



Octubre/October 22, 2019

EDICIÓN NO. 692

The BILINGUAL Newspaper of the Merrimack Valley

Calendario de actividades /
Calendar of activities

Pg. 19 - 23

¡Mi hermano está muerto; a nadie le importa!



My brother is dead; nobody cares!

Ana María Puello Rodriguez told reporters at a press conference in front of the Senior Center on Tuesday, October 15, 2019. Read article on page 6.

Ana María Puello Rodriguez dijo a reporteros en una conferencia de prensa frente al Senior Center el pasado martes, 15 de octubre 2019. Lea artículo en la página 6.

Symposium to focus on battling Opioid crisis

State and local leaders to share resources, training, and strategies

Local and regional leaders are encouraging conversation and action regarding the opioid crisis in Greater Lawrence by hosting a symposium with medical professionals and elected officials, focused on sharing resources, training, strategies and initiatives, on October 28 and 29 at the Andover Country Club.

The Greater Lawrence Opioid Alliance (GLOA) represents a cross section of business and community leaders from throughout Greater Lawrence and the Merrimack Valley, working collaboratively to decrease the negative effect of the opioid crisis. The first GLOA Symposium is divided into sessions, with topics including patients in crisis, peer recovery, healthcare for the homeless, opioid treatment in jails, and services for pregnant addicts, new mothers and infants, as well as additional topics. Congresswoman Lori Trahan of Massachusetts 3rd Congressional District will open the symposium with remarks about the federal perspective on the opioid crisis.

"Greater Lawrence Family Health Center is proud to be the lead organization for the Greater Lawrence Opioid Alliance. The work done by the Alliance supports what our clinicians, front line staff and recovery coaches are doing each and every day for those battling addiction. Our hope is that the Alliance will be seen as the driving force behind building a sustainable coalition and driving positive change in our collective battle against the opioid crisis," said John F. Silva, president and CEO of Greater Lawrence Family Health Center.

Other workshop moderators and speakers include Michael Botticelli, executive director of the Grayken

Center for Addiction at Boston Medical Center Hospital, who also served as the Director of National Drug Control Policy at the White House under President Obama; Monica Bharel, MD, commissioner of the Massachusetts Department of Public Health; and State Sen. Diana DiZoglio of the 1st Essex District.

Doctors, nurses, medical assistants, therapists, social workers, elected officials, school executives, law enforcement agents, and others who work with those impacted by the opioid crisis were invited to attend the two-day symposium, which has more than 150 people registered.

Rich Napolitano, senior vice president at Greater Lawrence Family Health Center and a member of the Greater Lawrence Opioid Alliance team, said that, "We are thrilled at the response we have received to our first-year initiatives that also include a Needs Assessment as well as the Symposium. My colleagues and I are focused on what lies ahead for the Alliance and building a coalition in our region that is sustainable, intentional and actionable."

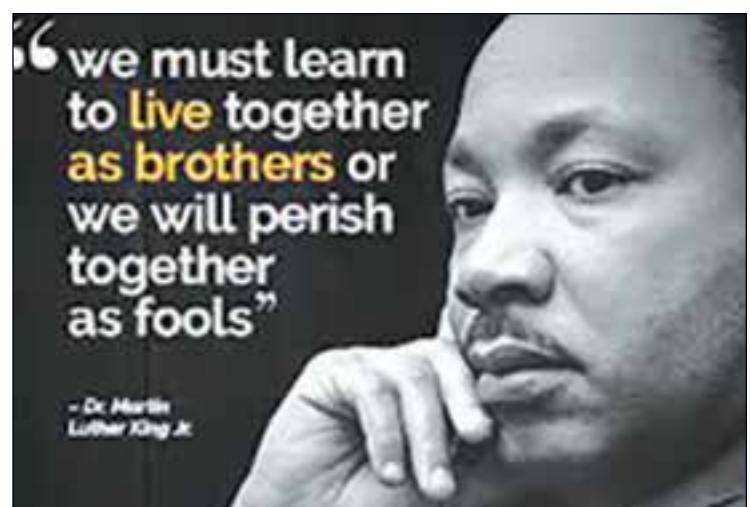
GLOA is an effort of Lawrence Leads, an executive leadership development program for Lawrence leaders sponsored by the Lawrence Partnership, in partnership with the Alliance for Business Leadership in Boston and Harvard Business School. Its purpose is to invest in the current and future leaders of Lawrence through experiential learning opportunities, helping participants develop skills to better position their businesses and organizations for growth, as well as social and corporate responsibility.

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

Haverhill resident serves in the Pacific



Gas Turbine System Technician (Mechanical) 1st Class Ian Kelley, from Haverhill, Mass., uses a smoke machine to simulate a fire during a damage control drill in the main engine room of the Arleigh Burke-class guided-missile destroyer USS Milius (DDG 69). Milius is underway conducting operations in the Indo-Pacific region while assigned to Destroyer Squadron (DESRON) 15, the Navy's largest forward-deployed DESRON and the U.S. 7th Fleet's principal surface force. (U.S. Navy photo by Mass Communication Specialist 2nd Class Taylor DiMartino)



Dianne Anderson se retira como presidenta y directora ejecutiva de Lawrence General Hospital

Después de diez años de exitoso liderazgo

Lawrence General Hospital anunció hoy que la presidenta y directora ejecutiva, Dianne J. Anderson, renunciará a partir del 6 de noviembre de 2019 después de liderar la organización durante diez años. La Junta de Fideicomisarios designó a Deb Wilson, vicepresidenta ejecutiva del Hospital General Lawrence, como CEO interina.

Durante los diez años de Anderson con el Hospital General Lawrence, la organización ha experimentado un crecimiento y desarrollo sin precedentes en un entorno de atención médica complejo y cambiante.

Bajo el liderazgo de Anderson, Lawrence General Hospital ha invertido en servicios agudos más especializados, instalaciones hospitalarias mejoradas y ampliadas, y ha agregado una mayor variedad de servicios ambulatorios en toda la región.

Más recientemente, el Lawrence General Hospital recibió su mejor informe de la Encuesta de la Comisión Conjunta en memoria, y la organización recibió grandes elogios por su calidad de atención y experiencia entre su personal clínico y no clínico, entre otros reconocimientos.

"La Comisión Conjunta proporciona la boleta de calificaciones más importante que recibe cualquier hospital", comenta Anderson. "Nuestro fantástico informe a fines de septiembre me indicó que si quiero concluir mi mandato con una nota alta, no hay mejor momento que ahora. Entonces, después de diez de los años más emocionantes y gratificantes de mi carrera, he decidido que es hora de asumir nuevos desafíos profesionales".

"La Junta de Fideicomisarios está increíblemente complacida con los avances que Lawrence General ha realizado durante el mandato de Dianne", dice Bob Gilbert, presidente de la junta. "Estamos profundamente agradecidos por el liderazgo de Dianne y estamos celebrando sus logros mientras ella da su siguiente paso. Estamos seguros de que ella ha establecido un equipo que puede llevar a cabo el trabajo de hacer realidad la visión de la junta para el hospital".

Deb Wilson ha servido como miembro clave del equipo de liderazgo senior durante los últimos ocho años y medio y es conocida y respetada tanto dentro como fuera de la organización. Wilson aporta al papel una gran experiencia en finanzas de atención médica, operaciones hospitalarias, requisitos reglamentarios e innovaciones y tendencias de la industria. Wilson ha facilitado las iniciativas estratégicas y las inversiones que han impulsado a Lawrence General a nuevos éxitos en los últimos años.

"Nuestro impulso nos posiciona bien", comenta Wilson. "Confío en que trabajando junto con la Junta de Síndicos, nuestro talentoso equipo de liderazgo, nuestros médicos y nuestros socios locales y regionales, avanzaremos en nuestra visión de una atención de alta calidad, centrada en el paciente y local aquí mismo en Merrimack Valley y Southern New Hampshire.

La Junta de Síndicos del Hospital General Lawrence designará un comité para llevar a cabo el proceso de búsqueda del próximo presidente y CEO de la organización.

Dianne Anderson Steps Down as Lawrence General Hospital's President and CEO

Caps Ten Successful Years of Leadership

Lawrence General Hospital announced today that president and CEO Dianne J. Anderson is stepping down effective November 06, 2019 after leading the organization for ten years. The Board of Trustees has designated Deb Wilson, Lawrence General Hospital's executive vice president, as interim CEO.

During Anderson's ten years with Lawrence General Hospital, the organization has experienced unprecedented growth and development in a complex and everchanging health care environment. Under Anderson's leadership, Lawrence General Hospital has invested in more specialized acute services, improved and expanded hospital facilities, and added a larger array of outpatient services throughout the region. Most recently, Lawrence General Hospital received its best Joint Commission Survey report in memory, with the organization receiving high praise for its quality of care, and expertise among its clinical and non-clinical staff, among other accolades.

"The Joint Commission provides the most important report card that any hospital receives," comments Anderson. "Our fantastic report in late September signaled to me that if I want to conclude my tenure on a high note, there is no better time than now. So, after ten of the most exciting and fulfilling years of my career, I have decided it is time to take on new professional challenges."

"The Board of Trustees is incredibly

pleased with the advancements Lawrence General has made during Dianne's tenure," says Bob Gilbert, board chair. "We are profoundly grateful for Dianne's leadership and we are celebrating her accomplishments as she takes her next step. We are confident she has put a team in place that can carry on the work of realizing the board's vision for the hospital."

Deb Wilson has served as a key member of the senior leadership team for the past eight and a half years and is well-known and respected both inside and outside the organization. Wilson brings to the role a wealth of experience in health care finance, hospital operations, regulatory requirements, and industry innovations and trends. Wilson has facilitated the strategic initiatives and investments that have propelled Lawrence General to new successes in recent years.

"Our momentum positions us well," comments Wilson. "I am confident that working together with the Board of Trustees, our talented leadership team, our physicians and our local and regional partners, we will advance our vision for high quality, patient-centered and local care right here in the Merrimack Valley and Southern New Hampshire."

The Lawrence General Hospital Board of Trustees will designate a committee to conduct the search process for the organization's next president and CEO.

EDITORIAL | EDITORIAL

El miedo no nos conduce al progreso

Hay una pequeña ciudad en Florida, Port Richie, con menos de 3,000 residentes que el Estado ha emitido una orden de disolución. La razón de tal medida es que el alcalde y el vicealcalde están en la cárcel por corrupción, junto con otros funcionarios de la ciudad acusados de comportamientos similares.

Esto demuestra que, dada la oportunidad, algunos políticos no desperdiciarán la oportunidad de infamar a la ciudad que juraron proteger y robar a los ciudadanos que confiaron en ellos con sus votos.

Eso me hizo pensar en el papel público en todo esto y en cómo Port Richie se compara con Lawrence. Ambos aceptan lo que sucedió y no prestan atención a las consecuencias futuras.

Entonces, recuerdo algo que Thomas Jefferson dijo una vez: "El espíritu de resistencia al gobierno es tan valioso en ciertas ocasiones, que deseo que siempre se mantenga vivo. A menudo se ejercerá cuando algo esté mal, pero es mejor que no ejercerlo en absoluto".

Hasta que los ciudadanos de Lawrence comiencen a quejarse de los abusos que enfrentamos, las cosas solo empeorarán. Echemos un vistazo a la muerte de José Puello Rodríguez como resultado de una discusión en el Centro de Ancianos. Ha habido un silencio absoluto, no solo de la administración sino de los testigos y las personas que comúnmente asisten a diario. Todos se convierten en cómplices.

Mire la falta de respeto de Kendrys Vásquez en la reunión del Concejo Municipal cuando los familiares intentaron obtener algunas respuestas sobre la muerte de José. Les dijeron que regresarían a la reunión del 6 de noviembre para hablar en la participación pública; que tendrían una respuesta para el final de la semana y poco después de eso, una vez más cobarde y servil, les mintieron tomando un vuelo a París por una semana. ¡A él no le importa!

Mire lo que sucede cuando sacamos algo a la luz y luchamos por lo que creemos que es correcto. Nos quejamos ante el Fiscal General por una violación de la Ley de Reuniones Abiertas en la reunión del concejo del 17 de septiembre, despejando el camino para la entrega del espacio del estacionamiento al edificio de al lado del ayuntamiento. (Puede consultar la edición de la semana pasada que describe el motivo). Antes de que la Fiscal General pudiera reaccionar, los concejales reconsideraron su voto, estuvieron de acuerdo conmigo que había una violación y comenzaron el proceso desde el principio. Ahora debemos luchar y estar atentos para evitar su paso.

Si una persona puede hacerlo, imagine si hacemos preguntas sobre todos los secretos que suceden en esta ciudad; cosas como lo que realmente sucedió en el Senior Center o lo que está detrás del accidente automovilístico del Jefe de Policía. Si no dicen nada de una manera u otra sobre si sucedió, es otro secreto y todos lo estamos pagando.

Thomas Jefferson también tuvo razón al decir, "Nuestra libertad depende de la libertad de prensa y no puede ser limitada pues la perderemos."

Fear is not the way to achieve progress

There's a little city in Florida, Port Richie, with less than 3,000 residents that the State has issued an order to dissolve. The reason for such measure is that the mayor and vice mayor are both in jail for corruption, along with other city officials accused of similar behaviors.

This demonstrates that, given the chance, some politicians will not waste an opportunity to malign the city they swore to protect and rob the citizens who trusted them with their votes.

That got me thinking about the public role in all of this and how Port Richie compares to Lawrence. They are both accepting of what happened and pay no attention to future consequences.

Then, I remember something Thomas Jefferson once said: "The spirit of resistance to government is so valuable on certain occasions, that I wish it always to be kept alive. It will often be exercised when wrong, but better so than not to be exercised at all."

Until Lawrencians begin to complain about the abuses we face, things are only going to get worse. Let's take a look at the death of José Puello Rodriguez as a result of an argument at the Senior Center. There has been absolute silence, not just from the administration but from the witnesses and people who commonly attend on a daily basis. Everyone becomes an accomplice.

Look at the disrespect from Kendrys Vasquez at the City Council meeting when the relatives went trying to get some answers to José's death. He told them to return for the November 6 meeting to speak at public participation; that they would have an answer by the end of the week and soon after that, once again coward and subservient, lied to them taking a flight to Paris for a week. He doesn't care!

Look what happens when we bring something to light and fight for what we believe to be right. We complained to the Attorney General about a violation of the Open Meeting Law at the September 17 council meeting clearing the way for the give-away of the easement to the building next door. (You may check last week's edition describing the reason.) Before the Attorney General could react, the councilors reconsidered their vote, agreed with me that there was a violation and will be starting the process from the beginning. Now we must fight and be attentive to prevent its passage.

If one person can do it, imagine if we ask questions about all the secrerries going on in this city; things like what really happened at the Senior Center or what's behind the Police Chief's car accident. If they are not saying anything one way or the other, it's another secret and we all are paying for it.

Thomas Jefferson was right also when he said, "Our liberty depends on the freedom of the press, and that cannot be limited without being lost."



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.....
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Salud conductual · Salud nutricional



Greater Lawrence Technical School

Lawrence High School

glfhc.org/school



¿Cómo honra Lawrence a los veteranos?

Respuesta: muy poco

Por Dalia Diaz

Durante todo el año, Rumbo asiste e informa sobre los beneficios y ceremonias de veteranos a través del Valle de Merrimack. También encontramos muchos periódicos locales honran a los veteranos. A menudo nos quejamos del estado de Lawrence y de lo poco que hacen para apoyar a los veteranos en el Día de los Veteranos. Por lo general, escribimos sobre estas cosas después de las ceremonias del Día de los Veteranos en todo Massachusetts. Sin embargo, este año pensamos informar antes del Día de los Veteranos, cómo la ciudad aún carece de la cobertura para ayudar a nuestros veteranos, al ver cómo funcionan otras ciudades.

Otras ciudades ofrecen estacionamiento para veteranos en lugares específicos de toda la ciudad. No Lawrence Ninguna tienda en Lawrence, ofrece descuentos para veteranos como lo hacen otras ciudades y pueblos. No hay mucha preferencia de veteranos para ser contratados en el gobierno de Lawrence o su distrito escolar como lo hacen muchas otras ciudades. Lawrence no brinda educación ni conocimiento sobre los problemas que enfrentan los veteranos y sus familias de cualquiera de los cientos de organizaciones sin fines de lucro en Lawrence que reciben tantos fondos de los contribuyentes.

