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Lawrenciano es historiador del USS Constitution



El Contramaestre de Segunda Clase Jason Santamaria, oriundo de Lawrence, Massachusetts, obtuvo su calificación avanzada de Historiador Interpretativo a bordo del USS Constitution, el 13 de noviembre. Pg. 2

Lawrencian Historian Aboard the USS Constitution

Boatswain's Mate 2nd Class Jason Santamaria, a native of Lawrence, Massachusetts, earned his advanced interpretive historian qualification aboard USS Constitution, Nov. 13. Pg. 2

Esperanza Academy celebra triunfos

Nury Herrera fue una de las primeras estudiantes de Esperanza. Se graduó de Esperanza en 2012 antes de ir a Brooks School y luego graduarse de The College of the Holy Cross la primavera pasada. Pg. 9

Esperanza Academy celebrates success

Nury Herrera was one of Esperanza's earliest students. She graduated from Esperanza in 2012 before going on to Brooks School and then graduating from The College of the Holy Cross this past spring. Pg. 9



MA Innovation Announces the 2020 New England Award Winners



CathWear is patented Leg Bag underwear that is designed to house & manage patient's catheter and/or drainage leg bag needs. Compatible with most catheters. Brian Mohika BSN, RN (and a United States Air Force veteran) is just another example of a revolutionary nurse. Mohika invented CathWear, an all-in-one catheter management system built into a comfortable, high-quality unisex brief.

The New England Innovation Awards, the oldest and longest-running Innovation Competition in New England celebrated its 35th innovation season. Through the years, the Awards have recognized, publicized and fueled innovation and leaders that have a passion for challenging the status quo of doing business, improving lives, and the world as a whole. The recognition and support of the prestigious trophy has helped launch and propel industry-

leading companies-like Genzyme, iRobot, Vistaprint, Keurig, MassChallenge and zipcar, to mention a few.

The award winners were handpicked by a seasoned group of experienced judges, all successful innovators in their own right, who evaluated the teams on their innovation disruption and prospect to affect positive change for their users, industries and markets.



Lawrenciano es calificado como historiador avanzado en el USS Constitution

Por Hospitalman Katrina Mastrolia, USS Constitution Public Affairs

El Contramaestre de Segunda Clase Jason Santamaria, oriundo de Lawrence, Massachusetts, obtuvo su calificación avanzada de Historiador Interpretativo a bordo del USS Constitution, el 13 de noviembre.

La calificación de Historiador Interpretativo avanzado significa que un marinero ha estudiado y entrenado más allá de la historia básica del Constitución USS y ha aprendido sobre todos los aspectos del diseño único del barco, la vida del barco durante la era de la vela y las principales batallas históricas del barco.

“Vivo mi vida un cuarto de milla a la vez”, dijo Santamaria.

Santamaria, graduado en 2014 de Lawrence High School, ha servido en la Marina durante

cinco años y su lugar de destino anterior era el portaaviones de propulsión nuclear USS Dwight D. Eisenhower (CVN 69).

El deber a bordo del USS Constitution es uno de los programas especiales de la Marina, y todos los posibles miembros de la tripulación deben cumplir con un alto estándar de excelencia sostenida y una entrevista para ser seleccionados para la asignación.

Los marineros en servicio activo estacionados a bordo del USS Constitution normalmente ofrecen recorridos gratuitos y visitas públicas a más de 600,000 personas cada año, ya que apoyan la misión del barco de promover la historia



de la Armada, el patrimonio marítimo y crear conciencia sobre la importancia de una presencia naval sostenida.

El USS Constitution es el buque de guerra encargado más antiguo del mundo a flote y jugó un papel crucial en las Guerras de Barbary y la Guerra de 1812, defendiendo activamente las rutas marítimas desde 1797 hasta 1855.

El barco se ganó el apodo de Old Ironsides durante la guerra de 1812 después de que se vieran balas de cañón británicas rebotando en el casco de madera del barco.

El USS Constitution quedó invicto en la batalla y capturó o destruyó 33 naves enemigas.

high standard of sustained excellence and interview to be selected for the assignment.

The active-duty sailors stationed aboard USS Constitution normally provide free tours and offer public visitation to more than 600,000 people each year as they support the ship's mission of promoting the Navy's history, maritime heritage, and raising awareness of the importance of a sustained naval presence.

USS Constitution is the world's oldest commissioned warship afloat and played a crucial role in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855.

The ship earned the nickname of Old Ironsides during the war of 1812 after British cannonballs were seen bouncing off the ship's wooden hull.

USS Constitution was undefeated in battle and captured or destroyed 33 enemy vessels.

E Pluribus Unum

Por Lane A. Glenn, presidente Northern Essex Community College

“De muchos, uno”: el lema de los Estados Unidos de América desde 1776, y un reconocimiento de que nuestra mayor aspiración siempre ha sido llegar a ser más grande que la suma de nuestras partes separadas.

Las diferencias de opinión nos han impulsado desde nuestra fundación y han hecho que nos fortalezcamos; y aunque hemos vivido tiempos peligrosos, como una sangrienta guerra civil, en los que nuestras diferencias quizás nunca parecieron mayores, el rencor y las divisiones ideológicas actuales han llevado a nuestra democracia bastante al borde.

Es hora de restaurar algo de "unum" en el "pluribus".

En 1961, el año en que Northern Essex Community College inscribió a nuestros primeros estudiantes en las aulas de la Escuela Primaria Greenleaf en Haverhill, el propio presidente de nuestro estado, John F. Kennedy, se dirigió al Parlamento canadiense en Ottawa, asegurándoles que “la geografía nos ha hecho vecinos. La historia nos ha hecho amigos. La economía nos ha convertido en socios. Y la necesidad

nos ha hecho aliados. Aquellos a quienes la naturaleza ha unido así, que nadie los separe. Lo que nos une es mucho más grande que lo que nos divide”.

Si bien su dirección estaba destinada a unificar a vecinos amistosos internacionales, lo mismo puede decirse de los vecinos aquí en Estados Unidos, en la misma calle o en el estado "rojo" o "azul" de al lado.

Lo que nos une es mucho más grande que lo que nos divide.

Kennedy continuó haciendo sonar una nota de realismo en medio del idealismo: "Estamos obligados a tener diferencias y decepciones", reconoció, "Y estamos igualmente obligados a sacarlos a la luz, para resolverlos donde puedan establecerse, y respetar las opiniones de los demás cuando no puedan resolverse".

La diversidad de pensamientos y opiniones, la competencia e incluso los conflictos pueden impulsar el descubrimiento, la innovación y un compromiso fructífero.

Pero para llegar allí, necesitamos restaurar la dignidad, el decoro y la buena voluntad en nuestro discurso público.

Espero que encontremos la manera de hacer esto en los próximos meses.

E Pluribus Unum

By Lane A. Glenn, President Northern Essex Community College

“Out of many, one”: The motto of the United States of America since 1776, and a recognition that our highest aspiration has always been to become greater than the sum of our separate parts.

Differences of opinion have driven us since our founding, and have caused us to grow stronger; and although we have lived through perilous times, such as a bloody civil war, when our differences may have never seemed greater, today's rancor and ideological divides have our democracy pushed quite close to the edge.

It's time to restore some "unum" to the "pluribus."

In 1961, the year that Northern Essex Community College enrolled our first students in classrooms at the Greenleaf Elementary School in Haverhill, our state's own President John F. Kennedy addressed the Canadian Parliament in Ottawa, reassuring them that, "Geography has made us neighbors. History has made us friends. Economics has made us partners. And necessity has made us allies. Those

whom nature hath so joined together, let no man put asunder. What unites us is far greater than what divides us."

While his address was meant to unify friendly international neighbors, the same can be said for neighbors right here in America, down the street or in the "red" or "blue" state next door.

What unites us is far greater than what divides us.

Kennedy went on to sound a note of realism amidst idealism: "We are bound to have differences and disappointments," he acknowledged, "And we are equally bound to bring them out into the open, to settle them where they can be settled, and to respect each other's views when they cannot be settled."

Diversity of thought and opinion, competition, and even conflict can drive discovery, innovation, and fruitful compromise.

But to get there, we need to restore dignity, decorum, and goodwill to our public discourse.

I am hopeful we find a way to do this in the months ahead.

Lawrencian earns Advanced Historian Qualification Aboard the USS Constitution

By Hospitalman Katrina Mastrolia, USS Constitution Public Affairs

Boatswain's Mate 2nd Class Jason Santamaria, a native of Lawrence, Massachusetts, earned his advanced interpretive historian qualification aboard USS Constitution, Nov. 13.

The advanced interpretive historian qualification means that a sailor has studied and trained beyond the basic history of the USS Constitution and has learned about all aspects of the ship's unique design, ship life during the age of sail, and the ship's major historic battles.

"I live my life one-quarter of a mile at a time," said Santamaria.

Santamaria, a 2014 graduate of Lawrence High School, has served in the Navy for five years and his previous duty station was the nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN 69).

Duty aboard USS Constitution is one of the Navy's special programs, and all prospective crew members must meet a

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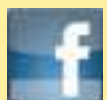
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

¡Viene la vacuna! ¡Viene la vacuna!

No, no me burlo de Paul Revere aunque lo digo con el mismo entusiasmo.

Hace unos días, en una reunión sobre la pandemia, alguien lo dijo como si esa fuera la luz al final del túnel y rápidamente les recordé que todavía faltan un par de meses. Mucha gente morirá esperándola.

Sí, es una gran noticia que finalmente tengamos una vacuna en un tiempo récord. La pelea ahora comienza con quién la obtendrá primero. Si bien los maestros insisten en que deben ser considerados por encima de los trabajadores de primeros auxilios, poco se dice sobre los ancianos, en particular los que viven en hogares de ancianos.

Voy a hacer una fila para reservar un par de vacunas con mi dirección, en caso de que las consiga.

No hay alegría navideña en Lawrence

Cuando este alcalde asumió el cargo, lo primero que hizo fue talar el árbol de Navidad que había sido plantado entre el Ayuntamiento y la corte por el alcalde anterior. Algunas personas pensaron que era una venganza política, pero era solo una señal de lo que vendría.

En los viejos tiempos, Marie Gosselin organizó el Desfile de Santa, pero cuando se volvió demasiado difícil reunir los

fondos necesarios para cubrir los costos, tuvo que dejarlo. Nadie intentó continuar la tradición retomando donde ella lo dejó.

Año tras año, la temporada navideña ha ido perdiendo importancia en Lawrence. No ha habido ninguna iluminación en el centro comercial para señalar la felicidad de la temporada. Este año es aún peor porque estamos obligados a cumplir con las máscaras y el distanciamiento social por nuestro propio bien, pero necesitamos más que nunca la esperanza y la alegría que puede traer la Navidad.

