



Eliminemos COVID-19 use su máscara

Beat COVID-19 wear a mask

Octubre/October 15, 2020

EDICIÓN NO. 739

The BILINGUAL Newspaper of the Merrimack Valley

Beyond Soccer de Lawrence se expande para incluir al Voleibol como Beyond Volley



Merrimackvolley players and coaches, volunteering their time, cleaning up the O'Connell Park in South Lawrence.

La pandemia del coronavirus nos ha mantenido a muchos de nosotros secuestrados en nuestros hogares durante meses y ha obligado a muchas organizaciones sin fines de lucro a posponer su programación o migrarla a un formato virtual. Sin embargo, el coronavirus no ha detenido al intrépido equipo de Beyond Soccer, que no solo ha logrado

migrar una buena parte de su programación a una plataforma remota, sino que también ha utilizado su tiempo para ampliar su programación de deportes y bienestar juvenil para incluir también el voleibol. Beyond Soccer está integrando a Merrimackvolley en su organización como un nuevo programa llamado "Beyond Volley".

Pg. 8

Lawrence's Beyond Soccer Expands to Include Volleyball as Beyond Volley

The Coronavirus pandemic has kept so many of us sequestered away in our homes for months now and it has forced many nonprofit organizations to postpone their programming or migrate it to a virtual format. Yet the coronavirus has not stopped the intrepid team at Beyond Soccer who have not only managed to migrate a good portion

of their programming to a remote platform, they have also used their time to expand their youth sports and wellness programming to include volleyball as well. Beyond Soccer is integrating Merrimackvolley into their organization as a new program called 'Beyond Volley.'

Pg. 9

Jóvenes abogando por la juventud de Methuen y un Centro Comunitario



Courtesy photos

La Senadora Estatal Diana DiZoglio (D-Methuen) se unió a un grupo de estudiantes de secundaria y preparatoria de Methuen en la reunión del Comité Escolar de Methuen para abogar por un nuevo Centro Juvenil y Comunitario en la ciudad.

Pg. 5

Youth Advocating for Methuen Youth and Community Center

State Senator Diana DiZoglio (D-Methuen) joined a group of Methuen high and middle school students at the Methuen School Committee meeting to advocate for a new Youth and Community Center in the city.

Pg. 5



Get Ready for Harvest of Hope - 1 Week Away

Just one week we will be gathering online for Harvest of Hope! Let's get in the festive mood a little early by celebrating the end of the week with our new student-curated Bachata Break playlist on Spotify.

Friday music dance parties have quickly become a highlight of the virtual learning week at Esperanza. The brainchild of our music therapist, Cynthia Pimentel Koskela, the dance parties happen virtually during a special block of time on Fridays, and are a means of creating a meaningful and joyful community experience, remotely.

You can expect the same level of joy and fun at our Harvest of Hope event on October 23rd where our students are preparing special presentations for you around the theme of, "What if Esperanza Girls Ran the World?"

To head on over to the event page where you can register for the silent auction and become a table captain for the event go to <https://www.esperanzaacademy.org/hope>. This is also where you can watch the show at 7PM on Friday, October 23.

In the meantime, we invite you to relax and enjoy this playlist at the end of your week!

See you on October 23rd at 7PM!!

CITY OF LAWRENCE/
CIUDAD de LAWRENCE

POLLING LOCATIONS/
URNAS DE VOTACIÓN

El voto temprano en
Lawrence

Early voting in
Lawrence

Pg. 7

Transición de Eversource
tras la adquisición
de Columbia Gas en
Massachusetts

Pg. 10

Transition of Eversource
after acquiring Columbia
Gas in Massachusetts

Pg. 11

Por/By Della Diaz
rumbonews.com/blogs

Desde Mi Esquina

Preguntas electorales
Finaliza el Censo
Amenaza del COVID-19
Corrigiendo al presidente
Página 4

Por/By Della Diaz
rumbonews.com/blogs

From My Corner

Ballot questions
Ending the Census
COVID-19 threat
Correcting the President
Page 16

Departamento de Transporte de EEUU Designa Octubre Como El Mes Nacional de la Seguridad de Peatones

La Administración Nacional de Seguridad del Tráfico en las Carreteras (NHTSA) del Departamento de Transporte de EEUU ha designado octubre como el primer Mes Nacional de la Seguridad de Peatones. La agencia está haciendo la seguridad peatonal el enfoque principal de octubre, como parte de sus esfuerzos continuos para mejorar la seguridad de los usuarios más vulnerables de nuestras calles.

“Con esta designación de octubre como el Mes de Seguridad de Peatones, el departamento está afirmando su compromiso de continuar trabajando conjuntamente con nuestros estados y socios locales para hacer que nuestras carreteras sean más seguras para los peatones,” dijo la Secretaria de Transporte de EEUU, Elaine L. Chao.

Ya sea en un lote de estacionamiento, cruce de calle, o en una carretera, todos somos peatones. 6,283 peatones murieron en 2018 en choques de tráfico en EEUU, lo que fue un incremento de 3.4% de los 6,075 peatones que murieron en 2017. Muertes de peatones representan el 17% de todas las fatalidades de tráfico en 2018. Esto equivale a una muerte de peatón relacionada con el tráfico cada 84 minutos.

“A cierto punto del día, todos somos peatones – especialmente ahora mismo, cuando todos queremos ir afuera para gozar del aire fresco,” dijo el Administrador Adjunto de NHTSA, James Owens. “Todos tenemos un papel que desempeñar para garantizar la seguridad de los peatones. Todos debemos continuar trabajando para reducir las muertes de peatones en choques de tráfico, y este primer Mes de Seguridad de Peatones nos ayudará a salvar vidas en nuestras comunidades a través del país.”

“En la Administración Federal de Carreteras (FHWA), nos asociamos con los estados y las comunidades locales para implementar innovaciones para la seguridad de peatones mediante la promoción de contramedidas de seguridad comprobadas,” dijo la Administradora de

FHWA Nicole R. Nason. “Colaboración será la clave mientras todos trabajamos hacia el objetivo compartido de reducir el número de muertes y lesiones graves en nuestras carreteras de peatones.

NHTSA ha desarrollado materiales para ayudar a los estados y comunidades locales a identificar, corregir, y mejorar la seguridad de peatones.

Sigue estos consejos sobre cómo caminar de forma segura siempre:

1. Camina por las aceras siempre que estén disponibles. Si no hay acera, camina de frente al tráfico y lo más lejos posible del tráfico.
2. Mantente alerta en todo momento; no te distraigas con dispositivos electrónicos que te quitan la vista (o el oído) de la carretera.
3. Siempre que sea posible, cruza las calles en los pasos de peatones o en las intersecciones, donde los conductores esperan peatones. Busca vehículos en todas direcciones, incluyendo aquellos virando a la izquierda o la derecha. Si no hay disponible un paso de peatones o una intersección, ubica un área bien iluminada donde tengas la mejor vista del tráfico. Espera un espacio en el tráfico que permita suficiente tiempo para cruzar de forma segura y continúa observando el tráfico mientras cruzas.
4. Sé visible en todo momento. Usa ropa de colores brillantes durante el día, y usa materiales reflectantes o una linterna por la noche. Nunca supongas que un conductor te ve. Haz contacto visual con los conductores a medida que se acercan para asegurarte de que te vean.
5. Está atento a los vehículos que entran en o salen del camino de entrada, o que dan marcha atrás en los estacionamientos.
6. Evita el consumo de alcohol o drogas al caminar; ya que perjudican tus habilidades y juicio.

Sigue estos consejos sobre cómo manejar de forma segura alrededor de

peatones:

1. Evita distracciones y mantente atento a los peatones en todas partes, en todo momento. Usa precaución extra al manejar en condiciones en las que es difícil ver, tales como la noche o el mal tiempo.
2. Disminuye la velocidad y prepárate a parar cuando vires o entres en un paso de peatones. Nunca pases los vehículos detenidos en un paso de peatones. Puede haber personas cruzando que no puedes ver.
3. Cede el paso a los peatones en los pasos de peatones y detente bien atrás del paso de peatones para dar a otros vehículos la oportunidad de ver y detenerse para los

peatones que cruzan

4. Obedece el límite de velocidad, especialmente alrededor de las personas en la calle. Obedece los límites de velocidad más lentos en las zonas escolares y en los vecindarios donde niños están presentes.
5. Ten mucho cuidado al dar marcha atrás—los peatones pueden estar en tu camino.
6. Nunca manejes bajo los efectos del alcohol o de las drogas, ya que perjudican tus habilidades y juicio.

Este octubre, y a través de todo el año, trabajemos juntos para mantener a todos seguros en nuestras carreteras.

U.S. Department of Transportation Designates October as National Pedestrian Safety Month

Each week highlights important safety measures to protect pedestrians

The U.S. Department of Transportation’s National Highway Traffic Safety Administration has designated October as the first-ever national Pedestrian Safety Month. The agency is making pedestrian safety the focus of October as part of its continuing efforts to improve safety for vulnerable road users.

“With this designation of October as Pedestrian Safety Month, the Department is affirming its commitment to working closely with our state and local partners to make our roads safer for pedestrians,” said U.S. Transportation Secretary Elaine L. Chao.

“At some point in the day, we are all pedestrians – especially right now, when everyone wants to get outside for some fresh air,” said NHTSA Deputy Administrator James Owens. “Everyone has a role to play in ensuring pedestrian safety. We must keep working to reduce pedestrian deaths from traffic crashes and this first-ever Pedestrian Safety Month will help save lives in communities across the country.”

“At FHWA, we partner with states and local communities to implement innovations in pedestrian safety by promoting proven safety countermeasures,” said Federal Highway Administrator Nicole R. Nason. “Collaboration will be key as we all work toward the shared goal of reducing the number of fatalities and serious injuries on our roadways. We must work together to make our roads safer for our most vulnerable road users –

pedestrians.”

Each week of the month, NHTSA will highlight dangerous driving behaviors that put pedestrians at risk, as well as ways to improve pedestrian safety. NHTSA has developed resources to help states and local communities identify, address, and improve pedestrian safety, including a data visualization tool, safety tips, and social media graphics and messaging. Please click here for a pedestrian safety resources and safety tips.

NHTSA and the Federal Highway Administration also held a live webinar today to discuss Pedestrian Safety Month, along with representatives from the Governors Highway Safety Association, the Florida Department of Transportation, the Michigan State Police, and America Walks. To visit the webinar’s virtual Pedestrian Safety Booth, please click here.

Earlier this summer, the Department brought together safety advocates and stakeholders for the USDOT Summit on Pedestrian Safety, a multi-event series focused on reducing pedestrian fatalities and improving pedestrian access.

NHTSA will soon be conducting its third National Survey on Bicyclist and Pedestrian Attitudes and Behaviors, which will help inform and guide future policy and countermeasure decisions. This survey studies how much people are walking and biking, and their understanding of and opinions on traffic laws, infrastructure, and safety.

Elections deadlines in Haverhill

Below are the dates and times for Early Voting, Voter Registration deadline, and Mail in voting deadline for the City of Haverhill

Early voting locations and dates:

City Hall, 4 Summer St. (old RMV office) basement:

Oct. 17th through Oct. 30th

Hunking School, 480 South Main St:

Sat. Oct 17th, Sun. 18th, Sat. 24th, and Sun. 25th

Upper Tilton (formerly St. James School), 415 Primrose St:

Sat. Oct 17th, Sun. 18th, Sat. 24th, and Sun. 25th

Somebody Cares Ministry, 358 Washington St:

Sat. Oct. 17th and Sat. Oct. 24th

Early voting hours:

Weekend hours: 10am-4pm

Weekday regular hours (City Hall basement Only): 8am-4pm

Late evenings (City Hall basement Only):

Thurs. Oct. 22nd 8am-8pm and Wed. Oct. 28th 8am-8pm

Last day to register to vote for this election is Sat. Oct. 24th City Clerk’s Office will be open only for registration from 2pm-4pm and 7pm-8pm.

Deadline to request an Absentee or Vote by Mail ballot must be in to the City Clerk’s office by Wed. Oct. 28th at 5pm.

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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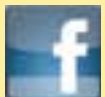
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NOW HIRING

Bilingual Medical Assistants & Nurses

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

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

MEDICAL ASSISTANT REQUIREMENTS:

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

Sign-on bonus of \$1,000 offered

NURSE REQUIREMENTS:

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

Sign-on bonus of \$5,000 offered



CONTRATANDO

Asistentes médicos y enfermeras bilingües

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

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

Requisitos para los asistentes médicos:

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

Ofrecemos un programa de bonificación de \$1,000 a los contratados.

Requisitos para las enfermeras:

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

- Certificación vigente en BLS

Ofrecemos un programa de bonificación de \$5,000 a los contratados.



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

Apply today at GLFHC.org; click on Careers, then Open Career Opportunities.

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

Solicite hoy en GLFHC.org; haga clic en carreras y luego abra oportunidades de empleo.

