to move our district forward.”

The agreement also continues the existing performance-based professional compensation system that provides career advancement opportunities for teachers and a school-based decision-making model featuring teacher voice and representation at its center.

“I want to thank Superintendent Carrero, his LPS team, and the leadership of the LTU and Custodians' Association for their work and collaboration on behalf of students and families,” said LAE Chair Patricia Mariano. “These agreements not only help keep great teachers and staff in our schools and classrooms, but renew our commitment to supporting their growth and success over the long term.”

## Students Recognized for Success in Re-Entry Program

When Rashad Diggs first walked through the doors of the STAR Center in Lawrence in March 2025, he wasn't sure what to expect. A few months later, he stood before a cheering crowd of staff, classmates, and family members celebrating his completion of the program and his next steps forward in life.

Diggs is one of 26 justice-involved individuals recently recognized for graduating from the Essex County Sheriff's Department's Supporting Transitions and Reentry (STAR) program. Through its partnership with ECSD, Northern Essex provides the educational component of the STAR program. Recent ceremonies at the STAR locations in Lawrence and Lynn celebrated graduates' academic achievements, including two students who earned their high school equivalency. Diggs completed the STAR program, has passed two of his five HiSET tests, and, along with three other students, was nominated for the National Adult Education Honor Society.

“The STAR Program is a tight-knit community, and it uplifts and gives people the confidence to succeed when they feel like they can't do it on their own. Once you come here, you can feel it. Everyone is transparent, and they take their time with you. So, I want to say, ‘thank you’ to all involved,” Diggs told the crowd of supporters.

The STAR program, launched in 2022, was designed to help individuals transition successfully back into their communities after incarceration. For Essex County Sheriff Kevin Coppinger, that mission is deeply personal.

“Before I was Sheriff, I was a police chief in Lynn for seven years, and served 32 years as a police officer,” said Coppinger. “I saw when people came out of jail and they came back to the communities, they were lost on the street, living in the shelters. A lot of times, they had no family friends; they go right back to a life of crime, and they go back to jail. So, when I ran for sheriff and I got settled in office, one of my major goals was to create a program or an entity that would bridge that gap between leaving jail and then resuming a normal, productive life in society.”

### Essex County Sheriff Kevin Coppinger

Since its creation, the STAR program has helped hundreds of individuals like Diggs. Students are matched with Navigators who guide them through education, training, and community reintegration. Some graduate in as little as three months;



Woman gives pin to young man standing behind a podium Rashad Diggs receiving his National Adult Honor Society Pin.

others take longer as they balance work, family, and personal growth.

Northern Essex provides the educational component of the STAR program, offering courses that build both academic and life skills. Across the Sheriff's Department's five facilities, the college provides HiSET preparation, English for Speakers of Other Languages (ESOL), digital literacy, non-credit electives, and for-credit college classes. As the educational partner for all sites across the ECSD continuum, NECC ensures students experience academic continuity every step of the way. Providing educational opportunities to incarcerated individuals is key to reducing recidivism and keeping our communities safe; research shows that nearly 95% of incarcerated individuals eventually return home, and those who participate in correctional education are significantly less likely to reoffend.

“The value of what we do collectively with our partners, like the college, is we're preparing these inmates for successful reentry,” remarked Sheriff Coppinger. “And what that means is an increase in public safety for each of us, and for the 34 cities and towns in Essex County.”

That shared commitment to education, reentry, and community underscores the partnership between the Essex County Sheriff's Department and Northern Essex Community College. For many graduates, the STAR program represents an opportunity to rebuild their lives, contribute positively to their communities, and chart a new path forward, supported by education, purpose, and hope.

To learn more about the STAR program, visit the webpage.



**UN PUNTO DE VISTA ©**

Por Paul V. Montesino, PhD, MBA, CCP

El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com



**A POINT OF VIEW © 1996**

By Paul V. Montesino, PhD, MBA, CCP

**¿Fue una orden o una visión?**

Este es uno de los artículos más, si no el más difícil, que he escrito. No es su dificultad; es su idoneidad. La he tenido disponible en mi repertorio desde que me convertí en escritor (60 libros publicados hasta ahora), pero nunca estuve seguro si mis lectores estarían preparados para ella. Y esos lectores incluían a personas cercanas a mí y parte de mi familia porque la historia es muy íntima y confidencial en mi existencia. Pero ahora que el secreto está a la luz, no hay forma de recuperarlo.

Era 1944, yo tenía siete años y mis padres estaban pasando por un periodo difícil en su relación matrimonial. Tan duro que quienes les rodeaban no daban a su matrimonio una alta probabilidad de sobrevivir. No estoy seguro de cuáles eran los síntomas o causas de la enfermedad en ese momento, era demasiado pequeño para notarlos, y los detalles estaban fuera de mi vista e incluso de mis conjeturas.

Una amiga de mi madre le dio una sugerencia que ella no aceptó de inmediato, pero lo consideró posible después de un tiempo. Era evidente que mi madre necesitaba algún tipo de terapia, pero al no conocer a ningún terapeuta o consejero matrimonial ni sus tarifas, no olvidemos que hablamos de los años cuarenta, la única alternativa que resultó atractiva para mi madre fue visitar a uno de los espiritistas disponibles en la zona. No tardó mucho en que mi madre tomara una decisión y llamara la espiritista para pedir cita. Resultó que también decidió llevarme a su sesión.

Como puede imaginar, ver a una espiritista repasar su rutina me impresionó. Describió el lugar donde vivíamos como "con muchos automóviles", un comentario que mi madre aceptó sin dudar. Vivíamos cerca de la estación de autobuses de la Ruta 35 que llevaba a Pinar del Río City y a todos los pueblos del

oeste intermedios. Pero viviendo en La Habana Vieja, no era difícil "tener muchos automóviles" igualmente por la zona.

No recuerdo si la mujer le dio a mi madre algún consejo confidencial sobre su matrimonio. Al estar presente, estoy seguro de que el consejo se me ocultó a los oídos.

Pero luego la señora habló de mí. "Sabes," dijo, "tu hijo no solo es guapo, sino también un niño inteligente. Lo veo algún día dejando este país y teniendo éxito en el país al que se dirija." Mi madre no estaba segura de lo que significaban esas palabras, y yo tampoco. El eco de esas visiones no sonó hasta el 27 de marzo de 1962, el día en que volé desde La Habana para comenzar mi vida exiliada en Estados Unidos.

No estaba pensando en la visión de una mujer que había desaparecido hace mucho tiempo en mi memoria, solo pensaba en mi visión. Y no pensé en una vida exitosa hasta mucho después, cuando me gradué seis veces en universidades estadounidenses, convirtiéndome en ejecutivo senior de un banco en Boston, luego en profesor universitario y finalmente en autor de sesenta publicaciones en Amazon.com y cientos de artículos bilingües en el periódico Rumbo.

Pero la razón de este artículo no tiene nada que ver con alcanzar mis objetivos. Tengo una pregunta: ¿logré esos objetivos porque los propuse o porque fueron implantados subliminalmente en mi mente por una espiritista cuando yo tenía siete años? ¿Quién tiene el crédito?

Bueno, por ahora, prefiero recoger los frutos de mi éxito y dejar la respuesta a mi pregunta a otras que he hecho en mi vida sin éxito. Oh, muy importante, mis padres sobrevivieron a la vieja crisis y permanecieron juntos "hasta que la muerte los separó".

Y ese es mi punto de vista hoy. Agur.

**Was it an order or a vision?**

This is one of the most if not the most difficult articles I have written. It is not its difficulty; it is its appropriateness. I have had it available in my repertoire since I became a writer (60 books published so far), but I was never sure if my readers would be ready for it. And those readers included those close to me and part of my family because the story is a very intimate and confidential part of my existence. But now that the cat is out of the bag, there is no way to get it back.

It was 1944, I was seven years old, and my parents were going through a rough period in their marital relationship. So rough that those close to them did not give their matrimony a high probability of surviving. I am not sure what the symptoms or causes of the disease were at the time, I was too young to note, and the details were out of my sight and even out of my guessing.

One of my mother's friends gave her a suggestion that my mother did not accept immediately but considered it possible after a while. It was obvious that my mother needed some sort of therapy, but not being familiar with any therapist or marriage counselor or their fees, let's not forget that we are talking about the nineteen forties, the only alternative that became attractive to my mother was visiting one of the spiritualists available in the area. It did not take long for my mother to make up her mind and call the spiritualist to make an appointment. As it turned out, she also decided to bring me along to her session.

As you can imagine, watching a spiritualist go through her routine was impressive to me. She described the place where we lived as "having many automobiles," a comment that my mother accepted without hesitation. We were living near the bus depot for Route 35 that led to Pinar del Río City

and all the western towns in between. But living in Old Havana, it was not difficult to "have many automobiles" around just the same.

I do not remember if the woman had given my mother any confidential advice about her marriage. Being present I am sure the advice was hidden from my ears.

But then she spoke about me. "You know," she said, "your son is not only handsome but an intelligent little boy as well. I see him leaving the country some day and being quite successful at the country where he is heading." My mother was not sure what those words had meant, and neither was I. The echo of those visions did not sound until March 27, 1962, the day I flew out of Havana to begin my exiled life in the United States.

I was not thinking about the vision of a woman long gone in my memory, I was only thinking about my vision. And I did not think about a successful life until much later when I graduated six times at American universities becoming a senior Boston bank executive, a college professor later and finally author of sixty publications at Amazon.com and hundreds of bilingual articles at the Rumbo newspaper.

But the reason for this article has nothing to do with reaching my goals. I have one question: did I accomplish those goals because I made them or because they were subliminally implanted in my mind by a spiritualist when I was seven years old? Who has the credit?

Well, for now, I would rather collect the fruits of my success and leave the answer to my question to others I have asked in my life without success. Oh, very important, my parents survived the old crisis and stayed together "till death did they part."

And that is my point of view today. So long.

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6:30 p.m., Miércoles, 3 de Diciembre del 2025  
Reunión ID: 858 9949 8343  
Contraseña: 154170  
**Fecha Límite para Solicitar**  
December 29, 2025

Para más Información y Solicitud:  
Recogerlas: Groveland Town Hall, Town Clerk's Office, Langley Adams Library  
Teléfono: (978) 456-8388;  
FAX: (978) 456-8986  
Email: [lotteryinfo@mcousingervices.com](mailto:lotteryinfo@mcousingervices.com)  
TTY: 711

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[www.mcohousingervices.com](http://www.mcohousingervices.com)

# LPS arts conference: 2025 Visual & Performing Arts

## Events in the VPA department including Artistry Unleashed

By Lawrence Public Schools

As part of its district-wide professional development day on November 4, Lawrence Public Schools hosted the second annual “Artistry Unleashed” conference planned by its Visual and Performing Arts department.

Over 230 educators from 17 school districts around the region

visited the Lawrence High School campus to participate in dozens of sessions covering all the major arts disciplines.