Algunas ciudades de Massachusetts han patrocinado viviendas para veteranos. No Lawrence. Lawrence ni siquiera está cerca de estar entre las 100 mejores ciudades para que los veteranos compren una casa o las mejores ciudades para que vivan los veteranos. Al ver que los veteranos tienen la capacidad y la facilidad de obtener un préstamo de VA, pensaría que el mercado de la vivienda (de los agentes inmobiliarios) serían amables con ellos, no.

Básicamente en Lawrence, lo único que pueden obtener los veteranos es un lugar en el cementerio de la ciudad para cuando fallezcan y para aquellos que

viven, una ceremonia en el Día de los Veteranos con algunos VIPs de fuera de la ciudad, no un veterano de Lawrence al que debemos honrar, pero un veterano de fuera de la ciudad. Nosotros, los residentes de esta ciudad, ni siquiera conocemos a nuestros héroes en nuestra ciudad porque no los destacamos y/o su servicio hasta que mueren como lo hace Marc Laplante con los veteranos de la Primera Guerra Mundial. No honramos a las familias militares, ya sea que su ser querido esté o no desplegado. Nuestros departamentos de seguridad pública no honran a sus veteranos (que tienen más personal de veteranos que cualquier otro departamento) debido al servicio civil.

Nos tomamos un día libre para el Día de los Veteranos, pero lo que debemos hacer es atender a los veteranos en su día. En un esfuerzo por construir y expandir un sentido de unidad comunitaria, las ciudades de todo el país se están uniendo en torno a una población que apoya a los veteranos. En otras ciudades de Massachusetts, los funcionarios locales reúnen a las cooperativas de ahorro y crédito del área, organizaciones sin fines de lucro como las agencias de área sobre envejecimiento y agencias de acción comunitaria, así como socios federales del Departamento de Asuntos de Veteranos de EE.UU. Acceso seguro a sus hogares y allí envejecer. Los Servicios de Inspección de Lawrence deberían ayudar y donar tiempo y esfuerzo para hacer eso.

Muchas ciudades, aquí en Massachusetts, tienen un Programa de Reducción de Impuestos para veteranos, un cuadro de honor para veteranos, un concejo de veteranos, pancartas con estrellas azules e incluso periódicos gratuitos para veteranos desplegados. ¡Otros tienen un desayuno para veteranos, o mejor aún, destacan negocios cuyos dueños son veteranos y/o tienen desfiles! Algunas ciudades tienen un club

de lectura que discute, en la biblioteca de su pueblo o ciudad para leer libros escritos por veteranos.

Creo que lo único bueno que les sucede a los veteranos en Lawrence es que MassHire tiene un representante de veteranos para darles asistencia de la búsqueda de empleo y la ciudad ayuda a los

veteranos monetariamente a través de MGL 115. Ambos beneficios son obligatorios según las leyes del Commonwealth. Si no fuera obligatorio según la ley, no lo verías en Lawrence.

Me pregunto cómo se ocuparon de nuestros veteranos de la ciudad durante y después de los incendios/explosiones de gas.

How Does Lawrence Honor Veterans? Answer: Very Little

By Dalia Diaz

Throughout the year, Rumbo attends and reports on veterans' benefits and ceremonies through the Merrimack Valley. We also find many local newspapers honoring veterans. We often complain about the status of Lawrence and how little they do to support veterans on Veterans Day. We usually write about these things after Veterans Day ceremonies, throughout Massachusetts, take place. However, this year we thought we report before Veterans Day, how the city still lacks the coverage of assisting our veterans, by seeing how other cities do.

Other cities provide parking for veterans in specific places throughout the city. Not Lawrence. Not one store, in Lawrence, offers veterans' discounts as other cities and towns do. There is not much of a veteran preference for hiring into the Lawrence government or its school district as many other cities do. Lawrence provides no education or knowledge of the issues veterans and their families deal with from any of the hundreds of non-profits in Lawrence that receives so much taxpayer's funds.

Some cities in Massachusetts have sponsored housing for veterans. Not Lawrence. Lawrence isn't even close to being on the 100 best cities for veterans to buy a home or best cities for veterans to live. Seeing that veterans have the ability and ease to obtain a VA loan, you'd think that the housing market (from real estate agents) would be kind to them, nope. Basically in Lawrence, the only thing veterans can obtain is a spot in the city's cemetery plot for when they pass away and for those living, a ceremony for Veterans Day with some VIP from outside of the city - not a veteran from Lawrence that we should honor, but a veteran from outside the city. We, residents of this city, don't even know our heroes in our city because we don't

highlight them and/or their service until they died like Marc Laplante is doing for WWI veterans. We don't honor military families whether or not their loved one is deployed. Our public safety departments don't honor their veterans (which they have more veterans staff than any other department) because of civil service.

We take a day off for Veterans Day, but what we should do is service veterans on their day. In an effort to build and expand a sense of community unity, cities across the country are rallying around a population that supports veterans. In other cities across Massachusetts, local officials bring together area credit unions, non-profits like the area agencies on aging and community action agencies, as well as federal partners at the U.S. Department of Veterans Affairs to improve the homes of Veterans and ensure they can safely access their homes and age in place. Lawrence's Inspectional Services should be assisting and donating time and effort to do that.

Many cities, right here in Massachusetts, have a Veterans Tax-Work off Program, a veteran's honor roll, a veterans council, blue star banners, and even free newspapers for veterans that are deployed. Others have a Veterans breakfast, or better yet highlight veteran own businesses and/or have parades! Some cities have a book club discussing, in their town or city's library, to read books written by veterans.

I think the only good things happening for veterans in Lawrence is that MassHire has a veterans representative for employment search assistance and the city assist veterans monetarily through MGL 115. Both of those benefits are mandatory under laws of the Commonwealth. If it weren't mandatory under law, you would not see it in Lawrence.

I wonder how our city veterans were taking care of during and after the gas fires/explosions?

Experience is the name everyone gives to their mistakes

Experiencia es el nombre que le damos a nuestros errores.

Oscar Wilde

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Firefighters Reliefs In, One Market Street, Lawrence, MA
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Corte Suprema Escucha Argumentos Orales en Históricos Casos de Discriminación Laboral Contra Personas LGBTQ

Empleados LGBTQ han sido castigados por simplemente no conformar los estereotipos relacionados al sexo de un empleado sobre cómo deberían actuar o a quiénes deberían estar atraídos. La Corte tiene la oportunidad de determinar este asunto y es tiempo ya.

(Washington, D.C., 8 de octubre, 2019)

- Hoy, la Corte Suprema de los Estados Unidos escuchará argumentos orales en tres casos de empleados que fueron despedidos por su orientación sexual o su identidad de género. La Corte considerará si la provisión de Título 7 de la Ley de Derechos Civiles de 1964 que prohíbe discriminación por motivo de sexo cubre discriminación en contra de trabajadores gay, lesbianas, bisexuales, transgénero y género no conforme. Estos casos son Altitude Express v. Zarda, Bostock v. Clayton County y R.G. and G.R. Harris Funeral Homes v. EEOC.

"Ha sido un día significativo. Luego de escuchar las preguntas de los jueces del Tribunal Supremo estamos esperanzados y hay muchas razones para estar optimistas", dijo Gregory Nevins, abogado senior y director del proyecto de equidad laboral en Lambda Legal. "Si los jueces interpretan el texto de la ley, la decisión debería ser muy fácil. El texto de Título es tan claro como el

agua: si un empleador se niega a contratar, despide o discrimina contra un empleado 'debido al sexo de un empleado, estarán violando la ley. En estos tres casos, y en muchos otros, empleados LGBTQ han sido castigados por simplemente no conformar los estereotipos relacionados al sexo de un empleado sobre cómo deberían actuar o a quiénes deberían estar atraídos. La Corte tiene la oportunidad de determinar este asunto y es tiempo ya".

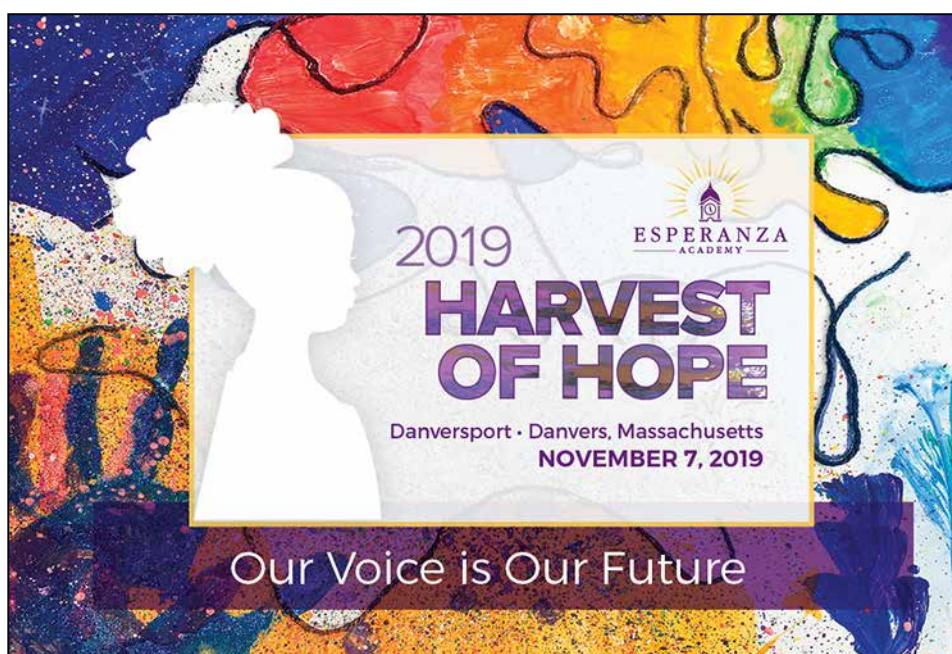
En dos casos, Altitude Express v. Zarda y Bostock v. Clayton County, la Corte evaluará si Title VII prohibición de discriminación por motivo de sexo cubre discriminación basada en orientación sexual. Y en R.G. & R.G. Harris Funeral Homes v. EEOC, la Corte considerará si la provisión de discriminación por motivo de sexo de Título VII protege a empleados y empleadas transgénero. Un creciente número de cortes ha determinado que Título VII, en efecto, prohíbe la discriminación por motivo de orientación sexual o identidad de género. Sin embargo, si la Corte determina en contra de los empleados, millones de trabajadores LGBTQ quedarían vulnerables al no tener protecciones legales a nivel local o estatal.

"Hay mucho en juego. La Corte efectivamente podría despojar de derechos a trabajadores LGBTQ que han sido establecidos por múltiples cortes federales, confirmado por la EEOC, y aceptado por la gran mayoría del pueblo estadounidense", añadió Nevins. "Necesitamos que la Corte clarifique de una vez y por todas que la discriminación en contra de trabajadores

LGBTQ es discriminación ilegal por motivo de sexo para que personas en todo el país puedan presentarse a su trabajo siendo ellos mismos y no ser forzados a esconder quiénes son. Si los jueces interpretan el texto de la ley, la decisión debería ser muy fácil".

Las contribuciones de Lambda Legal han sido central en la evolución de estos casos durante muchos años, sirviendo como representación legal acreditados en el histórico caso Hively v. Ivy Tech Community College presentado ante el Séptimo Circuito, el cual fue la primera corte federal de apelaciones en determinar si Título VII protege a empleadores ante la discriminación por motivo de orientación

sexual, al igual que argumentar mediante amicus en el caso Zarda v. Altitude Express ante el Segundo Circuito. Lambda Legal fue representante legal, además, en el caso Evans v. Georgia Regional Hospital en el Undécimo Circuito, donde ganó una victoria histórica representando a una empleada gubernamental de Georgia, quien fue despedida por ser transgénero en el caso Glenn v. Brumby. Lambda Legal ha asistido en casos similares en los Circuitos Primero, Tercero y Cuarto así como enlistado en calendario para argumentos orales en otros casos en los circuitos Quinto, Octavo y Décimo, todos estos durante los primeros cinco meses del 2019.



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¡Mi hermano está muerto; a nadie le importa!

Por Dalia Diaz

El pasado martes, 15 de octubre, 2019, Ana María Puello Rodríguez y familia, se presentó ante el concilio de la ciudad para establecer una demanda, justicia para su hermano José Puello Rodríguez, que supuestamente se envolvió en un altercado en el Senior Center, ubicado en 155 Haverhill St. en Lawrence, que le produjo la muerte.

La familia venía después de participar en una conferencia de prensa ante las cámaras de televisión de varios canales de Boston y prensa escrita local, organizada por Kelly Birchall, donde pudieron expresar su pesar ante la muerte de su familiar ante la prensa.

Según informaron a la prensa, el 16 de septiembre, José Puello Rodríguez de 60 años de edad, se encontraba jugando en el salón de billar del Senior Center, donde tropezó con un hombre, el cual lo golpeó con un palo u otra arma y lo empujó por una ventana que da al frente del edificio cayendo al pavimento, lacerándose la cabeza.

Una ambulancia lo condujo al Hospital de Lawrence, trasladándolo, dos horas más tarde al Hospital Brigham & Women de Boston, donde permaneció en coma hasta el sábado, 12 de octubre, cuando sucumbió a sus heridas.

Melvin Puello, hijo de José, que reside en Orlando, Florida, viajó dos veces a Lawrence a ver a su padre "las dos veces que lo vi, estaba inconsciente, nunca pude hablar con él", nos dijo por teléfono. "Fui a la Estación de Policía de Lawrence y me dijeron que no había reporte alguno sobre ese asunto".

"Todo lo que queremos es que se haga justicia, entró en coma y nunca se despertó", nos dijo Mercedes Puello Rodríguez, otra de las hermanas de José.

Terminada la conferencia de prensa, Kelly Birchall sugirió a la familia que acudiera al concejo municipal que estaba reunido esa noche en el Ayuntamiento. Kelly fue instrumental en la organización de la conferencia de prensa en el Centro de Personas Mayores y en contactar a los medios. La intención era exigir una respuesta sobre la muerte del Sr. Puello, ya que se había mantenido en secreto durante un mes.

La Concejal Ana Levy fue llamada al lobby y le pidieron que hablara con el presidente del concejo Kendrys Vasquez para permitirles dirigirse al pleno del concejo. Reunieron todo su poder y se pararon en el podio mientras la Concejal Levy le contaba a Kendrys su razón para estar allí. Incluso Jeovanny Rodríguez se le acercó.

Kendrys se negó tres veces y dijo que la participación pública ya había cerrado. Llegó al punto de sugerir que regresaran el 6 de noviembre y pusieran su nombre en la lista de participación pública para tener derecho a hablar 2-1/2 minutos.

Qué insultante para una familia que vino de muchas millas en busca de respuestas sobre la muerte de un ser querido y que mantuvieron oculta. Se necesitó mucho coraje, ira y tristeza para que esa familia se mantuviera firme ante ellos, solo para ser tratados como intrusos.

Finalmente, el Concejal David Abdoo dijo, "Quizás deberíamos permitir que estas personas hablen", y Kendrys Vásquez lo obedeció, como si las palabras de Abdoo fueran más poderosas que las del presidente.

Kendrys le indicó a Ana María Puello Rodríguez que continuara y, en medio de las lágrimas, explicó su situación y pidió respuestas.

La gente en casa pudo ver en la televisión, el dolor que soportaron y Kendrys decidió poner fin a su petición al llevarlos de la mano a la oficina de los concejales en el ayuntamiento. Después de una larga conversación en privado, les prometió iniciar una investigación al día siguiente y les dijo que tendrían un informe para fin de semana.

Poco después, Kendrys Vásquez les mintió al tomar un vuelo a París durante una semana. No ha habido tal investigación y la familia no ha escuchado nada.

El registro diario de la policía para el 16 de septiembre dice: "Número de incidente: 19048798 Fecha: 16/09/2019 09:43:00 Tipo: MV/BLOQUEO Lugar: SENIOR CENTER DE LAWRENCE / 155 HAVERHILL ST REMOLQUE". No se menciona la disputa en el Senior Center y no hay informe policial del incidente.

Funcionarios municipales dijeron durante la reunión del concejo que la herida en la cabeza fue el resultado de haber roto la ventana pro que había podido ponerse de pie y caminar aunque los doctores hallaron que tenía un tumor que le causó la muerte. Esa fue la versión presentada a los jefes de departamentos.

