

## Middleton Native Serves Aboard USS Carney



Gunner's Mate 3rd Class Mark Arsenault, from Middleton, Massachusetts, conducts maintenance checks on a Mark 38 25mm chain gun during a live-fire gunnery exercise aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64), March 25, 2020. Carney, forward-deployed to Rota, Spain, is on its seventh forward deployed naval force patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners as well as U.S. national security interests in Europe and Africa. (U.S. Navy photo by Mass Communication Specialist 1st Class Fred Gray IV/Released)

## ¿Qué está pasando con las personas sin hogar?



Compare las condiciones que confrontan las personas sin hogar en Lawrence con otras ciudades. Aquí vemos a Roger Farah sirviendo algo de comer a una de las personas que regularmente asisten a House of Mercy en busca de comida, una ducha y un cambio de ropas. La ciudad le ha prohibido continuar dando esos servicios por lo que colocó un refrigerador afuera del edificio. Hay más detalles en la página 4 y una comparación con la Ciudad de Springfield en la página 7.

## La policía de Salem recuerda a los residentes que deben deshacerse de las máscaras y guantes correctamente

El Departamento de Policía de Salem ha notado un aumento de guantes desechados en los estacionamientos de la ciudad. La imagen de arriba es el estacionamiento de Walmart en Salem. (Foto cortesía del Departamento de Policía de Salem)

Pg. 11



## Salem Police Remind Residents to Properly Dispose of Masks, Gloves

The Salem Police Department has noticed an increase of improperly disposed gloves in parking lots in town. Pictured above is the Walmart parking lot in Salem. (Photo courtesy of the Salem Police Department)

Pg. 11

## What's happening with the homeless?

Compare the conditions facing homeless people in Lawrence with other cities. Here we see Roger Farah serving something to eat to one of the people who regularly attend House of Mercy in search of food, a shower and a change of clothes. The city has prohibited him from continuing to provide these services, so he placed a refrigerator outside the building. There are more details on page 4 and a comparison with the City of Springfield on page 7.

### Alerta de estafa BBB: estafadores dirigidos a personas mayores durante la pandemia

### BBB Scam Alert: Scammers Targeting Seniors During Pandemic

Pg. 10



## ¿Por qué los líderes demócratas en Beacon Hill no abordaron los requisitos de firma en el proyecto de ley electoral?

Los líderes demócratas atrincherados en Beacon Hill parecen haber ignorado un factor electoral que de alguna manera nunca vieron venir durante la respuesta del estado a la pandemia de COVID-19, la crucial colecta de firmas de votación de persona a persona.

"Desde mi propia perspectiva, estoy haciendo la mayor parte (recolección de firmas) por correo", dijo el Presidente de la Cámara de Representantes, Robert DeLeo, a los periodistas el lunes, después de que él y la presidenta del Senado, Karen Spilka, terminaron promocionando un proyecto de ley de elecciones aceleradas al escritorio del Gobernador Charlie Baker.

El presidente republicano de Massachusetts, Jim Lyons, señaló que la mayoría de los candidatos, especialmente los retadores, no pueden darse el lujo del cofre de guerra de campaña de más de \$780,000 de DeLeo.

"El llamado robusto programa de "votación por correo "promovido por el Presidente DeLeo y la Presidenta Spilka solo aborda las próximas elecciones especiales y no las campañas iniciales que se preparan para noviembre", dijo Lyons. "Incluso vimos a los republicanos adolescentes de Massachusetts y a los demócratas de la escuela secundaria de Massachusetts, dos grupos opuestos formados por jóvenes típicamente en la primera línea de los esfuerzos de recolección de firmas, se unen para instar a la Legislatura a actuar

sobre este problema, solo para ver a los líderes demócratas ignorarlo. "Su inacción garantiza que los titulares adinerados recibirán un pase gratis".

El candidato republicano al Senado de EE.UU. Kevin O'Connor, cuyo padre de 86 años ha sido hospitalizado como resultado del virus, debe reunir 10,000 firmas para la fecha límite del 5 de mayo del Secretario de Estado de Massachusetts para asegurar su lugar en la boleta electoral.

"Queremos que la Legislatura alinee la ley con el requisito de distanciamiento social", dijo O'Connor en una entrevista reciente.

Mientras tanto, los candidatos a cargos estatales solo tienen hasta el 28 de abril para recoger la cantidad requerida de firmas. El estado de Nueva York ya ha actuado para reducir el umbral de firmas en sus elecciones.

"El proceso de recopilación de firmas involucra miles de interacciones sociales entre candidatos y votantes, sin embargo, el liderazgo demócrata claramente ignoró esto durante el proceso de elaboración de proyectos de ley", dijo Lyons. "Los candidatos de base que carecen de los bolsillos profundos ilimitados del Presidente DeLeo no podrán entrar en la boleta electoral, y quizás es exactamente por eso que los intermediarios de poder demócratas ignoraron esto en su proyecto de ley.

"Les pido que hagan lo correcto".

## Why did Democrat leaders on Beacon Hill fail to address signature requirements in elections bill?

Entrenched Democrat leaders on Beacon Hill appear to have ignored an electioneering factor they somehow never saw coming during the state's response to the COVID-19 pandemic — the crucial person-to-person gathering of ballot signatures.

"From my own perspective I'm doing most of it (signature collecting) by mail," House Speaker Robert DeLeo told reporters Monday, after he and Senate President Karen Spilka finished touting an elections bill fast-tracked to Gov. Charlie Baker's desk.

Massachusetts Republican Chairman Jim Lyons pointed out that most candidates — especially challengers — don't have the luxury of DeLeo's \$780,000-plus campaign war chest.

"The so-called 'robust mail-in balloting' program promoted by Speaker DeLeo and President Spilka only addresses the upcoming special elections and not upstart campaigns preparing for November," Lyons said. "We even saw the Massachusetts Teenage Republicans and the Massachusetts High School Democrats — two opposing groups made up of young people typically on the front lines of signature-gathering efforts — join together to urge the Legislature to act on this problem, only to see Democratic

leadership ignore it. "Their inaction guarantees well-heeled incumbents will receive a free pass."

Republican U.S. Senate candidate Kevin O'Connor, whose 86-year-old father has been hospitalized as a result of the virus, must gather 10,000 signatures by the Massachusetts Secretary of State's May 5 deadline to ensure his place on the ballot.

"We want the Legislature to bring the law into alignment with the social distancing requirement," O'Connor said in a recent interview.

Meanwhile, candidates for state office only have until April 28 to collect the required number of signatures. New York state has already acted to lower the threshold for signatures in its elections.

"The signature-gathering process involves thousands of social interactions between candidates and voters, yet Democratic leadership clearly ignored this during the bill-making process," Lyons said. "Grassroots candidates who lack Speaker DeLeo's unlimited deep pockets will be unable to get on the ballot, and perhaps that's exactly why Democrat power-brokers ignored this in their bill.

"I call on them to do the right thing."

*the lawrence history center invites you and your guests to the*

**2020 EARTHA DENGLER HISTORY AWARD CEREMONY**

*in honor of*

**ARMAND M. HYATT**

**Thursday, June 18th**

*Thursday, April 23, 2020*

5:30 PM - 8:30 PM

EVERETT MILL • 15 UNION STREET • LAWRENCE

\$65.00 / \$40.00 \*

\* Young Historian rate for those 30 years old and under

*the lawrence history center board of directors proudly present*

**ARMAND M. HYATT**

RECIPIENT OF THE 2020 EARTHA DENGLER HISTORY AWARD

*faith - family - service*

Son of the founder of Lazarus House, Armand Hyatt is at once an attorney, community advocate, musician, poet, mentor, and teacher. And he is, above all, a leader who has used his prodigious talents to bring Lawrence CommunityWorks into existence, and to benefit Lawrence and nearby communities in countless other ways for decades. Armand's love of family is unmistakable. So are his generous spirit, his infectious optimism, and his powerful faith in God. These qualities are there for all to see and learn from, be they pro bono clients of his law firm, young people he coaches and mentors, fellow musicians with the *W. Hillies*, residents of Heritage Common, or the many others across all walks of life who are blessed by his daily civic and faith-driven life of service.

**Get help to quit.**

[mass.gov/vaping](https://mass.gov/vaping) @GetTheVapeFacts

**Rumbo**

The BILINGUAL Newspaper of the Merrimack Valley

**DIRECTOR AND GRAPHIC DESIGN**  
Dalia Díaz  
daliadiaz@rumbonews.com

**SALES & CIRCULATION DIRECTOR**  
Alberto M. Suris  
albertosuris@rumbonews.com

Publicación de SUDA, Inc.  
315 Mt. Vernon Street Lawrence, MA 01843-3206  
Tel: (978) 794-5360 | [www.rumbonews.com](http://www.rumbonews.com)

facebook.com/rumbonews  
twitter.com/rumbonews

Published on the 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> and 22<sup>nd</sup> of Every Month

# NOW HIRING

## Bilingual Medical Assistants & Nurses

Greater Lawrence Family Health Center is currently seeking bilingual (Spanish/English) Medical Assistants, Nurses and Licensed Practical Nurses to provide the highest quality care to our patients.

Full-time positions are now available throughout our clinical sites in Lawrence and Methuen.

### MEDICAL ASSISTANT REQUIREMENTS:

- Fluent in English and Spanish
- Graduate of a medical assistant program
- Current BLS certification

### NURSE REQUIREMENTS:

- Fluent in English and Spanish
- Must be a graduate of an accredited nursing program
- Current Massachusetts License in Registered or Licensed Practical Nursing
- Current BLS certification



# CONTRATANDO

## Asistentes médicos y enfermeras bilingües

Greater Lawrence Family Health Center está buscando asistentes médicos (MA) y enfermeras (RN/LPN) bilingües (Español/Inglés) para brindar atención de la más alta calidad a nuestros pacientes.

Tenemos disponibles posiciones a tiempo completo en nuestras clínicas de Lawrence y Methuen.

### Requisitos para los asistentes médicos:

- Hablar bien Inglés y Español
- Graduado de un programa de asistente médico
- Certificación vigente en BLS

### Requisitos para las enfermeras:

- Hablar bien Inglés y Español
- Graduado de un programa de enfermería acreditado
- Licencia de enfermera RN o LPN vigente en Massachusetts
- Certificación vigente en BLS



GLFHC offers a setting that is flexible, rewarding and challenging.

Apply today at [GLFHC.org](http://GLFHC.org); click on Careers, then Open Career Opportunities.

GLFHC ofrece un ambiente de trabajo gratificante, flexible y estimulante.

Solicite hoy en [GLFHC.org](http://GLFHC.org); haga clic en carreras y luego abra oportunidades de empleo.

POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina

## ¡La Concejala De La Cruz hace otra de las suyas!

Estamos acostumbrados a los actos absurdos de María De La Cruz durante las reuniones del Concejo Municipal y sentimos pena por quienes deben tratar con ella. A veces, por ignorancia, vota por las cosas equivocadas o por expresar opiniones impactantes esperando el respeto de sus compañeros y se queja de que no quieren trabajar con ella.

Bueno, María lo volvió a hacer, no tanto por ser algo estúpida como por provocar miedo en la comunidad. Tenemos suficiente para tener miedo sin infundir odio a través de mentiras.

La Concejala del Distrito A escribió en inglés hace unos días en su página de Facebook: "A pesar de que COVID 19 fue creado para ahorrar dinero matando a nuestros abuelos y bisabuelos y robarles su jubilación \$\$, estas generaciones tenían educación cívica y moral a pesar de que algunos de ellos no podían permitirse el lujo de ir a la universidad".

Ella había publicado un video en español que los lectores no entendían y se preguntaban cuál era su mensaje, tal vez la inspiración que tuvo para escribir una palabrería tan ridícula. Entonces, lo revisé y le expliqué que es Dante Gebel, un actor y comediante argentino que tiene un programa de televisión nocturno. Ese segmento no tiene nada que ver con lo que escribió María De La Cruz.

Él está diciendo (de buen humor) que de hecho somos la mejor generación (los mayores de cincuenta) porque mostramos respeto por nuestros mayores, familias, maestros, etc. y la generación más joven debería aprender de nosotros. Esta mujer siempre ha sido una vergüenza como concejala de la ciudad. Ahora tenemos que creer que su comportamiento irracional al publicar este mensaje peligroso debe tenerse en cuenta con cada voto que tome.

Inmediatamente recibió varios comentarios pidiéndole que borre ese mensaje que solo es bueno para crear más ansiedad entre los lectores. María "está difundiendo mentiras sobre esta pandemia muy real. Como funcionario electo, debe hacerlo mucho mejor que publicar basura como esta", escribió Martha Leavitt.

No es sorprendente que ella respondiera: "Gracias a Dios, vivo en un país que es lo más destacado de la constitución Libertad

de expresión".

"La libertad de expresión no le da el derecho de transmitir información falsa y equivocada", dijo Leavitt. "Utilice la ciencia y los datos y manténgase alejada de cualquier publicación sobre COVID-19 lo que equivale a su opinión. Le está haciendo un gran daño a sus electores, muchos de los cuales dependen de usted para obtener información basada en datos".

Esto no es libertad de expresión, sino equivalente a gritar FUEGO! en un teatro lleno de gente.

Luego, Susan St. Marie intervino con "La libertad de expresión es una cosa, pero para un concejal de la ciudad publicar algo como esto es absolutamente irresponsable y muestra una falta de inteligencia".

¡Ay!

Sin embargo, ella tenía algunos admiradores que se pusieron del lado de ella.

## Moratoria sobre desalojos

Aquí está la sabiduría de las personas a cargo de administrar la ciudad, o eso creemos.

Durante la reunión del Concejo Municipal del martes, un tema presentado por el Alcalde Dan Rivera fue una moratoria sobre los desalojos. Se discutió extensamente y cuando llegó el momento de votar, pasó por un estrecho margen con Pavel Payano y Marc Laplante votando "NO", Ana Levy votando "presente" y Jeovanny Rodríguez se abstuvo. En ese momento, el Concejal Rodríguez dijo: "esto es un circo" y abandonó la reunión.

La relación entre el propietario e inquilino es una relación civil y un municipio no puede promulgar leyes privadas o civiles que rijan las relaciones civiles. A la abogada de la ciudad, Raquel Ruano, se le pidió anteriormente que emitiera una opinión sobre una ordenanza y ella aclaró al concejo que violaría la Constitución de Massachusetts.

Aun así, solicitaron una ordenanza escrita a pesar de su consejo y ella cumplió, pero no sin previo aviso. Me dijeron que ella les dijo nuevamente que esta ordenanza es inconstitucional.

Pero eso no es todo. El concejo también aprobó \$150,000 para una firma de abogados que representará cualquier caso potencial de desalojo. Si eso es lo que quiere el alcalde, el alcalde lo consigue y ninguno está dispuesto a hacer preguntas, y mucho menos objetar.



## CARTAS AL EDITOR RUMBO

315 Mt. Vernon St.  
Lawrence MA 01843  
Email: Rumbo@rumbonews.com

Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.



## No hay dinero para las personas sin hogar

Cada vez que alguien pide ayuda para las personas sin hogar, la respuesta es la misma: "No hay recursos para eso", según el alcalde. La semana pasada publicamos información de la Congresista Lori Trahan sobre \$1,052,697 para servicios a personas sin hogar y otros \$1,011,509 para Subsidio de Desarrollo Comunitario (CDBG).

Visitamos la Casa de la Misericordia (House of Mercy) para informar a Roger Farah de esa noticia y nos informó que participa en llamadas de conferencia todos los martes y que Dan ha sido muy firme acerca de no poder hacer nada por ellos. De hecho, la única vez que la administración ha estado en su refugio de Bay State Rd. fue cuando alguien de los Servicios de Inspección vino a decirle que debía cerrar sus puertas a sus clientes.