They also enjoyed a sneak preview of LHS Theater’s performance of A Bronx Tale: The Musical, and heard from special keynote speaker Roberto Lugo, a Puerto Rican-American ceramic artist and educator.



### SHOP HANDMADE PAINTINGS, POTTERY, CROCHET, JEWELRY, AND MORE AT OUR ARTISAN MARKET!

Don't let those early sunsets get you down! Come out and join us at the Artisan Market at Essex Art Center on Friday, December 5, from 6:00 - 8:30 PM and Saturday, December 6, from 1:00 PM - 5:00 PM. We'll have live music and one-of-a-kind works by local artists including pottery, prints, jewelry, candles and fiber arts. The market is free and open to everyone. While RSVP isn't required, it does help us to have a head count.



DECEMBER 5, 2025 6:00 PM TO 8:30 PM  
&  
DECEMBER 6, 2025 1:00 PM TO 5:00 PM

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essexartcenter.org 978-685-2343

### FBI volunteered for Thanksgiving Meals at Neighbors in Need



Members of the FBI Boston Citizens Academy Alumni Association (FBICAAA) volunteered to pack and deliver Thanksgiving meals to over 350 families at the Lawrence Boys and Girls Club on Thursday, November 20, handing out food to low-income families.

Their chapter will be supporting three groups this year, collected monetary donations and made one single donation in the name of the Association.

Neighbors In Need (NIN) works to significantly reduce hunger and food insecurity and to allow people in Greater Lawrence experiencing economic hardships and other challenges to have access to food and basic necessities, with dignity, respect, and privacy. This Thanksgiving, they distributed 1,596 \$25 Market Basket gift cards received, 36,084 pounds of food donated, and 2,447 families were served.

### Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/> [heallawrence@aol.com](mailto:heallawrence@aol.com)  
<https://www.facebook.com/heallawrence.mass>

**ANUNCIO DE AUDIENCIA PÚBLICA Y SOLICITUDES AÑO FISCAL, 2027 SUBVENCIONES PARA PROGRAMAS FEDERALES DE HUD- CDBG, y HOME**

La Ciudad de Lawrence, a través de su Oficina de Planificación y Desarrollo, llevará a cabo audiencias públicas y un taller para el desarrollo de su Plan de Acción Anual y el uso de aproximadamente \$2.7 millones en subvenciones, provenientes de fondos federales del Departamento de Desarrollo Comunitario, conocido como CDBG, y el programa HOME. Estos fondos estarán disponibles alrededor del 1ro de julio del 2026. La cantidad actual de fondos dependerá de apropiaciones por el congreso.

La ciudad está solicitando propuestas de organizaciones locales sin fines de lucro con estatus 501c3 para financiamiento CDBG del año fiscal 2027. En la Audiencia Pública el día 4 de diciembre del 2025 se presentarán los logros de los programas y proyectos que recibieron financiación en el año anterior, se proporcionará información sobre los fondos del CDBG y se explicará el proceso de solicitud para el próximo año. El día 11 de diciembre del 2025 se ofrecerá un taller MANDATORIO para responder preguntas y asistir con las aplicaciones (si no asiste no podrás aplicar). Las audiencias y talleres son totalmente accesibles y abiertos al público en general. Habrá una audiencia pública el 12 de febrero del 2026 para las presentaciones ante el Comité de Asesoramiento de Desarrollo Comunitario.

Las personas que requieran traducción o lenguaje por señas en inglés, deben comunicarse con la oficina antes del día 26 de noviembre del 2025 llamando al (978) 620-3510 o enviando un correo electrónico a mcolon@cityoflawrence.com.

Si desea que se revise su solicitud de propuesta antes de la fecha límite, envíe un correo electrónico a mcolon@cityoflawrence.com para programar una cita. (El horario disponible para este servicio será del 5 de enero del 2026 al 9 de enero del 2026 de 9:00 a. m. a 12:00 m.)

Las aplicaciones estarán disponibles en la página de Internet de la Ciudad de Lawrence www.cityoflawrence.com el jueves 4 de diciembre del 2025 después de las 9:00 a. m.

Una vez completadas, las solicitudes deberán ser recibidas por la Oficina de Planificación y Desarrollo del municipio de Lawrence, ubicada en el 360 de la calle Merrimack entrada K oficina 270 en Lawrence, MA, antes de la 1:00 p. m. del viernes, 16 de enero del 2026. Aquí debajo están las fechas de las reuniones relacionadas con el proceso de solicitudes de propuestas.

FECHAS:	EVENTOS:	LUGARES:
Diciembre 4 del 2025 de 6:00-7:30 p. m.	Audiencia Pública	Oficina de Planificación y Desarrollo 360 de la calle Merrimack Entrada K oficina 270
Diciembre 11 del 2025 de 6:00-7:30 p. m.	Taller Mandatorio de CDBG	255 Essex Street Lawrence, MA
Febrero 12 del 2026 de 5:30-9:30 p. m.	Audiencia Pública Presentaciones de los Solicitantes	Escuela South Lawrence East 165 de la calle Crawford

Brian A. DePeña, Mayor

**ANNOUNCEMENT OF PUBLIC HEARING and Request for Proposals (RFP) City of Lawrence FY 2027 Action Plan COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) and HOME Program**

The City of Lawrence, through its Office of Planning and Development, will conduct Public Hearings and a Workshop regarding the development of the Annual Action Plan and the use of approximately \$2.7 million in Federal Community Development Block Grant (CDBG), and HOME funds available on or about July 1, 2026. The actual amount will depend on Congressional appropriations.

The City is soliciting applications from local Non-Profits with a 501c3 status for Fiscal Year 2027 CDBG funding. A Public Hearing on Thursday, December 4, 2025 will review the accomplishments of programs receiving funding in the current and past year, and provide information on the CDBG funding and application process for the upcoming year. A MANDATORY Workshop for all applicants on December 11, 2025 will answer questions and assist with their applications (If you do not attend you cannot apply). A public hearing on February 12, 2026 will be for applicant presentations to the Community Development Advisory Board.

The hearings and workshops are fully accessible and open to all. Individuals requiring translation or American sign interpreters are asked to contact the office at (978) 620-3510 or via email at mcolon@cityoflawrence.com by November 26, 2025.

(Office hours January 5, 2026 to January 9, 2026 between 9:00am and 12:00pm) If you would like your RFP submission reviewed prior to the deadline please email mcolon@cityoflawrence.com to schedule a time.

Application materials will be available on the city's website www.cityoflawrence.com on Thursday, December 4, 2025 after 9 a.m.

Completed applications must be received at the Office of Planning and Development 360 Merrimack Street Entrance K Unit 270 Lawrence, MA, no later than Friday, January 16, 2026 by 1:00 p.m. Below is the schedule of 3 meetings related to the RFP process.

DATE	EVENT	LOCATION
December 4, 2025 6:00 -7:30 p.m.	Public Hearing Accomplishments/Process	Office of Planning & Development 360 Merrimack Street Entrance K Unit 270
December 11, 2025 6:00-7:30 p.m.	Mandatory CDBG Workshop (Applicant Assistance)	255 Essex Street Lawrence, MA
February 12, 2026 5:30-9:30 p.m.	Public Hearing Presentations by Applicants	South Lawrence East School 165 Crawford Street

Brian A. DePeña, Mayor

“El camino al éxito está plagado de lugares de estacionamiento tentadores”

“The road to success is dotted with many tempting parking spaces.”

Will Rogers

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**Buttonwoods**  
museum

Connect with History Together

**The Festival of Trees is back!**

Haverhill - We're thrilled to announce that this beloved tradition is making a return in 2025, and we couldn't be more excited. It's the perfect way to kick off the holiday season and get into the festive spirit — events start on November 28th!

But that's not all... the Festival of Trees isn't just about twinkling lights and beautifully decorated trees. It's also about giving back to our community.

All net proceeds raised during the Festival go towards maintaining the Buttonwoods Museum properties and funding educational programs for all ages.

Don't forget to fill out the registration form and include it with your donation. The Buttonwoods Museum is located at 240 Water Street, Haverhill, MA. Please take John Ward Ave. to the museum entrance.

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A Point of View-Un Punto de Vista: Volume Seven-Volumen Siete. (A Point of View-Un Punto de Vista Bilingual books) (Spanish Edition)  
Spanish Edition | Related to: A Point of View-Un Punto de Vista Bilingual books | by Dr. Paul Victor Montesino.

# Merrimack Valley YMCA Honors Volunteers, Food Banks at Annual Meeting

Photo credit: Borrero Photography



Joseph Mastro, 20, of Methuen, the youth speaker at the event, shared how he has grown from camper to staff leader at Camp Otter over 16 summers!

**METHUEN** – When the Greater Boston Food Bank tractor trailer pulls into the Methuen YMCA early on a Saturday morning, the parking lot is already full of families in their cars waiting for the monthly distribution of fresh produce, eggs, bread and more.

Just down the road in Lawrence, the YMCA's mobile food truck picks up 3,000 to 5,000 pounds of food from the Merrimack Valley Food Bank, which will be bagged and distributed directly to apartment communities and neighborhoods in the city.

In recognition of the food banks' consistent and collaborative approach to addressing food insecurity, the Merrimack Valley YMCA has named these two vital organizations as their Community Partners of the Year.

The food banks, along with five community volunteers, were recognized November 13 at the 145th Annual Meeting of the Merrimack Valley YMCA held at the Merrimack Valley Golf Club in Methuen.

The Y's partnership with the food banks means that 350 families have access to fresh food each month at the Methuen mobile food market and helps to feed more than 150 families every week in Lawrence through the Y's food distribution programs.

"Our partnership with these two food banks has meant that thousands of people have access to food," said Francis J. Kenneally III, Merrimack Valley YMCA president and CEO. "There is not one organization that can solve the food insecurity crisis alone,

but when we build these strong, strategic partnerships, we can have meaningful impact for the families that need it most."

The Merrimack Valley Food Bank and the Greater Boston Food Bank provide hundreds of thousands of pounds of food every year that the Merrimack Valley YMCA distributes directly to those in the community most in need.

"Thank you to the Merrimack Valley YMCA for honoring us and recognizing our partnership," said Debbie Callery, executive director of the Merrimack Valley Food Bank. "We're grateful to work alongside such a dedicated organization committed to strengthening our community. We appreciate the support and look forward to continuing our work together."

At the annual meeting, Stacey McDaniel, Director of Strategy and Quality Practices, Anti-Hunger at the YMCA of the USA shared that the food insecurity work of the Merrimack Valley YMCA is so successful, it is now part of a national training toolkit for other YMCAs.

"Merrimack Valley YMCA is part of the national solution," McDaniel said. "You should be incredibly proud of your work in this community to feed families."

Five additional community members were honored as Volunteers of the Year for their dedication to the Y:

## Merrimack Valley YMCA Volunteers of the Year

Fourteen-year-old Logan Stone, of Hudson, volunteers every month at the Methuen Mobile Market food pantry, arriving before 7 a.m. to help unload the food from the Greater Boston Food Bank and make bags for the waiting families.