Según los testigos y la familia, el Sr. Puello fue recogido por una ambulancia y llevado al Hospital General Lawrence. Estuvo en estado de coma hasta su muerte el 12 de octubre en Brigham & Women's Hospital, momento en que los familiares me dijeron que los médicos dijeron que "sucumbió como resultado de sus heridas".



My brother is dead; nobody cares!

By Dalia Diaz

On Tuesday October 15, 2019, Ana María Puello Rodríguez and family, appeared before the city council to establish a complaint, justice for her brother José Puello Rodríguez, who allegedly got involved in an altercation at the Senior Center, located at 155 Haverhill St., in Lawrence, which killed him.

The family came after participating in a press conference before the television cameras of several Boston channels and local newspapers, organized by Kelly Birchall, where they were able to express their sorrow at the death of their family member before the press.

As reported to the press, on September 16, José, 60, was playing in the billiard room of the Senior Center, where he stumbled upon a man, who hit him with a stick or other weapon and pushed him through a window that leads to the front of the building falling to the pavement, bowing its head.

An ambulance took him to Lawrence General Hospital, transferring him two hours later to Brigham's & Women's Hospital in Boston where he remained in a coma until Saturday, October 12, when he succumbed to his injuries.

Melvin Puello, son of José, who lives in Orlando, Florida, traveled to Lawrence twice to see his father. "The two times I saw him, he was unconscious, I couldn't talk to him," he told us. "I went to Lawrence Police Station and was told there was no report on that matter."

"All we want is justice to be done, he went into a coma and never woke up," Mercedes Puello Rodríguez, another of José's sisters, told us.

After the press conference, Kelly Birchall suggested that the family go to the council meeting taking place that night at City Hall. Kelly was instrumental in organizing the press conference at the Senior Center and contacting the media. The intention was to demand an answer on Mr. Puello's death since it had been kept secret for a month.

Councilwoman Ana Levy was called to the lobby and was asked to speak with Council President Kendrys Vasquez to allow them to address the full board. They gathered all their power and stood at the podium while Councilor Levy told Kendrys their reason for being there. Even Jeovanny

Rodríguez approached him.

Kendrys refused three times and said public participation had already closed. He came to the point of suggesting that they return on November 6 and put their name on the public participation list for their 2-1/2 minute speech.

How insulting to a family that came from many miles in search of answers about the death of a loved one and that they kept hidden. It took a lot of courage, anger and sadness for that family to stand firm before them, only to be treated as intruders.

Finally, Councilor David Abdoo said, "Perhaps we should allow these people to speak," and Kendrys Vásquez agreed as if Abdoo's words were more powerful than the president's.

Kendrys told Ana María Puello Rodríguez to go ahead and, in the midst of tears, she explained her situation and asked for answers.

People at home could see on television the pain they endured, and Kendrys decided to end their request by taking them by the hand to the councilors' office. After a long conversation in private, he promised to start an investigation the next day and told them that they would have a report for the weekend.

Shortly after, Kendrys Vasquez, lied to them while taking a flight to Paris for a week. No investigation has taken place and the family has not heard another word.

The daily police record for September 16 says, "Incident number: 19048798 Date: 09/16/2019 09:43:00 Type: MV/ BLOCKING Place: SENIOR CENTER DE LAWRENCE / 155 HAVERHILL ST TOWING". The dispute is not mentioned in the Senior Center and there is no police report of the incident.

City officials said at the council meeting that the cut in his head was the result of breaking the window but he was able to get up and walk away then doctors found he had a tumor which caused his death. That was the version given to department heads.

According to witnesses and family, Mr. Puello was picked up by an ambulance and taken to Lawrence General Hospital. He was in a coma until his death on October 12, at Brigham & Women's Hospital when family members said that doctors told them he "succumbed as a result of his injuries."



Addressing the media is Ana María Puello Rodríguez, sister; Gregorio and Juan, brothers; other sisters, Antonia, Mercedes and Milagros; also Freddy Gómez Puello Rodríguez, nephew with his wife Ramona Taveras.

COLUMBIA GAS HAS BEGUN ADDITIONAL VERIFICATIONS OF OLD SERVICE LINES

Residents will continue to see an increased presence of Columbia Gas crews in the community in the coming weeks as we have begun verifying approximately 2,200 additional old service lines abandoned during last fall's Merrimack Valley recovery effort.

The verification work is being conducted in coordination with the Massachusetts Department of Public Utilities to confirm that the work on these abandoned service lines was executed in a manner consistent with federal and state requirements and in compliance with Columbia Gas procedures and protocols.

We are in the process of reaching out to our customers to schedule verification appointments. If the inspection finds the abandoned service line was not retired in accordance with applicable requirements, procedures and protocols, a crew will complete the necessary work.

None of the abandoned service lines that will be verified are connected to the active gas system and there will be no disruption to gas service.

Customers may **visit the Customer Care Center at 439 South Union Street in Lawrence, call 866-388-3239 or visit ColumbiaGasMA.com** for more information, including the list of addresses that will be checked.

Thank you for your patience as we conduct this work.

COLUMBIA GAS HA INICIADO VERIFICACIONES ADICIONALES DE LÍNEAS DE SERVICIO ANTIGUAS

Los residentes continuarán viendo una mayor presencia de equipos de Columbia Gas en la comunidad en las próximas semanas, ya que hemos comenzado a verificar aproximadamente 2,200 líneas de servicio antiguas adicionales abandonadas durante el esfuerzo de recuperación del Valle de Merrimack del otoño pasado.

El trabajo de verificación se realiza en coordinación con el Departamento de Servicios Públicos de Massachusetts para confirmar que el trabajo en estas líneas de servicio abandonadas se ejecutó de manera coherente con los requisitos federales y estatales y de conformidad con los procedimientos y protocolos de Columbia Gas.

Estamos en el proceso de comunicarnos con nuestros clientes para programar citas de verificación. Si la inspección determina que la línea de servicio abandonada no se retiró de acuerdo con los requisitos, procedimientos y protocolos aplicables, un equipo completará el trabajo necesario.

Ninguna de las líneas de servicio abandonadas que serán verificadas están conectadas al sistema de gas activo y no habrá interrupción en el servicio de gas.

Los clientes pueden **visitar el Centro de Atención al Cliente en 439 South Union Street en Lawrence, llamar al 866-388-3239 o visitar ColumbiaGasMA.com** para obtener más información, incluyendo la lista de direcciones que serán verificadas.

Gracias por su paciencia mientras llevamos a cabo este trabajo.

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Empleadores pueden reclamar crédito tributario por proporcionar licencia familiar y médica pagada a empleados

Los empleadores que brindan licencia familiar y médica pagada a sus empleados pueden reclamar un crédito para los años tributarios 2018 y 2019. El crédito del empleador para licencia familiar y médica pagada es un crédito comercial que se basa en un porcentaje de los salarios pagados a los empleados que califican mientras están en licencia familiar y médica (en inglés).

Para reclamar el crédito, los empleadores elegibles deben tener una política escrita que cumpla con ciertos requisitos, que incluyen:

- Al menos dos semanas de licencia pagada para empleados a tiempo completo (prorrateados para empleados a tiempo parcial), y
- La licencia pagada debe ser de al menos el 50 por ciento del salario que normalmente se paga al empleado.

El crédito generalmente es efectivo para los salarios pagados en los años tributables que comienzan después del 31 de diciembre de 2017 y antes del 1ro de enero de 2020. Los empleadores elegibles usan el Formulario 8994, Crédito del empleador para licencia familiar y médica pagada, para calcular el crédito.

Empleados calificados

Un empleado calificado es cualquier empleado bajo la Ley de Normas Laborales Justas que ha estado empleado por el empleador durante un año o más y que, en el año anterior, no recibió una compensación

de más de una cierta cantidad. Para el año tributario 2018 y 2019, la compensación del año anterior por parte del empleador al empleado debe haber sido de \$72,000 o menos. Además, cualquier requisito de que un empleado trabaje 12 meses consecutivos o un número mínimo de horas para ser un empleado calificado no se consideraría un método razonable para determinar si un empleado ha estado empleado durante un año.

Licencia familiar y médica

La licencia y médica es para uno o más de los siguientes:

- Nacimiento del hijo de un empleado y para su cuidado;
- Colocación de un niño con el empleado para adopción o cuidado temporal;
- Para cuidar al cónyuge, hijo o padre del empleado que tiene una condición de salud grave;
- Una condición de salud grave que impida que el empleado realice las funciones de su puesto;
- Cualquier exigencia calificada debido a que el cónyuge, hijo o padre de un empleado esté en servicio activo cubierto (o haya sido notificado de una llamada inminente u orden de servicio activo cubierto) en las Fuerzas Armadas; y
- Para cuidar a un miembro del servicio que es el cónyuge, hijo, padre o pariente del empleado.

La licencia de vacaciones pagada por el

empleador, la licencia personal o la licencia médica o por enfermedad (que no sea la licencia específicamente designada para uno o más de los fines indicados anteriormente y que no se puede usar por razones distintas a la Ley de Licencia Familiar y Médica o por cualquier otro motivo) no se considera licencia familiar y médica. Además, los empleadores no pueden tomar en cuenta ninguna licencia pagada por un gobierno estatal o local o requerida por la ley estatal o local al determinar la cantidad de licencia familiar y médica pagada proporcionada por el empleador.

Los salarios pagados a un empleado calificado por un tercer pagador, como una compañía de seguros o una organización profesional de empleadores, por los servicios prestados a un empleador elegible se consideran salarios para fines del crédito. Pero, solo el empleador elegible, no el tercero pagador, puede tener en cuenta estos salarios al calcular el crédito.

Cálculo de crédito

El crédito es un porcentaje del monto de los salarios pagados a un empleado calificado mientras está en licencia familiar y médica por hasta 12 semanas por año contributivo. El porcentaje aplicable es igual a 12.5% y aumenta en 0.25% por cada punto porcentual por el cual el monto

pagado a un empleado calificado excede el 50% del salario del empleado. El porcentaje máximo aplicable es del 25%. En ciertos casos, se puede aplicar un límite adicional.

Un empleador no puede deducir sueldos o salarios pagados o incurridos iguales a la cantidad reclamada como crédito. Además, el empleador no puede usar los salarios que se tienen en cuenta para determinar otros créditos comerciales al calcular este crédito.

Cuando reclamar el crédito

Un empleador puede reclamar el crédito solo por licencia tomada después de que la política escrita de la licencia esté vigente. La política escrita se considera vigente en la fecha posterior a la fecha de adopción de la política o la fecha de vigencia de la política. Se aplica una regla de transición para el primer año contributivo de un empleador que comience después del 31 de diciembre de 2017.

Consulte el Aviso 2018-71 y las Preguntas frecuentes en IRS.gov para obtener más información acerca de la regla de transición.

Información adicional:

Publicación 5327, Nuevo crédito tributario para empleadores que proporcionan licencia familiar y médica pagada

IRS celebra Mes Nacional del Trabajo y la Familia

Destaca crédito por licencia familiar y médica pagada, otros temas

Otros datos:

- Para el año tributario 2018, el empleado debe ganar \$72,000 o menos para calificar.
- El crédito fluctúa entre el 12.5% y el 25% de los salarios pagados a los empleados que califican.
- Algunos empleadores son elegibles para reclamar el crédito retroactivamente.

El crédito está disponible para salarios calificados pagados en los años tributarios que comienzan después del 31 de diciembre de 2017 y antes del 1ro de enero de 2020. En general, el año tributario 2019 es el último año en que la mayoría de los empleadores son elegibles para reclamar el crédito.

Ley de licencia familiar médica

La ley de licencia familiar y médica (FMLA, por sus siglas en inglés) de 1993 requería que los empleadores brinden a los empleados ausencias laborales no remuneradas por razones familiares y médicas. La ley permite a ciertos empleados hasta 12 semanas de ausencia no remunerada, protegida por la ley del trabajo por año. También protege los beneficios del grupo de salud del empleado durante el período de ausencia.

El FMLA está diseñado para ayudar a los empleados a equilibrar sus responsabilidades laborales y familiares al permitirles tomar un permiso razonable no remunerado por razones específicas familiares médicas.

Más información acerca del Crédito del empleador por licencia familiar y médica pagada está disponible en IRS.gov.

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Crédito del empleador por licencia familiar médica

Este beneficio tributario ayuda a resaltar el espíritu del Mes Nacional del Trabajo y la Familia. Según la reforma tributaria, los empleadores elegibles que brinden licencia familiar y médica a sus empleados en 2019 pueden calificar para un crédito comercial.

Para calificar, un empleador debe tener una política escrita que proporcione:

- Al menos dos semanas de licencia familiar y médica anualmente a empleados de tiempo completo y una cantidad distribuida para empleados a tiempo parcial.
- Pago de ausencia familiar y médica que es al menos el 50% del salario de los empleados.

GLCAC lanza el programa Healthy Homes (Hogares saludables)

El Greater Lawrence Community Action Council, Inc. ha lanzado un nuevo programa para ayudar a los clientes a estar más seguros y saludables en sus hogares.

El programa Healthy Homes ayudará a identificar potenciales peligros en una vivienda que podrían causar enfermedad o lesión, y ofrecerá soluciones. El programa es financiado por un subsidio de la Essex County Community Foundation.

"Estamos muy agradecidos por el apoyo de la Essex County Community Foundation, que nos permite probar el programa Healthy Homes", dice Evelyn Friedman, directora ejecutiva de GLCAC. "Al colaborar con los clientes para identificar peligros para la salud, buscamos lograr que las casas sean más seguras para las familias".

Mediante este programa, los clientes que reciben visitas de GLCAC en el hogar, por ejemplo, para asistencia de combustible, o del programa de educación para padres de WIC, permiten que se les haga una evaluación y auditoría de la vivienda.

El personal de GLCAC usa la lista de verificación del programa Healthy Homes para determinar si hay peligros como moho, plomo, entradas o pasillos obstruidos, almacenamiento inadecuado de alimentos, falta de calefacción, o detectores de humo y

monóxido de carbono que no funcionan.

Si se encuentran peligros, GLCAC colabora con los clientes para resolver los problemas y les enseña a mantener un hogar saludable.

GLCAC también les ofrece a los clientes materiales básicos como cubiertas de enchufes, cerraduras de armarios, regletas de enchufes, detectores de humo y monóxido de carbono y botiquines de primeros auxilios.

Los problemas más complejos, como violaciones graves al código de la vivienda o condiciones de vida peligrosas, se revisan más a fondo para determinar cómo brindar asistencia o apoyo adicional si fuera necesario.

El subsidio permitirá que GLCAC haga hasta 40 evaluaciones de viviendas. Por último, GLCAC espera ampliar el programa piloto para ayudar a más familias.

GLCAC es una agencia de servicios sociales multifacética que en 2018 asistió a 32.648 personas mediante una variedad de programas, entre ellos, de educación para la primera infancia, asistencia de combustible, asistencia nutricional de WIC, servicios de inmigración, prevención del envenenamiento con plomo, prevención del maltrato infantil, clases de inglés y protección al consumidor.

heat, or non-working smoke and carbon monoxide detectors.

If hazards are identified, GLCAC will work with clients to resolve the issues and educate them about ways to maintain a healthy home environment.

GLCAC will also provide clients with basic materials such as wall-outlet covers, cabinet locks, power strips, smoke and carbon monoxide detectors and first aid kits.

More complex issues such as serious code violations or dangerous living conditions will be further reviewed to determine how to provide additional assistance or support if needed.

The grant will allow GLCAC to conduct as many as 40 home assessments. GLCAC eventually hopes to expand the pilot program to help even more families.

GLCAC is a multi-faceted social services agency that assisted 32,648 individuals in 2018 through a range of programs including early childhood education, fuel assistance, WIC nutrition assistance, immigration services, lead poisoning prevention, child abuse prevention, English-language lessons, and consumer protection.

GLCAC Launches Healthy Homes Program

The Greater Lawrence Community Action Council, Inc. has launched a new program to help clients be safer and healthier in their homes.

The Healthy Homes program will help identify potential hazards inside a home that could lead to illness or injury, and offer solutions. The program is funded by a grant from the Essex County Community Foundation.