POR DALIA DÍAZ
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Preguntas electorales

Hay dos preguntas en la boleta electoral de este año que publicamos en nuestra edición del 8 de octubre para su información. Planeamos repetirlos la semana que viene, justo a tiempo para que todos tomen una decisión. Son el texto exacto que aparece en el libro rojo publicado por la Secretaría de Estado en inglés y español.

Mi opinión solo se ofrece en esta columna y hace unos días escribí en Facebook lo siguiente:

“En la pregunta 1, dejemos las cosas en paz. Ahora mismo llevamos nuestros coches a nuestro mecánico de elección. Solo proporcionará datos mecánicos transmitidos de forma inalámbrica a los talleres de reparación, no información privada. Estoy votando SÍ en esta pregunta.

En la pregunta 2, quiero que mi voto se utilice para el candidato de mi elección, incluso si pierde. La votación por elección por rango dividirá los votos y el mío podría terminar apoyando a alguien indeseable según mi criterio. Estoy votando NO en esta pregunta”.

Tómese el tiempo de leer ambas propuestas para tomar una decisión. La gente tiende a malinterpretar lo que lee, a veces, o cree en lo que tan ingeniosamente se ha descrito en los comerciales de televisión.

Finaliza el conteo del censo

Como esperaba, miles de personas

en Lawrence no respondieron al censo poniendo en peligro muchas mejoras para la ciudad y la sociedad en general. Después de muchos meses de correos, anuncios, visitas, llamadas telefónicas y rogarles para que respondieran, hicieron silencio. La gente de Lawrence no escuchó.

Esto me recuerda que hacia 1961 ó 62 en Cuba, el gobierno cambió la moneda y fue una sorpresa total. Las cuentas bancarias estaban protegidas, pero el problema era que había un límite de cuánto en efectivo se podía llevar al banco (5.000 pesos) y cualquiera que tuviera más tenía que quemarlo o enterrarlo en el patio trasero con la esperanza de que las cosas cambiaran en el futuro.

Traigo esto en comparación porque la nueva moneda se imprimió y nadie lo sabía. ¡El intercambio tuvo lugar en un solo día!

Con la tecnología actual, ¿por qué tenemos que rogarle a la gente que responda a algo que no les hará daño de ninguna manera? Entiendo el miedo a la deportación y la falta de credenciales, pero el gobierno no ha tratado de educar a esas personas, tampoco sobre la seguridad de rendir ese informe.

Corrigiendo al Presidente Trump

Varias veces he escuchado al Presidente Trump decir que hay dos estados llamados Commonwealth, Pennsylvania y Virginia, cuando hay 4, Kentucky y Massachusetts. Algunas personas insisten en que hay cinco, si contamos a Puerto Rico.

No hay diferencia entre un Commonwealth y un Estado, solo que esta definición aparece en la Constitución de esos estados, ya que era el lenguaje común de esa época.

La amenaza del COVID

Lo mismo ocurre con las pruebas del COVID. La Ciudad de Lawrence ha gastado millones de dólares, pero el número de casos positivos sigue aumentando. Continuamos como #1 con 41.5 casos positivos como promedio diario. La administración parece pensar que arrojar dinero a un problema lo resolverá, pero los residentes siguen siendo desobedientes al no usar máscaras, teniendo fiestas y siguen con sus vidas como de costumbre.

La mayoría de los residentes saben que el 23 de junio de 2020, el Concejo Municipal aprobó el presupuesto para el Año Fiscal 2021 que incluía un aumento del 2.5% en nuestros impuestos. Lo que no se hizo público es que el 6 de mayo de 2020, el alcalde recibió una carta de la División de Servicios Locales del Servicio de Impuestos Internos, otorgando a la Ciudad de Lawrence un préstamo de \$6,111,000 con la advertencia de que se usaría específicamente en el Presupuesto del FY2021.

La gente sigue infectando y muriendo y el alcalde cree que el memorial de

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.

144 sillas en el Campagnone Common dedicadas a las vidas perdidas tendrá un impacto. Había aproximadamente ocho trabajadores y un capataz instalándolos todo el día y probablemente para eso se utilizó el préstamo.

¿No sabe que tendrá que seguir agregando sillas con el paso de los días? Él no ha entendido completamente que necesitamos tomar acciones más fuertes con esta comunidad.

Estoy cansada de no ir a ningún lado, no poder tener invitados a cenar en mi casa o ir a un restaurante. Alberto y yo tenemos la edad adecuada para el contagio del COVID-19 y tenemos mucho miedo. Cuando alguien debe traer algo a mi casa, solicitamos dejarlo en el buzón o afuera. Mucha gente se está deprimiendo y lo más que hago es sentarme al sol durante unos minutos para evitar volverme así.

Finalmente, leyendo en el periódico local, la policía de Lawrence está haciendo algo al respecto. Multas por reuniones o por no llevar máscaras, es el idioma que la gente entiende. ¡Ahora, si pudieran reprimir a los visitantes de fuera del estado!

Halloween in time of COVID-19

For residents planning to celebrate Halloween, the Massachusetts Department of Public Health (DPH) today provided safety tips to help limit the risk of exposure to COVID-19. DPH is also reminding residents and communities to be aware that Halloween activities are subject to the current state gathering size limits as well as applicable sector-specific workplace safety standards.

Tips for a Safe and Healthy Halloween

Consistent with the Halloween activity guidance released by the US Centers for Disease Control and Prevention, some recommendations to keep in mind in celebrating Halloween this year include:

- Enjoy Halloween outside rather than attending indoor events.
- Place candy on a platter instead of a bowl.
- Instead of traditional trick-or-treating, opt for one-way trick-or-treating, with treats placed outside of the home for trick-or-treaters as a “grab and go” while keeping distance from others.
- Consider leaving hand sanitizer by any treats left out for trick-or-treaters to use.
- Wear a face mask or face covering. For more information on face masks and face coverings, please see the state’s Mask Up MA! webpage.
 - o A costume mask is not a substitute for a face mask or face covering. To protect yourself and others, ensure you are wearing a protective face mask or covering instead of or in addition to a costume mask.
- Observe good hand hygiene, including hand washing and use of alcohol-based sanitizers with at least 60% alcohol. Carry hand sanitizer and use it often, especially after coming into contact with frequently touched surfaces and before eating candy.

- Refrain from touching your face.
- Decorate your yard for others to enjoy from their car or while on a socially-distanced walk.
- Hold virtual costume contests or pumpkin carving events.
- Celebrate with members of your household with a Halloween-themed meal, Halloween movie night, or by preparing a Halloween scavenger hunt.
- Maintain social distancing of at least 6 feet of physical distance from all other participants who are not members of the same household.
- Avoid:
 - o Attending crowded costume parties held indoors, or any gatherings that exceed indoor or outdoor gathering limits;
 - o Going to an indoor haunted house where people may be crowded together and screaming; and
 - o Going on hayrides or tractor rides with people who are not in your household.
 - o Indoor haunted houses.
- Stay home and refrain from Halloween activities, including handing out Halloween treats, if:
 - o you feel unwell;
 - o you have tested positive for COVID-19;
 - o you have been exposed to someone with COVID-19; or
 - o you have traveled to or from a state that is not classified as lower risk within the last 14 days. For more information on lower risk states, please see the state’s COVID-19 Travel Order webpage.

For specific guidance or questions regarding Halloween activities in your own city or town, contact your local health department.

Fire victims / Víctimas de incendios

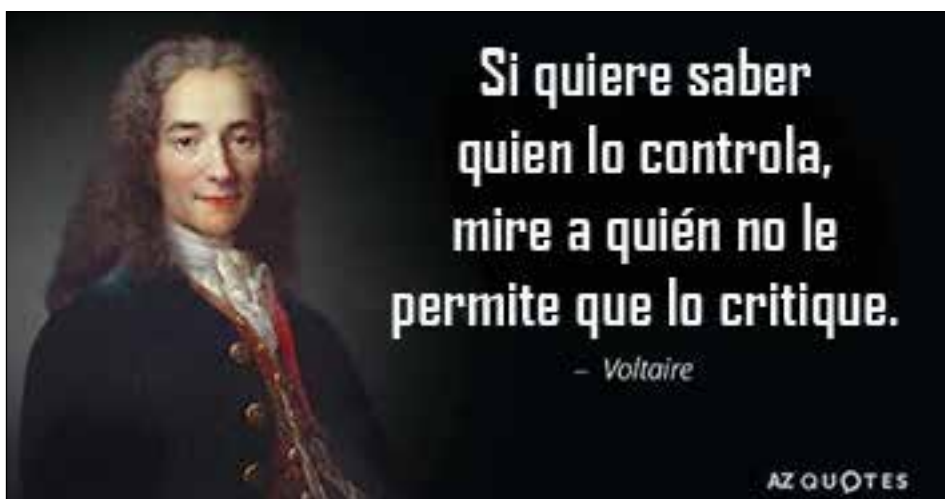
Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

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>



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

– Voltaire

AZ QUOTES

Jóvenes abogando por la juventud de Methuen y un Centro Comunitario

Courtesy photos

La Senadora Estatal Diana DiZoglio (D-Methuen) se unió a un grupo de estudiantes de secundaria y preparatoria de Methuen en la reunión del Comité Escolar de Methuen para abogar por un nuevo Centro Juvenil y Comunitario en la ciudad.

Los miembros del Comité Escolar tomaron en consideración, durante el martes, 13 de octubre, una propuesta para utilizar el antiguo edificio de la Escuela Pleasant Valley en Pleasant Valley Street como ubicación para un Centro Comunitario y Juvenil de Methuen. La Senadora DiZoglio se unió a los estudiantes del Consejo Asesor Juvenil "MY (Methuen Youth) Voice", "Inspiradores", la organización sin fines de lucro 501 (C) 3 responsable de supervisar el proyecto en colaboración con las Escuelas Públicas de Methuen y la Ciudad de Methuen, otros residentes locales que apoyan la iniciativa.

En los últimos años, DiZoglio ha trabajado para el establecimiento de un centro de este tipo en la ciudad de Methuen, señalando el hecho de que Methuen se encuentra entre las pocas comunidades en el Valle de Merrimack que no tiene un centro juvenil formal como muchas ciudades y pueblos circundantes.

“Ahora más que nunca durante esta

emergencia de COVID-19, nuestros jóvenes locales que están atrapados en casa, aislados de sus compañeros, necesitan orientación, apoyo y servicios vitales para mantenerse conectados”, dijo DiZoglio. “El objetivo de este proyecto es brindarles esa conectividad, así como oportunidades de tutoría y aprendizaje social y emocional para inspirarlos a perseguir sus talentos únicos y alcanzar sus metas. Necesitan un lugar seguro y de apoyo al que pertenecer que pueda ayudarles a alcanzar su máximo potencial. Nosotros, como líderes comunitarios, debemos dar un paso adelante y apoyar el llamado a la acción de nuestra futura generación de líderes, no solo para los jóvenes que actualmente abogan, sino también para sus hijos y los hijos de sus hijos. Las acciones que tomemos ahora podrían tener un impacto positivo en innumerables jóvenes para las generaciones venideras”.

“Es realmente una bendición ser parte de este proyecto”, dijo Lukas Karagiorgos, un estudiante de tercer año de Methuen High. “El Proyecto [Centro] Juvenil de Methuen no solo es una excelente manera para que los estudiantes y niños de nuestra comunidad pasen el rato y se conecten, sino también una oportunidad para



brindarles las herramientas y los recursos que necesitan para tener éxito en el futuro. Uno de nuestros principales objetivos como junta dirigida por estudiantes es dar voz a todos los estudiantes y permitirles tener representación en su educación y problemas comunitarios”.

La Senadora DiZoglio está encantada de contar con el apoyo del Alcalde Neil Perry para explorar el uso de la Escuela Pleasant Valley para apoyar a los estudiantes de Methuen y la comunidad en general. “Methuen tiene la suerte de contar con la YMCA y muchas organizaciones deportivas estudiantiles, pero podemos hacer más. Cuando la senadora se acercó a

mí solicitando apoyo para una instalación juvenil para centrarse en apoyar a los estudiantes de Methuen que actualmente no reciben servicios de otros programas, acepté de inmediato. Identificamos la Escuela Pleasant Valley como un sitio donde esperamos servir a los jóvenes de Methuen, pero también potencialmente proporcionar programas y servicios para toda nuestra comunidad. Aplaudo a Diana por ampliar su visión para permitir esta importante asociación para nuestra comunidad”.

Para obtener más información, comuníquese con: Diana.DiZoglio@masenate.gov o llame al (978) 984 7747.



Youth Advocating for Methuen Youth and Community Center

State Senator Diana DiZoglio (D-Methuen) joined a group of Methuen high and middle school students at the Methuen School Committee meeting to advocate for a new Youth and Community Center in the city.

