



La inauguración del nuevo alcalde de Lawrence tendrá lugar este viernes, November 12, 2021, a partir de la certificación de los votos por la Junta Electoral.

The inauguration of the new mayor of Lawrence will be held this coming Friday, November 12, 2021, following the certification of the votes by the Board of Registrars.

Losing a real Hero - Perdimos un Héroe

Aaron Feuerstein, the former owner of the Malden Mills factory in Lawrence has died at the age of 95. We remember when the factory went up in flames in 1995 just before Christmas. Mr. Feuerstein became a hero when he decided to continue paying the salaries of 1,400 employees whose jobs burned down.

His son Daniel said he died peacefully in his home as a result of a fall the week before.

Aaron Feuerstein, el antiguo propietario de la fábrica de Malden Mills en Lawrence, murió a la edad de 95 años. Recordamos cuando la fábrica se incendió en 1995, justo antes de Navidad. Feuerstein se convirtió en un héroe cuando decidió seguir pagando los salarios de 1.400 empleados cuyos puestos de trabajo se quemaron.

Su hijo Daniel dijo que murió pacíficamente en su casa como resultado de una caída la semana anterior.



The following is Lawrence City Council President Marc Laplante's reaction to the news of Aaron Feuerstein's death:

"We are saddened to learn of Mr. Feuerstein's death. When the tragic Malden Mills fire erupted in 1995, Mr. Feuerstein led the way to re-build the factory and most importantly, generously insure that his workers continued receiving pay. He exemplified good corporate citizenship and left a positive legacy in Lawrence. May his spirit and memory endure."

El Instituto Cultural de Puerto Rico Cena de Gala



En esta foto aparecen de izquierda a derecha: Maria Claudio, Presidenta de la Liga Roberto Clemente de Lowell; Vanessa Espendez, Trabaja con niños Autistas en la Escuela Breen Líder Comunitaria; Sara Saldaña, Maestra en Ciencias en Psicología Comunitaria; Ethel Cruz, Directora Escuela Leahy; Frank Bonet-Rosado, Director de Recursos Humanos y Administracion en la Ciudad de Chelsea MA; Martha Rentas, Líder comunitaria trabaja como Educadora en la Charter School; Tasha Espendez, Associate Program Director, Raising A Reader Massachusetts (RAR-MA); Wanda Márquez, Servicios Comunitarios Bachillerato en Ciencias Secretariales y Administrativas; Marisel Sevilla, Líder Comunitaria, Trabaja con jóvenes en deportes. Presidenta Lawrence Women's Softball and Volley Impact League.

Pg. 7



La Agencia Federal para el Manejo de Emergencias enviará casi \$7 millones al Commonwealth of Massachusetts para reembolsar al Lawrence General Hospital los costos adicionales de operación de forma segura y manejando a más pacientes durante la pandemia de coronavirus entre febrero de 2020 y julio de 2021.

Pg. 4

The Federal Emergency Management Agency will be sending nearly \$7 million to the Commonwealth of Massachusetts to reimburse Lawrence General Hospital for the additional costs of operating safely and handling more patients during the coronavirus pandemic between February 2020 and July 2021.

Pg. 4

A Young Artist Shares Her Story



Ten-year-old artist Alice Lobel shows off her submissions to the Grand Reopening show. Essex Art Center's opening for the group show Shaping Things and Anne Thiam's Remembered drew a nice crowd. The exhibitions run through December 12.

Pg. 11

Por/By Della Diaz

Desde Mi Esquina



Elecciones terminaron
Recojan sus letreros
Pregunta en la boleta
Página 4

Por/By Della Diaz

From My Corner



Elections are over
Pick up your signs
Ballot question
Page 16

El Comité Escolar de Lawrence presenta una Petición al DESE para poner fin a la Sindicatura

Dirigida al comisionado Jeffrey Riley

El lunes, 1 de noviembre, el Comité Escolar de Lawrence presentó su petición firmada al Comisionado del Departamento de Educación Primaria y Secundaria (DESE), Jeffrey C. Riley, para exigir el fin de la Sindicatura del Estado sobre la Administración Pública de Lawrence. Escuelas (LPS).

La petición sigue a diez años de la Administración Judicial, donde las Escuelas Públicas de Lawrence han sido designadas como un distrito de bajo rendimiento, la voz de la comunidad ha sido eliminada y los altercados en curso en Lawrence High School han estado ocurriendo desde el comienzo del año escolar.

A principios del mes pasado, el alcalde interino y el presidente del Comité Escolar de Lawrence, Kendrys Vasquez, convocó a una Reunión Conjunta de Emergencia del Comité Escolar y el Concejo Municipal para abordar los altercados en curso y el estado de la Sindicatura. La reunión, que se llevó a cabo el 18 de octubre y a la que asistieron cientos de familiares, estudiantes, maestros y otros miembros de la comunidad preocupados, incluyó una moción del miembro del comité escolar, Joshua Alba, para que el comité utilizara su derecho a solicitar al DESE que elimine ellos mismos y la Junta de Administración Judicial, conocida como Lawrence Alliance for Education (LAE), de las Escuelas Públicas de Lawrence.

"Lo que escuchamos en esa Reunión Conjunta fue lo que nosotros, como activistas de la justicia educativa, hemos estado escuchando durante años en segundo

plano, bajo la propaganda de un distrito escolar exitoso", dijo el miembro del Comité Escolar Joshua Alba. "Hicimos públicas las preocupaciones de nuestra comunidad y comenzamos el proceso hacia la democracia".

"AFT Lawrence apoya plenamente la petición del Comité Escolar de poner fin a la Sindicatura", dijeron Kim Barry, Suzanne Suliveras y Vivian Bonet, presidentes de los tres sindicatos de AFT que representan a los maestros, para profesionales y secretarios de LPS, respectivamente. "Después de diez años de control por parte de una agencia estatal muy alejada de nuestra comunidad, ahora es el momento de restaurar el control local. Podemos satisfacer mejor las necesidades de nuestros estudiantes cuando las familias, los educadores y los miembros de la comunidad una vez más tengan una voz formal sobre cómo se administran nuestras escuelas".

La petición enumeró solicitudes directas para la transición de regreso al control local. Se enumeraron: reuniones conjuntas entre la Lawrence Alliance for Education designada y el Comité Escolar de Lawrence elegido por el resto de la existencia del LAE; el superintendente regresa a las reuniones semanales de jefes de departamento del alcalde según lo prescrito en los deberes como jefe del departamento escolar; y que DESE diseñe y produzca un plan de transición a partir de LPS en coordinación con el Comité Escolar, que se presentará al público el 1 de septiembre de 2022 y entrará en vigencia a más tardar el 1 de septiembre de 2023.

"Al ver que no ha habido una mejora lo suficientemente significativa como para justificar la continuación de la Sindicatura, es hora de devolver el control local a la comunidad a través de su Comité Escolar electo", dijo el Alcalde Interino Kendrys Vasquez.

La petición fue firmada por el presidente, el Alcalde Interino Kendrys Vasquez, Enrique Matos del Distrito B,

Rafaela Pichardo del Distrito C, Joshua Alba del Distrito D y Jonathan Guzman del Distrito F. La vicepresidenta y miembro del comité escolar del distrito E, Patricia Mariano, se abstuvo en la votación el 18 de octubre y no fue incluida para firmar la petición, ya que Mariano también forma parte de la junta de administración judicial de LAE y se habría considerado un conflicto de intereses.

Lawrence School Committee submits Petition to DESE to end the Receivership

Addressed to Commissioner Jeffrey Riley

On Monday, November 1st, the Lawrence School Committee submitted their signed petition to the Commissioner of the Department of Elementary and Secondary Education (DESE), Jeffrey C. Riley, to demand an end to the State Receivership over the Lawrence Public Schools (LPS).