Eche un vistazo a lo que ha hecho la Ciudad de Haverhill. ¡Hay tanta alegría en esa ciudad! Consulte Haverhill News o Jarvi Productions en Facebook con fotos de casas decoradas. ¡Seguro que trae felicidad!

Todos los años, el día después del Día de Acción de Gracias, Santa venía en un camión de bomberos al lado del Ayuntamiento para dar regalos y rifar bicicletas. Durante años, el abogado de la ciudad, Charles Boddy, interpretó el papel del "hombre grande" sorprendiendo a los niños mientras les hablaba en español. Dan impidió que Charlie hiciera algo que amaba eligiendo a otra persona para que lo reemplazara.

Era casi como si hubiera un propósito para detener la diversión, las tradiciones y la gente que tenía algo que celebrar.

Cualquier lugar que visite hay signos de las Navidades. Lawrence parece estar muriendo.

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.

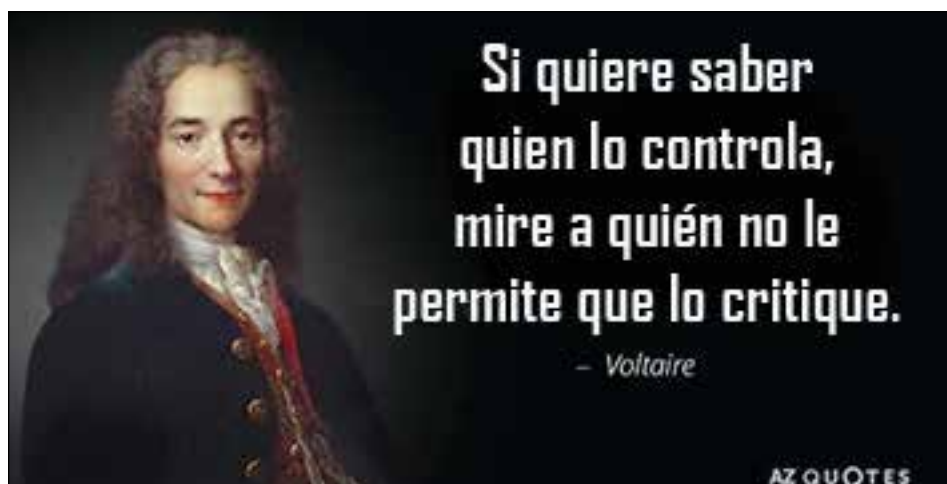
Like bones to the human body, the axle to the wheel, the wing to the bird, and the air to the wing, so is liberty the essence of life. Whatever is done without it is imperfect.

Jose Marti

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.



CARTAS AL EDITOR RUMBO

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

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



Progreso en la Escuela Oliver

Han pasado muchos años desde que comenzaron los planes para la restauración de la Escuela Oliver y debo darle un resumen de lo que ha estado sucediendo para que pueda comprender mejor el final.

Estela Reyes formó parte del Comité de Construcción antes de postularse para el cargo en el Concejo Municipal que ahora ocupa. Sabiendo que la ciudad recibirá \$45 millones para la expansión, la Sra. Reyes y miembros de su familia compraron un edificio abandonado en 173-175 Haverhill St. al lado de la Escuela Oliver y un lote de terreno detrás frente a Oak St.

Pasaron años sin pagar impuestos sobre el edificio hasta que se vio obligada a cumplir con los \$11,300 adeudados. Mientras tanto, el departamento de bomberos colocó una X roja en el edificio debido a las condiciones peligrosas ahora que incluso el techo se derrumbó, pero no hay vigilancia contra incendios como lo han hecho con tantos propietarios que les cobran muchos miles.

Ha habido varios artículos en la prensa local, así como en Rumbo, y llegué a suponer que ella se quedaría con la propiedad hasta que la construcción estuviera lista para comenzar y vender el edificio abandonado y los lotes de terreno con una ganancia enorme. Para mi sorpresa, durante la reunión del concejo municipal

del 20 de octubre, los concejales decidieron adquirir los lotes en Oak St. que pertenecen a la ciudad, pero no se mencionó el edificio ni los lotes de Reyes.

Me comuniqué con el concejal del Distrito E, David Abdo, y él simplemente respondió: "No creo que sea parte del sitio de expansión de la Escuela Oliver. A principios de este año, cuando me informaron sobre las alternativas de la Escuela Oliver en la oficina de la Superintendente, no recuerdo que esa parcela se presentó como parte de las propiedades ensambladas para el sitio preferido para la nueva Oliver", afirmó. Confío en su respuesta pero la encontré extraña.

Mi intuición se confirmó durante la reunión del concejo del 17 de noviembre. La Concejala Reyes estuvo ausente esa noche pero la Concejala María De La Cruz, mostrando su evidente desconocimiento de las normas, de repente hizo una moción para que la ciudad comprara el edificio y terrenos de la Concejal Reyes para agregarlos a la escuela.

Rápidamente la corrigieron porque este tema no se estaba discutiendo y que será un gran conflicto de intereses. ¡Guauu! Alguien en el concejo reconoce que debe tener cuidado al manejarlo.

Prácticamente una escuela nueva por \$45 millones (tal vez más) y ese peligroso barrio pobre de al lado. No me sorprendería que tengamos que pagarle un millón de dólares del dinero de los contribuyentes.

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

- Thomas Jefferson

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

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✗ **NO DES APRETONES DE MANO O ABRAZOS. SALUDA DE LEJOS O VERBALMENTE**



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✗ **NO TE REÚNAS CON PERSONAS DE ALTO RIESGO COMO ADULTOS MAYORES Y PERSONAS CON CONDICIONES MÉDICAS**

Para más información visita [Mass.gov/Thanksgiving2020](https://www.mass.gov/Thanksgiving2020)



Alerta de estafa de BBB: ofertas falsas en consolas de juegos engañan a los compradores navideños

Con mucha gente comprando regalos con un presupuesto limitado esta temporada navideña, los estafadores se están aprovechando de la demanda de costosas consolas de juegos promoviendo ofertas falsas en Nintendo Switch, PlayStation 4 PRO y la nueva PlayStation 5. Asegúrese de tener cuidado al comprar una consola en línea.

Cómo funciona la estafa

Encontrará una consola de juegos popular a la venta en línea a un precio reducido. Con la esperanza de ahorrar algo de dinero, investiga el sitio web del vendedor y encuentra algunas críticas positivas. Convencido, realiza su compra a través de PayPal u otro método de pago online. Recibirá una confirmación por correo electrónico con información de envío y un número de seguimiento.

Si recibe un paquete de la empresa, no es una consola de juegos, sino una funda de teléfono sin valor o un objeto pequeño similar. Dado que técnicamente recibió un envío, no podrá impugnar la compra con el tercero que procesó el pago.

Los intentos de contactar con la empresa son inútiles. Nadie responde a sus llamadas telefónicas o correos electrónicos. Un consumidor que nunca recibió ningún paquete informó a BBB.org/ScamTracker: "Intenté comunicarme con la dirección de correo electrónico en su sitio web, sin embargo, recibí un correo electrónico informándome que no era una dirección

de correo electrónico válida. Luego intenté llamar al número de teléfono que figura en el sitio web, [que me dio] un mensaje automático informándome que el número no era válido".

Cómo evitar las estafas de compras en línea

- Investigue a fondo la empresa a la que planea comprarle. Es mejor comprar artículos de vendedores que ya conoce y en los que confía, pero si decide comprar en una tienda en línea desconocida, haga su tarea primero. Lea todas las reseñas de clientes que pueda encontrar, busque la empresa en la organización y realice una búsqueda en línea con el nombre de la empresa seguido de la palabra "estafa" para ver si encuentra alguna queja. Asegúrese de que la empresa tenga información de contacto legítima de servicio al cliente (no solo un formulario que debe completar y esperar una respuesta) y políticas claras de devolución y reembolso también.

- Evite las compras impulsivas. A los estafadores les gusta atraer a la gente con "ventas flash" y "ofertas por tiempo limitado" con la esperanza de que entregue su dinero por impulso. Resista la urgencia.

- No crea precios que son demasiado buenos para ser verdad. Antes de comenzar a comprar, averigüe el precio de la consola

de juegos en un minorista importante. Puede consultar los precios en línea para tener una idea general de cuánto se vende la consola. Tenga en cuenta ese precio cuando compre y desconfíe de los vendedores que ofrecen el producto a un precio con grandes descuentos. ¿Podría terminar gastando dinero en un producto defectuoso o falsificado, o en ningún producto!

Para más información

Para obtener más consejos para las fiestas, visite BBB.org/holiday-tips, así como información de BBB sobre cómo comprar de manera segura en esta temporada de fiestas.

Si ha sido víctima de esta estafa, ayude a sus compañeros consumidores presentando un informe de estafa en BBB.org/TransitTracker.

BBB Scam Alert: Fake deals on gaming consoles trick holiday shoppers

With many people shopping for gifts on a budget this holiday season, scammers are taking advantage of the demand for pricey gaming consoles by promoting fake deals on Nintendo Switch, PlayStation 4 PRO, and the new PlayStation 5. Be sure to use caution when buying a console online.

How the Scam Works

You find a popular gaming console for sale online at a reduced price. Hoping to save some money, you research the seller's website and find a few positive reviews. Convinced, you make your purchase via PayPal or another online payment method. You receive an email confirmation with shipping information and a tracking number.

If you receive a package at all from the company, it isn't a gaming console – instead, it is a valueless phone cover or similar small object. Since you technically received a shipment, you will be unable to contest the purchase with the third-party who processed the payment.

Attempts to contact the company are useless. No one answers your phone calls or emails. One consumer who never received any package reported to BBB.org/ScamTracker: "I attempted to reach out to the email address on their website, however, I received an email informing me that it was not a valid email address. I then attempted to call the phone number listed on the website, [which gave me] an automatic message informing me that the number was not valid."

How to Avoid Online Purchase Scams

- Research the company you plan to

purchase from thoroughly. It's best to purchase items from sellers you already know and trust, but if you decide to purchase from an unfamiliar online store, do your homework first. Read as many customer reviews as you can find, look up the business on org, and do an online search with the company's name followed by the word "scam" to see if you find any complaints. Make sure the company has legitimate customer service contact information (not just a form you have to fill out and hope for a response) and clear return and refund policies as well.

- Avoid impulse buying. Scammers like to draw people in with "flash sales" and "limited time offers" in hopes you will hand over your money on impulse. Resist the urge.

- Don't believe prices that are too good to be true. Before you start shopping, find out the price of the gaming console at a major retailer. You can check prices online to get a general idea of what the console is selling for. Keep that price in mind as you shop and be wary of sellers who offer the product at a steeply discounted price. You could end up spending money on a defective or counterfeit product, or no product at all!

For More Information

For more holiday tips, check out BBB.org/holiday-tips, as well as information from BBB on how to shop safe this holiday season.