Methuen Branch Executive Director Cathy Redard highlighted Logan's dedication: "Logan made his family leave their summer vacation a day early so he could be back in time for the next mobile market because he did not want to miss it."

Paul Mason, of Bradford, rolls up his sleeve to help the YMCA Camps. A gifted carpenter, Paul has helped build and repair anything and everything at Camp Otter: stairs, walls, porches, shutters, boardwalks, and canoe racks.

"But what truly sets Paul apart isn't just his skill with tools—it's his heart for service. He volunteers quietly



Honorees at the Merrimack Valley YMCA Annual Meeting. From left: Mary Lou Schaalman; Paul Mason; Karen Andrade, Greater Boston Food Bank; Debbie Callery, Merrimack Valley Food Bank; YMCA President and CEO Francis J. Kenneally; Dan Dolan; Debbie Schmidt; and Logan Stone.

and consistently, never seeking the spotlight, but always leaving things better than he found them," said Anne Whalen, Senior Executive Director of Camping Services. "His craftsmanship has strengthened our facilities, but his spirit of generosity has strengthened our community."

Dan Dolan, of Boxford, is a longtime volunteer with the Andover/North Andover Branch Y Abilities Powerlifting Program, part of the Y's inclusive programming for athletes and individuals with disabilities. Through his commitment, compassion and enthusiasm, Dan has created an environment where every participant feels valued and supported.

"Dan's impact extends far beyond the gym, into the lives, hearts, and confidence of every person he encounters," said Nicole Heena, Executive Director of the Andover/North Andover Branch. "Whether he's helping an athlete with a deadlift or lifting their spirits, he does it with

humility, patience, and joy."

Lawrence YMCA Branch Board of Advisors member Deborah Schmidt of North Andover was recognized for her dedication and her relentless pursuit to help the organization meet its fundraising goals. Lawrence Branch Executive Director Joe Agosto celebrated Debbie for her tenacity and reliability – showing up for the branch at events and meetings, serving on committees and leading the way on fundraising events.

Mary Lou Schaalman, of North Andover, a member of the Board of Directors who has been volunteering for the Y for nearly 20 years, was honored as association volunteer of the year. Her extensive professional experience, leadership, and commitment to board, including being part of CEO and leadership staff search committees, has elevated the entire organization.

To learn more about the Merrimack Valley YMCA and its programs see our website at <http://www.mvymca.org>.



New Merrimack Valley YMCA Board of Directors members Ei Smith and Naydeen Gonzalez-DeJesus (standing) take the board member oath

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# Apoyo para la temporada: Consejos para cuidadores y personas mayores

## 5 consejos para manejar el estrés del cuidador

(Read it in English on page 10)

**Invitada Liz O'Donnell**  
**Fundadora de Working Daughter**  
**Cortesía de Seton Hill en Andover**

¡El estrés! Es inevitable en la vida de un cuidador, pero eso no significa que tenga que dominar o arruinar tu vida como cuidador. Cuando hablé con familiares de las comunidades de Northbridge, su estrés se manifestaba de muchas maneras:

- 24 horas al día no son suficientes.
- Mis hermanos no ayudan.
- Me preocupa constantemente mi madre con demencia.
- ¿Cómo tomo y ejecuto las decisiones difíciles?

Ciertas épocas del año pueden aumentar el estrés que sientes como cuidador, ya sea el verano, cuando todos parecen estar ocupados y hay menos personas disponibles para ayudar, o la temporada navideña, cuando las fiestas, las tradiciones y el caos general parecen surgir a cada paso. Si busca orientación sobre cómo manejar el estrés del cuidador durante las fiestas, le invitamos a ver nuestro seminario web, Malabarismos Navideños: Consejos para el Cuidado de Personas Mayores para unas Fiestas más Tranquilas. En este seminario web, aprenderá estrategias prácticas para reducir el estrés, mantenerse organizado y encontrar momentos de alegría durante las fiestas. Ahora, permítame compartir algunos de los mejores consejos para el manejo del estrés que he investigado, probado, escuchado y encontrado.

### 1. Cuando el Estrés del Cuidador está Relacionado con la Limitación de Tiempo o el Agotamiento

A menudo, el cuidado de personas mayores parece interminable; ¡sin duda, así fue para mí! Cuando estamos en medio de ello, podemos sentirnos estancados e incapaces de ver otra forma de vida, lo que genera sentimientos de desesperanza y estresante. Establezca plazos y organice su tiempo fase a fase. Incluso si sus plazos y fases son creados por usted mismo, le ayudarán a concentrarse y a no sentirse demasiado abrumado. Por ejemplo, cuando a mi madre le diagnosticaron una enfermedad terminal, me concentré en lo que necesitaba y quería hacer durante su tiempo restante (mi fase final de vida). Tras su fallecimiento, me di hasta finales de año para aceptar la pérdida (mi fase de duelo). En enero, me di hasta junio para centrarme en todas las citas de mi padre que había descuidado cuando mi madre enfermó, además de todo el papeleo que tuve que presentar tras su fallecimiento (mi fase de acción). Fue un período frustrante

lleno de citas y reclamaciones al seguro, pero me dije que terminaría en seis meses. Cuando mi padre enfermó, creé otra línea de tiempo (fase de cuidar a papá). Se puede superar cada fase, pero si empiezas a pensar en todo a la vez, seguro que te sientes abrumado.

### 2. Cuando el estrés del cuidador se debe a la falta de ayuda, la soledad o el aislamiento

Quizás se supone que tu pareja es tu apoyo, pero simplemente no lo entiende. En cuanto al cuidado, tal vez tus hermanos se desconectan. Sigue adelante. En serio. Cuidar no es el momento de intentar cambiar a alguien. Aceptar tu rol como cuidador significa dejar atrás cualquier pensamiento mágico de que alguien empezará a comportarse de manera diferente. Cuando las personas te muestren quiénes son realmente, créelos. Busca ayuda de quienes estén dispuestos a ayudar. Si tu familiar recibe cuidados paliativos, aprovecha los recursos que ofrece el hospicio. ¿Vive en una comunidad de Northbridge? ¡Colabora con el personal de allí! Pregunta a tu médico por recursos. ¿Algún vecino o primo se ofreció a encargarse de algunas tareas? ¡Permíteles! No lo hagas solo, pero no esperes que la persona que te decepcionó de repente se vuelva útil; es una pérdida de energía.

### 3. Cuando el estrés del cuidador se trata de agobio

Durante cada fase (autodefinida) del cuidado (ver n.º 1), permítete concentrarte en los asuntos más críticos y no preocuparte por TODO. No podemos hacerlo todo a la vez, ni deberíamos. Durante cada fase del cuidado, evalúa qué es lo más importante para ti y limita esa lista a no más de 3 a 5 cosas. ¿Qué debes hacer en tu rol de cuidador? ¿Qué debes hacer para mantener tu carrera o progresar, si eso es lo importante para ti? ¿Qué es lo más importante en tu familia? (Pista: probablemente no sean las tareas del hogar, pero sí cenar con tus hijos). Quizás necesites concentrarte en tu salud. Haz eso y pospón lo demás. Es frustrante posponer partes de tu vida por un rol que probablemente nunca esperaste tener (lo sé, lo escucho de cuidadores a diario y lo he experimentado yo misma), pero es importante centrarse en la realidad. Y no hablamos de la eternidad, sino del ahora mismo. El estrés surge de pensar en todo a la vez. Así que no lo hagas. Céntrate en lo que importa ahora. El resto esperará.

### 4. Cuando el estrés del cuidador se debe a la impotencia

Mi cita favorita que descubrí mientras escribía el libro, Working Daughter: A Guide to Caring for Your Aging Parents While Making a Living, es de la cantante folk Joan Baez, quien dijo: “La acción es el antídoto contra



la desesperación”. ¡Totalmente cierto! Cuando algo te preocupa y te quita el sueño, toma una acción, incluso la más pequeña, para abordarlo. Te hará maravillas y te ayudará a sentirte más en control. ¿Preocupado por tu madre con demencia? Habla con el equipo de atención de la memoria y comparte tus inquietudes. Quizás te preocupes por algo que no es nada. O quizás tus miedos sean válidos, pero te dan ideas sobre el siguiente paso que puedes dar.

Recuerda también que actúas todos los días. Sé que cuidar a alguien puede que no sea algo que hayas planeado, y puede que no parezca que tuviste opción, pero la tuviste. Tomaste la decisión de asumirla. Sentir que tienes el control de tus decisiones te ayuda a pasar de sentirte víctima (impotencia) a sentirte jefe (al mando), y eso ayuda con el estrés.

### 5. Para cualquier tipo de estrés

Sonríe. Aunque tengas que fingir. Sonreír puede ser lo último que te apetezca hacer, pero estudios han demostrado que el mero hecho de sonreír puede hacerte sentir mejor. Aunque no recomiendo forzar una

sonrisa todo el día, he probado la teoría de la sonrisa falsa y ¡funciona!

Muévete: según la Clínica Mayo, “prácticamente cualquier tipo de ejercicio... puede actuar como un liberador de estrés”. Si te sientes agobiado por el estrés y sudar de verdad es demasiado esfuerzo, sal a caminar. Incluso 10 minutos te ayudarán a encaminarte hacia una vida positiva. No lo pienses, simplemente hazlo. Y al día siguiente, repítelo.

Cuidar se trata, en definitiva, de cuidar a dos personas: ¡a ti y a la persona que cuidas! Priorizar tu propio bienestar es parte del proceso. Así que, haz lo que hagas, no te preocupes por tomar medidas para gestionar tu propio estrés. No solo te ayudará a ti, sino también a la persona que cuidas.

Northbridge invitó a Liz O'Donnell a un seminario web donde compartió su historia y lo que aprendió como cuidadora mientras se cuidaba a sí misma. Haz clic aquí para ver el seminario web: Equilibrando el cuidado, la carrera profesional y la familia <https://www.youtube.com/watch?v=HeyMBuDz8fU>



House of Mercy focuses on the physical, mental, and most importantly, spiritual rehabilitation of every person that comes seeking help in our organization. We are a place of rest for souls feeling lost and rejected today. Our mission is to reestablish and to raise lives according to the commands and principles of The Bible, and the example of our Lord Jesus Christ.

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# Support for the Season: Tips for Caregivers & Seniors

## 5 Tips for Managing Caregiver Stress

(Léalo en español en la página 9)

Guest blog by **Liz O'Donnell**  
 Founder of **Working Daughter**  
 Courtesy of **Seton Hill at Andover**

Stress! It's inevitable in a caregiver's life, but that doesn't mean it has to rule, or ruin, your life as a caregiver. When I spoke with family members from Northbridge communities, their stress came in so many forms:

- 24 hours in a day is not enough.
- My siblings don't help.
- I constantly worry about my mother with dementia.
- How do I make and execute the hard decisions?

