

MVCU, miembros brindan comidas a trabajadores de primera línea



Merrimack Valley Credit Union y sus miembros contribuyeron con \$15,000 a través de su programa "Feed the Frontline" para comprar 1,700 comidas de siete restaurantes locales para los trabajadores profesionales de la salud en el Hospital General Lawrence. En la foto de arriba, los empleados de Salvatore en Lawrence entregan 130 pizzas al personal del Hospital General Lawrence. Pg. 9

Merrimack Valley Credit Union and members contributed \$15,000 through its "Feed the Frontline" program to purchase 1,700 meals from seven local restaurants for the hardworking healthcare professionals at Lawrence General Hospital. Pictured above, employees from Salvatore's in Lawrence deliver 130 pizzas to staff at Lawrence General Hospital. Pg. 9

Greater Lawrence Family Health Center Awarded Cummings Foundation Grant



John M. Silva de Lawrence (centro), presidente y director ejecutivo del Greater Lawrence Family Health Center, celebra con los miembros del personal. GLFHC recibió una subvención de \$ 50,000 de la Fundación Cummings en apoyo de su Unidad de Salud Móvil, que brinda atención médica a las personas sin hogar y con seguro insuficiente en el Valle de Merrimack. Pg. 15

John M. Silva of Lawrence (center), President & CEO of Greater Lawrence Family Health Center, celebrates with staff members. GLFHC has been awarded a \$50,000 grant from the Cummings Foundation in support of its Mobile Health Unit, which provides health care to the homeless and under-insured in the Merrimack Valley. Pg. 15

Memorial Day Commemoration



Disabled American Veterans Queen City Chapter 2 conducted their annual Memorial Day wreath laying ceremony on Monday, May 25th in Lawrence.

Lawrence resident, PFC Nyasia Santana of the Massachusetts National Guard assisted Commander Joe Augusta in the wreath placement. Remarks were given by

the Commander followed by prayers from Chaplain Mike Ciardello.

At the conclusion of the observance, members held a flag ceremony and joined in the singing of the National Anthem at the local D.A.V. Headquarters and Service Center located at 112 East Haverhill St. in Lawrence.

La Cruz Roja necesita donaciones de sangre

Red Cross needs blood donations

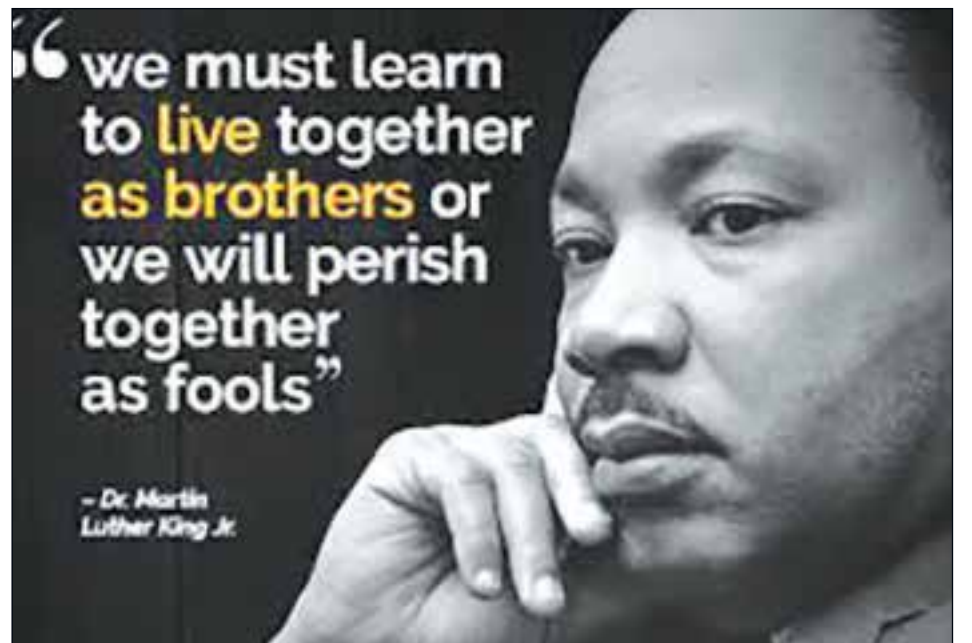
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More Memorial Day Commemoration pictures from Richard Russell

Pg. 7

"We must not allow our creative protest to degenerate into physical violence."

— Rev. Martin Luther King Jr.



Astronautas Latinos que han viajado al espacio

Latino astronauts who have traveled to space



Hernández (center, bottom) inside Node 1 of the ISS during STS-128.

Hernández (en el centro, abajo) dentro del Node 1 de la Estación Espacial Internacional durante STS-128.

Por Dalia Díaz

Durante estos últimos días, el lanzamiento de la nave espacial desde Cabo Cañaveral a la Estación Espacial Internacional me quitó la mayor parte de mi tiempo libre (que es mucho en estos días). Tuve la suerte de ver una entrevista con el ex astronauta José Hernández que me trajo recuerdos del día en que conocí al astronauta Franklin Chang Díaz.

José Hernández nació en California de padres mexicanos. Cuando era niño, trabajó en el campo con sus padres recogiendo cosechas, viviendo la mitad del año en los Estados Unidos y la otra mitad en México. Asistió a muchas escuelas diferentes y no aprendió inglés hasta que tuvo 12 años.

José se graduó de la escuela secundaria y le fue muy bien en la universidad con el programa de Ciencia, Tecnología, Ingeniería y Matemáticas (STEM). Se graduó con un B.S. en Ingeniería Eléctrica de la Universidad del Pacífico en 1984 y un M.S. en ingeniería eléctrica e informática de la Universidad de California, Santa Bárbara.

Se unió al Centro Espacial Johnson en Houston, Texas, en 2001. Después de tres años de ser rechazado once veces para entrenamiento de astronautas por la NASA, José fue seleccionado en 2004.

Al ver cómo José Hernández disfrutaba reviviendo su experiencia en el espacio mientras esperaba que despegara el Dragón, recordé el día en que entrevisté a Franklin Chang Díaz en mi programa de televisión alrededor del 1984.

Nació en Costa Rica y en su infancia siempre soñó con ir al espacio, por lo que se convirtió en su objetivo al mudarse a los Estados Unidos.

Franklin terminó la escuela secundaria en Connecticut y obtuvo un B.S. en ingeniería mecánica de la Universidad de Connecticut y luego un doctorado en física de plasma aplicada del Instituto de Tecnología de Massachusetts. Para su investigación de posgrado, el Sr. Chang Díaz trabajó en el campo de la tecnología de fusión y la propulsión de cohetes a base de plasma.

Estos hombres tenían familias y educación similares, pero también un objetivo común. Fue solo a través de su perseverancia y trabajo duro que lo lograron.

Nos enorgullece presentarle la lista de latinos de habla hispana o de ascendencia latina que han viajado al espacio en la página 5.



Dr. Chang with students during the filming of Odyssey 2050 The Movie at Ad Astra Rocket Company.

El Dr. Chang con estudiantes durante la filmación de Odyssey 2050 The Movie en Ad Astra Rocket Company.

By Dalia Díaz

During the last few days, the launching of the space craft from Cape Canaveral to the International Space Station grabbed most of my free time (which is a lot these days.) I was lucky to catch an interview with former astronaut Jose Hernandez which brought back memories of the day I met Astronaut Franklin Chang Diaz.

José Hernández was born in California of Mexican parents. As a child, he worked in the fields with his parents harvesting crops, living half the year in the United States and the other half in Mexico. He attended many different schools and didn't learn English until he was 12 years old.

José graduated from high school and did very well in college with the Science, Technology, Engineering, and Mathematics (STEM) program. He earned a B.S. in Electrical Engineering from the University of the Pacific in 1984 and an M.S. in electrical and computer engineering from the University of California, Santa Barbara.

He joined the Johnson Space Center in Houston, Texas in 2001. After three years of being turned down eleven times for astronaut training by NASA, José was selected in 2004.

Watching how José Hernández was enjoying reliving his experience in space while waiting for the Dragon to take off, I remembered the day I interviewed Franklin Chang Diaz on my television show around 1984.

He was born in Costa Rica and in his childhood always dreamed of going into space so, he made it his goal by moving to the United States.

Franklin finished high school in Connecticut and earned a B.S. in mechanical engineering from the University of Connecticut and then a Ph.D. in applied plasma physics from the Massachusetts Institute of Technology. For his graduate research Mr. Chang Diaz worked in the field of fusion technology and plasma-based rocket propulsion.

These men had similar families and upbringing but also a common goal. It was only through their perseverance and hard work they accomplished them.

We are very proud to bring you the list of Latinos of Spanish-speaking countries or of Latino descent who have traveled into space on page 5.

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— George F. Will



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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.

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- Fluent in English and Spanish
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- Current BLS certification

NURSE REQUIREMENTS:

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



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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR RUMBO

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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 debemos permitir que nuestra creatividad en la protesta se degenera en violencia física.”

— Rev. Martin Luther King Jr.

Sobre la libertad de expresión

Quienes siguen mis columnas a través de los años saben que soy fanática de la Primera Enmienda a la Constitución, la que garantiza la Libertad de Prensa y la Libertad de Expresión. Después de haber estado involucrada en las comunicaciones desde mediados de los 70, los valoro como el beneficio más valioso que podemos tener. He defendido nuestro derecho a decir la verdad en la televisión, en la radio, con el periódico y he estado luchando contra la prohibición impuesta por Lawrence Community Access Television durante los últimos 15 años.

La semana pasada, algo sucedió con Twitter y el Presidente Trump que ha estado en las noticias, terriblemente distorsionado e incomprendido. No me gusta hablar de política nacional porque los problemas locales me mantienen ocupada, pero esta explicación es para aclarar algo de lo que la mayoría de la gente no sabe. Por lo tanto, tenga en cuenta que esta es una explicación de lo que significa para todos los estadounidenses.

En la Ley de Decencia de las Comunicaciones de 1966 de la Comisión Federal de Comunicaciones, la Sección 230 otorga a los medios una amplia libertad para moderar el contenido, pero deben respetar la libertad de expresión. A través de los años, todos los medios de comunicación estuvieron protegidos de demandas gracias a la Sección 230, siempre que permanecieran neutrales. Estaban bajo la amenaza de que si frenaran la libertad de expresión podría llevar a las agencias federales a eliminar esas protecciones.

Cincuenta años más tarde, la Internet ha explotado con las redes sociales que están cubiertas por las mismas reglas y protecciones y no se han mantenido al día con las tecnologías modernas. Escuchamos comentarios sobre cosas, noticias, historias que luego resultan ser muy exageradas o que no son ciertas en absoluto, y nos preguntamos cómo “permiten” a algunas personas decir esas cosas. De eso se trata la Primera Enmienda.

Usted puede discutir en línea con esa persona, corroborar o aclarar lo que se dice porque también es su derecho, pero los administradores de redes sociales no pueden alterar, eliminar o “verificar los hechos” de

una publicación de nadie.

Viene el Presidente Trump y escribió en Twitter el siguiente mensaje:

“Los regularemos fuertemente, o los cerraremos, antes de permitir que esto suceda”.

Luego, Twitter hizo una anotación bajo su comentario aclarándolo y el Presidente pensó que no tenían derecho a hacerlo.

El Presidente Trump se ha quejado de que los gigantes tecnológicos están apuntando a los conservadores en las redes sociales al verificarlos o eliminar sus publicaciones. Si Google, Twitter, Facebook, Instagram o cualquier plataforma de medios sociales dejaran de ser neutrales, interfieren con las opiniones del público e infringen nuestros derechos constitucionales, ¿deben continuar disfrutando de protecciones de responsabilidad como “plataformas” según la ley federal o deben ser tratados como editores para que puede enfrentar demandas por el contenido?

El Presidente inmediatamente se puso a trabajar en una Orden Ejecutiva acusando a las plataformas de redes sociales de “censura selectiva” para eliminar las protecciones legales para esas compañías bajo la Sección 230 de la Ley de Decencia en las Comunicaciones si violan alguna de las disposiciones para las cuales fueron otorgadas en primer lugar. Si se eliminan estas protecciones, las redes sociales tendrán la libertad de editar, borrar o censurar el contenido como les venga en ganas ante el temor a una demanda.

La razón por la que comencé a escribir sobre esto es porque el tweet del presidente fue distorsionado. El no dijo que iba a cerrar a Twitter; explicó que sabe que él no tiene el poder para hacerlo, pero nunca debemos permitir que esto suceda. Sé que debe cuidar atentamente lo que dice porque los medios de comunicación se quedaron estancados en la parte del “cierre” de Twitter. Francamente, ¿de qué sirve la Internet si lo que encontramos se edita a voluntad y no se puede confiar en él?

La Primera Enmienda de la Constitución es una de las razones por las que la mayoría de las personas vienen a este país. Es nuestra responsabilidad analizar lo que leemos en lugar de confiar en una personalidad de radio o televisión porque son humanos y tienen sus propios prejuicios. Quizás sus mentes están decididas antes de leer y no pueden comprender lo que se dice.

Representative Frank A. Moran secures more than \$2 million for Lawrence, Andover, and Methuen in governmental infrastructure bond bill

May 22, 2020 – (BOSTON) – State Representative Frank A. Moran (D – Lawrence) joined his colleagues in the House to pass legislation authorizing up to \$1.7 billion in spending for the improvement of information technology equipment and related projects in Massachusetts. The House voted for the IT financing package – which also contains key funding for food security -- using its remote voting procedures for the COVID-19 emergency.

State Representative Moran secured more than \$2 million for the cities of Lawrence and Methuen through three amendments filed to House Bill 4708, An Act financing the general governmental infrastructure of the Commonwealth. The amendments filed by Representative Moran provide \$2 million to the City of Lawrence for municipal network and equipment upgrades, \$250,000 to the Lawrence Police Department for upgrades to police cruiser computer technology, and \$100,000 to the Methuen Arlington Neighborhood Youth Center to bolster its remote learning capabilities for underserved students.

“It is of the utmost importance that our communities are provided with the most up-to-date equipment to meet their ever-evolving needs in this technological age,” said State Representative Frank A. Moran (D – Lawrence). “This critical funding will allow the City of Lawrence and its police department, as well as the Methuen Arlington Neighborhood Youth Center to be equipped with much needed computer and network upgrades that will last them for many years to come.”

State Representative Moran also co-sponsored an amendment filed by State Representative Tram Nguyen to secure an additional \$200,000 for the Town of Andover to ensure that all of its municipal buildings

are fully compliant with the Americans with Disabilities Act.

“It is of the utmost importance that our governmental buildings are accessible to all of our residents so that their voices are heard, regardless of their physical health,” said State Representative Frank A. Moran (D – Lawrence). “I was proud to co-sponsor this important amendment alongside Representative Nguyen to help secure this critical funding so that the Town of Andover is an accessible place for everyone within our community.”


The plan includes \$650 million in IT needs, including \$40 million in education grants to public schools to enhance remote learning environments and services. It also: The capital plan also includes the following:

- \$30 million in municipal grants for proper safety equipment for first responders;
- \$100 million for capital projects at Health and Human Services facilities to better handle providing amenities throughout the pandemic;
- \$41 million for food infrastructure and security needs to the most vulnerable populations;
- \$10 million for software/hardware upgrades at community health centers;
- \$5 million for SNAP Gap development.
- Other highlights include grants to cities and towns for a number of needs, including expanded access to broadband, library construction, ADA compliance, and other generic capital needs our municipalities might have.