"We are extremely grateful for ECCF's support, which is allowing us to pilot the Healthy Homes program," said Evelyn Friedman, executive director of GLCAC. "By working with clients to identify health hazards, we hope to make their homes safer and more secure for the families."

Through the program, clients who are receiving home visits from GLCAC, such as for fuel assistance, WIC parenting education program and others, will receive an assessment and audit of their homes.

GLCAC staff will use a Healthy Homes checklist to determine if there are any hazards such as mold, lead, blocked entries or hallways, poor food storage, a lack of

www.rumbonews.com

NiSource Appoints Nick Stavropoulos, Veteran Gas Industry Executive, to Lead Safety Efforts for Columbia Gas of Massachusetts

NiSource Inc., (NYSE:NI) announced today the appointment of Nick Stavropoulos to a new, senior role focused on safety at Columbia Gas of Massachusetts, one of NiSource's subsidiary companies. Stavropoulos will serve as Chief Safety Advisor for Columbia Gas of Massachusetts, and will report directly to Joe Hamrock, Chief Executive Officer and President of NiSource.

Stavropoulos recently retired from his role as President and Chief Operating Officer of Pacific Gas and Electric Company (PG&E) following a career leading several of the country's largest natural gas companies.

Stavropoulos will be based in Massachusetts and will advise on all operational safety strategy and planning statewide. As a senior safety expert, he will also engage regularly with external audiences as the company executes on its safety priorities across the state.

Mark Kempic will remain President and Chief Operating Officer of Columbia Gas of Massachusetts overseeing the operations of the Columbia Gas field and construction teams, including the work underway to verify abandoned service lines in the Merrimack Valley, and working in conjunction with Stavropoulos.

"We know that recent events have led many to lose trust in Columbia Gas and that our customers are worried about whether they are safe in their own homes," said Hamrock. "We take responsibility for that lost sense of security, and to help

rebuild confidence and trust we are bringing in an industry safety leader who knows Massachusetts."

Hamrock continued, "We know of no one more qualified to help bolster our team than Nick Stavropoulos. With Nick on board, Mark will be able to more closely focus on our operational priorities, including the service line verifications.

"Nick has the judgment, experience, and a relentless focus on safety to help us through these challenging times. With Nick's expertise and steady hand, we know we will be better able to deliver our services—and most importantly, peace of mind—to our customers."

Stavropoulos joined PG&E in 2011 to lead the multi-billion dollar recovery and restoration effort following the San Bruno explosion. He was promoted to President and COO in March 2017.

Prior to joining PG&E, Stavropoulos served as Executive Vice President, Gas Operations and Chief Operating Officer for National Grid USA, an electricity and natural gas delivery company serving nearly seven million customers in the Northeast United States. As COO of that company, he was responsible for all aspects of its U.S. gas distribution business.

Prior to that role, Stavropoulos was President of KeySpan Energy Delivery. He also held a number of senior leadership positions with successive levels of responsibility, including Chief Financial Officer, at KeySpan's predecessor companies – Colonial Gas Company and Boston Gas.

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Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken for ESOL (English-for-Speakers-of-Other-Languages), Citizenship Preparation and English Communication for Employment classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843.

Anyone interested in signing up for morning or evening classes should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

Journal of the American Heart Association Report

Sleeping less than six hours and heart disease, stroke – deadly combo

Study Highlight:

Middle-aged adults with high blood pressure, Type 2 diabetes, heart disease or stroke could be at increased risk for cancer and early death when sleeping less than 6 hours per day.

Middle-aged adults with high blood pressure, Type 2 diabetes, heart disease or stroke could be at high risk for cancer and early death when sleeping less than six hours per day, according to new research published in the Journal of the American Heart Association, the open access journal of the American Heart Association.

"Our study suggests that achieving normal sleep may be protective for some people with these health conditions and risks," said lead study author Julio Fernandez-Mendoza, Ph.D., associate professor at Pennsylvania State College of Medicine and sleep psychologist at the Sleep Research & Treatment Center of the Penn State Health Milton S. Hershey Medical Center in Hershey, Pennsylvania. "However, further research is needed to examine whether improving and increasing sleep through medical or behavioral therapies can reduce risk of early death."

Researchers analyzed data of more than 1,600 adults (20 to 74 years old, more than half women) from the Penn State Adult Cohort who were categorized into two groups as having stage 2 high blood

pressure or Type 2 diabetes and having heart disease or stroke. Participants were studied in the sleep laboratory (1991-1998) for one night and then researchers tracked their cause of death up to the end of 2016.

Researchers found:

- Of the 512 people who passed away, one-third died of heart disease or stroke and one-fourth died due to cancer.
- People who had high blood pressure or diabetes and slept less than 6 hours had twice the increased risk of dying from heart disease or stroke.
- People who had heart disease or stroke and slept less than 6 hours had three times the increased risk of dying from cancer.
- The increased risk of early death for people with high blood pressure or diabetes was negligible if they slept for more than 6 hours.

"Short sleep duration should be included as a useful risk factor to predict the long-term outcomes of people with these health conditions and as a target of primary and specialized clinical practices," Fernandez-Mendoza said. "I'd like to see policy changes so that sleep consultations and sleep studies become a more integral part of our healthcare systems. Better identification of people with specific sleep issues would potentially lead to improved prevention, more complete treatment approaches, better long-term outcomes and less healthcare usage."

Sleep duration in this study was based on observing one night's sleep, which may be affected by the first-night effect where participants sleep significantly worse the first night in a lab compared to other consecutive nights, which is the type of sleep study routinely used in clinical practices.

According to the American Heart Association, roughly 45% of the United States population has stage 2 high blood pressure and/or Type 2 diabetes, while another 14% have heart disease or stroke.

Co-authors are Fan He, M.S.; Alexandros N. Vgontzas, M.D., Sc.D.; Duanping Liao, M.D., Ph.D.; and Edward O. Bixler, Ph.D. Author disclosures are in the manuscript.

The American Heart Association and the National Institutes of Health funded the study.

Statements and conclusions of study authors published in American Heart Association scientific journals are solely those of the study authors and do not necessarily reflect the Association's policy or position. The Association makes no representation or guarantee as to their accuracy or reliability. The Association receives funding primarily from individuals; foundations and corporations (including pharmaceutical, device manufacturers and other companies) also make donations and fund specific Association programs



Julio Fernandez-Mendoza Ph.D., Associate Professor, Pennsylvania State College of Medicine, Sleep Psychologist, The Sleep Research & Treatment Center of the Penn State Health Milton S. Hershey Medical Center, Hershey, Pennsylvania.

and events. The Association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and device corporations and health insurance providers are available at <https://www.heart.org/en/about-us/aha-financial-information>.

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Informe del Journal of the American Heart Association

Dormir menos de seis hora más cardiopatías y accidentes cardiovasculares: una combinación mortal

Punto destacado del estudio:

- Los adultos de mediana edad con hipertensión arterial, diabetes de tipo 2, cardiopatías o accidentes cerebrovasculares tienen un mayor riesgo de cáncer y muerte prematura si duermen menos de 6 horas al día.

Los adultos de mediana edad con hipertensión arterial, diabetes tipo 2, cardiopatías o accidentes cerebrovasculares tienen un mayor riesgo de cáncer y muerte prematura si duermen menos de 6 horas al día, según una nueva investigación publicada en el Journal of the American Heart Association, la revista de acceso libre de la American Heart Association.

"Nuestro estudio sugiere que un sueño normal puede tener un efecto protector en personas que padecen estas enfermedades y riesgos", afirma el autor principal del estudio, el Dr. Julio Fernandez-Mendoza, profesor titular del College of Medicine del estado de Pensilvania y psicólogo del sueño del Sleep Research & Treatment Center del Penn State Health Milton S. Hershey Medical Center en Hershey, Pensilvania. "No obstante, es necesario investigar más para determinar si aumentar la calidad y la duración del sueño mediante tratamientos médicos o conductuales puede reducir el riesgo de muerte prematura".

Los investigadores analizaron datos de más de 1600 adultos (con edades de entre 20 y 74 años, más de la mitad de mujeres) de la Penn State Adult Cohort. Se categorizaron en dos grupos, dependiendo de si tenían hipertensión arterial o diabetes de tipo 2, o bien si padecían cardiopatías o accidentes cerebrovasculares. Se estudió a los participantes en el laboratorio del sueño (1991-1998) durante una noche y, a continuación, los investigadores realizaron un seguimiento de la causa de su fallecimiento hasta el final del año 2016.

Los investigadores determinaron que:

- De las 512 personas que fallecieron, un tercio lo hizo debido a una cardiopatía o un accidente cerebrovascular, y un cuarto lo hizo debido a un cáncer.
- Las personas con hipertensión arterial o diabetes que durmieron menos de 6 horas tenían el doble de riesgo de fallecer debido a una cardiopatía o a un accidente cerebrovascular.
- Las personas con cardiopatías o accidentes cerebrovasculares que durmieron menos de 6 horas tenían un riesgo tres veces mayor de fallecer debido a un cáncer.

- El aumento de riesgo de muerte prematura de personas con hipertensión arterial o diabetes era insignificante si dormían más de 6 horas.

"La corta duración del sueño debería incluirse como factor de riesgo útil para predecir el resultado a largo plazo de personas que padecen estas enfermedades, y también como objetivo de prácticas médicas primarias y especializadas", afirma Fernandez-Mendoza. "Me gustaría ver cambios de políticas para que las consultas y los estudios del sueño formen una parte más importante de nuestros sistemas de atención sanitaria. Identificar mejor a personas con problemas concretos del sueño podría derivar en una mejor prevención, en enfoques de tratamiento más completos, en mejores resultados a largo plazo y en un menor uso de la atención sanitaria".

La duración del sueño en este estudio se basó en la observación de una noche de sueño, que pudo verse influida por el efecto de la primera noche (es decir, que los participantes duermen significativamente peor en un laboratorio en comparación con otras noches consecutivas, que es el tipo de estudio del sueño que se utiliza rutinariamente en las prácticas clínicas).

De acuerdo con la American Heart Association, casi el 45% de la población de Estados Unidos padece hipertensión arterial de estadio 2 y/o diabetes de tipo 2, mientras que otro 14% padece cardiopatías o accidentes cardiovasculares.

Los coautores son Fan He, M.S.; Alexandros N. Vgontzas, M.D., Sc.D.; Duanping Liao, M.D., Ph.D. y Edward O. Bixler, Ph.D. Los conflictos de interés de los autores están en el artículo.

El estudio ha sido financiado por la American Heart Association y el National Institutes of Health.

Las afirmaciones y conclusiones de los autores del estudio publicadas en las revistas científicas de la American Heart Association son exclusivas de dichos autores y no constituyen necesariamente la política ni la posición de la asociación. La asociación no ofrece garantía de ningún tipo de su exactitud o fiabilidad. La asociación recibe financiación de personas particulares principalmente; además, distintas fundaciones y empresas (incluidas empresas farmacéuticas y fabricantes de dispositivos entre otras) realizan donaciones y financian eventos o programas específicos de la asociación. La asociación tiene políticas estrictas para evitar que estas

relaciones influyan en el contenido científico. Los ingresos procedentes de empresas farmacéuticas y fabricantes de dispositivos, así como de proveedores de seguros de salud, están disponibles en <https://www.heart.org/en/about-us/aha-financial-information>.

La American Heart Association es una organización que fomenta de manera incansable vidas más sanas y duraderas. Nuestro compromiso es garantizar una salud equitativa en todas las comunidades. Mediante la colaboración con numerosas organizaciones y con el impulso de millones de voluntarios, financiamos investigaciones innovadoras, abogamos por la salud pública y compartimos recursos para salvar vidas. La organización, con sede en Dallas, ha sido una fuente destacada de información sobre la salud durante casi un siglo. Comuníquese con nosotros a través de heart.org, Facebook, Twitter, o llame al 1-800-AHA-USA1.

Para consultas de los medios de comunicación o para consultar el punto de vista experto de la AHA/ASA, llame al 214-706-1173.



Julio Fernandez-Mendoza Ph.D., Associate Professor, Pennsylvania State College of Medicine, Sleep Psychologist, The Sleep Research & Treatment Center of the Penn State Health Milton S. Hershey Medical Center, Hershey, Pennsylvania.

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

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152 notificaciones de sospechas de lesiones pulmonares relacionadas con Vaping-reportados a las autoridades de salud del estado, 29 casos reportados a los Centros para el Control y Prevención de Enfermedades

El Departamento de Salud Pública reportó hoy 10 nuevos casos de vaping pulmonar asociada asociados con lesiones ahora un total de 29 casos confirmados, 10 y 19-probable para los Centros para el Control y la Prevención de Enfermedades (CDC). La información proporcionada a los CDC también incluye evidencia obtenida de las entrevistas y los pacientes registros médicos críticas.

Hasta la fecha, el DPH ha recibido 152 notificaciones de sospechas de lesiones pulmonares relacionadas con Vaping. De los 152 informes, 29 casos fueron reportados a los CDC, 63 casos están bajo investigación activa y 60 se han descartado. Un paciente, una mujer de unos 60 años desde el condado de Hampshire, fue la primera muerte en el estado de la lesión pulmonar relacionada vaping-, que DPH se informó anteriormente.

DPH ha llevado a cabo entrevistas con los pacientes en 12 de los 29 casos reportados a los CDC y sigue en contacto con los pacientes para las entrevistas. Todos los registros médicos de 29 pacientes han sido revisados por el DPH.

De los 29 casos reportados a los CDC, 15 de los pacientes son mujeres y 14 son hombres. Veinticinco de los pacientes fueron hospitalizados como consecuencia de su enfermedad.

Además, 20 de los 29 pacientes informaron de tetrahidrocannabinol vaping (THC), un ingrediente que se encuentra en la marihuana, con o sin nicotina. De esos 20 casos, 13 reportaron haber usado solamente THC. Siete informaron de THC y la nicotina. Ocho informó vaping nicotina solamente.

Nueve casos fueron menores de 20. Siete eran entre las edades de 20 y 29. Siete eran entre 30 y 49. Hubo seis casos mayores de 50.

Con el número de casos sospechosos en crecimiento a nivel estatal y nacional, el gobernador Charlie Baker, el 24 de septiembre anunció una emergencia de salud pública en todo el estado y la prohibición de cuatro meses en las ventas de todos los productos vaping en Massachusetts. La prohibición de las ventas se aplica a todos los dispositivos y productos Vaping en línea

y al por menor, incluidos los que contienen nicotina o cannabis.

“No sabemos lo que específicamente está causando las lesiones pulmonares en estos casos, pero sí sabemos que la única cosa que tienen en común es el uso de cigarrillos electrónicos, o vaping”, dijo el Comisionado de Salud Pública Mónica Bharel, MD, MPH. “Seguimos trabajando con nuestros socios federales para compartir lo que estamos aprendiendo y obtener una mejor comprensión de esta enfermedad”.

Desde la notificación de casos de lesiones pulmonares relacionadas con Vaping-ha recibido el mandato, el número de posibles casos reportados al Departamento de Salud Pública ha aumentado, pasando de 83 informes, el 30 de septiembre a 152 a partir de hoy, sólo dos semanas después. Se les pide a los médicos a informar sobre cualquier individuo que experimenta síntomas progresivos no tiene otra explicación de la falta de aire, fatiga, dolor en el pecho, tos, o pérdida de peso, de cualquier gravedad, y un estudio anormal imagen del tórax, que también informa vaping dentro de los 90 días anteriores a la inicio de los síntomas.

Los informes se presentan al Departamento de Salud Pública de su médico del paciente a través de una línea de fax confidencial. Epidemiólogos del Departamento de Enfermedades Infecciosas y Ciencias de Laboratorio del Departamento de Salud Pública revisan los informes para determinar qué informes representan los posibles casos y, de ellos, que se ajustan a la definición de la lesión pulmonar relacionada con el vaping de los CDC y requieren una mayor investigación. Si el caso cumple con la definición, los registros médicos se solicitan desde el proveedor médico o institución sanitaria, y se llevaron a cabo entrevistas con los pacientes, sus familiares y los proveedores de servicios médicos.

DPH informa el número total de casos confirmados y probables a los CDC sobre una base semanal y hoy por primera vez presentada la información más detallada, sin identificación de los casos a los CDC para contribuir a los datos nacionales de vigilancia.