Members of the School Committee took into consideration, during the Tuesday, October 13, a proposal to utilize the former Pleasant Valley School building on Pleasant Valley Street as a location for a Methuen Youth and Community Center. Senator DiZoglio joined students from the Youth Advisory Council "MY (Methuen Youth) Voice", "Inspirational Ones," the 501(C)3 non-profit responsible for overseeing the project in collaboration with Methuen Public Schools and the City of Methuen, and other local residents who support the initiative.

In recent years, DiZoglio has worked toward the establishment of such a center in the City of Methuen, pointing to the fact that Methuen is among the few communities in the Merrimack Valley that does not have a formal youth center like many surrounding cities and towns.

“Now more than ever during this COVID-19 emergency, our local youth who are stuck at home, isolated from their peers, are in need of vital guidance, support and services to keep them connected,” said DiZoglio. “The goal of this project is to provide them with that connectivity, as well as the mentorship opportunities and social and emotional learning to inspire them to pursue their unique talents and reach their goals. They need a safe and supportive place to belong that can help them reach their fullest potential. We as community

leaders need to step up and support our future generation of leaders' call to action, not only for the youth who are currently advocating, but for their children and their children's children. The actions we take now could positively impact countless young people for generations to come.”

“It is truly a blessing to be a part of this project,” said Lukas Karagiorgos, a Methuen High junior. “The Methuen Youth [Center] Project is not only a great way for students and kids from our community to hang out and connect, but also an opportunity to give them the tools and resources they need to succeed in the future. One of our main goals as a student-led board is to give all students a voice and allow them to have representation in their education and community issues.”

Senator DiZoglio is thrilled to have the support of Mayor Neil Perry in exploring the use of Pleasant Valley School to support Methuen students and the community at large. “Methuen is lucky to have the YMCA and many student athletic organizations, but we can do more. When the Senator approached me requesting support for a youth facility to focus on supporting Methuen students not currently served by other programs, I immediately agreed. We identified the Pleasant Valley School as a site where we hope to serve Methuen youth, but also potentially provide programs and services for our entire community. I applaud Diana for expanding her vision to allow for this important partnership for our community.”

For more information please contact: Diana.DiZoglio@masenate.gov or call (978) 984 7747.

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La limpieza del Río Spicket de Lawrence se vuelve virtual; las calles de la ciudad son limpiadas

Voluntarios de todo Lawrence limpiaron sus vecindarios para participar en el evento anual

Durante el fin de semana del 3 y 4 de octubre, Groundwork Lawrence's Spicket River Cleanup se volvió virtual, y el efecto fue todo lo contrario: residentes de toda la ciudad se unieron para limpiar las calles, aceras y espacios verdes alrededor de su vecindario. La limpieza, en su decimonoveno año, normalmente se habría realizado a lo largo de la vía verde del río Spicket. Con miras a mantener la distancia social, Groundwork Lawrence recomendó a los grupos que usen máscaras y distancia social mientras limpian las áreas públicas más cercanas a sus hogares, y la Ciudad de Lawrence se unió para recoger toda la basura recolectada.

"El compromiso de la comunidad, uno de los pilares del trabajo de GWL, tuvo que tomar una mirada diferente este año para adaptarse a las pautas de seguridad de COVID-19", explica Eddie Rosa, Director de Compromiso de la Comunidad en Groundwork Lawrence. "Esto incluye

todos nuestros eventos anuales. Sabemos que se necesita toda la comunidad para mantener una ciudad limpia, verde y saludable, y con este espíritu continuamos organizando todos nuestros eventos, incluida la limpieza del río Spicket"

En un año que ha traído muchos cambios y ajustes, los residentes de Lawrence muestran una resistencia y determinación continuas para realizar este trabajo. Armados con artículos de limpieza entregados por Groundwork, más de 100 voluntarios recogieron basura y otros escombros que estaban en las calles y aceras de su área. Las organizaciones comunitarias locales, incluidas SquashBusters, Society of Friends y Central Catholic High School, coordinaron su propio grupo de voluntarios y personal para participar en el evento.

"El COVID-19 sin duda nos ha presentado desafíos, pero como hemos visto una y otra vez, los residentes de Lawrence siempre están listos para estar a la altura

de las circunstancias. Si bien no pudimos reunir a todos en un solo lugar para la limpieza de este año, sabíamos que podíamos apoyar el gran entusiasmo de la comunidad para participar en la limpieza anual de otoño", dice Heather McMann, directora ejecutiva de Groundwork Lawrence.

La limpieza de este año fue posible gracias a los socios de GWL en 99 Degrees, Lawrence General Hospital y la ciudad de Lawrence. Para celebrar el esfuerzo, los participantes de la limpieza utilizaron las redes sociales para publicar fotos de sus esfuerzos, uniendo a los voluntarios en este espacio virtual. Al escanear estas publicaciones en línea, está claro que el evento tuvo un gran impacto en toda la ciudad y más allá (¡incluido México!). La variedad de imágenes demuestra el compromiso de los voluntarios de mantener limpios sus vecindarios, una tradición que continúa a pesar de un año que ha sido todo menos tradicional.

Groundwork Lawrence (GWL), es una organización sin fines de lucro 501 (c) 3, ha estado logrando cambios en Massachusetts desde 1999. A través de sus mejoras ambientales y de espacios abiertos, programas de acceso a alimentos frescos, educación para jóvenes, iniciativas de empleo y programación comunitaria y eventos, GWL crea los componentes básicos de una comunidad saludable y permite a los residentes mejorar su calidad

de vida. GWL logra resultados al involucrar a toda la comunidad - residentes, jóvenes, organizaciones sin fines de lucro, gobierno de la ciudad y empresas - en la planificación y realización de sus proyectos. Con este enfoque colaborativo, GWL garantiza que todas las partes interesadas participen mutuamente en sus resultados, la clave para vecindarios estables y cambios sostenibles. www.groundworklawrence.org.



Los residentes de Lawrence Flory De León (izquierda) y Josselyn De León-Estrada (derecha) participan en la limpieza del Río Spicket.

Lawrence residents Flory De León (left) and Josselyn De León-Estrada (right) take part in the Spicket River Cleanup.

Groundwork Lawrence's Spicket River Cleanup goes virtual, streets across the city are cleaned

Volunteers from across Lawrence cleaned their neighborhoods to take part in the annual event

Over the weekend of October 3rd and 4th, Groundwork Lawrence's Spicket River Cleanup went virtual, and the effect was anything but--residents from across the city pitched in to clean the streets, sidewalks, and greenspaces around their neighborhood. The cleanup, in its 19th year, would typically have taken place along the Spicket River Greenway. With an eye to maintaining social distance, Groundwork Lawrence advised groups to wear masks and socially distance while cleaning public areas nearest to their homes, with the City of Lawrence joining in to pick-up all the trash collected.

"Community engagement, one of the pillars of GWL's work, had to take a different look this year in order to adjust for COVID-19 safety guidelines," explains Eddie Rosa, Community Engagement Director at Groundwork Lawrence. "This includes all of our annual events--We know it takes the whole community to maintain a clean, green, healthy city, and in this spirit we continue to put on all our events, including the Spicket River Cleanup"

In a year that has brought much change and adjustment, residents of Lawrence show continued resilience and determination to accomplish this work. Armed with cleaning supplies delivered by Groundwork, over 100 volunteers picked up trash and other debris littering the streets and sidewalks in their area. Local community organizations, including SquashBusters, Society of Friends, and Central Catholic High School, coordinated their own group of volunteers and staff to take part in the event.

"COVID-19 has no doubt presented us with challenges, but as we've seen time and again the residents of Lawrence are always ready to rise to the occasion.

While we could not have everyone come together in one place for the cleanup this year, we knew we could support the great enthusiasm from the community to participate in the annual fall clean-up" says Heather McMann, Executive Director at Groundwork Lawrence.

This year's cleanup was made possible by GWL's partners at 99 Degrees, Lawrence General Hospital, and the City of Lawrence. Celebrating the effort, participants in the cleanup took to social media to post pictures of their efforts, uniting the volunteers across this virtual space. Scanning through these posts online, it is clear the event had a large impact across the city and beyond (including Mexico!). The array of pictures demonstrates the volunteers' commitment to keeping their neighborhoods clean, a tradition that presses on despite a year that has been anything but traditional.

Groundwork Lawrence (GWL), is a 501(c)3 non-profit organization, that has been making change happen in Massachusetts since 1999. Through its environmental and open space improvements, fresh food access programs, youth education, employment initiatives, and community programming and events, GWL creates the building blocks of a healthy community, and empowers residents to improve their quality of life. GWL achieves results by engaging the whole community - residents, youth, non-profits, city government and businesses - in the planning and realization of its projects. With this collaborative approach, GWL ensures that all stakeholders are mutually invested in its outcomes, the key to stable neighborhoods and sustainable change. www.groundworklawrence.org.

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VOTO TEMPRANO EN LA CIUDAD DE LAWRENCE

Las elecciones presidenciales se llevarán a cabo el martes, 3 de noviembre del 2020. Los votantes podrán votar temprano para esta elección en Massachusetts.

Para ser elegible para votar en las elecciones Presidenciales del 3 de noviembre, 2020, los votantes deberán estar registrados para votar o hacer los cambios necesarios en su registro electoral antes del 24 de octubre del 2020. El Ayuntamiento de Lawrence estará abierto desde las 2:00 p.m. a 4:00 p.m. y de 6:00 p.m. a 8:00 p.m. el sábado, 24 de octubre para recibir todos los registros y cambios de votantes en el registro electoral.

Los votantes que están registrados y elegibles para votar en las elecciones Presidenciales que se celebrarán el martes, 3 de noviembre de 2020 pueden emitir y votar por Votación Anticipada "en persona" o "por correo".

¿Cómo Voto Temprano? Votar en Persona:

El voto anticipado en Lawrence estará disponible para los votantes que pueden estar "en persona" para votar en el Ayuntamiento de Lawrence, Cámara del Consejo, 200 Common Street, Lawrence, MA desde el sábado, 17 de octubre de 2020 hasta el viernes, 30 de octubre de 2020 durante las siguientes fechas y horarios:

Fecha	Hora
Sábado, Octubre 17, 2020	8:30 AM to 2:30 PM
Domingo, Octubre 18, 2020	9:30 AM to 3:30 PM
Lunes, Octubre 19, 2020	8:30 AM to 4:30 PM
Martes, Octubre 20, 2020	8:30 AM to 7:00 PM
Miércoles, Octubre 21, 2020	8:30 AM to 4:30 PM
Jueves, Octubre 22, 2020	8:30 AM to 7:00 PM
Viernes, Octubre 23, 2020	8:30 AM to 4:30 PM
Sábado, Octubre 24, 2020	8:30 AM to 2:30 PM
Domingo, Octubre 25, 2020	9:30 AM to 3:30 PM
Lunes, Octubre 26, 2020	8:30 AM to 4:30 PM
Martes, Octubre 27, 2020	8:30 AM to 7:00 PM
Miércoles, Octubre 28, 2020	8:30 AM to 4:30 PM
Jueves, Octubre 29, 2020	8:30 AM to 7:00 PM
Viernes, Octubre 30, 2020	8:30 AM to 4:30 PM

EARLY VOTING IN LAWRENCE

The Presidential Election will be held Tuesday, November 3, 2020. Voters may Vote Early for this election in Massachusetts.

In order to be eligible to vote in the Presidential Election on November 3, 2020, voters must be registered to vote or make any necessary changes to your voter registration on October 24, 2020. Lawrence City Hall is open from 2:00 p.m. to 4:00 p.m. and from 6:00 p.m. until 8:00 p.m. on Saturday, October 24, 2020 to receive all voter registrations and changes to voter registrations.

Voters who are registered and eligible to vote in the Presidential Election to be held on Tuesday, November 3, 2020 may cast and Early Voting ballot "in person" or "by mail".

How do I Vote Early? Voting in Person:

Early Voting in Lawrence is available to voters who may appear "in person" to vote at Lawrence City Hall, City Council Chambers, 200 Common Street, Lawrence, MA beginning Saturday, October 17, 2020 through and including Friday, October 30, 2020 during the following dates and times:

Fecha	Hora
Saturday, October 17, 2020	8:30 AM to 2:30 PM
Sunday, October 18, 2020	9:30 AM to 3:30 PM
Monday, October 19, 2020	8:30 AM to 4:30 PM
Tuesday, October 20, 2020	8:30 AM to 7:00 PM
Wednesday, October 21, 2020	8:30 AM to 4:30 PM
Thursday, October 22, 2020	8:30 AM to 7:00 PM
Friday, October 23, 2020	8:30 AM to 4:30 PM
Saturday, October 24, 2020	8:30 AM to 2:30 PM
Sunday, October 25, 2020	9:30 AM to 3:30 PM
Monday, October 26, 2020	8:30 AM to 4:30 PM
Tuesday, October 27, 2020	8:30 AM to 7:00 PM
Wednesday, October 28, 2020	8:30 AM to 4:30 PM
Thursday, October 29, 2020	8:30 AM to 7:00 PM
Friday, October 30, 2020	8:30 AM to 4:30 PM

CITY OF LAWRENCE/CIUDAD de LAWRENCE
POLLING LOCATIONS/URNAS DE VOTACIÓN

[APPROVED BY CITY COUNCIL 09-15-20]

DISTRICT A/DISTRITO A - PROSPECT HILL

Essex District/Ward-Precinct

- 14th - A1 PARTHUM SCHOOL 255 EAST HAVERHILL ST.
- 16th - A2 PARTHUM SCHOOL, 255 EAST HAVERHILL ST.
- 14th - A3 ROLLINS SCHOOL, 451 HOWARD ST.
- 16th - A4 PARTHUM SCHOOL, 255 EAST HAVERHILL ST.