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.



Si quiere saber quien lo controla, mire a quién no le permite que lo critique.

— Voltaire

AZ QUOTES

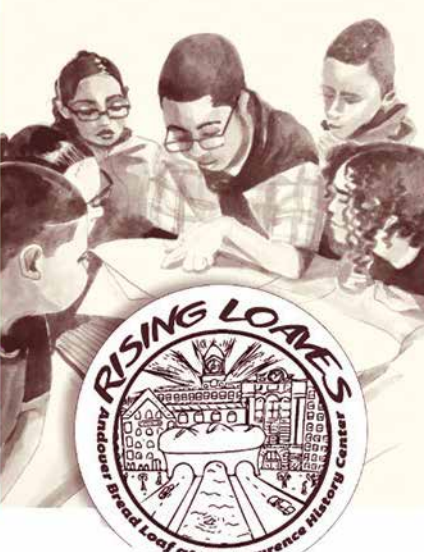


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The following is a list of persons from Spanish-speaking countries or of Latino descent who have traveled into space, sorted by date of the first flight.

The first country listed is that of citizenship; the second, if any, is that of the Spanish-speaking country of birth or ancestry.












#	Image	Name Birth date	Country	Comment	Missions (Launch date)
1		Araldo Tamayo Méndez January 29, 1942	 Cuba	First person from Latin America to fly in space. First black person to fly in space.	Soyuz 38 (September 18, 1980)
2		Rodolfo Neri Vela February 19, 1952	 Mexico	First Mexican in space.	STS-61-B (November 26, 1985)
3		Franklin Chang-Díaz April 5, 1950	 United States  Costa Rica	First Costa Rican astronaut	STS-61-C (January 12, 1986) STS-34 (October 18, 1989) STS-46 (July 31, 1992) STS-60 (February 3, 1994) STS-75 (February 22, 1996) STS-91 (June 2, 1998) STS-111 (June 5, 2002)
4		Sidney M. Gutiérrez June 27, 1951	 United States	First U.S.-born Hispanic astronaut	STS-40 (June 5, 1991) STS-59 (April 9, 1994)
5		Ellen Ochoa May 10, 1958	 United States  Mexico	First female Hispanic astronaut	STS-56 (April 8, 1993) STS-66 (November 3, 1994) STS-96 (May 27, 1999) STS-110 (April 8, 2002)
6		Michael Lopez-Alegria May 30, 1958	 United States  Spain	First Spanish-born astronaut	STS-73 (October 20, 1995) STS-92 (October 11, 2000) STS-113 (November 24, 2002) Soyuz TMA-9 (September 18, 2006)
7		Carlos I. Noriega October 8, 1959	 United States  Peru	First Peruvian-born astronaut	STS-84 (May 15, 1997) STS-97 (November 30, 2000)
8		Pedro Duque March 14, 1963	 Spain	First Spanish astronaut	STS-95 (October 29, 1998) Soyuz TMA-3/2 (October 18, 2003)
9		John D. Olivas May 25, 1965	 United States  Mexico		STS-117 (June 8, 2007) STS-128 (August 28, 2009)
10		George D. Zamka	 United States  Colombia		STS-120 (October 23, 2007) STS-130 (February 8, 2010)
11		Joseph M. Acaba May 17, 1967	 United States  Puerto Rico	First Puerto Rican astronaut	STS-119 (March 15, 2009) Soyuz TMA-04M (May 15, 2012) ¹¹ Soyuz MS-06 (September 12, 2017)

La siguiente es una lista de personas de países de habla hispana o de ascendencia hispana que han viajado al espacio, ordenadas por fecha de primer vuelo.

El primer país listado es el de ciudadanía; el segundo, si lo hay, es el del país de origen o ascendencia de habla hispana.

12		José M. Hernández August 7, 1962	 United States  Mexico		STS-128 (August 28, 2009)
13		Serena M. Auñón Apr. 9, 1976	 United States  Cuba		Soyuz MS-09 (June 6, 2018)

Other Hispanic astronauts

Image	Name Birth date	Country	Comment
	José López Falcón February 8, 1950	 Cuba	Backup for Araldo Tamayo Mendez on Soyuz 38
	Ricardo Peralta y Fabi	 Mexico	Backup for Rodolfo Neri Vela on STS-61-B
	Fernando Caldeiro June 12, 1958	 United States  Argentina	Died October 3, 2009.
	Christopher Loria July 9, 1960	 United States	Retired as astronaut 2005.
	Francisco Rubio December 11, 1975	 United States  El Salvador	Dr. Frank Rubio was selected by NASA to join the 2017 Astronaut Candidate Class. He is the first salvadoreño astronaut.

BREAKING:

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 MUSIC NOT CANCELLED
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Cruz Roja: Necesidad urgente de donaciones de sangre a medida que aumenta la demanda hospitalaria

Camisetas, tarjetas de regalo de \$5 Amazon.com ofrecidas para agradecer a todos los que vienen a donar

La Cruz Roja Americana tiene una necesidad urgente de donaciones de sangre para prevenir otra escasez de sangre a medida que los hospitales reanuden los procedimientos quirúrgicos y los tratamientos para pacientes que se suspendieron temporalmente a principios de esta primavera en respuesta a la pandemia de COVID-19.

A las personas sanas que se sienten bien se les pide que hagan una cita para donar en las próximas semanas y meses descargando la aplicación gratuita de donación de sangre de la Cruz Roja, visitando [RedCrossBlood.org](https://www.RedCrossBlood.org), llamando al 1-800-RED CROSS (1-800-733-2767) o habilitar la habilidad Donante de sangre en cualquier dispositivo Alexa Echo.

En las últimas semanas, la demanda hospitalaria de productos sanguíneos ha crecido un 30% después de una fuerte disminución a principios de abril en medio de esta crisis de salud pública compleja y rápidamente cambiante. Al mismo tiempo, los impulsos de sangre continúan siendo cancelados ya que muchas empresas y organizaciones comunitarias permanecen cerradas. Se necesitan donantes para hacer y mantener citas programadas para ayudar a satisfacer la necesidad actual.

Todos los que vengan a dar hasta el 31 de mayo recibirán una camiseta especial de la Cruz Roja por correo, hasta agotar existencias. Y gracias a Amazon, todos los que vengan a dar del 1 al 30 de junio recibirán una tarjeta de regalo de \$5 de Amazon.com por correo electrónico. *

"Los donantes de sangre han jugado un papel vital en la vida de los pacientes que han necesitado transfusiones para salvar vidas durante esta pandemia, y los pacientes continúan dependiendo de los donantes todos los días", dijo Paul Sullivan, vicepresidente senior de los Servicios de Sangre de la Cruz Roja. "La Cruz Roja aprecia el apoyo de quienes se arremangaron para dar en los últimos meses, pero la necesidad no se detiene. Necesitamos la ayuda del público para evitar otra escasez de sangre este verano".

Es importante recordar que los glóbulos rojos deben transfundirse dentro de los 42 días posteriores a la donación y las plaquetas en solo cinco días. Por lo tanto, deben reponerse constantemente. No se conoce una fecha de finalización en esta lucha contra el coronavirus, y la Cruz Roja necesita con urgencia la ayuda de donantes y anfitriones de extracción de sangre para garantizar que los productos sanguíneos estén disponibles para los pacientes.

Precauciones de seguridad para el manejo de sangre

Cada centro de donación y donación de sangre de la Cruz Roja sigue los más altos estándares de seguridad y control de infecciones, y se han implementado precauciones adicionales, que incluyen controles de temperatura, distanciamiento social y cobertura facial para los donantes y el personal, para garantizar la salud de todos

los asistentes. Se les pide a los donantes que programen una cita antes de llegar a la unidad y se les exige que usen una máscara o cubierta facial mientras se encuentran en la unidad, de acuerdo con la orientación pública de los Centros para el Control y la Prevención de Enfermedades.

Sobre donación de sangre

Todos los tipos de sangre son necesarios para garantizar un suministro confiable para los pacientes. Se requiere una tarjeta de donante de sangre o una licencia de conducir u otras dos formas de identificación al momento del check-in. Las personas que tienen 17 años de edad en la mayoría de los estados (16 con el consentimiento de los padres cuando lo permite la ley estatal), pesan al menos 110 libras y en general gozan de buena salud pueden ser elegibles para donar sangre. Los estudiantes de secundaria y otros donantes de 18 años de edad y menores también deben cumplir con ciertos requisitos de altura y peso.

Los donantes de sangre y plaquetas pueden ahorrar tiempo en su próxima donación al usar RapidPass® para completar su cuestionario de lectura previa e historial de salud en línea, el día de su donación, antes de llegar a la campaña de donación de sangre. Para comenzar, siga las instrucciones en [RedCrossBlood.org/RapidPass](https://www.RedCrossBlood.org/RapidPass) o use la aplicación Blood Donor.

La Cruz Roja Americana alberga, alimenta y brinda apoyo emocional a las víctimas de desastres; suministra alrededor del 40% de la sangre de la nación; enseña habilidades que salvan vidas; proporciona ayuda humanitaria internacional; y apoya a miembros militares y sus familias. La Cruz Roja es una organización sin fines de lucro que depende de voluntarios y de la generosidad del público estadounidense para realizar su misión. Para obtener más información, visite [redcross.org](https://www.redcross.org) o [cruzrojaamericana.org](https://www.cruzrojaamericana.org), o visítenos en Twitter en @RedCross.

Red Cross: Urgent need for blood donations as hospital demand increases

T-shirts, \$5 Amazon.com Gift Cards offered to thank all those who come to give

The American Red Cross has an urgent need for blood donations to prevent another blood shortage as hospitals resume surgical procedures and patient treatments that were temporarily paused earlier this spring in response to the COVID-19 pandemic.

Healthy individuals who are feeling well are asked to make an appointment to donate in the weeks and months ahead by downloading the free Red Cross Blood Donor App, visiting [RedCrossBlood.org](https://www.RedCrossBlood.org), calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

In recent weeks, hospital demand for blood products has grown by 30% after sharply declining in early April amid this rapidly changing and complex public health crisis. At the same time, blood drives continue to be canceled as many businesses and community organizations remain closed. Donors are needed to make and keep scheduled appointments to help meet the current need.

All those who come to give through May 31 will receive a special Red Cross T-shirt by mail, while supplies last. And thanks to Amazon, all those who come to give June 1-30 will receive a \$5 Amazon.com Gift Card via email. *

"Blood donors have played a vital role in the lives of patients who have needed lifesaving transfusions during this pandemic, and patients continue to depend on donors each and every day," said Paul Sullivan, senior vice president, Red Cross Blood Services. "The Red Cross appreciates the support of those who rolled up a sleeve to give in recent months, but the need doesn't stop. We need the public's help to avoid another blood shortage this summer."

It's important to remember that red blood cells must be transfused within 42 days of donation and platelets within just five days. So, they must constantly be replenished. There is no known end date in this fight against coronavirus, and the Red Cross urgently needs the help of donors and blood drive hosts to ensure blood products

are readily available for patients.

Blood drive safety precautions

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions—including temperature checks, social distancing and face coverings for donors and staff—have been implemented to ensure the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive and are required to wear a face covering or mask while at the drive, in alignment with Centers for Disease Control and Prevention public guidance.

About blood donation

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](https://www.RedCrossBlood.org/RapidPass) or use the Blood Donor App.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](https://www.redcross.org) or [cruzrojaamericana.org](https://www.cruzrojaamericana.org), or visit us on Twitter at @RedCross.

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Remembering our Heroes on Memorial Day in Lawrence

May 25th 2020

Group of volunteers placed a wreath and flags on Veterans' graves.



Photos: Courtesy of Richard Russell



He is a 25 year veteran of the US ARMY including tours of duty with the 75th Rangers and the 82nd ABN.



Una Ley que Actualiza el Control del Tabaco

Una nueva ley estatal actualiza donde las personas pueden comprar productos de tabaco. Los cambios están diseñados para reducir el vapeo (vaping) juvenil en Massachusetts y evitar que las compañías tabacaleras sigan apuntando y haciendo adictos a los jóvenes. Las industrias tabacaleras y del vapeo han dirigido sus letales productos a jóvenes, comunidades LGBTQ y de color causando terribles problemas para la salud del público.

A continuación encontrará un sencillo resumen de la ley:

- La nueva ley limita donde pueden venderse los cigarrillos electrónicos, productos con nicotina para vapeo y productos de tabaco con sabor.
- En Massachusetts, todos los productos para vapeo con nicotina y cigarrillos electrónicos con sabor solo se pueden vender en bares de fumadores autorizados solo para adultos para ser consumidos en esos lugares.
- Comenzando el 1° de junio del 2020 en Massachusetts, los cigarrillos mentolados y todos los demás productos de tabaco con sabor como cigarros y tabaco para mascar con sabor, ya no se venderán en las tiendas y solo se podrán vender en bares de fumadores autorizados solo para adultos para ser consumidos en esos lugares.

• A partir del 1° de junio del 2020, los cigarrillos electrónicos y los productos con nicotina para vapeo aumentarán de precio debido a un impuesto sobre la venta al mayorista.

La nueva ley elimina los productos con nicotina y tabaco con sabor de las tiendas para proteger a los jóvenes ya que los sabores, incluyendo menta y mentol, son una de las razones principales por la cual los jóvenes comienzan a usar tabaco y vapear. Para más información sobre esta ley, visite mass.gov/NewTobaccoLaw.

Comuníquese con Ashley Hall, MS de la Asociación para Comunidades Libre de Tabaco a ashley.hall@glfhc.org o (978) 722-2864 para más información de cómo esta nueva ley protegerá a los jóvenes de la adicción a la nicotina y luchará contra las industrias tabacaleras que han hecho de los jóvenes, y de las comunidades LGBTQ y de color su objetivo.

Hay ayuda disponible GRATIS para quienes quieren dejar de fumar, vapear o usar productos del tabaco en 1-800-QUIT-NOW (1-800-784-8669) y KeepTryingMA.org. Las organizaciones que deseen apoyar a las personas a dejar de fumar pueden contactar a Ashley Hall para recibir información y orientación sobre las estrategias que pueden implementar.

An Act Modernizing Tobacco Control

A new state tobacco law affects where people can buy tobacco and vaping products. These changes are designed to reduce youth vaping in Massachusetts and stop tobacco companies from targeting and addicting young people. The tobacco and vaping industries have targeted youth, LGBTQ populations and communities of color with their deadly products, causing terrible health consequences for the public.

Here's a simple summary of the law:

- The new law limits where e-cigarette and nicotine vaping products and flavored tobacco products can be sold.
- All flavored e-cigarettes and nicotine vaping products can only be sold for on-site consumption at licensed adult-only smoking bars in Massachusetts.
- Starting June 1, 2020, menthol cigarettes and all other flavored tobacco products like cigars and flavored chewing tobacco will no longer be sold in stores and can only be sold for on-site consumption at licensed adult-only smoking bars in Massachusetts.
- Starting June 1, 2020, e-cigarettes

and nicotine vaping products will increase in price because of an excise tax on the wholesale price.

The new law removes flavored tobacco and nicotine products from stores to protect youth since flavors, including mint and menthol, are a leading reason they start vaping and using tobacco. For more information about the law, visit mass.gov/NewTobaccoLaw.