Hasta el 8 de octubre, cerca de 1.300 casos

de lesiones pulmonares asociadas con el uso del e-cigarrillo o vaping productos han sido reportados al CDC de 49 estados, el Distrito de Columbia, y 1 territorio de Estados Unidos. Veintiséis muertes han sido confirmados en 21 estados. Todos los pacientes han informado de una historia de uso de e-cigarrillos o productos vaping. Ningún producto se ha relacionado con todos los casos de vaping lesión pulmonar relacionada.

Como resultado de la emergencia de salud pública de Massachusetts, el Estado implementó una orden permanente en todo el estado de los productos de reemplazo de nicotina que permite a las personas acceder a productos como chicles y parches como un beneficio cubierto por su seguro sin necesidad de una receta determinada, de forma similar a lo que la Administración del panadero lo hizo para aumentar el acceso a la naloxona, el antídoto de opioides. Las personas que están VAPING se les anima a llamar a la línea de ayuda de los fumadores de Massachusetts al 1-800-QUIT-NOW o visite makingsmokinghistory.org o Mass.gov/QuitVaping para conectar al tratamiento.

También, Massachusetts relanzado recientemente dos campañas de concienciación pública, “los diferentes productos, mismo peligro” y “la nueva imagen de adicción a la nicotina”, destinados a educar a los padres y los jóvenes media y alta en edad escolar sobre los peligros de vaping; las campañas están apareciendo en los canales de medios sociales y vallas publicitarias en todo el estado. Más información sobre las dos campañas está disponible en getoutraged.org. Los materiales también están disponibles para su descarga en la página web de Massachusetts Centro de Promoción de la Salud.

La guía del Departamento de Salud Pública de las juntas locales de salud, proveedores de salud, y los minoristas se puede encontrar en su sitio web en mass.gov/vapingemergency .

Para los medios de comunicación: una breve disponibilidad de medios está prevista para 24:00 hoy con el Comisionado del DPH Mónica Bharel, MD, MPH en la sede del Departamento de Salud Pública, Salud Pública Sala del Consejo, 2^a Planta, 250 Washington Street, Boston.

Congresswoman Lori Trahan Speaks in Opposition to the Proposed MLB Reorganization Jeopardizing Lowell Spinners' Future



Congresswoman Lori Trahan (D-MA-03) spoke on the House Floor in support of the Lowell Spinners. The Lowell Spinners are a Class A Short Season Minor League Baseball affiliate of the Boston Red Sox of Major League Baseball (MLB).

“The Lowell Spinners and other minor league teams across the United States provide critical economic and cultural benefits to the communities they call home. I was alarmed by news that the MLB is exploring a reorganization that jeopardizes that reality. I am willing to go to bat for the Spinners, which bring so much pride and joy to the Greater Lowell Community, and urge the MLB to reconsider this devastating proposal,” said Congresswoman Trahan.

This speech was given in response to recent reporting by the Boston Globe that the nearly 25-year affiliation between the Lowell Spinners and the Boston Red Sox would end if a radical reorganization proposed by the MLB which leaked last Friday, October 18 came to pass. The proposal would shrink the number of affiliated minor league teams by 25 percent.

The proposal would also disband short-season leagues like the New York-Penn League in which Lowell plays, eliminating 42 affiliated teams in total.

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152 reports of suspected vaping-related lung injuries reported to state health officials, 29 cases reported to the US Centers for Disease Control and Prevention

The Department of Public Health today reported 10 new cases of vaping-associated pulmonary injury—now totaling 29 cases, 10 confirmed and 19 probable—to the US Centers for Disease Control and Prevention (CDC). Information provided to the CDC also includes evidence gathered from patient interviews and patient medical records reviews.

To date, DPH has received 152 reports of suspected vaping-related lung injuries. Of the 152 reports, 29 cases were reported to the CDC, 63 cases are under active investigation and 60 have been ruled out. One patient, a woman in her 60s from Hampshire County, was the state's first death from vaping-related lung injury, which DPH previously reported.

DPH has conducted patient interviews in 12 of the 29 cases reported to CDC and continues to contact patients for interviews. All 29 patients' medical records have been reviewed by DPH.

Of the 29 cases reported to the CDC, 15 of the patients are female and 14 are male. Twenty-five of the patients were hospitalized as a result of their illness.

In addition, 20 of the 29 patients reported vaping tetrahydrocannabinol (THC), an ingredient found in marijuana, with or without nicotine. Of those 20 cases, 13 reported using THC only. Seven reported THC and nicotine. Eight reported vaping nicotine only.

Nine cases were under the age of 20. Seven were between the ages of 20 and 29.

Seven were between 30 and 49. There were six cases over the age of 50.

With the number of suspect cases growing statewide and nationally, Governor Charlie Baker on September 24th announced a public health emergency and a four-month statewide ban on sales of all vaping products in Massachusetts. The sales ban applies to all on-line and retail vaping devices and products, including those containing nicotine or cannabis.

"We don't know what specifically is causing the lung injuries in these cases, but we do know the one thing they have in common is the use of e-cigarettes, or vaping," said Public Health Commissioner Monica Bharel, MD, MPH. "We continue to work with our federal partners to share what we are learning and gain a better understanding of this disease."

Since the reporting of vaping-related lung injury cases has been mandated, the number of possible cases reported to DPH has risen, climbing from 83 reports on September 30 to 152 as of today, just two weeks later. Clinicians are asked to report any individual experiencing otherwise unexplained progressive symptoms of shortness of breath, fatigue, chest pain, cough, or weight loss, of any severity, and an abnormal chest imaging study, who also reports vaping within the 90 days prior to the onset of symptoms.

The reports are submitted to DPH by the patient's healthcare provider via a

confidential fax line. Epidemiologists from DPH's Bureau of Infectious Disease and Laboratory Sciences review the reports to determine which reports represent potential cases and, of those, which fit the CDC's definition of vaping-related lung injury and require further investigation. If the case meets the definition, medical records are requested from the medical provider or healthcare institution, and interviews with patients, family members, and medical providers are conducted.

DPH reports total numbers of confirmed and probable cases to the CDC on a weekly basis and today for the first time submitted more detailed, de-identified information on cases to the CDC to contribute to the national surveillance data.

As of October 8, nearly 1,300 lung injury cases associated with using e-cigarette or vaping products have been reported to the CDC from 49 states, the District of Columbia, and 1 U.S. territory. Twenty-six deaths have been confirmed in 21 states. All patients have reported a history of using e-cigarette or vaping products. No single product has been linked to all cases of vaping related lung injury.

As a result of Massachusetts' public

health emergency, the Commonwealth implemented a statewide standing order for nicotine replacement products that allows people to access products like gum and patches as a covered benefit through their insurance without requiring an individual prescription, similar to what the Baker Administration did to increase access to naloxone, the opioid antidote. Individuals who are vaping are encouraged to call the Massachusetts Smokers' Helpline at 1-800-QUIT-NOW or visit makingsmokinghistory.org or Mass.gov/QuitVaping to connect to treatment.

Also, Massachusetts recently relaunched two public awareness campaigns, "Different Products, Same Danger" and "The New Look of Nicotine Addiction", aimed at educating parents and middle and high school-aged youth about the dangers of vaping; the campaigns are appearing on social media channels and billboards statewide. More information on both campaigns is available at getoutraged.org. Materials are also available for download on the Massachusetts Health Promotion Clearinghouse website.

DPH's guidance for local boards of health, health care providers, and retailers can be found on its website at mass.gov/vapingemergency.

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American Community Survey Provides New State and Local Income, Poverty and Health Insurance Statistics

The U.S. Census Bureau today released its most detailed look at America's people, places and economy. New state and local statistics on income, poverty and health insurance are available in briefs, detailed tables, data profiles and more. The American Community Survey (ACS) also produces statistics for more than 40 other topics.

"Each completed survey is important because it is a building block used to create statistics about communities in America," said Census Bureau American Community Survey Office Chief Donna Daily. "This information provides an important tool for communities to make data-driven decisions, assess the past, and plan for the future."

These local-level income, poverty and health insurance statistics from the ACS complement the national-level statistics released on Tuesday, Sept. 10, 2019. National-level statistics are from the Census Bureau's Current Population Survey Annual Social and Economic Supplement (CPS ASEC). The CPS ASEC is the leading source for national-level data on income, poverty and health insurance, while the ACS is the leading source for community and local-level data.

At the state level, 14 states saw an increase in income, and 14 states saw a decrease in poverty rates between 2017 and 2018. During 2018, the percentage of people without health insurance at the time of interview ranged from 2.8% in Massachusetts to 17.7% in Texas. Between 2017 and 2018, the uninsured rate decreased in two and increased in five of the 25 most populous metropolitan areas.

The findings are from the Census Bureau's 2018 ACS, the premier source for detailed population and housing information about our nation. These estimates will be released via the Census Bureau's new data dissemination platform data.census.gov.

Local-level income, poverty and health insurance statistics from the ACS are highlighted below.

Income

- Real median household income in the United States increased 0.8% between 2017 and 2018. The 2018 U.S. median household income was \$61,937.
- The 2018 median household income was the highest measured by the ACS.
- Median household income in 29 states and Puerto Rico was lower than the U.S. median. It was higher than the U.S. median in 18 states and the District of Columbia. Wyoming, North Dakota and Vermont had medians not statistically different from the U.S. median. Visit the interactive graphic to see median household income for all states.
- Median household income increased in 10 of the 25 most populous metropolitan areas between 2017 and 2018. None of those 25 metropolitan areas experienced a statistically significant decrease.

Income Inequality

- The Gini index is a standard economic measure of income inequality. A score of 0.0 is perfect equality in income distribution. A score of 1.0 indicates total inequality, where one household has all of the income.

The Gini index for the United States in the 2018 ACS (0.485) was significantly higher than the 2017 ACS estimate. Five states

(California, Connecticut, Florida, Louisiana and New York), the District of Columbia and Puerto Rico had Gini indices higher than the United States, and 36 states were lower.

- Most states experienced no statistical change in income inequality. Income inequality increased in nine states: Alabama, Arkansas, California, Kansas, Nebraska, New Hampshire, New Mexico, Texas and Virginia.

Poverty

- From 2017 to 2018, the poverty rate declined in 14 states and Puerto Rico. In 2018, the poverty rate increased in only one state: Connecticut.
- California, Florida, Georgia and North Carolina had declining poverty rates for the fifth year in a row. In three states (Arizona, Illinois and New York), poverty declined for a fourth consecutive year.
- Seven states had poverty rates less than 10.0%. Visit the interactive graphic to see the 2018 poverty rates for all 50 states and the District of Columbia.
- In seven of the 25 most populous metropolitan areas, the poverty rate declined between 2017 and 2018. The poverty rate declined for the fourth consecutive year in five of those seven metropolitan areas. None of the most populous metropolitan statistical areas experienced a poverty rate increase in 2018.

- For the fourth year in a row, the percentage of people in poverty decreased in the three most populous metropolitan areas: New York-Newark-Jersey City, NY-NJ-PA Metro Area; Los Angeles-Long Beach-Anaheim, CA Metro Area; and Chicago-Naperville-Elgin, IL-IN-WI Metro Area.

Health Insurance

- Six states and the District of Columbia had an uninsured rate less than or equal to 5.0%; six states had an uninsured rate of 12.0% or more. The remainder of states had uninsured rates between 5.0 and 11.9% in 2018. Visit the interactive graphic to see where the all the states fall.
- Between 2017 and 2018, the percentage of people without health insurance coverage at the time of interview decreased in three states. The magnitude of decreases were 1.8 percentage points in Wyoming, 0.5 percentage points in South Carolina, and 0.3 percentage points in New York.
- Boston had the lowest uninsured rate (2.9%) among the 25 most populous metropolitan areas, while Houston had the highest uninsured rate (18.6%) in 2018.

- National and state-level health insurance data from the CPS and ACS were released on Sept. 10, 2019.

For more information on the topics included in the ACS, ranging from educational attainment to computer use to commuting, please visit census.gov. To access the full set of statistics released today, please visit data.census.gov.

Additional News Released Today From the ACS

Industry and Occupation

Project management specialists, school psychologists and tutors are among the newly added occupations identified in the ACS. Those occupations and others were added in response to the implementation of the 2018 Standard Occupational Classification (SOC). The resulting updates to the 2018 Census Occupation Code list shows which occupations are identified in the ACS.

Up to 570 occupations can be found in tables available on data.census.gov.

In addition to occupation updates, the Census Industry Code list was updated to reflect changes in the 2017 North American Industry Classification System (NAICS) and will be available for the first time on the 2018 ACS.

New Data Dissemination Platform

The Census Bureau has streamlined online data dissemination to be more customer-driven and user-friendly through data.census.gov. The site culminates years of effort by the Center for Enterprise Dissemination Services and Consumer Innovation (CEDSCI) to create a single, enterprise-level data storage point for all Census Bureau data.

To help ensure a smooth transition to the new platform, CEDSCI will hold

multiple webinars and trainings. During the upcoming webinars, attendees will learn how to access tables, maps and profiles on data.census.gov. Previously recorded webinars also explain how to find and use data on data.census.gov.

Data Visualization Tools

The Census Bureau's ACS Digital Data Wheel allows users to explore and compare social, economic, housing, and demographic and economic characteristics from all states, U.S. congressional districts and metropolitan statistical areas.

Other visualizations include income, poverty and health insurance data for states through interactive U.S. maps.

"What can you learn about states from the American Community Survey?" answers commonly asked demographic and socio-economic questions using ACS data. In the coming weeks, users will also be able to explore characteristics of U.S. congressional districts and metropolitan statistical areas with interactive maps.

Additional Annual Releases

In the upcoming months, the Census Bureau will release additional ACS data, including 2018 subject tables and ACS five-year statistics (2014-2018).

These statistics would not be possible without the cooperation of the randomly selected households throughout the country that participated in the ACS.

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Lawrence, MA 01843
Tel: 978-686-3323
www.mvrestore.org

Store Hours

Wednesday-Friday: 10am-6pm
Saturday: 10am-5pm

Abierto al público, compre-done-hágase voluntario

Favor de no dejar donaciones después del horario

Traiga este anuncio a cualquiera de las tiendas (Lawrence o Billerica) y reciba un descuento de 10% en su compra

Donations / Donaciones
(please call ahead for large donations)

Tuesday-Friday: 10am-5:00pm
Saturday: 10am-4:30pm

Open to the public, shop-donate-volunteer

Please do not drop off items after store hours

Bring this ad to either store (Lawrence or Billerica) for a 10% discount on your purchase



The MA Smokers' Helpline offers free support to quit smoking.

I QUIT on my 9th TRY Keep Trying!

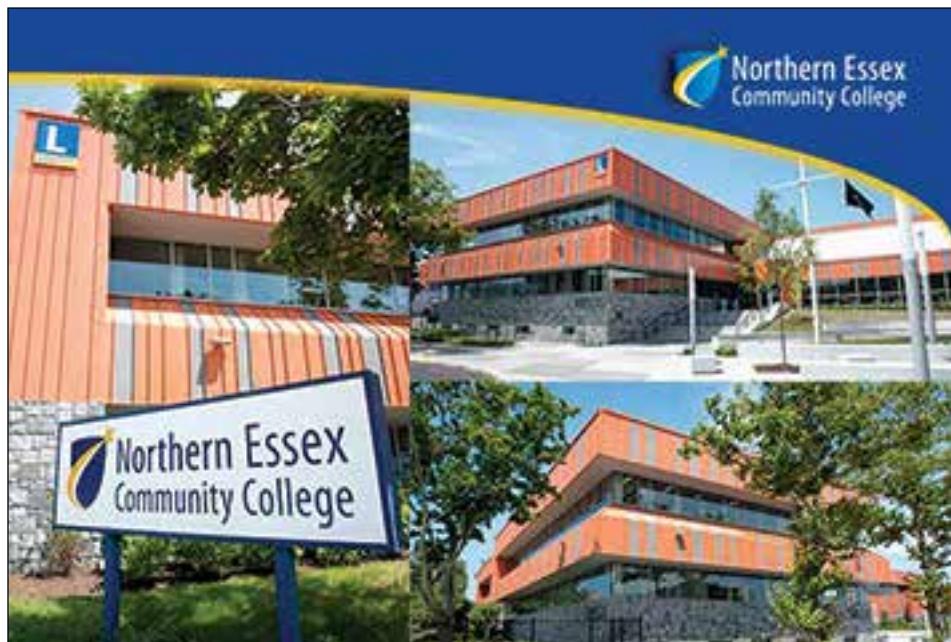
I-800-QUIT-NOW

For more information about the Helpline and to enroll online, visit KeepTryingMA.org



Massachusetts
Department of
Public Health

Come Help Us Celebrate Our Newly Renovated John R. Dimitry Building



After undergoing an 18-month renovation, the Dimitry Building now has new windows, new siding that complements the college's other properties in Lawrence, an improved parking lot, and beautiful new landscaping.