Como resultado, el Sr. Farah colocó un refrigerador afuera y la gente viene durante el día para recoger sándwiches, bebidas y otras golosinas pre envasados en una mesa pequeña.

"La gente sigue enviando contribuciones de ropa, comida e incluso dinero para ayudar a mantener este lugar vibrante", nos dijo con orgullo.

El alcalde había discutido la posibilidad

de instalar algunas tiendas de campaña y Roger ofreció la tierra que posee al otro lado de la calle de House of Mercy, pero la respuesta fue negativa. Aparentemente, Danny teme que el público acredite ese esfuerzo al Sr. Farah y eso no está permitido. Eche un vistazo a lo que ha hecho la ciudad de Springfield en la página 5.

El miércoles, ofreció una extensa entrevista en español a Telemundo y Univisión sobre la situación que estamos viviendo con esta pandemia. Confirmó un rumor que había escuchado acerca de ayudar a los residentes indocumentados financieramente que podrían haber perdido sus empleos sin el beneficio de cobrar una compensación por desempleo.

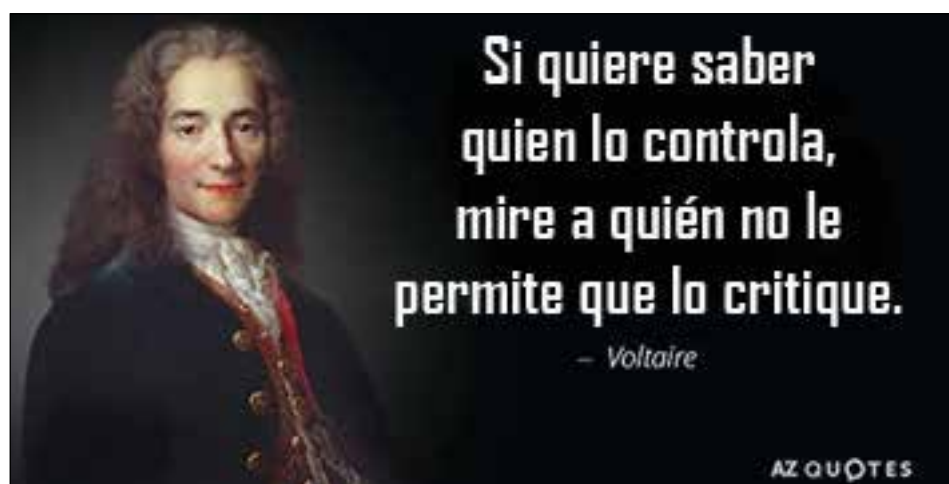
Imagine que si estamos pasando por tanta ansiedad, preocupación e incertidumbre, perder su trabajo y no poder cobrar el desempleo solo aumenta la desesperación de cualquier familia. Lo dejo claro porque no quiero ver a nadie sufrir así, pero debo preguntar de dónde viene ese dinero y cómo puede justificarlo.

Si la ciudad recibe \$1 millón para las personas sin hogar, quiero ver que se gaste allí. ¿Dónde están los concejales de la ciudad, las personas que supuestamente tienen el control de las finanzas de la ciudad que no hacen las mismas preguntas?

La ignorancia mata a los pueblos, y es preciso matar a la ignorancia"

Ignorance kills people, and it is necessary to kill ignorance "

José Martí.



# HOME MORTGAGES

First Time Homebuyers Welcome

(978) 458-7999

Washington SAVINGS BANK  
We give you more

washingtonsavings.com

# \$300 Fine to Essential Businesses Board of Health Emergency Order COVID-19 Directives

April 6, 2020, Lawrence, MA- Mayor Daniel Rivera announces new essential business and employee directives from the Lawrence Board of Health. "The City of Lawrence Inspectional Services Department, with the Board of Health, will work directly with essential businesses to ensure the implementation of these directives," said Mayor Daniel Rivera. "These new directives are an added step in ensuring essential businesses are able to operate while also keeping the work environment safe for essential employees."

Businesses found to be in violation of these directives will be subject to a civil fine of up to \$300.00 per violation or a Criminal Complaint. Inspectional Services & Health Departments will conduct random searches and inspections daily. Businesses with questions regarding these new directives should call Inspectional Services at 978-620-3140 or email MArmano@cityoflawrence.com .  
Non Compliance = \$300.00 Fine or a Criminal Complaint, or Emergency Cease & Desist

## Summary of Emergency Order – NEW

Effective immediately, Wednesday, April 1, 2020.

### Businesses/Organizations shall: Employees shall:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Designate a Health and Safety Officer.</li> <li>• Verify before every shift that each employee is not sick.</li> <li>• Tell symptomatic employees to stay home.</li> <li>• Tell non-essential employees to stay home.</li> <li>• Review OSHA "Guidance on Preparing Workplaces for COVID-19".</li> <li>• Review "Essential Employee Guidance COVID-19 response".</li> <li>• Post notice to employees:                         <ul style="list-style-type: none"> <li>o Stay Home If Sick.</li> <li>o Wash and Sanitize Hands Often.</li> <li>o Maintain Social Distancing (6 feet).</li> </ul> </li> <li>• Register business with City of Lawrence.</li> </ul> | <ul style="list-style-type: none"> <li>• Stay home if sick.</li> <li>• Stay home if you are symptomatic, or have a fever, cough, sore throat, or trouble breathing.</li> <li>• Stay home and quarantine for 14 days if someone in your household has tested positive for COVID-19.</li> <li>• Stay home and quarantine for 14 days if you were in "close contact" with someone who has tested positive for COVID-19.</li> <li>• Before every shift, certify that you are not sick.</li> <li>• Before work, check your temperature and stay home if temperature is over 100.3 degrees</li> </ul> <p>Please visit <a href="http://www.CityofLawrence.com">www.CityofLawrence.com</a> for COVID-19 response updates and to view this order.</p> |
|---|--|

# La ciudad extiende los plazos de impuestos/factura de agua intereses, multas, cargos de transacción exonerados

Declaración del Alcalde Daniel Rivera a los residentes y propietarios sobre bienes inmuebles, impuestos a la propiedad personal, impuestos especiales y facturas de agua y alcantarillado:

Alentamos a todos a pagar las facturas de impuestos sobre bienes inmuebles y bienes personales, impuestos especiales, agua y alcantarillado: pague lo que pueda cuando pueda por correo o en línea durante la pandemia COVID-19. Estamos renunciando a todas las tarifas de transacción en línea para estas transacciones a través de <https://epay.cityhallsystems.com/>.

Sin embargo, para las facturas de impuestos sobre bienes inmuebles y bienes personales, impuestos especiales, agua

y alcantarillado, la Ciudad de Lawrence renunciará al pago de intereses y otras multas u otros cargos agregados a un impuesto por cualquier pago realizado después de su respectiva fecha de vencimiento pero antes de junio 30 de 2020.

Esto no se aplica a ningún pago moroso, vencido de impuestos sobre bienes inmuebles y bienes personales, impuestos especiales, agua y alcantarillado.

Queremos asegurarles a todos que haremos nuestro mejor esfuerzo para trabajar con aquellos afectados, física o económicamente, por la pandemia de COVID-19 y que no pueden pagar a tiempo debido a circunstancias relacionadas con esta crisis.

## City Extends Tax/Water Bill Deadlines Interest, Penalties, Transaction Fees Waived

Mayor Daniel Rivera's statement to residents and property owners on Real Estate, Personal Property Tax, Excise Tax and Water and Sewer Bills:

We encourage everyone to pay Real-estate and Personal Property Tax, Excise Tax, Water & Sewer bills: pay what you can when you can by mail, or on-line during the COVID-19 pandemic. We are waiving all on-line transaction fees for these transactions through <https://epay.cityhallsystems.com/>.

However, for Real-estate and Personal Property Tax, Excise Tax, Water & Sewer

bills the City of Lawrence will waive the payment of interest and other penalties or other charges added to a tax for any payments made after its respective due date but before June 30, 2020.

This does not apply to any delinquent, past due Real-estate and Personal Property Tax, Excise Tax, Water & Sewer payments.

We want to assure everyone that we will do our best to work with those impacted, either physically or economically, by the COVID-19 pandemic and who are unable to pay timely due to circumstances related to this crisis.

"Life is what happens when you're busy making other plans."

— John Lennon

## Carta al Editor / Letter to the Editor

### Postal employees keeping the distance

Dear Editor:

During these challenging times, postal employees are working hard to ensure residents stay connected with their world through the mail. Whether it's medications, a package, a paycheck, benefits or pension check, a bill or letter from a family member, postal workers understand that every piece of mail is important. While service like this is nothing new to us, we need our communities' help with social distancing.

For everyone's safety, our employees are following the social distancing precautions recommended by the Centers for Disease Control and Prevention (CDC) and local health officials. We are asking people to not approach our carriers to accept delivery. Let the carrier leave the mailbox before collecting the mail. With schools not in session, children should also be encouraged to not approach a postal vehicle or carrier.

If a delivery requires a signature,

carriers will knock on the door rather than touching the bell. They will maintain a safe distance, and instead of asking for a signature on their mobile device, they'll ask for the resident's name. The carrier will leave the mail or package in a safe place for retrieval.

We are proud of the role all our employees play in processing, transporting, and delivering mail and packages for the American public. The CDC, World Health Organization, as well as the Surgeon General indicate there is currently no evidence that COVID-19 is being spread through the mail.

With social distancing, we can keep the mail moving while keeping our employees, and the public, safe.

Mike Rakes  
District Manager  
U.S. Postal Service – Greater Boston District

### Empleados postales mantienen la distancia

Estimado editor:

Durante estos tiempos difíciles, los empleados postales trabajan duro para garantizar que los residentes se mantengan conectados con su mundo a través del correo. Ya se trate de medicamentos, un paquete, un cheque de pago, beneficios o cheques de pensión, una factura o carta de un miembro de la familia, los trabajadores postales entienden que cada pieza de correo es importante. Si bien un servicio como este no es nada nuevo para nosotros, necesitamos la ayuda de nuestras comunidades para el distanciamiento social.

Para la seguridad de todos, nuestros empleados siguen las precauciones de distanciamiento social recomendadas por los Centros para el Control y la Prevención de Enfermedades (CDC) y los funcionarios de salud locales. Estamos pidiendo a las personas que no se acerquen a nuestros transportistas para aceptar la entrega. Deje que el transportista salga del buzón antes de recoger el correo. Con las escuelas no en sesión, los niños también deben ser alentados a no acercarse a un vehículo postal o transportista.

Si una entrega requiere una firma, los transportistas tocarán la puerta en lugar de tocar el timbre. Mantendrán una distancia segura y, en lugar de pedir una firma en su dispositivo móvil, pedirán el nombre del residente. El transportista dejará el correo o paquete en un lugar seguro para su recuperación.

Estamos orgullosos del papel que juegan todos nuestros empleados en el procesamiento, transporte y entrega de correo y paquetes para el público estadounidense. Los CDC, la Organización Mundial de la Salud y el Cirujano General indican que actualmente no hay evidencia de que COVID-19 se esté difundiendo por correo.

Con el distanciamiento social, podemos mantener el correo en movimiento mientras mantenemos seguros a nuestros empleados y al público.

Mike Rakes  
Gerente de distrito  
Servicio Postal de EE.UU.  
Distrito de Greater Boston

# Lanzamiento del Programa de Protección de Sueldo de la SBA para pequeñas empresas afectadas por la pandemia de coronavirus

Una de las múltiples disposiciones de ayuda económica para proteger a los trabajadores y las pequeñas empresas

WASHINGTON - La Administradora de la Administración de Pequeños Negocios de EE.UU., Jovita Carranza, lanzó el Programa de Protección de Cheques de Pago, un programa de préstamos de emergencia de \$349 mil millones creado la semana pasada con la firma del Presidente de la Ley de Ayuda, Alivio y Seguridad Económica de Coronavirus (CARES). El programa proporciona préstamos perdonables de hasta \$10 millones a pequeñas empresas que se encuentran en dificultades financieras por la pandemia de Coronavirus (COVID-19). Los préstamos, que serán administrados a nivel local por una red nacional de bancos y cooperativas de ahorro y crédito, están diseñados para mantener la viabilidad de millones de pequeñas empresas que luchan por cubrir los gastos operativos diarios y de nómina.

"Estos préstamos traerán alivio económico inmediato y ocho semanas de certeza financiera a millones de pequeñas empresas y sus empleados", dijo el administrador de la SBA, Carranza. "Instamos a todas las pequeñas empresas en apuros a aprovechar este recurso federal sin precedentes: su viabilidad es de importancia crítica para sus empleados, su comunidad y el país".

Los préstamos, que están 100% respaldados por la SBA, se otorgan a pequeñas empresas sin requisitos de garantías, garantías personales, tarifas de la SBA o pruebas de crédito en otros lugares.

Los elegibles para el programa incluyen pequeñas empresas, ciertas organizaciones sin fines de lucro, organizaciones de veteranos, trabajadores independientes, contratistas independientes y otras empresas que cumplen con los estándares de tamaño basados en su código del Sistema de Clasificación de la Industria de América del Norte.

El monto máximo del préstamo del Programa de Protección de Cheques de Pago es de \$10 millones con una tasa de interés fija de 1% y vencimiento de dos años.

Los préstamos están disponibles para cubrir hasta ocho semanas de nómina mensual promedio (según las cifras de 2019) más el 25% y los pagos se difieren por seis meses (se acumulan intereses). La SBA perdonará la porción de los ingresos del préstamo utilizados para los costos de la nómina y otros gastos operativos designados por hasta ocho semanas, siempre que al menos el 75% de los ingresos del préstamo se utilicen para los costos de la nómina. Los gastos elegibles para el perdón de ocho semanas incluyen:

- Costos de nómina (excluyendo la porción prorrateada de cualquier compensación superior a \$100,000 por año para cualquier persona. Los costos de nómina incluyen salario, comisiones, propinas; ciertos beneficios para empleados, incluyendo licencia por enfermedad y primas de atención médica, e impuestos estatales y locales;



U.S. Small Business Administration

- Intereses hipotecarios (no pagos anticipados o pagos de principal) y pagos de alquiler de hipotecas y arrendamientos existentes después del 15 de febrero de 2020;
- Servicios públicos como electricidad, gas, agua, transporte, teléfono e internet para servicios que comenzaron antes del 15 de

febrero de 2020; y

- Salarios adicionales pagados a los empleados que reciben propinas.

Visite [www.SBA.gov/Coronavirus](http://www.SBA.gov/Coronavirus) para obtener recursos adicionales sobre la protección de su negocio, empleados y clientes.

## SBA's Paycheck Protection Program for Small Businesses Affected by the Coronavirus Pandemic Launches

One of Multiple Economic Relief Provisions to Protect Workers and Small Businesses

WASHINGTON – The U.S. Small Business Administration Administrator Jovita Carranza launched the Paycheck Protection Program, a \$349 billion emergency loan program created last week with the President's signing of the Coronavirus Aid, Relief, and Economic Security Act (CARES). The program provides forgivable loans up to \$10 million to small businesses left financially distressed by the Coronavirus (COVID-19) pandemic. The loans, which will be administered at the local level by a national network of banks and credit unions, are designed to maintain the viability of millions of small businesses struggling to meet payroll and day-to-day operating expenses.

"These loans will bring immediate economic relief and eight weeks of financial certainty to millions of small businesses and their employees," SBA Administrator Carranza said. "We urge every struggling small business to take advantage of this unprecedented federal resource – their viability is critically important to their employees, their community, and the country."

The loans, which are 100% backed by SBA, are being provided to small businesses without collateral requirements, personal guarantees, SBA fees, or credit elsewhere tests. Those eligible for the program include small businesses, certain non-profits, veterans' organizations, self-employed individuals, independent contractors, and other businesses meeting size standards

based on their North American Industry Classification System code.

The Paycheck Protection Program's maximum loan amount is \$10 million with a fixed 1% interest rate and maturity of two years.