Contact Ashley Hall, MS at the Northeast Tobacco-Free Community Partnership, ashley.hall@glfhc.org or (978) 722-2864 to learn more about how this new law will protect youth from nicotine addiction and fight the tobacco industry's targeting of youth, LGBTQ and communities of color.

Help for those who want to quit vaping, smoking or using other tobacco products is available for FREE at 1-800-QUIT-NOW (1-800-784-8669) and KeepTryingMA.org. Organizations that want to support people in quitting can contact Ashley Hall for information and guidance on strategies they can implement.

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

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

Cartas al Editor / Letters to the Editor

Para los que deseen dejar de fumar

Estimado editor,

Quiero recordar a las personas que a partir del 1 de junio de 2020, el tabaco con sabor, incluidos los cigarrillos mentolados como Kools y Newports, ya no se venderán en Massachusetts. El otoño pasado, la campaña Fight All Flavors y muchos socios de apoyo trabajaron para crear una comprensión y apoyo de base para una restricción propuesta de tabaco aromatizado con un enfoque explícito en el liderazgo juvenil y llamando a la industria del tabaco y la nicotina como objetivo del mentol en las comunidades de color.

Las industrias del tabaco y el vapeo se han dirigido a los jóvenes, a las poblaciones LGBTQ y a las comunidades de color con sus productos mortales, causando muchas consecuencias para la salud de estas poblaciones específicamente. Los sabores, como la menta y el mentol, son una de las principales razones por las cuales los jóvenes comienzan a vapear y a usar tabaco.

La ley, que entra en vigencia el 1 de junio de 2020, significa que:

- Los cigarrillos mentolados y todos los demás productos de tabaco aromatizados, como los cigarros aromatizados, el tabaco de mascar aromatizado, los cigarrillos electrónicos aromatizados y los productos de vapeo de nicotina ya no estarán disponibles en Massachusetts.

- Los cigarrillos electrónicos y los productos de nicotina vaping aumentarán de precio.

Me emociona ver que NoMentholKnowWhy es una extensión de ese trabajo. Estoy trabajando con organizaciones comunitarias, defensores de la juventud, socios de salud pública y atención médica, departamentos de salud locales, iglesias y más para llegar a las comunidades más afectadas por la nueva ley y apoyarlas. Todos queremos crear conciencia sobre la ley y proporcionar información sobre los recursos disponibles para ayudar a las personas a dejar de fumar.

Puede ayudar a correr la voz en su comunidad. Visite NoMentholKnowWhy.org para obtener más información, compartir su historia de mentol y encontrar herramientas y recursos para compartir.

Para obtener información sobre cómo se hará cumplir la ley, visite mass.gov/NewTobaccoLaw.

La ayuda para aquellos que desean dejar de vapear, fumar o usar otros productos de tabaco está disponible GRATIS en 1-800-QUIT-NOW (1-800-784-8669) y [Keep TryingMA.org](http://KeepTryingMA.org).

Comuníquese con Ashley Hall en Northeast Tobacco-Free Community Partnership, ashley.hall@glfhc.org o (978) 799-8643 para obtener más información sobre la ley, cómo puede ayudar a las personas a dejar de fumar y cómo puede asociarse con el programa.

Ashley Hall, MS
Northeast Tobacco-Free Community Partnership, Gerente del programa
Centro de Salud Familiar Greater Lawrence

A message if you want to stop smoking

Dear Editor,

I want to remind people that starting June 1st, 2020, flavored tobacco, including menthol cigarettes like Kools and Newports will no longer be sold in Massachusetts. Last Fall, the Fight All Flavors campaign and many supporting partners worked to build grassroots understanding of and support for a proposed flavored tobacco restriction with an explicit focus on building youth leadership and calling out the tobacco and nicotine industry's targeting of menthol in communities of color.

The tobacco and vaping industries have targeted youth, LGBTQ populations and communities of color with their deadly products, causing many health consequences for these populations specifically. Flavors, like mint and menthol, are a leading reason that young people start vaping and using tobacco.

The law, which goes into effect on June 1, 2020, means that:

- Menthol cigarettes and all other flavored tobacco products like flavored cigars, flavored chewing tobacco, and flavored e-cigarettes and nicotine vaping products will no longer be widely available in Massachusetts.

- E-cigarettes and nicotine vaping products will increase in price.

I'm excited to see that No Menthol Know Why is an extension of that work. I am working with community-based organizations, youth advocates, public health and health care partners, local health departments, churches, and more to reach out to and support the communities most impacted by the new law. We all want to build awareness about the law and provide information about the resources available to help people quit smoking.

You can help spread the word in your community. Visit NoMentholKnowWhy.org to learn more, to share your menthol story and to find tools and resource to share.

For information about how the law will be enforced visit mass.gov/NewTobaccoLaw. Help for those who want to quit vaping, smoking or using other tobacco products is available for FREE at 1-800-QUIT-NOW (1-800-784-8669) and KeepTryingMA.org.

Contact Ashley Hall at the Northeast Tobacco-Free Community Partnership, ashley.hall@glfhc.org or (978) 799-8643 to learn more about the law, how you can support people in quitting and to find out how you can partner with the program.

Ashley Hall, MS
Northeast Tobacco-Free Community Partnership, Program Manager
Greater Lawrence Family Health Center

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MVCU y sus miembros brindan 1,700 comidas a los trabajadores de primera línea

Merrimack Valley Credit Union y sus miembros recaudan \$15,000 para alimentar a los trabajadores de primera línea en el Lawrence General Hospital

Aprovechando el poder de una comunidad solidaria, Merrimack Valley Credit Union y sus miembros contribuyeron con \$15,000 para ayudar a dos grupos que han sido duramente afectados por la pandemia de coronavirus: aquellos que trabajan en la atención médica en la primera línea y aquellos en la industria de restaurantes. A través de su programa "Feed the Frontline", Merrimack Valley Credit Union utilizó los fondos para comprar 1,700 comidas de siete restaurantes locales para los profesionales de la salud que trabajan en el Hospital General Lawrence.

"A medida que la lucha contra el coronavirus estiró los recursos y cerró negocios, nosotros en Merrimack Valley Credit Union sabíamos que podíamos hacer más para ayudar a nuestra comunidad", dijo John Howard, presidente y CEO de Merrimack Valley Credit Union. "Nos impresionó mucho ver una respuesta tan abrumadora de los miembros de la comunidad, recaudando \$5,000 para nuestro programa "Feed the Frontline". Decidimos duplicar nuestra contribución a \$10,000, llevando nuestro gran total a \$15,000".

Merrimack Valley Credit Union utilizó los fondos para comprar 1,700 comidas de restaurantes locales, incluidos los miembros de Merrimack Valley Credit Union Essex Street Grille en Haverhill, Salvatore's y Romano's Pizzeria en Lawrence, y Buono Bistro en North Andover. La organización también compró comidas de Borelli's en Methuen, y Perfecto's Caffe and Pipe Dream Cupcakes en North Andover. Cada restaurante entregó comidas al Lawrence General Hospital en un día asignado, extendiendo el amable gesto en el transcurso de dos semanas.

"Nuestros empleados han trabajado

tremendamente duro en los últimos dos meses para responder a la creciente crisis de COVID-19", dijo Kelly MacLean Clark, directora de desarrollo del Lawrence General Hospital. "Apreciamos el apoyo que hemos recibido de Merrimack Valley Credit Union. Los esfuerzos de la organización para donar comidas a nuestros empleados les han recordado a la comunidad compasiva que está pensando en ellos durante estos tiempos difíciles".

"Todos en Romano's agradecen que pudiéramos participar en el programa 'Alimentando a la primera línea' con Merrimack Valley Credit Union, que proporciona comidas para los trabajadores de la salud", dijo Constance Francisco, propietaria de Romano's Pizzeria. "Mi sobrina es enfermera registrada en el Lawrence General Hospital, y sé lo mucho que están trabajando. Es un honor hacer todo lo posible para ayudarlos".

Para obtener más información sobre el programa "Feed the Frontline", visite www.mvcu.com.

Merrimack Valley Credit Union es una cooperativa de crédito comunitaria autorizada por el estado con más de \$1 mil millones en activos. Merrimack Valley Credit Union sirve a cualquier persona que viva, trabaje, sea voluntaria o asista a la escuela en la región de Merrimack Valley, y a través de su división Bridgewater Credit Union, los condados de Barnstable, Bristol, Norfolk o Plymouth. Merrimack Valley Credit Union ofrece una amplia gama de productos de ahorro y préstamo para satisfacer las necesidades financieras de sus miembros, y tiene 10 sucursales en Bridgewater, Fairhaven, Haverhill, Lawrence, Methuen, North Andover, Plymouth y Quincy, Mass., y Plaistow y Seabrook, NH

Merrimack Valley Credit Union y los miembros contribuyeron con \$15,000 a través de su programa "Feed the Frontline" para comprar 1,700 comidas de siete restaurantes locales para los profesionales de la salud trabajadores en el Hospital General Lawrence. Manny Francisco y Chris Jarbeau, dueños de Romano's Pizzeria en Lawrence, entregan comidas al Lawrence General Hospital.

Merrimack Valley Credit Union and members contributed \$15,000 through its "Feed the Frontline" program to purchase 1,700 meals for the hardworking healthcare professionals at Lawrence General Hospital. Manny Francisco and Chris Jarbeau, owners of Romano's Pizzeria in Lawrence, deliver meals to Lawrence General Hospital.



MVCU and Members Provide 1,700 Meals to Frontline Workers

Merrimack Valley Credit Union and its members raise \$15,000 to feed frontline workers at Lawrence General Hospital

Harnessing the power of a caring community, Merrimack Valley Credit Union and members contributed \$15,000 to help two groups that have been hit hard by the coronavirus pandemic: those who work in healthcare on the front line and those in the restaurant industry. Through its "Feed the Frontline" program, Merrimack Valley Credit Union used the funds to purchase 1,700 meals from seven local restaurants for the hardworking healthcare professionals at Lawrence General Hospital.

"As the fight against the coronavirus stretched resources and shuttered businesses, we at Merrimack Valley Credit Union knew we could do more to help our community," said John Howard, President & CEO, Merrimack Valley Credit Union. "We were so impressed to see such an overwhelming response from community members, raising \$5,000 for our 'Feed the Frontline' program. We decided to double our contribution to \$10,000, bringing our grand total to \$15,000."

Merrimack Valley Credit Union utilized the funds to purchase 1,700 meals from local restaurants, including Merrimack Valley Credit Union members Essex Street Grille in Haverhill, Salvatore's and Romano's Pizzeria in Lawrence, and Buono Bistro in North Andover. The organization also purchased meals from Borelli's in Methuen, and Perfecto's Caffe and Pipe Dream Cupcakes in North Andover. Each restaurant delivered meals to Lawrence General Hospital on an assigned day, spreading the kind gesture out over the course of two weeks.

"Our employees have worked tremendously hard over the past two

months to respond to the growing COVID-19 crisis," said Kelly MacLean Clark, Chief Development Officer, Lawrence General Hospital. "We appreciate the support we have received from Merrimack Valley Credit Union. The organization's efforts to donate meals for our employees has reminded them of the compassionate community that is thinking of them during these trying times."

"Everyone at Romano's is thankful we could participate in the 'Feed the Frontline' program with Merrimack Valley Credit Union, providing meals for healthcare workers," said Constance Francisco, Owner, Romano's Pizzeria. "My niece is a registered nurse at Lawrence General Hospital, and I know how hard they are all working. It's an honor to do whatever we can to help them."

For more information about the "Feed the Frontline" program, visit www.mvcu.com.

Merrimack Valley Credit Union is a state-chartered community credit union with more than \$1 billion in assets. Merrimack Valley Credit Union serves anyone who lives, works, volunteers, or attends school in the Merrimack Valley region, and through its Bridgewater Credit Union division, Barnstable, Bristol, Norfolk or Plymouth counties. Merrimack Valley Credit Union offers a wide range of savings and loan products to meet the financial needs of its members, and has 10 branch locations in Bridgewater, Fairhaven, Haverhill, Lawrence, Methuen, North Andover, Plymouth, and Quincy, Mass., and Plaistow and Seabrook, N.H.

Local Residents Earn Public Health Degrees from Regis, thanks to partnership with Northern Essex Community College

On May 5, seven local residents earned their bachelor degrees in Public Health from Regis College without having had to leave the Merrimack Valley throughout their education.

All graduated from Northern Essex Community College and transferred to Regis, which offers bachelor degree completion programs in Public Health and Marketing and Communications on NECC's Lawrence Campus.

"In just two short years, these students were able to earn their bachelor's, taking their classes close to home in Lawrence," said Noemi Custodia-Lora, vice president of NECC's Lawrence Campus and community relations. "We are very appreciative of our partnership with Regis, which is one of the premiere colleges for health care in New England."

One of the seven graduates, Patricia Gonda of Windham NH earned her associate degree in respiratory therapy from Northern

Essex over 20 years ago in 1999. She always wanted her bachelor's but it was hard to find the time to do it while working full-time. This program allowed her to realize her dream.

Graduating with a bachelor's degree in public health from Regis were Angie Colon of Methuen, who earned a public health degree from Northern Essex in 2018; Leah Gathogo of Framingham, NECC Public Health, 2018; Gonda; Katee Lynch of Salisbury, NECC General Studies: Health Specialization, 2018; Doris Wleh of Lowell, NECC Public Health, 2018; Genesis Moran of Lawrence, NECC General Studies: Individualized Option, 2018; and Zairis Peguero, of Lawrence, NECC General Studies: Health Specialization, 2018.

To learn more, visit Regis North or contact Kelly Golden, executive director, Regis North, kelly.golden@regiscollege.edu or 978 655-5818.

Comité de Salud de Massachusetts hace historia: Aprueba medida de opciones para de fin de vida por primera vez desde que se presentó en el 2011

Partidarios hacen llamado a la Cámara de Representantes y al Senado para que se apruebe medida compasiva respaldada por el 71% de los residentes del estado

Los partidarios de la medida de ley de Massachusetts que podría autorizar la ayuda médica para morir como una opción de cuidados para fin de vida, hicieron un llamado a los legisladores estatales para que se apruebe dicha medida. Esto ocurrió después que El Comité Conjunto de Salud Pública aprobó el proyecto de ley por primera vez, el viernes pasado. La legislación fue presentada inicialmente por el representante Louis L. Kafka, en el 2011. Más de siete de cada 10 votantes de Massachusetts (71%) apoyan la ayuda médica para morir, según la encuesta más reciente del Purple Insights que fue elaborada en el 2013.

El proyecto de ley, End of Life Options Act (H.1926/S.1208 u Opciones de Fin de Vida de Massachusetts, con una enfermedad terminal, en pleno uso de sus facultades mentales y con un pronóstico de seis meses o menos de vida, la opción de solicitar, obtener e ingerir un medicamento para morir pacíficamente en su sueño, si su sufrimiento se vuelve insoportable. La legislación fue patrocinada por el Representante Louis L. Kafka y el Senador William N. Brownsberger. Cuenta con un total de 69 patrocinadores, incluyendo a la Senadora Joanne M. Comerford, quien es también copresidenta del Comité Conjunto de Salud Pública.