The petition follows ten years of Receivership, where the Lawrence Public Schools has been designated as an underperforming district, the community-voice has been removed, and the on-going altercations at the Lawrence High School have been happening since the beginning of the school year.

Early last month, Mayor and Chair of the Lawrence School Committee, Kendrys Vasquez, called for an Emergency Joint Meeting of the School Committee and City Council to address the on-going altercations and the state of the Receivership. The meeting – which was held on October 18th and was attended by hundreds of concerned family members, students, teachers and other community members – included a motion by School Committee Member, Joshua Alba, to have the Committee utilize their right to petition DESE to remove themselves and the Receivership Board, known as the Lawrence Alliance for Education (LAE), from the Lawrence Public Schools.

"What we heard at that Joint Meeting was what we, as education justice activists, have been hearing for years now in the background, beneath the propaganda of a successful school district," said School Committee Member Joshua Alba. "I'm excited that we made our community's concerns public and that we started the process towards democracy."

"AFT Lawrence fully supports the School Committee's petition to end

Receivership," said Kim Barry, Suzanne Suliveras, and Vivian Bonet, the presidents of the three AFT unions that represent LPS teachers, paraprofessionals, and clerks respectively. "After ten years of control by a state agency far removed from our community, the time to restore local control is now. We can better meet our students' needs when families, educators, and community members once again have a formal voice in how our schools are run."

The petition listed direct requests for the transition back to local control. Listed were: joint meetings between the appointed Lawrence Alliance for Education and the elected Lawrence School Committee for the remainder of the LAE's existence; the Superintendent returns to the Mayor's weekly Department Head Meetings as prescribed in the duties as head of the school department; and for DESE to devise and produce a transition plan out of LPS in coordination with the School Committee, to be presented to the public on September 1st, 2022, and to be made effective no later than September 1st, 2023.

"Seeing that there has not been significant enough improvement to justify the Receivership's continuation, it is time to bring back local control to the community via their elected School Committee," said Mayor Kendrys Vasquez.

The petition was signed by Chair, Mayor Kendrys Vasquez, Enrique Matos of District B, Rafaela Pichardo of District C, Joshua Alba of District D, and Jonathan Guzman of District F. Vice Chair and School Committee Member for District E, Patricia Mariano, had abstained from the vote on October 18th and was not included to sign the petition as Mariano also sits on the LAE Receivership board and would have been considered a conflict of interest.

Celebrating Hispanic Heritage Month at the Club!



September 15 to October 15 marks National Hispanic Heritage Month, and the Boys & Girls Club of Lawrence (BGCL) couldn't be more proud to celebrate the city's Latino culture. With 91% of our members as Hispanic or Latino, predominately from the Dominican Republic or Puerto Rico, the recognition of Hispanic Americans' achievements and contributions hits home.

During the Semana Hispana festival in Lawrence, MA, BGCL's dance team participated in the parade and performed at the Campagnone Common with more than 1,000 people present!

We continued the festivities back at

the Club. Germinudy Rosario, president of the Semana Hispana committee, and Taller Borinqueno de Lawrence, an organization that keeps Lawrence's Puerto Rican culture alive, attended over Zoom to discuss the importance and history of Semana Hispana.

Our dance team then performed five dances for Club members, including bachata, salsa and bomba. Members from the audience were even taught the dance steps.

To wrap up the day, children enjoyed a Hispanic feast featuring mofongo, tostones, carne frita and longaniza.

Rumbo

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POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



¡Se acabaron las elecciones!

Si alguien cree que ahora es el momento de relajarse, disfrutar del mundo que nos rodea solo porque hay una nueva administración, está terriblemente equivocado. Si bien podemos dejar de lado los carteles de los candidatos, surge un nuevo dilema. Esa es la redistribución de distritos.

En las próximas elecciones, es posible que tengamos que votar en un lugar de votación diferente y comenzará una nueva carrera de políticos. Con la creación de un Distrito 19, algunos de los nombres que hemos estado viendo postularse para otros puestos se postularán para Representantes Estatales de este nuevo distrito.

Seleccionaremos un senador estatal ya que Barry Finegold finalmente quedará fuera de Lawrence. Ahora que lo pienso, creo que sería una ventaja real si en lugar de seleccionar un senador y un representante, hubiera la oportunidad de sacarlos a los tres. La mayoría de ustedes encontrarán mis palabras duras, pero todos nos demostraron que no saben lo que están haciendo. Quizás tenían tanta prisa por hacerle el truco al público en diciembre pasado que hicieron un desastre con esa Petición de Autonomía.

Se sintieron insultados por mí porque los llamé "traidores" (Finegold, Rivera, Morán, Devers, Minicucci y el Gobernador Baker, pero no me importa) por vender nuestros derechos para llevar a cabo una elección especial. Ahora nos dimos cuenta de que nunca consultaron los Estatutos de la Ciudad para crear las reglas para que el ganador de las elecciones de noviembre se hiciera cargo. Debemos incluir a nuestro Concejo Municipal que lo firmó el día después de que fue aprobado por la Legislatura y el Gobernador Baker. ¡Montón de traidores todos!

Los políticos que crearon esa farsa ni siquiera sabían que estaban violando las Leyes Generales de Massachusetts cuando escribieron que, "El candidato a alcalde elegido en las elecciones municipales de 2021 programadas regularmente se sentará inmediatamente, se le administrará el juramento del cargo y asumirá todos los poderes de alcalde inmediatamente después de la certificación adecuada por parte de la junta de registradores, y servirá por el resto del período de alcalde en ese momento".

Es obvio que estaban acomodando a Kendrys Vásquez para que continuara al mando y, sin esperar que alguien más ganara, nuestros inteligentes legisladores no se molestaron en verificar que la Junta de

Registradores se reúne diez días después del Día de las Elecciones en caso de que haya quejas o solicitudes de un recuento. Si se hubieran tomado el tiempo de compararlo con los Estatutos de la Ciudad, habrían solicitado que la Junta se reuniera al día siguiente con el propósito de administrar el juramento del cargo, dejando el resto de los procedimientos para los 10 días después, en caso de que el plan fracasara.

Era un documento descuidado, mal hecho y desconsiderado que no valía ni el papel en el que estaba escrito. Por eso me pregunto cuántas veces estos legisladores nos taparon los ojos sobre cosas en las que pretenden estar bien informados.

Solo puedo decir que está comenzando un nuevo capítulo; con suerte, esta vez no involucrará corrupción.

Ahora, recoja sus letreros

Tenemos una ordenanza que exige que se eliminen todos los carteles políticos en un plazo de 30 días una vez que pasen las elecciones. Algunos carteles se han ido dejando año tras año hasta el punto de que se decoloran, pasan a formar parte del panorama local y no los notamos.

Inspectional Services afirma no tener

CARTAS AL EDITOR RUMBO

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

suficiente personal para perseguir a estos infractores. Esa no es una respuesta adecuada porque tiene una solución fácil: contratar a más personas. Las multas impuestas a los políticos que no quiten sus carteles será más de lo que pagarían por el salario del inspector.

Hemos estado sugiriendo que durante mucho tiempo se controle la cantidad de guerreros de fin de semana que realizan mejoras y reparaciones importantes cuando no hay inspectores alrededor. Se entiende que no quieren pagar los permisos de la ciudad para hacer ese trabajo legalmente, pero muy a menudo el trabajo ilegal no se hace correctamente, lo que pone a las familias en peligro de incendios eléctricos u otros accidentes.

Pregunta en la boleta

La pregunta en la boleta electoral de este año sobre la anulación del impuesto a la propiedad del 2 ½% no pasó. Los votos fueron: SÍ 4696 y NO 4925. Fue un tema emotivo porque todos queremos nuevas escuelas para nuestros hijos pero hay formas de obtener un nuevo edificio sin rechazar la protección que ofrece la Propuesta 2-1 / 2 y endeudarse más pidiendo un préstamo de \$43 millones.