The loans are available to cover up to eight weeks of average monthly payroll (based on 2019 figures) plus 25% and payments are deferred for six months (interest does accrue). The SBA will forgive the portion of loan proceeds used for payroll costs and other designated operating expenses for up to eight weeks, provided at least 75% of loan proceeds are used for payroll costs. Eligible expenses for the eight-week forgiveness include:

- Payroll costs (excluding the prorated portion of any compensation above \$100,000 per year for any person. Payroll costs include salary, commissions, tips; certain employee benefits including sick leave and health care premiums, and state and local taxes;
- Mortgage interest (not prepayment or principal payments) and rent payments on mortgages and leases in existence after February 15, 2020;
- Utilities such as electricity, gas, water, transportation, phone and internet access for services that began before February 15, 2020; and
- Additional wages paid to tipped employees.

Visit [www.SBA.gov/Coronavirus](http://www.SBA.gov/Coronavirus) for additional resources about protecting your business, employees and customers.

PARA **TODO TIPO DE SEGURO**



**Personales**  
**Automóviles**  
**Casas**  
**Negocios**

\* Tarifas bajas para seguro de AUTOS y CASAS

SE HABLA  
**ESPAÑOL**

**DEGNAN INSURANCE AGENCY, INC.**

85 Salem Street., Lawrence MA 01843  
TEL. (978) 688-4474 . FAX (978) 327-6558

**WWW.DEGNANINSURANCE.COM**

## Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>

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

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

# Springfield instala carpas médicas para personas sin hogar

Por **PAUL TUTHILL**  
**WAMC Northeast Report**  
**Marzo 30, 2020**

La Ciudad de Springfield, Massachusetts, ha instalado grandes carpas que se utilizarán si el coronavirus se propaga a la población sin hogar de la ciudad.

Durante el fin de semana, se erigieron carpas de 12,000 pies cuadrados en un estacionamiento al otro lado de la calle del refugio Friends of the Homeless. Al final de la semana, las carpas estarán abastecidas con suministros y equipos médicos, artículos de tocador y alimentos, y contarán con personal las 24 horas.

El Alcalde Domenic Sarno lo calificó como una medida "preventiva y proactiva" para adelantarse a la propagación del virus. Dijo que el plan fue coordinado por funcionarios de la ciudad con la ayuda de la comunidad médica local y los proveedores de servicios sociales.

"Esta es una población muy vulnerable y tenemos que asegurarnos de que sean tratados adecuadamente y asegurarnos de que podamos contener y aislar cualquier situación que pueda surgir", dijo Sarno.

Hasta el lunes, no se han confirmado casos de COVID-19 en la población sin hogar de la ciudad.

Los equipos de la ciudad erigieron las carpas, que tendrán un espacio segregado para pruebas, cuarentena y tratamiento.

Las tiendas serán completamente funcionales una vez que se conecten los servicios de electricidad y alcantarillado en los próximos días, según Patrick Sullivan, director de edificios y terrenos de la ciudad.

"Cada tienda tendrá agua caliente con fregaderos, refrigeración, lavadora y secadoras en cada tienda", explicó Sullivan. Habrá una cocina de la tienda en el lugar para el personal.

Los planes requieren que las instalaciones cuenten con al menos dos personas en todo momento, según la Comisionada de Salud y Servicios Humanos de Springfield, Helen Caulton-Harris.

"Anticipamos que uno será un RN y uno será un cuidador y nos esforzaremos



(Photo credit WAMC)

Estas carpas en un estacionamiento al frente del refugio Friends of the Homeless en Springfield, MA serán utilizadas para analizar, poner en cuarentena y dar tratamiento a personas sin hogar durante la pandemia.

These tents in a parking lot across the street from the Friends of the Homeless shelter in Springfield, MA will be used to test, quarantine, and treat homeless people during the pandemic.

para que un MD también haga rondas", dijo Caulton-Harris.

El Dr. Robert Roose, Director Médico del Centro Médico Mercy en Springfield, elogió a la ciudad por sus preparativos para cuidar a las personas sin hogar durante la pandemia.

"Estamos agradecidos de colaborar de esta manera y también estamos enfocando los esfuerzos en aquellos que impactan por esto y que a menudo están marginados de la atención de rutina; personas en hogares de ancianos y personas sin hogar", dijo Roose.

El Gobernador Charlie Baker dijo la semana pasada que el estado reabriría un antiguo centro de atención médica para proporcionar servicios adicionales a la población sin hogar de Boston. Además, la Universidad de Suffolk está convirtiendo un dormitorio en un refugio para personas sin hogar con 172 camas.

## Springfield Puts Up Medical Tents For The Homeless

By **PAUL TUTHILL**  
**WAMC Northeast Report**

The city of Springfield, Massachusetts has put up large tents that will be used if the coronavirus spreads to the city's homeless population.

Over the weekend, 12,000-square-foot of tents were erected in a parking lot across the street from the Friends of the Homeless shelter. By the end of the week, the tents will be stocked with medical supplies and equipment, toiletries, and food and staffed around the clock.

Mayor Domenic Sarno called it "a precautionary and proactive" measure to stay ahead of the spread of the virus. He said the plan was coordinated by city officials with help from the local medical community and social service providers.

"This is a very vulnerable population and we have to make sure they are properly treated and to make sure we can contain and isolate any situation that might arise," Sarno said.

As of Monday, no cases of COVID-19 have been confirmed in the city's homeless population.

City crews erected the tents, which will have segregated space for testing, quarantine and treatment.

The tents will be fully functional once electric and sewer utilities are connected in the next few days, according to Patrick

Sullivan, the city's director of buildings and grounds.

"Each tent will have hot water with sinks, refrigeration, washer and driers in each tent," explained Sullivan. There will be a commissary kitchen on site for staff.

Plans call for the facility to be staffed by at least two people at all times, according to Springfield's Commissioner of Health and Human Services Helen Caulton-Harris.

"We anticipate that one will be an RN and one will be a caretaker and we will strive to have an MD doing rounds as well," said Caulton-Harris.

Dr. Robert Roose, Chief Medical Officer at Mercy Medical Center in Springfield, commended the city on its preparations for caring for the homeless during the pandemic.

"We are grateful to be collaborating in this way and we too are focusing efforts on those impacted by this who are often marginalized from routine care; persons in nursing homes and homeless individuals," said Roose.

Gov. Charlie Baker last week said the state would reopen a former health care center to provide additional services to Boston's homeless population. Additionally, Suffolk University is converting a dormitory into a homeless shelter with 172 beds.

Pensar es el trabajo más difícil que existe. Quizá esa sea la razón por la que haya tan pocas personas que lo practiquen.

Thinking is the hardest work there is. Perhaps that is why there are so few people who practice it.

- Henry Ford

### ¡La Fundación Big Brother Big Sister necesita tu ayuda!



Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: [www.bbbsfoundation.org](http://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!

## ARTÍCULO DE OPINIÓN

# Sobre crisis y por qué debemos escuchar a los expertos

Por **Giselle P. Dussel**

Existe una repentina aversión que la mayoría de nosotros sentimos cuando escuchamos las palabras “crisis” o “cambio”. Ninguno de nosotros está programado para caminar placenteramente por la oscuridad con los ojos vendados, y las formas en que respondemos a estos conceptos varían y progresan con el tiempo.

Al principio de marzo, antes de que el virus cambiara nuestras vidas y nos volteara el mundo de cabeza, había entre amigos y familia un ambiente de camaradería al compartir memes, burlándose de las cada vez más frecuentes menciones sobre la epidemia – más tarde pandemia – en las redes sociales de otras personas; personas que tal vez se lo estaban más en serio de lo que seguramente merecía. Hay una superioridad en la calma. Nos elevamos sobre un problema cuando nos reímos de él y de aquellos que expresen su consternación al respecto.

Luego, varios eventos comenzaron a cancelarse, y eso empezó a doler. “¿Cómo que no va a haber concierto?”, “¡Ay, llevaba meses esperando ir a esa fiesta!”. Aun así, resultaba difícil creer que estas medidas, que ya venían directamente de oficiales de gobierno, fueran tan necesarias. Especialmente cuando desde arriba de la cadena de liderazgo, la enfermedad era minimizada y comparada con la gripe, la cual no se caracteriza por generar cautela en la gente de salir a la calle. Y en algunos lados, se le decía a la gente que no pasaba nada por salir, abrazarse, o darse un beso.

Entonces vino el enojo. Ahora los que tachaban al COVID-19 de ser un intento más de los medios por hacernos caer en su sensacionalismo, buscaban a quien culpar y enlistaban todas las soluciones que no iban a funcionar. El socialismo salió mencionado en varias ocasiones al estar tan en boga últimamente. Y los chivos expiatorios de siempre, los pobres, salieron mencionados como motivo por el cual las medidas de contingencia venían desde posiciones de privilegio. No obstante, pese a su mala gana, empezaron a escuchar a un experto tras experto hablar, todo mientras se lavaban vigorosamente las manos.

Finalmente, los memes mal hechos fueron reemplazados por llamadas a la cooperación. La queja se cambió por súplicas de escuchar a las autoridades. Todos se encontraron leyendo historia tras historia de amigos o parientes perdiendo sus empleos; de abuelos atorados en casas de retiro. Las muertes de “el amigo de un amigo” empezaron a inundar los periódicos locales. La comprensión de que todo esto era demasiado real, y que solo era el comienzo, aterrizó sobre ellos después de mucha vacilación. Por último, la amenaza comenzó a colarse por sus puertas, y entonces ninguna medida pareció demasiado radical. Exagerar se convirtió en sencillamente reaccionar.

Sin embargo, dentro de todo el caos, un renovado espíritu de comunidad y solidaridad se apoderó de sus corazones, mientras reflexionaban en silencio sobre la situación del mundo y su lugar dentro de él. Pero habían despertado en un mundo en donde todo lo que se les dijo por años eran mentiras. Cosas tales como, que todo podía seguir como si no pasara nada; que el trabajo de miles de personas, cuyo propósito en la vida es acercar a la humanidad al conocimiento de la verdad, era un engaño. El precio del crecimiento económico de repente no valía la vida de sus madres o sus padres. Todo después de que una jovencita, hace no mucho, había expresado un sentimiento aterradoramente similar y fue objeto de grandes burlas:

“Se han robado mis sueños y mi infancia



con sus palabras vacías. Y aun así soy de las afortunadas. Hay gente sufriendo. Hay gente muriendo. Ecosistemas enteros están colapsando. Estamos al inicio de una extinción masiva, y lo único de lo que pueden hablar es dinero y cuentos de hadas de crecimiento económico eterno”. – Greta Thunberg

Si el mundo se va a acabar, no lo va a hacer en un abrir y cerrar de ojos en donde todo lo que respire y se mueva sea arrasado por una ola de destrucción sin dejar nada a su paso. Si se acaba, será lentamente. Empezará como una molesta advertencia, una lucecita roja que parpadea y que nos esforzamos por no ver; pero en cierto momento, esa luz se intensificará y descubrirá nuestras debilidades, amplificando nuestra desesperación al darnos cuenta que la ignoramos por demasiado tiempo. Será torturante; el pánico y la ansiedad se apoderarán de nuestras mentes al ver que vamos perdiendo el control sobre el mundo a nuestro alrededor. Cuando, una por una, cese el acceso a las cosas que disfrutamos; cuando no podamos reunirnos con nuestros seres queridos, o tengamos que afrontar adioses repentinos para los cuales no estábamos preparados.

No se trata de si el mundo como lo conocemos se va a acabar o no. Se trata de que sí se puede acabar.

Dudo que le traiga consuelo a alguien – incluso a los expertos – saber que han tenido siempre la razón. Pero si te encontrabas deambulando en el mar de opiniones conflictivas por parte de líderes – sean políticos o económicos – quienes solo han estado protegiendo sus propios intereses, ahora es el momento de escuchar a las mujeres y hombres que se encuentran tras bambalinas. La verdad es, ahora más que nunca, el faro luminoso del liderazgo. El fin del mundo como lo conocemos ya no es retórico, ni impersonal, ni siquiera hipotético. Estamos teniendo una probadita de estos escenarios que previamente no podíamos ni imaginar.

La pregunta es, después de que todo pase y sea seguro salir de nuestro confinamiento; después de que las calles se llenen de vida otra vez, la inminencia del peligro se convierta en un recuerdo distante, las aguas metafóricas se aclaren mientras que los ríos y canales se vuelven a enturbiar, y nos quedemos con la tarea de reconstruir nuestras vidas... ¿qué vamos a cambiar? Y, ¿a quién vamos a elegir para dirigir el camino?

*Giselle P. Dussel es escritora, mamá, vegetariana y voluntaria de Citizens' Climate Lobby / Ciudadanos por un Clima Vivible. Es originaria de México y vive en Nueva Orleans.*

## Declaración del Comisionado del Seguro Social Andrew Saul sobre los pagos de estímulo económico de COVID-19 para los beneficiarios

“Quiero proveer una actualización a las personas que reciben beneficios de la Administración del Seguro Social.

El 1° de abril, el Departamento del Tesoro de los EE.UU. anunció que los beneficiarios del Seguro Social que usualmente no requieren presentar una declaración de impuestos, no necesitarán presentar una declaración de impuestos abreviada para recibir el pago de estímulo económico. El Servicio de Impuestos Internos (IRS, por sus siglas en inglés) usará la información en el Formulario SSA-1099 para generar los pagos de estímulo económico de \$1,200 para los beneficiarios de Seguro Social que no presentaron declaraciones de impuesto en el 2018 o en el 2019.

El Departamento del Tesoro, no el Seguro Social, efectuará los pagos automáticos a los beneficiarios del Seguro Social. Los beneficiarios recibirán estos pagos a través de depósito directo o cheques de papel, según usualmente reciben sus beneficios de Seguro Social.

Para informarse sobre las actualizaciones del IRS, visite [www.irs.gov/es/coronavirus](http://www.irs.gov/es/coronavirus). Nota para las personas que reciben Seguridad de Ingreso Suplementario:

Trabajamos en conjunción con el Departamento del Tesoro para resolver las preguntas pendientes relacionadas a nuestros beneficiarios de Seguridad de Ingreso Suplementario (SSI, por sus siglas en inglés) en un esfuerzo por emitir los pagos de estímulo económico lo más rápido y eficientemente posible. Entendemos la preocupación de las personas, y el IRS proveerá más información en [www.irs.gov/es/coronavirus](http://www.irs.gov/es/coronavirus) cuando esté disponible. Para las personas que reciben SSI, por favor tenga en cuenta que no consideraremos los pagos de estímulo económico como un ingreso y excluirémos los pagos del límite de recursos por 12 meses.

Continuaremos actualizando la página de internet del Seguro Social sobre COVID-19 en [www.segurosocial.gov/espanol/coronavirus/](http://www.segurosocial.gov/espanol/coronavirus/) a medida que más detalles estén disponibles.”

## Statement from Social Security Commissioner Andrew Saul about COVID-19 Economic Impact Payments for Beneficiaries

“I want to provide an update to people who receive benefits from the Social Security Administration.

The Department of the Treasury (Treasury) announced on April 1 that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an economic impact payment. The IRS will use the information on the Form SSA-1099 to generate \$1,200 economic impact payments to Social Security beneficiaries who did not file tax returns in 2018 or 2019.

Treasury, not Social Security, will make automatic payments to Social Security beneficiaries. Beneficiaries will receive these payments by direct deposit or by paper check, just as they would normally receive their Social Security benefits.

For updates from the IRS, visit [www.irs.gov/coronavirus](http://www.irs.gov/coronavirus).

[www.irs.gov/coronavirus](http://www.irs.gov/coronavirus).

Note for Supplemental Security Income (SSI) Recipients:

We are working closely with Treasury to address outstanding questions about our SSI recipients in an attempt to make the issuance of economic impact payments as quick and efficient as possible. We realize people are concerned, and the IRS will provide additional information at [www.irs.gov/coronavirus](http://www.irs.gov/coronavirus) when available. Please note that we will not consider economic impact payments as income for SSI recipients, and the payments are excluded from resources for 12 months.