"El COVID-19 ha puesto en relieve la importancia de una muerte compasiva y le agradecemos al comité de salud pública, por darle prioridad a esta medida en un momento en que sólo muy pocos proyectos de ley avanzan en la legislatura", dijo Kim Callinan, presidenta y directora ejecutiva de Compassion & Choices, quien testificó ante el Comité Conjunto de Salud Pública en apoyo del proyecto de ley, durante una audiencia que se llevó a cabo en junio del

2019. "Hacemos un llamado a los líderes legislativos para que celebren votos lo antes posible para el proyecto de ley, y que más residentes de Massachusetts puedan tener la opción de un fin de vida pacífico, si su sufrimiento se vuelve insoportable".

Durante la última semana, el 21 de mayo, The Berkshire Eagle, y el jueves 28 de mayo, The [Northampton, MA] Daily Hampshire Gazette, ambos medios editoriales hicieron un llamado a los legisladores para promulgar la medida de Opciones de Fin de Vida, en una ley. El editorial Gazette concluyó: "Para algunos, la pandemia del COVID-19 ha traído a la luz nuevos planteamientos para fin de vida, ya que se han perdido más de 6,500 vidas por el virus en todo el estado. Hemos publicado varias veces en esta página a lo largo de los años, que el tiempo para aprobar este proyecto de ley se ha retrasado y ... los legisladores deben ahora adelantarlo".

"No les puedo decir lo que significa para mí este voto histórico, después de pasar los últimos cinco años luchando por esta opción de muerte pacífica en nombre de todos los pacientes con enfermedades terminales, de mis amigos y familiares y para mí mismo", dijo el Dr. Roger Kligler, M.D., médico jubilado de Falmouth, quien padece cáncer de próstata incurable. Él ha testificado en múltiples ocasiones ante el Comité Conjunto de Salud Pública, para apoyar la medida de Opciones de Fin de Vida. "El COVID-19 le ha abierto los ojos a la gente sobre los límites que tiene la medicina moderna para aliviar el sufrimiento de fin de vida. Es por eso que le suplico a la legislatura para que adopte la sabiduría del comité de salud pública y se apruebe lo antes posible, esta medida de ley compasiva".

La Sociedad Médica de Massachusetts

(MMS) también testificó en junio del 2019 en la audiencia sobre el proyecto de ley ante el Comité Conjunto de Salud Pública, detallando su política de "compromiso neutral" en la práctica de la ayuda médica para morir: "El MMS apoyará a sus miembros en cuanto a las consideraciones clínicas, éticas y legales de la ayuda médica para morir, a través de educación, la defensa y / o la provisión de otros recursos" ...

Una encuesta interna de los miembros de la Sociedad Médica de Massachusetts que se hizo en el 2017, mostró que dichos miembros respaldaron la medida Opciones de Fin de Vida, por un margen de 2-1, un 62% de apoyo frente a 28% de oposición (consulte el cuadro de la página 9 en www.massmed.org/Advocacy/State-Advocacy/MAID-Survey-2017/). Otros

partidarios de la medida incluyen al ACLU of Massachusetts, Amherst Town Meeting, Boston Ethical Society, Cambridge City Council, Falmouth Board of Selectmen, Fenway Health/AIDS Action, Greater Boston Humanists, Lexington Board of Selectmen, National Association of Social Workers (NASW) Massachusetts, y Northampton City Council, así como el Provincetown Board of Selectmen.

La ayuda médica para morir está autorizada en 10 jurisdicciones de Estados Unidos, que representan más de un quinta parte de la población del país (22%, incluyendo a nueve estados: Oregón, Washington, Montana (a través de un fallo de la Corte Suprema del estado), Vermont, California, Colorado, Hawai', Nueva Jersey, Maine y Washington, D.C. (2017)

Amazon acepta beneficios de SNAP como parte del programa piloto de USDA en el estado de Massachusetts

Como parte de un programa piloto con el Departamento de Agricultura de Estados Unidos, (o USDA, por sus siglas en inglés) Amazon permite que los clientes de Massachusetts con beneficios de SNAP, o estampillas de alimentos, puedan comprar comestibles por internet a domicilio.

Los beneficiarios del Programa de Asistencia Nutricional Beneficiaria (SNAP, por sus siglas en inglés) en el estado de Massachusetts pueden usar sus beneficios de asistencia nutricional para pedir comestibles por internet en Amazon, además de otros vendedores, para recibirlos directamente en sus puertas gracias a un programa piloto lanzado en abril del 2019

por el Departamento de Agricultura de Estados Unidos.

Los beneficiarios de SNAP pueden canjear sus beneficios por internet. Amazon se ha ofrecido entusiastamente a trabajar con USDA y participar en este trascendental programa piloto porque cree en los objetivos de este y su potencial para extender significativamente sus beneficios al público.

Amazon está comprometido en incrementar el acceso a los clientes ofreciendo bajos precios a una gran selección de productos. Con la aceptación por internet de SNAP, Amazon también le está ofreciendo a los clientes de SNAP de Massachusetts la posibilidad de comprar comestibles y productos para el hogar en Amazon Fresh y Prime Pantry sin tener que pagar una membresía. Esta iniciativa ayuda a incrementar el acceso a millones de residentes de Massachusetts de bajos recursos dándoles la posibilidad de adquirir con SNAP una amplia selección a bajos precios y con la conveniencia del reparto a domicilio. Mientras se extienden las áreas participantes durante la duración del programa piloto, Amazon cree que este aumentará notablemente el acceso alimentario a clientes que viven en sitios remotos y ayudará a mitigar la crisis de salud pública vinculada con la alimentación.

Amazon está orgulloso de continuar participando en el Programa Piloto de Compra por Internet de SNAP y USDA, expandiendo la propuesta a Massachusetts, Arizona, California, Washington DC, Illinois y más durante el 2020. Actualmente, también los residentes de Alabama, Florida, Iowa, Nebraska, Oregón, y Washington con beneficios de SNAP, o estampillas de alimentos, también pueden participar en este programa piloto. Amazon sigue comprometido con lograr que los alimentos sean accesibles por internet, ofreciendo a todos los clientes conveniencia, ahorro de tiempo y precios bajos.

Para más información, por favor visita www.amazon.com/snap.

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America Awake!

Las compras en línea ahora están disponibles para los destinatarios de SNAP en Massachusetts

BOSTON - La Administración Baker-Polito anunció que los residentes de Massachusetts que reciben beneficios del Programa de Asistencia Nutricional Suplementaria (SNAP) pueden comprar comestibles en línea con tarjetas electrónicas de transferencia de beneficios (EBT) a través de Amazon y Walmart.

Al igual que usar los beneficios de SNAP para comprar alimentos en una tienda, los beneficios se pueden usar para comprar en línea alimentos elegibles para SNAP, incluidos productos frescos, alimentos congelados, lácteos y huevos, semillas de plantas y más. Luego, las compras se pueden entregar a través de Amazon y algunas ubicaciones de Walmart. Varias ubicaciones de Walmart también ofrecen recogida en la acera. Visite www.mass.gov/SNAPonline para obtener más información sobre esta nueva opción de compra, incluidas preguntas frecuentes y volantes.

"A medida que continúa el impacto

económico de la crisis de salud pública, las solicitudes de beneficios de SNAP han aumentado más del 400%", dijo la comisionada del Departamento de Asistencia Transitoria, Amy Kershaw. "A lo largo de la crisis, el Departamento de Asistencia Transitoria ha continuado su trabajo para ayudar a satisfacer las necesidades de las familias más vulnerables de la Commonwealth, y con el lanzamiento de esta nueva opción de compra en línea, estamos viendo una mayor equidad en las opciones de compra de alimentos en Massachusetts."

El Departamento de Asistencia Transitoria (DTA) trabajó en estrecha colaboración con el proveedor de EBT del estado, Conduent, así como con los minoristas aprobados federalmente Amazon y Walmart, para implementar el programa lo más rápido posible. Desde el comienzo de la emergencia de salud pública, las solicitudes de beneficios de

SNAP han aumentado más del 400%, lo que resulta en más de 80,000 hogares nuevos que ahora reciben SNAP.

"Amazon sigue comprometida a hacer que los alimentos sean accesibles a través de compras en línea, ofreciendo a todos los clientes acceso a precios bajos, selección y conveniencia", dijo Kristina Herrmann, Directora de Poblaciones Subatendidas en Amazon. "Esto es especialmente importante ya que millones de estadounidenses están siendo alentados a continuar practicando el distanciamiento físico. Continuamos trabajando en estrecha colaboración con los funcionarios estatales y el USDA a medida que crece el piloto de compras en línea de SNAP para expandir nuestras capacidades en el apoyo a clientes desatendidos".

"Seguimos entusiasmados de ser parte del programa piloto del USDA y de poder hacer que nuestros servicios de Recogida y Entrega estén disponibles para más y más personas, independientemente de su método de pago. Ahora más que nunca, los clientes confían en nuestros servicios de recogida y entrega para darles acceso a alimentos frescos y de calidad, y creemos que eso no debería ser dictado por la forma en que paga", dijo Molly Blakeman, Directora de Relaciones con los Medios Nacionales en Walmart.

Los beneficios de SNAP no se pueden usar para pagar tarifas, como las tarifas de

entrega. Los beneficios de los programas de asistencia económica recibidos a través del DTA, la Ayuda de transición para familias con niños dependientes (TAFDC) y la Ayuda de emergencia para ancianos, discapacitados y niños (EAEDC), no se pueden usar para comprar artículos en línea en este momento.

En respuesta a COVID-19, el Departamento de Agricultura de los Estados Unidos (USDA) permitió a los estados presentar planes para participar en un programa piloto de compras en línea, Massachusetts presentó una exención para participar en el programa piloto el 24 de abril y recibió la aprobación federal en mayo 20. El USDA aprueba la participación de todos los minoristas en este programa. Los minoristas interesados pueden visitar: www.FNS.USDA.gov/SNAP.

El DTA ayuda y capacita a las personas y familias de bajos ingresos para satisfacer sus necesidades básicas, mejorar su calidad de vida y lograr la autosuficiencia económica a largo plazo. El DTA sirve a uno de cada nueve residentes de la Commonwealth con asistencia económica directa y asistencia alimentaria, así como oportunidades de capacitación laboral.

Para obtener más información relacionada con DTA a la luz de COVID-19, visite <https://www.mass.gov/DTA/COVID-19>.

Online Grocery Shopping Now Available for SNAP Recipients in Massachusetts

BOSTON – The Baker-Polito Administration announced that Massachusetts residents who receive Supplemental Nutrition Assistance Program (SNAP) benefits can purchase groceries online with electronic benefit transfer (EBT) cards through Amazon and Walmart.

Like using SNAP benefits to purchase food in a store, benefits can be used to buy SNAP-eligible foods online, including fresh produce, frozen foods, dairy and eggs, plant seeds and more. Then purchases can be delivered through Amazon and some Walmart locations. Several Walmart locations also offer curbside pickup. Visit <http://www.mass.gov/SNAPonline> for more information about this new purchasing option, including frequently asked questions and flyers.

"As the economic impact of the public health crisis continues, applications for SNAP benefits have increased upwards of 400%," said Department of Transitional Assistance Commissioner Amy Kershaw. "Throughout the crisis, the Department of Transitional Assistance has continued its work to help meet the needs of the Commonwealth's most vulnerable families, and with the launch of this new online purchasing option, we are seeing further equity brought to food purchasing options in Massachusetts."

The Department of Transitional Assistance (DTA) worked closely with the state's EBT vendor, Conduent, as well as the federally approved retailers Amazon and Walmart, to implement the program as quickly as possible. Since the start of the public health emergency, applications for SNAP benefits have increased upwards of 400%, resulting in more than 80,000 new households now receiving SNAP.

"Amazon remains committed to making food accessible through online shopping, offering all customers access to low prices, selection, and convenience," said Kristina Herrmann, Director of Underserved Populations at Amazon. "This is especially

important as millions of Americans are being encouraged to continue practicing physical distancing. We continue to work closely with state officials and the USDA as the SNAP Online Purchasing Pilot grows to expand our capabilities in supporting under-served customers."

"We continue to be excited to be part of the USDA's pilot program and to be able to make our Pickup and Delivery services available to more and more people, regardless of their payment method. Now more than ever, customers are relying on our pickup and delivery services to give them access to quality, fresh groceries, and we believe that shouldn't be dictated by how you pay," said Molly Blakeman, Director of National Media Relations at Walmart.

SNAP benefits cannot be used to pay for fees, like delivery fees. Economic assistance program benefits received through DTA, Transitional Aid to Families with Dependent Children (TAFDC) and Emergency Aid to the Elderly, Disabled, and Children (EAEDC), cannot be used to purchase items online at this time.

In response to COVID-19, the United States Department of Agriculture (USDA) allowed states to submit plans to participate in an online purchasing pilot program, Massachusetts submitted a waiver to participate in the pilot program on April 24, and received federal approval on May 20. The USDA approves all retailers for participation in this program. Interested retailers can visit: www.FNS.USDA.gov/SNAP.

DTA assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long term economic self-sufficiency. DTA serves one in nine residents of the Commonwealth with direct economic assistance and food assistance, as well as workforce training opportunities.

For more information related to DTA in light of COVID-19, visit <https://www.mass.gov/DTA/COVID-19>.



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During this ongoing crisis, hyperlocal news is more important than ever. To keep our community informed, HC Media brings you special LIVE Haverhill Journal interview broadcasts weekly on Monday nights at 7 pm. Each week, we meet guests who are making a difference right now in the city. Tune into the Haverhill Journal Live stream Monday night at 7 pm, on [HC Media's Facebook page](#), on Comcast Channel 22, or at our website at haverhillcommunitytv.org/video/channel-22-live-stream, and stay up to date with what's happening right now in Haverhill.

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CLASS OF 2020
VIDEO GRADUATION CEREMONY

FRIDAY, JUNE 5 AT 6:00 PM

WATCH ON
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NETSCOUT otorga subsidios a organizaciones sin fines de lucro luchando contra el COVID-19 en colaboración con GLCF

LOWELL, Mass. - Greater Lowell Community Foundation, una organización filantrópica compuesta por más de 350 fondos, que actualmente suman más de \$ 40MM, dedicados a mejorar la calidad de vida en 20 ciudades y pueblos vecinos, anunció que NETSCOUT, un proveedor líder de garantía de servicio, seguridad y análisis de negocios, ha otorgado la sexta subvención del programa comunitario Heart of Giving a través del Centro para la Filantropía Empresarial Greater Lowell Community Foundation. El programa de subvención anual construye relaciones con organizaciones sin fines de lucro y compromete a los empleados a aprender sobre oportunidades de servicio en las comunidades de Greater Lowell, Massachusetts.

Los cuatro beneficiarios del Subsidio Heart of Giving de NETSCOUT 2020, seleccionados por NETSCOUT de las organizaciones sin fines de lucro del área que sirven a la comunidad durante la pandemia de COVID-19, incluyen:

- Boys & Girls Club of Greater Lowell: proporcione comidas para llevar, kits de actividades y paquetes de cuidado familiar

- Clear Path for Veterans New England (Devens): distribuya cajas de alimentos de emergencia a las familias militares y veteranas

- Hidden Battles (Greater Lowell): la misión es preservar las mentes sanas de militares, veteranos, agentes de la ley, bomberos,

EMS, despacho y enfermería a través del tratamiento y asesoramiento para la depresión, tendencias suicidas y trastorno de estrés posttraumático.