Certain times of the year can heighten the stress you feel as a caregiver, whether it's summertime, when everyone seems busy and fewer people are available to help, or the holiday season, when parties, traditions, and general chaos seem to pop up at every turn.

If you're looking for guidance on managing caregiver stress during the holidays, we invite you to watch our webinar, *Holiday Juggle: Caregiving Tips for a Calmer Holiday Season*. In this webinar, you'll learn practical strategies for reducing stress, staying organized, and finding moments of joy throughout the holiday season.

Now, let me share some of the best stress management advice I've researched, tried, heard, and found.

### 1. When Caregiver Stress is Related to Time Constraints or Exhaustion

Caregiving often feels like it will never end – it certainly did for me! When we are in the midst of it, we can feel stuck and unable to see any other way of life – and that creates feelings of hopelessness – and that's stressful! Give yourself timelines and pace yourself one phase at a time. Even if your timelines and phases are self-created, they will help you focus and not get too overwhelmed. For example, when my mother was diagnosed with a terminal illness, I focused on what I needed and wanted to do during her remaining time (my end of life phase). After she passed away, I gave myself until the end of the year to accept the loss (my grief phase). In January, I gave myself until June to focus on all of my father's appointments I had neglected when my mother was sick plus all of the paperwork I had to file following my mother's death (my action phase). It was a frustrating period full of appointments and insurance claims, but I told myself it would be over in six months. When my father came down with an illness, I created yet another timeline (take care of Dad phase). You can get through each phase – but if you

start thinking about everything all at once, you're sure to get overwhelmed.

### 2. When Caregiver Stress Is About Lack of Help, Loneliness or Isolation

Maybe your partner is supposed to be your rock but he or she just doesn't get it. When it comes to caregiving, maybe your siblings checked out. Move on. No, really. Caregiving is not the time to try to change someone. Accepting your role as caregiver means letting go of any magical thinking that someone will start behaving differently. When people show you who they really are, believe them. Look for help from the willing. If your family member is on hospice care, take advantage of the family resources. Hospice offers. Are they living at a Northbridge community? Partner with the staff there! Ask your doctor for resources. Did a neighbor or a cousin offer to take on some tasks? Let them! Don't do this alone, but don't expect the person who let you down to suddenly become helpful – it's a waste of your energy.

### 3. When Caregiver Stress is About Overwhelm

During each (self-defined) phase of caregiving (see No. 1), give yourself permission to focus on the most critical issues and not worry about EVERYTHING. We cannot do everything at once – nor should we. During each phase of caregiving, evaluate what is most important to you – and limit that list to no more than 3-5 things. What must you do in your caregiving role? What must you do to maintain your career, or advance it, if that's what is important to you? What is most important in your family? (Hint: it's probably not housework but it may be eating dinner with your kids). Maybe you need to focus on your own health. Do that and put the rest on hold. It's frustrating to defer parts of your life for a role you probably never expected to have (I know, I hear it from caregivers every day and I have experienced it myself) but it's important to focus on reality. And we're not talking forever – we are talking about right now. Stress comes from thinking about it all at once. So don't. Focus on what matters now. The rest will wait.

### 4. When Caregiver Stress is About Helplessness

My favorite quote I discovered while writing the book, *Working Daughter: A Guide to Caring for Your Aging Parents While Making a Living*, is from the folk singer Joan Baez who said, "Action is the antidote to despair." "So true! When something is worrying you, and keeping you awake at night, take an action – even the smallest one towards addressing it. It will do you wonders and help you feel more in control. Worried about your mother with dementia? Talk to the memory care team and share your concerns.



Maybe you're worried about nothing. Or maybe, your fears are valid, but they have ideas about what next step you can take.

Also remember that you are taking action every day. I know caregiving may not be anything you ever planned for, and it may not feel like you had a choice in the matter, but you did. You made the choice to step up and take it on. Feeling in control of your decisions helps you shift from feeling like a victim (helplessness) to feeling like a boss (in charge) – and that helps with the stress.

### 5. For Any Kind of Stress

Smile. Even if you have to fake it. Smiling may be the last thing you feel like doing, but studies have shown that the mere act of smiling can make you feel better. While I don't recommend forcing a grin all day, I have tested the fake smile theory and it works!

Move, according to the Mayo

Clinic, "virtually any form of exercise... can act as a stress reliever." If you're feeling flattened by stress and a true sweat is just too much effort to muster, take a walk. Even 10 minutes will start you down a positive path. Don't think, just go. And the next day, do it again.

Caregiving is ultimately about caring for two people – the person you care for and you! Prioritizing your own well-being is part of the process. So whatever you do, don't stress about taking the steps to manage your own stress. It won't just help you – it will help the person you care for.

Northbridge hosted Liz O'Donnell for a webinar where she shared her story as well as what she learned being a caregiver while caring for herself. Click here to watch the webinar – *Balancing Caregiving, Career & Family* <https://www.youtube.com/watch?v=HeyMBuDz8fU>

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# Pancake Breakfast Honoring Veterans

November 2, 2025  
Lawrence Elks Lodge

Photos by Richard Russell



# ¡El misterio de la Navidad!

# The Mystery of Christmas!

Por Peter Kujala

Miles de millones de personas celebran la Navidad o, en realidad, el cumpleaños de una persona determinada. La llegada de esta persona inició el tiempo, ya sabes, antes de Cristo y después de Cristo.

Los pastores de Belén oyeron a un ángel proclamar que había nacido un salvador, el Mesías. Estos pastores encontraron y vieron al niño Jesús en el pesebre. También se le llama Emanuel, que significa "Dios con nosotros", Dios que se hizo hombre. Pero, ¿qué significa que el salvador, el Mesías, había llegado? ¿Se trata solo de regalos de Navidad, árboles relucientes y buena comida, dulces en abundancia?

Cuando leemos en la Biblia sobre la historia continua del niño Jesús, resulta que la misión celestial de Jesús era salvar a la humanidad de sus pecados. También se muestra a través de la enseñanza de Jesús que todas las personas están en deuda con Dios, todas las personas parecen tener un veneno interior que ha causado sufrimiento a lo largo de la historia mundial. La palabra anticuada "pecado" se puede describir con muchas palabras, como avaricia, odio, explotación egoísta de otros, envidia, orgullo, mentira y calumnia. La lista se puede hacer mucho más larga y es obvio, ¿quién no es culpable en esta tierra? La misión de Jesús fue salvarnos o "rescatarnos" de nuestro propio veneno interior para que podamos tener vida eterna.

¿Cómo procedió Jesús en su misión de rescate? La Biblia describe cómo Jesús, unos 33 años después de su nacimiento, en la cruz tomó los pecados de todos los humanos como un imán gigante.

Cuando Jesús sufrió y murió en la cruz, nos reconcilió a todos con Dios, para que seamos perdonados por todos nuestros pecados. La Biblia nos dice que Jesús tomó el mismo castigo por nuestros pecados. Si cometemos delitos en la sociedad, robamos un coche, abusamos, traficamos con drogas, etc. habrá un juicio y luego un veredicto y un castigo. Así es como funciona la justicia y cómo se preserva la sociedad.



Pero Jesús tomó nuestro castigo para que seamos absueltos y perdonados, sí, "salvados" en el día del ajuste de cuentas y del juicio y en cambio tengamos acceso a la vida eterna en el Cielo. Al tercer día, Jesús resucitó de entre los muertos, lo que significa que Jesús vive y nosotros con él. Nos llena de su paz y amor.

Así que Jesús no permaneció ni en el pesebre ni en la cruz, porque vive y ha prometido estar con nosotros todos los días, una luz de vida que conduce directamente a través de la oscuridad. Este es el misterio de la Navidad, una salvación que solo los humildemente receptivos pueden tener revelada.

La Biblia explica que esta salvación - el "boleto celestial" - se da gratuitamente por la gracia de Dios. No podemos ganarlo con buenas obras o una buena vida. No podemos agradar a Dios y pagar nuestros pecados. Lo que Dios requiere es que nos volvamos humildemente a Él y creamos en Jesús y en lo que Él hizo en la Cruz. Para todos nosotros, para todos nosotros, Jesús es el regalo de salvación de Dios, el "regalo de Navidad" de Dios para ti que eliges creer y recibir. Feliz Navidad...

By Peter Kujala

Billions of people celebrate Christmas, or rather, the birthday of a certain person. The arrival of this person marked the beginning of time—you know, before Christ and after Christ.

The shepherds of Bethlehem heard an angel proclaim that a savior, the Messiah, had been born. These shepherds found and saw the baby Jesus in the manger. He is also called Emmanuel, which means "God with us"—God who became man. But what does it mean that the savior, the Messiah, had arrived? Is it just about Christmas gifts, glittering trees, good food, and sweets galore?

When we read in the Bible about the ongoing story of the baby Jesus, it turns out that Jesus' heavenly mission was to save humanity from its sins. It is also shown through Jesus' teachings that all people are indebted to God; all people seem to have an inner poison that has caused suffering throughout world history. The antiquated word "sin" can

be described with many words, such as greed, hatred, selfish exploitation of others, envy, pride, lying, and slander. The list could be made much longer, and it's obvious—who isn't guilty on this earth? Jesus' mission was to save us, or "rescue" us, from our own inner poison so that we might have eternal life.

How did Jesus proceed in his mission of rescue? The Bible describes how Jesus, some 33 years after his birth, on the cross, took the sins of all humanity like a giant magnet.

When Jesus suffered and died on the cross, he reconciled us all to God, so that we might be forgiven for all our sins. The Bible tells us that Jesus took the same punishment for our sins. If we commit crimes in society—steal a car, abuse someone, traffic drugs, etc.—there will be a trial, a verdict, and a punishment. This is how justice works and how society is preserved.

But Jesus took our punishment so that we might be absolved and forgiven—yes, "saved" on the day of reckoning and judgment—and instead have access to eternal life in Heaven. On the third day, Jesus rose from the dead, which means that Jesus lives, and we live with him. He fills us with his peace and love.

So Jesus didn't remain in the manger or on the cross, because he lives and has promised to be with us every day, a light of life that leads directly through the darkness. This is the mystery of Christmas, a salvation that only the humbly receptive can have revealed.

The Bible explains that this salvation—the "heavenly ticket"—is given freely by God's grace. We cannot earn it through good works or a good life. We cannot please God and pay for our sins. What God requires is that we humbly turn to him and believe in Jesus and what he did on the cross. For all of us, for all of us, Jesus is God's gift of salvation, God's "Christmas gift" for you who choose to believe and receive. Merry Christmas...