If you've been a victim of this scam, help out your fellow consumers by filing a scam report at BBB.org/ScamTracker.

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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>

Síntomas pulmonares comunes entre los usuarios de cigarrillos electrónicos y otros productos relacionados

Sesiones científicas de la American Heart Association del 2020, presentación P388

Un tercio de las personas que utilizan cigarrillos electrónicos o productos relacionados informaron presentar síntomas asociados a la lesión pulmonar o de las vías respiratorias, o bien un impacto de este tipo, según el análisis de una encuesta nacional realizada en el año 2016, que se presentará en las Sesiones científicas de la American Heart Association del 2020. La reunión se llevará a cabo de manera virtual del viernes 13 de noviembre al martes 17 de noviembre del 2020. Es un primer intercambio mundial de los últimos avances científicos, de investigación y actualizaciones de las prácticas clínicas basadas en evidencia en ciencias cardiovasculares para la atención de la salud en todo el mundo.

“Aunque muchas personas siguen creyendo que es seguro utilizar vaporizadores o cigarrillos electrónicos y productos relacionados, o al menos más seguro que fumar cigarrillos tradicionales, el uso de estos productos puede ser riesgoso”, señaló Thanh-Huyen T. Vu, M.D., Ph.D., autora sénior del estudio y profesora asociada de investigación de epidemiología en el Departamento de Medicina Preventiva en la Feinberg School of Medicine de la Northwestern University, en Chicago. “Los brotes recientes de lesiones pulmonares relacionadas con cigarrillos electrónicos o vaporizadores, conocidas como EVALI, por sus siglas en inglés, han suscitado una importante preocupación de la salud pública sobre el impacto del vapeo en la salud pulmonar. Sin embargo, la información se limita a los síntomas clínicos relacionados con el uso de distintos tipos de cigarrillos electrónicos y productos relacionados, especialmente, información sobre los síntomas entre individuos sanos”.

Para contribuir a llenar esa brecha de conocimiento, los investigadores analizaron las respuestas a la encuesta nacional en línea del 2016 que proporcionaron más de 1400 usuarios frecuentes de cigarrillos electrónicos y productos relacionados participantes, de 18 a 64 años, divididos equitativamente entre hombres y mujeres. Los participantes detallaron qué dispositivos de cigarrillos electrónicos y vaporizadores utilizaron, además de los productos relacionados usados. Adicionalmente, de una lista de 13 síntomas específicos, seleccionaron los que creyeron que podrían estar causados por el vapeo y comunicaron cualquier otro síntoma que consideraron experimentar como resultado del vapeo.

Los investigadores se enfocaron específicamente en cinco síntomas de la lista de síntomas que los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) de EE. UU. asociaron a lesiones pulmonares relacionadas con el uso de cigarrillos electrónicos o vaporizadores: tos, respiración entrecortada, náuseas, dolor de estómago y dolor de pecho. Los investigadores también analizaron si las opciones de productos específicos influyeron en la aparición de estos síntomas, después de ajustar los factores demográficos, el consumo de cigarrillos tradicionales y la frecuencia y la duración del uso de cigarrillos electrónicos y productos relacionados.

Los investigadores descubrieron lo siguiente:

- Más de la mitad (55%) de los encuestados presentó uno o más síntomas.
- Un tercio (33%) informó presentar uno o más de los cinco síntomas similares a las lesiones pulmonares relacionadas con cigarrillos electrónicos o vaporizadores (EVALI); la tos y las náuseas fueron los más comunes.
- La proporción de encuestados que informaron presentar síntomas similares a las EVALI fue mayor entre los menores de 45 años, las personas de origen hispano y los fumadores frecuentes de cigarrillos tradicionales o los usuarios frecuentes de otros productos de tabaco, como pipas o tabaco sin humo.
- En comparación con aquellos que utilizaron dispositivos no recargables, las personas que sí los utilizaron y les agregaron más líquido electrónico tuvieron un 70% más de probabilidades de presentar síntomas similares a las EVALI. Aquellas que usaron dispositivos con cartuchos recargables tuvieron un 95% más de probabilidades de presentar estos síntomas.
- Las personas que dijeron combinar sus propios líquidos electrónicos tuvieron un 40% más de probabilidades de presentar síntomas similares a las EVALI.
- Las personas que usaron cigarrillos electrónicos saborizados tuvieron un 71% más de probabilidades de presentar síntomas similares a las EVALI.

Después de que aumentaran las muertes y las lesiones pulmonares

relacionadas con vaporizadores en el 2019, los investigadores de los Centros para el Control y la Prevención de Enfermedades de EE. UU. identificaron como posible causa del daño pulmonar el acetato de vitamina E, un aditivo utilizado en algunos líquidos electrónicos que contienen cannabis comprados en Internet o de fuentes distintas a los dispensarios legales de marihuana.

“Nuestros resultados indican que los síntomas de las lesiones pulmonares relacionadas con cigarrillos electrónicos o vaporizadores no fueron una coincidencia, una breve ocurrencia o únicamente asociados al uso de THC (el componente psicoactivo del cannabis) o de acetato de vitamina E, ambos elementos señalados como posibles contribuyentes de los brotes de EVALI del año pasado”, comentó Vu. “Los profesionales de la salud deben ayudar a los pacientes a comprender mejor todos los riesgos y los posibles daños causados por el uso de cigarrillos electrónicos y productos relacionados”.

Aunque la encuesta se realizó en el 2016, los investigadores creen que los hallazgos son relevantes e importantes hoy en día. Vu mencionó que el uso de cigarrillos electrónicos y productos relacionados ha aumentado desde el 2016, a pesar de la creciente preocupación de la salud pública, y que las nuevas opciones de dispositivos proliferan, con un número cada vez mayor de opciones de productos para tentar a posibles usuarios y atraer a usuarios actuales a nuevos productos.

“Si bien estos hallazgos provienen de una encuesta realizada a adultos, también son importantes para los jóvenes. Sabemos, según informes anteriores, que los jóvenes y los adolescentes que utilizan vaporizadores probablemente experimenten y hagan alteraciones en los líquidos y los dispositivos, y que

elijan productos saborizados”, comentó la coautora del estudio Rose Marie Robertson, M.D., FAHA, subdirectora de ciencias y funcionaria médica de la American Heart Association y codirectora del Tobacco Center for Regulatory Science de la asociación, que respaldó el estudio. “Los mensajes de salud pública se deben diseñar para padres y tutores u otros adultos que trabajan estrechamente con los jóvenes, como profesores y entrenadores, a fin de aumentar el conocimiento de la relación entre el uso de cigarrillos electrónicos y los graves riesgos para la salud”.

Según la Encuesta Global de Tabaquismo en Jóvenes del 2020, 3,6 millones de jóvenes estadounidenses actualmente utilizan cigarrillos electrónicos y, entre los usuarios frecuentes, más de ocho de cada diez dijeron usar cigarrillos electrónicos saborizados. La American Heart Association respalda una iniciativa de tres partes más agresiva que incluye la investigación, el fomento de las políticas y el accionar de jóvenes para combatir la epidemia de vapeo adolescente en los EE. UU.

“Sabemos que casi el 90% de los fumadores desarrollan la adicción antes de que los 20 años de edad y que la nicotina tiene efectos muy profundos en un cerebro en desarrollo”, señaló Aruni Bhatnagar, Ph.D., FAHA, codirector junto con el Dr. Robertson del American Heart Association’s Tobacco Center of Regulatory Science y profesor de medicina en la School of Medicine de la University of Louisville, en Louisville, Kentucky. “Este estudio entrega un mensaje claro de que, a pesar de la creencia de que los cigarrillos electrónicos son menos perjudiciales o incluso que son completamente

Por favor vea **CIGARRILLOS**
 ■ CONTINÚA EN LA PÁGINA 17


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Experto: Los nativos americanos "han sido olvidados con frecuencia" en parte de la historia de EE.UU.

Autoridad sobre pueblos indígenas, colonos está disponible para entrevistas

Celebrado cada Día de Acción de Gracias, la navegación del Mayflower y la creación de Plymouth Colony en 1620 mantienen un baluarte en la imaginación estadounidense. La historia de la fundación del país describe el establecimiento de la colonia puritana como el punto de origen de los Estados Unidos, pero persisten conceptos erróneos, según un experto de la UMass Lowell en la historia de los nativos americanos.

"Noviembre es el Mes de la Herencia de los Nativos Americanos. Mientras conmemoramos el 400 aniversario del desembarco del Mayflower, la cultura y la experiencia de los nativos americanos en cuyas tierras se mudaron los colonos ingleses son con demasiada frecuencia una parte olvidada de la historia", dijo Christoph Strobel, quien está disponible para entrevistas.

Los separatistas puritanos del Mayflower no se trasladaron a un "desierto", como suelen mantener las historias convencionales, dijo Strobel. En cambio, cuando los colonos ingleses fundaron Plymouth, se mudaron directamente al sitio de una antigua ciudad nativa americana llamada Patuxet. Los nativos americanos



en esta región no estaban continuamente en movimiento buscando comida, como algunos creen, según Strobel.

"Los nativos americanos de la región cultivaban para subsistir y manejaban su medio ambiente", dijo. "Se enfrentaron a un impacto terrible debido a la colonización. Hubo una mortalidad masiva debido a enfermedades, despojo, racismo y muchos otros desafíos. Al mismo tiempo, hubo resistencia, adaptación y supervivencia de los nativos americanos en circunstancias a

Expert: Native Americans 'too often neglected' part of U.S. history

Authority on indigenous peoples, Colonists available for interviews

Celebrated each Thanksgiving, the sailing of the Mayflower and the creation of Plymouth Colony in 1620 maintains a strong hold on the American imagination. The story of country's founding depicts the establishment of the Puritan colony as the point of origin of the United States, but misconceptions remain, according to a UMass Lowell expert on Native American history.

"November is Native American Heritage Month. As we commemorate the 400th anniversary of the Mayflower's landing, the culture and experience of Native Americans on whose lands the English Colonists moved are too often a neglected part of the story," said Christoph Strobel, who is available for interviews.

The Puritan separatists on the Mayflower did not move into a 'wilderness,' as conventional histories often maintain, Strobel said. Instead, when the English Colonists founded Plymouth, they moved right onto the site of a former Native American town called Patuxet. Native Americans in this region were not continually on the move hunting for food, as some believe, according to Strobel.

"Native Americans in the region farmed for subsistence and managed

their environment," he said. "They faced horrendous impact due to colonization. There was mass mortality due to disease, dispossession, racism and many other challenges. At the same time, there was Native American resistance, adaptation and survival under often harsh and unfavorable circumstances."

Strobel is also available to share his perspective on:

- The myths vs. the realities behind the Mayflower's voyage and life for the Colonists;
- Indigenous peoples in the Merrimack Valley in the 1600s;
- Native Americans in New England today.