Premios FEMA Cerca de \$7 Millones al Hospital General de Lawrence para Gastos de COVID

BOSTON - La Agencia Federal para el Manejo de Emergencias enviará casi \$7 millones al Commonwealth of Massachusetts para reembolsar al Lawrence General Hospital los costos adicionales de operación de forma segura y manejando a más pacientes durante la pandemia de coronavirus entre febrero de 2020 y julio de 2021.

El hospital recibirá \$6,975,416 en fondos federales para cubrir el costo de comprar emergencias adicionales, suministros médicos, productos farmacéuticos, equipo de protección personal y suministros de desinfección/desinfección; alquiler de equipos como bombas intravenosas; y contratación de personal de seguridad adicional, empleados de mantenimiento temporales, personal médico personal y médicos.

"FEMA se complace en poder ayudar al Lawrence General Hospital con estos costos", dijo FEMA Región I Paul Ford, administrador regional interino.

"Proporcionar recursos para nuestros socios en la primera línea de la lucha contra la pandemia es fundamental para su éxito y nuestro éxito como nación".

El programa de Asistencia Pública de FEMA es una fuente esencial de financiamiento para los estados y comunidades que se recuperan de un desastre o emergencia declarado por el gobierno federal.

Hasta ahora, FEMA ha proporcionado casi \$769 millones en subvenciones de asistencia pública a Massachusetts para reembolsar el Commonwealth para gastos relacionados con la pandemia.

Información adicional sobre el programa de Asistencia Pública de FEMA está disponible en <https://www.fema.gov/publicassistance-local-estatal-tribal-y-sin-fines-de-lucro>. Para obtener más información sobre la respuesta al COVID-19 en Massachusetts, visite <https://www.fema.gov/disaster/4496>

FEMA Awards Nearly \$7 Million to Lawrence General Hospital for COVID Expenses

BOSTON – The Federal Emergency Management Agency will be sending nearly \$7 million to the Commonwealth of Massachusetts to reimburse Lawrence General Hospital for the additional costs of operating safely and handling more patients during the coronavirus pandemic between February 2020 and July 2021.

The hospital will receive \$6,975,416 in federal funding to cover the cost of buying additional emergency medical supplies, pharmaceuticals, personal protective equipment, and disinfection/sanitizing supplies; renting equipment such as IV pumps; and contracting for additional security staff, temporary housekeepers, medical staff and physicians.

"FEMA is pleased to be able to assist Lawrence General Hospital with these costs," said FEMA Region I Acting Regional

Administrator Paul Ford. "Providing resources for our partners on the front lines of the pandemic fight is critical to their success, and our success as a nation."

FEMA's Public Assistance program is an essential source of funding for states and communities recovering from a federally declared disaster or emergency.

So far, FEMA has provided nearly \$769 million in Public Assistance grants to Massachusetts to reimburse the commonwealth for pandemic-related expenses.

Additional information about FEMA's Public Assistance program is available at <https://www.fema.gov/publicassistance-local-state-tribal-and-non-profit>. To learn more about the COVID-19 response in Massachusetts, please visit <https://www.fema.gov/disaster/4496>

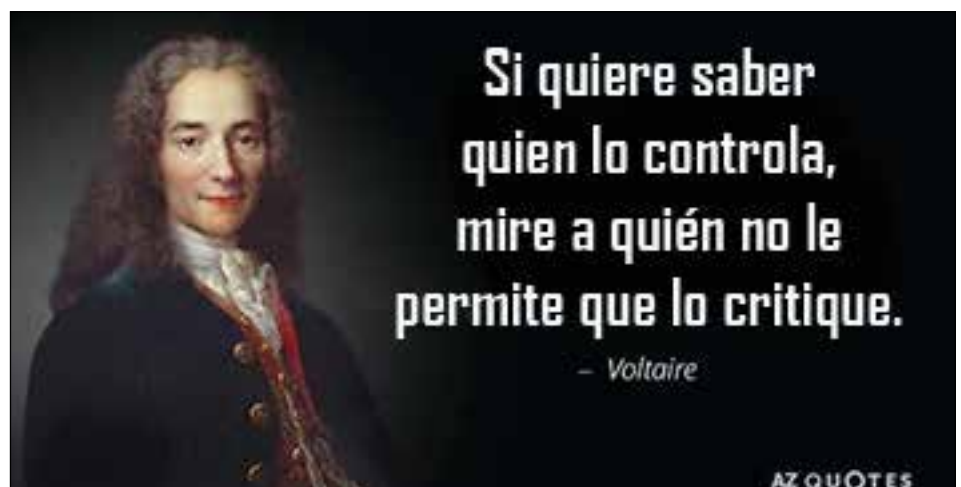
Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/> heallawrence@aol.com

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



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

– Voltaire

AZ QUOTES

Declaración de Latinos for Education sobre el gasto propuesto de \$3.6 Billones de fondos ARPA por Massachusetts House

Latinos for Education, la primera organización fundada por latinos del país que se enfoca en elevar la voz y la representación de los latinos dentro del sector educativo y presionar por la equidad educativa para las familias latinas, emitió la siguiente declaración sobre el plan de gastos propuesto por la Cámara de Massachusetts de los \$ 3.6 mil millones de fondos de la Ley del Plan de Rescate Estadounidense (ARPA) que recibió el estado:

“Esta financiación única en la vida debe cumplirse con políticas audaces y transformadoras que puedan ayudar a cerrar las brechas de equidad de larga data en el sistema educativo de Massachusetts. Estamos encantados con el compromiso de \$ 10 millones de los fondos ARPA para los esfuerzos de diversidad de educadores en el ELA, así como el compromiso de \$ 50 millones para lograr la equidad digital, y agradecemos al presidente de la Cámara de Representantes Ron Mariano, al presidente Aaron Michlewitz, a la presidenta Alice Peisch, al líder Thomas Golden, y al líder Frank Moran por su liderazgo en este tema. Latinos for Education ha trabajado incansablemente para elevar las voces de los estudiantes, las familias y los educadores en todo el Commonwealth, y nos complace que el plan refleje lo que se

necesita.

La pandemia de COVID-19 ha dejado en claro que corremos el riesgo de perder millones de estudiantes de nuestro sistema educativo, a menos que podamos equipar a todas las familias de nuestro estado, especialmente a las familias latinas, con los dispositivos tecnológicos y de banda ancha adecuados que necesitan para prosperar. Nos complace ver las inversiones propuestas que harán que la banda ancha esté más disponible y sea más asequible para más familias en nuestro estado.

Al mismo tiempo, la pandemia está cobrando un alto precio a los educadores de color, que ya están subrepresentados en la fuerza laboral de educadores de nuestro estado, y solo representan el 9% de todos los maestros. Si nuestro estado se toma en serio el abordar los problemas de equidad racial en la educación, entonces deben invertir en contratar, retener y promover más educadores de color para que nuestros estudiantes latinos, negros y API puedan tener maestros en sus vidas que compartan sus antecedentes y validen su identidad y potencial.

Esperamos que el Senado aproveche estas inversiones para que nuestras familias latinas reciban las inversiones en educación que merecen”.

Latinos for Education statement on proposed spending of \$3.6 Billion ARPA funds by Massachusetts House

Latinos for Education, the nation’s first Latino-founded organization focused on elevating the voice and representation of Latinos within the education sector and pushing for educational equity for Latino families, issued the following statement on the proposed spending plan by the Massachusetts House of the \$3.6 Billion American Rescue Plan Act (ARPA) funds the state received:

“This once in a lifetime funding must be met with bold and transformative policies that can help close longstanding equity gaps in Massachusetts’ education system. We are thrilled with the \$10 million commitment of ARPA funds towards educator diversity efforts in the commonwealth as well as the \$50 million commitment to achieve digital equity, and we thank House Speaker Ron Mariano, Chairman Aaron Michlewitz, Chairwoman Alice Peisch, Leader Thomas Golden, and Leader Frank Moran for their leadership on this issue. Latinos for Education has worked tirelessly to elevate the voices of students, families and educators across the Commonwealth, and are pleased that the plan reflects what is

needed.