## Fire victims / Víctimas de incendios

When a fire occurs in Lawrence, usually many families are left homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of items and things that are needed as well as victims' names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

\*\*\*\*\*

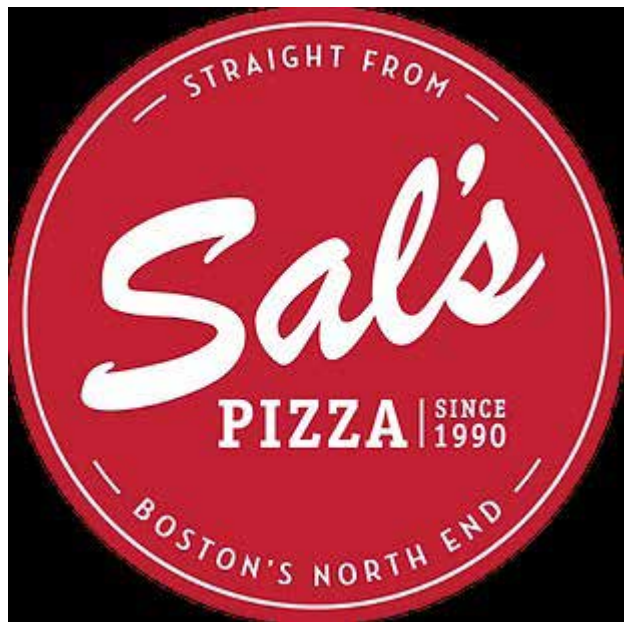
Cuando un incendio ocurre en Lawrence, por lo regular muchas familias se quedan sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que necesitan así como nombres, edades, tallas, etc. de las víctimas pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.

<http://heallawrence.org/>

[heallawrence@aol.com](mailto:heallawrence@aol.com)

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

# Amid Rising Food Costs, Sal's Pizza Offers Holiday Pricing to Support Local Families: \$5 Small Pizzas and a \$15 Family Meal



This Black Friday, Sal's Pizza is rolling out a major Holiday Season Pricing Initiative designed to make high-quality meals more accessible for families across New England. Beginning Black Friday and continuing through December 31, every Small Pizza — including all specialty varieties — will be priced at just \$5, and customers can purchase two Large Cheese Pizzas for only \$15.

"With the cost of living continuing to rise, families are making tough decisions every day," said Sal Lupoli Jr, Growth and Operations Manager, Sal's Pizza. "We wanted to do something meaningful heading into the holidays. If we can help families share a great meal together without stretching their budgets, that's something we're proud to do."

Food insecurity remains at an all-time high across Massachusetts. Many households rely on some form of financial assistance, and the holidays often add financial strain. Sal's Holiday Season Pricing Initiative is designed to give families an affordable, reliable option they can count on through the end of the year.

Even with lower prices, Sal's remains committed to the same high standards and simple ingredient list the brand was built on:

- Fresh dough made daily
- 100% mozzarella cheese
- No artificial flavors, fillers, or preservatives
- House-made sauce and premium toppings

"Quality should never be sacrificed for price," said Sal Jr. "This initiative lets us stand by our ingredients while still

giving families a break."

The \$5 Small Pizza offer applies to every small pizza on the menu — including all specialty flavors. The 2 for \$15 Large Cheese Pizza deal provides enough food to feed a household for less than the price of a fast-food visit.

"As we head into the holidays, families deserve moments together that feel comforting and accessible," said Sal Jr. "This pricing helps make that possible."

The Holiday Season Pricing Initiative runs from Black Friday through December 31, 2025, and is available exclusively at participating Sal's Pizza locations including Billerica (328 Boston Road), Chelmsford (296 Chelmsford Street), Boston (150 Tremont Street), Derry (2 Lenox Road), Salem (4 Mall Road, inside Klemm's Mobil), and Manchester (296 S. Willow Street).

### About Sal's Pizza

Sal's Pizza, the Official Pizza of the Boston Red Sox and New England Patriots, has been family owned and operated for over 35 years. Sal Lupoli opened his first pizza store in Salem, NH in 1990 and now has 150 locations. Sal's is known for using only the finest and freshest ingredients, with dough made fresh daily, 100% whole milk mozzarella, and vine-ripened tomatoes picked straight from the vine. Sal's offers the largest variety of slices around and their slice is a ¼ of a pizza. Straight from Boston's North End©, Sal's Pizza is home of the 19-inch, three-pound pizza©. For more information, visit [www.sals.com](http://www.sals.com) and follow on social media at @salspizzaofficial and on Facebook.

"The test of success is not what you do when you are on top. Success is how high you bounce when you hit the bottom."

George S. Patton

# El Gran Arte



Por/By Tomas Nuñez, ThD

El arte no está reservado a los que viven en un escenario o museo, sino que es la introducción de la belleza en nuestra existencia. En la sociedad tradicional, la belleza no está encerrada en museos; hay belleza en el plato del almuerzo, en la jarra de agua que bebemos y esa belleza es como una marca, como una huella que nos recuerda la belleza creadora.

De este modo, hay quienes han vivido ese momento de apertura a través de la contemplación de una obra de arte, visual, o auditiva, o en el simple placer de hacer bien una cosa, de preparar una comida, de

arreglar una habitación o de poner orden en una mesa. Y en el momento exacto en que estamos haciendo eso, se experimentamos un momento de armonía, en donde nuestro ser finito está en una especie de resonancia con lo infinito.

Pero el arte puede ser también discordancia. En algunas formas de arte contemporáneo hay un importante trabajo de desestructuración. En las exploraciones de algunos surrealistas había esta búsqueda de lo infinito. Llegar hasta el límite de la posibilidad humana, como decía el poeta Rimbaud: Hacer la experiencia de todas las locuras, para tocar más allá de ellas otra dimensión. Esa otra dimensión que él no llamaba Dios, que no tenía nombre, pero que él reconocía en su búsqueda interior.

Esto nos hace pensar en lo que dices Lacan en el terreno psicoanalítico. Que hay un deseo en nosotros que no ha sido hecho para verse cumplido. Como si hubiese en nosotros un deseo infinito que sólo lo infinito puede llenar.

Y todas las cosas finitas, las más bellas, las más magníficas, pueden apaciguarnos por un momento, pero no satisfacen ese deseo. Como si en la propia estructura del hombre hubiese esta apertura a la trascendencia. Como si en la propia estructura de su deseo estuviese presente el deseo de otra conciencia.

## The Great Art

Art is not reserved for those who live in a theater or museum; rather, it is the introduction of beauty into our existence. In traditional society, beauty is not confined to museums; there is beauty in our lunch plate, in the pitcher of water we drink, and that beauty is like a mark, a trace that reminds us of the beauty of creation.

Thus, there are those who have experienced that moment of openness through the contemplation of a work of art, visual or auditory, or in the simple pleasure of doing something well, of preparing a meal, tidying a room, or setting a table. And at the precise moment we are doing that, we experience a moment of harmony, where our finite being is in a kind of resonance with the infinite.

But art can also be discord. In some forms of contemporary art, there is a significant work of deconstruction. In the explorations of some surrealists,

there was this search for the infinite. To reach the limits of human possibility, as the poet Rimbaud said: "To experience all kinds of madness, to touch beyond them another dimension." That other dimension he didn't call God, which had no name, but which he recognized in his inner search.

This makes us think of what Lacan says in the psychoanalytic field. That there is a desire within us that was not meant to be fulfilled. As if there were an infinite desire within us that only the infinite can satisfy.

And all finite things, the most beautiful, the most magnificent, can appease us for a moment, but they do not satisfy that desire. As if in the very structure of humankind there were this openness to transcendence. As if in the very structure of our desire there were present the desire for another consciousness.

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# Lowell Spinners return to ignite new era of community pride and baseball excellence

Ownership group introduces Futures League team, plants cleats in the Mill City



The Lowell Spinners will return summertime baseball to LeLacheur Park's diamond as the newest franchise in the Futures Collegiate Baseball League.

The new team's general partners, retired MACOM and Pison CEO John Croteau and former professional baseball player Marc Deschenes, on Tuesday introduced themselves as well as the name and look of the new franchise alongside university, league, state and local leaders at an event held at the Tsongas Center at UMass Lowell.

The Spinners will be the seventh franchise of the New England-based FCBL, a proving ground for collegiate players looking to draw the attention of professional scouts while maintaining their NCAA/NAIA eligibility. Competing from late May through early August, the team will bring thousands of fans to the 4,700-seat LeLacheur Park, which is owned by UMass Lowell and continues to be home to the university's River Hawks baseball team. Players from that program have gone on to play in the Futures League.

"The Futures League and the Spinners' ownership group have been

tremendous partners as we've worked to bring this new team to Lowell. We thank them for their commitment to the city and look forward to growing our relationship as we all enjoy many summer nights watching baseball under the stars," said UMass President Marty Meehan.

Opened by the city in 1998, LeLacheur Park was built for the original Lowell Spinners, a former New York-Penn League affiliate of the Boston Red Sox that halted play in 2020. Just two years later, UMass Lowell purchased the park for its River Hawks team and with the goal of providing a home to a second team at the stadium.

"We welcome the Spinners home to LeLacheur Park and we are grateful for the support of our partners in making this day possible," said UMass Lowell Chancellor Julie Chen. "The franchise will continue to enrich our community as part of the growing Lowell Innovation Network Corridor (LINC), a transformative, public-private economic development partnership driven by UMass Lowell and city leaders. The Spinners enhance a lineup of entertainment choices that are part of LINC and already include the Boston Fleet at the Tsongas Center, as well as our River Hawk teams. We look forward to cheering them on."

About the team owners

A standout shortstop at UMass Lowell, Marc Deschenes was selected by the Cleveland Indians in the 1995 MLB Draft and by the Los Angeles Dodgers in the first round of the 1999



The community celebrated the return of the Lowell Spinners as the latest franchise of the Futures Collegiate Baseball League on Tuesday, Nov. 18, at a press conference held at the Tsongas Center at UMass Lowell. Wearing the team's new uniforms, front row, from left, are franchise team leaders Matt Scibilio, Dawy LeBron and Ben Croteau. Back row, from left are, Lowell Spinners Chairman and CEO John Croteau, Lowell City Manager Tom Golden, UMass Lowell Chancellor Julie Chen, UMass President Marty Meehan and Spinners Principal Owner and Chief Baseball Officer Marc Deschenes. Photo: Bruce Preston for UMass Lowell

MLB Rule V Draft. He went on to enjoy a 13-year professional baseball career, concluding with the Pawtucket Red Sox. Following his playing career, he founded and operated several youth baseball and softball organizations, including the Junior Spinners, now known as USA Prime.

John Croteau recently concluded a distinguished 42-year career in the technology industry, most recently as CEO of Pison Technology, a neurotech startup based in Boston. Earlier in his career, he served as President and CEO of MACOM, a public company that reached \$4.5 billion enterprise value and became Lowell's largest private employer under his leadership.