Strobel is a professor in UMass Lowell's History Department, where he focuses on Native American, North American and world history. He is the author of "Native Americans of New England," among other texts.

To arrange an interview with him via phone, email or Zoom (or another platform), contact Nancy Cicco at Nancy_Cicco@uml.edu, 978-934-4944, or Christine Gillette at Christine_Gillette@uml.edu, 978-758-4664.

menudo duras y desfavorables".

Strobel también está disponible para compartir su perspectiva sobre:

- Los mitos frente a las realidades detrás del viaje del Mayflower y la vida de los colonos;
- Pueblos indígenas en el Valle de Merrimack en el siglo XVII;
- Nativos americanos en Nueva Inglaterra hoy.

Strobel es profesor en el Departamento

de Historia de UMass Lowell, donde se concentra en la historia de los nativos americanos, norteamericanos y mundial. Es autor de "Nativos americanos de Nueva Inglaterra", entre otros textos.

Para concertar una entrevista con él por teléfono, correo electrónico o Zoom (u otra plataforma), comuníquese con Nancy Cicco en Nancy_Cicco@uml.edu, 978-934-4944, o con Christine Gillette en Christine_Gillette@uml.edu, 978-758-4664.

3 Boston-area Researchers Awarded with Funding to Research COVID-19 from American Lung Association

3 of 12 National Awards go to Boston area institutions: Boston University, Massachusetts General Hospital, and Tufts University

With more than eight million confirmed cases of COVID-19 in the United States and an ongoing surge this fall, the American Lung Association is funding promising research through its COVID-19 Action Initiative to accelerate the search for COVID-19 solutions. Joining the American Lung Association's research team are three Boston-area researchers:

- Marta Maria Gaglia, Ph.D with Tufts University, studying the innate immune responses by SARS-CoV-2;
- Marcia B. Goldberg, M.D., with Massachusetts General Hospital, studying the pathogenic immune response in ARDS (acute respiratory distress syndrome) during COVID-19 infection.
- Andrew A. Wilson, M.D. with Boston University, studying the respiratory response to SARS-CoV-2 and additional risk of cigarette smoke or e-cigarette vapor exposure; and

Dr. Gaglia, Dr. Goldberg, and Dr. Wilson join just 9 other awardees nationwide for the inaugural COVID-19 and Respiratory Virus Research Award, who are funded at \$100,000 a year for two years. This award explores important avenues to find better treatments to reduce the burden we have experienced due this virus.

"For more than a century, the American Lung Association has served as the nation's champion of lung health, and today we're pleased to fund promising COVID-19 research from the nation's leading scientific minds," said American Lung Association Executive Director in Boston Karen Whitefield. "We're pleased to see our Boston research community so strongly represented by Dr. Gaglia, Dr. Goldberg and Dr. Wilson as they seek bold new approaches to treatment of COVID-19 in our shared goal to save more lives."

These new research efforts are made possible through the American Lung Association's COVID-19 Action Initiative, a \$25 million investment in research, education, advocacy and coalition building over the next three years with an aim to end COVID-19 and defend against future respiratory viruses. The COVID-19 Action Initiative will be used to provide free lung health education to those in need, protect public health by advocating for

COVID-19 and flu vaccines in underserved communities of color and prevent future outbreaks by investing in respiratory virus research.

"The American Lung Association is at the forefront of the fight against COVID-19 and I'm excited to have been awarded this funding and join their slate of esteemed researchers," said Dr. Gaglia. "In our project at Tufts University, we will examine how SARS-CoV-2 prevents the cells it infects from detecting the virus and blocking the infection early on. This is important because it is clear that severe COVID-19 disease stems at least in part from our immune system misfiring against the virus. We also aim to discover more about coronaviruses in general so that we are more prepared to fight against this family of viruses in the future."

Dr. Goldberg said, "New and better treatments for severe COVID-19 infection are sorely needed. My co-investigators at Massachusetts General Hospital and I are thrilled to receive support from the American Lung Association to study the severe inflammation that occurs in the lungs, impairs breathing, and causes death in this disease. Insights we gain into these processes have the potential to lead to the development of new drugs for treating COVID-19."

Dr. Wilson said, "A limited but growing literature suggests that both cigarette smoking and ecig vaping are associated with increased risk of COVID-19 susceptibility or disease severity. My team at Boston University has recently developed a model that allows us to study SARS-CoV-2 viral infection in patient-derived lung cells. Because the surface of these cells is exposed to air in our model system, we can also expose them to other environmental stimuli, such as cigarette smoke or e-cig vapor. We are excited to apply these models to determine the effects of these common exposures on human lung cells and their response to SARS-CoV-2 infection."

Since the launch of the COVID-19 Action Initiative, the organization announced a new research award and placed

PLEASE SEE **RESEARCHERS**

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Nunca eres demasiado joven para asumir un papel importante

Por **Jadi Taveras, director de la escuela Academia Esperanza**

Para la mayoría de nosotros, la escuela media fue hace mucho tiempo. A menudo recibimos la pregunta: ¿Realmente la experiencia de la escuela media hace una diferencia? Nuryelis "Nury" Herrera dice que sí.

Nury fue una de las primeras estudiantes de Esperanza. Se graduó de Esperanza en 2012 antes de ir a Brooks School y luego graduarse de The College of the Holy Cross la primavera pasada.

Mirando su progreso, puede ver cómo Esperanza la preparó para Brooks y Holy Cross.

"En Esperanza, me quejé de la cantidad de trabajo que tenía. Pero creo que eso me preparó de una manera que cuando llegué a Brooks, supe cómo administrar mi tiempo. Sabía lo que se esperaba de mí. Tenía las habilidades para tener éxito, usar un planificador, buscar ayuda de los maestros..."

Nury dijo que llegó a Brooks lista para el salón de clases. "Recuerdo haber ido a Brooks y ya sabía lo que estaba pasando en la clase de matemáticas debido a mi experiencia en Esperanza".

Sus clases de matemáticas de Esperanza también ayudaron a resaltar las habilidades de liderazgo de Nury:

"Un momento que realmente me llama la atención es cuando el Sr. [Jim] Nichols me hizo dirigir nuestra clase de matemáticas. Tenía una rotación en la que teníamos un conjunto de problemas y luego un estudiante dirigía a otros estudiantes para que pudiéramos aprender unos de otros de esa manera. Honestamente, esa fue probablemente una de las primeras experiencias de liderazgo que tuve. Pero creo que el tamaño reducido de la clase fue de gran ayuda. Lo hizo mucho más cómodo. Si alguien cometía un error, estaba bien".

Las habilidades de liderazgo de Nury y su confianza en sí misma la ayudaron en la escuela secundaria y la universidad. Se sintió lo suficientemente cómoda como para acercarse a una mesa de estudiantes, presentarse y sentarse con ellos.

Ella está agradecida de que Esperanza esté "siempre ahí para nosotros". El Programa de Apoyo para Graduados de Esperanza la ayudó con los procesos de admisión, a decidir a qué escuelas asistir y con todos los formularios de ayuda financiera. "Es sorprendente que al ir a Esperanza, puedas tener esa orientación



durante la escuela secundaria y la universidad e incluso más allá".

¿Dónde está Nury ahora? Ella ha regresado con su talento a Lawrence.

En 2018 y 2019, realizó pasantías durante sus vacaciones de invierno en el Ayuntamiento. A través de la autodefensa y una conversación honesta con el jefe de personal del alcalde, solicitó y se le ofreció un puesto como asistente especial del alcalde. Maneja el cronograma del alcalde, los proyectos especiales y responde a las llamadas y visitas de los ciudadanos. En medio de la crisis de COVID, ayuda a conectar a los residentes con recursos muy necesarios disponibles a través del gobierno y organizaciones sin fines de lucro.

Nury ama a Lawrence. "Lawrence es una gran ciudad que tiene mucho más en el futuro". Ella citó específicamente el progreso en términos de remodelación del centro, vivienda, trabajos y artes. ¿Y su cosa favorita? "La comida. Todas las diferentes opciones de comida disponibles".

Está emocionada de ver cómo se desarrolla la ciudad y de ser parte del futuro de la ciudad. Trabajar para la ciudad le brinda oportunidades reales para ayudar a la gente de la ciudad mientras continúa creciendo y aprendiendo de sus compañeros de trabajo.

El viaje de Nury es notable hasta ahora y estamos emocionados de presenciar su

éxito continuo. Le preguntamos cómo se mantiene tan firme y cómo recupera el optimismo que tiene cuando mira hacia el futuro. En respuesta, Nury habló sobre su familia, especialmente su mamá.

Su madre sigue siendo su mayor fuente de aliento y es de su madre que aprendió el valor de pedir ayuda y estar abierta a aprender de los demás. Ella también confía en su fe católica y comienza todos los días con un libro de citas inspiradoras. Como veterana del equipo de baile, pueden estar seguros de que hay algo de tiempo para la música todos los días.

Nury espera que los futuros estudiantes de Esperanza sientan el mismo apoyo y aliento que ella. Y su mensaje número uno para los futuros graduados de Esperanza es que "nunca se es demasiado joven para asumir un papel importante".



Nury Herrera with professor Jim Nichols.

You Are Never Too Young to Take On a Big Role

By **Jadi Taveras, Head of School Esperanza Academy**

For most of us, middle school was a long time ago. We often get the question: Does a middle school experience really make a difference? Nuryelis "Nury" Herrera says yes.

Nury was one of Esperanza's earliest students. She graduated from Esperanza in 2012 before going on to Brooks School and then graduating from The College of the Holy Cross this past spring.

Looking back, she can see how Esperanza prepared her for Brooks and Holy Cross.

"At Esperanza, I complained about the amount of work I had. But I think that prepared me in a way that when I got to Brooks, I knew how to manage my time. I knew what was expected of me. I had the skills to be successful, to use a planner, to seek help from the teachers..."

Nury said that she arrived at Brooks ready for the classroom. "I remember going into Brooks and I already knew what was going on in the math class because of my experience at Esperanza."

Her Esperanza math classes also helped bring out Nury's leadership skills:

"A time that really sticks out to me is when Mr. [Jim] Nichols had me lead our math class. He had a rotation where we would have a set of problems and then a student led other students so that we could learn from each other in that way. Honestly, that was probably one of the first leadership experiences I had. But I think the small class size was a big help. It made it a lot more comfortable. If someone made a mistake, it was okay."

Nury's leadership skills and her self-confidence helped her in high school and college. She became comfortable enough to go up to a table of students, introducing herself, and sitting with them.

She is grateful that Esperanza is "always there for us". Esperanza's Graduate Support Program helped her with the admissions processes, to decide what schools to attend, and with all the financial aid forms. "It's amazing that by going to Esperanza, you're able to have

that guidance throughout high school and college and even beyond."