We will continue to update Social Security's COVID-19 web page at [www.socialsecurity.gov/coronavirus/](http://www.socialsecurity.gov/coronavirus/) as further details become available.”



### ¡NO más escapes de gas!

White Swan Laundromat ha reemplazado todas las secadoras dañadas por las explosiones de gas con 28 nuevas secadoras Dexter de alta capacidad. Venga y pruébelas. ¡Le van a gustar!

Abierto todos los días / Open every day  
7:00AM - 9:00PM

264 South Union Street, Lawrence MA  
Tel (978) 327-6289



### NO more gas leaks!

White Swan Laundromat replaced all the driers that were damaged by the gas explosions with 28 brand new Dexter high-capacity driers. Come in and try them, you'll love them!



# Los trabajadores de primera línea corren el riesgo de mantener abierto el refugio de Lazarus House

Si la gratitud puede ayudar a calmar el miedo, los trabajadores de primera línea en el Refugio de emergencia de Lazarus House son recompensados cada día por el peligro de abandonar sus hogares. En medio de la pandemia, están tratando ansiosamente de mantenerla abierta para las familias e individuos para quienes es su único santuario.

"Los Huéspedes en el refugio no tienen personas en quienes puedan confiar. Muchas personas no tienen a nadie más en el mundo. Su temor es: "Si pierdo Lazarus House, ¿a dónde iré?", dijo Almarie Silverman, Directora de Defensa, que se preocupa especialmente por una mujer que está embarazada de nueve meses.

Otro miembro del personal que trabaja para mantenerlo abierto es Carmen Vega, Directora del Programa de Refugios, que viene todos los días sintiendo la preocupación de su familia de que traerá COVID-19 a casa. Solo recientemente pudo usar una máscara.

"No teníamos máscaras, así que sentí que no era justo si usaba una máscara y mi personal no podía", dijo Vega.

Vega dijo que el refugio "huele a lejía", ya que el personal y los huéspedes del refugio siguen a fondo el protocolo, tomando precauciones de distanciamiento social, usando máscaras y desinfectando regularmente las áreas comunes. Todos

saben que eso no elimina completamente el riesgo, pero todos lo siguen haciendo para asegurarse de que puedan quedarse en el único lugar que les queda.

"Da miedo. Soy una mujer de fe, así que oro y le pido a Dios que me cubra", dijo Vega. "Mi familia desearía que yo no entrara, pero este es mi trabajo. Esto es lo que me encanta hacer".

"Nuestro personal realmente se preocupa por lo que hacen, se sienten divididos entre las preocupaciones de salud que tienen para ellos y sus familias, y el sentido de llamar y el deber de cuidar a los Huéspedes a nuestro cargo", dijo Jeff Hassel, Director Ejecutivo de esta agencia no lucrativa del Valle de Merrimack.

Los huéspedes en el refugio se quedan en sus habitaciones cuando es posible, bajando principalmente para las comidas designadas para ayudar en el distanciamiento físico, sabiendo que solo un caso de COVID-19 podría obligar al personal a ponerse en cuarentena y amenazar las operaciones.

"Las familias con miedo a no tener a dónde ir están dispuestas a hacer cualquier cosa para mantenernos abiertos y han estado barriendo, manteniéndolo limpio, manteniendonos abiertos", dijo Silverman.

El personal ya no puede rezar al lado de los Invitados o continuar desarrollando

relaciones más personales como están acostumbrados, es difícil a seis pies de distancia.

Sin embargo, todos en el refugio están motivados por los niños que ayudan a responder la pregunta de por qué continúan enfrentando el peligro y entran. "Los niños son increíbles, están agradecidos, siempre dicen gracias por estar aquí", dijo Silverman.

"Todavía hay mucha alegría en el trabajo", dijo Hassel. "Pasé el día en el refugio y durante el almuerzo los niños cantaban una canción para niños. Entonces, en la crisis, la vida continúa. Los niños todavía cantan, los niños todavía juegan. Las mamás aún cuidan de sus hijos".

Lazarus House ayuda a mujeres, hombres y niños valientes que viven en la pobreza a restaurar su dignidad y su autoestima. Ofrecen servicios que salvan vidas en las áreas de alimentación, vivienda, vestimenta y educación.



## Frontline Workers Brave Risk to Keep Lazarus House Shelter Open

If gratitude can help calm fear, the frontline workers at the Lazarus House emergency Shelter are rewarded each day for the peril of leaving their homes. In the midst of the pandemic, they are anxiously trying to keep it open for the families and individuals for whom it is their only sanctuary.

"The Guests at the shelter don't have people they can rely on. A lot of the people don't have anyone else in the world. Their fear is, 'If I lose Lazarus House, where will I go?'" said Almarie Silverman, Director of Advocacy, who especially worries about a woman who is nine months pregnant.

Another staff member working to keep it open is Carmen Vega, Shelter Program Director, who comes in each day feeling her family's worry she will bring COVID-19 home. She only recently was able to wear a mask.

"We didn't have masks, so I felt it wasn't fair if I was wearing a mask and my staff could not," Vega said.

Vega said the shelter "smells like bleach," as the staff and shelter Guests thoroughly follow the protocol – taking precautions of social distancing, wearing masks and regularly disinfecting common areas. They all know that does not completely eliminate the risk, but they all keep doing it to make sure they can stay at the only place they have left.

"It's scary. I am a woman of faith, so I pray and ask God to cover me," said Vega. "My family would wish that I wouldn't come in, but this is my job. This is what I love to do."

"Our staff really cares about what they do, they are feeling torn between the health concerns they have for themselves and their families, and the sense of calling and duty to care for the Guests in our charge," said Jeff Hassel, Executive Director of the Merrimack Valley non-profit.

Guests at the shelter are staying in their rooms when possible, coming down mostly for designated mealtimes to aid in physical distancing, knowing that just one case of COVID-19 could force the staff into quarantine and threaten operations.



"Families with fear about having nowhere to go are willing to do anything to keep us open, and have been sweeping, keeping it clean, keeping us open," said Silverman.

The staff can no longer pray side-by-side with Guests or continue to develop more personal relationships as they are accustomed to - it's difficult from six-feet away.

However, everyone at the shelter is motivated by the children who help answer the question of why they continue to face the danger and come in. "The kids are amazing, they're grateful, they always say thank you for being here," said Silverman.

"There is a lot of joy still in the work," said Hassel. "I spent the day at the shelter and during lunch the kids were singing a children's song. So, in the crisis, life goes on. Kids still sing, kids still play. Moms still take care of their kids."

Lazarus House helps courageous women, men, and children living in poverty restore their dignity and self-respect. They offer life-saving services in the areas of food, shelter, clothing and education.



**BREAKING:**

**GETTING OUTDOORS NOT CANCELLED**

**MUSIC NOT CANCELLED**

**FAMILY NOT CANCELLED**

**READING NOT CANCELLED**

**SINGING NOT CANCELLED**

**LAUGHING NOT CANCELLED**

**HOPE NOT CANCELLED**

**LET'S EMBRACE WHAT WE HAVE.**

**unsinkable**

# Alerta de estafa BBB: estafadores dirigidos a personas mayores durante la pandemia

## Por Better Business Bureau

El BBB está recibiendo varios informes de personas de la tercera edad que informan que están recibiendo mensajes de texto de estafadores que se hacen pasar por el Departamento de Salud de EE.UU., acerca de tomar una prueba obligatoria COVID-19 en línea para recibir el pago de estímulo aprobado recientemente. Otros están recibiendo correos electrónicos indicando que califican para un pago y deben hacer un clic en el enlace para reclamar su cheque. Durante este tiempo de incertidumbre, es el momento ideal para que un estafador se aproveche del miedo. La conclusión es que no responda un mensaje de texto, correo electrónico o llamada telefónica de un remitente que no le resulte familiar, incluso si parece oficial o de una agencia respetada.

Estos esquemas a menudo se manifiestan como una persona que se hace pasar por una agencia respetada o entidad gubernamental, como la Administración del Seguro Social o la policía, insistiendo en que una víctima potencial actúe de inmediato o enfrente consecuencias. De hecho, un informe de investigación publicado por Better Business Bureau, FINRA Investor Education Foundation y el Stanford Center on Longevity descubrió que

la razón principal por la que la gente decía que perdían dinero era porque el estafador "parecía oficial".

Las personas de 65 años o más informaron haber perdido un promedio de \$350 el año pasado cuando fueron víctimas de una estafa, que es más del doble de la pérdida en los grupos de todas las edades (\$160). Sin embargo, las personas de 65 años o más tienen más probabilidades, una de cada cuatro personas, de alejarse de una estafa y evitar pérdidas financieras, mientras que los grupos de todas las otras edades fueron una de cada tres en todas las edades, reportando pérdidas el año pasado.

Con la actual pandemia de coronavirus, los estafadores cambiarán constantemente sus tácticas para pillar desprevenidas a las personas. Aquí hay algunos consejos para que las personas mayores se protejan contra las estafas:

- No tenga miedo de contactar a alguien. Póngase en contacto con un miembro de la familia, un vecino o una empresa u organización en la que confíe para obtener asesoramiento. La investigación muestra que las personas que viven solas, viudas o que se sienten aisladas de los demás tienen más probabilidades de involucrarse y perder dinero con los estafadores. Si un



estafador intenta mantenerlo en el teléfono o apresurarte a tomar una decisión, cuelga y pide consejo a alguien.

- Evite las afirmaciones de productos "milagrosos" que pueden protegerlo a usted o su hogar de enfermedades. Las compañías que se dirigen a consumidores mayores con productos y servicios que afirman protegerse de enfermedades como COVID-19 son falsas sin una cura probada. No solo crea testimonios en el sitio web de una empresa; en cambio, investigue la compañía y el producto a través de organizaciones confiables como Better Business Bureau.

- Tenga cuidado con las ofertas que suenan demasiado buenas para ser verdad. No le ayudarán a salir adelante. Los estafadores buscan personas que buscan "ponerse al día" o "salir adelante" financieramente, y si

su jubilación se vio afectada por los altibajos del mercado, no se asuste. Los períodos de alta emoción rara vez son el momento adecuado para reevaluar su futuro financiero. En cambio, respire profundamente y póngase en contacto con un corredor o asesor financiero confiable.

- Sea inteligente y consciente. Conocer las estafas por ahí reduce significativamente la probabilidad de pérdida financiera. Cuando alguien se pone en contacto con usted sobre una "oportunidad increíble", es más fácil separar la realidad de la ficción.

Obtenga más información sobre las estafas COVID-19 en [BBB.org/coronavirus](https://www.bbb.org/coronavirus), y revise los informes de otros consumidores en [BBB.org/ULLTracker](https://www.bbb.org/ULLTracker). ¡Puede ayudar a proteger a sus amigos y familiares transmitiendo lo que ha aprendido!

## BBB Scam Alert: Scammers Targeting Seniors During Pandemic

### By Better Business Bureau

BBB is receiving several reports from seniors reporting that they are receiving text messages from scammers posing as the U.S. Department of Health, about taking a mandatory online COVID-19 test in order to receive the recently approved stimulus payment. Others are receiving emails stating they qualify for a payment and to click on a link to claim a check. During this time of uncertainty, it is the ideal time for a scammer to prey on fear. The bottom-line is don't respond to a text, email or phone call from a sender that is unfamiliar, even if it looks official or from a respected agency. These schemes often manifest as a someone impersonating a respected agency or government entity, like the Social Security Administration or police, insisting a potential victim act immediately or face consequences. In fact, a research report released by the Better Business Bureau, FINRA Investor Education Foundation, and the Stanford Center on Longevity found that the top reason people said they lose money was because the scammer "seemed official." Seniors aged 65 and over reported losing a median of \$350 last year when falling victim to a scam – which is more than double the loss across all age groups (\$160). However, seniors 65 and older are more likely to walk away from a scam and avoid financial loss, with one in four seniors reporting a loss this past year (versus one in three across all ages).

With the current coronavirus pandemic, scammers will constantly change their tactics to catch people off guard. Here are some tips for seniors to protect against scams:

- Don't be afraid to contact someone. Reach out to a family member, neighbor, or a company or organization you trust for

advice. Research shows that individuals that are living alone, widowed, or those feeling isolated from others are more likely to engage with and lose money to scammers. If a scammer tries to keep you on the phone or rush you to a decision, hang up and ask someone for advice.

- Avoid "miracle" product claims that can protect you or your home from disease. Companies targeting older consumers with products and services claiming to protect from diseases like COVID-19 are shams without a proven cure. Don't just believe testimonials on a company's website; instead, research the company and product through trusted organizations like the Better Business Bureau.

- Be wary of offers sounding too good to be true. They won't help you get ahead. Scammers look for individuals looking to "catch up" or "get ahead" financially, and if your retirement was affected by the market's ups and downs – don't panic. Periods of high emotion are rarely the right time to re-evaluate your financial future. Instead, take a deep breath and contact a trustworthy broker or financial advisor.

- Be smart and aware. Knowing about the scams out there significantly reduces the likelihood of financial loss. When someone contacts you about an "amazing opportunity," it's easier to separate fact from fiction.

Learn more about COVID-19 scams at [BBB.org/coronavirus](https://www.bbb.org/coronavirus), and review reports from other consumers at [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). You can help protect your friends and family by passing on what you've learned!

## Haverhill Chamber Restaurant Fund

Friends,

I'm pleased to report that we've raised close to \$10K in the past two days, thanks in no small part to the Mayor who contributed \$5K on the City's behalf. This allows us to crank the engine back up and offer the gift card matching program again starting tomorrow, Wednesday, March 25.

Several important notes:

1. We will now match, dollar for dollar, up to \$25 per customer. That means customers should be able to purchase a \$50 gift card for \$25 (or any lesser amount). We had been matching up to \$50 per customer but we're reducing the per customer amount to allow more families to take advantage of this offer.

2. The restaurants have a daily limit of \$250, so make sure you purchase your card early in the day.

3. We continue to need your help in raising more money. We're close to \$25K total raised. I want to get to \$35K by Friday. Please consider donating and spread to your network asking them to donate here.

3. Check [Haverhillchamber.com](https://www.haverhillchamber.com) for updates on the program and a running list of new delivery, etc. options for local restaurants.

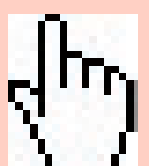
Thanks All!

Greater Haverhill Chamber Team



READ PREVIOUS EDITIONS OF RUMBO  
ON OUR WEBSITE

[RUMBONEWS.COM](https://www.rumbonews.com)



# La policía de Salem recuerda a los residentes que deben deshacerse de las máscaras y guantes correctamente

SALEM, New Hampshire - El subjefe de policía Joel Dolan y el Departamento de Policía de Salem están recordando a los residentes que deben deshacerse de los guantes y las máscaras correctamente.

El viernes, 3 de abril, los Centros para el Control y la Prevención de Enfermedades recomendaron que todas las personas que salgan en público usen máscaras faciales de tela como precaución en situaciones donde el distanciamiento social es difícil de mantener, como supermercados y farmacias, para mitigar la propagación de COVID-19. El distanciamiento social es la práctica de mantener al menos seis pies entre las personas en público.

Si bien los CDC no lo recomiendan en este momento, algunos residentes también han usado guantes de látex u otros tipos de guantes desechables como precaución al entrar en contacto con superficies muy tocadas, como perillas de puertas y mesas.

"En las últimas semanas, hemos notado un mayor número de guantes desechados incorrectamente en los estacionamientos alrededor de la ciudad", dijo el subdirector Dolan. "Si bien alentamos a los residentes a que tomen las medidas necesarias para protegerse del COVID-19 en caso de que necesiten abandonar sus hogares, la eliminación inadecuada de mascarillas y

guantes representa un riesgo tanto para la salud como para el medio ambiente para nuestra comunidad".