DISTRICT B/DISTRITO B - PLAINS - NORTH COMMON

- 16th - B1 NORTH COMMON EDUCATIONAL COMPLEX, 58 LAWRENCE ST.
- 16th - B2 NORTH COMMON EDUCATIONAL COMPLEX, 58 LAWRENCE ST.
- 16th - B3 NORTH COMMON EDUCATIONAL COMPLEX, 58 LAWRENCE ST..
- 16th - B4 VALEBROOK APARTMENTS, UNION & SUMMER STREETS

DISTRICT C/DISTRITO C - ARLINGTON NEIGHBORHOOD

- 17th - C1 FAMILY DAY CHARTER SCHOOL, 404 HAVERHILL ST.
- 17th - C2 BRUCE SCHOOL, 135 BUTLER ST.
- 17th - C3 BRIEN BUILDING, 355 PARK St.
- 16th - C4 ARLINGTON SCHOOL, 150 ARLINGTON St.

DISTRICT D/DISTRITO D - TOWER HILL

- 17th - D1 BRUCE SCHOOL, 135 BUTLER ST.
- 17th - D2 GUILMETTE SCHOOL, 80 BODWELL ST.
- 17th - D3 NORTHERN ESSEX COMM. COLLEGE DIMITRY BLDG-45 FRANKLIN ST
- 17th - D4 NORTHERN ESSEX COMM. COLLEGE DIMITRY BLDG-45 FRANKLIN ST

DISTRICT E/DISTRITO E - SOUTH LAWRENCE WEST

- 17th - E1 HOUSING AUTHORITY OFFICE/BEACON STREET BOYS CLUB, 71 DUCKETT AVE.
- 16th - E2 FROST SCHOOL, 33 HAMLET ST.
- 16th - E3 FROST SCHOOL, 33 HAMLET ST.
- 16th - E4 WETHERBEE SCHOOL-75 NEWTON STREET

DISTRICT F/DISTRITO F - SOUTH LAWRENCE EAST

- 14th - F1 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.
- 16th - F2 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.
- 16th - F3 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.
- 16th - F4 SO. LAWRENCE EAST SCHOOL, 165 CRAWFORD ST.

MERRIMACK VALLEY YMCA

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- + Children will have time for "recess" during the school day and physical activities during after school hours

We know you have questions about how you can work while also supporting your child's modified school schedule and remote learning. The YMCA is here to ensure families will have flexible, affordable options for the time children are out of school.

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Executive Director of Child Care: CATYV REZARD (rezard@mymca.org • 978 725 6581)

To contact our school age child care directors directly:

- Andover/North Andover: Jaime LaBalle (jlaballe@mymca.org • 978 883 3541 ext. 400)
- Lawrence: Ryan MacRae (macrae@mymca.org • 978 685 6151)
- Methuen: Frances Hernandez (hernandez@mymca.org • 978 883 5266)

Beyond Soccer de Lawrence se expande para incluir al Voleibol como Beyond Volley

La pandemia del coronavirus nos ha mantenido a muchos de nosotros secuestrados en nuestros hogares durante meses y ha obligado a muchas organizaciones sin fines de lucro a posponer su programación o migrarla a un formato virtual. Sin embargo, el coronavirus no ha detenido al intrépido equipo de Beyond Soccer, que no solo ha logrado migrar una buena parte de su programación a una plataforma remota, sino que también ha utilizado su tiempo para ampliar su programación de deportes y bienestar juvenil para incluir también el voleibol. Beyond Soccer está integrando a Merrimackvolley en su organización como un nuevo programa llamado "Beyond Volley".

Beyond Soccer había estado conversando con Merrimackvolley y su equipo de liderazgo, Marino y Leti Valdez, sobre la fusión de organizaciones durante unos meses antes de que llegara la pandemia. Los dos grupos han trabajado juntos durante casi 6 años, lo que les ha permitido evaluar las fortalezas de cada uno y construir una base sólida de confianza. Entonces, cuando se produjo la pandemia, estas dos organizaciones decidieron seguir adelante con su plan para unir fuerzas.

En muchos sentidos, la asociación entre Beyond Soccer y Beyond Volley es una asociación de dos familias: la familia McArdle y la familia Valdez. Estas familias comparten fuertes valores para el desarrollo de la juventud a través del atletismo, pero sus historias de origen son marcadamente diferentes.

Stephanie McArdle creció jugando al fútbol en las cercanías de Boxford. En la universidad, fue capitana del equipo de fútbol Wolverines de la Universidad de Michigan durante dos temporadas. Cuando Stephanie se enteró de que Lawrence no apoyaba un programa de fútbol juvenil dentro de la ciudad, mucho menos una liga que sea de fuera de la ciudad donde los jugadores se beneficiarían de las experiencias de viajes a las ciudades vecinas, entonces lanzó Beyond Soccer en 2007 (incorporado

como 501 (c) 3 en 2011). Desde entonces, Stephanie ha hecho crecer la organización en términos de programación y alcance. Beyond Soccer ahora ofrece programas recreativos y competitivos durante todo el año, incluyendo Lawrence Youth Travel Soccer para miles de niños que promueven el compromiso a largo plazo y que utilizan el poderoso 'vehículo' de los deportes para conectar a los jugadores con la salud complementaria, académica, liderazgo y equipo - actividades de construcción, como tutoría, cocina, acondicionamiento físico y trabajos para jóvenes.

Stephanie no ha hecho este trabajo sola. La hermana de Stephanie, Lindsey, es Directora de Salud y Bienestar y su madre, Ellen, es voluntaria, como Registradora de Lawrence Youth Soccer. Su padre y su hermano se desempeñaron como miembros de la junta. Los resultados de su trabajo son impresionantes. Desde 2007, Beyond Soccer ha llegado a 4,600 niñas y niños en Lawrence. Más del 93% de los ex jugadores de viajes de la escuela secundaria practican deportes en la escuela secundaria, y el 98% se ha graduado, en comparación con la tasa de LHS de 2019 de solo el 71%.

La historia de Marino Valdez es bastante diferente, pero lo ha llevado al mismo lugar. Marino emigró a los Estados Unidos con esta familia en 2000 desde Cristo Rey, Santo Domingo. Al ver que no había voleibol juvenil en Lawrence, Marino usó su pasión por el voleibol, su extenso pedigrí como entrenador (incluidos los roles de liderazgo con el Equipo Nacional de Voleibol Dominicano) para llevar al equipo de voleibol femenino de Lawrence High School a 4 torneos consecutivos.

En 2016, junto con su hija y asistente Leti Valdez, Marino, junto con el apoyo y el amor de su esposa, Raiza, quien lamentablemente perdió su valiente batalla contra el cáncer en 2019, lanzó Merrimackvolley para brindar acceso y tutoría durante todo el año a los jóvenes. a través del deporte. Desde entonces, Merrimackvolley creció para servir a cientos de jóvenes de la secundaria y preparatoria, además de programación



Coach Leti Valdez (now Beyond Volley's Director of Volleyball) and Beyond Soccer's Health & Wellness Director, Lindsey McArdle during the Lawrence Sports Leadership Academy

atlética de voleibol durante la escuela, campamentos y clínicas, y un Torneo Anual Internacional de Voleibol de grama.

Tanto Stephanie como Marino han tenido un gran éxito en la mejora de los resultados de los jóvenes de Lawrence a través de los deportes, reconocieron que sus programas todavía estaban rascando la superficie en términos de impacto y alcance comunitario. También reconocieron el beneficio de compartir sus habilidades y recursos para llegar a más jóvenes de Lawrence.

Beyond Volley representa el primer intento de Beyond Soccer de integrar otra organización. Sin embargo, no es el comienzo de su adaptación, innovación y colaboración. En 2016, Beyond Soccer, en asociación con Everyone's A Player (EAP) y el Departamento Atlético de Lawrence High School, desarrolló la primera y única academia de liderazgo multideportivo de la ciudad. Lawrence Sports Leadership Academy (LSLA) ha llegado a 700 niños desde su inicio y ha involucrado a 75 diferentes profesionales del deporte, fitness y oradores motivadores.

Marino y Leti también han sido componentes permanentes de entrenamiento en LSLA, guiando su plan de estudios semanal de voleibol. Además, el año pasado, para abordar la falta de espacio disponible para jugar al aire libre desde hace mucho tiempo, Beyond Soccer puso a prueba el Lawrence Sports HUB en

el antiguo edificio Malden Mills. El HUB, con una cancha deportiva polivalente, albergaba fútbol sala, baloncesto y voleibol. (El HUB está cerrado actualmente debido a la pandemia de Coronavirus).

Sin un final claro para la pandemia del coronavirus, es posible que haya otras organizaciones atléticas juveniles en Lawrence que busquen formas de compartir recursos y habilidades. Por lo tanto, Beyond Soccer y EAP están trabajando actualmente con otros proveedores de atletismo juvenil de Lawrence, incluido Beyond Volley, para establecer Lawrence Sports Leadership Collaborative (LSLC).

El LSLC permitirá que las organizaciones de servicios atléticos para miembros y jóvenes compartan recursos limitados, participen en la resolución colectiva de problemas, aumenten la conciencia colectiva de su marca, refieran a los jóvenes de manera efectiva a las organizaciones de los demás, presionen colectivamente para obtener el apoyo de la Ciudad y atraigan más fondos filantrópicos.

La pandemia de coronavirus puede haber frenado los deportes juveniles este año, pero Beyond Soccer, Beyond Volley y toda la comunidad atlética juvenil de Lawrence están trabajando arduamente para asegurarse de que los deportes de Lawrence regresen aún más fuertes que antes.



JV & Varsity Merrimackvolley teams in a tournament in the Dominican Republic with Captains Lismari Valdez, age 18, and Adimir Heredia, age 18, in the front row. (These players represented Lawrence in more than 10 cities in the DR and came back undefeated!)



Merrimackvolley players posing with the new equipment received from a grant by the City of Lawrence

Lawrence's Beyond Soccer Expands to Include Volleyball as Beyond Volley

The Coronavirus pandemic has kept so many of us sequestered away in our homes for months now and it has forced many nonprofit organizations to postpone their programming or migrate it to a virtual format. Yet the coronavirus has not stopped the intrepid team at Beyond Soccer who have not only managed to migrate a good portion of their programming to a remote platform, they have also used their time to expand their youth sports and wellness programming to include volleyball as well. Beyond Soccer is integrating Merrimackvolley into their organization as a new program called 'Beyond Volley.'

Beyond Soccer had been in conversation with Merrimackvolley and its leadership team, Marino and Leti Valdez, about merging organizations for a few months before the pandemic hit. The two groups have worked together for nearly 6 years, enabling them to assess each other's strengths and build a strong foundation of trust. So when the pandemic hit, these two organizations decided to move ahead with their plan to join forces.

In many ways, the partnership between Beyond Soccer and Beyond Volley is a partnership of two families: the McArde family and the Valdez family. These families share strong values for youth development through athletics, but their origin stories are markedly different.

Stephanie McArde grew up playing soccer in nearby Boxford. In college, she captained the University of Michigan Wolverines Soccer Team for two seasons. When Stephanie learned that Lawrence did not support a youth soccer program, nevermind an out-of-town league where players benefit from travel experiences to neighboring towns, she launched Beyond Soccer in 2007 (incorporated as a 501(c)3 in 2011). Since then, Stephanie has grown the organization in terms of programming and reach. Beyond Soccer now provides year-round, competitive and recreational programs, including Lawrence Youth Travel Soccer for thousands of kids that promote long term engagement and that utilize the powerful 'vehicle' of sports to connect players to supplemental health, academic, leadership, and team-building activities, like tutoring, cooking, fitness, and youth jobs.

Stephanie hasn't done this work alone. Stephanie's sister Lindsey is Health & Wellness Director and her mom, Ellen volunteers, as the Lawrence Youth Soccer's Registrar. Her father and brother both served as board members. The results of their work are impressive. Since 2007, Beyond Soccer has reached 4,600 girls and boys in Lawrence. More than 93% of former middle-school travel players are playing high school sports, and 98% have graduated, compared to the 2019 LHS rate of only 71%.

Marino Valdez's story is quite different, but it has led him to the same place. Marino emigrated to the U.S. with this family in 2000 from Cristo Rey, Santo Domingo. Seeing that there was no youth volleyball in Lawrence, Marino used his passion for volleyball, extensive coaching pedigree (including leadership roles

with the Dominican National Volleyball Team) to bring Lawrence High School's girls volleyball team to 4 consecutive tournament bids.