The COVID-19 pandemic has made it clear that we risk losing millions of students from our education system, unless we are able to equip all families in our state, especially Latino families, with the appropriate broadband and tech devices they need to thrive. We are happy to see proposed investments that will make broadband more readily available and affordable to more families in our state.

At the same time, the pandemic is taking a heavy toll on educators of color, who are already underrepresented in our state’s educator workforce, only making up 9% of all teachers. If our state is serious about tackling racial equity issues in education, then they must invest in hiring, retaining and promoting more educators of color so our Latinx, Black and API students can have teachers in their lives that share their background and validate their identity and potential.

We hope the Senate will build on these investments so that our Latino families receive the education investments they deserve.”

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Nueva encuesta: la mayoría de los estadounidenses no saben acerca de las pruebas de detección del cáncer de pulmón que salvan vidas

La Asociación Americana del Pulmón revela nuevos datos; Destaca las actividades locales para el Mes de concienciación sobre el cáncer de pulmón

Los datos de la encuesta publicados hoy muestran que solo el 36% de las personas saben que las pruebas de detección del cáncer de pulmón están disponibles y el 28% sabe que el cáncer de pulmón es la principal causa de muerte por cáncer de mujeres y hombres. Hoy, la iniciativa LUNG FORCE de la Asociación Estadounidense del Pulmón lanzó el Barómetro de la salud pulmonar 2021, ya que reconoce el inicio del Mes de la concienciación sobre el cáncer de pulmón.

“Aquí en Massachusetts y en todo el país, el cáncer de pulmón es la principal causa de muerte por cáncer. Se estima que en 2021, a 5.550 personas se les diagnosticará cáncer de pulmón y 2.770 morirán a causa de la enfermedad”, dijo

Karen Whitefield, directora ejecutiva de la Lung Association en Massachusetts. “Sin embargo, hay esperanza. La tasa de supervivencia a cinco años ha aumentado un 33% en los últimos 10 años gracias a los avances en el tratamiento, la investigación y las pruebas de detección del cáncer de pulmón que salvan vidas”.

El Barómetro de salud pulmonar 2021 encuestó a 4,000 estadounidenses en todo el país sobre la salud pulmonar y el cáncer de pulmón. Algunos hallazgos clave muestran que:

- El 29% de los estadounidenses saben que el cáncer de pulmón es la principal causa de muerte por cáncer en mujeres y hombres, lo que representa un aumento del 8% con

respecto al Barómetro de salud pulmonar de 2020.

- Solo el 10% de los adultos comprende que el cáncer de pulmón se encuentra entre los cánceres con mayor probabilidad de afectar a las mujeres, mientras que el 35% sabe que se encuentra entre los cánceres con mayor probabilidad de afectar a los hombres.

- Solo el 36% de los encuestados sabe que las pruebas de detección del cáncer de pulmón ahora están disponibles para la detección temprana de la enfermedad en personas de alto riesgo.

A lo largo del Mes de concienciación sobre el cáncer de pulmón, la Lung Association compartirá nuevos recursos, el Informe sobre el estado del cáncer

de pulmón (16 de noviembre), historias inspiradoras de pacientes e información sobre exámenes de detección de cáncer de pulmón que salvan vidas. Además, a través del programa Lung Cancer Patient Meetup on the Go de la Lung Association, la organización está ofreciendo varios webinars y planea compartir grabaciones de los webinars en noviembre. Obtenga más información en www.lung.org/patient-meetup.

Este es el sexto año del Barómetro de la salud pulmonar, que se lleva a cabo mediante la iniciativa LUNG FORCE de la Lung Association. LUNG FORCE une a la nación para luchar juntos por la salud pulmonar y contra el cáncer de pulmón.

New Survey: Most Americans Don't Know About Lifesaving Lung Cancer Screening

American Lung Association reveals new data; Highlights local activities for Lung Cancer Awareness Month

Survey data released today show that only 36% of people know that lung cancer screening is available and 28% know that lung cancer is the leading cancer killer of women and men. Today, the American Lung Association's LUNG FORCE initiative released the 2021 Lung Health Barometer as it recognizes the start of Lung Cancer Awareness Month.

“Here in Massachusetts and across the nation, lung cancer is the leading cancer killer. It is estimated that in 2021, 5,550 people will be diagnosed with lung cancer and 2,770 will die from the disease,” said Karen Whitefield, executive director at

the Lung Association in Massachusetts. “However, there is hope. The five-year survival rate has increased 33% in the past 10 years thanks to advancements in treatment, research and lifesaving lung cancer screening.”

The 2021 Lung Health Barometer surveyed 4,000 Americans nationwide about lung health and lung cancer. Some key findings show that:

- 29% of Americans know that lung cancer is the leading cancer killer of women and men, which is an 8% increase from the 2020 Lung Health Barometer.

- Only 10% of adults understand that lung cancer is among the most likely cancers to affect women while 35% know that it is among those cancers most likely to affect men.

- Only 36% of respondents know that lung cancer screening is now available for early detection of the disease for those who are high risk.

Throughout Lung Cancer Awareness Month, the Lung Association will be sharing new resources, the State of Lung Cancer Report (November 16), inspiring patient

stories and lifesaving lung cancer screening information. In addition, through the Lung Association's Lung Cancer Patient Meetup on the Go program, the organization is offering several webinars and plans to share recordings of the webinars in November. Learn more at www.lung.org/patient-meetup.

This is the sixth year of the Lung Health Barometer, which is conducted by the Lung Association's LUNG FORCE initiative. LUNG FORCE unites the nation to stand together for lung health and against lung cancer.

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.

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El Instituto Cultural de Puerto Rico, Inc. Gala Dinner Dance Octubre 30, 2021

Fotos de Frank Bonet

En la lucida inauguración del Instituto Cultural de Puerto Rico, honraron la labor profesional de dos puertorriqueños: José Rivera Adronet, animador del Noticiero de Telemundo y a Domenic Marte, popular cantante y compositor.

El Rep. Estatal Frank Morán juramentó a la junta directiva en este nuevo esfuerzo.

Esta fue la oportunidad para coronar a la Reina Chelsea Díaz y presentar a los Mariscales Aida Castro y William Castro, bajo la animación de la Dra. Noemí Custodia Lora, Vicepresidente de Northern Essex Community College.

Después de una deliciosa cena, los invitados pudieron bailar al ritmo de la música de la Orquesta de Eric Germán y el DJ Félix "Q".



Foto de arriba, directores y algunos de los voluntarios de izquierda a derecha: Aleida Dávila, Voluntaria; Nicole Garcia, Directora; Madeline Alvarado, Directora de Arte; Vanessa Espendez, Coordinadora de Eventos y Secretaria de ICPR; Alberto Abreu, Voluntario; Carmen Alicea, Voluntaria; Jose Davila, Presidente ICPR; Maria Claudio, Directora Grupos Juveniles; Ana Ruiz, Voluntaria; Marisel Sevilla, Directora de deportes y Tesorera de ICPR; Cecilio Oquendo, Director de Gastronomía; Daisy O. Colón, Directora; Wanda Márquez, Directora; y Amarilis Aponte, Directora.



A la izquierda vemos a Frank Bonet, ex director de personal de la Ciudad de Lawrence y ahora director de Recursos Humanos y Administración en la ciudad de Chelsea; Chelsea Díaz, Srta. Puerto Rico, Priscilla Jimenez, Reina del Festival Puertorriqueño; y Vivian Bonet.