Los guantes y máscaras deben desecharse adecuadamente en botes de basura u otros tipos de recipientes para desechos. Los residentes también pueden considerar mantener una bolsa de plástico o papel extra en su automóvil para colocar temporalmente los guantes o máscaras usados si no hay un contenedor de basura disponible de inmediato.

Puede encontrar información sobre cómo quitarse y hacer su propia máscara facial en el sitio web de los CDC. También puede encontrar información sobre cómo quitarse los guantes de manera segura.

Las personas que descartan materiales de manera inadecuada pueden estar sujetos a una multa de hasta \$1,000.

A fines del mes pasado, el Gobernador Chris Sununu anunció una recomendación de estadía en el hogar para los residentes y ordenó a todas las empresas no esenciales cerrar operaciones en persona y de interacción pública hasta al menos el lunes, 4 de mayo.

Los negocios esenciales como supermercados y farmacias permanecerán abiertos durante este tiempo. A los residentes se les permitirá salir, pero se les insta a



El Departamento de Policía de Salem ha notado un aumento de guantes desechados en los estacionamientos de la ciudad. La imagen de arriba es el estacionamiento de Walmart en Salem. (Foto cortesía del Departamento de Policía de Salem)

The Salem Police Department has noticed an increase of improperly disposed gloves in parking lots in town. Pictured above is the Walmart parking lot in Salem. (Photo courtesy of the Salem Police Department)

## Salem Police Remind Residents to Properly Dispose of Masks, Gloves

SALEM, New Hampshire -- Deputy Police Chief Joel Dolan and the Salem Police Department are reminding residents to properly dispose of gloves and masks.

On Friday, April 3, the Centers for Disease Control and Prevention recommended that all individuals going out in public wear cloth face masks as precaution in situations where social distancing is hard to maintain, such as grocery stores and pharmacies, in order to mitigate the spread of COVID-19. Social distancing is the practice of keeping at least six feet between people while in public.

While not recommended by the CDC at this time, some residents have also been wearing latex or other types of disposable gloves as a precaution when coming in contact with highly touched surfaces, such as door knobs and tables.

"In the recent weeks, we've noticed an increased number of improperly disposed gloves in the parking lots around town," Deputy Chief Dolan said. "While we encourage residents to take the necessary steps to protect themselves from COVID-19 should they need to leave their homes, improperly disposed of face masks and gloves poses both a health and environmental risk to our community."

Gloves and masks should be properly disposed of in trash cans or other types of waste receptacles. Residents may also consider keeping an extra plastic or paper bag in their car to put the used gloves or masks in temporarily if a trash bin is not immediately available.

Information about how to properly remove and make your own face mask can be found on the CDC's website here. Information about how to safely remove gloves can be found here.

Individuals found to be improperly

discarding of materials can be subject to a fine of up to \$1,000.

Late last month, Gov. Chris Sununu announced a stay at home recommendation for residents and ordered all non-essential businesses to close in-person and public-interacting operations until at least Monday, May 4.

Essential businesses such as grocery stores and pharmacies will remain open during this time. Residents will be allowed to go outside, but are strongly urged to practice social distancing while doing so.

Other recommend steps residents can take to stymie the spread of all communicable viruses are:

- Wash your hands often with soap and water for at least 20 seconds, including under your fingernails. Alcohol-based hand sanitizer (at least 60% alcohol content) can be used when soap and water are not available.
- Keep your hands away from your face.
- Cover your nose and mouth when sneezing and coughing with a tissue and discard it immediately. Cough into the sleeve over your elbow instead of your hand. Wash your hands often when coughing and sneezing.
- Stay away from people who are sick and stay home when you are sick.

For more information, visit the Town of Salem website, the NH DHHS website and the CDC's website.

If you have COVID-19 specific questions, the State of NH has established a call center to assist you, which can be reached by calling 211 or 1-866-444-4211.

practicar el distanciamiento social mientras lo hacen.

Otros pasos recomendados que los residentes pueden tomar para impedir la propagación de todos los virus transmisibles son:

- Lávese las manos con frecuencia con agua y jabón durante al menos 20 segundos, incluso debajo de las uñas. El desinfectante para manos a base de alcohol (al menos 60% de contenido de alcohol) se puede usar cuando no hay agua y jabón disponibles.
- Mantenga sus manos lejos de su cara.
- Cúbrase la nariz y la boca al estornudar y

toser con un pañuelo desechable y deséchelo de inmediato. Tosa en la manga sobre el codo en lugar de la mano. Lávese las manos con frecuencia al toser y estornudar.

- Manténgase alejado de las personas enfermas y quédese en casa cuando esté enfermo.

Para obtener más información, visite el sitio web de Town of Salem en el sitio web de NH DHHS y el sitio web de los CDC.

Si tiene preguntas específicas sobre COVID-19, el Estado de NH ha establecido un centro de llamadas para ayudarlo, al que puede comunicarse llamando al 211 ó al 1-866-444-4211.





**Senior Whole Health.**  
A MAGELLAN COMPANY

Un plan de salud para personas mayores con MassHealth.

## Hablamos su idioma.

Hablamos más de 40 idiomas y le ayudaremos a que reciba atención de alguien que le entiende.

Llame al 1-888-566-3526 (TTY 711).  
[www.seniorwholehealth.com](http://www.seniorwholehealth.com)

Senior Whole Health cumple con todas las leyes en materia de derechos civiles federales vigentes y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad ni sexo. Senior Whole Health (HMO SNP) y Senior Whole Health NHC (HMO SNP) son planes de atención coordinada con un contrato con Medicare Advantage y un contrato con el programa Commonwealth of Massachusetts/EOHHS MassHealth (Medicaid). La inscripción depende de la renovación contractual anual. H2224-2020-84533\_M\_SPN  
Approved 2/11/2020



# FEMA

## Coronavirus Rumor Control

The purpose of this FEMA page is to help the public distinguish between rumors and facts regarding the response to coronavirus (COVID-19) pandemic. Rumors can easily circulate within communities during a crisis.

Do your part to the stop the spread of disinformation by doing three easy things:

Don't believe the rumors.

Don't pass them along.

Go to trusted sources of information to get the facts about the federal (COVID-19) response.

Always go to trusted sources of information like coronavirus.gov or your state and local government's official websites or social media accounts for instructions and information specific to your community.

For more information on the coronavirus, please visit coronavirus.gov. You can also visit our coronavirus (COVID-19) response page for more updates on the federal response. Follow state and local officials as well for instructions and information specific to your community.



## Scammers are taking advantage of fears surrounding the Coronavirus

### Avoid Coronavirus Scams

Here are some tips to help you keep the scammers at bay:

Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.

Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren't proven to treat or prevent the Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the FDA to learn more.

Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit What the U.S. Government is Doing for links to federal, state and local government agencies.

Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.

Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.

Don't click on links from sources you don't know. They could download viruses onto your computer or device.

Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

## Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>

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

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

### 5G Cell Phone Technology Linked To The Cause Of Coronavirus?

A worldwide online conspiracy theory has attempted to link 5G cell phone technology as being one of the causes of the coronavirus. Many cell towers have been set on fire as a result. 5G technology does NOT cause coronavirus.

### Do I Need A Photo ID To Be Tested For COVID-19 At A Community Based Testing Center (CBTS)?

To determine if you are a first responder or healthcare worker you will need to provide your official workplace photo ID in order to be priority tested for COVID-19 at a Community Based Testing Center (CBTS).

### Is FEMA Deploying The Military?

On March 22, President Trump directed the Secretary of Defense to permit full federal reimbursement, by FEMA, for some states' use of their National Guard forces. FEMA has executed a fully reimbursable mission assignment to the Department of Defense, including reimbursement for pay and allowances of National Guard personnel serving in a Title 32 duty status in fulfillment of the FEMA mission assignment.

In addition, the Department of Defense has deployed the U.S.N.S. Comfort to New York and the U.S.N.S. Mercy to Los Angeles.

FEMA has also issued mission assignments to the U.S. Army Corps of Engineers to design and build alternate care sites in support of the COVID-19 response.

### Is DHS Deploying The National Guard?

On March 22, President Trump directed the Secretary of Defense to permit full federal reimbursement, by FEMA, for some states' use of their National Guard forces. The President's action provides Governors continued command of their National Guard forces, while being federally funded under Title 32. Each state's National Guard is still under the authority of the Governor and is working in concert with the Department of Defense.

### I Got A Call, Text, Or Email Saying I Could Get Financial Help. Is It Legitimate?

There have been reports that scammers are pretending to be the government, contacting people by robocall, text message, email and other outreach. These scammers say they can get people financial help during the COVID-19 pandemic, and then ask for money or personal information, like your Social Security, bank account or credit card number. This is a SCAM.

Don't trust anyone who offers financial help and then asks for money or personal information. Federal and local disaster workers do not solicit or accept money. The Department of Homeland Security, FEMA, U.S. Health and Human Services and the Centers for Disease Control staff never charge for disaster assistance.

The Federal Trade Commission scams page has tips to help you avoid scams online, on the phone, by text and through email. If you see a scam, please report it to the Federal Trade Commission: [ftc.gov/complaint](http://ftc.gov/complaint).

### Are There Any Vaccines To Prevent Or Medicines To Treat COVID-19?

Currently, there are no Food and Drug Administration (FDA) approved drugs specifically for the treatment of COVID-19. Researchers are studying new drugs, and drugs that are already approved for other health conditions, as possible treatments for COVID-19. The Centers for Disease Control and Prevention has more information for health care providers about these potential treatments.

The FDA is protecting consumers from unapproved products and false or misleading claims. Consumers and health care professionals can help by reporting suspected fraud to the FDA's Health Fraud Program or the Office of Criminal Investigations.

### I'm On Medicare, And Someone Offered Me A COVID-19 Test If I Provide My Medicare Information. Should I Accept?

If you receive any calls like this, please know that it is a scam to get your private personal information. Beneficiaries are being targeted in a number of ways, including telemarketing calls, social media platforms, and door-to-door visits. Do not give out your Medicare, Medicaid, or Social security numbers. And be cautious about any unsolicited requests for your personal information. If you think you need to be tested for the Coronavirus, please call your doctor, who can advise you on what tests you may need.

### Are Older People And Those With Existing Conditions The Only Ones At Risk For Coronavirus?

Older adults and people with serious chronic medical conditions are at higher risk of serious illness. But anyone can become sick, and symptoms can range from mild to severe regardless of how old you are or if you have other medical conditions.

### Is The Government Sending Everyone Money?

A stimulus package has been passed by Congress to help Americans in need. As information becomes available, it will be updated on [www.coronavirus.gov](http://www.coronavirus.gov). Unfortunately, scammers are using COVID-19 to take advantage of people. Don't trust anyone who tells you they can get you money now. The Federal Trade Commission (FTC) has more information about government scams, including COVID-19 scams.

### Is There A National Lockdown Or Quarantine?

No. States and cities are responsible for announcing curfews, shelters in place, or other restrictions and safety measures.

### Should I Stock Up On Food And Supplies?

Please only buy what your family needs for a week. Buying weeks or months of supplies in advance leads to shortages and makes it difficult for other families to take care of themselves. Consumer demand has been exceptionally high, especially for groceries, cleaning supplies, and healthcare products. Supply chains haven't been disrupted, but stores need time to restock.

### Should I Worry About Hantavirus?

No. The main way hantavirus spreads to people is through infected mice and rats. It is possible to catch hantavirus from another person, but it's extremely rare. For more information about hantavirus, visit the CDC's website.

### ¿Existe Alguna Relación Entre La Tecnología 5G De Teléfonos Celulares Y La Causa Del Coronavirus?

Hay una teoría conspiratoria que se ha difundido por todo el mundo a través del internet y que intenta relacionar la tecnología 5G de teléfonos celulares a las causas de la enfermedad del coronavirus. Como resultado, muchas torres de señales de celulares han sido prendidas en fuego. La tecnología 5G NO causa coronavirus.

### Recibí Una Llamada, Un Mensaje De Texto O Correo Electrónico Que Decía Que Podía Obtener Ayuda Financiera. ¿Es Legítimo Esto?

Ha habido reportes de que estafadores se hacen pasar por funcionarios de gobierno y están contactando a las personas mediante llamadas telefónicas automáticas, mensajes de texto, correos electrónicos y otras formas de comunicación. Estos estafadores dicen que pueden obtener ayuda financiera para las personas durante la pandemia de COVID-19 y luego solicitan dinero o información personal, como su número de seguro social, cuenta bancaria o número de tarjeta de crédito. Esta es una ESTAFA.

No confíe en nadie que ofrezca ayuda financiera y que enseguida le solicite dinero o su información personal. Los trabajadores federales y locales a cargo de desastres, no solicitan ni aceptan dinero. El Departamento de Seguridad Nacional, FEMA, los Servicios Humanos y de Salud de EE. UU. y el personal de los Centros para el Control de Enfermedades nunca cobran por ayudar con la asistencia por desastre.

La página de estafas de la Comisión Federal de Comercio tiene consejos para ayudarle a evitar las estafas en línea, por teléfono, mensaje de texto y correo electrónico. Si detecta una estafa, repórtela a la Comisión Federal de Comercio: [ftc.gov/complaint](https://ftc.gov/complaint).

### Escuché Que En China Alguien Falleció Debido Al Hantavirus, Un Nuevo Virus Que Se Propaga De Persona A Persona Igual Que El COVID-19.

Hantavirus no es una enfermedad nueva. Según los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés), el hantavirus fue observado por primera vez durante la Guerra Coreana y en la región de los Four Corners de EE. UU. durante la década de 1950. El hantavirus principalmente se propaga a los humanos a través del contacto con desperdicios de ratas que estén infectados con el virus. La transmisión de una persona a otra puede ocurrir, pero es extremadamente raro que ocurra. Visite <https://www.cdc.gov/hantavirus> para más información.

### Hay Un Cierre Nacional Y El Todo El País Está En Cuarentena Por Dos Semanas.

Los rumores en las redes sociales y por mensajes de texto sobre una cuarentena nacional son FALSOS. No hay una cuarentena nacional. Debido a la cantidad de información en línea y que se comparte en redes sociales, es importante verificar la fuente de la información. Encuentre las actualizaciones más recientes y recursos adicionales en [www.coronavirus.gov](https://www.coronavirus.gov) (en inglés).

### FEMA Ha Movilizado Recursos Militares

No, FEMA no tiene activos militares. En todas las emergencias, la respuesta es más exitosa cuando se ejecuta al nivel local, maneja al nivel estatal y apoya al nivel federal. Todos los gobernadores son responsables por las acciones de respuesta en sus estados, incluyendo establecer toques de queda, movilizar la Guardia Nacional si es necesario, y cualquier otra restricción o medida de seguridad que determinen ser necesarias para la salud y el bienestar de sus ciudadanos.

### Necesito Almacenar Todos Los Alimentos Y Suministros Que Pueda

El almacenamiento de comida y suministros por parte de los consumidores ha resultado en un aumento en las compras de 300 por ciento más de lo usual. Favor de solo comprar lo que su familia necesita para una semana. Es importante recordar que muchas familias no pueden comprar alimentos y agua por adelantado, y no pueden abastecerse para varias semanas.

### Escuché Que El Gobierno Está Enviando Cheques De \$1,000 A Las Personas. ¿Cómo Puedo Inscribirme?

El gobierno de EE.UU. actualmente no está enviándole cheques a las personas como parte de la respuesta por COVID-19. Si alguien le dice que puede conseguirle dinero ahora, es una estafa. Es importante que usted solo confíe en información de fuentes oficiales. La Comisión Federal de Comercio proporcionó recientemente más información en su sitio web sobre este tipo de estafa y otras estafas comunes relacionadas a COVID-19.

### Las Personas Mayores De 60 Años Y Aquellas Con Problemas De Salud Ya Existentes Son Los Únicos En Riesgo A La Enfermedad Del Coronavirus.