The new Lowell Spinners is a summer baseball franchise competing

in the Futures Collegiate Baseball League (FCBL) that proudly calls LeLacheur Park at UMass Lowell its home. The franchise is led by general partners Marc Deschenes, principal owner and chief baseball officer, and John Croteau, chairman and CEO. Limited partners include Red Sox legend Johnny Damon, active MLB coaches Mark Budzinski (Toronto Blue Jays) and Zach Sorensen, along with a dedicated group of friends and family investors. The team's operations are overseen by Chief Operating Officer Tim Bawmann, former president and general manager of the original Lowell Spinners and a founding architect of the Futures League. For more information, visit [lowellspinners.com](http://lowellspinners.com) or follow @LowellSpinners on social media.



The Lowell Spinners, the seventh franchise in the Futures Collegiate Baseball League, unveiled the team's new look at a press conference on Tuesday, Nov. 18 at the Tsongas Center at UMass Lowell. Members of the franchise's leadership team, from left, Matt Scibilio, Ben Croteau and Dawy LeBron, modeled the squad's new uniforms and the team announced a community contest to name the new mascot, at right. Entries may be submitted to [lowellspinners.com](http://lowellspinners.com). Photo: Bruce Preston for UMass Lowell

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# La Corrupción Viene en Diferentes Tonos: Cómo Lawrence Paga Mientras los Forasteros Prosperan

Por Sarah B. Pérez Márquez

La corrupción en el gobierno viene en diferentes tonos, y lamentablemente, la administración DePeña–Spanner representa el más oscuro de todos. Por más de un año he estado documentando y exponiendo un patrón de irresponsabilidad fiscal, falta de rendición de cuentas, ausencia de transparencia y nepotismo en su máxima expresión.

Y la semana pasada llegó otro documento que confirmó todo lo que he venido diciendo desde septiembre de 2025.

Alguien me envió la lista completa de los empleados no sindicalizados de la Ciudad de Lawrence.

Lo que vi en esa lista fue más prueba — prueba irrefutable — de que esta administración no se preocupa por nuestra comunidad, nuestro dinero ni nuestro bienestar.

## Lo Que Revela la Lista claramente:

A quiénes contratan

Quiénes reciben oportunidades

Quiénes quedan excluidos

Y la verdad es dolorosa.

En vez de valorar a los muchos residentes de Lawrence — jóvenes, educados, con experiencia y talento — que están listos para servir a su ciudad, esta administración prefiere contratar: Forasteros

Personas sin credenciales educativas

Individuos sin experiencia profesional

Personas traídas exclusivamente para pagar favores políticos

Y un ejército completo de amigos, familiares y leales — la definición pura de nepotismo

Esto no es una opinión.

Esto es lo que muestran los propios documentos de nómina de la ciudad.

## ¿Cómo Llegó Lawrence a Esto?

La triste realidad es esta:

Cuando una ciudad elige políticos en vez de líderes, el resultado es predecible:

Se ignoran los procesos

No se siguen las reglas

Las políticas se manipulan para favorecer a los insiders políticos

La ética desaparece

El profesionalismo se derrumba

Y la rendición de cuentas muere

Y mientras todo esto sucede, los contribuyentes — la gente que trabaja todos los días para mantener a sus familias — son quienes pagan salarios inflados a personas que no han ganado sus posiciones y no están calificadas para servir.

La Ciudad de Lawrence está siendo administrada por leales políticos sin entrenamiento ni experiencia, y cada línea de la lista de empleados no sindicalizados refleja esa realidad.

## La Realidad Económica de los

## Residentes vs. La Nómina Política

Antes de examinar los salarios, debemos entender la carga económica que esto crea para las familias.

Ingreso Familiar Mediano (2023)

Lawrence: \$58,079

Massachusetts: \$99,858

Las familias de Lawrence ganan \$41,779 menos que el promedio estatal y la distribución de ingresos lo deja aún más claro:

4.0% ganan menos de \$10,000

14.4% ganan \$10,000–\$20,000

10.7% ganan \$20,000–\$30,000

8.3% ganan \$30,000–\$40,000

6.6% ganan \$40,000–\$50,000

8.0% ganan \$50,000–\$60,000

10.8% ganan \$60,000–\$75,000

Esto significa que 62.8% de los hogares en Lawrence sobreviven con menos de \$75,000 al año.

Aun así, se les pide que financien una nómina municipal donde muchos designados políticos ganan entre \$110,000 y \$225,000 al año.

## La Nómina de Empleados No Sindicalizados — Salarios Anuales Reales

Los empleados de la ciudad son pagados cada dos semanas. Para determinar su salario anual real usamos:

Pago Bisemanal × 23 períodos de pago = Salario Anual

Después de calcular los 93 empleados no sindicalizados, los resultados son alarmantes.

## Ejemplos de Salarios Anualizados:

Jefe de Policía (Maurice Aguiler): \$225,577

Jefe de Bomberos (Patrick Delaney): \$207,775

Directora Administrativa y Financiera (Ramona Ceballos): \$199,038

Director del DPW (Jorge Jaime): \$184,000

Asesor Principal / Director Ejecutivo del LRA (Octavien Spanner): \$184,000

Docenas más entre \$110,400 – \$136,673

Estos son salarios pagados por los contribuyentes, en una ciudad donde el ingreso familiar mediano es de \$58,079.

## Costo Total para la Ciudad

La lista muestra:

Total bisemanal: \$333,443.01

Nómina anual no sindicalizada (calculada): MÁS DE \$7.6 MILLONES

¿Y qué reciben los residentes a cambio?

Departamentos desorganizados

Servicios públicos deficientes

Cero transparencia

Cero rendición de cuentas

Falta total de supervisión

Favoritismo descontrolado

Lealtad política sobre competencia

## Esta Lista No Son Solo Números — Es Prueba de:

Un gobierno que le falla a su gente

(Cont. en la página 16)

# Corruption Comes in Different Shades: How Lawrence Pays While Outsiders Prosper

By Sarah B. Pérez Márquez

Corruption in government comes in different shades, and unfortunately, the DePeña–Spanner administration represents the darkest of them. For over a year now, I have been documenting and exposing a pattern of fiscal irresponsibility, lack of accountability, absence of transparency, and nepotism in its highest expression.

And last week, yet another document arrived that confirmed everything I have been saying since September 2025.

Someone sent me the complete list of non-union employees for the City of Lawrence.

What I saw in that list was more proof — undeniable proof — that this administration does not care about our community, our tax dollars, or our well-being.

## What the List Reveals exactly:

Who they hire

Who gets the opportunities

Who is excluded

And the truth is painful.

Instead of valuing the many young, educated, experienced, and talented Lawrence residents ready to serve their city, this administration chooses to hire:

Outsiders

Individuals with no educational credentials

Individuals with no professional experience

People brought in strictly to fulfill political favors

A full army of friends, family, and loyalists — the pure definition of nepotism.

This is not an opinion.

This is what the city's own payroll documents show.

This is what the city's own payroll documents show.

This is what the city's own payroll documents show.

## How Did Lawrence Get Here?

The sad truth is this:

When a city elects politicians instead of leaders, the result is predictable:

Processes are ignored

Rules are not followed

Policies are bent for political insiders

Ethics disappear

Professionalism collapses

Accountability dies

And while all this happens, the taxpayers — the people working every day to support their families — are the ones paying elevated salaries to individuals who have not earned their positions and lack the qualifications to serve.

The City of Lawrence is being administered by untrained, inexperienced political loyalists, and every line of the non-union employee list reflects that reality.

## The Economic Reality of Residents vs. The Political Payroll

Before examining the salaries,

we need to understand the economic burden this creates for families.

Median Household Income (2023)

Lawrence: \$58,079

Massachusetts: \$99,858

Lawrence families earn \$41,779 less than the state median and income distribution tells an even clearer story:

4.0% earn under \$10,000

14.4% earn \$10,000–\$20,000

10.7% earn \$20,000–\$30,000

8.3% earn \$30,000–\$40,000

6.6% earn \$40,000–\$50,000

8.0% earn \$50,000–\$60,000

10.8% earn \$60,000–\$75,000

This means 62.8% of Lawrence households survive under \$75,000 a year.

Yet they are asked to fund a municipal payroll where many political appointees earn \$110,000 to \$225,000 a year.

## The Non-Union Employee Payroll — True Annual Salaries

City employees are paid biweekly. To determine their true annual salary, we use:

Biweekly Pay × 23 pay periods = Annual Salary

After calculating ALL 93 non-union employees, the results are staggering.

## Examples of Annualized Salaries:

Police Chief (Maurice Aguiler): \$225,577

Fire Chief (Patrick Delaney): \$207,775

Chief Administrative & Financial Officer (Ramona Ceballos): \$199,038

DPW Director (Jorge Jaime): \$184,000

Senior Advisor / LRA Executive Director (Octavien Spanner): \$184,000

Dozens more between \$110,400 – \$136,673

These are taxpayer-funded salaries in a city where the median household income is \$58,079.

These are taxpayer-funded salaries in a city where the median household income is \$58,079.

## Total Cost to the City

The list shows:

Biweekly total: \$333,443.01

Annual non-union payroll (calculated): OVER \$7.6 MILLION

And what do residents receive in return?

Disorganized departments

Poor public service delivery

No transparency

No accountability

No real oversight

Rampant favoritism

Political loyalty over competence

## This List Is Not Just Numbers — It Is Evidence of:

A government failing its people

A payroll machine designed to reward insiders

A system built on loyalty, not merit

Outsiders favored over educated local residents

Inflated salaries handed to the unqualified

Total disregard for the struggles of

(Cont. on page 16)



## Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

### Johnson, Knights rally past Virginia Peninsula, 77-74

Haverhill, MA (November 21, 2025) – Alex Johnson (Worcester) scored seven points in the final 90 seconds of the game on Friday night and the #9 Northern Essex Community College men's basketball team rallied from a 14-point halftime deficit to defeat the Virginia Peninsula Gators by a 77-74 final score.

After NECC went up 22-20 at the midway point of the first half VPCC went on 25 to nine run to close the half and the Knights trailed at halftime 45-31. The Knights ramped up the defensive pressure in the second half outscoring the Gators 49-29.

Johnson finished with a game high 19 points, 15 of which came in the second half. He was joined in double figure by Alejandro Delgado (Haverhill) with 12 and Joendy Rosario (Lawrence) added 10 points off the bench.

Delgado added 12 rebounds for the double-double. Cristian Moscat (Lawrence) had six steals for the Knights.

NECC returns to the court tomorrow when they return to conference play on the road at Springfield Tech.

### Nomination Open for NECC Athletic Hall of Fame Class of 2026

Haverhill, MA (December 1, 2025) – The Northern Essex Community College Athletic Department is accepting nominations for the Hall of Fame Class of 2026.

Nominations remain open throughout year, however to be considered for the Class of 2026 nominations are due by December 22nd. All nominations received will remain in consideration future years if not selected for the March 2026 induction ceremony. The 2026 Hall of Fame Class will be announced in the first week of January with induction taking place on Thursday March 5th in the Hartleb Technology Center on the Haverhill campus.