- Westford Fire y EMS (Town of Westford): proporcionan equipos de protección personal para servicios médicos de emergencia.

“Estamos orgullosos de estar en el sexto año de la subvención comunitaria NETSCOUT Heart of Giving en la Greater Lowell Community Foundation. La misión de la Fundación es conectar a empresas e individuos filantrópicos con las necesidades de sus comunidades”, dijo Jay Linnehan, presidente y CEO de Greater Lowell Community Foundation. “Al retribuir a nuestra comunidad, particularmente este año cuando la pandemia ha cobrado un gran precio, NETSCOUT continúa demostrando su compromiso de apoyar las causas locales”.

“A través del programa Heart of Giving de NETSCOUT, apoyamos y alentamos a nuestros empleados a construir relaciones sólidas con organizaciones sin fines de lucro en nuestra comunidad”, dijo Michael Szabados, director de operaciones de NETSCOUT. “Nos complace apoyar a estas cuatro organizaciones valiosas que están respondiendo rápida y creativamente para satisfacer la creciente demanda de sus servicios durante la pandemia. Esperamos poder participar en oportunidades de voluntariado apropiadas durante el próximo año”.



NETSCOUT Awards Grants to Nonprofits Leading COVID-19 Efforts in Partnership with GLCF

LOWELL, Mass. – The Greater Lowell Community Foundation, a philanthropic organization comprised of over 350 funds, currently totaling over \$40MM, dedicated to improving the quality of life in 20 neighboring cities and towns, announced that NETSCOUT, a leading provider of service assurance, security, and business analytics, has awarded its Heart of Giving community program’s sixth grant through the Greater Lowell Community Foundation Center for Business Philanthropy. The annual grant program builds relationships with nonprofit organizations and engages employees in learning about service opportunities in the communities of Greater Lowell, Massachusetts.

The four 2020 NETSCOUT Heart of Giving Grant recipients, selected by NETSCOUT from area nonprofits serving the community during the COVID-19 pandemic, include:

- Boys & Girls Club of Greater Lowell – provide grab and go meals, activity kits and family care packages

- Clear Path for Veterans New England (Devens) – distribute emergency food boxes to military and veteran families

- Hidden Battles (Greater Lowell) – mission is to preserve the healthy minds of military, veterans, law enforcement,

fire, EMS, dispatch, and nursing through treatment and counseling for depression, suicidal tendencies, and PTSD

- Westford Fire and EMS (Town of Westford) – provide personal protective equipment for emergency medical services

“We are proud to be in the 6th year of the NETSCOUT Heart of Giving Community Grant at the Greater Lowell Community Foundation. The mission of the Foundation is to connect philanthropic businesses and individuals to the needs of their communities,” said Jay Linnehan, president and CEO, Greater Lowell Community Foundation. “By giving back to our community, particularly this year when the pandemic has taken a great toll, NETSCOUT continues to demonstrate its commitment to supporting local causes.”

“Through NETSCOUT’s Heart of Giving program, we support and encourage our employees to build strong relationships with nonprofits in our community,” said Michael Szabados, chief operating officer, NETSCOUT. “We are pleased to support these four worthy organizations who are responding quickly and creatively to meet the increased demand for their services during the pandemic. We look forward to participating in appropriate volunteer opportunities over the coming year.”



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Empleada de Lazarus House se arriesga al COVID-19 para cuidar a las personas sin hogar



Fue el amor lo que provocó que COVID-19 desplomara a Carmen Vega. Fue su afecto lo que la dejó luchando por cada respiración. Fue la compasión la que la dejó aislada de su familia y temerosa de que no sobreviviera.

"Esta es una enfermedad muy solitaria", dijo Vega, Coordinadora de Refugios de Lazarus House. "Estaba tan asustada. Nadie quiere estar cerca de alguien que tenga COVID-19".

Vega había eludido con éxito la enfermedad mientras cuidaba a los huéspedes de Lazarus House en su refugio de emergencia, incluso en los días anteriores a la disponibilidad de máscaras. Irónicamente, fue cuando el refugio cerró por precaución y sus residentes se mudaron a un refugio temporal administrado por la ciudad en el Hotel DoubleTree en Andover, que Vega dice: "Fallé".

Mientras la Ciudad de Lawrence estaba proporcionando alojamiento y comidas en el hotel, impulsada por el cuidado y la responsabilidad, Vega no pudo resistir la necesidad de conectarse con aquellos que tanto le importan.

"Los invitados estaban en el hotel, pero aún necesitaban escucharme decir: 'Todo va a estar bien'. Había cosas en las que necesitaban ayuda". Vega trajo esperanza, amabilidad, orientación y bocadillos para



los niños en cada visita.

"Entré en una habitación donde uno de nuestros invitados tosía, pero ella me dio una muy buena excusa. Ella dijo que eran sus alergias", dijo Vega. "Pienso de nuevo en ese día y me pregunto, 'Carmen, ¿en qué estabas pensando?'"

En cuestión de días sufría los síntomas iniciales de COVID-19, en una semana no podía recuperar el aliento.

"Tengo asma, así que sé lo que es tener problemas respiratorios, pero esto era algo que nunca había experimentado", dijo Vega. "Hubo días y días en que no dormí. Porque cada vez que me iba a dormir, dejaba de respirar. Cada respiración tenía que ser intencional. Tuve que respirar intencionalmente, y fue más fácil no respirar. Temía no poder sobrevivir".

"Conocía a un par de personas que habían fallecido, así que tuve que bloquear todas esas cosas y seguir escuchando la voz de Dios".

Si bien las oraciones que dejó en su correo de voz trajeron esperanza, una mayor desesperación se produjo cuando su hija Mikeyla-Serenity, de 10 años, desarrolló fiebre y otros síntomas de COVID-19.

Los proveedores de atención médica de Mikeyla-Serenity dijeron que no había cura, nada que pudieran hacer.

"Cuando la enfermera dijo eso, dije: 'No le digas eso a una madre'", dijo Vega. "Sentí que mi corazón simplemente se hundía. Me siento culpable."

Mientras que su hija se recuperó rápidamente, Vega permaneció sola y aislada de su familia, que a menudo había expresado reservas y preocupación por su riesgo de ir a trabajar.

"Mi esposo no dijo 'te lo dije'", se sintió tan mal por mí", dijo. "No me lo reprochó. Sabe que este trabajo es lo que amo".

Cuando hablamos, Carmen tenía 25 días en la enfermedad, había perdido 13 libras y el dolor permanecía en sus pulmones. Le preocupa la reinfección y revivir la "agonía cuando intentas respirar".

Sin embargo, el amor, el cuidado y la compasión que paradójicamente le trajeron COVID-19 la empujarán a regresar a Lazarus House nuevamente.

"Amo a los invitados como si fueran mis hijos. Aunque algunos son mayores que yo, me siento como una madre para ellos", dijo. "Amamos mucho y amamos lo que hacemos. No es un trabajo".

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

Proporcionamos:

Alimentación, a través de comidas diarias (~ 200) y comestibles semanales (más de 1000 familias).

Estabilidad, a través de refugios de emergencia y viviendas de transición.

Comodidad, a través de la defensa y la gestión de casos y ropa, artículos para el hogar y muebles altamente asequibles en nuestras tiendas de segunda mano. Regalos navideños y cajas de comida para más de 700 familias a través de nuestros programas Project Bethlehem y Giving Tree.

Dignidad, a través de la preparación para ganar un salario digno en nuestra capacitación vocacional en costura y artes culinarias (con pasantías pagas y el programa de Certificado ServSafe)



Lazarus House LMHC Employee Risks COVID-19 Exposure to care for the Homeless

It was love that brought COVID-19 crashing down on Carmen Vega. It was caring that left her struggling for every breath. It was compassion that left her isolated from her family and frightened that she would not survive.

"This is a very lonely illness," said Vega, Shelter Coordinator for Lazarus House. "I was so scared. No one wants to be around anyone who has COVID-19."

Vega had successfully eluded the disease while caring for Lazarus House Guests at its emergency Shelter, even in the days before masks were readily available. Ironically, it was when the shelter closed as a precaution and its residents moved to a temporary city-run shelter at the DoubleTree Hotel in Andover, that Vega says, "I stumbled."

While the City of Lawrence was providing lodging and meals at the hotel, driven by caring and responsibility, Vega could not resist the need to connect with those she cares so much for.

"The Guests were at the hotel, but they still needed to hear me say, 'Everything is going to be OK.' There were things they needed help with." Vega brought hope, kindness, guidance, and snacks for the children each visit.

"I walked into a room where one of our Guests was coughing, but she made a really good excuse. She said it was her allergies," said Vega. "I go back to that day and wonder, 'Carmen, what were you thinking?'"

Within days she was suffering the initial symptoms of COVID-19, within a week she could not catch her breath.

"I have asthma, so I know what it is like to have breathing issues, but this was something I had never experienced," Vega said. "There were days upon days when I did not sleep. Because anytime I would go to sleep, I would stop breathing. Every breath had to be intentional. I had to breathe intentionally, and it was easier not to breathe."

She feared she might not survive. "I knew a couple of people who had passed away, so I had to block all that stuff, and continue to listen to the voice of God."

While the prayers left on her voice mail brought hope, a greater despair came when her 10-year-old daughter, Mikeyla-Serenity,

developed a fever and other COVID-19 symptoms.

Mikeyla-Serenity's health care providers said there was no cure, nothing they could do.

"When the nurse said that, I said, 'You don't say that to a mother,'" Vega said. "I felt my heart just sink. I felt guilty."

While her daughter recovered quickly, Vega remained alone and isolated from her family who had often expressed reservations and concern about her continuing to take the risk of going to work.

"My husband did not say 'I told you so,' he just felt so bad for me," she said. "They didn't hold it against me. They know that this work is what I love."

When we talked Carmen was 25 days into the disease, she had lost 13 pounds and pain remained in her lungs. She worries about reinfection and reliving the "agony when you are trying to breathe."

Yet the love, caring and compassion that paradoxically brought her COVID-19 will push her to return to Lazarus House again.

"I love the Guests like they're my kids. Even though some are older than me, I feel like a mother to them," she said. "We love so hard, and we love what we do. It's not a job."

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

We provide:

Nourishment, through daily served meals (~200) and weekly groceries (1000+ families).

Stability, through emergency shelter and transitional housing.

Comfort, through advocacy and case management and highly affordable clothing, housewares, and furniture at our thrift store locations. Holiday gifts and food boxes for 700+ families through our Project Bethlehem and Giving Tree programs.

Dignity, through preparation to earn a living wage in our vocational training in sewing and culinary arts (with paid internships and ServSafe Certificate program)

Matilde “Tillie” Stundza, 98

October 15, 1921 - May 25, 2020

LAWRENCE, MA — Matilda Jadvyga (Staniulionis) Stundza, age 98, of Lawrence, MA died Monday, May 25, 2020, at the Nevins Nursing & Rehabilitation Center in Methuen.

She was the daughter of Vincas Staniulionis and Morta Barauskaite, who were born in Bakaloriskes and Ilgininkai, Lithuania. Matilda was born in Bentleyville, PA and raised in Newton Falls, Ohio, where she finished school and later met her husband to be, John, while he was in training for the war. They were married in 1943 and later resided in Lawrence. She worked for the Pacific Mills – Building #5 until its closing, then the LANAM Club of Andover and later in the Lawrence School system until her retirement.

She is predeceased by John, her husband of 63 years, her son Thomas, and also her brother Joseph Stanulonis and sister Mary Blaskis, both of Ohio. She is survived by her sons William and Jonas and her sister-in-law Amelia, all of Lawrence, plus her nieces and nephew, all of Ohio.

She was a lover of nature and an avid gardener. She and John enjoyed the coastline, especially the Northshore. She maintained her mother’s traditional old world recipes throughout the years and was known for her traditional Easter egg display, which numbered over a thousand.

She worked relentlessly for the success of the annual Lithuanian Independence Day,

in its planning to its final clear up in the kitchen. Matilda was never afraid to work or give a helping hand. She was a devout and pious Catholic with a strong devotion to Our Lady of Vilnius “Ausros Vartu Marija”, in Latin Mater Misericordiae.

She was an active member of the Lithuanian St. Anne’s Benevolent Society, The Lithuanian Women’s Citizens Club, Knights of Lithuania, Lithuanian American Council, the Lawrence History Center and the Lawrence Senior Center. She was a parishioner of St. Laurence O’Toole and St. Francis Lithuanian Parish until their forced closings, and later of St. Mary’s Parish. She was also a member of the Legion of Mary at Holy Rosary parish.

On Friday, May 29, 2020, at 11:00 AM at the family lot in the Immaculate Conception Cemetery, she was laid to rest. A memorial Mass will be held Saturday, June 20, 2020 at 4:00 PM in St. Mary of the Assumption Church, Hampshire St., Lawrence, MA 01840 for the family and friends.

In lieu of flowers, memorial contributions can be made in Matilda’s memory to the Nevins Nursing Center, 10 Ingalls Ct, Methuen, MA 01844 or to the Lithuanian National Foundation, 307 West 30th St., New York, NY 10001. To leave an online condolence, please visit www.dewhirstbolesfuneral.com



Lawrence Community Diary

Entry from Lawrence high school student Marlin, Age 17:

En estos días difíciles durante esta pandemia, mis experiencias no han sido las mejores que murió mi padre allí en la República Dominicana. No pude ir ni despedirme porque los vuelos están suspendidos debido a esta situación, pero aun así trato de compartir con mis otros familiares. También lo amo, pregúntele a todas las personas que si no es necesario salir de la casa, no se vayan, porque así evitaremos reunirnos con otras personas y, de ser así, esta pandemia no se extenderá más, por eso se ocupa de ustedes como así como las otras personas que nos rodean.

Translation:

On these difficult days during this pandemic, my experiences have not been the best that my father died there in the Dominican Republic. I could not go or say goodbye because the flights are suspended due to this situation, but I still try to share with my other relatives. I love him too, ask everyone that if it is not necessary to leave the house, do not leave, because this way we will avoid meeting other people and, if so, this pandemic will not spread anymore, that’s why it cares about you as well as the other people around us.

Lawrence History Center invite you to make a diary entry (or daily entries!) about your experience living in Lawrence during the 2020 COVID-19 Pandemic. We will compile them, post/publish, and then add them to our archival collection for posterity.

Susan Grabski, Executive Director
Lawrence History Center
6 Essex Street
Lawrence, MA 01840
<http://www.lawrencehistory.org/covid-19>

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”

— Anne Bradstreet

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Greater Lawrence Family Health Center recibe dádiva de la Fundación Cummings

El dinero apoyará la atención médica para el programa de personas sin hogar

Greater Lawrence Family Health Center (GLFHC) recibió una subvención de \$ 50,000 de la Fundación Cummings. El dinero ayudará a apoyar la Unidad de Salud Móvil (MHU) del centro, que brinda atención médica a las personas sin hogar en todo el Valle de Merrimack.

Ahora en su 40º año, GLFHC brinda atención médica a más de 62,000 pacientes anualmente, y tiene ubicaciones y farmacias en Lawrence y Methuen. Un establecimiento y una farmacia de Haverhill abrirán este verano.

GLFHC también es una de las 130 organizaciones sin fines de lucro locales elegibles para recibir fondos de subvenciones adicionales a través del Programa de Subvenciones de \$20 millones de la Fundación Cummings. La organización fue elegida entre un total de 738 solicitantes durante un proceso de revisión competitivo.