Es un rumor desafortunado que solamente las personas mayores de 60 años están en riesgo de enfermarse. Según los Centros para el Control y la Prevención de Enfermedades, las personas con alto riesgo son las personas mayores y con condiciones medicas graves. Sin embargo, los síntomas pueden ser desde mínimos hasta severos, y pueden presentar complicaciones distintas para cada individuo. CDC tiene una lista de los síntomas comunes de COVID-19 que usted podría experimentar. Por favor siga las actualizaciones de CDC.



# FEMA

## Control de rumores del coronavirus

El propósito de esta página de FEMA es ayudar al público a distinguir entre los rumores y los hechos acerca de la respuesta a la pandemia del coronavirus (COVID-19). Los rumores circulan rápido en las comunidades durante una crisis.

Le pedimos que haga su parte para parar los rumores que desinforman al público tomando tres pasos fáciles:

no crea en rumores

no los comparta

busque información verídica en fuentes confiables sobre la respuesta federal al COVID-19.

Siempre busque información en fuentes confiables tales como la página coronavirus.gov o las páginas del estado o gobiernos locales o las plataformas sociales con instrucciones e información específica sobre su comunidad.

Para obtener más información sobre el coronavirus, visite [coronavirus.gov](https://coronavirus.gov). También puede visitar nuestra página de respuestas de coronavirus (COVID-19) para obtener más actualizaciones sobre la respuesta federal. Siga a los funcionarios estatales y locales también para obtener instrucciones e información específica de su comunidad.



## El coronavirus: Qué está haciendo la FTC

## Los estafadores se aprovechan de los temores que rodean al coronavirus

## Evite las estafas relacionadas con el coronavirus

Estas son algunas recomendaciones que le ayudarán a mantener a raya a los estafadores:

Cuelgue el teléfono ante llamadas automáticas pregrabadas. No presione ningún número. Los estafadores están usando llamadas automáticas pregrabadas para promocionar de todo tipo de productos, desde tratamientos fraudulentos para el coronavirus hasta esquemas de trabajo en casa. La grabación podría decir que al presionar un número podrá hablar con un operador en directo o eliminar su número de la lista de llamadas, pero en lugar de eso, podría generar más llamadas automáticas pregrabadas.

Ignore los ofrecimientos de vacunas y kits de pruebas que aparecen en internet. Los estafadores están tratando de hacer que usted compre en línea o en tiendas productos que no están clínicamente probados para tratar o prevenir la enfermedad del coronavirus 2019 (COVID-19). Además, hasta este momento, no hay ningún kit de prueba de coronavirus autorizado por la FDA. Visite la página de la FDA para obtener más información.

Verifique la información. Los estafadores, y a veces la gente con buenas intenciones, comparten información que no ha sido verificada. Antes de pasar cualquier mensaje, establezca contacto con fuentes confiables. Visite el sitio web que informa lo que está haciendo el gobierno de los EE. UU., Qué está haciendo el gobierno federal en respuesta a COVID-19, para acceder a los enlaces de las agencias gubernamentales federales, estatales y locales.

Sepa a quién le está comprando. Los vendedores que operan en línea pueden decir que tienen productos de alta demanda, como productos de limpieza, para el hogar y materiales de uso médico y para la salud, cuando en realidad no los tienen.

No responda correos electrónicos ni mensajes de texto relacionados con cheques del gobierno. Los detalles aún están bajo estudio. Todo aquel que le diga que le puede conseguir dinero ahora es un estafador.

No haga clic en enlaces de fuentes que no conoce. Podrían descargar virus en su computadora o dispositivo.

Manténgase atento a los correos electrónicos que dicen ser de los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) o de expertos que dicen que tienen información sobre el virus. Para obtener la información actualizada sobre el coronavirus, visite los Centros para el Control y la Prevención de Enfermedades (CDC) y la Organización Mundial de la Salud (OMS).

Cuando se trate de donaciones, ya sea a través de organizaciones benéficas o por medio de sitios de recaudación de dinero, haga una pequeña investigación por cuenta propia. No deje que nadie lo apure para donar. Si alguien quiere que done con dinero en efectivo, a través de una tarjeta de regalo o una transferencia de dinero, no lo haga.

Es facil encontrarnos / It's easy finding us

**Rumbo**

(978) 794-5360

[Rumbo@Rumbonews.com](mailto:Rumbo@Rumbonews.com)

## MCC Remains a Leader in Online Education for Over 20 Years

Online education is accessible, convenient and a fit for everyone. Middlesex Community College has been a leader of online education for over 20 years and offers a host of online options every semester. During this challenging time, MCC joins schools around the Commonwealth in transitioning courses to remote options in order for students to finish the semester.

Middlesex was one of the first colleges in the state to offer remote learning. The Comprehensive Distance Education Program launched in 1998 and over the last 20 years, MCC has taken a careful, consistent and innovative approach to transforming their online platform. The program began with 77 students and now serves thousands each semester. The college invests considerable resources into supporting online faculty and making online academic support available to students 24/7.

“Middlesex has been a leader in quality online learning for well over a decade, having received numerous awards for exceptional online programs,” said Phil Sisson, MCC’s Provost & Vice President of Academic Affairs. “Our online course completion numbers for our students are very strong – sometimes stronger than our face-to-face courses. Students can really thrive in an online environment and are often stronger participants overall in online courses.”

Online instruction includes flexible schedules and easy access to resources with the same skills, knowledge, credits and quality of instruction as face-to-face course options. Review materials, take practice exams, complete assignments, and interact with students and faculty – enhanced by the ever-evolving capabilities technology allows.

“It was very easy to follow with the instructions the teacher gave us through Blackboard,” said Gabrielle Menard, a Graphic Design student graduating at the end of the semester. “The website is very ergonomic friendly for students who are not used to online learning and there’s useful services provided as well, like the Blackboard Student Manual and other college resources – i.e. library, helpful links, etc.”

Online learning provides students with opportunities to engage with the curriculum in different and exciting ways. This can include performing virtual biology dissections and chemistry experiments, watching the latest Ted Talks and other videos, and taking virtual tours of the Sistine Ceiling.

Online classes appeal to a variety of students who make up the core of Middlesex



Online education is accessible, convenient and a fit for everyone. Middlesex Community College has been a leader of online education for over 20 years. With online learning, be open-minded, be flexible and patient, establish a routine, stay connected, maintain your computer and files, participate and communicate clearly.

– professionals learning a new skill; adult learners seeking a new profession; high school students wanting college credit; or traditional college students earning credit while working full- or part-time.

“Until online courses came into my life, college was just a thought for the future,” said Dawn Stickney, an MCC Graduate. “They allowed me to prepare my schoolwork in a timely manner around my kids’ sporting events and my work schedule.”

For students who are new to online learning, MCC offers these tips on how to maximize your online learning experience for success:

- Be open-minded to trying a new way of learning
- Be flexible and patient when technology isn’t as efficient as you want
- Establish a routine and avoid procrastination
- Stay connected and ask for help if needed
- Maintain your computer and files so you don’t lose valuable information
- Participate on your own time with reflection and consideration
- Communicate clearly with your own words in a concise way

Middlesex offers 15 degree and certificate programs that can be completed entirely online, including Accounting, Criminal Justice, Business, Hospitality Management, and Liberal Arts.

Visit [https://www.middlesex.mass.edu/Online/student\\_tips.aspx](https://www.middlesex.mass.edu/Online/student_tips.aspx) to learn more about MCC’s tips for mastering online education.

## MCC Hosts Virtual Admissions Events for Prospective Students

Middlesex Community College’s Office of Admissions is introducing Virtual Admissions Events. To keep its students and staff safe, the college has suspended all in-person services, but MCC wants to ensure that prospective students and their families can still gain all of the important information needed to get started at MCC.

“Participating in a Virtual Admissions Event is a great way for students to learn about all of the wonderful things our college and campuses have to offer,” said Jillian Freitas-Haley, MCC’s Assistant Dean of Admissions. “These events provide students with a one-stop opportunity to learn about how to get started on their Middlesex journey.”

The first MCC Admissions webinar debuted on Monday, March 30, which covered Getting Started at MCC. These sessions answer questions related to MCC’s more than 80 degree and certificate programs, noncredit courses, online learning options and honors opportunities. Students will learn about specific areas of academic interest and the admissions process. Some support services Middlesex offers include academic and career counseling, tutoring, disability support and other special programs.

The other topic in these webinars is Dual Enrollment at MCC. This event appeals to motivated high school and homeschool students who want to take college level courses while still enrolled in high school or are taking homeschool classes. Students who participate in Dual Enrollment at MCC can graduate with their high school diploma and associate’s degree



Middlesex Community College’s Office of Admissions created Virtual Admissions Events to ensure that prospective students and their families can still gain all of the important information needed to get started at MCC.

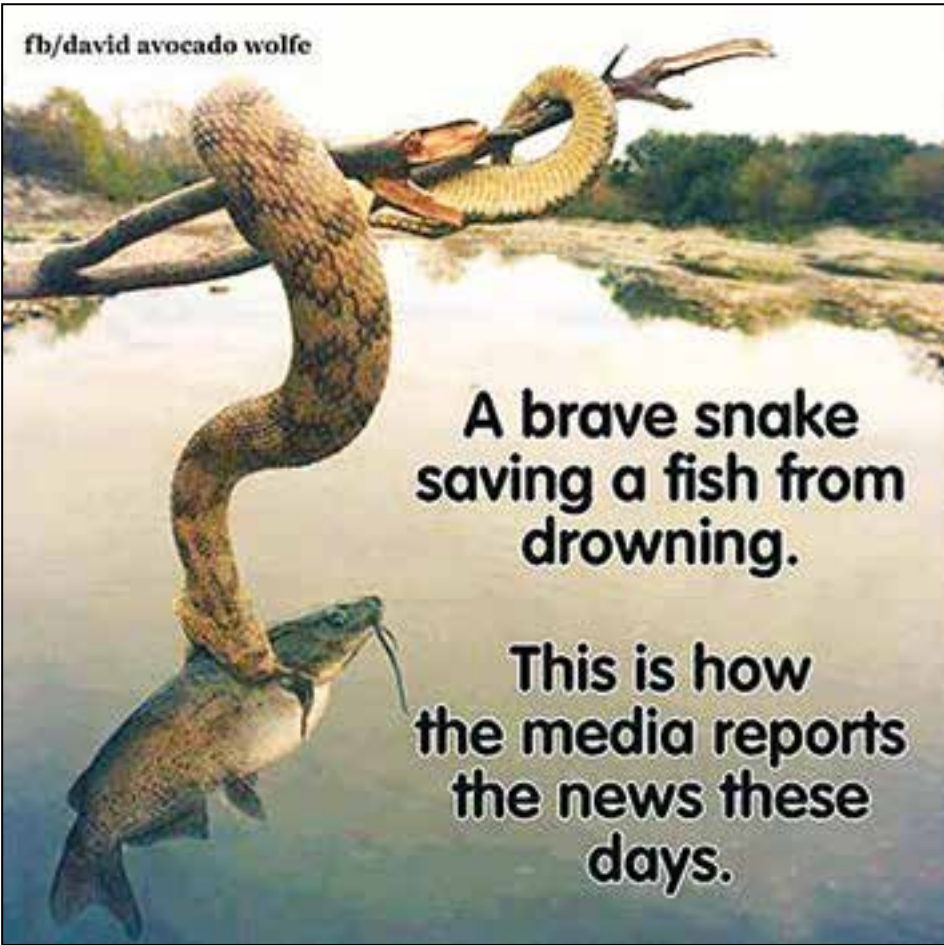
in the same year.

The next scheduled Getting Started at MCC Events will take place at 2 p.m. on Friday, April 10. More sessions will be added as needed.


Admissions is also hosting Lunchtime with Admissions events. Students will have the opportunity to ask questions about how to get started at MCC. These events will take place 12:30-1:30 Mondays through Fridays. These sessions are virtual and participants can type or speak their questions to counselors in real-time.


Visit <https://www.middlesex.mass.edu/admissions/virtual.aspx> to sign up for one of these special Virtual Admissions Events.

“The only disability in life is a bad attitude.”  
 “La única discapacidad en la vida es una mala actitud.”  
 - Scott Hamilton



**Jose Bugzy Martinez (Coach)**  
**Daisy Martinez (owner)**





**Canal Street Gym**

Phone: 978-747-6558  
 Mobile: 978-303-5298  
 250 Canal Street  
 Lawrence, MA 01841  
[canalstreetgym@yahoo.com](mailto:canalstreetgym@yahoo.com)



**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

**No la Pascua que tenía en mente**

No tengo que repetir mi afirmación de larga historia en estas columnas: "Puedo estar en el lugar correcto en el momento correcto o en el lugar correcto en el momento equivocado". Este es un ejemplo de esto último.

La semana del 8 al 16 de Abril, cuando escribo este artículo, nuestros hermanos judíos celebran la Pascua, una de las fechas más significativas de su calendario. Y no olvidemos que la Pascua fue la época en que Jesús de Nazaret se encontró con su muerte.

La Pascua fue, para aquellos de nosotros que necesitamos un recordatorio, una de las diez plagas que se informó que fueron infligidas a los egipcios por un Dios vengativo después de que el faraón egipcio se había negado a liberar a los israelitas. Durante la plaga final, los primogénitos de todas las familias egipcias fueron asesinados mientras las casas de los israelitas fueron "pasadas" o salvadas por así decirlo, de un final tan trágico.

Esta es la crónica: "Exodo 12:13: 12. . Porque pasará por la tierra de Egipto esta noche, y aplastaré a todos los primogénitos en la tierra de Egipto, tanto el hombre como la bestia; y contra todos los dioses de Egipto ejecutará el juicio: Yo soy el SEÑOR ..

13. Y la sangre será para ustedes como muestra de las casas donde están, y cuando vea la sangre, pasará sobre ustedes, y la plaga no estará sobre ustedes para destruirlos, cuando estime la tierra de Egipto."

Estoy seguro de que esperabas que hablara de la plaga actual que nos aflige. La crisis de pandemia del virus Corona COVID-19 en expansión me recordó el ataque piadoso particular que se suponía que tuvo lugar durante la Pascua número 1. Y no olvidemos que esta plaga era en realidad la número 10.

Esta es la lista en orden de ocurrencia:  
Sangre  
Ranas  
Insectos  
Wild Beasts  
Pestilencia de la ganadería  
Hierve

Granizo  
Langostas  
Oscuridad,  
y finalmente, nuestro sujeto de hoy,  
La Muerte del Egipcio Primogénito.

La población del mundo en ese momento era de aproximadamente cincuenta millones y la evidencia histórica no está clara. Dependemos de una referencia religiosa bíblica, no de un sello arqueológico de aprobación, Hay pruebas arqueológicas que especulan de que 600.000 judíos habían sido la parte beneficiosa en una plaga egipcia, pero no estoy aquí tratando de probar o refutar la evidencia. Mis habilidades arqueológicas son cero.

Lo que nos interesa más es reportar que la humanidad sufrió plagas adicionales a través de los siglos y me parece que la raza humana fue víctima de tragedias mientras más nos acercamos en ciudades y países.

"En la plaga Antonina del año 165 en Roma, la enfermedad se llevó la vida de aproximadamente cinco millones de personas en Roma y sus alrededores. La Muerte Negra se llevó la vida de hasta doscientos millones de personas en Europa, Asia y el norte de África en 1331-1353. La pandemia española de gripe de 1918 duró tres años y aproximadamente quinientos millones de personas se infectaron en todo el mundo. Tenga en cuenta que la población del mundo se estaba haciendo más grande y que estábamos viviendo más cerca también. Hoy en día, a medida que el nuevo virus se propaga por todos los continentes, la población mundial es de siete mil millones y medio." (Wendy Bell)

La Pascua, como está al menos en el registro, es un juego de niños en comparación con esos números. No estoy tratando de hacer ligeras ninguna de esas tragedias que cayeron sobre el mundo. Nacieron por sí mismas. Pero no podemos olvidar los otros episodios que causamos con nuestros conflictos entre nosotros mismos en innumerables guerras. Ahora se nos pide que nos quedemos en casa, separados unos de otros, sin relaciones estrechas entre maridos y esposas, madres y padres con hijos e hijas, abuelos y abuelas.