Frank Bonet, Margie F. Marte, esposa de Dominic Marte y el entrante alcalde de la Ciudad de Lawrence, Brian De Peña.

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AFFORDABLE HOUSING FINANCE**WinnDevelopment transformará The Stone Mill, de 176 años de antigüedad, en Lawrence, Massachusetts, en viviendas de ingresos mixtos***Se ha gestionado el financiamiento para la creación de 86 viviendas de renta mixta*

WinnCominesses ha dado un gran paso hacia la adquisición y renovación de The Stone Mill, construido hace 176 años por el fundador de Lawrence, Massachusetts, en 86 apartamentos que sirven a familias e individuos de diferentes niveles de ingresos.

El brazo de desarrollo de la compañía, WinnDevelopment, planea comenzar la construcción a principios del próximo año en el proyecto histórico de reutilización adaptativa de \$34 millones, que preservará, restaurará y transformará la estructura de 149,220 pies cuadrados erigida por el homónimo de la ciudad, Abbot Lawrence, en el borde de lo que ahora es el distrito comercial del centro.

“Creemos que la remodelación de The Stone Mill es un proyecto de transformación que será un impulsor clave para el desarrollo económico en el extremo este del corredor de Essex Street, que sirve como centro y habla del centro de Lawrence”, dijo Larry Curtis, presidente y socio gerente de WinnDevelopment. “La ciudad de Lawrence se construyó alrededor de este edificio en el siglo XIX y volverá a ser fundamental, gracias a una gran asociación con el liderazgo de la ciudad y el apoyo entusiasta de los funcionarios estatales de vivienda”.

La última pieza del rompecabezas de financiamiento del proyecto se colocó este mes cuando la administración del gobernador Charlie Baker anunció que el Departamento de Vivienda y Desarrollo Comunitario (DHCD) apoyará el proyecto con créditos fiscales y fondos de subsidio para viviendas de bajos ingresos federales y estatales como parte de un esfuerzo para apoyar la rehabilitación y producción de 678 unidades de viviendas de alquiler en todo Massachusetts.

“Para abordar verdaderamente nuestra crisis de vivienda aquí en Massachusetts, necesitamos más viviendas de todo tipo en todo el estado, y estos proyectos, con un fuerte apoyo local y equipos de desarrollo experimentados, apuntan a un progreso significativo en nuestra estrategia para abordar esta crisis de frente,” dijo el secretario de Vivienda y Desarrollo Económico Mike Kennealy. “Quiero felicitar a los equipos del proyecto y sus comunidades asociadas por su colaboración en estos proyectos que producirán más viviendas necesarias, ayudarán a revitalizar sus centros urbanos y apoyarán nuestra recuperación económica, especialmente en las comunidades que fueron impactadas desproporcionadamente por la salud pública de COVID-19. crisis.”

Sesenta y nueve de los apartamentos estarán disponibles para los residentes con ingresos iguales o inferiores al 60% del ingreso medio del área (AMI), incluidas 11 unidades para hogares con ingresos inferiores al 30% del AMI. Los 17 apartamentos restantes se alquilan a precios de mercado. El proyecto terminado incluirá 28 unidades de dos dormitorios y dos baños y ocho unidades de tres dormitorios y dos

baños.

La historia del molino comenzó en 1845 cuando Abbot Lawrence compró tierras de cultivo rurales a orillas del río Merrimack con la visión de aprovechar el agua para alimentar molinos textiles. The Essex Company Machine Shop, conocido hoy como The Stone Mill, fue el primer edificio construido a lo largo del canal con el propósito de fabricar herramientas, maquinaria de talleres, turbinas de agua y carpintería para las fábricas textiles planificadas que impulsarían la Revolución Industrial de Estados Unidos.

En 1853, la comunidad de rápido crecimiento se incorporó como ciudad con Lawrence como homónimo. Más tarde se desempeñó como congresista de Massachusetts y como embajador de Estados Unidos en Gran Bretaña.

WinnDevelopment, en colaboración con su socio de diseño desde hace mucho tiempo, The Architectural Team, no solo preservará y restaurará las características históricas del edificio de cuatro pisos, sino que también instalará sistemas totalmente eléctricos de alta eficiencia que reducirán drásticamente el carbono a largo plazo del desarrollo. huella.

Al menos el 30% de todo el trabajo de construcción será realizado por empresas propiedad de minorías y mujeres, así como por mano de obra calificada de la zona, según WinnCominesses.

El sitio de 2.3 acres está ubicado a menos de media milla de la estación Haverhill MBTA; a menos de un cuarto de milla del Riverwalk de la ciudad, dos parques públicos y escuelas; a unos 800 pies del Lawrence General Hospital; ya 150 pies de Everett Mill, un edificio comercial con más de 70 empresas locales.

“Tener opciones de vivienda accesibles en Lawrence es una necesidad para los miembros de nuestra comunidad y su bienestar. La vivienda segura y asequible es vital para que nuestros residentes prosperen”, dijo el alcalde de Lawrence, Kendrys Vasquez. “Confío en que las empresas Winn se encargarán de esta parte de la historia de Lawrence y se ocuparán de las 86 familias e individuos que se mudarán a estas unidades a su debido tiempo. Esta asociación brindará a la gente de Lawrence oportunidades para profundizar sus raíces en la ciudad que aman”.

Se espera que la construcción demore 16 meses una vez que comiencen las obras en el primer trimestre de 2022. Las fuentes de financiamiento incluyen el DHCD, la Comisión Histórica de Massachusetts, el Servicio de Parques Nacionales de EE. UU., MassHousing, los fondos HOME de la ciudad de Lawrence y el Bank of America.

El proyecto será el tercer desarrollo de reutilización adaptativa de WinnDevelopment para revivir un molino histórico en Lawrence, luego de la transformación exitosa de dos antiguos edificios de Malden Mills para crear el galardonado complejo LoftFive50, que cuenta con 137 unidades de viviendas asequibles.



WinnDevelopment transformará The Stone Mill, de 176 años de antigüedad, en Lawrence, Massachusetts, en viviendas de ingresos mixtos.

WinnDevelopment will transform the 176-year-old The Stone Mill in Lawrence, Massachusetts, into mixed-income housing.

AFFORDABLE HOUSING FINANCE**WinnDevelopment to Transform Oldest Mill Building in Lawrence, Massachusetts**

Financing has been arranged to create 86 mixed-income homes

WinnCompanies has taken a big step toward acquiring and renovating The Stone Mill, built 176 years ago by the founder of Lawrence, Massachusetts, into 86 apartments serving families and individuals across a range of income levels.

The company’s development arm, WinnDevelopment, plans to begin construction early next year on the \$34 million historic adaptive-reuse project, which will preserve, restore, and transform the 149,220-square-foot structure erected by the city’s namesake, Abbot Lawrence, on the edge of what is now the downtown business district.

“We believe the redevelopment of The Stone Mill is a transformational project that will be a key driver for economic development at the eastern end of the Essex Street corridor, which serves as the hub and spoke of downtown Lawrence,” said Larry Curtis, president and managing partner of WinnDevelopment. “The city of Lawrence was built around this building in the 19th century, and it will prove instrumental once again, thanks to a great partnership with city leadership and enthusiastic support from state housing officials.”

The final piece of the project’s funding puzzle fell into place this month when Gov. Charlie Baker’s administration announced that the Department of Housing and Community Development (DHCD) will support the project with federal and state low-income housing tax credits and subsidy funds as part of an effort to support the rehabilitation and production of 678 units of rental housing across Massachusetts.