Where is Nury now? She has brought her talents back to Lawrence.

In 2018 and 2019, she had internships over her winter break at City Hall. Through self-advocacy and an honest conversation with the Mayor's Chief of Staff, she asked for, and was offered a position, as Special Assistant to the Mayor. She manages the mayor's schedule, special projects, and responds to citizen calls and visits. Amid the COVID crisis, she helps connect residents with much needed resources available through government and nonprofit organizations.

Nury loves Lawrence. "Lawrence is a great city that has a lot more coming in the future." She specifically cited progress in terms of downtown redevelopment, housing, jobs, and the arts. And her favorite thing? "The food. All the different food options available."

She's excited to see how the city develops and to be a part of the city's future. Working for the city is giving her real opportunities to help people in the city while continuing to grow and learn from her co-workers.

Nury's journey is remarkable thus far and we are excited to witness her ongoing success. We asked her how she stays so grounded and how she replenishes the optimism she has when she looks to the future. In response, Nury talked about her family, especially her Mom.

Her mother continues to be her biggest source of encouragement and it is from her mother that she learned the value of asking for help and being open to learn from others. She also relies on her Catholic faith and she starts every day with a book of inspirational quotes. As a dance team veteran, you can be sure that there is some time for music every day.

Nury hopes that future Esperanza students will feel the same support and encouragement that she does. And, her number one message to future Esperanza graduates is that "you are never too young to take on a big role."

CONTINUES FROM PAGE 8

RESEARCHERS

an urgent call for applications for the most promising research studies on COVID-19, and immediately expanded an existing research clinical trial to include COVID-19 research. The American Lung Association's Airways Clinical Research Centers network (ACRC) is the nation's largest network of nonprofit clinical trials focusing on asthma and COPD, and now – COVID-19.

"By funding the most promising research and leveraging our existing ACRC network, we were able to nimbly

implement new and promising research to support the lung health of Americans during this pandemic," said Whitefield.

For more information about the COVID-19 Action Initiative or the American Lung Association's COVID-19 research award recipients and projects, visit [Lung.org/covid19-award](https://www.lung.org/covid19-award). For media seeking an interview with a COVID-19 researcher or lung health expert, contact Jennifer Solomon at 516-680-8927 or Jennifer.Solomon@Lung.org.

Student Awarded Funding to Start Business at Middlesex CC

Gabrielle Rodriguez came to Middlesex Community College to put her dreams into action. In MCC's Launch Your Business Now certificate program, Rodriguez had the opportunity to pitch for seed funding to the Everyday Entrepreneurs Venture Fund (EEVF) and was awarded \$17,000 to launch her business Fleek Beatz Beauty.

"My plan for the present and future is to learn as much as I possibly can, so that I may position myself to one day assist other women of color and provide them opportunity, as the EEVF has graciously done for me," Rodriguez said.

From Dracut, the 29-year-old is a mother of five boys and wants to show them the importance of pursuing a passion. Rodriguez is proud to support her family and is committed to being a lifelong learner as she grows and develops her business and as a professional. MCC was the start of what she considers an already rewarding experience.

"I chose to attend MCC to obtain the education that I needed to make my dreams a reality, become my own boss, change my family's lives, generate wealth, and of course to disrupt the beauty industry for women of color," she said.



Gabrielle Rodriguez came to Middlesex Community College to put her dreams into action. In MCC's Launch Your Business Now certificate program, Rodriguez had the opportunity to pitch for seed funding to the Everyday Entrepreneurs Venture Fund (EEVF) and was awarded \$17,000 to launch her business Fleek Beatz Beauty. Photo 1: Gabrielle Rodriguez. Photo 2: L-R Stacie Hargis, Gabrielle Rodriguez and Judith Hogan, MCC's Dean of Business, Legal Studies & Public Service.

Rodriguez credits her education at Middlesex for helping her make her business plan a reality. She is most grateful for the mentorship from her professors Stacie Hargis and Franky Descoteaux, as well as for their support. The knowledge they have given her — combined with funding from the EEVF — has shown her what it means to be a successful entrepreneur.

"Every day I wake up and start my to do list of action tasks, and I sit in front of this beautiful computer with everything I need to run my business around me," she said. "I say to myself 'wow, they believe in me, they believe in my vision, they believe in my mission. My confidence is sky high and it's all because of these amazing people at MCC."

For her work, Rodriguez was nominated to be a part of MCC's new chapter of the National Society of Leadership and Success (NSLS), a five-step development program that hones leadership, communication and team building among other skills. As part of NSLS, she has more opportunity to receive scholarships and guidance, network, and develop her business mindset.

Referring to the opportunities and support system she has been given at Middlesex as a "mini village," Rodriguez believes she has been set up for success.

"The professors, education and resources you receive is unmatched," she said. "No matter what you want to study, you will leave MCC a smarter and better

person — period."

Whether working towards an associate degree, earning credits for an advanced degree or upgrading skills, MCC has students covered with 20 business degree and certificate programs — including bookkeeping, payroll, sales, automotive or aviation mechanics, human resources, management, marketing, retail buying, hotel management, convention planning, tourism and launch your own business.

MCC's Business program helps students go into the workforce or transfer to four-year schools with its award-winning and affordable offerings, small class sizes and flexible schedules. Visit https://www.middlesex.mass.edu/discover/dyp_business.aspx for more information and to discover your path to a Business degree at Middlesex.

Registration is open for both MCC's WinterSession and Spring Semester. WinterSession runs January 4-22. The Spring semester starts January 26. Visit www.middlesex.mass.edu/registration/ or call 1-800-818-3434 to register for classes.

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, we educate, engage and empower a diverse community of learners. MCC offers more than 80 degree and certificate programs — plus hundreds of noncredit courses — on our campuses in Bedford and Lowell, and online. Middlesex Community College: Student success starts here!

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Salem Attorney Receives NECC's 2020 Outstanding Alumni Award

Salem, MA resident and Northern Essex Community College alumna Mabel Covarrubias-Doucette '12 has been selected as the 2020 recipient of the NECC Outstanding Alumni Award, an honor granted on an annual basis to a graduate who has achieved career-related success, is active in the local community, and/or has exemplified active support for the college's efforts. Her nomination was announced following a vote by the NECC Alumni Board, with support from President Lane Glenn.



Covarrubias-Doucette, a practicing attorney who holds a juris doctorate from New England Law, in addition to two bachelor's degrees from UMass Lowell and an associate degree in paralegal studies from NECC, began the journey to her current career at age 43. Previously the successful co-owner of a wireless communications construction company, she found herself hitting restart following the financial impact of the great recession, which forced her company to close after 15 years of operation.

"I was at a crossroads in my life," she says, reflecting on that time.

By 2011, she made the decision to pursue a new career path, and set up a meeting with an NECC academic counselor

to get started. Within one hour of arriving on campus, she was already sitting in on her first college course.

"I went into my first class with no books, no pen and no paper," she says. "I finished the semester with all As and with the original four classes that [the academic counselor] had signed me up for. The rest is history!"

Covarrubias-Doucette is now the owner of MCD Immigration Law, based in Salem. A practicing attorney, who grew up in both the U.S. and Mexico, she specializes in the areas of immigration and naturalization laws.

On winning the NECC Outstanding

Alumni Award, Covarrubias-Doucette says "I'm flattered and deeply honored. I'm very proud of my time at NECC and what I accomplished there."

Kristen Arnold, director of NECC's PACE program, supported Covarrubias-Doucette's nomination in a letter of recommendation.

"Mabel has overcome every obstacle in pursuit of her degrees and is very deserving to be honored as an outstanding alum," she writes. "...She is curious, intelligent, and committed to social justice. I am in awe of the impact she has in her clients' lives and in our community."

Throughout the years, Covarrubias-Doucette has remained closely connected with NECC by participating in panels, mentoring students, and serving as a guest speaker at PACE program events. A first-generation college graduate herself, she prioritizes involvement in efforts that help students work toward their academic and

career goals.

To learn more about the NECC Outstanding Alumni Award, please view the webpage or contact the Alumni Office at alumni@necc.mass.edu. Nominations are accepted on an annual basis.

Northern Essex Community College has campuses in both Haverhill and Lawrence. It offers approximately 60 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. Each year, 6,000 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 2,000 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. For more information, visit the website at www.necc.mass.edu or call 978-556-3700.

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Baker-Polito Administration Announces \$68 Million in MassWorks Funding for Infrastructure Projects During Economic Recovery

Thirty-six public infrastructure projects to support new housing, economic development, and enhanced road safety in communities across the Commonwealth

Governor Charlie Baker, Lt. Governor Karyn Polito, and Secretary of Housing and Economic Development Mike Kennealy joined members of the Legislature and local officials to announce the 2020 Round of the MassWorks Infrastructure Grant Program. This year's awards will invest nearly \$68 million in 36 projects to support housing, economic development and road safety projects in 35 cities and towns from across the Commonwealth. The awards were announced during a virtual ceremony, and are part of the Administration's comprehensive economic recovery initiative, Partnerships for Recovery.

"MassWorks provides essential funding to cities and towns for infrastructure projects that spur housing production, create jobs and attract private investment, which are particularly important during our economic recovery," said Governor Charlie Baker. "We are grateful for our partnerships, both with the Legislature and with local officials, that make these investments possible, and we look forward to continued collaboration to support Massachusetts' economy."

Lawrence - \$1,310,000 The Island Parkside Public Infrastructure Improvements

New roadway construction & landscaping will connect Lawrence CommunityWorks' new \$27 million, 80 unit affordable multifamily Parkside

Housing Development with Ferrous Park, an open space recreational area. The project & development will replace a former industrial area and provide much needed affordable housing and community access to greenspace, create 78 new jobs, and will replace outdated stormwater infrastructure.

Haverhill - \$1,950,000

Haverhill TOD Mixed Use Redevelopment

Major street reconstruction and realignment of several streets close to the Bradford MBTA Commuter Rail Station will unlock a \$72 million public-private partnership for a mixed-use development providing 290 market rate units and 10,000 square feet of retail space on a previous brownfields site located on Railroad Avenue.

Methuen - \$990,000

Charles Street Retaining Wall Replacement

Funds will support the rebuilding of a crumbling City-owned retaining wall and replacement of the adjacent sidewalk in downtown Methuen, preserving a 54-space public parking lot that is essential in furthering private development. The project aims to unlock two mixed-use projects, and maintain pedestrian safety and access.

Eversource Receives National Recognition for Exemplary Disability Hiring and Employment Practices

Energy company one of 68 organizations honored as a nationally-leading and inclusive disability employer

In recognition of its unyielding commitment to an inclusive work environment for all employees and the diversification of its workforce, Eversource is being honored with the 2020 National Disability on Organization (NOD)'s Leading Disability Employer Seal. The Leading Disability Employer Seal celebrates companies leading the way in inclusive hiring practices for employees who experience disabilities and encourages other companies to tap into the many benefits of hiring talent who are differently abled, including high rates of productivity and dedication and greater employee engagement.