You are invited to join NECC faculty, staff, and community partners as we celebrate these exciting renovations. A brief program will begin at 11:15 a.m., and tours of the renovation will follow. A highlight of the event will be the unveiling of a colorful mural in the atrium, created by Elevated Thought. Refreshments will be served.

Please join us on:
Friday, November 1, 2019, 11:00 a.m. to Noon
45 Franklin Street, Lawrence, MA

Parking will be available in the Dimitry Building parking lot.

VETERANS' APPRECIATION DINNER

NOVEMBER 7, 2019

**5 PM PROGRAM OF REMEMBRANCE
6PM DINNER**

**LAWRENCE ELK'S LODGE #65
ANDOVER ST LAWRENCE, MA.**

TICKETS \$10.00/ALL VETS FREE

TICKETS AVAILABLE AT MEMBER'S BAR AND AT THE DOOR.

PLEASE RSVP FOR GROUP OF 5 OR MORE

ALL PROFIT FROM THE DINNER WILL BE FOR LODGE VETERAN FUND

Lawrence YMCA Open House Highlights \$3 Million in Renovations

Members of the community got the chance to see all of the changes that have been taking place at the Lawrence YMCA during an open house on Thursday, October 10th. Guests had the chance to take tours to see recent renovations that have totaled \$3 million. The newest improvements (which began this past spring) include new family locker rooms, enhancements to both the adult men's and women's locker rooms, new boys and girls locker rooms and a new pool viewing area. In addition to the tours, guests were invited to try a Zumba class, participate in free swim, or shoot some hoops in the gym.

The expansion project, which will

increase the Lawrence YMCA's capacity to offer essential programs and services to the community, is being paid for through fundraising efforts. The goal of the Growing Together Capital Campaign is to create a modern, innovative space through a combination of new construction, renovation and refurbishment.

Past improvements included the renovation of the Y's preschool and afterschool areas, a new welcome center, group exercise studio, and an intergenerational room.

For more information on the project, please visit mymca.org/lawrenceexpansion.

THE Y IS FOR HEALTHY LIVING

Through the Y people and families build and maintain healthy habits for their everyday lives. We help improve individual and community health through programs that promote wellness, reduce risk of disease and help people reclaim their health.

Active Learning

- STEM Experiences
- Education Achievement
- Fun Competitions
- Music Clubhouse

Personal Training & Wellness

- Personal Training
- Semi Private
- Performance & Functional Training
- Free Weights
- Small Group
- Cardio Equipment

Aquatics

- Swim Lessons
- Swim Fitness Classes
- Water Exercise

Specialty Programs

- LiveSTRONG® at the YMCA
- Corporate Memberships Plans
- Special Programs
- Health Fairs
- Guest Speakers
- Social Events
- And More!

Group Fitness

- Aquasize
- Step
- TRX®
- Strength Training
- Yoga
- And More...
- Zumba®

Amenities

- Child Watch Service
- Gymnasium
- Steam Room & Saunas
- Lap Pool
- Wellness Center
- Men's, Women's, Youth & Family Locker Rooms
- WiFi

LAWRENCE & METHUEN YMCA BETTER TOGETHER MEMBERSHIP RATES

Household: Mar. of 4 adults in same household & dependents	\$58.50/month	Adult 30-64 Years	\$12.50/month
Family 2 2 Adults & dependents living in the same household	\$55.00/month	Young Adult 19-29 Years	\$25.00/month
Family 3 1 Adult & dependents living in the same household	\$58.50/month	Teen 13-18 Years	\$9.00/month
Couples 2 adults in same household & no dependents	\$50.00/month	Youth 6-12 Years	\$6.00/month
Senior Citizen 65 Years and Over	\$21.00/month	Preschool 6 Months-5 Years	\$8.00/month
Senior Couples Two adults age 55+ in the same household	\$40.00/month		

Fíjese en los beneficios que adquiere con una membresía en la YMCA de Lawrence. Los precios no tienen comparación y de 4 a 8 de la noche, tiene cuidado de niños gratis mientras que utiliza cualquiera de las facilidades incluído en su mensualidad.

Notice the benefits you acquire with a membership in the Lawrence YMCA. The prices have no comparison with other gyms and from 4 to 8 at night, they offer daycare for free while using any of the facilities included in your monthly payment.

"Accept responsibility for your life... It is you who will have to get you where you want to go, nobody else."

"Acepte la responsabilidad por su vida... Depende de usted llegar hasta donde aspira a llegar, nadie más."

- Les Brown



UN PUNTO DE VISTA

© 1996

Por Paul V. Montesino, PhD, MBA, CCP

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

“¡Todos a bordo! La otra llamada de la nave

Me gusta escribir sobre lo inusual si me lo permite. No lo hago sólo para ser diferente, aunque la diferencia tiene su recompensa, sino porque las sorpresas despiertan mi creatividad, y en mis lectores, interés si no asombro. Después de todo, ¿qué sería escribir y leer sin creatividad, interés y sorpresa? Este mes hemos escuchado o leído mucho sobre Cristóbal Colón.

Hoy, quiero escribir sobre una segunda nave que vino a Plymouth Rock y ha permanecido injustamente por debajo de nuestro radar por así decirlo.

Cada año, alrededor de finales de noviembre, el cuarto jueves del mes, celebramos el Día de Acción de Gracias. Y cuando digo "celebramos", lo digo en serio. Todo el pavo, puré de patatas, salsa, arándanos, nueces, tarta de manzana y licores juntos haciendo de nuestras vidas con la familia y amigos un festín que no debe ser olvidado, no importa las calorías adicionales que son difíciles de eliminar.

Esa fecha conmemora la llegada a la Plantación de Plymouth del famoso barco mercante Mayflower con los primeros colonos a la colonia americana, y la bienvenida que recibieron por los nativos americanos, todavía inconsciente de un futuro con más llegadas a la "piñata".

Este mes de noviembre comienza un año que termina en el 400 aniversario del desembarco del Mayflower doce meses más tarde, ciento veintiocho años después que Colón puso sus pies en nuestro continente. Eso fue un cambio de juego en la historia del mundo. Abrió las puertas a muchos europeos soñadores que querían salir y crearon incursiones hacia el continente americano virgen comenzando en lo que pronto se llamaría Nueva Inglaterra, Estados Unidos mucho más tarde.

Pero tenemos derecho a celebraciones adicionales que han permanecido, si no anónimas, al menos ignoradas. Tal vez una fiesta del jueves es suficiente, dos viernes negros demasiado caros. Durante el verano siguiente a la llegada del Mayflower en noviembre de 1620, que es el verano de 1621, otro barco con peregrinos adicionales y exiliados religiosos anclaron en nuestras costas: El Arbella.

La composición de los pasajeros de los dos barcos era diferente. Los primeros optimistas valientes navegaron con esperanza, pero pocas garantías del éxito de su empresa; los segundos estaban más seguro de llegar y establecerse en la nueva tierra, haciendo preguntarnos si la historia de los millones de personas que siguieron durante los siglos subsiguientes no sentían lo mismo.

Los primeros colonizadores se llamaban peregrinos. La palabra nace en inglés medio, del anglo-francés pelerin, pilegrin, del latín tardío pelegrinus, alteración del latín peregrinus extranjero, de peregrinus, adjetivo, extranjero, de peregrin el extranjero, de diáspora a través de.

Otra, la palabra 'caminante' se utiliza como la definición básica de peregrino por el diccionario Merriam Webster, seguido de "uno que viaja a un santuario o lugar santo como devoto" y, finalmente, "uno de los ingleses colonos que se asentaron en Plymouth en 1620. Perdóneme, pero esta descripción se aplica a muy pocos inmigrantes

estadounidenses. La distinción de fecha nos hace creer que los que arribaron en El Arbella deben ser en realidad considerados migrantes y no peregrinos de la misma manera que todos los que hemos venido a América como inmigrantes no podemos ser considerados peregrinos. Esta es una diferencia que debemos tener en cuenta cuando consideramos los viejos argumentos a favor o en contra de la inmigración.

Hay algunos que sienten que pueden afirmar ser peregrinos porque sus antepasados vinieron de Europa, cualquier parte de Europa, durante los años siguientes a la llegada del Arbella hasta el siglo XX, y luego el conteo se detuvo. Pero el mundo ha estado lleno de peregrinos a lo largo de los siglos. La historia de las naciones es en realidad la crónica de las últimas llegadas a una tierra. Y la palabra "llegados" es intrínsecamente un movimiento de individuos que pertenecen al mismo grupo, el tamaño del grupo no necesariamente importante, y tratando de permanecer en ese grupo para protección.

Si lee esa larga historia pronto se dará cuenta de que esos movimientos eran en su mayoría empresas belicosas. En nuestro continente Americano, desde el norte hasta el extremo sur, por ejemplo, ningún nativo extendió una invitación a los reyes británicos, españoles o portugueses que leía "Dame tus cansados, tus pobres, tus masas apiñadas que anhelan respirar libre. Los desgraciados rechazados en su orilla repleta. Envíame estos, los sin techo, tempest-tost a mí, levanto mi antorcha al lado de la puerta dorada!" (Emma Lázaro 1883.)

Esas palabras grabadas en la famosa Estatua de la Libertad enviadas por los franceses y que ahora están de pie en Staten Island, Nueva York, estaban destinadas a ser más acogedoras que conquistadoras, calmantes, no conflictivas, y los reyes eran más optimistas. Ella da la bienvenida a todos los naufragos, inadaptados y sin techo soñando con la libertad independientemente de sus lenguas o versiones de acento. Los acentos se suponen que den sabor a la experiencia humana, no vergüenza. Fue un nuevo comienzo, un esfuerzo por cambiar la composición de una nación que se negó a ser invadida, pero se atrevió a ser generosa. Estados Unidos se había convertido en la tierra de los libres al aceptar a los muchos que no lo eran.

Hoy hay algunos que no tendrían objeción si enviamos la Estatua de la Libertad de vuelta a Francia, su antorcha apagada incluida. Desafortunadamente, lo que hacemos es ignorar la naturaleza biológica, emocional y evolutiva de la migración. La gente debe estar siempre en movimiento, ya fueran los humanoides que poblaron las tierras más cálidas viajando a través de los círculos árticos a pie, la gente de mar que construyó velas en troncos de árboles que podrían flotar los océanos, o aquellos que caminaron a través de fronteras físicas no oficiales e inexistentes que separaban a las naciones africanas de Oriente Medio y Asia en desarrollo.

Ese tipo de migración ya no puede existir sin control, lo sabemos. Pero la migración debe seguir utilizando comportamientos nuevos y desconocidos, incluso experimentales. Debemos recordar que "pensamientos grupales", la inhabilidad

de aceptar nuevas ideas, es el comienzo del fin de los grupos. No es cuestión si lo va a ser; es cuestión de cuándo.

Las sociedades no se desarrollan legal, cultural o biológicamente para manejar nuevas prácticas migratorias que no tienen ninguna base lógica en nuestras tradiciones humanas. La supervivencia ha sido un requisito de nuestra evolución como especie. La gente tiene que cambiar, las instituciones tienen que modificarse, las fronteras geográficas tienen que renovarse, y no sería sorprendente ver que tal cambio será realmente precipitado por uno de los más controvertidos de los cambios hoy en día: el cambio climático.

Podemos construir cercas y espejos entre nosotros; las vallas para separarnos, los espejos para mirar sólo a las imágenes

que se parecen a las nuestras, los diferentes no necesitando aplicar. Pero, como dije, eso no es natural. Va en contra de nuestra tendencia endogámica a movernos, a salir, a llegar y a unirnos a otros "anhelando ser libres". Al final, todos anhelamos desde el día que nacimos. Contrario a opiniones populares, no se nos permite el lujo de decidir dónde nacemos, eso lo deciden otros. Sólo se nos da la oportunidad de elegir dónde seremos enterrados. Decidir ser enterrados donde nacimos no nos hace nada mejor que elegir uno diferente. Y para ir de un lugar a otro debemos movernos. Todos dejamos las huellas de nuestras ruedas en la jornada.

Bienvenidos al nuevo mundo.

Y ese es mi punto de vista en movimiento hoy.

A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP



“¡All Aboard! The other ship call.”

I like to write about the unusual if I may. I don't do it just to be different, although difference has its reward, but because surprises awaken my creativity and, in my readers, interest if not amazement. After all, what would writing, and reading be without creativity, interest and surprise? We've heard or read about Christopher Columbus all month long. Today, I want to write about a second ship that came to Plymouth Rock and has remained unfairly below our radar so to speak.

Every year, around the end of November, on the fourth Thursday of the month, we celebrate Thanksgiving Day. And when I say "celebrate," I mean it. All the turkey, mashed potatoes, gravy, cranberries, walnuts, apple pie and liquors together making our lives with family and friends a feast not to be forgotten, never mind the extra calories that are difficult to dispose.

That date reminisces the arrival to the Plymouth Plantation of the famous Mayflower merchant ship with the earliest settlers of the American colony, and the welcoming they received by the Native Americans, still unaware of a future with more arrivals to the "piñata."

This November commences a year that ends on the 400th anniversary of the Mayflower landing twelve months later, one hundred and twenty-eight years after Columbus set foot on our continent. That was a game changer in the history of the world. It opened the doors to many dreaming Europeans who wanted out and built inroads to the virgin American continent starting in what soon would be called New England, the United States much later.

But we are entitled to additional celebrations that have remained, if not anonymous, at least ignored. Perhaps one Thursday party is enough, two Black Fridays too expensive. During the summer following the arrival of the Mayflower in

November of 1620, that is the summer of 1621, another ship with additional pilgrims and religious exiles anchored in our shores: The Arbella.

The composition of the passengers of the two ships was different. The first brave optimists sailed with hope but little assurance of the success of their venture; the second was more confident of arriving and establishing themselves in the new land, making us wonder if the history of the millions who followed during the ensuing centuries didn't feel the same confidence.

These early colonizers were called pilgrims. The word is born in Middle English, from Anglo-French pelerin, pilegrin, from Late Latin pelegrinus, alteration of Latin peregrinus foreigner, from peregrinus, adjective, foreign, from peregi abroad, from per through.

Another word, 'wayfarer' is used as the basic definition of pilgrim by the Merriam Webster dictionary, followed by "one who travels to a shrine or holy place as a devotee" and finally, "one of the English colonists settling at Plymouth in 1620." Pardon me, but this description applies to very few American immigrants. The date distinction makes us believe that those who came in the Arbella should be actually considered migrants and not pilgrims in the same way that all of us who have come to America as immigrants cannot be considered pilgrims.

This is a difference that we must keep in mind when we consider the old arguments in favor or against immigration.

There are some who feel they can claim pilgrim status because their ancestors came from Europe, any part of Europe, during the years following the Arbella's arrival to America up to the twentieth century, and then the pilgrim counting stopped. But the

PLEASE SEE MONTESINO

CONTINUES ON PAGE 19



**THE CITY OF LAWRENCE VOTES ON
TUESDAY, NOVEMBER 5, 2019
IN THE 2019 CITY ELECTION**

POLLS ARE OPEN FROM 7:00 AM TO 8:00 PM AT THE FOLLOWING LOCATIONS:

**LA CIUDAD DE LAWRENCE VOTA EL
MARTES, 5 DE NOVIEMBRE 2019
PARA LA ELECCION DE LA CIUDAD**

LOS CENTROS ESTARÁN ABIERTOS 7:00 AM HASTA 8:00 PM EN LAS SIGUIENTES UBICACIONES

DISTRICT A/DISTRITO A - PROSPECT HILL

- A1 PARTHUM SCHOOL, 255 EAST HAVERHILL ST.
- A2 PARTHUM SCHOOL, 255 EAST HAVERHILL ST.
- A3 ROLLINS SCHOOL, 451 HOWARD ST.
- A4 PARTHUM SCHOOL, 255 EAST HAVERHILL ST.