Es un alto precio a pagar por la supervivencia. A medida que nos aislamos más, la única proximidad segura es nuestra imagen en un espejo. Nos miramos a nosotros mismos y finalmente descubrimos quién es y qué somos, nuestras fortalezas, nuestras debilidades, y llegamos a la famosa realización del oficial naval estadounidense Oliver Hazard Perry en 1813 después de

derrotar y capturar barcos de la Armada Real en la Batalla del Lago Erie: Hemos conocido al enemigo y son nuestros. Walt Kelly, el creador de Pogo, escribió una parodia de Perry que decía: "Hemos conocido al enemigo y somos nosotros".

Mantente saludable, esto también pasará.

Y ese es mi punto de vista esta Pascua.



**A POINT OF VIEW** © 1996

By Paul V. Montesino, PhD, MBA, CCP

**Not the Passover I had in mind**

I don't have to repeat my long-standing claim on these columns: "I can be at the right place at the right time or at the right place at the wrong time." This is an example of the latter.

The week of April 8 to April 16 when I write this article, our Jewish brethren celebrate Passover, one of the most meaningful dates in their calendar. And let's not forget that Passover was the time when Jesus of Nazareth met his death.

Passover was, for those of us who need a reminder, one of the ten plagues that were reported to be inflicted upon the Egyptians by a vengeful God after the Egyptian Pharaoh had refused to free the Israelites. During the final plague, the firstborn sons of every Egyptian family were killed while the houses of the Israelites were "passed over," or spared so to speak, such tragic end.

This is the chronicle: "Exodus 12: 13. 12. For I will pass through the land of Egypt this night, and will smite all the firstborn in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment: I am the LORD.

13 And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt."

I am sure you expected me to talk about the current plague that afflicts us. The world Corona virus COVID-19 pandemic crisis now expanding reminded me of the particular godly attack that was supposed to have taken place during Passover 1. And let us not forget that this plague was actually number 10.

This is the list in order of occurrence:

- Blood
- Frogs
- Insects
- Wild Beasts
- Pestilence of Livestock
- Boils
- Hail
- Locusts
- Darkness,
- and finally, our subject today,
- The Death of the Firstborn Egyptian.

The population of the world at the time was approximately fifty million and the historical evidence is not clear. We are depending on a Biblical religious reference not an archeological seal of approval,

There is scanting archeological evidence that 600,000 Jews had been the beneficial part in an Egyptian plague, but I am not here trying to prove or disprove the evidence. My archeological skills are zero.

What is more interesting to us is that humanity suffered additional plagues through the ages and it appears to me that the human race was the victim of such tragedies as humans got closer to each other in cities and countries.

"In The Antonine plague of the year 165 in Rome, the disease took the lives of approximately five million people in and around Rome. The Black Death took the lives of up to two hundred million people in Europe, Asia and North Africa in 1331-1353. The 1918 Spanish Flu Influenza Pandemic lasted for three years and approximately five hundred people were infected across the world. Note that the population of the world was getting bigger and we were living closer as well. Today, as the new virus spreads around all continents, the world's population is seven and a half billion." (Wendy Bell)

Passover, as is at least in the record, was child's play compared to those numbers.

I am not trying to make light of any of those tragedies that befell the world. They were born by themselves. But we can't forget the other episodes we caused with our conflicts between each other in countless wars.

Now we are asked to stay in, separated from each other, no close relationships between husbands and wives, mothers and fathers to sons and daughters, grandparents and grandchildren, friends and associates. In other words, in order to save humans we have to stop being one.

It is a high price to pay for survival. As we isolate more and more the only safe close proximity is our image on a mirror. We look at ourselves and finally discover who and what we are and come to the famous realization of American naval officer Oliver Hazard Perry in 1813 after defeating and capturing Royal Navy ships in the Battle of Lake Erie: We have met the enemy and they are ours. Walt Kelly, the creator of Pogo, wrote a parody of Perry that read "We have met the enemy and he is us."

Stay healthy, this too will pass.

And that is my point of View this Passover.

**Find us in / Búsquenos en Facebook/Rumbo**



137 Lawrence Street  
Lawrence, MA 01841

(978)682.4060

Somos expertos en precios módicos y servicio de alta calidad.

La Primera Funeraria hispana sirviendo con esmero y satisfacción a la comunidad latinoamericana.

Brindamos servicio de asistencia social y enviamos el cuerpo a cualquier lugar incluyendo a Puerto Rico, la República Dominicana, Centro y Suramérica. También ofrecemos planes pagados con anticipación y estampas de recordatorios.

BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

# From My Corner



## Councilor De La Cruz strikes again!

We are used to María De La Cruz absurdities during the City Council meetings and feel sorry for those who must deal with her. Sometimes, out of ignorance, she votes for the wrong things or expresses shocking views expecting respect from her peers and complains that they don't want to work with her.

Well, María did it again, not so much for being something stupid but for provoking fear in the community. We have enough to be fearful without instilling hatred through lies.

The Councilor for District A wrote a few days ago on her Facebook page, "Even though COVID 19 was created to save money killing our grand and great-parents and steal their retirement \$\$, these generations had civic and moral education; even though, some of them couldn't afford to go to college."

She had posted a video in Spanish that readers didn't understand and were wondering what his message was, perhaps the inspiration she had for writing such ridiculous verbiage. So, I checked into it and explained that it is Dante Gebel, an Argentinian actor and comedian who has a nightly TV show. That clip has nothing to do with what Maria De La Cruz wrote.

He's saying (in good humor) that we are indeed the best generation (those over fifty) because we showed respect for our elders, families, teachers, etc. and the younger generation should learn from us. This woman has always been an embarrassment as a city councilor. Now we have to believe that her irrational behavior posting this dangerous message should be taken into consideration with every vote she takes.

She immediately received several comments asking her to remove that message that's only good to create more anxiety among readers. María "is spreading lies about this very real pandemic. As an elected official you need to do much better than posting garbage like this," wrote Martha Leavitt.

Not surprisingly, she responded, "Thank God I live in a country which it's constitution highlight (sic) Freedom of Speech."

"Freedom of speech doesn't give you the right to pass along false misguided information," said Ms. Leavitt. "Use science and data and please keep what amounts to your opinion out of any post about Covid-19. You're doing a huge disservice to your constituents, many of whom depend upon you for factual, data-based information."

This is not Freedom of Speech but equivalent to yelling FIRE! in a crowded theatre.

Then, Susan St. Marie chimed in with

"Freedom of speech is one thing but for a city councilor to post something like this is absolutely irresponsible and shows a lack of intelligence."

Ouch!

Nevertheless, she had a few fans who sided with her.

## Moratorium on Evictions

Here's the wisdom of the people in charge of running the city - or so we think.

During Tuesday's City Council meeting, one topic placed by Mayor Dan Rivera was a Moratorium on Evictions. It was discussed at length and when it was time to vote on it, it passed by a narrow margin with Pavel Payano and Marc Laplante voting "NO," Ana Levy voting "present" and Jeovanny Rodríguez abstaining. At that point, Councilor Rodríguez said, "this is a circus" and left the meeting.

The landlord-tenant relationship is a civil relationship and a municipality cannot enact private or civil law governing civil relationships. City Attorney Raquel Ruano was asked previously to give an opinion regarding an ordinance and she clarified to the council that it will be in violation of the Massachusetts Constitution.

Still, they requested a written ordinance despite her advice and she delivered but not without a warning. I'm told that she told them again that this ordinance is unconstitutional.

But, that's not all. The council also approved \$150,000 for a law firm that will represent any potential case of eviction. If that's what the mayor wants, the mayor gets it and they are not about to ask questions, let alone object.

## No money for the homeless

Any time someone asks for help for the homeless, the answer is the same: "There are no resources for that," according to the mayor. Last week we published information from Congresswoman Lori Trahan \$1,052,697 for services to the homeless and another \$1,011,509 for Community Development Block Grant (CDBG).

We visited the House of Mercy to make Roger Farah aware of the news and he informed us that he participates in conference calls every Tuesday and Dan has been very firm about not being able to do anything for them. In fact, the only time the administration has been by his Bay State Rd. shelter has been when someone from Inspectional Services came to tell him he

must close his doors to his clients.

As a result, Mr. Farah placed a refrigerator outside and people come by during the day to pick up pre-packaged sandwiches, drinks and other goodies on a small table.

"People continue sending contributions of clothing, food and even money to help keep this place vibrant," he told us proudly.

The mayor had discussed the possibility of setting up some tents and Roger offered the land he owns across the street from House of Mercy but the answer was negative. Apparently, Danny fears that the public will credit that effort to Mr. Farah and that's not allowed. Take a look at what the City of Springfield has done on page 5.

On Wednesday, he offered an extensive interview in Spanish to Telemundo and Univision talking about the situation we are going through with this pandemic. He confirmed a rumor I had been hearing about helping financially undocumented residents who may have lost their jobs without the benefit of collecting unemployment compensation.

Imagine that if we are going through so much anxiety, worry and uncertainty,

## LETTERS TO THE EDITOR

### RUMBO

315 Mt. Vernon St.  
Lawrence MA 01843  
Email: Rumbo@rumbonews.com

Letters must be less than 300 words in length. Please send a telephone number or email address by which we may confirm the sender.



losing your job and not being able to collect unemployment only adds to the desperation of any family. I make that clear because I don't want to see anyone suffer like that but I must question where is that money coming from and how can he justify it?

If the city is receiving \$1 million for the homeless, I want to see it spent there. Where are the city councilors, the people who supposedly hold the purse strings that are not asking the same questions?

## THIS IS WHAT WE SHOULD BE DOING AT LCAT

this week at  
**hc media**

April 7, 2020 Issue 63

### Introducing "Stay at Home Studio"!

HC Media's newest series brings interviews with the Haverhill community straight from their homes to yours



During this time of staying at home, we all want to stay connected with our Haverhill friends and neighbors. HC Media launched a new series this week to keep our members connected with the community. On "Stay at Home Studio", HC Media staff will be interviewing locals via Zoom to hear what they've been working on over the past few weeks. The first Stay at Home Studio episodes will be premiering this week. If you'd like to be a guest, shoot us an email at [info@haverhillcommunitytv.org](mailto:info@haverhillcommunitytv.org). We'd love to hear about what you have going on!

### Haverhill Public Schools and HC Media Offer Educational Programming on Channel 99

Families can tune into Channel 99 daily for educational programming selected by the Haverhill Public Schools





## 8 Practical Ways To Get Your Kids To Talk About Their Feelings

Use 'happy' or 'sad' face flashcards, play a ball game – or even get them writing a poem

By Victoria Richards



It can be hard to know how well your child is coping with the impact of school closures during the coronavirus pandemic. By now most kids will have been at home for several weeks, separated from their friends and their regular routine.

Some might be having more tantrums than usual, others could be seeing more withdrawn or emotional, and if your child is anything like my three-year-old son, they'll now only agree to answer if you call them "Iron Man". It can be worrying, as parents and carers, to know whether or not your child is okay.

Here are some ideas to 'check in' and get them talking about their feelings.

### Try writing a 'powim'

My daughter, eight, wrote this adorable 'powim' (her spelling) about happiness. Try asking your child to brainstorm a load of words they associate with the prompt 'I feel...' and see what they come up with.

### Mail a letter (or a worry)

Alternatively, you could ask if they want to write a letter (they don't necessarily have to mail it) or put down on paper, one by one, things that might be bothering them, before posting them into a "worry box".

### Act it out

Sometimes kids will show you how they're really feeling by pretending to be someone – or something – else. Suggest they 'pretend' to be you or switch roles to be their 'teacher' to talk to you about school. You can do the same by setting up dolls or teddy bears and asking your child to role-play a scene.

### Use flashcards

For younger kids, homemade flashcards (with facial expressions on them for 'happy'

or 'sad', for instance) can be a really good way of opening up conversation, and arming them with the tools to discuss things they're worried or scared about.

### Talk about your own feelings

Children pay close attention to the way we speak and behave, and according to Dr. Helen McCarthy, a clinical psychologist also known as The Appetite Doctor, we can help foster an open environment through role modeling. Tell your child how you're feeling (without worrying them unnecessarily) and encourage them to do the same.

### Use pictures

Look at photos of people you know or pictures in a book and ask your child to tell you a story about how they're feeling. It'll harness their imagination, too.

### Ball games

Throw a ball as you begin a sentence with: "When I'm sad, I..." and take it in turns. Simple examples are: "Throw things!" "Have a tantrum!" "Shout!" You could vary this to include: "This is how I feel about not going to school..." and see what your child comes up with. It may give you a hint into their inner world.

### Create space to share

Dr. McCarthy says that creating a 'safe space' to discuss emotions and concerns about all sorts of things – including issues such as body image – is important. "Your child will love being included when their point of view is listened to respectfully, questioned or agreed with," Dr. McCarthy says. Start a discussion around the dinner table about what's going on in the world – in a way kids will understand.

## United Way COVID-19 Family Support Fund Distributes \$378,000 to 36 Organizations Assisting Individuals and Families Impacted by the Crisis

Less than two weeks after launching a fundraising effort to help individuals and families impacted by the COVID-19 crisis, United Way of Massachusetts Bay and Merrimack Valley announced it has distributed over \$378,000 to 36 community-based nonprofit agencies across the region to provide flexible emergency financial assistance to individuals and families impacted by the crisis.

United Way quickly mobilized its broad network of nonprofit agencies who have a proven and long track record of working with the organization to administer flexible emergency assistance for families impacted by income disruption. According to a recent poll by MassINC for Blue Cross Blue Shield of Massachusetts, 16% of Massachusetts residents said they have lost their job and 23% of people making less than \$50,000 of less say they have lost a job since the pandemic hit the region. The assistance will help families impacted by the COVID-19 crisis meet their basic needs for food and supplies, childcare and housing.

Since United Way launched the COVID-19 Family Support Fund on March 14, more than 1,000 donors representing individuals, corporations and foundations have committed over \$1.2M to help working families affected by the crisis. Lead supporters of United Way's relief effort include Bank of America, Putnam, Eastern Bank, Wells Fargo, Blue Cross Blue Shield of Massachusetts, Lincoln and Therese Filene Foundation, Endowment for Health, TD Bank, Tufts Health Plan, Hyams Foundation and Combined Jewish Philanthropies. In addition, WCVB-TV and iHeartMedia have donated their talent and resources to produce public service announcements to promote United Way's COVID-19 Family Support Fund and Mass 2-1-1. 100 percent of donations will go directly to help families in need and more distributions will be made from the fund in the coming weeks.

"An important measure of a community's strength is the way it comes together to support its most vulnerable, and the partnerships forged by United Way of Massachusetts Bay and Merrimack Valley are vital during these unprecedented times. Bank of America remains focused on providing resources to those who need it most through our philanthropic support, as well as the important work we do serving the needs of our clients and taking care of our employees," said Miceal Chamberlain, Massachusetts president of Bank of America.

"We are in this crisis together, and we will get through this crisis together," said Michael K. Durkin, President and Chief Executive Officer at United Way of Massachusetts Bay and Merrimack Valley. "In this unprecedented and challenging time, where literally everyone is impacted, individuals, business leaders, government officials, nonprofit organizations and foundations are joining together to help the most vulnerable in communities across our region. We will continue to get resources out quickly to our agency partners to help as many people as possible."

Individuals can dial 2-1-1 for comprehensive information and referrals related to the virus, including information on where they can access flexible funds

through the COVID-19 Family Support Fund. Payments will be sent to the vendor or provider of services; money will not be given to individuals directly.