In 2016, along with his daughter and Assistant Leti Valdez, Marino, together with the support and love of his wife, Raiza, who sadly lost her courageous battle with cancer in 2019, launched Merrimackvolley to provide year-round access and mentorship to young people through sports. Since then, Merrimackvolley grew to serve hundreds of middle and high school youth, plus during-school volleyball-based athletic programming, camps and clinics, and an Annual International Grass Volleyball Tournament.

While both Stephanie and Marino have had great success in improving Lawrence youth's outcomes through sports, they recognized that their programs were still just scratching the surface in terms of community impact and reach. They also recognized the benefit of sharing their skills and resources to reach even more Lawrence youth.

Beyond Volley represents Beyond Soccer's first attempt to integrate another organization. However, it is not the beginning of its adaptation, innovation, and collaboration. In 2016, Beyond Soccer, in partnership with Everyone's A Player (EAP) and Lawrence High School Athletic Department, developed the City's first and only multi-sports leadership academy. Lawrence Sports Leadership Academy (LSLA) has reached 700 kids since its start and has engaged 75 different sports and fitness professionals and motivational speakers.

Marino and Leti have also been permanent coaching fixtures at LSLA, guiding its weekly volleyball curriculum. Also, last year, to address the long-standing lack of available outdoor playing space, Beyond Soccer piloted the Lawrence Sports HUB in the former Malden Mills building. The HUB, with a multi-purpose Sport Court, accommodated futsal, basketball, and volleyball. (The HUB is currently closed due to the Coronavirus pandemic).

With no clear end to the Coronavirus pandemic, there may be other youth athletic organizations in Lawrence looking to find ways to share resources and skills. Therefore, Beyond Soccer and EAP are currently working with other Lawrence youth athletic providers, including Beyond Volley, to establish the Lawrence Sports Leadership Collaborative (LSLC).

The LSLC will enable member-youth athletic service organizations to share limited resources, engage in collective problem solving, increase their collective brand awareness, effectively refer youth to each other's organizations, collectively lobby for City support, and attract increased philanthropic funding.

The coronavirus pandemic may have put a damper on youth sports this year, but Beyond Soccer, Beyond Volley, and the entire Lawrence youth athletic community are hard at work to make sure that Lawrence sports come back even stronger than before.



A few travel team soccer players participating in a Fuel for Performance class in Beyond Soccer's teaching kitchen



Players posing during Merrimackvolley's 3rd Annual International Grass Tournament in the Lawrence South Common, where over 30 teams participated!



Grade 6 Bulldogs Travel Team Players, hands-in, before their Essex County Youth Soccer League game. This team is part of Lawrence Youth Soccer that Beyond Soccer sponsors.

Mi abuelo me dijo una vez que hay dos tipos de personas: los que hacen todo el trabajo y los que se llevan el mérito. También me dijo que debo estar en el primer grupo; hay menos competencia.

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

— Indira Gandhi

Transición en curso tras la adquisición de Eversource de Columbia Gas of Massachusetts

Compañía de energía lista para servir a más de 300,000 clientes nuevos después de una transacción para que Columbia Gas se convirtiera en propiedad de una de las empresas locales de servicios públicos más confiables del país

BOSTON, Mass. y HARTFORD, Conn. (13 de octubre, 2020) – Con la aprobación final de la autoridad regulatoria la semana pasada, Eversource anunció hoy que ha finalizado la transacción de la compra de Columbia Gas of Massachusetts por \$1.1 billones de dólares y que la compañía ahora pondrá en marcha un plan exhaustivo de transición para servir a sus más de 300,000 clientes nuevos e integrar a sus nuevos empleados. La compañía de energía está enfocada en garantizar una transición segura y sin problemas a sus nuevos clientes, comunidades, líderes municipales y otras partes interesadas al tiempo que incorpora a sus nuevos empleados para fomentar un sentido de inclusión y orgullo. Como una de las compañías de servicios públicos más confiables y responsables del país, Eversource se complace en comenzar a poner en práctica su gran historial de excelencia operativa con sus nuevos clientes y comunidades, y en incrementar las opciones de energía más limpia y asequible.

"Esta adquisición es perfecta para nuestra compañía, nuestros clientes nuevos y Massachusetts, ya que brinda beneficios estratégicos a esos clientes a través de nuestro compromiso inquebrantable con la seguridad, un servicio superior y la

sustentabilidad", señaló el presidente y director general de Eversource, Jim Judge. "Agradecemos al Departamento de Servicios Públicos de Massachusetts por su meditada consideración y aprobación de esta adquisición, y estamos listos para empezar a trabajar de inmediato para garantizar una transición segura y sin problemas a nuestros nuevos clientes y empleados".

Con la aprobación estatal y federal de la transacción finalizada, Eversource ahora provee servicio a más de 600,000 clientes de gas natural en 110 comunidades en todo el estado. Anteriormente, Columbia Gas sirvió a 330,000 clientes de gas natural en más de 60 comunidades en Massachusetts. Muchos de esos clientes de gas ya reciben servicio de energía eléctrica de Eversource. Bajo el acuerdo de compra de activos, las responsabilidades relacionadas con los incidentes de distribución de gas de septiembre del 2018 en Merrimack Valley seguirán siendo responsabilidad de la empresa matriz de Columbia Gas, NiSource.

Esta adquisición ofrece una serie de beneficios importantes para los clientes, que incluyen:

- Ser propiedad de una compañía más

grande, enfocada en las comunidades locales con la experiencia y los recursos para mejorar la distribución de energía segura y confiable para los clientes.

- Mayor seguridad y confiabilidad del servicio a través de inversiones adicionales en actualizaciones de la infraestructura
- La ventaja de contar con distribución de gas de la localidad y servicio de respuesta a emergencias en Massachusetts
- Mayores oportunidades de beneficiarse de los programas de eficiencia energética de Eversource, los número uno en el país
- Más posibilidades de participar en el programa de respuesta a la demanda (Demand Response) y otras iniciativas de energía limpia
- La posibilidad de reducir los costos del suministro de gas y aumentar la confiabilidad del servicio a través de la optimización y administración de nuestro portafolio
- Un compromiso de mantener operaciones seguras y confiables
- Un perfil financiero sólido con acceso a las calificaciones crediticias de primer nivel de Eversource, lo cual ayuda a reducir los costos de financiamiento de infraestructura para los clientes

Además, el objetivo de Eversource,

líder en la industria, de alcanzar la neutralidad de carbono en sus operaciones para el año 2030 se extenderá a las operaciones de gas anteriores de Columbia Gas en Massachusetts, creando más oportunidades para expandir el desarrollo y uso de tecnologías innovadoras y limpias de gas natural.

"Tenemos un fuerte historial de inversión en infraestructura para brindar beneficios a nuestros clientes y mejorar significativamente la confiabilidad y seguridad de nuestros sistemas", dijo el presidente de Eversource Gas, Bill Akley. "Nuestro compromiso con la excelencia operativa y un servicio al cliente superior beneficiará a los clientes, empleados, accionistas y las comunidades a las que servimos".

Los clientes de Columbia Gas of Massachusetts deben seguir visitando ColumbiaGasMA.com para pagar su recibo o ver su cuenta. La página de Internet contará con el logotipo de Eversource, pero la dirección de la página seguirá siendo la misma por ahora. Los clientes verán también el logotipo de Eversource en su recibo y escucharán el nombre de Eversource al llamar a servicio al cliente utilizando el mismo número que usan actualmente, (800) 688-6160.

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Transition Underway After Eversource Acquires Columbia Gas of Massachusetts

Energy company ready to serve more than 300,000 new customers following transaction to bring Columbia Gas under local ownership of one of the nation's most trusted utilities

With last week's regulatory approval of its \$1.1 billion purchase of Columbia Gas of Massachusetts finalized, Eversource today announced the transaction is complete, and the company is now launching its robust transition plan to serve its more than 300,000 new customers and integrate its new employees. The energy company is focused on ensuring a safe and seamless transition for its new customers, communities, municipal leaders and other stakeholders while also engaging new employees to encourage a sense of inclusion and pride. As one of the nation's most trusted and responsible utilities, Eversource is excited to begin delivering its strong track record of operational excellence to its new customers and communities and increasing affordable and cleaner energy options.

"This acquisition is a great fit for our company, our new customers and Massachusetts, delivering strategic benefits to those customers through our unwavering commitment to safety, superior service and sustainability," said Eversource Chairman, President and CEO Jim Judge. "We thank the Massachusetts Department of Public Utilities for their thorough consideration and approval of this acquisition, and we can't wait to hit

the ground running to ensure a safe and smooth transition for our new customers and employees."

With state and federal approval of the transaction finalized, Eversource now serves more than 600,000 natural gas customers in 110 communities across the commonwealth. Columbia Gas previously served 330,000 natural gas customers in more than 60 communities in Massachusetts. Many of those gas customers already received electric service from Eversource. Under the asset purchase agreement, liabilities related to the September 2018 gas distribution incidents in the Merrimack Valley will remain the responsibility of Columbia Gas' parent company, NiSource.

This acquisition delivers a number of significant benefits to customers, including:

- Ownership by a larger, locally-focused company with expertise and resources to excel at delivering safe and reliable energy for customers
- Improved safety and reliability through additional investments in infrastructure upgrades
- The advantage of locally-based gas dispatch and emergency response in Massachusetts

- Expanded opportunities to benefit from Eversource's #1 in the nation energy efficiency programs

- Improved potential to participate in demand response and other clean energy initiatives

- Potential for reduced gas supply costs and increased reliability through portfolio optimization and management

- A commitment to maintain safe and reliable operations

- Strong financial profile with access to Eversource's top-tier credit ratings, which helps to lower infrastructure financing costs for customers

In addition, Eversource's industry-leading goal to achieve carbon neutrality in its operations by 2030 will be extended to the former Columbia Gas operations in Massachusetts, creating additional opportunities to expand the development and use of innovative, clean natural gas

technologies.

"We have a strong track record of investing in infrastructure to deliver benefits to our customers and significantly improve the reliability and safety of our systems," said Eversource Gas President Bill Akley. "Our commitment to operational excellence and superior customer service will create value for customers, employees, shareholders, and the communities we serve."

Columbia Gas of Massachusetts customers should continue to visit ColumbiaGasMA.com to pay their bill or check their account. The website will feature the Eversource brand, but the website address will remain the same for now. Customers will also notice the Eversource logo on their bill and hear the Eversource name when calling customer service using the same number they currently do at (800) 688-6160.

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NECC Celebrates STEM Week

Northern Essex Community College will join educators across the state to celebrate STEM (Science, Technology, Engineering, and Math) Week, October 19-23, 2020. The college is planning a series of events, most of which are free and open to the public.

Organized by the Executive Office of Education and the STEM Advisory Council in partnership with the state's nine Regional STEM Networks, STEM Week was created to get learners excited about STEM education and STEM careers. This year's theme is "See Yourself in STEM".

At Northern Essex, approximately 15 percent of students are enrolled in one of the college's 15 STEM programs, which include biology, computer science, engineering, laboratory science, and chemistry, physics, and environmental science.

According to Carolyn Knoepfler, NECC's dean of STEM, 17 percent of the total Massachusetts workforce or 600,000 people work in STEM occupations, and STEM jobs are expected to increase by 11.2 percent by 2026. "There are lots of opportunities in the STEM fields, especially for women who are now underrepresented," said Knoepfler.

Northern Essex STEM Week events, all conducted virtually on Zoom, will include presentations on topics such as COVID-19, the science of bread making, biotechnology, and the field of marine biology and a STEM career panel discussion and career fair.

For more information or to receive Zoom links for any of these programs, please contact Knoepfler at cknoepfler@necc.mass.edu or 978 556-3541.

Here's a full list of events:

Presentation: The Latest on COVID-19
Tue, Oct. 20, 12:30 to 1:30 pm

Natural Science Professor Sarah Courchesne will share everything you need to know about the pandemic from her perspective as a scientist. Professor Courchesne has her doctor of Veterinary Medicine degree from Tufts and she joined the faculty at Northern Essex in 2014, teaching chemistry and biology courses.

Career Panel: STEM Fields
Wed, Oct. 21, 12:30 to 1:30 pm

This panel of professionals with careers in STEM will showcase the many opportunities that are open to STEM graduates. The panel will include a doctor, the owner of a vineyard, an engineer, a business information security officer, the president of a networking company, and more. Panelists will also provide tips for students interested in getting a job in a STEM field.

Presentation: "This is What Happens When You Wait Too Long to Talk your Kid Out of Being a Marine Biologist"
Thur, Oct. 22, 1 to 2 pm

Dr. Alex Loureiro, director of Marine Environment and Biology at the International Association of Geophysical Contractors (AIGC), will talk about her



ECC Professor Kevin Mitchell, third from left, works with left to right former NECC lab science students Darrin Perrault of Haverhill, Angie Abreu of Methuen, and Gabriela Santana of Lawrence.

career. In her role, she supports the IAGC's mission to address critical scientific and policy issues related to noise in the marine environment and the impacts on marine life.