DISTRICT B/DISTRITO B - PLAINS - NORTH COMMON

- B1 M.L. RESIDENTIAL COMMUNITY, INC., 189 MAPLE ST.
- B2 LEAHY SCHOOL, 100 ERVING AVE., (BRUCE ST.)
- B3 LEAHY SCHOOL, 100 ERVING AVE., (BRUCE ST.)
- B4 VALEBROOK APARTMENTS, UNION & SUMMER STREETS

DISTRICT C/DISTRITO C - ARLINGTON NEIGHBORHOOD

- C1 FAMILY DAY CHARTER SCHOOL, 404 HAVERHILL ST.
- C2 BRUCE SCHOOL, 135 BUTLER ST.
- C3 BRIEN BUILDING, 355 PARK ST.
- C4 ARLINGTON SCHOOL, 150 ARLINGTON ST.

DISTRICT D/DISTRITO D - TOWER HILL

- D1 BRUCE SCHOOL, 135 BUTLER ST.
- D2 GUILMETTE SCHOOL, 80 BODWELL ST.
- D3 ESSEX TOWERS, 45 BROADWAY.
- D4 ESSEX TOWERS, 18 FRANKLIN ST.

DISTRICT E/DISTRITO E - SOUTH LAWRENCE WEST

- E1 DIAMOND SPRING GARDENS, ONE BEACON AVE.
- E2 FROST SCHOOL, 33 HAMLET ST.
- E3 FROST SCHOOL, 33 HAMLET ST.
- E4 ELDERLY HOUSING, 339A SALEM ST.

DISTRICT F/DISTRITO F - SOUTH LAWRENCE EAST

- F1 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.
- F2 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.
- F3 BRANCH LIBRARY, 135 PARKER ST., (BAILEY ST.)
- F4 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.

Comuníquese con la División Electoral de Lawrence, 200 calle Common Lawrence, MA para obtener más información sobre la Elección de la Ciudad o su registro de votante: (email) itavor@cityoflawrence.com; (tel) 978-620-3291

Contact the Lawrence Election Division, 200 Common Street, Lawrence, MA for further information about the City Election or your voter registration: (email) itavor@cityoflawrence.com; (tel) 978-620-3291

Free Piano Master Classes Offered at Northern Essex

The music program at Northern Essex Community College will present two free piano master classes/workshops on the art of piano playing, led by NECC Music Professor Christina Dietrich, on Sunday, Oct. 20, at 5 p.m. and Sunday, Nov. 17, at 6 p.m. in the Hartleb Technology Center on the Haverhill campus, 100 Elliott Street.

The master classes, which are open to pianists of all levels, are designed to provide students with a chance to perform and learn in a cooperative group setting. The session will explore piano performance and preparation techniques and cover a range of solo piano works as well as instrumental and vocal works with piano accompaniment.

Dietrich maintains a longstanding career as a soloist and educator. She has performed on such stages as Symphony Hall, the Lincoln Center, and Jordan Hall. In addition to her faculty position at Northern Essex, she serves as piano department chair at Indian Hill Music, founder/director of the Chopin Conservatory of Music on the North Shore, and as adjunct professor at Mount Wachusett Community College. She also is the artistic director of the Steinway Society of Massachusetts.

She holds advanced degrees in music from the New England Conservatory of Music and Boston University. She was awarded a Steinway & Sons Top Teacher



Northern Essex Community College Music Professor Christina Dietrich will offer two, free master piano classes this fall on NECC's Haverhill campus.

Award for 2017 and 2018. Most recently, she was designated a Steinway Ambassador for M. Steinert & Sons.

For more information about the master classes or about the music program at Northern Essex, contact Dr. David Garcia, music department chair, at 978-556-3321 or Professor Dietrich, at cdietrich@necc.mass.edu.

Northern Essex offers an associate degree in general studies: music option and a certificate in music technology."

Merrimack Valley Smart Growth Summit to tackle water quality and supply

Lowell, Mass.—More than 100 local leaders from across the region will assemble on October 29th in Lowell for a Merrimack Valley Smart Growth Summit to discuss “The River, Our Water, Our Land.” The October 29th conference will be hosted by the Massachusetts Smart Growth Alliance (MSG), the Merrimack Valley Planning Commission (MVPC) and Northern Middlesex Council of Governments (NMCOG) with the goal of helping cities and towns in the region tackle the issues of water quality and supply, particularly with the challenges of climate change.

“The River is a window onto larger issues facing our communities, including climate change, water supply, and growth management,” said Karen Conard, MVPC’s executive director.

“These issues are facing everyone in the Merrimack Valley, whether you live in a city right on the Merrimack River or a town that is farther away or in an adjacent watershed,” added Beverly Woods, NMCOG’s executive director.

The organizers hope that the summit’s focus on these issues will help support the Merrimack River District Commission proposed by State Senator Diana DiZoglio and launched this summer. The Commission, composed of community stakeholders and

staffed by MVPC is focusing on water quality, particularly Combined Sewer Overflow (CSO) discharges.

Summit speakers include:

- Mayor Donna Holaday | City of Newburyport
- Eileen Donoghue | City of Lowell
- Dougan Sherwood | President and CEO, Greater Haverhill Chamber of Commerce
- Yun-Ju Choi | Executive Director, Coalition for a Better Acre
- Lou Minicucci, Jr. | Founder and President of Minco Corporation
- Sheila Och | Chief of Community Health & Policy, Lowell Community Health Center
- Gabby Queenan | Policy Director, Massachusetts Rivers Alliance
- John Macone | Co-Interim Director, Merrimack Valley Watershed Council
- Lesly Melendez | Deputy Director, Groundwork Lawrence
- Kirk Westphal | Brown and Caldwell
- Elizabeth Almeida, Chair, Westford Board of Selectmen
- Jennifer Pederson | Executive Director, Massachusetts Water Works Association
- Alan Cathcart | Superintendent, Public Works, Town of Concord
- Andre Leroux | Executive Director,

Massachusetts Smart Growth Alliance

Elements of the program will include opportunities to network, along with a series of “rapid-fire” four minute presentations to present thought-provoking ideas. Members of the public are welcome. Tickets and program can be found at <https://www.great-neighborhoods.org/mvsummit>. Cost is \$25 for the half-day program.

Planners (AICP members) can earn 1.75 Certification Maintenance (CM) credits for this activity in full.

The Massachusetts Smart Growth Alliance promotes healthy and diverse communities, protects critical environmental resources and working landscapes, advocates for housing and transportation choices, and supports equitable community development and reinvestment.

Departamento de Obras Públicas AVISO IMPORTANTE



El Departamento de Trabajos Pùblicos de la Ciudad de Lawrence, MA está buscando equipos para la recogida de la nieve para esta temporada de invierno. Estamos buscando Camionetas (pick up trucks) de 3/4 de toneladas o más, Camiones de 6 y 10 ruedas con regadoras de sal (Sanders) de 3 yardas o más, Niveladoras (Graders) y Cargadores Frontales (Front End Loaders).

Por favor, llame con la información del número de equipos disponibles. Para fines de precios de pagos, llame a Derek Mason al 978-620-3372.

Brian Peña-PE

Director del Departamento de Obras Pùblicas, Lawrence, MA.

Labor movement posters Freedom Trail® Lantern Tours at Haverhill Public Library Explore the Freedom Trail After Dark

An interesting and timely exhibit will be at the Haverhill Public Library for the month of November. The exhibit is titled Human Rights/Labor Rights and it consists of about 40 posters, from the collection of Stephen Lewis. Lewis says he anticipates increased attacks in this country, on these rights, in the months to come based on what is emanating from the administration in Washington DC. The exhibit highlights violations of peoples' human and labor rights round the world, and what those rights are. The posters hail from several countries including the US, Turkey, Canada, Tunisia, France and Germany. Through graphics and written word, they address issues of political assassinations, torture, the death penalty, worker rights and other human rights.



One poster enumerates the human rights as promulgated by the United Nations. Many countries have ratified many of these rights, but many countries do not practice a number of them. Many of the posters are from Amnesty International. AI is the preeminent human rights organization in the world. Amnesty works through education, research, lobbying and letter writing campaigns.

Lewis encourages people to view the exhibit regardless of your attitudes and think about the issues the posters speak to.

The posters are from a collection of more than 8900 posters of Stephen Lewis. Lewis has been collecting political posters for 20 years and has been staging exhibits around Massachusetts for the past 18 years. Many of the posters are older but still reflect events that impact on us today.

Lewis attributes his love for the posters

and creating exhibits, to his background as a political activist and a union leader. He states that many of his exhibits reflect issues he has been involved in over the course of his life. An example is his collection of anti-Apartheid posters. Lewis and his union were very involved in the anti-Apartheid struggle in Massachusetts, particularly in solidarity with the unions in South Africa. Lewis was once arrested during a sit-in at a Boston coin dealer that refused to stop selling the South African Kruggerand gold coins. For more information, Mr. Lewis can be contacted at Lewisposters@gmail.com

This project is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency and by Bricklayers Local 3, Asbestos Workers Local 6, and Firemen and Oilers Local 3.

"Nuestra libertad depende de la libertad de prensa y no puede ser limitada pues la perderemos."

"Our liberty depends on the freedom of the press, and that cannot be limited without being lost."

- Thomas Jefferson

Departamento de Obras Públicas

AVISO IMPORTANTE

AVISO DE LA FECHA LÍMITE DE INVIERNO PARA OBTENER EL PERMISO DE EXCAVACIÓN DE LAS CALLES EN LA CIUDAD DE LAWRENCE, MA.

La fecha límite para los permisos de excavaciones de calles y aceras es octubre 31, 2019. Todos los trabajos de excavaciones y remiendos otorgados bajo el límite del 31 de octubre deben ser completados a más tardar el 30 de noviembre del 2019. Después de octubre 31, solo permisos de emergencia soportados por una justificación por escrito serán aprobados por el Director de DPW.

Brian Peña-PE
Director del Departamento de Obras Públicas, Lawrence MA



WHO: Freedom Trail Players® dressed in 18th-century costume and tour participants

WHERE: ArtsBoston Booth at Faneuil Hall (departure location)

WHEN: Thursdays, through October 31, and Saturdays, October 5 through 26, at 7:00 p.m.

Discover the Freedom Trail in after dark on the official Freedom Trail® Lantern Tours. Freedom Trail Foundation announces the return of the unique Lantern Tours, offering visitors and residents the opportunity to experience the sinister history and mystery of the Freedom Trail by lantern-light! The annual Freedom Trail Lantern Tours will be offered on Thursdays, through October 31 and Saturdays, October 5 through 26, at 7:00 p.m. from the ArtsBoston Booth at Faneuil Hall.

Fatal sword duels, the grave of a ruthless pirate, scandalous murders, and the punishment and hanging of convicted witches: all real and explored on the Freedom Trail Lantern Tours. Investigate the ghoulish side of Boston's iconic red-lined-path and hear historic tales too dark and macabre for daytime. Join darkly garbed Freedom Trail Players® with lanterns and bring true accounts of appalling crimes, spies and assassins, cold-blooded killings, and demonic possession to life on these 90-minute walking tours.

Visiting locations such as the site of the Boston Massacre and the former site of the Old Gaol (Old Jail), adjacent to the Old State House and home to many of old Boston's most infamous criminals, the Lantern Tours wind their way along the Freedom

Trail. Featuring both the Granary Burying Ground and King's Chapel Burying Ground, the tour illuminates these sites as the final resting places of convicted pirates, victims of vicious murders, and others connected to Boston's less-illustrious past. Lantern Tours culminate at Boston Common, where one of Boston's most notorious murder victims is commemorated and accused witches and villains met their fate.

Led by 18th-century costumed guides, Freedom Trail Foundation walking tours are \$14 for adults, \$12 for seniors/students, and \$8 for children, and include a \$1 donation to the Freedom Trail Foundation's Preservation Fund, which helps support preservation projects at official Freedom Trail historic sites.

Tickets may be purchased at the ArtsBoston Booth at Faneuil Hall (10:00 a.m. to 4:00 p.m. Tuesday – Sunday), the Boston Common Visitor Information Center (9:00 a.m. to 4:45 p.m.); Old Town Trolley Booth at Faneuil Hall (9:00 a.m. – 5:00 p.m.); Cheers Retail Gift Shop at Faneuil Hall Marketplace (10:00 a.m. to 9:00 p.m.), and online at TheFreedomTrail.org – tickets are discounted when purchased online.

For more information, please contact the Freedom Trail Foundation at (617) 357-8300 or visit TheFreedomTrail.org.

■ CONTINUES FROM PAGE 17

MONTESINO

world has been full of pilgrims throughout the ages. The history of nations is actually the chronicle of latest arrivals to a land. And the word arrival is intrinsically a move by individuals who belong to the same group, the size of that group not necessarily important, and trying to remain within that group for protection.

Those words engraved in the famous Statue of Liberty sent to us by the French and now standing on Staten Island, New York, were meant to be more welcoming than conquering, soothing, not conflictive. The Kings were more sanguine. She welcomes all castaways, misfits and homeless dreaming of freedom regardless of their tongues or accent versions. Accents are supposed to add flavor to the human experience, not shame. It was a new beginning, an effort to change the makeup of a nation that refused to be invaded but dared to be generous. America had become the land of the free by accepting the many who weren't.

Today there are some who would have no objection if we send Lady Liberty back to France, her extinguished torch included. Unfortunately, what we do is miss the biological, emotional and evolutionary nature of migration. People must be always on the move, whether we were the humanoids who populated the warmer lands traveling through the arctic circles on foot, the seafarers who built sails on tree trunks that could float the oceans, or those who walked through unofficial and nonexistent physical borders separating African from Middle Eastern and Asian nations taking shape.

That type of migration can no longer exist uncontrolled, we know that. But

migration must be designed using new and unfamiliar, even experimental, behaviors. We must be reminded that "group thinking," the inability to accept new ideas, is the beginning of the end of a group. It isn't a matter of if, but when.

Societies don't develop legally, culturally or biologically to handle new migration practices that have no logical basis in our human tradition. Survival has been a requirement of our evolution as a species. People have to change, institutions have to change, geographical boundaries have to change, and it wouldn't be surprising to see that such change will actually be precipitated by one of the most controversial of those changes these days: climate change.

We can build fences and mirrors between ourselves; the fences to separate us, the mirrors to let us look only at the reflection of images of those who look like ours, the different not needing to apply. But, as I said, that isn't natural. It's against our inbred tendency to move, to leave, to arrive and to join others "yearning to be free." After all, we all yearn since the day we were born. Contrary to common beliefs, we aren't allowed the luxury to choose where we are born, that choice is made for us. We are only allowed the opportunity to choose where we'll be buried. Deciding to be buried where we were born doesn't make us any better than choosing a different one. And in order to go from one to the other we must move. We all leave the tracks of our wheels on the journey.

Welcome to the new world.

And that is my moving Point of View today.

A Brief History of Congregation Ansha Sholum, 1919-2019

By Linda Siegenthaler

Lawrence's early Jewish immigrants arrived in the 1880's and founded synagogues such as Congregations Sons of Israel and Ansha Sfard on Concord Street in Lawrence and later Temple Emanuel on Tower Hill in 1920. In 1917, a small group of residents from the croz de Spika (across the Spicket River) neighborhood started to organize a synagogue and signed the act of incorporation on January 21, 1919. Thus Congregation Ansha Sholum, known as the "Little Shul" relative to the larger orthodox synagogues, was established. That year, the congregation also purchased the current location, then a two family home at 411 Hampshire Street, and converted it for religious services. Many members worked in or had businesses near the Arlington Mill. In the 1950s and 1960s, Lawrence's extensive urban renewal led to synagogue mergers and the movement of Lawrence's Jewish population to Tower Hill and the surrounding suburbs. Congregation Ansha Sholum remained and is now the only synagogue in the city of Lawrence.

In the 1920's, the synagogue hired Rabbi Abraham Appleberg who remained the rabbi for almost thirty years. His wife Rebecca also was very active in the synagogue. Since his departure, the congregation has been led by the members themselves, except for the High Holidays.