Spread throughout Eastern Massachusetts and Southern New Hampshire, United Way's network of agencies receiving the first round of grants through the COVID-19 Family Support Fund includes:

- **Relief for hourly workers:** Fund is being awarded to organizations such as BEST HTC, which quickly set up a hotline to reach out to over 10,000 hospitality workers who have been laid off or soon will be, to provide help applying for unemployment insurance and other support. This includes hospitality workers, university workers, airport workers and casino workers. Other nonprofits receiving funds include Community Action, Inc. and Greater Lawrence Community Action Council, who are providing emergency assistance to laid off child care providers, restaurant workers, service workers and people who cannot work because of sick parents or children, and Wellspring House which operated a hotline and was able to quickly provide support to laid off retail, restaurants, hotels, housekeeping, family child care, and other settings.

- **Assistance to domestic violence survivors:** Recognizing domestic violence survivor-serving agencies are needing extra support at this time, United Way will provide funds to organizations like ATASK (Asian Task Force Against Domestic Violence), This agency focuses on Asian survivors, and Asian people across the country are experiencing more hate crimes and discrimination. They will distribute gift cards and help pay people's bills.

- **Support for people with compromised immune systems:** Nonprofits such as Victory Programs are working with especially vulnerable populations who are at greater risk for the virus, including folks with HIV/AIDS. They are ramping up their responses and ensuring they can support all those in their programs with food, supplies and other basic needs.

- **Help for immigrants and non-English speakers:** Several organizations who serve diverse immigrant populations, such as Neighborhood of Affordable Housing (NOAH), Quincy Community Action Programs and others will receive funding to provide relief and assistance to hourly workers, including those at the airports and in other roles who have lost hours/work.

- **Increased food distribution:** The combination of school closings and the surge of families experiencing income loss have increased the demand for food assistance in many local communities. United Way is providing funding to organizations such as the Weymouth Food Pantry, Beverly Bootstraps, The Open Door, The Salvation Army and the Hockomock YMCA.

The full list of distributions from United Way's COVID-19 Family Support Fund through March 27, 2020 are below:

- Merrimack Valley
- Emmaus
  - Community Teamwork, Inc
  - UTEC
  - Community Action, Inc
  - Greater Lawrence Community Action Council

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction.

— E. F. Schumacher

# New documentary exposes U.S. diabetes epidemic

## Shows the many faces of diabetes and an urgent need to end the stigma blood sugar rising

Narrated by S. Epatha Merkerson  
Premieres Wednesday, April 15, 2020 at 9pm on WGBH 2 (check local listings)

<https://www.pbs.org/wgbh/blood-sugar-rising/>  
#BloodSugarPBS

Diabetes is a hidden epidemic in America, with a frighteningly rapid rise in the last generation alone. According to the Centers for Disease Control, one in three children born today can expect to develop the disease, and the disease impacts everyone in the country: we are spending more than \$325 billion each year on diabetes.

Looking behind these statistics is a new two-hour documentary special, Blood Sugar Rising, a production of WGBH Boston for PBS, with funding from the Corporation for Public Broadcasting (CPB). The program, which premieres in April, explores the lives of people with both Type 1 and Type 2 diabetes in communities across America and showcases the caretakers, physicians and scientists who are working to improve diabetes management and prevention, creating new hope for the future.

Blood Sugar Rising also suggests that one of the most challenging parts of living with diabetes is stigma. Experts in the film are clear that people with other chronic diseases do not face the same “blame and shame” for their conditions, and they suggest that stigmatizing diabetes helps keep the epidemic hidden and makes it harder to support and improve life for the more than 34 million Americans with diabetes today.

Blood Sugar Rising, narrated by S. Epatha Merkerson, premieres on Wednesday, April 15th, 2020, at 9pm ET/8C on PBS (check local listings).

“Today, perhaps more than any time since insulin was discovered in the 1920s, diabetes has reached an inflection point in America,” observes Blood Sugar Rising WGBH Executive Producer Judith Vecchione. “It’s a time of great peril and great hope. The peril is in the skyrocketing rates of diabetes we’re seeing, for men, women, and children. At the same time, there’s great excitement in the diabetes community. The most amazing advances are being made in understanding the biological facts of diabetes and offering new tools to help individuals manage their disease.”

Diabetes is so dangerous because it undercuts one of the most basic functions of our bodies: the ability to break food down into the nutrients needed by every cell in the body. Type 1 diabetes is genetic and causes the body’s own immune system to attack the pancreatic cells that create insulin, which regulates blood sugar. Type 2 diabetes, which can be affected by environmental factors like lifestyle, diet and weight, causes the pancreas to make too little insulin and the body to resist the insulin it has. In both cases, symptoms can take years to develop, and for many patients, a diagnosis comes when it is already too late: damage has been done to many delicate systems in the body, contributing to heart disease, blindness, kidney failure, strokes, and more.

“Like many others, my Type 2 diabetes diagnosis was a shock,” says acclaimed actress S. Epatha Merkerson, Blood Sugar Rising’s narrator. “Coming from a family with a history of diabetes, I didn’t fully comprehend the signs and symptoms or, more importantly, that I was actually showing them myself. Education about both the prevalence and management of this deadly disease is critically important, and I’m honored to be a part of Blood Sugar Rising to challenge all Americans to think differently about diabetes.”

In Blood Sugar Rising, we meet individuals with both Type 1 and Type 2 diabetes who received their diagnoses anywhere from infancy to adulthood. They tell stories that are rich with complexity and individuality as they navigate the difficulties, surprises and frustrations associated with the disease. Some of them struggle to secure the care and medicine they need. “How are you still standing here? You should be in a coma!” one man was told. In contrast, another individual featured in the film declares, while pointing to her children and husband and her rewarding job, “It’s so possible to live well with diabetes!”

Blood Sugar Rising also looks at remarkable innovations in diabetes care, showcasing the revolutionary changes of the last 50 years. New devices and medications, and life-saving surgeries suggest there is hope for a future where diabetes management does not require all-consuming monitoring, day and night, seven days a week. In the series, we meet Ed Damiano, whose son David has

Type 1 diabetes. This inspired Ed to create a “bionic” pancreas to automatically regulate the disease so David can safely go off to college and begin to live independently.

The film challenges viewers to look at the environments where we live. In communities of color and in poor, rural areas, we see how social inequities are fueling the growth of diabetes. In the Bronx, for example, residents lack access to healthy foods and are instead surrounded by bodegas filled with sugar-rich options for their families. To combat that, Karen Washington, who lost her brother to diabetes, spearheads the building of an urban garden, increasing access to healthier foods and educating school groups and others about the importance of diet to diabetes prevention.

And while some people lack access to healthy food, the film introduces others who have limited access to the drugs and care they need to survive. Many people with diabetes require insulin, but the rising costs of the drug can mean that those who have diabetes and are uninsured pay thousands of dollars at the pharmacy counter, driving them to the insulin black market or even to the dangerous practice of rationing their insulin, which can lead to death.

**Blood Sugar Rising Digital Content**  
Accompanying the two-hour documentary is special digital content at [www.PBS.org/bloodsugar](http://www.PBS.org/bloodsugar), including a digital-original feature on diabetes in Native American communities, answers to many often-asked questions, and a series of “Portraits of an Epidemic” which invites viewers to share their stories of diabetes using the hashtag #BloodSugarPBS. Also included on the website is information about how to host free community screenings of the film. A complementary Blood Sugar Rising series will be released in April on WORLD Channel’s YouTube platform.

Blood Sugar Rising Community Engagement “Public media stations play a vital role in connecting their communities with information and resources,” said Patricia Harrison, president and CEO of CPB. “With CPB’s support, PBS stations across the country will be holding Blood Sugar Rising screenings and events to engage with patients, caregivers and medical professionals managing diabetes.”

Blood Sugar Rising is produced by WGBH Boston and Structure Films. Executive Producer: Judith Vecchione. Director and Writer: David Alvarado. Producer: Jason Sussberg. Funding for Blood Sugar Rising is provided through the support of PBS viewers. Funding for Blood Sugar Rising is also provided by The Corporation for Public Broadcasting, The Russell Berrie Foundation, Draper, and Sami Inkinen through the Inkinen Family Donor Advised Fund.

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

**Buon Giorno**  
**Good Morning**  
**Buenas Tardes**

Every Sunday, beginning at 9AM to 11AM with Sicilian, Italian, English, Rock ‘n Roll music and Así es Colombia.



Now on WCCM 1490 AM

Celebrating 20 years bringing you two continuous hours of entertainment, news, interviews, music and fun.



Seated, Nunzio DiMarca, standing Neal Perry, Pio Frittitta and Vincenzo Buonanno.

**SCORE**  
Counsellors to America's Small Business

CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

**¿Comenzando un Negocio? ¿Comprando un Negocio?**  
**¿Haciendo Crecer su Negocio?**

CONSEJOS GRATIS Y CONFIDENCIALES SOBRE NEGOCIOS POR UNA ORGANIZACIÓN SIN ÁNIMO DE LUCRO

**Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM**  
Excepto el 3<sup>er</sup> jueves de cada mes

Por favor, llame al 978-686-0900 para una cita con Lawrence SCORE

**MERRIMACK VALLEY CHAMBER OF COMMERCE**  
264 ESSEX ST.  
LAWRENCE, MA 01840-1516

Get help to quit.



[mass.gov/vaping](http://mass.gov/vaping)

@GetTheVapeFacts



## Surfside Capital Advisors crea un equipo de expertos para ayudar a pequeños negocios afectados por la situación del COVID-19



Surfside Capital Advisors anunció hoy la creación de su nuevo Equipo de Soluciones de Préstamos de Crisis para ayudar a las pequeñas empresas afectadas por la crisis global de COVID-19 a recibir con éxito fondos del gobierno. Esto ocurre a consecuencia de lo que informó el gobierno sobre el paquete de estímulo más grande de la historia para ayudar a las pequeñas empresas afectadas por la crisis.

"Estamos viviendo una crisis económica y de salud pública sin precedentes, y es fundamental que ayudemos a nuestras pequeñas y diversas empresas a salir adelante aprovechando las nuevas fuentes de capital disponibles", dijo el gerente y socio de Surfside, Juan Carlos Morales.

"Nuestro nuevo equipo se centrará en ayudar a los propietarios de pequeñas empresas a navegar por las opciones de préstamos del gobierno, y no solo a aplicar rápidamente, sino a aplicar con éxito para salir de esta crisis aún más fuerte", dijo el Dr. Luis Roman, socio de Surfside Capital y nuevo director de su equipo de soluciones de préstamos para crisis.

Como parte de este nuevo esfuerzo, Surfside está agregando talento de suscripción a su equipo existente de profesionales de

estrategia, finanzas, recursos humanos y planificación fiscal para ayudar a los clientes afectados.

"Si bien demostrar la solvencia crediticia será una parte clave de una solicitud de préstamo exitosa, la solidez contable y administrativa también será fundamental para que las pequeñas empresas las muestren", agregó Roman. "Es por eso que Surfside ha establecido alianzas estratégicas con Analytix Solutions, The Vieras and Roads Consulting para garantizar que las empresas de todo el espectro de tamaño tengan lo necesario para aumentar su probabilidad de recibir fondos del gobierno".

Además de expertos técnicos en los campos de contabilidad, suscripción y estrategia comercial, Surfside Capital colaborará con abogados de protección de bancarrota en caso de que se justifique una reorganización o disolución del negocio. "La planificación de la sucesión y la disolución del negocio podría ser de suma importancia en tiempos de dificultades financieras y a medida que disminuyen las opciones de financiación", dijo el abogado de bancarrota Angel Silvestrini de las oficinas legales de Zorrilla & Silverstrini.

## How To Draw On The Power of Perseverance During COVID-19

People's ability to keep up their spirits is being put to the test during the COVID-19 pandemic. Health concerns, job concerns, and disruptions to day-to-day routines have combined to create a challenging situation for Americans and for people throughout the world.

But for anyone wondering whether they can persevere through these difficult times, it's important to keep something in mind – others are likely counting on you, says Troy Nix (www.troynix.com), a motivational speaker, businessman and author of *Eternal Impact: Inspire Greatness in Yourself and Others*.

"Anytime you are in a tough place in life or in business, when you feel as if you cannot go on, you can summon energy from knowing you must carry the load so others can succeed along with you," says Nix, founder and CEO of First Resource Inc., an association-management company specializing in manufacturing networks.

"Whether it's your employees, your co-workers or your family, you do not want to let them down."

Here's the positive, Nix says. People have inside themselves the capability to develop the kind of perseverance that will see them through the world's current health and economic crisis – and through future crises they are certain to encounter. His tips for developing that level of perseverance include:

- Have a strong vision of the future. Olympic athletes often picture a perfect routine or a perfect race, playing it over and over in their minds until they can actually perform it. Similarly Nix, who attended West Point, says the only thing that kept him from dropping out of the demanding military academy was to visualize himself tossing his hat in the air on graduation day. "I envisioned that day on every single one of the nearly 1,410 days I was on the academy grounds," he says. "People can get through

our current times the same way. Try to envision what success will mean to you once this crisis is over."

- Understand how others survived tough times. History is filled with stories of individuals or entire populations who struggled through the most difficult of times. Friends and family members who overcame health concerns, financial troubles or personal tragedies can be the source of such stories, too, Nix says. "Look at how they prevailed over challenges or obstacles in life," Nix says. "Draw lessons and inspiration from what they did."

- Be okay with being uncomfortable. "People who consistently challenge themselves are more likely to persevere when they fail or when they encounter difficult times because they don't feel that failure is a permanent condition," Nix says. "The more times you put yourself out there in tough situations and fail, the more failure just doesn't matter." Those who get comfortable and avoid risks don't develop that fortitude, he says.

"The one major thing that I've learned about perseverance is that we can all become mentally tougher," Nix says. "In the end, the only thing that makes a person give up and quit are the thoughts that drive their final behavior; it's all about mental fatigue. The question to ask yourself is this: Do you have the grit to overcome that fatigue?"

Troy Nix (www.troynix.com), author of *Eternal Impact: Inspire Greatness in Yourself and Others*, is the founder, president, and CEO of First Resource, Inc., an innovative association management company for America's manufacturers. Nix, a graduate of the United States Military Academy at West Point, served in the armed forces for a decade before moving into the business world.

## Rolling Ridge's Mindful Eating

During this time of self-isolation, many of us are working from home and if we're honest, we may be snacking more than we would like to admit. During times of stress, like the ones in which we are all living, it is also easy to overeat and develop unhealthy habits both physically and spiritually.

In this week's "Take Your Time Tuesday" video, Marie Rudzinsky introduces us to the spiritual practice of Mindful Eating to bring our body into greater health and balance. Mindful Eating is about slowing down, and not allowing ourselves to become a slave to our food, but learning to be present in the moment to enjoy a meal with all our senses.

Rather than eating all your meals while watching TV or working on the computer, we encourage you this week to stop, be present to your food, and enjoy the simple beauty of



"Mindful Eating."

If you'd like to learn more about the spiritual practice of Mindful Eating, Marie will be hosting an online, mini-retreat on Monday, April 13th. This 90 minute session is free of charge and provided to encourage you to take care of yourself physically and spiritually during these uncertain times.

# MATCHING DONORS

## DONATE YOUR REAL ESTATE, BOAT, CAR OR RV

YOU DON'T HAVE TO DONATE A KIDNEY TO SAVE A LIFE.

**We will accept any vehicle running or not**

**Tax deductible**

**100% of the proceeds will go to help saving the lives of people needing organ transplants on**

## MatchingDonors.com

**a 501(c)(3) nonprofit organization**



Call us at  
**1-800-385-0422**  
or donate online at  
[WWW.REALESTATE4KIDNEYS.COM](http://WWW.REALESTATE4KIDNEYS.COM)

**Find us in / Búsquenos en Facebook/Rumbo**