Presentation: A Window into Biotechnology
Thur., Oct. 22, 4:30 to 5:30 pm

Ultrageny Pharmaceuticals, a clinical-stage biopharmaceutical company, will share their research. Ultrageny is committed to bringing products to the market for the treatment of rare and ultra-rare diseases, with a focus on genetic diseases. This presentation is sponsored by Middlesex Community College's Biotech Learn and Earn Program.

Registration Link: Ultragenyx Virtual Visit
Career Fair: STEM Virtual Hiring Event
Thur., Oct. 22, 4 to 6 pm

This event is for NECC students and alumni only who are looking for full-time,

part-time and internship opportunities in STEM fields.

For more information, contact Noreen Fantasia, coordinator, Career Services, nfantasia@necc.mass.edu

Presentation: The Science of Bread
Fri, Oct. 23, 1 to 3 pm

Computer Science Professor Ethel Schuster will demonstrate how to make your own bread. The presentation will include a commentary on the science behind bread making, including yeast and gluten. A Colombian native, Professor Schuster has a PhD from the University of Pennsylvania, specializing in computational linguistics and artificial intelligence.

To learn more about STEM Programs at Northern Essex Community College, visit the website <https://www.necc.mass.edu/learn/innovative-programs/stem-programs/> or contact Dean Knoepfler, cknoepfler@necc.mass.edu.

Como los huesos del cuerpo humano, el eje de la rueda, el ala del pájaro y el aire al ala, así es la libertad la esencia de la vida. Todo lo que se hace sin él es imperfecto.

Like bones to the human body, the axle to the wheel, the wing to the bird, and the air to the wing, so is liberty the essence of life. Whatever is done without it is imperfect.

Jose Marti

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MCC Helps Students Fit Education Into Their Busy Lives

Sebastian Alvarez-Martine is building his brand. At 21, he already runs a small, private media production company called Unavailable Media. In collaboration with his best friend, the service has four social media pages and close to 75,000 followers on Instagram. He also works on freelance photo and video projects for major companies. For Alvarez, Middlesex Community College offers him the flexibility he needs to pursue his passion while completing his studies.

Alvarez came to Middlesex to continue his education. He had previously started at a four-year school, but took time off to play in two Under-20 International Ice Hockey Federation (IIHF) Championships for Mexico in 2018 and 2019. Now at MCC, he is taking classes to earn credits he can transfer to a top four-year school.

“My MCC experience has been very unique and personal, which MCC is great at doing for people,” he said. “I want to make my own path and so my experience at MCC has been really good because for people who do research, are organized, and stay disciplined with their unique path, the advisors and professors are here to support you – and you will find success!”

The online and accelerated course options Middlesex offers help Alvarez manage his busy schedule. With MCC’s Mini-mesters, students receive the same number of credits, high-quality content, and number of instructional hours as a traditional 15-week course in just eight-weeks.

“I have always preferred online

because for most classes all you have to do is get the work done,” he said. “I also move around a lot, so I’m not always in Bedford, Mass., so I like being able to do my classes on a pit stop on the highway or from the comfort of my bed.”

An Accounting major who is from Mexico City and now lives in Lexington, Alvarez is paying for college on his own and chose MCC because of its affordability. In reflecting on his journey and career aspirations, he credits MCC for teaching him “integrity, patience and accountability.”

The first person Alvarez met at Middlesex was Susan Hutchinson, MCC’s Bedford Academic Advisor, and he still goes to her when he needs assistance. He appreciates the “hard work, care and detail she puts into helping her students succeed,” even going as far to say she is “the goat” – the greatest of all time.

Stephanie Pesce, MCC Professor of Honors English and Humanities, has also been a mentor to Alvarez. Although Alvarez is interested in transferring to a business school with a concentration in technology, Pesce challenged him in his Honors English course and offered him guidance.

“She would often meet with me after class not only for extra help but also for transfer mentorship and career advice,” Alvarez said. “I also remember her telling me about why she loves teaching here. When she first started, she taught an array of people – including moms juggling a family and lower income motivated students – and

she loves that aspect of the college, which I think says a lot of good things about her character.”

Alvarez benefits from the college’s tutoring service at the Academic Centers for Enrichment (ACE) and enjoys playing on the college’s intramural hockey team. He calls the team “a ragged band of chippy grinders.”

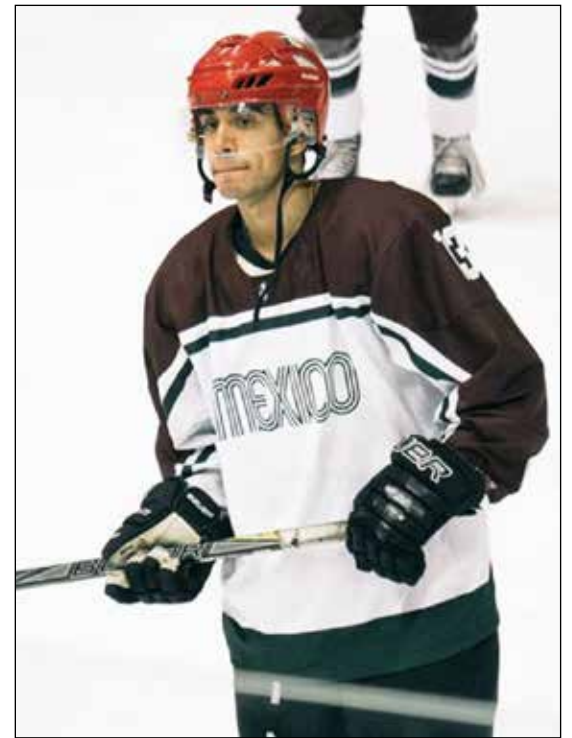
One of MCC’s new Student Greeters, Alvarez welcomes people to campus to help them find where they need to go. Although most of MCC’s courses and student services are now online due to the pandemic, Greeters help students who do have to come to campus find their way to the library, pick up items from the bookstore, or meet someone from student services – which is by appointment only.

With the pandemic, Alvarez sees this time as an opportunity to get serious about his education. While he had only intended to take one summer class, he ended up finishing four and is gearing up to apply to four-year schools for Spring 2021.

As for why Middlesex was his choice, he said, “I am still young and finding what I want to do for the rest of my life. The quality of resources here is more than enough for almost anything you want to do.”

MCC’s Mini-mester II – an accelerated, eight-week session – starts on November 2. To register, visit www.middlesex.mass.edu/registration/ or call 1-800-818-3434.

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, MCC has been a proven leader in online education for more than 20 years. We educate, engage and empower a diverse community of learners, offering more than 80 degree and certificate programs – plus hundreds of noncredit courses. Middlesex Community College: Student success starts here!



Middlesex Community College offers student Sebastian Alvarez-Martine the flexibility he needs to pursue his passion while completing his studies. He enjoys participating in MCC’s Mini-mesters, an accelerated, eight-week session.

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El evento anual Celebrate Giving de la Greater Lowell Community Foundation destaca la fuerte conexión comunitaria durante la pandemia

El jueves, 1 de octubre de 2020, la Greater Lowell Community Foundation organizó virtualmente su evento anual Celebrate Giving.

El evento contó con la primera dama del Commonwealth de Massachusetts, Lauren Schadt Baker, cofundadora del Fondo de Ayuda COVID-19 de Massachusetts, como oradora principal y fue organizada por Christa Brown, fundadora de Free Soil Arts Collective.

Durante la primavera y principios del verano, Massachusetts COVID-19 Relief Fund brindó apoyo a las poblaciones más afectadas por COVID-19, como trabajadores esenciales de primera línea, personas mayores, niños y jóvenes, personas con inseguridad alimentaria y poblaciones vulnerables, incluidas las personas sin hogar, inmigrantes, indocumentados, y aquellos con discapacidades.

Con fondos del Fondo de Ayuda COVID-19 de Massachusetts, GLCF pudo distribuir 70 subvenciones a 48 organizaciones sin fines de lucro de Greater Lowell por un total de \$2,161,030. "Me ha inspirado tanto el trabajo que ha realizado GLCF durante los últimos meses", compartió Baker. "Es increíble y muchas personas se han beneficiado de su trabajo y sus profundas raíces y conexiones en su comunidad, así que gracias por permitirme compartir esta celebración con ustedes".

Trinity E.M.S., Inc. recibió el premio GLCF Business Philanthropy Partner Award 2020 por su trabajo ejemplar en la primera línea de la pandemia COVID-19. "Lo que la fundación comunitaria ha hecho durante COVID para la comunidad es simplemente dar y dar y dar y muchas personas se han beneficiado de la generosidad de GLCF, y Trinity está feliz de ser parte de eso", dijo el presidente de Trinity, John Chemaly, al aceptar el premio.

El premio inaugural del conector comunitario de GLCF fue otorgado a Levenia Furusa, directora ejecutiva de Dwelling House of Hope. Los miembros de la comunidad nominaron a personas y organizaciones para este premio que se habían destacado en su apoyo a las personas y/o su comunidad a través de uno o más actos extraordinarios durante la pandemia de COVID-19. Furusa compartió sus



Celebrate Giving de GLCF contó con la participación de la Primera Dama de la Commonwealth de Massachusetts Lauren Schadt Baker, cofundadora del Fondo de Ayuda COVID-19 de Massachusetts y fue patrocinada por Christa Brown.

GLCF's Celebrate Giving featured First Lady of the Commonwealth of Massachusetts Lauren Schadt Baker, co-founder of the Massachusetts COVID-19 Relief Fund and was hosted by Christa Brown.

pensamientos sobre la recepción del premio Community Connector de GLCF 2020. "Quiero agradecer a GLCF por reconocer nuestro trabajo aquí en Dwelling House of Hope. Incluso en tiempos de la pandemia, dieron un paso al frente y se aseguraron de que se cuidara a la comunidad".

Para obtener más información sobre la Greater Lowell Community Foundation, visite www.glcfoundation.org. Un video del evento Celebrate Giving está disponible en la página de inicio de GLCF.

Desde marzo, a través de subvenciones de su Fondo de Respuesta a Emergencias GLCF COVID-19 y el Fondo de Ayuda COVID de Massachusetts, la fundación ha apoyado a 105 organizaciones locales sin fines de lucro con 185 subvenciones por un total de más de \$2.7 millones. Las donaciones al Fondo de Respuesta de Emergencia de GLCF COVID-19 se pueden hacer en línea en www.glcfoundation.org o por correo al Fondo de Respuesta de Emergencia de GLCF COVID-19 c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.



Este año, el premio inaugural del conector comunitario GLCF 2020 fue otorgado a Levenia Furusa, directora ejecutiva de Dwelling House of Hope por su trabajo durante la pandemia.

This year, the inaugural GLCF 2020 Community Connector Award was given to Levenia Furusa, executive director of Dwelling House of Hope for her work during the pandemic.



Trinity E.M.S., Inc. recibió el premio GLCF Business Philanthropy Partner Award 2020 por su trabajo ejemplar en el frente durante la pandemia de COVID-19, John Chemaly, presidente de Trinity E.M.S., Inc. aceptó el premio.

Trinity E.M.S., Inc. received the 2020 GLCF Business Philanthropy Partner Award for their exemplary work on the front lines during the COVID-19 pandemic, John Chemaly, president of Trinity E.M.S., Inc. accepted the award.

Greater Lowell Community Foundation annual Celebrate Giving event highlights strong community connection during pandemic

On Thursday, October 1, 2020 the Greater Lowell Community Foundation hosted its annual Celebrate Giving event virtually.

The event featured First Lady of the Commonwealth of Massachusetts Lauren Schadt Baker, co-founder of the Massachusetts COVID-19 Relief Fund, as its keynote speaker and was hosted by Christa Brown, founder of Free Soil Arts Collective.

Throughout the spring and early summer, Massachusetts COVID-19 Relief Fund provided support for populations most impacted by COVID-19 such as essential frontline workers, seniors, children and youth, the food insecure, and vulnerable populations including the homeless, immigrants, undocumented, and those with disabilities.

With funding from the Massachusetts COVID-19 Relief Fund, GLCF was able to distribute 70 grants to 48 Greater Lowell nonprofits totaling \$2,161,030. "I've been so inspired by the work that GLCF has done over the past several months," Baker shared. "It's incredible and so many people have benefited from your work and your deep roots and connections in your community so thank you for letting me share this celebration with you."

Trinity E.M.S., Inc. received the 2020 GLCF Business Philanthropy Partner Award for their exemplary work on the front lines of the COVID-19 pandemic. "What the community foundation has done during COVID for the community is just give and give and give and so many

people have been beneficiaries of GLCF's generosity, and Trinity is happy to be part of that," said Trinity president John Chemaly, as he accepted the award.