Through the 1920s, the synagogue grew rapidly and there was a need for more space. In 1930, the congregation started a major building program as a result of a legacy gift from J. Sandler, a prominent member. The building committee included Louis Pearl, President, S. Albert, Treasurer, J. Ganz, M. Geller, H. Silverman, R. Needle, Secretary,

Rev. Abraham Appleberg, H. Zack, Building Committee chair, L. Winer, Treasurer, H. Gilbert and B. Handler. The committee hired Joseph Morissette, a Lawrence architect, to develop the plans for the expansion. Joseph Torrisi was responsible for the outstanding woodworking. The Ladies Auxiliary raised the funds to purchase the new beautifully crafted Torah Ark. The remodeled synagogue was rededicated in March 1931; in 1973, the Allan Ash Estate supported the latest renovation of the historic synagogue.

Major celebrations held at Congregation Ansha Sholum include the Golden Anniversary held on April 1969, the 75th Anniversary held on November 13, 1994, and the 90th Anniversary held on November 8, 2009, when we also opened the first exhibit on the history of the synagogue. A new 100th anniversary exhibit opens on October 27, 2019 and it includes the history of the synagogue and the Jewish community.

Leaders of Ansha Sholum include Frayda Koffman, Melvin Zaft, Abraham Zaft, Judge Maurice Schwartz, Robert Goldberg, Jack Hershfield, Rose Cuscia, and Elizabeth Beraha and many others. The late Melvin Zaft was the third generation of his family to be involved in leadership.

We welcome families and youth to our historic synagogue. In recent years, a number of bar and bat mitzvahs were held at the Little Shul. Our spiritual leader is Elizabeth Beraha; services are every Saturday at 9:30am.

Ansha Sholum is a vibrant congregation, welcoming the participation of all in our services. We are interested in learning more about the history of this and other Jewish communities in Lawrence.

Info: Congregation Ansha Sholum, PO Box 1045, Lawrence MA 01842;
anshasholumlawrence@gmail.com
www.facebook.com/CongregationAnshaSholum/
 978-237-0241

Lawrence High School Graduates of 2010 through 2012

The Library received a large amount of LHS yearbooks (2010 and 2012) from the high school. They are giving them away.

If interested, please contact Louise Sandberg in the Main Library, at 51 Lawrence St.

Busque a Rumbo en su página de Facebook

Nevins Memorial Library Children's Room Programs: October 2019

Now that everyone is back into the rhythm of the school year, we look forward to seeing you in the Children's Department for our many after-school and evening offerings – not to mention our weekday morning storytimes for the little ones still at home! Check out the list below; for more information and to register, please visit www.nevinslibrary.org.

Halloween for 2s (Age 2)
 Oct. 31, 10am

Read & Play (Ages 2-5)
 "Pumpkins" (Oct. 18, 10:30am)

Halloween for 3-5s (Ages 3-5)
 Oct. 31, 11am

Storytime for 3-5s (Ages 3-5)
 "Five Little Pumpkins" (Oct. 29, 10am)

Seeds Everywhere! (Grades K-3)
 Oct. 28, 4pm



An Invitation to the
Opening of the Exhibit

Ansha Sholum at 100

Sunday, October 27, 2019, 12-3 PM

Celebrating 100 years of Congregation Ansha Sholum, 411 Hampshire Street, Lawrence, MA

Our Anniversary Exhibit, chronicling the history of our synagogue and the community, will be on display, before moving to Lawrence Heritage State Park for the month of December

Refreshments served
Come and join us!



Further information: anshasholumlawrence@gmail.com
 Tel. 978-237-0241

Exhibit made possible in part by a grant from the Lawrence Cultural Council



Buon Giorno Good Morning Buenas Tardes

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Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

Lo que nos entregues ayudará a los niños locales que participan en nuestro programa de tutoría. Debes saber que tu donación es deducible de impuestos.

¡Gracias por tu apoyo!



Football Tops Delaware State Saturday, 30-21, for First FCS Win of Division I Era

The Merrimack College football program led at halftime, 24-21, over the Delaware State University Hornets on Saturday and proceeded to pitch a second-half shutout, defeating the host Hornets by a 30-21 margin at Alumni Field in Dover, Del.

The victory marks Merrimack's first of the season against a NCAA Football Championship Subdivision opponent in the program's inaugural season as a FCS program. The Warriors picked up their second-ever win against a FCS foe, joining the 2013 outfit of Warriors who took down Wagner six years ago.

A back-and-forth first half saw Merrimack answer each scoring drive that Delaware State had, tying the game at 21-

21 following a 42-yard touchdown run for redshirt-sophomore Jamari Venter. With 56 seconds remaining in the half, Merrimack drove inside the Hornets' 15-yard where graduate student Corey Resendes kicked what proved to be the game-winning field goal. Resendes added a pair of makes in the second half to create the 30-21 final.

The Warriors' defense impressed in the final 30 minutes, keeping Delaware State off the scoreboard. The first four drives for the hosts in the second half lasted four plays or fewer, and the final drive of the day ended with a strip-sack and fumble, recovered by redshirt-senior Enrique McFarlane to put an exclamation point on the victory.

Women's Basketball Debuts in First NEC Preseason Poll

The Merrimack College women's basketball program made its debut in the Northeast Conference (NEC) Preseason Poll on Wednesday afternoon as the Warriors partook in their first-ever NEC Social Media Day.

The festivities were held at the Barclays Center in Brooklyn, N.Y., with head coach Monique LeBlanc and senior Denia Davis-Stewart representing Merrimack in front of their peers from the other 10 NEC institutions in attendance.

Merrimack was selected in 11th in the poll. Robert Morris was selected as the

preseason favorite in the NEC in unanimous fashion, while Saint Francis University was ranked second followed by Mount Saint Mary's and Sacred Heart in a tie for third. Bryant and St. Francis Brooklyn slotted into fifth, sharing the No. 5 spot. For the full poll, read below.

Both LeBlanc and Davis-Stewart participated in the Social Media Day festivities. The duo joined the live program in the morning, discussing their expectations ahead of their first Division I season among other topics. Davis-Stewart was featured in the NEC's All In Ball Out campaign unveil as well, showcasing her prowess as one of the top student-athletes in the NEC.

The Warriors play their first-ever game as a Division I institution on Tuesday, Nov. 5, when Merrimack visits UMass for a 4:30 p.m. tip-off at the Mullins Center in Amherst, Mass.

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by which we may confirm the sender.

SUDOKU (Respuestas/Answers pg 23)

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The 22nd Annual "Village of Church Fairs" in Amesbury, MA



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all in walking distance to each other.



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candy, raffles, food and fun!

Concert Series Resumes

The Lawrence Library (35 Lawrence St.) concert series resumes on Sunday, November 3 at 2 pm.

The White Fund will present a free concert: "RISING STARS" featuring 4 local teenage piano prodigies.

A reception will be held following the concert. All are welcome .

Merrimack Valley Chorus

Come See All the A Cappella Talent that Merrimack Valley Has to Offer! Merrimack Valley A Cappella Chorus has produced a Talent Showcase! This live show will take place on Sunday, November 3, at 2:00 PM at the Wynn Middle School, in Tewksbury.

Purchase tickets now for a Sunday afternoon of music that will open your ears to local, youthful voices that are shaking up the high school and college a cappella scenes. See UML Vocality, The Beantones & Wilmington High School's Sound Scape! Also, adult women, men and mixed quartets are confirmed to perform. See Derry Aires, Vocal Mischief, Scoundscape Quartet, Joyride Quartet and Paradigm. Of course, your favorite women's a cappella chorus, Merrimack Valley A Cappella, will also share their love of music.

Link: <http://www.merrimackvalleychorus.com/tickets>

www.rumbonews.com

INVITATION TO BID

Recreation Trail Construction

The Town of Salisbury (Awarding Authority) is seeking bids for the construction of a 10 -foot wide recreation trail. The trail is approximately 600 feet in length and includes a 60 foot elevated boardwalk section that crosses a wetland resource area. The project includes tree trimming, brush removal, minor excavation, grading, gravel and stone dust placement and compaction and boardwalk construction.

Bid packages may be picked up at the Department of Planning and Development Department; Town of Salisbury; 5 Beach Road; Salisbury, MA 01952, or by emailing planningdept@salisburyma.gov. A refundable deposit of \$25.00 is required for a hardcopy of the bid documents and drawings. The fee is not required for bid packages requested via email.

All bids shall be clearly marked "Recreation Trail Construction" in sealed envelopes and will be received by Lisa Pearson – Project Manager; Department of Planning and Development; Town of Salisbury; 5 Beach Road Salisbury, MA 01952 until 12:00 noon on Wednesday, November 6, 2019. They will be publicly opened and read at that time. The Town of Salisbury is the awarding authority.

A site visit is scheduled for Tuesday October 22, 2019 at 10 am. The site visit is not mandatory.

The Town of Salisbury reserves the right to waive any informality in, and reject any or all bids in the best interest of the Awarding Authority.

CALENDARIO | CALENDAR OF EVENTS

Groups/Events at Nashua Library

The library is located at 2 Court Street. Visit nashualibrary.org/visit/ directions for directions and parking information. For other information, contact the Reference Department at 589-4611 or via email at reference@nashualibrary.org.

Public Health Clinics at Nashua Library

The City of Nashua Division of Public Health holds regular clinics at the Nashua Public Library. You can get immunizations, HIV and hepatitis C testing and counseling, and blood pressure screenings either free or at low cost. No one is turned away for inability to pay.

If you have Medicare, please bring your card to the clinic.

ll clinics are held from 9:30 a.m. to 11:30 a.m. on the second and fourth Wednesdays of each month.

For the schedule of which services are available on which dates at the library, call the City of Nashua Division of Public Health at (603) 589-4500.

Spanish Class at Nashua Library

Adults are welcome to join the Tuesday morning Spanish class at the Nashua Public Library.

The group meets year-round from 9:30 a.m. to 11:30 a.m. in the Conference Room. Instruction is at the intermediate level; the class is not appropriate for beginners.

Book Club for Adults with Asperger's/Autism

This fall, the Nashua Public Library and the Asperger/Autism Network will hold monthly book discussions for post-high school adults with autism spectrum disorder and related conditions.

The discussions will be held on Mondays at 6 p.m. in the Large Meeting Room at the Nashua Public Library. Dates and titles are:

11/4 "The Curious Incident of the Dog in the Night-Time" by Mark Haddon

The group is for people who can participate in discussions without help from a caretaker. Caretakers may wait nearby, but should not expect to attend.

Please register for each session at least three days in advance at aane.org/events.

Film Series Return to Nashua Public Library

After taking a break over the summer, the Nashua Public Library's film series have resumed.

Cinema Cabaret films for adults are shown on Tuesday nights at 6:30 p.m. Family Films are screened on the second Saturday of the month at 2 p.m. Upcoming Family Films November 9.

For a schedule that lists the titles, ratings and descriptions of the films, go to tinyurl.com/nplfilm.

All the movie screenings are free and open to the public. They are sponsored by the Friends of the Nashua Public Library.

Join a Library Book Group

Book lovers have a choice of joining a daytime or evening book group at the

Nashua Public Library.

The Nashua Novel Readers usually meet on the second Thursday of the month at 7 p.m. in the Conference Room. Members of the group rotate leading the discussion each month. Upcoming selections are:

11/14 "Blind Eye" by James B. Stewart

The Downtown Book Group, led by a reference librarian, meets monthly on Fridays at 3 p.m. in the Large Meeting Room. This fall they're talking about:

11/8 "We Are All Completely Beside Ourselves" by Karen Joy Fowler

If you need copies of the books, call 603-589-4611 or email reference@nashualibrary.org.

Writers Wanted for Local Author Night

The Nashua Public Library will hold a Local Author Night on Thursday, November 7, from 6:30 p.m. to 8 p.m. That night, authors will have the opportunity to talk individually to booklovers and to sell and sign copies of their books.

Local authors who would like to reserve space at the event should register at tinyurl.com/npldiscussion. Participation is free but space is limited.

At 4:45 p.m. that day, Sara Marks, librarian and author of the 21st Century Austen Books, will provide advice to authors on using free and low-cost techniques to sell their books. The talk is free and open to the public; registration is not required.

For more information, contact Carol at (603) 589-4610 or carol.eyman@nashualibrary.org.

Library-cardholder discounts on concerts, plays

Nashua Public Library cardholders are eligible for discounts to Symphony NH and New Hampshire Philharmonic concerts, as well as plays at the Merrimack Repertory Theatre.

A limited number of \$10 tickets to Symphony NH concerts are available. Check out their 2019-2020 season at symphonynh.org.

Cardholders can get 20 percent off tickets to New Hampshire Philharmonic Orchestra concerts. Check out their 2019-2020 season at nhphil.org.

Merrimack Repertory Theatre offers \$10 off tickets. Their season is listed at mrt.org/show/2019-20-season-shows.

Instructions for getting these discounts are on the library's museum passes web page at nashualibrary.org/services/museum-passes-2. Or call 603-589-4611.

"We must remember that intelligence is not enough. Intelligence plus character – that is the goal of true education."

"Debemos recordar que la inteligencia no es suficiente. La inteligencia más carácter – esa es la meta de la verdadera educación."

— Dr. Martin Luther King, Jr.

Closings at Nashua Library

The library will be closed on the following holidays:

Thanksgiving: Closing at 5:30 p.m. November 27, closed November 28

Christmas: Closing at noon December 24, closed December 25

New Year's: Closing at 3 p.m. December 31, closed January 1

Martin Luther King Jr. Day: Closed January 20

President's Day: Closed February 17

Board of Ed Candidate Forum

Meet the candidates for the five open slots on the Nashua Board of Education at a forum at the Nashua Public Library on Wednesday, October 30, at 7 p.m.

The forum will be moderated by the League of Women Voters NH - Greater Nashua, a nonpartisan voter-information group that does not support or oppose any candidates or political parties. The library and the Telegraph are also sponsoring the event, which is free and open to the public.

At the event you'll also learn about the League of Women Voters' new website, Vote411.org, which you can use to make informed choices before Election Day, November 5. All Nashua municipal candidates will have the opportunity to submit information about their candidacies to the site.



Attached photo: Joanne Emus (left) of the League of Women Voters and Carol Luers Eyman of the Nashua Public Library review flyers for a forum for Board of Education candidates to be held October 30.

Dramatic Performance Spotlights Unsung Heroines of WWII

On Sunday, October 27, relive the terrors and triumphs of women who risked their lives to defeat fascism during World War II, when History at Play presents "World War Women: The Unsung Heroines of WWII" at the Nashua Public Library.

During the war women organized the resistance, rescued downed RAF pilots, tested new aircraft, and flew dangerous missions. Through video and dramatic performance, History at Play will tell these stories—not for the faint of heart. The free event, which is suitable for ages 13 and up, is part of the Friends of the Nashua Public Library's annual meeting. The schedule for the afternoon is:

1:30 pm: Refreshment social

2 pm: Brief Friends' business meeting followed by the show

Both members and nonmembers of the Friends of the Library are welcome at this event. Registration is not required. For more information email blachek560@yahoo.com.



Census Holds Job Fairs at Nashua Library

Are you looking for work? The U.S. Census Bureau offers opportunities to get paid while helping your community. Jobs are available in many roles, requiring 20 to 40 hours a week with flexible hours, including some nights and weekends. The pay is up to \$18 per hour on a temporary basis.

You can get more information and apply for these jobs during the bureau's job fairs at the Nashua Public Library. They will be held on the following Thursdays from 3 p.m. to 7 p.m.: November 14 and 21, December 19, January 16, and February 20.

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The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes.

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 PM to 8:30 PM.

Class fee is \$50. Call 978-683-7316 for more information.

Volunteers of America and the Sheriff Department need participants to help individuals recently released from prison to provide services for them to prevent them from returning. These include housing assistance, legal support, healthcare, and behavioral health treatment services.

For more information or volunteer, please see details below.

North Essex Tech Training Program
Essex County Pre-Release and Re-Entry Center (ECPRC)
165 Marston St., Lawrence, MA 01841- (978) 750-1900, ext. 4315
Or email NETTP@voamass.org

Volunteers of America y el Departamento del Sheriff necesitan participantes para asistir a personas que hayan salido de la prisión recientemente para proveerles servicios y evitar que regresen a la cárcel. Estos incluyen asistencia de vivienda, apoyo legal, atención médica y servicios de tratamiento de salud del comportamiento.

Para más información u ofrecerse de voluntario, favor de ver los datos abajo.

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