“To truly address our housing crisis here

in Massachusetts, we need more housing of all types across the commonwealth, and these projects—with strong local support and experienced development teams—point to meaningful progress in our strategy to address this crisis head-on,” said Secretary of Housing and Economic Development Mike Kennealy. “I want to congratulate the project teams and their partner communities for their collaboration on these projects that will produce more needed housing, help reinvigorate their downtowns, and support our economic recovery, especially in communities that were disproportionately impacted by the COVID-19 public health crisis.”

Sixty-nine of the apartments will be available to residents with incomes at or below 60% of the area median income (AMI), including 11 units for households earning below 30% of the AMI. The remaining 17 apartments will be rented at market rates. The completed project will include 28 two-bedroom, two-bath units and eight three-bedroom, two-bath units.

The history of the mill began in 1845 when Abbot Lawrence purchased rural farmland on the banks of the Merrimack River with the vision of harnessing water to power textile mills. The Essex Company Machine Shop—known today as The Stone Mill—was the first building erected along the canal for the purpose of manufacturing tools, mill machinery, water turbines, and millwork for the planned textile factories that would fuel America’s Industrial Revolution.

(Cont. on page 9)



Thankful for Our Volunteers

To our amazing volunteers, thank you for your time and for making a difference. EforAll Lowell has a pool of over 200 expert volunteers that mentor, teach and coach entrepreneurs about a variety of critical aspects of starting a business. These volunteers include successful business owners, academics, financial and leadership development professionals. Thank you for dedicating your time to ensuring the success of our entrepreneurs.

A special thank you to our mentors. Your compassion, support and positivity has been a bright light to all of our entrepreneurs. We appreciate that you put your own time aside to help guide the entrepreneurs as they embark on a new journey. Your willingness to use your gifts and abilities has strengthened the mission at our organization. For all your time, hard work and support, please accept the thanks and appreciation from EforAll Lowell.

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“En política, el bolígrafo es más pesado porque está abrumado por la responsabilidad colectiva que tiene hacia su gente y su futuro en los ojos del mundo”.

“In politics, the pen is at its heaviest because it is weighed down by the collective responsibility it holds towards its people and their future in the eyes of the world.”

— Aysha Taryam



Sueño de Maravilla es un programa interactivo para el público en español por la 1110 AM, además de Facebook y próximamente por YouTube.

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Producción de Luis Piñeyro

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WinnDevelopment... (Cont. from page 8)

By 1853, the fast-growing community was incorporated as a city with Lawrence as its namesake. He later served as a Massachusetts congressman and as U.S. ambassador to Great Britain.

WinnDevelopment, working with its longtime design partner, The Architectural Team, will not only preserve and restore the historic features of the four-story building, but also install all-electric, high-efficiency systems that will dramatically reduce the development’s long-term carbon footprint.

At least 30% of all construction work will be performed by minority and women-owned businesses as well as skilled labor from the area, according to the WinnCompanies.

The 2.3-acre site is located less than a half-mile from the Haverhill MBTA station; less than a quarter-mile from the city’s Riverwalk, two public parks, and schools; about 800 feet from Lawrence General Hospital; and 150 feet from Everett Mill, a commercial building featuring more than 70 local businesses.

“Having accessible housing options in

Lawrence is a necessity for our community members and their well-being. Safe and affordable housing is vital for our residents to thrive,” Lawrence mayor Kendrys Vasquez said. “I trust that WinnCompanies will take care of this piece of Lawrence history and take care of the 86 families and individuals that will be moving into these units in due time. This partnership will provide the people of Lawrence with opportunities to deepen their roots in the city that they love.”

Construction is expected to take 16 months once work begins in the first quarter of 2022. Financing sources include the DHCD, the Massachusetts Historical Commission, the U.S. National Park Service, MassHousing, the city of Lawrence HOME funds, and Bank of America.

The project will be WinnDevelopment’s third adaptive-reuse development to revive a historic mill in Lawrence, following the successful transformation of two former Malden Mills buildings to create the award-winning LoftFive50 complex, which features 137 units of affordable housing.

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Una nueva revisión de la investigación nutricional identifica las 10 características de un patrón de alimentación saludable para el corazón

Declaración científica de la American Heart Association

La American Heart Association describió 10 características clave de un patrón de alimentación saludable para el corazón en una nueva declaración científica que hace énfasis en la importancia del patrón alimentario general en lugar de los alimentos o nutrientes individuales, y destaca la función fundamental de la nutrición en todas las etapas de la vida. Estas características se pueden adaptar para ajustarse a las preferencias de alimentos individuales, las tradiciones culturales y si la mayoría de las comidas se consumen en casa o fuera de ella, de acuerdo con la declaración "Guía Nutricional del 2021 para mejorar la salud cardiovascular", publicada hoy en la revista insignia de la Asociación, *Circulation*.

La nueva declaración refleja las últimas pruebas científicas sobre los beneficios de una alimentación saludable para el corazón durante toda la vida y que la mala calidad de la dieta está estrechamente relacionada con un mayor riesgo de enfermedades cardiovasculares y la muerte. La declaración enfatiza en la importancia de observar el patrón alimentarios en su conjunto en lugar de los alimentos o nutrientes individuales "buenos" o "malos". Un patrón alimentario se refiere al equilibrio, la variedad, las cantidades y la combinación de alimentos y bebidas que se consumen regularmente. La declaración también destaca el papel fundamental de la educación nutricional, comenzar a comer saludablemente en las primeras etapas de la vida y mantener este estilo de alimentación durante toda la vida, así como los desafíos sociales y de otros tipos que pueden hacer más difícil adoptar o mantener un patrón de dieta saludable para el corazón.

"Todos podemos beneficiarnos de un patrón alimentario saludable para el corazón, sin importar la etapa de vida, y es posible diseñar uno que sea coherente con las preferencias personales, los estilos de vida y las costumbres culturales. No necesita ser complicado, lento, costoso o poco atractivo", afirmó la presidenta del grupo de redacción de declaraciones científicas, Alice H. Lichtenstein, D.Sc., FAHA, investigadora principal y directora del equipo de Nutrición Cardiovascular del Centro de investigación sobre la nutrición humana y el envejecimiento Jean Mayer del USDA en la Universidad Tufts en Boston.

Debido a que los alimentos a menudo se consumen en lugares fuera del hogar, la declaración hace hincapié en que es posible seguir un patrón alimentario saludable para el corazón, independientemente de si los alimentos se preparan en casa, se piden en un restaurante o en línea, o se compran como una comida preparada.

"Puedes adaptar absolutamente una dieta saludable para el corazón a diferentes estilos de vida", afirma Lichtenstein, quien también es profesora de ciencias y políticas de la nutrición Stanley N. Gershoff en la Escuela Friedman de ciencias y políticas de la nutrición, "incluida una que incorpora salir a comer en restaurantes. Podría tomar

un poco de planificación; sin embargo, después de las primeras veces, puede convertirse en rutina".

En la declaración se detallan 10 características de un patrón alimentario para promover la salud cardíaca:

1. Equilibre la ingesta de alimentos y calorías con actividad física para mantener un peso saludable.
2. Elija y coma una amplia variedad y una gran cantidad de frutas y verduras para obtener una gran diversidad de nutrientes de alimentos en lugar de suplementos.
3. Elija granos integrales y otros alimentos que se compongan principalmente de granos integrales.
4. Incluya fuentes saludables de 4 proteínas magras o de alto contenido de fibra, como proteínas vegetales (frutos secos y legumbres), pescado o mariscos, lácteos bajos en grasa o sin grasa, y cortes de carne magra, y limite las carnes rojas y procesadas;
5. Utilice aceites vegetales líquidos no tropicales, como aceites de oliva o girasol.
6. Siempre que sea posible, elija alimentos procesados en la mínima medida en lugar de alimentos altamente procesados.
7. Reduzca al mínimo el consumo de bebidas y alimentos con azúcares añadidos.
8. Elija o prepare alimentos con poca sal o sin sal.
9. Limite el consumo de alcohol; si no bebe, no comience a hacerlo.
10. Aplique esta guía sin importar dónde se preparen o consuman alimentos.