The inaugural GLCF Community Connector Award was given to Levenia Furusa, executive director of Dwelling House of Hope. Community members nominated individuals and organizations for this award who had stood out in their support of individuals and/or their community through one or more extraordinary acts during the COVID-19 pandemic. Furusa shared her thoughts on receiving the GLCF 2020 Community Connector Award "I want to thank GLCF for recognizing our work here at Dwelling House of Hope. Even in times of the pandemic, they stepped up and made sure that the community was taken care of."

To learn more about the Greater Lowell Community Foundation visit www.glcfoundation.org. A video of the Celebrate Giving event is available on the GLCF homepage.

Since March, through grants from its GLCF COVID-19 Emergency Response Fund and the Massachusetts COVID Relief Fund, the foundation has supported 105 local nonprofit organizations with 185 grants totaling over \$2.7 million. Donations to the GLCF COVID-19 Emergency Response Fund can be made online at www.glcfoundation.org or by mail to the GLCF COVID-19 Emergency Response Fund c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.

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The Switchboard expands its programming with two locations

43 and 41 Washington St to be activated with two striking exhibitions

43 Washington St, Haverhill, MA:

What Remains, Sculptural Works by Helen Duncan
 Artists Reception Saturday, Oct 24th, 2020 from 5-8pm
 Show on View Oct 15th, 2020 through Oct 31st, 2020

41 Washington St. Haverhill, MA:

Group Exhibition Guest Curated by Marc Mannheimer and Featuring Fourteen Artists from around the World- Dia de los Muertos, Day of the Dead- A Celebration!
 Reception Saturday, Oct 31st, 2020 from 3-6
 AND Sunday, Nov 1st, 2020 from 3-6pm
 Show dates TBD

The Switchboard is pleased to announce our busy Fall lineup at our original location (43 Washington St) and our temporary location (41 Washington St), made possible by a collaboration with Traggorth Companies and Mass Development, which has allowed us to temporarily expand into a second location-offering greater opportunities for local artists' to show and sell their work during a pandemic.

October Artist-in-Residence, Helen Duncan, a designer, sculptor, and educator, is a multifaceted artist who brings energy and a sharp wit to her work and projects. What Remains is a series of ceramic sculptures reflecting and referencing the experience of loss. Each piece is created using hand-building techniques and glazed. Duncan explains, "I choose materials that best communicate a concept or an experience that is personal to me. When working in clay, I use hand building as well as wheel throwing techniques. I might choose the seductive plasticity of porcelain with its vitreous translucency or the earth founded weight of grogged stoneware. The materials take form in a visual language and become multiples in installations, or piece in a series based on a theme." What Remains is on display at 43 Washington St. Haverhill, MA. The public is invited to an Artists Reception on Saturday, October 24th from 5-8pm.

Bio, courtesy of the Artist: Helen Duncan is an artist and designer who works in ceramics and mixed media. Helen has a BA in Product Design Ceramics from Limerick College of Art and Design Ireland, attended University of Massachusetts Dartmouth post graduate ceramics and has a Masters in Art Education from Boston University. She was an artist/educator in residence at the Institute of Contemporary Art Boston from 2005 - 2015 and currently teaches ceramics and sculpture. Helen has exhibited in both Ireland and the USA in solo and group exhibitions.

The Switchboard has partnered with local artist and curator Marc Mannheimer to bring our community Dia de los Muertos, Day of the Dead- A Celebration! at 41 Washington St., in Haverhill, MA. The show, which is a group exhibition, includes the work of fourteen artists from around

the world who are making work specific to the show's theme. Mannheimer and several other artists will be constructing an altar where it is traditional in Mexican culture to place personal items and food to honor and celebrate those that have died, assisting in their spiritual journey. Those attending the show and the opening may, with the permission of the Curator, offer an item for the altar to remember the spirit of a lost loved one. Please, nothing perishable other than flowers. Carnations are encouraged, and certainly nothing valuable. Due to COVID19 restrictions, we are unsure of being able to offer this experience to the public, but we will be offering socially-distanced gallery hours leading up to the Celebrations which are scheduled for Saturday, Oct 31st from 3-6pm and Sunday, Nov 1st from 3-6pm.

Bio, courtesy of the Artist: Marc Mannheimer holds a Master of Art in both Studio Art and Art Education from New York University, as well as a Bachelor's Degree in Industrial Design from Pratt Institute. Education has long been a part of Mannheimer's career, as a teacher, mentor, and consultant. After having taught at Bradford College for over 21 years, Mannheimer is currently a Professor of Art at Northern Essex Community College, where he also serves as Gallery Coordinator of the Linda Humel-Shea ArtSpace. Mannheimer has exhibited extensively across the United States. His artwork can be found in various public and private collections, including internationally in Italy, where he travels every year. Mannheimer lives and works in Bradford, Massachusetts.

The Switchboard, located in downtown Haverhill, MA, is a space for artists that encourages and supports entrepreneurial opportunities for showing + selling artwork which include exhibitions, studio rental, artist residencies, and special events. Artists need strong community and a place where connections can be made in order to foster growth, both personally and professionally. The Switchboard is a place for experimenting and taking chances to see what might be on the other side of that mountain. <https://www.theswitchboardhaverhill.com/>

Middlesex CC to Host Health & Biotech Virtual Pathway Open House

Middlesex Community College will host a trio of virtual Pathway Open Houses throughout the Fall semester. The first Pathway Open House will take place at 5 p.m. on Thursday, October 29 and cover the Health and Biotechnology programs at Middlesex. Students can learn what MCC and these specific programs offer from the beginning – diving into the specifics of the college, academic majors and all the resources that may be of interest to prospective students.

"The Health Programs and Biotechnology Pathway Open House will appeal to students who enjoy science, are keenly interested in going into a helping profession, and are ready to commit to programs that will prepare them for high demand careers," said Camille Brown, MCC's Director of Admissions and Student Recruitment. "Students at this event have the opportunity to learn about our many selective health programs from the faculty who lead these programs."

Over Zoom, attendees will learn about the Admissions process, speak with Financial Aid Counselors, meet with MCC faculty members, hear about campus offerings, and learn about transfer options. Those who participate will also have the opportunity to explore career paths and learn about career-focused degrees and certificates, career development courses, and customized training for businesses.

MCC's Biotechnology program will be represented by Kate Sweeney, Dean of STEM, and Stefana Soitos, MCC's Director of the Biotech Learn and Earn Experience. Among other topics, they will discuss how completing the program – the first from a community college in Mass. – will lead to a fulfilling and successful career.

"Learn about the coursework, our new multimillion dollar state of the art facility, and all of the incredible options

available to you, such as the Learn and Earn Experience," Sweeney said. "Learn and Earn offers students the opportunity to work in Biotech at the same time they are pursuing their degree."

The Health and Biotechnology Pathway Open House is at 5 p.m. on Thursday, October 29. Those interested in careers in Biotechnology, Dental Assisting, Dental Hygiene, Dental Laboratory Tech, Health Care Administration, Medical Assisting, Medical Billing & Coding, Medical Laboratory Tech, Nursing Day & Evening, Phlebotomy, Radiologic Tech and Ultrasound Tech should attend.

MCC will host two additional program-specific Pathway Open Houses during the semester.

The Business, Public Service and STEM Pathway Open House will be at 5 p.m. on Tuesday, November 10. Students should attend if they are interested in careers in Addictions Counseling, Aviation Maintenance, Biology, Chemistry, Computerized Accounting, Computer Science, Criminal Justice, Culinary Arts, DigitalForensics, Engineering, Engineering Tech-CAD, Environmental Health, Fashion Merchandising, Fire Protection & Safety, Hospitality Management, IT-Cybersecurity, Mathematics, Paralegal, and Travel Services Management.

Students should attend the Humanities, Social Science & Education Pathway Open House at 5 p.m. on Wednesday, November 18 if they are interested in careers in Arts Administration, Communications, Education, English, Fine Arts, Graphic Design, History, Politics & Global Studies, Human Services, Music, Psychology, Studio Arts, Theatre, and World Languages.

For more information or to RSVP for MCC's Pathways Open Houses on Zoom, visit www.middlesex.mass.edu/openhouse or email admissions@middlesex.mass.edu.

Workplace English Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken for Workplace English classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843. These classes are free to Lawrence residents but students must have a high beginner level of English.

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

Fire victims / Víctimas de incendios

The recent fire at Bennington St. in Lawrence left 64 residents homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of donated items and things that are needed as well as names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

El reciente incendio de la calle Bennington en Lawrence ha dejado a 64 residentes sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que han sido donados y lo que necesitan así como nombres, edades, tallas, etc. pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.

<http://heallawrence.org/>

heallawrence@aol.com

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

"There is a cult of ignorance in the United States, and there has always been. The strain of anti-intellectualism has been a constant thread winding its way through our political and cultural life, nurtured by the false notion that democracy means that 'my ignorance is just as good as your knowledge.'"

- Isaac Asimov

BY DALIA DÍAZ
daliadiaz@rumbonews.com

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.

Ballot questions

There are two questions on the electoral ballot this year that we published on our October 8th edition for your information. We are planning to repeat them next week, just in time for everyone to make a decision. They are the exact text that appears on the red book published by the Secretary of State of the Commonwealth in English and Spanish.

My opinion is only offered in this column and a few days ago I wrote on Facebook the following:

“On question 1, let's leave things alone. Right now we bring our cars to our mechanic of choice. It will provide only mechanical data transmitted wirelessly to repair shops - not private information. I'm voting YES on this one.

On question 2, I want my vote to be used for the candidate of my choice, even if s/he loses. Rank Choice Voting will divide the votes and mine could very well end up supporting someone undesirable by my judgment. I'm voting NO on this one.”

Please take the time to read both proposals to make up your mind. People tend to misunderstand what they read, at times, or believe what so cleverly has been depicted on television commercials.

Ending the Census count

As I expected, thousands of people did not respond to the census putting in jeopardy many improvements for the city and society in general. After many months of mailings, advertisements, visits, telephone calls, and begin to please respond, there was silence. The people of Lawrence didn't listen.

This brings to mind that around 1961 or 62 in Cuba, the government changed the currency and it was a total surprise. The bank accounts were protected but the catch was that there was a limit of cash you could bring to the bank (5,000 pesos) and anyone with more had to burn it or bury it in the backyard in hopes that things would change in the future.

I bring this in comparison because the new currency was printed and no one knew about it. The exchange took place in one day only!

With today's technology, why do we have to beg people to respond to something that will not harm them in any way? I understand about the fear of deportation and the lack of credentials but the government has not tried to educate those people, either as to the safety of reporting.

The COVID threat

The same is happening with COVID testing. The City of Lawrence has spent millions of dollars, yet the numbers of positive cases keep going up. We continue as #1 with 41.5 positive cases as a daily average. The administration seems to think that throwing money at a problem will solve it but residents keep being disobedient by not wearing masks, partying, and carrying on with their lives as usual.

Most residents know that on June 23, 2020, the City Council approved the FY2021 budget which included a 2.5% increase in our taxes. What was not made public is that on May 6, 2020, the mayor received a letter from the Division of Local Services of the Internal Revenue Service, granting the City of Lawrence a \$6,111,000 loan with the caveat that it was to be used specifically in the FY2021 budget.

People keep getting infected and dying and the mayor believes that the memorial of 144 chairs on the Campagnone Common dedicated to the lives lost will make an impact. There were approximately eight workers and a foreman setting them up all day and that's probably what the loan was used for.

Doesn't he know that he will have to continue adding chairs as days go by? He has not fully understood that we need to take stronger actions with this community.

I am tired of not going anywhere, not being able to have guests for dinner at my home or going to a restaurant. Alberto and I are at the right age for COVID-19 contagion and we are very fearful. When someone must bring something to my home, we request to leave it in the mailbox or outside. Lots of people are becoming depressed and the most I do is sit in the sun for a few minutes to prevent becoming like that.

Finally, reading in the local newspaper, the Lawrence police is doing something about it. Fines for gatherings or not wearing masks is the language people understand. Now, if they could clamp down on visitors from out-of-state!

Correcting President Trump

Several times I've heard President Trump say that there are two states called Commonwealth – Pennsylvania and Virginia – when there are 4, Kentucky and Massachusetts. Some people insist there are five, if we count Puerto Rico.

There's no difference between a Commonwealth and a State just that this definition appears on the Constitution of those states since it was the common language of that era.

Property-owner of the Month

“I'm really doing this.”

Tiffany took our home buyer course in July of 2016 and our landlord training course in April 2018. She purchased a 4 family in Worcester County in June of 2018.

Tiffany heard about the home buyer classes from her real estate agent. “He recommended I take the class. I remember learning about all of the different mortgage products and that was very helpful.” Shortly after completing the course she sat with Ed Alcantara, our home buyer counselor, who helped her to prepare a plan. “He inspired me to do this.”