"We're honored to receive this distinguished national recognition, which reflects many of our core values as a company and demonstrates our commitment to diversity and inclusion for all of our customers, communities and employees," said Eversource Vice President of Culture, Talent and Organizational Development Doreen Nichols. "Our work to build and nurture a diverse, inclusive workplace never ceases, but this honor celebrates the important progress we've made in becoming an employer of choice, and in being a company open to diverse people, perspectives and experiences."

The NOD Leading Disability Employer Seal is awarded to companies based on a confidential assessment that benchmarks companies' disability inclusion programs in the following areas: Climate & Culture, People Practices, Talent Sourcing, Workplace & Technology,

and Strategy & Metrics.

As part of its commitment to inclusive hiring practices, Eversource proactively works with community partners to identify and recruit people who experience disabilities. The energy company is also a major sponsor of large marquee events and partners with organizations such as Special Olympics, Easter Seals and numerous disabled veterans' groups.

"America's success in the world depends on how well we inspire and put to use the talents and energies of every person in this country," said NOD Chairman Governor Tom Ridge. "We at NOD remain committed to seeing that vision fulfilled by working closely with corporate America to help them achieve their disability goals. These organizations have stepped up and are doing just that, and we applaud their leadership and thank you them for their commitment to hiring people with disabilities."

Message from the Mauricio Gastón Institute

Dear Friends of the Gastón Institute,

¡Saludos! Greetings!

We hope you and your families are staying healthy and safe. We are hopeful that under the leadership of President-Elect Biden and Vice President-Elect Harris that we can begin to recover from the COVID-19 pandemic and try to address the structural racism that has exacerbated the negative impacts of the coronavirus on our communities.

As this newsletter highlights, this fall semester we continue to work remotely with our faculty, staff, students, and community partners to produce research and organize events about the most important issues affecting Latinx communities. Our COVID Dashboard contains the most up-to-date data about COVID infections by race/ethnicity in Massachusetts. We partnered with Amplify Latinx and Greater Boston Latino Network to produce a report and data dashboard about the State of Latino Nonprofits in Massachusetts. We welcomed back our former director Dr. Andrés Torres, who joined us for our Speaker Series event and presentations by the winners of the Andrés

Torres Paper Series Awards: Dr. Carolina Alonso Bejarano and Dr. Stephanie Huevo.

Due to the COVID restrictions, we unfortunately had to cancel our live event for our 30 Year Anniversary celebration. We are grateful to have partnered with the talented filmmaker Monica Cohen, who has produced a great video about the Gastón Institute's history and impact that features Dr. Miren Uriarte, Robert Hildreth, State Representative Carlos Gonzalez, Dr. Vanessa Calderón-Rosado, and Daniela Bravo.

In Spring 2021, we look forward to the 27th year and new cohort of the Latino Leadership Opportunity Program (ANTH 477). This year's research seminar will focus on Research for Advancing Equity and Social Justice. We are seeking candidates, so hope you can recommend students and access the LLOP application on our website.

Continue reading to learn about our current projects and to access video links for events you may have missed. Thank you for your continuing support!

Best wishes for the holiday season!
Sincerely Yours,

Dr. Lorna Rivera
Director of the Gastón Institute



Merrimack Valley Chamber of Commerce



MV Chamber Invites You to In Person Events and Business Assistance Webinars Coming Up!

Thursday, December 3rd - 6PM!
**MVCC Annual Holiday Party, Wine Tasting,
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Thursday, December 9th - 10AM!
MVCC "Scams & Fraud Webinar" with the BBB

Friday, December 11th - 10AM
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El proyecto del centro comunitario y juvenil de Methuen obtiene un aumento de \$200,000 en el presupuesto estatal

En el presupuesto del año fiscal 2021 del Senado se incluye una enmienda patrocinada por la Senadora Estatal Diana DiZoglio (D-Methuen) por \$200,000 para un Centro Comunitario y Juvenil de Methuen.

Durante el año pasado, DiZoglio ha hecho del establecimiento de un centro juvenil y comunitario formal en la ciudad de Methuen una de sus principales prioridades, que culminó con una marcha de 159 millas a través de Massachusetts este otoño para crear conciencia y apoyo para el proyecto. DiZoglio ha señalado que Methuen se encuentra entre las pocas comunidades en el Valle de Merrimack que no tiene un centro como tantas ciudades y pueblos circundantes.

La organización local sin fines de lucro Inspirational Ones, en colaboración con las Escuelas Públicas de Methuen y la Ciudad de Methuen, está iniciando el proyecto, creando e implementando un modelo de currículo para identificar y expandir experiencias de aprendizaje fuera de lo común y oportunidades profesionales, con un enfoque en involucrar a la juventud marginada. Un componente esencial del proyecto es la participación del Consejo Asesor Juvenil MY (Methuen Youth) Voice, cuyos miembros han sido nominados por maestros y personal escolar e incluyen representantes de esa población desatendida.

En octubre, el Comité Escolar de Methuen votó para aprobar el antiguo edificio de la Escuela Pleasant Valley en Pleasant Valley Street como ubicación para un Centro Comunitario y Juvenil de Methuen.

“Aún nos queda mucho camino por recorrer; sin embargo, estos fondos críticos nos acercarán un paso más a hacer realidad el sueño de un Centro Juvenil y Comunitario de Methuen”, dijo DiZoglio. “Juntos, brindaremos a nuestros jóvenes oportunidades de tutoría y aprendizaje social y emocional para inspirarlos a perseguir sus talentos únicos y alcanzar sus metas”.

Más allá de esta financiación para el año fiscal 21, DiZoglio aseguró anteriormente otros \$200,000 en fondos estatales para iniciar el programa y \$1 millón en un proyecto de ley de desarrollo económico reciente para la campaña de capital. Los \$200,000 anteriores están actualmente en funcionamiento en coordinación con MPS, mientras que el bono de \$1 millón y los \$200,000 asegurados en este presupuesto actual necesitarán la liberación final por parte de la Administración de Baker.

Para obtener más información sobre el proyecto del Centro Comunitario y Juvenil de Methuen, visite <https://www.facebook.com/MarchAcrossMass> o www.InspirationalOnes.org haciendo clic en Programa de innovación juvenil.



Methuen Youth and Community Center Project Gets \$200K Boost in State Budget

Included in the Senate’s Fiscal Year 2021 Budget is an amendment sponsored by State Senator Diana DiZoglio (D-Methuen) for \$200,000 toward a Methuen Youth and Community Center.

Over the past year, DiZoglio has made the establishment of a formal youth and community center in the City of Methuen one of her top priorities, culminating in a 159-mile March Across Massachusetts this fall to raise awareness and support for the project. DiZoglio has noted that Methuen is among the few communities in the Merrimack Valley that does not have such a center like many surrounding cities and towns.

The local nonprofit Inspirational Ones, in collaboration with Methuen Public Schools and the City of Methuen, is initiating the project, creating and implementing a curriculum model to identify and expand outside-the-box learning experiences and career opportunities, with a focus on engaging underserved youth. An essential component of the project is participation by the Youth Advisory Council MY (Methuen Youth) Voice, whose members have been nominated by teachers and school staff and include representatives of that underserved population.

In October, the Methuen School Committee voted to approve the former Pleasant Valley School building on Pleasant Valley Street as the location for a Methuen Youth and Community Center.

“We still have quite a ways to go – however, these critical funds will bring us one step closer to making the dream of a Methuen Youth and Community Center a reality,” said DiZoglio. “Together, we will provide our youth with mentorship opportunities and social and emotional learning to inspire them to pursue their unique talents and reach their goals.”

Beyond this FY21 funding, DiZoglio earlier secured another \$200,000 in state funds to initiate the program and \$1 million in a recent economic development bill toward the capital campaign. The previous \$200,000 is currently at work in coordination with MPS, while the \$1 million bond and \$200,000 secured in this current budget will need final release by the Baker Administration.

To learn more about the Methuen Youth and Community Center project, please visit <https://www.facebook.com/MarchAcrossMass> or www.InspirationalOnes.org by clicking on Youth Innovation Program.

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MCC's Lowell Food Pantry Awarded Funding Due to Pandemic

Serving a diverse population – especially during these challenging times due to the pandemic – Middlesex Community College strives to support students' health and well-being in addition to their academic success. As part of the Community Development Block Grant (CDBG), the city of Lowell has awarded the college \$20,000 in direct response to the food insecurity MCC students are suffering because of COVID-19.



Middlesex understands the importance of having students' basic needs met in order for them to be successful. In 2016, the college opened food pantries – run by Jonathan Crockett, MCC's Coordinator of Essential Needs & Community Resources – to support the MCC community on both the Bedford and Lowell campuses. The CDBG funding expands options in the Lowell food pantry, including a large chest freezer with over 3,000 free and pre-packaged meals for students to access throughout the year.

"The pandemic has been devastating for many MCC students struggling with food, housing and financial insecurity," Crockett said. "Generous funding from the city of Lowell's CDBG will provide much-needed food and personal-care resources for our most vulnerable MCC students. For some MCC students, these resources may mean the difference between having food for themselves and their family, or going hungry."

From June 2020 to May 2021, the CDBG funding will serve 200 students. The frozen meals are a healthy option with lower sodium and higher nutritional value for students to heat up in the microwave. Having the ability to store frozen meals allows Middlesex to be responsive to increasing student need, while following health and safety measures as students can access the freezer with minimal contact with others.

The CDBG funding also supports the purchase of items from grocery stores to keep MCC's Lowell food pantry stocked with items that students need most, according to Crockett. The pantries offer supplemental food items, such as canned soups; vegetables and fruit; rice and pasta; milk, cheese, eggs and some frozen and fresh foods like ground turkey and produce.

Part of the CDBG funding will also go towards stocking up on personal care items, such as body soap, toothbrushes, deodorant, feminine hygiene products and diapers. Providing items that are expensive but essential to personal and family health helps relieve stress students may be feeling.

MCC's food pantries are accessible by individual request from 8 a.m. to 8 p.m., seven days a week for MCC students and employees. To access the pantries or obtain a \$25 Market Basket gift card, call Public Safety in Bedford at 781-589-0234 or in Lowell at 781-589-1384. For more information, email foodpantry@middlesex.mass.edu.

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!



As part of the Community Development Block Grant (CDBG), the city of Lowell has awarded Middlesex Community College's Lowell Food Pantry \$20,000 in direct response to the food insecurity MCC students are suffering because of COVID-19.

Home Care Alliance of MA Elects Home Health Foundation President & CEO Karen Gomes as Vice President of Board of Directors

Home Health Foundation President and CEO Karen Gomes, RN, MS, CPHQ has been elected as vice president of the Home Care Alliance of Massachusetts Board of Directors.