"Greater Lawrence Family Health Center está agradecido por el continuo apoyo que estamos recibiendo de la Fundación Cummings", dijo John M. Silva, Presidente y CEO de GLFHC. "Este financiamiento nos permitirá continuar brindando atención médica a los más vulnerables de nuestra región, nuestros residentes sin hogar, y al mismo tiempo enfocarnos en expandir esos servicios más allá de los más de 1,000 pacientes que atendemos con nuestra Unidad Móvil de Salud. También somos afortunados y agradecidos de tener la oportunidad de participar en la próxima fase del programa de subvención de \$20 millones, y el potencial de financiamiento adicional a largo plazo de este servicio tan necesario para nuestra comunidad y el creciente número de pacientes sin hogar que serviremos."

La Unidad de Salud Móvil del Greater Lawrence Family Health Center trata a pacientes sin hogar en las comunidades en las que viven, brindándoles atención primaria y otra atención especializada que de otro modo no podrían recibir. La Fundación Cummings ha sido un generoso defensor de la MHU y las subvenciones anteriores otorgaron un total de \$100,000.

El programa de subsidios de \$20 millones de Cummings apoya a las organizaciones sin fines de lucro de Massachusetts que se basan y sirven principalmente a los condados de Middlesex, Essex y Suffolk. A través de esta iniciativa basada en el lugar, la Fundación Cummings tiene como objetivo retribuir en el área donde posee edificios comerciales,

todos los cuales son administrados, sin costo para la Fundación, por su filial, Cummings Properties. Fundada en 1970 por Bill Cummings, la empresa de bienes raíces comerciales con sede en Woburn arrienda y administra 10 millones de pies cuadrados de espacio libre de deudas, la mayoría de los cuales beneficia exclusivamente a la Fundación.

"Estamos impresionados, pero no sorprendidos, por las innumerables formas en que estos 130 ganadores de subvenciones están sirviendo a sus comunidades, a pesar de los desafíos presentados por COVID-19", dijo Joel Swets, director ejecutivo de la Fundación Cummings. "Su capacidad para adaptarse y trabajar con sus electores de formas nuevas y significativas tiene un enorme impacto en las comunidades donde viven y trabajan nuestros colegas y clientes de arrendamiento".

La Fundación Cummings ha otorgado más de \$280 millones a grandes organizaciones sin fines de lucro de Boston.

Los requisitos de distanciamiento social evitarán que la Fundación y los representantes de los ganadores se convoquen para una recepción en TradeCenter 128 en Woburn, según lo planeado, para celebrar la infusión de \$20 millones en el sector sin fines de lucro de Boston. En cambio, la Fundación Cummings espera que cientos de personas se reúnan virtualmente para una celebración modificada a mediados de junio.

El programa de subsidios Cummings de \$20 millones fue el resultado de una fusión de los dos programas emblemáticos de subsidios de la Fundación, \$100K para 100 y Sustaining Grants.

La Fundación y sus voluntarios identificaron primero a 130 organizaciones para recibir subvenciones de al menos \$100,000 cada una. Entre los ganadores se encuentran receptores por primera vez, así como organizaciones sin fines de lucro que han recibido subvenciones de la Fundación Cummings. Se invitará a un número limitado de este último grupo de receptores repetidos a hacer presentaciones en persona en el otoño, cuando las circunstancias relacionadas con la salud pública lo permitan, proponiendo que sus subvenciones se eleven a premios a largo plazo. Treinta solicitudes de este tipo se otorgarán en forma de premios de 10 años que van desde \$200,000 a \$500,000 cada uno.

El grupo diverso de beneficiarios de subvenciones de este año representa

una amplia variedad de causas, incluida la prevención de la falta de vivienda, vivienda asequible, educación, prevención de la violencia e inseguridad alimentaria. Las organizaciones sin fines de lucro se distribuyen en 40 ciudades y pueblos diferentes, y la mayoría recibirá sus subvenciones durante dos o cinco años.

La lista completa de 130 ganadores de subvenciones está disponible en www.CummingsFoundation.org.

CummingsFoundation.org.

Una gran cantidad de información adicional sobre la Fundación Cummings se detalla en el libro de negocios auto-escrito de Bill Cummings, "Comenzando pequeño y haciéndolo en grande: lecciones prácticas en emprendimiento y filantropía". La sexta edición, nueva y significativamente actualizada, está disponible en Amazon o cummings.com/book.

Greater Lawrence Family Health Center Awarded Cummings Foundation Grant

Money will support Health Care for the Homeless Program

Greater Lawrence Family Health Center (GLFHC) has been awarded a \$50,000 grant from the Cummings Foundation. The money will help support the center's Mobile Health Unit (MHU), which provides health care to the homeless throughout the Merrimack Valley.

Now in its 40th year, GLFHC provides health care to more than 62,000 patients annually, and has locations and pharmacies in Lawrence and Methuen. A Haverhill location and pharmacy are scheduled to open this summer.

GLFHC is also one of 130 local nonprofits eligible to receive additional grant money through the Cummings Foundation's \$20 Million Grant Program. The organization was chosen from a total of 738 applicants during a competitive review process.

"Greater Lawrence Family Health Center is grateful for the continued support we are receiving from the Cummings Foundation," said John M. Silva, President & CEO of GLFHC. "This funding will allow us to continue providing health care to our region's most vulnerable – our homeless residents – and at the same time focus on expanding those services beyond the 1,000-plus patients we serve with our Mobile Health Unit. We are also fortunate and grateful to have the opportunity to participate in the next phase of the \$20 Million Grant Program, and the potential for additional, long term funding of this much needed service to our community and the growing number of homeless patients we will serve."

Greater Lawrence Family Health Center's Mobile Health Unit treats homeless patients in the communities in which they live, delivering primary care and other specialized care to them that they might not otherwise be able to receive. The Cummings Foundation has been a generous supporter of the MHU and past grants awarded total \$100,000.

The Cummings \$20 Million Grant Program supports Massachusetts nonprofits that are based in and primarily serve Middlesex, Essex, and Suffolk counties. Through this place-based initiative, Cummings Foundation aims to give back in the area where it owns commercial buildings, all of which are managed, at no cost to the Foundation, by its affiliate, Cummings Properties. Founded in 1970 by Bill Cummings, the Woburn-based commercial real estate firm leases and manages 10 million square feet of debt-free space, the majority of which exclusively

benefits the Foundation.

"We have been impressed, but not surprised, by the myriad ways in which these 130 grant winners are serving their communities, despite the challenges presented by COVID-19," said Joel Swets, Cummings Foundation's executive director. "Their ability to adapt and work with their constituents in new and meaningful ways has an enormous impact in the communities where our colleagues and leasing clients live and work."

Cummings Foundation has now awarded more than \$280 million to greater Boston nonprofits.

Social distancing requirements will prevent Foundation and grant winner representatives from convening for a reception at TradeCenter 128 in Woburn, as planned, to celebrate the \$20 million infusion into greater Boston's nonprofit sector. Instead, Cummings Foundation expects hundreds of individuals to gather virtually for a modified celebration in mid-June.

The Cummings \$20 Million Grant Program resulted from a merger of the Foundation's two flagship grant programs, \$100K for 100 and Sustaining Grants.

The Foundation and its volunteers first identified 130 organizations to receive grants of at least \$100,000 each. Among the winners are first-time recipients as well as nonprofits that have previously received Cummings Foundation grants. A limited number of this latter group of repeat recipients will be invited to make in-person presentations in the fall, when public health related circumstances allow, proposing that their grants be elevated to long-term awards. Thirty such requests will be granted in the form of 10-year awards ranging from \$200,000 to \$500,000 each.

This year's diverse group of grant recipients represents a wide variety of causes, including homelessness prevention, affordable housing, education, violence prevention, and food insecurity. The nonprofits are spread across 40 different cities and towns, and most will receive their grants over two to five years.

The complete list of 130 grant winners is available at www.CummingsFoundation.org.

A great deal more information about Cummings Foundation is detailed in Bill Cummings' self-written business book, "Starting Small and Making It Big: Hands-On Lessons in Entrepreneurship and Philanthropy." The brand-new, and significantly updated, 6th edition is available on Amazon or cummings.com/book.

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BY DALIA DÍAZ
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LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



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.

“We must not allow our creative protest to degenerate into physical violence.”

— Rev. Martin Luther King Jr.

About Freedom of Expression

Anyone following my columns through the years knows that I am a fanatic for the First Amendment to the Constitution, the one guarantying Freedom of the Press and Freedom of Expression. Having been involved in the media since the mid-70s, I treasure them as the most valuable benefit we can have. I have defended our right to speak the truth on television, on the radio, with the newspaper and I have been battling the prohibition imposed on us by Lawrence Community Access Television for the past 15 years.

Last week, something happened with Twitter and President Trump that has been in the news, terribly distorted and misunderstood. I don't like talking about national politics because local issues keep me busy enough but this explanation is to clarify something most people know nothing about. So, keep in mind that this is an explanation of what it all means for all Americans.

In the Communications Decency Act of 1966 of the Federal Communications Commission, Section 230 gives the media wide latitude in moderating content but they must respect the freedom of speech. Through the years, all media venues were protected from lawsuits thanks to Section 230 as long as they remained neutral. They were under the threat that curbing free speech could lead federal agencies to remove those protections.

Fifty years later, the internet has exploded with social media that is covered by the same rules and protections and they have not kept up with modern technologies. We hear comments about things, news, stories that later result on being highly exaggerated or not true at all and we wonder how some people are “allowed” to say those things. That's what the First Amendment is all about.

You may argue online with that individual, corroborate or clarify what's being said because that's also your right, but social media administrators cannot alter, delete or “fact-check” a posting from anyone.

Comes President Trump; he wrote on Twitter the following message:

“We will strongly regulate, or close them down, before we can ever allow this to happen.”

Next, Twitter made a notation under his comment clarifying it and the President thought they had no right to do that.

President Trump has been complaining that the tech giants are targeting conservatives on social media by fact-checking them or removing their posts. If Google, Twitter, Facebook, Instagram or any social media platform stop remaining neutral interfering with the public's opinions and infringing upon our Constitutional rights, should they continue to enjoy liability protections as “platforms” under federal law or be treated more like publishers, which can face lawsuits over content?

The President immediately went to work on an Executive Order accusing the social media platforms of “selective censoring” to remove legal protections for those companies under Section 230 of the Communications Decency Act if they violate any of the provisions for which they were granted in the first place. If these protections are removed, social media will have the liberty to edit, delete or censure at their hearts' content for fear of a lawsuit.

The reason why I started writing about this is because the President's tweet was distorted. He didn't say he was going to close Twitter; he explained that he doesn't have the power to do it, but we should never allow this to happen. I know that he must watch what he says carefully because the media got hung up on the closing of Twitter part. Frankly, what good is the internet if what we find is edited at will and cannot be trusted?

The First Amendment of the Constitution is one reason most people come to this country. It's our responsibility to analyze what we read instead of placing our trust on a radio or television personality because they are human and have their own prejudices. Perhaps their minds are made up before reading and cannot comprehend what's being said.

City of Lawrence Phase 2 Restaurant Guidance

May 29, 2020, Lawrence, MA- As part of the Commonwealth's planning for a safe transition to Phase 2, it released restaurant guidance along with lodging guidance on Friday 5/29/2020. The Commonwealth expects to make a decision on when Phase 2 will start on Saturday June 6th, 2020.

The fact remains while the State Public Health numbers are trending in the right direction, the City of Lawrence is still fighting the Coronavirus. As of 5/27/2020, the City of Lawrence is 3rd per capita in virus infection and 5th in total infections, with a low rate of testing (despite our efforts, still less than 200 people tested per day); the City's percentage of people testing positive is 28.9%- the 4th highest positive percentage in the State. It is clear to me that we are not as prepared as other communities to move into Phase 2.

To that end, we will await the Commonwealth's guidance on moving into phase 2, but we will be rolling out our own guidance in conjunction with the Lawrence Board of Health, specific to restaurants. We

expect to announce this guidance on June 8th, 2020. This means that restaurants should not plan to open June 8th, 2020, but rather, expect guidance from the City on next steps to prepare for eventual opening.

We encourage all businesses to continue to check the State Re-opening website at <https://www.mass.gov/info-details/reopening-massachusetts> for preparing their business to open when the public health numbers improve and the commonwealth moves to their industry's phase.

We know this is an incredible hardship to all our businesses, but the amount of death and sickness that has hit our City warrants an opening approach that is in line with the Commonwealth but at pace based on our current place in the fight against the virus.

Any businesses that have questions or concerns should call the LAWRENCE BUSINESS SUPPORT HOTLINE 978-291-8106 or email business@cityoflawrence.com or negocios@cityoflawrence.com, and review the attached COVID19 Business Guide.

Advice by Alicia: The Benefit of Music in Memory Care The benefit of music in memory care

Q: Why is music such a good therapy for people with memory loss?

A: Music is amazing, isn't it? You can hear a song and suddenly you're transported back to your wedding day or your high school years. If you're like me, you can probably remember all the words to “that one song” that you played over and over again when you were younger. Music is something that connects us all, no matter how old or young we are or what language we speak. It's no wonder, then, that music proves to be an excellent therapy tool for individuals with Alzheimer's disease and other forms of dementia.

Research shows that the parts of the brain that recognize music often remain

untouched by the disease, which means that even if an individual's memory deteriorates, the memory for music remains. Many people who work in the memory care field have shared stories about an uncommunicative and unresponsive resident suddenly singing along and clapping to a favorite song. It's a truly remarkable experience.

Read More About Music & Memory Care

Alicia Seaver is the Vice President of Memory Care Operations for EPOCH Senior Living and a Certified Memory Impairment Specialist. Every month, she addresses a specific issue related to memory and memory care. If you're interested in hearing about a particular topic, please send a note to aseaver@epochsl.com.

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Para Carlos Morel todo depende de influencia política

Por Dalia Díaz

La semana pasada escribí sobre el coordinador de reciclaje en Lawrence porque tiene un camión de la ciudad para su uso personal. A veces está estacionado frente a su casa; otros, lo han visto paseando por Methuen. La peor infracción fue ir a Lowe's en Salem, NH, con la Concejala Celina Reyes a devolver una mesa que ella había comprado.

Las reglas son muy claras con respecto a los vehículos de la ciudad. Nadie que no sea un empleado de la ciudad tiene derecho a montar con ellos. Otros empleados se han visto en problemas por eso en el pasado, pero este hombre es inmune. Recoge basura en otro lugar y la deja en el garaje de la ciudad y eso no tiene que ver con el reciclaje.

El Sr. Morel respondió rápidamente a mi columna exigiendo que me disculpara por mis "mentiras" y fue lo suficientemente arrogante como para enviarme las fotografías que puede ver aquí. Afirma que solicitó permiso para llevar a la concejala a recoger esos barriles de reciclaje "donados" por Celina Reyes y Marcos Devers, ya que ella estaba pagando por ellos.

También continuó diciendo que no tiene una llave para entrar al ayuntamiento y está trabajando desde su casa, lo cual es irrelevante pero tampoco es cierto. Es un empleado esencial y de emergencia y su oficina está en City Yard en Auburn St.