#### [Nomination Form](#)

Criteria for nominations and selection:

Candidates must have distinguished themselves through outstanding achievement in intercollegiate athletics. Candidates must have graduated from Northern Essex and/or continued their athletic participation professionally or at a four-year institution five or more years ago while maintaining satisfactory academic standing

according to the standards of the college.

Similarly, outstanding athletic teams and distinguished members of the NECC coaching staff are also eligible for selection and membership. Any coach or administrator must have retired or departed from the college at least five years prior to his or her nomination.

While athletic achievement is of prime importance, character and good citizenship will be taken into consideration. The record of the individual or athletic team must be so outstanding that there are no questions of qualifying for the Athletic Hall of Fame.

#### Honorary Membership:

Individuals recognized may or may not have had any direct affiliation with NECC. Their contributions may be varied: faculty athletic advisor, financial supporter of the athletic program, valued employee of the athletic department, volunteer coach or team physician among others. These contributions should be of significantly long duration (at least 10 years). The individual must not currently be active with the NECC athletic program.

### Corrupción...

(Cont. de la página 15)

Una maquinaria de nómina diseñada para premiar insiders  
Un sistema construido sobre la lealtad, no el mérito  
Forasteros favorecidos sobre residentes educados  
Salarios inflados entregados a personas no calificadas  
Un desprecio total por las luchas de las familias de Lawrence  
La nómina no es una coincidencia.  
Es una estrategia — una herramienta política usada para consolidar poder, silenciar críticas y construir un círculo de empleados leales que siempre protegerán a la administración.  
Mientras tanto, la gente de

Lawrence — quienes pagan estos salarios — continúa sufriendo:  
Altas tasas de pobreza  
Bajos salarios  
Inestabilidad de vivienda  
Acceso limitado a servicios  
Sistemas y departamentos rotos  
Este capítulo no trata solo de la corrupción.  
Se trata del costo de la corrupción — el costo real, medible y doloroso en las vidas de nuestros residentes.

Sarah B. Perez, Opinión Personal  
Exmiembro de la Junta, Autoridad de Reurbanización de Lawrence (LRA) y Activista Comunitaria de Lawrence.

## BrightBridge Credit Union and Arrha Credit Union Members Approve Proposed Merger

Members of both organizations voted overwhelmingly in favor of the merger

The members of BrightBridge Credit Union (BrightBridge) and Arrha Credit Union (Arrha) voted in favor of merging the two financial organizations this week, following separate member votes at each organization's corporate headquarters. BrightBridge will be the continuing credit union with Arrha changing its name to Arrha Credit Union, a Division of BrightBridge Credit Union.

The newly merged credit union will have 23 retail branches, combined assets of nearly \$2.4 billion and approximately 125,000 members. The merger will combine the resources, expertise and values of two long-standing and like-minded credit unions.

"Our member vote marks an exciting new chapter for both BrightBridge and Arrha members," said BrightBridge President & CEO John J. Howard. "By combining our strengths, we are building a stronger credit union that remains deeply committed to delivering exceptional service, expanding access to competitive financial products and investing in the communities we proudly serve. We are thrilled to bring our two credit unions together and create one big family!"

"This partnership will create more value and opportunity for both our staff and members, and for that we are so grateful to have cleared this hurdle," said Arrha President & CEO Mike Ostrowski. "Arrha and BrightBridge share a long history of putting people first, and this next step will allow us to offer even greater convenience, resources and financial strength to our communities. I'm proud of what Arrha has built, and I'm equally proud to see that legacy continue as part of a unified BrightBridge Credit Union."

The merger is expected to be finalized on Jan. 1, 2026, pending

regulatory approval. Built on a shared commitment to outstanding service, competitive financial solutions and meaningful community engagement, this partnership allows BrightBridge to broaden its reach, now serving members in Massachusetts' Hampden, Hampshire and Franklin counties, as well as Hartford and Tolland counties in Connecticut.

In 2019, 2020 and 2023 and 2025, BrightBridge completed successful mergers with Bridgewater Credit Union, Ocean Spray Employees Federal Credit Union, RTN Federal Credit Union and Cabot Boston Credit Union respectively. For more information about the proposed merger between BrightBridge and Arrha, visit [www.brightbridge.com/merger](http://www.brightbridge.com/merger).

#### About BrightBridge Credit Union

BrightBridge Credit Union (BrightBridge) is a state-chartered community credit union with more than \$2.2 billion in assets and headquartered in Lawrence, Massachusetts. BrightBridge currently serves more than 115,000 members, primarily in Massachusetts, New Hampshire and Rhode Island. BrightBridge operates 19 retail branches located in Amesbury, Bridgewater, Brookline, Danvers, Dorchester, Fairhaven, Haverhill, Hanover, Lawrence, Marlborough, Methuen, North Andover, Plymouth, Quincy, Tewksbury, Waltham and Worcester, Mass., plus Plaistow and Seabrook, N.H. BrightBridge also serves many employer groups, including two major Massachusetts employers, Raytheon Technologies and Brigham and Women's Hospital. BrightBridge offers a wide range of savings and loan products, commercial services and digital banking to meet the financial needs of a growing member base.

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

Walt Whitman

### Corruption...

(Cont. from page 15)

Lawrence families  
The payroll is not a coincidence.  
It is a strategy — a political tool used to consolidate power, silence criticism, and build a circle of loyal employees who will always protect the administration.

Meanwhile, the people of Lawrence — the ones paying these salaries — continue to suffer:  
High poverty rates  
Low wages  
Housing instability

Limited access to services  
Broken systems and departments  
This chapter is not just about corruption. It is about the cost of corruption — the real, measurable, painful cost on the lives of our residents.

Sarah B. Perez Marquez, Personal Opinion  
Former Board Member of the Lawrence Redevelopment Authority (LRA) and Community Activist

# Cedar's Foods Kicks Off New Haverhill YMCA Building Drive with \$1 Million Gift

WHAV News Staff By WHAV News Staff |

Cedar's Foods said Monday it made a \$1 million comprehensive lead gift to the Haverhill YMCA's capital campaign, becoming the first corporate donor to support the effort to bring a new, state-of-the-art YMCA facility to Haverhill.

Haverhill-based Cedar's Foods is a longtime partner of the Haverhill YMCA, supporting the YMCA since 2019 by providing funding and healthy food for afterschool programs and helping to address food insecurity among local children and families.

"We are incredibly grateful for this lead gift and continued partnership from Cedar's Foods," said Tracy Fuller, executive director of the Haverhill YMCA. "Cedar's has been an active supporter of our YMCA for years, helping us care for families through food programs and community partnerships. Their generous donation which helps us advance plans for a new YMCA—while we are still in the early phase of our capital campaign—is a true testament to their commitment to Haverhill and to the people we serve."

The current Haverhill YMCA serves approximately 2,000 members, while the proposed new facility will accommodate up to 17,000 members.

"This gift represents more than

financial support, it's an investment in the heart of the community that has shaped us for decades," said Cedar's Foods CEO Charles Hanna. "Haverhill is home, and the people here are family. Supporting the construction of a new YMCA is our way of helping to create opportunities for healthy living, learning and connection for generations to come. We are proud to contribute to a space that will foster growth, wellness and belonging for children, families, and seniors alike, and we hope this gift inspires others to join in building a stronger, healthier Haverhill."

The envisioned new YMCA will feature expanded sports, recreation and aquatics facilities, including an Olympic-size pool; comprehensive physical and mental wellness programs; an early learning center and youth enrichment programs; and specialized programs for seniors and adults to foster belonging and connection

Site selection and planning for the new YMCA facility are ongoing.

*WHAV, Greater Haverhill's only public radio station and nonprofit local news service, relies on your financial support. If you value local news stories such as this one, give now.*



Cedar's Foods CEO Charles Hanna. (Courtesy photograph.)

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"¿Qué dulzura queda en la vida, si le quitas la amistad? Robar la vida a la amistad es como robarle al mundo el sol. Un verdadero amigo es más digno de estima que un pariente"

-----

"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."

CICERO

**¿Eres una joven embarazada o un(a) padre/madre menor de 25 años?**




**¡Únete a nuestro Programa para Padres Jóvenes!**  
Apoyamos a madres y padres jóvenes y a sus hijos para que alcancen su máximo potencial, ofreciendo ayuda en todos los aspectos de la salud, el crecimiento personal y el bienestar.

**Nos enfocamos en:**

- Apoyo social y emocional
- Asistencia educativa
- Acceso a atención médica
- Apoyo con necesidades básicas (Comida, Ropa, Pañales)
- Conexión con otros servicios según sea necesario

**Ofrecemos:**

- Acceso a recursos comunitarios
- Educación e información sobre la crianza
- Apoyo con la escuela secundaria, universidad, GED y programas de capacitación laboral
- Ayuda para encontrar cuidado infantil seguro y confiable
- Grupos de bienestar y apoyo entre padres

**Requisitos:**

- Estar embarazada o ser padre/madre menor de 25 años y residente de Lawrence o Haverhill.
- Participar activamente en el programa, incluyendo visitas en el hogar, crear metas educativas, personales y profesionales.

*¿Te interesa aplicar?*

Escanea el código QR o llámanos al (978) 327-6646




430 N Canal St. Lawrence - 978-327-6600 - FSMV.org

**Are you an expectant or parenting young adult under 25?**




**Join Our Young Parents Program!**  
Supporting young parents and their children to reach their full potential with care for health, wellness, and personal growth.

**We focus on:**

- Social & emotional support
- Education assistance
- Access to medical care
- Support with basic needs (Food, Clothing, Diapers)
- Connections to other needed services

**We provide:**

- Access to community resources
- Parenting education & information
- Support with high school, college, GED, and job training
- Help finding safe and reliable childcare
- Wellness & peer support groups

**Eligibility**

- Must be under 25, expecting or parenting, and live in Lawrence or Haverhill.
- Actively participate in program activities, including home visits, and work on your educational, personal, and professional goals.

*Interested in applying?*

Scan the QR Code or call us at (978) 327-6646




430 N Canal St. Lawrence - 978-327-6600 - FSMV.org

## El riesgo de sufrir un ataque cardíaco se redujo a la mitad en adultos con enfermedades cardíacas que tomaban dosis personalizadas de vitamina D



Según un estudio preliminar que se presentará en las Sesiones Científicas del 2025 de la American Heart Association, los adultos con enfermedades cardíacas que sufrieron un ataque cardíaco previo y tomaron dosis de vitamina D personalizadas hasta alcanzar niveles óptimos en sangre presentaron un menor riesgo de sufrir otro ataque cardíaco de más de la mitad en comparación con aquellos cuyos niveles de vitamina D en sangre no se optimizaron. La reunión, que se realizará del 7 al 10 de noviembre en Nueva Orleans, es el principal intercambio mundial de los últimos avances científicos, la investigación y las actualizaciones de las prácticas clínicas basadas en evidencia en el área de la ciencia cardiovascular.