Tiffany knew that she wanted to purchase a multi-family property since the rental income would help her to pay the mortgage. “I knew about tenant rights but I didn't know about landlord rights and wanted to learn what things I should be doing.” Getting an occupancy permit, tenant screening, tenant selection and paperwork required as a landlord were among the many things she learned in the class. “The course provided me with lots of forms and great resources that were so helpful. Ed was always available to assist with any questions before, during and even



after I purchased my multi-family.” Tiffany advises anyone purchasing a multi-family to get educated because there is so much to learn. “Patience and communication are so vital when dealing with tenants and finding trustworthy people to do work is very important. Being able to do things on your own is also very helpful”.

When she was at her closing at the lawyer's office she realized, “I'm really doing this.” She felt a sense of empowerment and accomplishment. She had an “I can do anything” attitude. Tiffany is a single mom and works in human services.

She purchased her home with a loan through People's United Bank.

Congratulations, Tiffany.

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The business of America is not business. Neither is it war. The business of America is justice and securing the blessings of liberty.

— George F. Will

If you want to know who controls you, look at who you are not allowed to criticize.

— Voltaire

AZ QUOTES

Baker-Polito Administration Announces Comprehensive Eviction Diversion Initiative To Keep People Safely Housed During Pandemic

\$171 million initiative will support tenants and landlords through expanded rental assistance, rapid rehousing

BOSTON – Today, the Baker-Polito Administration announced a comprehensive set of resources, known as the Eviction Diversion Initiative, to support tenants and landlords during the financial challenges caused by the pandemic. The goal of this initiative is to keep tenants safely in their homes and to support the ongoing expenses of landlords once the Commonwealth’s pause of evictions and foreclosures expires on Saturday, October 17th. This strategy was developed by a cross-agency team assembled by the Administration in coordination with the Massachusetts Trial Court to manage the end of the moratorium on October 17th and reflects input from a broad range of stakeholders.

“The pandemic has created financial challenges for many individuals and families who are struggling with rent payments, and today we are pleased to announce a \$171 million initiative to promote household stability, and provide more support for tenants and small landlords,” said Governor Charlie Baker. “This strategy has been designed to be user friendly and easily accessible for tenants and landlords in need, and is comprised of new or expanded programs to help people stay in their homes. This would not be possible without the Legislature’s foresight in granting flexibility for the RAFT authorization. I am grateful to the Court System and all stakeholders for their partnership in this effort in keeping all families and households stable throughout this pandemic.”

“We are pleased to provide new options for tenants and landlords to come together prior to an eviction and to quickly find a new home if a resolution is not reached,” said Lt. Governor Karyn Polito. “These new and expanded resources will meet residents where they are and provide enhanced assistance in navigating a complex process, which has been made even more difficult by this pandemic.”

“The Trial Court has modified its procedures to provide for a two tier process that will enable tenants and landlords to access resources and mediate their

disputes in order to preserve tenancies,” said Trial Court Chief Justice Paula Carey. “The Trial Court has worked to increase its technological capacity to handle these cases safely when parties come into court and to provide those without assistance with information and access to technology where needed.”

The Administration is making a \$171 million total commitment this fiscal year, with \$112 million of new funding to support new and expanded housing stability programs during the remainder of the fiscal year, including:

- \$100 million commitment this fiscal year to expand the capacity of the Residential Assistance for Families in Transition (RAFT) program to provide relief to renters and landlords impacted by COVID-19;
- \$48.7 million to HomeBASE and other rapid rehousing programs for when tenants are evicted and are at risk of homelessness;
- \$12.3 million to provide tenants and landlords with access to legal representation and related services prior to and during the eviction process, as well as community mediation to help tenants and landlords resolve cases outside of court;
- \$6.5 million for Housing Consumer Education Centers (HCECs), the “front door” for those facing a housing emergency; and
- \$3.8 million for the Tenancy Preservation Program (TPP), to provide case management support and to act as a neutral party to help tenants and landlords come to agreement.

New investments will expand the capacity of the RAFT program and increase the maximum benefit available through RAFT from \$4,000 to \$10,000 per household, with a goal of helping more families stabilize their housing for six months, or until the end of June if there are

school-age children in the household, on their path to recovery.

New funding will also expand capacity at the nine regional Housing Consumer Education Centers (HCECs) to provide housing counseling and coordinate with community mediators, legal services, and caseworkers. Income eligible tenants and landlords will also be able to access legal representation and related services as they navigate the eviction process.

The Administration is also updating the RAFT program to improve turnaround time on applications, while maintaining program integrity, by:

- streamlining the application process for both the RAFT and Emergency Rental and Mortgage Assistance (ERMA) programs for low to moderate income households;
- verifying applicant eligibility with data collected through MassHealth, the Department of Transitional Assistance (DTA), Department of Unemployment Assistance (DUA), and the Department of Revenue (DOR);
- referring applicants to MassHIRE Career Centers; and
- allowing landlords who own fewer than 20 units to apply directly for RAFT and ERMA, with consent from tenants.

“It is important that we support both our tenants and landlords who are struggling due to COVID-19, and changes to the RAFT program, as well as increased resources, will deliver relief more efficiently,” said Secretary of Housing and Economic Development Mike Kennealy. “To keep people in their homes and help property owners with expenses, we are streamlining the RAFT application process, expanding the capacity at the ‘front doors’ where tenants access assistance, and allowing small landlords to apply directly for available funding.”

“We are beyond proud of the

collaborative approach that led to the Eviction Diversion Initiative, and are thankful for our partners at the Massachusetts Trial Court Division and Chief Justice Paula Carey, and our vital housing agencies, including CEDAC, MassHousing, and MHP,” said Housing and Community Development Undersecretary Jennifer Maddox. “This package of new and expanded resources will help us reach thousands more households in need to prevent evictions and ensure stability for families with children through the end of the school year.”

With the goal of bringing landlords and tenants together to avoid an eviction, the Administration will invest in expanding access to mediation services. In coordination with the Trial Court, the Administration is working to launch a new Community Mediation program that will be available prior to a court filing, and supplement court-provided mediation that is generally available after a filing has been made. The Administration will also provide funding to the Trial Courts to support bringing back recall judges to help handle caseload once the moratorium ends and to add additional housing specialists to help mediate agreements. Additionally, the existing Tenancy Preservation Program (TPP) will be expanded to serve a broader population of vulnerable households.

Massachusetts will also provide additional funding for post-eviction diversion, helping households to find new housing quickly and prevent a longer period of homelessness. HomeBASE, the Commonwealth’s rapid rehousing benefit, and the Strategic Prevention Initiative (SPI) will be expanded and continue to offer financial assistance and stabilization case management services to families as they are in the process of securing stable housing. A new temporary emergency program will also provide funds to households for periods of up to 12 months to assist with moving expenses, rent, including first or last month’s, or security deposit, while transitioning into a stable housing situation.

Haverhill Farmers Market

The vibrant, colorful Haverhill Farmers Market is where local farmers and food producers meet to sell directly to the community.

The Haverhill Farmers Market mission is to provide access to farm-fresh products and promote local agriculture, as well as serve as a social gathering place to encourage a vibrant and connected community.

This family-friendly market also includes food demonstrations, local music and children’s activities.

In partnership with Creative Haverhill, Team Haverhill provides the volunteer assistance to this important community institution.

WHEN: Saturdays, 9AM-1PM, June 27 – October 31, 2020

WHERE: 51 Merrimack Street, Haverhill, MA



Located in downtown Haverhill, the Haverhill Farmers Market is easily accessible by car, bike, walk, or public transportation, and has plenty of free parking (upper and lower decks at Goeke Parking Deck).

Stay connected with the Haverhill Farmers Market at facebook.com/haverhillfarmersmarket.

Please contact the market organizer if you have any questions at jeffgrassie@yahoo.com or call at 978 872-7535.

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New technology classes added to library offerings

Seven new classes have been added to the Nashua Public Library technology offerings this fall. Registration is not required unless otherwise noted.

Create Your Own Digital Game: For ages 12–17. Develop your game from concept to release over 11 weeks. Wednesdays, 9/11–11/20, 6:30 p.m. Register at tinyurl.com/nplteen.

3-D Design: For ages 12–17. Use open-source software to design a model for 3-D printing. Saturdays, 11/16, all at 1 p.m.

Introduction to eBay: Find out how to buy and sell items on e-commerce site eBay. Wednesday, 10/23, 2:30 p.m.

Microsoft Outlook: Take your office skills to a new level. Class covers managing email, contacts, calendars and tasks in Outlook. Wednesday, 11/20, 2:30 p.m.

These are just a few of the many computer workshops offered at the library.



Margaret H. Willison

Get more details at nashualibrary.org/attend/computer-classes. Sign up for the library's computer class newsletter at tinyurl.com/nplenewsletter.

The library is located at 2 Court Street. Visit nashualibrary.org/visit/directions for directions and parking information. For other information, contact the Information Department at (603) 589-4611 or via email at information@nashualibrary.org.

Meet Thriller Author Jon Land



Photo credit Rayzor Bachand.

The Nashua Public Library and Toadstool Bookshop are pleased to present a virtual author event with Jon Land on Thursday, October 22, at 7 p.m.

Land is a national bestselling author with over 50 books to his name. He wrote the bestselling Caitlin Strong series and several of the well-known "Murder, She Wrote" series. His latest book, "Strong from the Heart," came out in July. Find out more about the author at jonlandbooks.com.

The event is free and open to the public, but registration is required to receive an invitation to the Zoom event. Go to tinyurl.com/npllectures.

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



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Deborah Wilson, President/CEO, Lawrence General Hospital

★ **Emerging Leader Award Recipient:**
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★ **Community Spirit Award Recipient:**
Merrimack Valley Food Bank

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Local SERVPRO Cleaning Specialist Offers Tips for Staying Healthy as COVID-19 and Flu Season Converge

The COVID-19 pandemic has challenged business owners and homeowners alike to find ways to live and work without exposing themselves or others to this highly contagious virus. Now, the approaching flu season is set to complicate that challenge even further. To help control the threat that the one-two punch of COVID-19 and the seasonal flu presents, local professional cleaning specialist Gregg White from SERVPRO of Lawrence urges everyone to be extra vigilant about following cleaning and disinfecting protocols this year.

Scientists at the Centers for Disease Control (CDC) believe both COVID-19 and the seasonal flu spread primarily by droplets made when infected people cough, sneeze, or talk. While not as frequent, it is also believed adults and children can contract COVID-19 or the flu by touching a surface or an object that has virus particles on it and then touching their own mouth, nose, or eyes. The CDC continues to recommend a yearly flu vaccine as the first and most important step in protecting against flu viruses, but experts also emphasize the importance of cleaning and disinfecting frequently touched surfaces daily to help mitigate the potential spread from contaminated surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

To limit exposure and control the spread of these double threats, White recommends you wash your hands frequently with soap and water or use a hand sanitizer that is at least 60 percent alcohol, keep your hands away from your face, and wear a mask to protect others. For

effective daily, routine cleaning at home or at work, White recommends first removing surface grime and dirt with soap and water, then following up with a disinfectant. "It's easier to feel comfortable about limiting exposure at home where you can control how clean your surroundings are," said White. "It's more difficult out in public; but this year especially, it's important to be aware of the space you're in. You need to learn to recognize spaces where cleaning is – or is not – a priority so you can adjust your behavior accordingly."

For those home and business owners who have specialized cleaning requirements or who simply want the peace of mind that a professional cleaning service can offer in this stressful time, SERVPRO of Lawrence can help. "While we remain a leader in disaster cleanup and remediation situations, we also provide that same 'deeper level of clean' for everyday residential and commercial cleaning. In addition, SERVPRO offers their 'Certified: SERVPRO Cleaned' program, developed for businesses in response to the pandemic. The high level of confidence that a professionally cleaned space provides offers welcome reassurance to patrons as the flu season intersects with COVID-19."

SERVPRO specializes in disaster restoration, cleanup, and repair services, helping to remediate damage, making it "Like it never even happened" for both commercial and residential customers. For more information on SERVPRO of Lawrence, please contact Gregg White at (978) 688-2242 or nshepley@servproflawrence.com. For more information on the "Certified: SERVPRO Cleaned" program, please visit www.servpro.com.



GREATER LOWELL
CHAMBER OF COMMERCE

Halloween Events

Halloween Car Scavenger Hunt



Put on your Halloween Costumes and join the Greater Lowell Chamber of Commerce for family friendly car scavenger hunt!



Saturday, October 24th from 10:00am-5:00pm

Check out the [Facebook event page!](#)

Thank you to [Align Credit Union!](#)

Pumpkin Extravaganza!



Attention Greater Lowell businesses, individuals and families – we want to see your pumpkins!

Enter a photo of your Halloween pumpkin for a chance to win money and social media fame!



#GLCCPumpkinExtravaganza

VAWA

Ley de Violencia contra la Mujer



Departamento de Justicia de New Hampshire

Aprenda a apoyar a las víctimas en su comunidad

Financiación de subvenciones

Solicitud en inglés y español publicada aquí

<https://www.doj.nh.gov/grants-management/funding-availability.htm>

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