Founded in 1969, the Boston-based Home Care Alliance of Massachusetts is a non-profit trade association of home care agencies that promotes home care as an integral part of the health care delivery system.

"I am so grateful when busy industry leaders step up to serve on our board to support the entire home care community," said Pat Kelleher, executive director of the Home Care Alliance of Massachusetts. "Karen's experience and expertise will be most welcome around our board table as we navigate these most challenging times in home care."

"I'm excited and grateful to contribute to the organization's mission of advancing community health through care and services in the home," Gomes said. "Through my training and experience as a nurse, I have a deep appreciation and respect for the importance of delivering high-touch care safely with compassion, while integrating telehealth and other innovative advancements as technology evolves."

In her leadership role at Home Health Foundation, a Lawrence-based nonprofit organization celebrating its 125th anniversary, Gomes oversees a staff of expert health care professionals who deliver the highest quality care in all the places patients call home. Yet her most impactful accomplishment has been behind the scenes, as the driving force behind Home Health Foundation becoming a member of Wellforce Health System in 2018.

In fact, Gomes envisioned the partnership with Wellforce through her passion for home health care, understanding of industry issues and proficiency in data analysis. After inspiring the Home Health



Home Health Foundation President and CEO Karen Gomes, RN, MS, CPHQ has been elected as vice president of the Home Care Alliance of Massachusetts Board of Directors. (Courtesy photo)

Foundation Board of Directors to adopt the strategic focus of growing home care to fit patients' future needs, she led the internal partnership transition while ensuring a continuous focus on providing quality of care.

Gomes said she is looking forward to extending the collaboration for which she is known to Home Care Alliance of Massachusetts.

"By ensuring the availability of essential resources," Gomes said, "home care agencies across the state can then provide superior care to the community."

Home Health Foundation, which includes providers Circle Home, Commonwealth Nursing Services, Hallmark Health VNA, Home Health VNA, Home Health VNA of NH, Merrimack Valley Hospice and York Hospital Hospice as part of the Wellforce Health System, provides essential home health and hospice care in all the places patients call home. Together, these agencies are leading the development of a new era of innovation, with a relentless focus on transforming home-based care. For more information, visit www.homehealthfoundation.org.



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For a full list of courses, visit the website <https://www.necc.mass.edu/winter-intersession>

For more information or to register, contact Enrollment Services, 978 556-3700 or registrarpubli@necc.mass.edu

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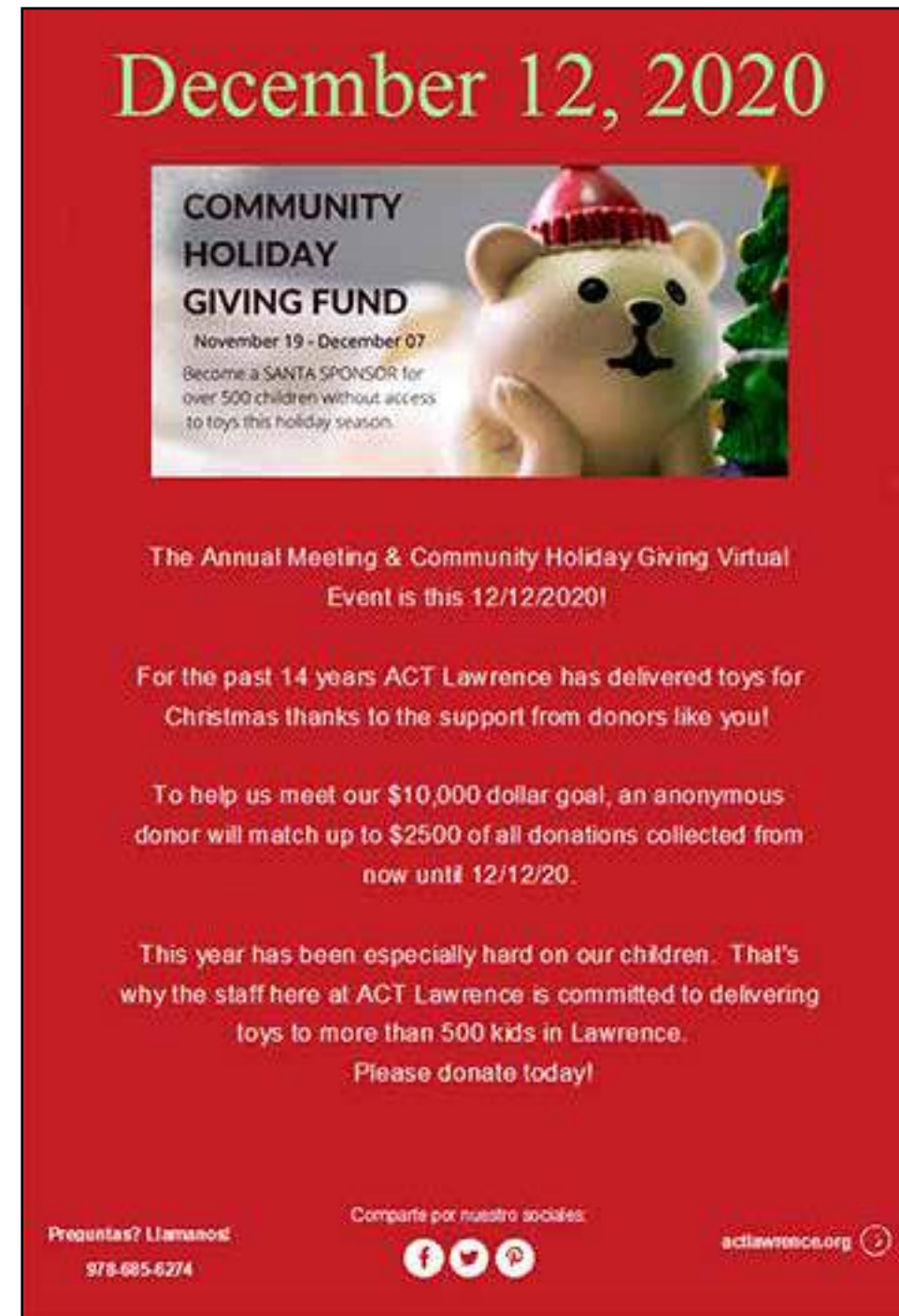
campuses in both Haverhill and Lawrence. It offers approximately 60 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. Each year, 6,000 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 2,000 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. For more information, visit the website at www.necc.mass.edu or call 978-556-3700.



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PROPONENTE: Covanta Haverhill, Inc.

El abajo firmante presenta un Formulario de Notificación Ambiental ("ENF") a la Secretaría de Energía y Asuntos Ambientales a más tardar el 30 de noviembre de 2020.

Esto iniciará la revisión del proyecto anterior de conformidad con la Ley de Política Ambiental de Massachusetts ("MEPA", M.G.L. c. 30, s.s. 61-62I). Se pueden obtener copias de la ENF en:

Covanta Haverhill, Inc.
100 Recovery Way
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Atención de: David Cotter
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También se envían copias de la ENF a la Comisión de Conservación y la Junta de Planificación de Haverhill, donde pueden ser inspeccionadas.

La Secretaría de Energía y Asuntos Ambientales publicará un aviso de la ENF en el Monitor Ambiental. Los comentarios públicos sobre la ENF se recibirán durante 20 días. La MEPA decidirá dentro de los diez días posteriores al cierre del período de comentarios públicos, si se necesita un Informe de Impacto Ambiental (EIR). También se puede programar una visita al sitio y una sesión de consulta sobre el proyecto. Todas las personas que deseen comentar sobre el proyecto, o que se les notifique de una visita al sitio o una sesión de consulta, deben escribir a: Secretary of Energy & Environmental Affairs, 100 Cambridge St., Suite 900, Boston, Massachusetts 02114, Attention: MEPA Office, haciendo referencia al proyecto anterior.

Por: Covanta Haverhill, Inc., Proponente

Knights capture inaugural NECC Overwatch Championship

The Northern Essex Community College Esports Overwatch team captured the inaugural New England Collegiate Conference Overwatch championship on Saturday afternoon in convincing fashion with a 4-1 victory over the Eagles of Central Methodist University of Missouri. The championship is the third in the programs history since its establishment at the start of the 2019-20 year, as the Knights captured a pair NJCAA Championships in the spring of 2020 in Rocket League and Super Smash Bros. Ultimate.

On the opening map, Northern Essex rallied for a 3-2 victory on King's Row getting strong play early and throughout the entire match from Jacob Pimentel (Tilted) of Haverhill. After CMU took the Busan map by a 2-1 score and evening the match at one apiece, the Knights shifted into cruise control taking the final three maps.

Grabbing the final three maps Temple of Anubis, Havana and Hollywood, by 2-1, 3-2 and 3-2 scores NECC grabbed the championship. Kirmy Ramos (Kirmy) of Lawrence earned Player of the Game honors leading the Knights attack throughout the match. Caroline Shaw (skgcarol) of Merrimac also provided strong aerial support throughout the match.

The Knights will look to defend their championship when competition resumes in the spring semester.

SEMI-FINALS: NECC 3 Howard (MD) Community College 0

In getting to the championship match, the Knights rolled past the Dragons by a 3-0 final score taking the Kings Row,

Nepal and Watchpoint Gibraltar maps by scores of 3-2, 2-1 and 2-1. Howard would get the initial points, before the Knights flipped the point and cruised to the map wins and advance to the championship final. Pimentel was the Player of the Game in the semi-final victory.

NJCAA Action:

The Knights will enter the NJCAA playoffs as the #3 seed after grabbing a 3-0 win over Gogebic CC (MI). Dylan Fontaine (HauntedMage) of Haverhill picked up Player of the Game honors as the team concluded the regular season portion of the schedule. Map victories were claimed in Nepal 2-0, Eichenwalde 3-1 and Temple of Anubis 2-0.

In Rainbow Six: Siege, NECC also matched up with Gogebic and the teams drew to a 1-1 tie. After dropping the opening map of Kafe Dostoyevsky 7-0, NECC rallied back to win the the Oregon map 7-4 and pull out the tie heading into to the post-season tournament. Jason De Leon (Osirus) of Lawrence was the Player of the Game in the match.

Northern Essex Community College competes as a member of the National Junior College Athletic Association (NJCAA) and sponsors 12 varsity intercollegiate sports including baseball, men's basketball, women's basketball, softball, women's volleyball, men's and women's cross country, men's soccer, Esports and men's and women's track and field. For more information on Northern Essex Community College Athletics please visit the official website of Northern Essex Athletics (www.neccknights.com).

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

The vaccine is coming! The vaccine is coming!

No, I'm not mocking Paul Revere although I say it with the same enthusiasm.