Entre los alimentos procesados se incluyen carnes que se conservan mediante el ahumado, el curado o la adición de conservantes químicos, y alimentos a base de plantas que tienen sal, azúcar o grasas añadidas. Muchas carnes procesadas tienen un alto contenido de sal, grasas saturadas y colesterol. De acuerdo con investigaciones, reemplazar la carne procesada por otras fuentes de proteínas se asocia con menores tasas de mortalidad. Los alimentos altamente procesados son aquellos que van más allá de la sal, azúcares o grasas añadidas. También se incluyen aquellos que tienen colorantes, saborizantes y conservantes artificiales que promueven la durabilidad en el estante, preservan la textura y aumentan el sabor.

Una dieta saludable para el corazón es buena durante toda la vida.

Según la declaración, la nutrición desempeña un papel fundamental en la salud cardíaca durante toda la vida. Una dieta saludable para el corazón y comportamientos saludables de estilo de vida (como la actividad física regular y evitar la exposición a productos derivados del tabaco) son fundamentales desde la infancia hasta la edad adulta para reducir el riesgo de desarrollar niveles elevados

de colesterol "malo", presión arterial alta, obesidad, diabetes tipo 2 y síndrome metabólico, cada uno de los cuales puede aumentar el riesgo de padecer enfermedades cardíacas.

Antes y durante el embarazo, las mujeres que tienen una dieta saludable para el corazón pueden reducir los factores de riesgo de enfermedad cardíaca, lo que puede ayudar a prevenir un aumento de peso poco saludable en sus hijos. Las pruebas demuestran que la prevención de la obesidad infantil es fundamental para preservar y prolongar la salud cardíaca durante toda la vida. Más adelante en la vida, las personas que llevan una dieta saludable para el corazón presentan un deterioro más lento relacionado con la edad en las capacidades cognitivas y la memoria.

"Según la evidencia, las personas de todas las edades pueden beneficiarse de respetar los principios de un patrón alimentario saludable para el corazón", afirmó Lichtenstein. "Asimismo, es importante educar a los niños de todas las edades, de modo que, a medida que pasen a la edad adulta, puedan tomar decisiones fundamentadas sobre lo que comen y servir como modelos positivos para las generaciones venideras".

Una dieta saludable para el corazón también puede ayudar al medioambiente.

Por primera vez, el tema de la sostenibilidad se incluye en la guía nutricional de la Asociación. Los productos de origen animal que se consumen comúnmente, en especial la carne roja (carne de res, cordero, cerdo, ternera, venado o cabra), tienen el mayor impacto ambiental en términos de uso de agua y tierra, y contribuyen de manera significativa a las emisiones de gases de efecto invernadero. Por lo tanto, cambiar la dependencia de la carne a las proteínas vegetales puede ayudar a mejorar la salud individual y el medioambiente.

"Es importante reconocer que la guía es coherente no solo con la salud cardíaca, sino también con la sostenibilidad. Es una situación en la que todos ganan, las personas y nuestro medioambiente", dijo Lichtenstein.

Sin embargo, la declaración indica que no todas las dietas sostenibles son saludables para el corazón. Por ejemplo, si una dieta a base de plantas incluye muchos carbohidratos refinados y azúcares añadidos, aumenta el riesgo de padecer diabetes tipo

2 y enfermedades cardíacas.

Los desafíos sociales deben respaldar la alimentación saludable para el corazón.

Por primera vez, en la guía nutricional del 2021 se analizan varios desafíos que pueden hacer que sea más difícil adoptar o mantener una dieta saludable para el corazón. Entre ellas, se incluyen las siguientes:

- Desinformación alimentaria generalizada en Internet.
- Falta de educación nutricional en escuelas primarias y facultades de medicina.
- Inseguridad alimentaria y nutricional: de acuerdo con las referencias citadas en esta declaración, aproximadamente 37 millones de estadounidenses tuvieron un acceso limitado o inestable a alimentos seguros y nutritivos en el 2020.
- El racismo estructural y la segregación racial, por el cual muchas comunidades con una mayor proporción de diversidad étnica y racial tienen pocas tiendas de abarrotes y muchos locales de comida rápida.
- El marketing específico de alimentos y bebidas poco saludables hacia gente de diversos orígenes raciales y étnicos mediante esfuerzos de publicidad personalizados, y el patrocinio de eventos y organizaciones en esas comunidades.

De acuerdo con la declaración, se necesitan acciones y cambios de políticas de salud pública para abordar estos desafíos y barreras.

"Crear un ambiente que promueva y respalde la adherencia a patrones alimentarios saludables para el corazón entre todos los individuos es una obligación de salud pública", concluye la declaración.

A nivel individual, la nueva declaración refuerza una declaración del 2020 de la American Heart Association para profesionales de la atención médica que incentivaba la realización de evaluaciones de rutina de la calidad alimentaria de los pacientes y la inclusión de esta información en la historia clínica, de modo que haya un seguimiento en la siguiente cita.

El grupo voluntario de redacción preparó esta declaración científica en representación del Council on Lifestyle and Cardiometabolic Health; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular Radiology and Intervention; Council on Clinical Cardiology; y Stroke Council de la American Heart Association.

VETERANS DAY 2021



LEGION.ORG

AMERICAN LEGION

The American Legion and this publication salute our military veterans of all eras this November 11 - and every day. Thank you for serving America with honor, courage and commitment.

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Veteran's Day Memorial Mass Saturday, November 13th, 2021

All Veterans deceased and living will be remembered by our own Pastor Darin Colarusso who is actively serving in the Air Force National Guard Reserve.

The entire community is invited to take part! Collation will be immediately following the mass in the church hall.

Sponsored by St. Lucy's Men's Guild.

For more information or questions, please call Larry at 978-360-9256 or Jack at 978-373-2376

4:00 PM Mass
St. Lucy Church
254 Merrimack St.
Methuen

Merrimack Valley Hospice Offers Free Support to Cope With the Holidays – In Person and Virtually

While the holiday season is a time of joy for many, it can cause great struggle for those who are grieving. Recognizing that a sense of community, shared experiences and connection are especially important this time of year, Merrimack Valley Hospice is offering free support to cope with the holidays.

A facilitator from Merrimack Valley Hospice's licensed, credentialed bereavement staff will lead each workshop, both in person and via Zoom.

In-person meetings will take place on Tuesday evenings, 6:30 to 8:00 p.m., on November 16, November 30 and December 14 at St. Michael's Parish, 196 Main St. in North Andover.

Workshops will be offered virtually on Thursday, November 11, 10:00 to 11:00 a.m.; Monday, November 15, 6:30 to 7:30 p.m.; Friday, December 10, 12:00 to 1:00

p.m.; and Wednesday, December 15, 7:00 to 8:00 p.m.

All sessions are free of charge and open to the public. To register, call (978) 552-4510. To learn more, visit MerrimackValleyHospice.org.

About Merrimack Valley Hospice
Merrimack Valley Hospice is a not-for-profit agency providing comfort care and supportive services to patients nearing the end of life and bereavement services to their families and loved ones. Together with Home Health VNA, the agencies provide a full continuum of home health and hospice care in more than 110 communities throughout northeastern Massachusetts, southern New Hampshire and southern Maine as York Hospital Hospice. For more information, visit MerrimackValleyHospice.org.

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

Isaac Asimov



A Young Artist Shares Her Story—Alice Lobel, age 10

I've loved to draw since I was little. When Covid started, I took an online charcoal class at Essex Art Center with Gwendolyn Lanier. I wanted to improve my skills with drawing realism and stay connected to something I loved.