Al contactar a Brian Peña, quien es el

director interino de DPW, dijo que no se había otorgado permiso para tal recado. Cuando se enteró, le pidió a Carlos que explicara y creyó su historia. Por supuesto que no le dijo que era una mesa sino los barriles.

Es un conflicto de intereses para el coordinador de reciclaje ayudar a alguien que dona contenedores de reciclaje. Es incomprensible y su respuesta a mi columna del 22 de mayo creó nuevas sospechas.

Junto con las imágenes que explicaban que estaba justificado, adjuntó el recibo de Lowe's con fecha del domingo, 17 de mayo de 2020, pero le dijo a Brian que fueron comprados en línea y recogidos durante la semana. Eso no fue cierto; compras en línea no emiten recibos de ventas.

La respuesta del Sr. Morel empeoró su situación porque mi columna del 22 de mayo se refería a una visita anterior a Lowe's, momento en el que vieron a la Concejala Reyes en el mostrador de servicio devolviendo algunas mesas plegables que había comprado. Me alertó de este otro viaje por los barriles que no creo que sean "donaciones" porque tienen impresos los nombres de los políticos. Segundo, ¿se supone que él debe recoger donaciones?

Una vez que pierdo la fe en alguien, tiendo a ir más allá comenzando por verificar sus direcciones porque Carlos Morel está registrado para votar en el 28 Yale St. mientras que la Concejala Celina Reyes está en 76 Coolidge St. Luego, noté que su guardería está ubicada en 26 Yale St., al lado y los vecinos dicen que ella vive allí. Las cosas comenzaron a ponerse un poco confusas para mí y tomé varias fotos de sus autos estacionados frente a ambas propiedades.

Las imágenes muestran claramente que solicitó un estacionamiento de 20 minutos frente a su guardería, pero se convirtió en su espacio de estacionamiento personal durante todo el día y la noche. Morel, en cambio, no tiene vergüenza estacionándose desde las 4:30 cuando llega a casa del trabajo y durante todo el fin de semana frente a una boca de incendios.

Sí, tenemos leyes y ordenanzas en esta ciudad, pero la policía y los inspectores de la ciudad miran para otro lado cuando la infracción es cometida por alguien que está protegido políticamente.

¿Quién es el mentiroso ahora?



Photos courtesy of Carlos Morel

For Carlos Morel it's all about political influence

By Dalia Díaz

Last week I wrote about the recycling coordinator in Lawrence because he has a city truck for his personal use. Sometimes it's parked in front of his house; others, he has been seen riding around Methuen. The worst infraction was going to Lowe's in Salem, NH with City Councilor Celina Reyes, to return a table she had purchased.

Rules are very clear regarding city vehicles. No one who is not a city employee has any business riding around with them. Employees have gotten in trouble for that in the past but this guy is immune. He picks up trash someplace else and drops it off at the City Yard which has nothing to do with recycling.

Mr. Morel was quick to respond to my column demanding that I apologize for my "lies" and he was cavalier enough to send me the photographs you see here. He claims that he requested permission to take the councilor to pick up the recycling barrels "donated" by Celina Reyes and Marcos Devers as she was paying for them.

He also went on to say that he doesn't have a key to enter city hall and is working from home which is irrelevant but also not true. He is an essential and emergency employee and his office is at the City Yard on Auburn St.

Upon contacting Brian Peña who is

acting DPW director, he said there was no permission granted for such an errand. When he found out about it, he asked Carlos to explain and believed his story. Of course, he didn't say it was returning a table but the barrels.

It's a conflict of interest for the recycling coordinator to be assisting someone donating recycling bins. It's beyond comprehensible and his response to my column of May 22nd created new suspicions.

Along with the pictures explaining that he was justified, he attached the receipt from Lowe's dated Sunday, May 17, 2020, but he told Brian that they were purchased online and picked up during the week. That was not correct; purchases online do not issue sales slips.

Mr. Morel's response made his situation worse because my May 22nd column was referring to an earlier visit to Lowe's at which time Councilor Reyes was seen at the Service Desk returning some folding tables she had purchased. He made me aware of this other trip for the barrels that I don't think are "donations" because they have politicians' names printed on them. Second, is he supposed to pick up donations?

Once my faith is lost on someone, I tend to go further starting with checking their addresses because Carlos Morel is registered to vote at 28 Yale St. while Councilor Celina Reyes is at 76 Coolidge St. Then, I noticed that her daycare center is located at 26 Yale St., next door and neighbors say that she lives there. Things began to get a bit confusing for me and I took several pictures of their cars parked in front of both properties.

The pictures clearly show that she requested a 20-minute parking to be placed in front of her daycare but it became her personal parking space all day long and night. Mr. Morel, instead, has no shame parking from 4:30 on when he gets home from work and all weekend long in front of a fire hydrant.

Yes, we have laws and ordinances in this city but the police and city inspectors look the other way when the violation is from someone politically protected.

Who's the liar now?



Business Guide



CITY OF LAWRENCE, MASSACHUSETTS Summary of Select Government Financial Supports - COVID - 19

BUSINESSES SUPPORT

Small Business Debt Relief Program

This program will provide immediate relief to small businesses with non-disaster SBA loans, in particular 7(a), 504, and microloans. Under it, SBA will cover all loan payments on these SBA loans, including principal, interest, and fees, for six months. A borrower can immediately apply for a PPP loan at any lending institution that is approved to participate in the program through the existing SBA 7(a) lending program and additional lenders approved by the U.S. Department of the Treasury. Thousands of banks already participate in the SBA's lending programs, including numerous community banks.

Borrowers should review the SBA's 7(a) Loan Application Checklist before starting the application process. The deadline to apply for paycheck protection loans is June 30, 2020.

Learn more information here: covid19relief.sba.gov

Paycheck Protection Program (PPP) Loans

The Paycheck Protection Program is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. SBA will forgive loans if all employees are kept on the payroll for eight weeks and the money is used for payroll, rent, mortgage interest, or utilities. The Paycheck Protection Program will be available through June 30, 2020.

Complete application and submit to SBA Lender.

Learn More and apply here:

www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp

Economic Injury Disaster Loans & Emergency Economic Injury Grants

These grants provide an emergency advance of up to \$10,000 to small businesses and private non-profits harmed by COVID-19 within three days of applying for an SBA Economic Injury Disaster Loan (EIDL). To access the advance, you first apply for an EIDL, and then request the advance. The advance does not need to be repaid under any circumstance, and may be used to keep employees on payroll, to pay for sick leave, meet increased production costs due to supply chain disruptions, or pay business obligations, including debts, rent and mortgage payments. **▶ ▶ ▶ CONTINUE**

business@cityoflawrence.com

GRANTS: www.fdc.org/boston/covid-19small-business-recovery-grant-program

GRANTS: www.facebook.com/businessboosgrants

Lawrence Business Support Hotline: 978-291-8106

Version as of 4/15/2020

Credit Requirements: Credit History - Applicants must have a credit history acceptable to SBA. **Requirement** - Applicants must show the ability to repay the loan. **Collateral** - Collateral is required for all EIDL loans over \$25,000. SBA takes real estate as collateral when it is available. SBA will not decline a loan for lack of collateral, but SBA will require the borrower to pledge collateral that is available. The deadline to apply for an Economic Injury Disaster Loan is Dec. 18, 2020. Borrowers should review the SBA's 7(a) Loan Application Checklist before starting the application process. The deadline to apply for paycheck protection loans is June 30, 2020.

Applicants may also Call SBA's Customer Service Center at (800) 659-2955 or email: disasters.customer.service@sba.gov or www.sba.gov/page/coronavirus-covid-19-small-business-guidance-lun-recovery

RESTAURANTS

Restaurant Strong Fund

The goal of the fund is to provide \$1,000 grants to as many qualifying grantees as possible. Sam Adams is kickstarting the Restaurant Strong Fund with a donation of \$100,000 and a commitment to match donations through 2021 up to an additional \$100,000.

Apply here:

www.thegreyliffoundation.submittable.com/submit/163083/restaurant-strong-grant-application

Support Workers in Crisis Fund

The fund was set up by One For Many, a grassroots-based campaign of restaurant workers and other tipped workers and service workers. The goal is to raise as much money as possible and get it in the hands of restaurant workers, service workers and gig-economy workers who are suffering in the economic downturn caused by the coronavirus. Provides cash assistance to United States citizens, temporary residents and undocumented immigrants and will do so respecting your privacy and safety.

Apply here: www.oneemergencyfund.org/help



Business Guide



CITY OF LAWRENCE, MASSACHUSETTS Summary of Select Government Financial Supports - COVID - 19

EMPLOYEES

Recovery Rebates

One time check or direct deposit of \$1,200 for individuals/\$3,400 for married couples filing joint returns. The provision also provides \$500 per qualifying child dependent under age 17. Rebates phase out at a 5% rate above adjusted gross income of \$75,000 (single) /\$122,500 (head of household) /\$150,000 (joint).

Benefit will be paid out according to income tax returns. More information here: www.finance.senate.gov

Increased Unemployment Compensation

Adds \$600 to every weekly unemployment benefit, effective until July 31, 2020. This \$600 benefit will be taxable (like regular unemployment benefits), but it will be disregarded in determining Medicaid or CHIP eligibility.

Learn More and apply here: www.mass.gov/how-to/apply-for-unemployment-benefits

Extended Unemployment Compensation

Adds 12 weeks of federally - funded unemployment compensation to individuals who have exhausted their state unemployment benefits available immediately through December 31, 2020

Learn More and apply here: www.mass.gov/how-to/apply-for-unemployment-benefits

Expanded Eligibility for Unemployment Assistance

Authorizes federally funded unemployment benefits to individuals who do not qualify for regular unemployment compensation and are unable to work because of the COVID-19 public health emergency. Pandemic Unemployment Assistance will cover self-employed workers, including gig workers and independent contractors, part-time workers, and those with limited work histories)

Learn More and apply here: www.mass.gov/how-to/apply-for-unemployment-benefits

Paid Leave for Rehired Employees

The CARES Act makes an employee who was laid off on March 1, 2020 or later, and subsequently rehired by the same employer, eligible for paid leave under the FMLA, so long as the employee was employed for at least 30 of the last 60 calendar days prior to layoff. This means that certain rehired employees will be able to access paid leave under the FMLA immediately upon rehire (thus eliminating the 30-day waiting period for those rehired employees). Remember, however, that paid leave under the FMLA expires on December 31, 2020, so an employee rehired after this date will not be entitled to this leave.

Learn more information and apply here: www.mass.gov/how-to/apply-for-unemployment-benefits

TECHNICAL ASSISTANCE

MCCI: MBI Cities Community Investment

MCCI often teams up with traditional banks to develop innovative ways to deliver loans, investments, and financial services. This includes jointly funding community projects.

Learn More here: www.mcciinvest.org

Center for Women and Enterprises (CWE)

The Center for Women & Enterprises is a nationally known nonprofit organization dedicated to helping people start and grow their businesses. They are providing support to Small Businesses to complete SBA Grants and Loan applications.

Learn More here: www.cweonline.org or Phone: (817) 638-3180

EforAll | Eparalodos

New Webinar Series Offers Coping Strategies & Tactics For COVID-19 Crisis. Each Wednesday @ 11am EST, EforAll will host a virtual workshop led by one of our top specialists.

Learn More here: www.eforall.org

GRANTS: www.fcc.org/action/covid-19/cmaib-business-recovery-grant-program

GRANTS: www.facebook.com/businessbossgrants

business@cityoflawrence.com

Lawrence Business Support Hotline: 978-291-8106

Version as of 4/15/2020



PS



Register Now for Online Classes This Summer at MCC

A leader of online education for over 20 years, Middlesex Community College offers high-quality instruction at a fraction of the cost. Middlesex faculty have a history of teaching award-winning online programs – an immersive experience that uses specially designed curriculums. Due to the effects of COVID-19, the college is expanding its online offerings this summer. MCC's online Summer Quickstart Session and Summer Sessions 1 and 2 start May 26.

Taking online classes at Middlesex ensures students can remain safe and close to home. With circumstances challenging across the world, MCC has a

solid foundation and a proven track-record of success to guide students on their academic paths using online learning. This success is grounded in the college's faculty, staff and the systems in place to make online education a seamless process.

"I am incredibly impressed with how our faculty have been so quick to find creative solutions for helping students to finish the semester despite the current conditions and constraints," said Matthew Olson, MCC's Dean of Liberal Arts. "The majority of our faculty have started using a variety of web conferencing tools so they can talk in real-time to students, delivering lectures and answering questions. They have done this through support from our Educational Technology department – headed by Roxanne McCorry – and through impressive peer support."

At MCC, there is a place for everyone – returning students can keep on their paths; high school-aged and dual enrollment students can take college-level courses and transfer credits to a four-year college or university; college students home for the summer can keep on pace with their academic goals and finish general requirements; and furloughed and out-of-work students can get back on their feet, enjoy flexible schedules, and become



workforce ready. With circumstances challenging across the world, MCC has a solid foundation and a proven track-record of success to guide students on their academic paths using online learning. Austin Hamilton is a computer science 2020 graduate from Middlesex. MCC's online Summer Quickstart Session and Summer Sessions 1 and 2 start May 26.

workforce ready.

"Summer is a wonderful time to take an online course," said Cathy McCarron, MCC professor of English. "I have taught the Short Story course for many years and have enjoyed having a wide range of students from Middlesex and four-year institutions from across the country. Students can learn on their own time and still be collaborative by engaging with their peers in a stimulating, interactive online environment."

MCC is approved by the New England Commission of Higher Education to offer fully online programs and has received multiple awards over the years. Most recently, the college ranked No. 41 in the country on the 2019 list of Best Online Associate in Business Degree Programs by Intelligent.com and the Online Hospitality Management Program ranked no. 3 in the country by BestColleges.com in 2018.

The college understands that the COVID-19 crisis has financially burdened many students. To ensure student success, MCC's Student Accounts is offering summer payment plans for the first time. In addition, the college will waive all \$20 enrollment and \$10 late payment fees.

Visit www.middlesex.mass.edu/registration/ or call 1-800-818-3434 for more information and to register for classes.

2020 Graduate Finds a Home at MCC

Altagracia Sanchez is part of Middlesex Community College's 2020 graduating class. She came to Middlesex because of its affordability and proximity to home, she stayed because it became another kind of home.

"There are so many people from all over the world that there is no chance someone could feel like an outsider," she said. "Diversity is intrinsic to MCC, it is obvious with the diverse staff and student population here."

As an adult-learner and mother, Sanchez juggled school with other responsibilities, including working part-time. She especially appreciated the flexibility of online learning, calling online classes a "huge advantage for many non-traditional students like me."

Her initial plan at the college was to learn English in order to get a job. Once classes started and she became more involved on campus, her mindset changed.

"If I wanted my kids to be successful in a foreign country, I needed to be a role model for them," she said. "MCC gave me the tools to be up-to-date with my profession."

Sanchez began her journey at MCC with the Prepare to Attend College (PAC) free non-credit program because she didn't speak English. After taking basic English classes, she took a break for a semester before registering for college-level courses.

She only scored one point below the necessary score for English 101, but instead of re-taking the test, Sanchez registered for the Academic English for Bilingual Students and Grammar and Editing courses on the recommendation of MCC Professor Willy Ramirez, who has a program for advising Latino students.

The Academic English for Bilingual Students course was taught by Professor Anahit Shahinian who became a mentor for Sanchez – through her guidance and confidence in her. Sanchez says Shahinian was part of all of her accomplishments at the college.