A few days ago, at a meeting about the pandemic, someone said it as if that's the light at the end of the tunnel and I quickly reminded them that it is still a couple of months away. Lots of people will die waiting for it.

Yes, it's great news that we finally have a vaccine in record time. The fight now begins with who's going to get it first. While teachers insist they should be considered above first respondents, little is being said about the elderly, particularly those in nursing homes.

I'm going to stand in line and reserve a couple of vaccines to my address, in case it works.

No Christmas joy in Lawrence

When this mayor took over, the first thing he did was cut down the Christmas tree that had been planted between City Hall and the courthouse by the previous mayor. Some people thought it was political revenge but it was just a sign of things to come.

In the old days, we had the Santa Parade organized by Marie Gosselin but

when it became too difficult to raise the necessary funding to cover the costs, she had to stop. No one tried to continue the tradition by picking up where she left off.

Year after year, the Christmas Season has been in losing importance in Lawrence. There has been no lighting downtown to signify the happiness of the season. This year is even worse because we are requirement to comply with masks and social distancing for our own good, but we need more than ever the hope and joy that Christmas can bring.

Take a look at what the City of Haverhill has done. There's so much joy in that city! Check out Haverhill News or Jarvi Productions on Facebook with photos of decorated homes. It sure brings happiness!

Every year on the day after Thanksgiving, Santa came on a fire engine next to City Hall giving away presents and raffling bicycles. For years, City Attorney Charles Boddy played the role of the "big guy" surprising kids while speaking in Spanish to them. Dan stopped Charlie from doing something he loved picking someone else to do it.

It was almost as if there was a purpose for stopping the fun, the traditions and people having something to celebrate.

Any place you visit there are signs of the festivities. Lawrence appears to be dying.



Progress at the Oliver School

Many years have gone by since plans for the restoration of the Oliver School began and I must give you a summary of what has been going on so you can better understand the ending.

Estela Reyes was part of the Construction Committee before she ran for the City Council post she now holds. Knowing that the city will receive \$45 million for the expansion, Ms. Reyes and members of her family purchased an abandoned building at 173-175 Haverhill St. next to the Oliver school and lots of land behind facing Oak St.

Years went by without paying taxes on the building until she was forced to make good on the \$11,300 owed. Meanwhile, the fire department placed a red X on the building due to the dangerous conditions now that even the roof has collapsed, but no fire watch as they have done to so many homeowners charging them many thousands.

There have been several articles on the local press as well as Rumbo and I went as far as presuming that she would hold the property until construction was ready to start and sell the abandoned building and lots of land to a humongous profit. To my surprise, during the October 20th City

LETTERS TO THE EDITOR

RUMBO

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

council meeting, councilors decided to acquire the lots on Oak St. belonging to the city but Reyes' building and lots were not mentioned.

I contacted District E Councilor David Abdoo and he simply responded, "I do not believe it is part of the Oliver School expansion site. Earlier this year, when briefed on the Oliver School alternatives at the Superintendent's office, I do not recall that parcel being presented part of the properties assembled for the preferred site for the new Oliver," he stated. I trust his answer but found it strange.

My intuition was confirmed during the City Council meeting of November 17. Councilor Reyes was absent that night but Councilor Maria De La Cruz, showing her obvious ignorance of the rules when all of a sudden she made a motion for the city to buy Councilor Reyes' building and lots of land to add to the school.

She was quickly corrected that this issue was not being discussed and it will be a huge conflict of interest. Wow! Someone in the council recognizes that they have to be careful in how they will handle it. Oh, my God! We elect them.

Practically a brand new school for \$45 million (maybe more) and that dangerous slum next door. I won't be surprised if we have to pay her \$1 million from taxpayers' money.

BREAKING:

GETTING OUTDOORS NOT CANCELLED
MUSIC NOT CANCELLED
FAMILY NOT CANCELLED
READING NOT CANCELLED
SINGING NOT CANCELLED
LAUGHING NOT CANCELLED
HOPE NOT CANCELLED

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

— Voltaire

AZ QUOTES

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CONTINÚA DE LA PÁGINA 7

CIGARRILLOS

inofensivos, estos producen daños que hasta los propios usuarios perciben”.

Bhatnagar dijo que se necesita una evaluación más rigurosa a fin de comprender mejor los cambios subclínicos en los pulmones y en el sistema circulatorio y, a su vez, si dichos cambios son inmediatos o si se acumulan durante una vida o durante un período prolongado para producir un evento cardiovascular o pulmonar real.

Recientemente, se han planteado inquietudes sobre si los daños pulmonares relacionados con vaporizadores podrían hacer que las personas sean más propensas a infectarse con el virus COVID-19 y, si eso sucediera, a enfermarse gravemente.

“Aunque hay que realizar más investigaciones sobre la asociación del vapeo con las EVALI y la asociación de las lesiones pulmonares con el COVID-19, las pruebas existentes indican que debería haber preocupación. Vale la pena evitar este riesgo y no utilizar vaporizadores”, señaló Vu.

Los coautores adicionales son Joy L. Hart, Ph.D.; Thomas J. Payne, Ph.D.; Allison Groom, M.A.; Hy Tran, M.Sc.; Kandi L. Walker, Ph.D.; y Anshula Kesh, B.D.S., M.P.H. Los datos públicos del autor se encuentran en el resumen. El National Heart, Lung, and Blood Institute de los National Institutes of Health y el Food &

Drug Administration’s Center for Tobacco Products de EE. UU. financiaron el estudio a través de subvenciones destinadas al American Heart Association’s Tobacco Center of Regulatory Science.

Este resumen se presentará en la Session LF.APS.01 - Substance Use and CVD: Nicotine, Marijuana and Other Drugs.

Las afirmaciones y las conclusiones de los estudios publicados en las revistas científicas de la American Heart Association son exclusivas de los autores de los estudios y no constituyen necesariamente la política ni la posición de la asociación. La asociación no ofrece garantía de ningún tipo de su exactitud o fiabilidad. La asociación recibe financiación de personas particulares principalmente; además, distintas fundaciones y empresas (incluidas empresas farmacéuticas y fabricantes de dispositivos, entre otras) realizan donaciones y financian eventos o programas específicos de la asociación. La asociación tiene políticas estrictas para evitar que estas relaciones influyan en el contenido científico. Los ingresos de las empresas farmacéuticas y biotecnológicas, los fabricantes de dispositivos y los proveedores de seguros médicos están disponibles aquí, y la información financiera general de la AHA está disponible aquí.

“Thin Woman” Exhibit Explores Eating Disorders



“The Thin Woman”, the latest exhibit from The Linda Hummel-Shea ArtSpace at Northern Essex Community College, draws attention to eating disorders, illustrating, through black and white photos and poems, the personal struggles of one woman.

The exhibit is offered online only through December 15.

The poems were written by Michelle Howard of Amesbury and inspired by her sister “Melissa” who has struggled with an eating disorder for 30-plus years.

After writing the poems, Howard reached out to her cousin Charlene Yelle, a Newburyport photographer, and asked her to create a companion photograph for each of the eight poems.

Gallery Director Marc Mannheimer and Howard began talking about the “The Thin Woman” project two years ago, well before the pandemic was an issue. Since the college is drastically limiting visits to campus, a decision was made over the last few months to transition to an online format.

Howard said the project has already led to healing discussions within her own family and she is hoping that the exhibit will reach a broader audience.

“I’ve always felt helpless,” she said. “I wanted to gain insight, help her express to

other people what she is going through.”

Located in the Bentley Library Building on NECC’s Haverhill Campus, the Linda Hummel-Shea ArtSpace Gallery features exhibits by NECC students, faculty, and artists from around the region and the world.

Northern Essex’s Department of Art & Design offers many courses in fine art and design leading to an Associate Degree in General Studies: Art & Design.

For additional information, contact Marc Mannheimer, gallery coordinator at mmannheimer@necc.mass.edu

Northern Essex Community College has campuses in both Haverhill and Lawrence. It offers approximately 60 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. Each year, 6,000 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 2,000 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. For more information, visit the website at www.necc.mass.edu or call 978-556-3700.

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- L. R. Knost

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— William Faulkner

Holiday closings at Nashua Public Library

The Nashua Public Library has modified its hours during the upcoming holidays. Here is the schedule:

Wednesday, November 25: The library will close at 5 p.m.

Thursday, November 26-Friday, November 27: Closed.

Thursday, December 24: The library will close at 12 noon.

Friday, December 25-Sunday, December 27: Closed.

Thursday, December 31: The library will close at 3 p.m.

Friday, January 1-Sunday, January 3: closed.

If you have questions, call the library at 603-589-4600 or email information@nashualibrary.org.

Nashua Library open for curbside pickup only

Due to a spike in COVID-19 cases and hospitalizations, as of November 20 the Nashua Public Library building is closed to the public until further notice.

Curbside pickup is still available Monday to Thursday from 10 a.m. to 7 p.m. and Saturday from 10 a.m. to 2 p.m.

Library phones, email and chat will be answered Monday to Thursday from 9 a.m. to 7 p.m. and Friday and Saturday from 9 a.m. to 5 p.m.

The book drops are closed. Keep your materials until at least December 5. You will not be fined. After that, check

nashualibrary.org or call 603-589-4600 for information about reopenings.

Virtual library events and classes will continue to be held as scheduled.

Holiday closings

The library will close for Thanksgiving on Wednesday, November 25, at 5 p.m. and reopen for curbside pickup on Saturday, November 28, at 10 a.m.

The best way to keep up to date on library news is through the library's email newsletter. Subscribe at tinyurl.com/nplenewsletter.

Google App Classes at Nashua Library

The Nashua Public Library is offering free virtual classes on using Google apps this winter.

Learn to use Google Docs for word processing, Google Sheets for spreadsheets, Google Slides for presentations, Google Forms for surveys and Google Books for searching and browsing books. All of these

apps are available free to anyone with internet access.

Beginners can start by taking Introduction to Google and Gmail, which includes how to use Google Drive.

For the schedule, descriptions of the classes, prerequisites and registration, go to tinyurl.com/nplcomputerclass. Sign up for the library's monthly computer class newsletter at tinyurl.com/nplenewsletter.

Downtown Book Group welcomes new members

The Nashua Public Library's Downtown Book Group is open to the public and welcomes new members. The group meets virtually on the second Friday of the month at 3 p.m. It is led by a reference librarian.

Upcoming titles for discussion include:

12/11 "The Keeper of Lost Things" by Ruth Hogan

1/8 "The Darwin Affair" by Tim Mason

2/12 "Interpreter of Maladies" by Jhumpa Lahiri

The library has electronic versions of these books available for borrowing from the online catalog at nashualibrary.org. Reserve print copies online, or by calling 603-589-4611 or emailing information@nashualibrary.org.

Registration for each meeting is required to receive a Zoom invitation; go to tinyurl.com/npldiscussion.

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