En estudios anteriores se descubrió que los niveles bajos de vitamina D están relacionados con una peor salud cardíaca. En el ensayo clínico aleatorio TARGET-D participaron adultos con enfermedades cardíacas que también habían sufrido un ataque cardíaco previo, con el fin de determinar si alcanzar niveles óptimos de vitamina D en sangre podía prevenir futuros ataques cardíacos, ataques o derrames cerebrales, hospitalizaciones por insuficiencia cardíaca o muertes. Más del 85% de los participantes comenzaron el estudio con niveles de vitamina D en sangre por debajo de 40 ng/ml, un nivel que muchos expertos consideran insuficiente para una salud óptima. A diferencia de los ensayos aleatorios anteriores sobre la vitamina D, en los que se utilizaban dosis estándar, en el ensayo TARGET-D se personalizaron las dosis en función de los resultados de los análisis de sangre de cada participante.

“En las investigaciones de ensayos clínicos anteriores sobre la vitamina D se evaluó el impacto potencial de la misma dosis de vitamina D para todos los participantes sin comprobar primero sus niveles en sangre”, afirmó Heidi T. May, Ph.D., M.S.P.H., FAHA, investigadora principal de TARGET-D y epidemióloga y profesora de investigación en Intermountain Health en Salt Lake City, Utah. “Adoptamos un enfoque diferente. Comprobamos los niveles de vitamina D de cada participante al inscribirse y a lo largo del estudio, y ajustamos la dosis según fuera necesario para situarlos y mantenerlos en un rango de 40-80 ng/ml”.

Los participantes en el estudio TARGET-D se distribuyeron aleatoriamente en dos grupos: el grupo de atención estándar no recibió ningún tratamiento para controlar los niveles de vitamina D, y el grupo de tratamiento recibió suplementos de

vitamina D personalizados, con dosis que se ajustaron cada tres meses hasta que los niveles de vitamina D en sangre superaron los 40 ng/ml. Cuando el nivel de vitamina D superaba los 40 ng/ml, se comprobaban los niveles anualmente y se ajustaban las dosis si los niveles disminuían por debajo de ese objetivo.

Los investigadores controlaron los niveles de vitamina D y calcio de los participantes del grupo de tratamiento a lo largo del estudio para evitar toxicidades por vitamina D. Las dosis se redujeron o se suspendieron si estos niveles superaban los 80 ng/ml. El exceso de vitamina D puede provocar hipercalcemia (niveles de calcio en sangre superiores a lo normal), insuficiencia renal y ritmo cardíaco anormal.

### Las siguientes son las principales conclusiones del estudio:

- Se redujo en un 52% el riesgo de sufrir un ataque cardíaco en las personas que recibieron dosis personalizadas de suplementos de vitamina D hasta alcanzar niveles superiores a 40 ng/ml durante casi cuatro años en comparación con los participantes cuyos niveles de vitamina D no se controlaron.

- Más del 85% de los participantes tenían niveles de vitamina D por debajo de 40 ng/ml cuando se inscribieron en el estudio.

- Casi el 52% de los participantes del grupo de tratamiento necesitaron más de 5000 UI de vitamina D al día para alcanzar los niveles en sangre objetivo de más de 40 ng/ml. Esta dosis es más de seis veces superior a la ingesta diaria recomendada por la FDA, que es de 800 UI.

En el estudio se analizó principalmente si unos niveles óptimos de vitamina D podían ayudar a reducir el riesgo de sufrir eventos graves, como ataque cardíaco, insuficiencia cardíaca, ataque o derrame cerebral, o muerte en adultos con enfermedades cardíacas. Los investigadores descubrieron que las dosis personalizadas de vitamina D no reducían significativamente el desenlace principal de muerte, hospitalización por insuficiencia cardíaca, o ataque o derrame cerebral; sin embargo, los suplementos parecían ayudar a prevenir los ataques cardíacos en particular.

May afirma que estos resultados podrían mejorar la atención al paciente al centrarse en los análisis de sangre para determinar los niveles de vitamina D y personalizar las dosis. “Les recomendamos a las personas con enfermedades cardíacas que consulten con sus profesionales de la salud la posibilidad de hacerse análisis de sangre para determinar los niveles de vitamina D y recibir dosis específicas que se adapten a sus necesidades

individuales”, añadió.

May y sus colegas del estudio hicieron hincapié en que se necesitan más ensayos clínicos para determinar si el tratamiento específico con vitamina D podría ayudar a prevenir las enfermedades cardíacas antes de que se produzca un primer evento cardíaco. Antes de añadir o cambiar un régimen vitamínico, la American Heart Association les recomienda a las personas con enfermedades cardíacas consultar con su cardiólogo.

El estudio tuvo varias limitaciones. Solo se incluyeron a adultos con diagnóstico de enfermedad cardíaca, por lo que es posible que los resultados no se apliquen a personas sin esta enfermedad. Además, la cantidad reducida de participantes impidió realizar un análisis más completo de otras afecciones y resultados. Por otra parte, la mayoría de los participantes pertenecían al mismo grupo racial, con aproximadamente un 90% que se identificaba como caucásico, por lo que se necesitan más investigaciones para determinar si los resultados se aplican a personas de todos los orígenes.

### Detalles, antecedentes y diseño del estudio:

- En el estudio se inscribieron 630 adultos con síndrome coronario agudo tratados en el Intermountain Medical Center de Utah entre abril del 2017 y mayo del 2023, con un seguimiento promedio de 4.2 años.

- Los participantes tenían en promedio 63 años; el 78% eran hombres y el 48% había sufrido previamente un ataque cardíaco.

- Los participantes fueron asignados aleatoriamente a uno de dos grupos: el grupo de tratamiento recibió suplementos personalizados de vitamina D hasta alcanzar niveles óptimos, con ajustes continuos de la dosis cada tres meses basados en análisis de sangre para alcanzar y mantener los niveles de vitamina D por encima de 40 ng/ml, pero sin superar los 80 ng/ml. No se realizó ningún control de la vitamina D ni se ajustó la dosis de los pacientes en el grupo de atención estándar.

- Alrededor del 52% de los participantes del estudio en el grupo de tratamiento con niveles de vitamina D inferiores a 40 ng/ml comenzaron a tomar 5000 UI diarias como dosis inicial.

- Durante el período del estudio se produjeron un total de 107 eventos cardíacos graves, entre los que se incluyen ataques cardíacos, hospitalizaciones por insuficiencia cardíaca, ataques o derrames cerebrales, o muertes (el 15.7% se produjo en el grupo de tratamiento y el 18.4% en el grupo de atención estándar).

Los coautores, las divulgaciones y las fuentes de financiamiento se indican en el resumen.

Las afirmaciones y conclusiones de los estudios presentados en las reuniones científicas de la American Heart Association son exclusivas de los autores y no constituyen necesariamente la política ni la posición de la Asociación. La Asociación no ofrece ninguna declaración ni garantía de ningún tipo en cuanto a su exactitud o confiabilidad. Los resúmenes que se presentan en las reuniones científicas de la Asociación no son revisados por expertos, sino que los paneles de revisión independientes los seleccionan y consideran en función del potencial que tengan de ser un aporte a la diversidad de temas y opiniones científicos analizados en la reunión. Los hallazgos se consideran preliminares hasta que se publiquen como un artículo completo en una revista profesional científica revisada por expertos.

La Asociación recibe más de un 85% de sus ingresos de fuentes distintas a las empresas. Estas fuentes incluyen contribuciones de personas particulares, fundaciones y patrimonios, así como ganancias por inversiones e ingresos por la venta de nuestros materiales informativos. Las empresas (incluidas las farmacéuticas, los fabricantes de dispositivos y otras compañías) también realizan donaciones a la Asociación. La Asociación tiene políticas estrictas para evitar que las donaciones influyan en el contenido científico y en las posturas de sus políticas. La información financiera general está disponible aquí. (sitio web en inglés).

Recursos adicionales:

- Los recursos multimedia se encuentran en la columna derecha del vínculo de la publicación.

- Comunicado de prensa en inglés (incluye entrevista en inglés)

- Vea el resumen (sitio web en inglés) en el planificador del programa en línea de las Sesiones Científicas del 2025 de la American Heart Association (sitio web en inglés).

- Comunicado de prensa de la American Heart Association: Algunos beneficios y posibles riesgos de los medicamentos alternativos para tratar la insuficiencia cardíaca (sitio web en inglés) (diciembre del 2022).

- Información sobre salud de la American Heart Association: Suplementos dietéticos: ¿moda pasajera o ayuda para una buena salud? (sitio web en inglés).

- Información de salud de la American Heart Association: La vida después de un ataque cardíaco (sitio web en inglés).

- Sobre las Sesiones Científicas del 2025 (sitio web en inglés).

- Si desea obtener más noticias sobre las Sesiones Científicas del 2025 de la American Heart Association, síganos en X @HeartNews, #AHA25.



## Field Hockey to Close Season Against Stonehill

NORTH ANDOVER, Mass. - The Merrimack College Field Hockey team is in action this Friday for their final game of the season against Stonehill. The team also looks forward to celebrating its senior class during the pregame.

**Preview:**

After a dominant win last Friday against conference foe Rider, the Warriors look to ride that momentum into their season finale. Darla Mahoney has scored in two straight games while Delaney Weiler recorded her team

leading third assist in the contest. Coming off an impressive 11 save performance, NEC Defensive Player of the Week Isabelle Gardiner is set to lead the Warriors to another conference victory.

For all the senior and game day action follow live!

For continuing coverage of Merrimack College Athletics, visit [MerrimackAthletics.com](http://MerrimackAthletics.com) and follow the Warriors on Instagram at @merrimack\_fh

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[WWW.rumbonews.com](http://WWW.rumbonews.com)

**BrightBridge**  
Credit Union

**Son of a Nutcracker!**  
 You're invited to our annual holiday parties.

Join us at our holiday parties the first weekend of December.

- Elf-themed crafts
- Delicious breakfast snacks
- Face painting in Bridgewater
- Temporary holiday tattoos in Lawrence
- Pictures with Mr. and Mrs. Claus

These events are FREE for all who attend.

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

Join Bridges® with Expert from Tufts Medical Center

**Understanding the Behavioral and Psychological Symptoms of Dementia**  
 Tuesday | December 9 | 7 p.m.  
 Dementia Education Seminar on Zoom

One of the most challenging aspects of dementia are the behavioral and psychological symptoms. These include agitation, depression, anxiety, apathy, and sleep disturbances, which significantly impact quality of life for both individuals and their caregivers.

Our guest expert will explain how clinicians diagnose and assess these symptoms, outline current evidence-based treatments, and share promising new research aimed at improving outcomes for both patients and families.

Learn from one of the nation's leading experts in geriatric psychiatry — and gain knowledge, understanding, and hope.

**Presented by Dr. Brent Forester:**



**Brent P. Forester, MD, MSc**  
 Chair of Psychiatry  
 Tufts University School of Medicine  
 Tufts Medical Center

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