"I am afraid that my words might not be enough to express what she means to me," Sanchez said. "I am completely sure that my story would have been very different without her. Professor Shahinian wants everyone that crosses paths with her to be successful."

After Sanchez finished her first courses, Shahinian recommended her as an English Language Learner tutor. Sanchez found support and friendships during her time at the MCC Academic Center for Enrichment (ACE). She calls her experience with ACE and as a tutor "game-changing" because of her passion for helping people.

"Working at the ACE department gave me something that I didn't have," she said. "It gave me a sense of belonging. I felt at home. At ACE, I grew up personally and professionally, and had the honor of meeting marvelous people which I am grateful for."

For Sanchez, going from an ELL student to an ELL tutor was key to her success and pushed her further. She went on to become a writing tutor, Supplement Instructor (SI) Leader, and an accounting tutor for the math department. These



Altagracia Sanchez found a home at Middlesex Community College. A Business Administration Accounting major, she will continue at UMass Lowell at the Manning School of Business.

opportunities allowed her to be an active member of the MCC community – on- and off-campus.

As an MCC SI Leader, Sanchez participated in conferences around the area, including running a workshop at the Northeast Regional Conference for SI leaders in March 2019 and sitting on a panel at the 4th Annual Symposium on Teaching and Learning, Challenging Language Inequities in Education at the UMass Lowell Inn & Conference Center in April 2019. She has also participated on a panel at the Teaching Multilingual College Students conference in a collaboration between Middlesex and UMass Lowell.

Representing the ACE Department, Sanchez attended CareerCon events on both the Bedford and Lowell campuses where she met with students, MCC staff members and potential employers.

She has participated in La Guagua reading groups – once as a moderator – and in Latinos Unidos.

In addition to Shahinian and Ramirez, Sanchez credits Professor Vikram Sharma, Virginia Drislane, Noreen McGinness Olson and Mari Sapina-Kerkhove for helping her succeed.

"I would like to express my gratitude to all faculty and staff for the help they provide to all students and for their unconditional encouragement," she said. "MCC counts on wonderful people who are committed to do their best. Thank you for the extraordinary support throughout the arduous path towards your students' success."

Sanchez graduates as a Business Administration-Accounting major. She received the Outstanding Achievement in Associate in Science, Business Administration Accounting Program Award, as well as the W. Brian Van Lierop English Language Learners Prize for her achievements.

With a bachelor's degree from the Dominican Republic, Sanchez will attend UMass Lowell's Manning School of Business for an MBA.

"Graduating feels very good," she said. "It means that immigrants like me – not so young woman, mother of two boys – can have dreams, but despite all adversities, if we persevere and work hard, we can achieve those dreams."

NOT EVERYTHING
IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com

The Switchboard launches artist residency program with photographer Jessica Furtado



photographs courtesy of Jessica Furtado Photography and The Switchboard.

HAVERHILL, MA — The Switchboard is pleased to announce the launch of their Artist-in-Residence program, re-envisioned in order to prioritize the safety and health of the community while providing a supportive residency experience. Each artist will move into the Studio at The Switchboard (43 Washington St. Haverhill) for four-weeks at a time in order to create artwork, teach classes, sell products, and interact with the public during weekly Saturday open studio hours. Due to COVID19 restrictions, all events and sales will take place online until further notice.

Jessica Furtado, inaugural, Haverhill-based Artist-in-Residence, will be creating portraits for her project titled, Firsthand: A Portrait Project to Close the Distance, while at The Switchboard. "When I began planning my residency with The Switchboard... my goal was to develop a community portrait project that would bring people together, while also highlighting the distinct traits that

set each of us apart," says Furtado. Now, the Artist will be faced with the challenge of creating her work while adhering to strict social distancing requirements; a fact that will lend itself to very unique, timely imagery.

Furtado is seeking community members to participate in Firsthand: A Portrait Project to Close the Distance. Participants will be required to wear masks and adhere to state-mandated social distancing guidelines while at The Switchboard. They will be given the choice to be photographed individually inside of The Switchboard, outside along the sidewalk, through the window with zero-contact, and are invited to bring an object (inside of a plastic bag that only the participant will handle) that has been important during this time of isolation. Furtado says, "For an avid cook, this may be a favorite utensil; for an artist, this may be a tool or instrument; for a child, this may be a beloved toy." To review guidelines and make an appointment, email Jess at JessFurtadoPhoto@gmail.com.

An exhibition and opening reception of Furtado's completed portraits will be on display virtually upon completion, and at The Switchboard at a later date. Please visit theswitchboardhaverhill.com to learn more about participating, virtual gallery hours and weekly brunch chats on Zoom where participants can interact with the Artist directly. More of Furtado's work can be seen at www.jessicafurtado.com.

The Switchboard Artist Residency Program is made possible in part by generous funding from the Barr Foundation, MassDevelopment / TDI Creative Catalyst Grant program, and the Haverhill Cultural Council.

Essex Art Center

56 Island St, Lawrence, MA
978-685-2343

Thank you to all our donors who helped us raise \$32,000 in just one week!

Thanks to you, we did it!

Last week we set an ambitious goal for our first-ever online Spring Fundraiser — raise \$15,000 to support EAC and keep us going strong.

I'm thrilled to report that we raised \$17,000, plus we received the full \$15,000 matching gift from the Garth Family Foundation!

We are beyond grateful to everyone who helped us bring in this \$32,000 total. More than 100 individuals made donations or purchased artwork, with gifts ranging from \$5 to \$1,000. We sold 60 works of art and are proud to be sharing the profits with the artists, who are EAC students, teachers, staff, and board members. Your generosity allows us to provide affordable and even free classes to students like Caleb, whose artwork was just shared on Boston.com. (See below!)

We cannot wait to share with you our plans for the upcoming weeks and months. We will be announcing even more new programming very soon! Even though our physical location remains closed, we are working as hard as ever to produce quality art classes and build a community of artists.

If you had intended to make a contribution, there is still time to purchase artwork or an EAC t-shirt! And, of course, we will continue to need additional monthly donors to support us throughout the closure and beyond.

Special Thanks

We heard from many of you that the matching gift was an important component of the fundraiser, knowing that your gift would have twice its normal impact. So, we want especially to thank the Garth Family Foundation for making such a significant commitment to the EAC community. The Garth family has supported us before, but this additional gift came at just the right time and provided a crucial spark for our spring fundraising.

Thank you!

Young EAC Artist on Boston.com

Boston.com featured a coffee watercolor painting by EAC student Caleb D., which he made in one of our free online classes!

"I have been taking online art classes at Essex Art Center during this time. I am also painting and drawing a lot in my free time because art is my passion. My favorite thing to create is animals. I love big cats the most. I want to be an artist when I grow up like my great-grandpa was. Here is... a lion painted with brewed coffee."

Caleb also shared this message in our recent video:

"Thank you Essex Art Center for making art lesson videos for me to do at home. I love art!"

Send us photos of the artwork you and your family are making while stuck at home!

FREE Classes and Daily EAC Storytime

In the midst of all of this, we want to reach as many artists as we can, so we have decided to make five of our weekly classes FREE. You can find all five at www.essexartcenter.org/freeclasses. Register via the links on that page, and share with anyone who would enjoy a creative, engaging art lesson! Video lessons will be uploaded on Monday.

Also starting Monday, visit our Instagram profile at 12 pm each weekday for live EAC Storytime! Our staff and teachers will take turns reading their favorite children's stories and illustrated books. Perfect for younger kids, these are classic and newer children's books, with a special emphasis on beautiful illustrations and artwork. Kids can listen and watch as we turn the pages or listen and draw, making their own illustrations inspired by what they hear! #eacstorytime

These programs are free not because we don't need the money (we do!) but because we want to give back to our community, so please donate if you're able!



Neighbors in Need is looking for you!

Volunteer



Volunteers needed at our Andover Dundee Park Warehouse to pack food bags for distribution. We need 2 volunteers, Thursday (May 21) from 9:30 am - 1 pm and 1 volunteer Friday (May 22) from 9:30 am until 1 pm. Additional warehouse volunteers needed on an ongoing basis. Please email us to sign up!

Have questions? Contact us at volunteer@needfood.org or 978.685.8321 for more information!




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



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

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

Notificación de Audiencias Públicas / Disponibilidad para Revisión y Comentarios

Por medio de este aviso se notifica la disponibilidad del siguiente documento preliminar para revisión y comentarios del público:

- **El Programa de Trabajo de Planificación Unificado (AF) 2021 de la Organización de Planificación Metropolitana del Valle de Merrimack**

El UPWP presenta información sobre las actividades de planificación de transporte que se llevarán a cabo en la región de la MVMPO durante el próximo año fiscal federal (1 de octubre del 2020 a 30 de septiembre del 2021). La mayoría de estos análisis y estudios serán realizados por el personal de planificación de transporte de la Comisión de Planificación del Valle de Merrimack. Sin embargo, también se identifican y se describen brevemente otros estudios importantes que afectan a la región, incluyendo estudios realizados por otras organizaciones.

El documento mencionados anteriormente está disponibles para revisión en la página web de la MVPC (www.mvpc.org/news) para el período de revisión de veintidós días (21) empezando el 3 de junio del 2020 y finalizando el 23 de junio del 2020.

El personal de la MVMPO aceptará comentarios por correo electrónico sobre el documento preliminares hasta el 23 de junio del 2020. Los comentarios públicos deben ser enviados a akomornick@mvpc.org.

Dos (2) Audiencias Públicas virtuales (VIRTUAL) sobre esto documento se llevarán a cabo, uno en la tarde y otra por la noche:

Audiencias Públicas

Fecha:	miércoles, junio 17, 2020
Horario:	1:00 p.m. a 2:00 p.m. (Audiencia #1) 6:00 p.m. a 7:00 p.m. (Audiencia #2)
Lugar:	En línea, solamente a través de acceso virtual (VIRTUAL) (vea abajo)

Visite www.mvpc.org/events o www.mvpc.org/news para instrucciones de como asistir a la reunión virtual.

La MVMPO espera tomar medidas sobre el documento anteriormente mencionados en su reunión de junio (consulte la página web www.mvpc.org hacia el final del período de revisión para ver las noticias recientes sobre la fecha y si la reunión de la MPO de junio será solamente virtual, o si se llevará a cabo en la oficina de la MVPC). Invitamos a los miembros del público a acompañarnos en la reunión virtual (VIRTUAL), o a asistir, si la reunión no es virtual. Las observaciones al documento preliminar también serán aceptadas por escrito o de forma oral en esta reunión. En el caso de que se recomienden nuevas enmiendas al documento, el mismo se publicará para revisión pública de acuerdo con el Plan de Participación Pública de la MVMPO.

The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes. The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM. Class fee is \$50. Call 978-683-7316 for more information.



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

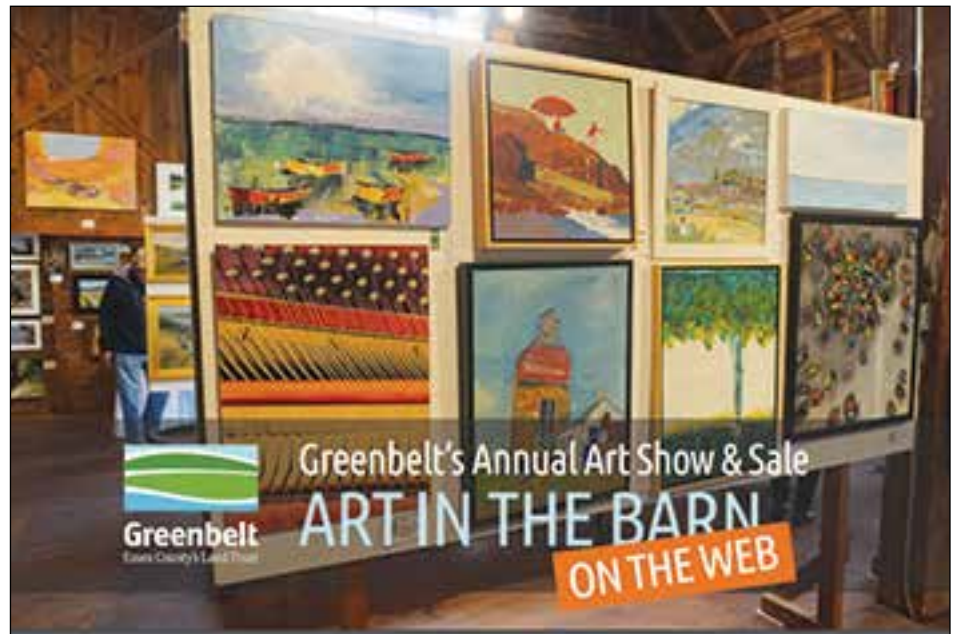
Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM
Excepto el 3^{er} jueves de cada mes

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

Creative Haverhill

Greenbelt's Art in the Barn is Online June 8 – 17th



Essex, MA: Essex County Greenbelt's Art in the Barn is recognized as one of the North Shore's premier showcases and sales featuring work from more than 100 of the most-talented artists in the region. Artwork in this juried show includes fine art paintings, sculpture, jewelry, pottery, woodworking and photography.

For 30 years, Art in the Barn was held at Greenbelt's Cox Reservation in Essex. This year, due to public health concerns, the Art in the Barn Exhibit and Sale will be held online for 10 days from Monday, June 8th through Wednesday, June 17th. An online Silent Auction featuring work

from renowned artists George Sherwood, Dorothy Monnelly, Ann Jones and Kris Francis will run from 10 AM Friday, June 12th through 3 PM Sunday, June 14th .

Participating artists generously donate 50% or more of their proceeds to Greenbelt. Every purchase supports Greenbelt's land conservation work.

A live concert by the Tree House Charlatans will be streamed online on June 8 starting at 6:30 PM.

Visit ecga.org/artinthebarn to learn more and for the link to the online Exhibit and Sale. Contact ecga@ecga.org for questions.

Join us on Zoom this Friday!

Blaine Hebbel is our guest poet for our virtual poetry and open mic night this Friday from 7-8 pm. Poet, activist, and Ipswich native, Hebbel has been fascinated by the "American Voice" for over 40 years and has been fighting social injustice since the '60s. He is a member of the OccuPoets who read at Occupy Boston, and his poetry has been featured all around New England. He has also published 5 Chapbooks: Poems From the Shore, The

Occupy Poems, Cracking Up, Poems of Resistance, and Poems Rising Up From the Cellar. He founded his own publishing house, Ring of Bone Press, in 2013, with a mission to bring "The American Voice" to the reader by publishing the work of local under-discovered poets and writers.

This is a free program, but please make sure to register!

We hope to see you on zoom!

LETTERS TO THE EDITOR

RUMBO
315 Mt. Vernon St.
Lawrence MA 01843-3206
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.



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NECESITAMOS VOLUNTARIAS

Quiere ayudar a mujeres en su comunidad a tener mejor manejo de su dinero? Con solo una hora de su tiempo puede lograr que alguien aprenda. No tiene que ser un mago financiero, ni tampoco tener ningun titulo, solo ganas de ayudar en la comunidad de Lawrence, venga haga la diferencia!!!!!!

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Registrate al correo electronico: jkardell@budgetbuddies.org

Llamanos al 978-799-3897

Visita nuestra pagina: www.budgetbuddies.org

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