During the first class, we drew a still-life picture of a vase and a lemon on a box. While I was drawing the picture, the charcoal seemed to speak to me in a way that other mediums I'd used before hadn't. It wasn't only the charcoal, but also drawing realistically that intrigued me. As I continued, I learned to draw portraits, eyes, and landscapes. The way that Gwendolyn taught about shading and drawing techniques helped me learn to make things look lifelike. She quickly became my favorite teacher.

I eagerly continued taking classes at the Center because of the wonderful community of artists and teachers—and wanting to improve my art! Gwendolyn taught me that you have to look closely at a picture to find all the tiny details that are hidden. This was one of the most important lessons I learned.

Gwendolyn showed me new techniques and showed me the anatomy and proportions of a portrait, which have become my favorite things to draw. I love adding small details to an iris and shading on a nose. I continue to draw on my own, coming up with pictures from my imagination and putting more and more emotion into each piece.

When the Center sent out the email about the Grand Reopening Salon Show + Art Sale, I was really excited to enter! I submitted three of my pictures, each day checking my email to see if they had been selected for the show. To my surprise and delight, I found out two of my pictures had been picked! I was so happy that I came running down the stairs in my house to tell my family! At first, it was hard to believe that my artwork had been chosen.

On the day of the grand reopening, I felt so accomplished walking into the gallery and seeing my artwork on display. The whole experience was so special and meant so much to me. I'm grateful to Gwendolyn



and the Center for what I have learned. It has been such an incredible adventure so far!

I plan to continue drawing and taking more classes at the Center. And I hope to participate in more art events in the future. Even though I'm only ten years old, I know that making art is something that I want to do forever.

Artist Alice Lobel shows off her submissions to the Grand Reopening show.

Essex Art Center's opening for the group show Shaping Things and Anne Thiam's Remembered drew a nice crowd.

The exhibitions run through December 12. If you'd like to bring a group or schedule a tour, please reply to this email.

Gallery Hours

October 22 - December 12, 2021

Monday - Friday 9:30 AM - 12:30 PM,
1:00 - 6:00 PM

Saturdays 1:30 - 4:00 PM

MERRIMACK VALLEY CHAMBER OF COMMERCE

FREE Veterans Recognition

Breakfast Program

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FRANCISCO URENA
Veteran United States Marine Corps
Former MA Secretary of Veterans Affairs and Former Veterans Service Officer for the Cities of Boston and Lawrence

And a Panel of Veteran Entrepreneurs

- *Salvatore DeFranco - Co-Owner Battle Grounds Coffee Co.,
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- *Luis Yopez - COO, Mainstream Global - Navy Commander, Retired
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FREE complimentary breakfast program

Wednesday, November 10, 2021
8:00 AM - 9:30 AM

Salvatore's at the Riverwalk, Lawrence Entrance B

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While the clock gets a facelift, the Ayer Mill Clock Tower will shine

Lawrence, MA --- Next week, the clock in the Ayer Mill Clock Tower, which has kept watch over the City of Lawrence since 1910, will be getting a facelift.

The west dial of the clock has been inoperative since July and Essex County Community Foundation (ECCF), which is responsible for the upkeep of the clock through a permanent endowment established by local residents and leaders in 2009, is taking this opportunity to perform additional routine maintenance.

Over the course of several days, Balzer Family Clock Works, which oversaw the 1991 restoration of the clock and has specialized in the restoration of tower clocks since 1985, will dismantle the clock works and transport the pieces to its Freeport, Maine workshop. There, they will spend approximately the next six months repairing the clock mechanisms – including the gears and hands – and templating the broken sections of glass for the clock’s four 22.5-foot faces before reinstalling the clock in the Spring of 2022.

While the clock is being repaired, its faces will be illuminated nightly by programmable, multi-colored LED lights, which will be managed by Ayer Mill Clock Tower caretaker, Chris Waites, and eventually taken over by nonprofit Groundwork Lawrence.

“The Ayer Mill Clock Tower is a symbol of industry, history and architectural pride for the City of Lawrence and the Merrimack Valley, and we wanted to come up with a way to honor all of that while the clock is out of service,” said ECCF President

and CEO Beth Francis.

A rainbow of color was shone through the faces of the Ayer Mill clock in 2019 during the kickoff for Iluminación Lawrence, a public art project funded by ECCF’s Creative County Initiative that brought people together through the strategic lighting of several important Lawrence landmarks.

“Iluminación Lawrence was so well received,” said Francis. “And we thought that while the clock was being repaired, lighting the faces would be a really great way to bring some of that excitement back and pay tribute to the Clock Tower, which has such historic and economic significance here.”

The Ayer Mill, current home to athletic footwear company New Balance, was built in 1910 to spin and dye yarn for the American Woolen Company. Its grand, illuminated clock tower was its crown jewel and immediately became the architectural focal point of the Merrimack Valley. When the American Woolen Company closed in 1955, and thousands of residents lost their jobs, the Ayer Mill Clock Tower fell into disrepair. It’s 1991 restoration was a symbol of hope for the city.

“That symbol of hope and unity is something we intend to keep alive,” said Francis. “ECCF is very fortunate to have so much community support and to be working with Chris Waites, New Balance and Balzer Family Clock Works to maintain the clock for the people of Lawrence.”

At 267 feet tall, the Ayer Mill Clock Tower – its patinaed copper roof visible



from nearly every part of Lawrence – is the largest mill clock in the United States. The clock’s faces are just 6 inches smaller in diameter than those of the famed Big Ben in London.

Learn more about the Ayer Mill Clock Tower at www.eccf.org/ayer-mill-clock-tower/.

About ECCF

The mission of Essex County Community Foundation is to inspire philanthropy that strengthens the

communities of Essex County. We do this by managing charitable assets, strengthening and supporting nonprofits and engaging in strategic community leadership. Since 1998, ECCF and its growing family of nearly 260 charitable funds have granted \$120 million to nonprofits, schools and students in Essex County and beyond. Our ultimate goal is to have 34 thriving cities and towns in Essex County and to improve the quality of life for the region’s nearly 800,000 residents. Learn more at eccf.org.

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Rev. James T. O'Reilly OSA Division Eight Ancient Order of Hibernians Lawrence, Massachusetts

“150 Years of Dedication to Religion, Charity, Culture and Community”

Division 8 AOH in Lawrence to Celebrate its 150 Anniversary

The Rev. James T. O'Reilly OSA Division Eight AOH was founded on November 5, 1871, in Lawrence, Massachusetts, and for the past 150 years has helped preserve Irish culture, history and traditions in a multifaceted way. The talents of its members have been recognized beyond the borders of the Lawrence area. The Men's Division has produced two National Presidents, and the Ladies Division one. In addition to these three National Presidents, three members have served as National Directors of the Order. Several members have gone on to serve in elected and appointed positions at the National, State and County Board levels.

Division 8 locally has been involved in a host of community endeavors and has been supportive of many civic and charitable causes. The Division yearly hosts numerous social events and activities and has scholarship opportunities on the high school and college level, including a college scholarship for study in Ireland.

The Division has developed and assists in maintaining a collection of over 15,000 plus Irish books, media and memorabilia that is housed at the South Lawrence Branch

Library in Lawrence. This collection is one of the largest Irish Collections on the east coast of the United States. The Division has partnered in many cultural endeavors with the New England Irish Cultural Center in Canton, MA, the Burns Library at Boston College, the Maine Irish Heritage Center in Portland Maine amongst others.

Locally, Division 8 AOH meets at the Claddagh Pub and Restaurant in Lawrence on the second Wednesday of each month. Membership is open to those who are 16 years of age or older; Irish by birth, descent, or adoption, and who are practicing Catholics. For an application, please write to PO Box 1407, Lawrence, MA, or email: division8aoh@verizon.net

In recognition of their 150th Anniversary milestone, Division 8 will host a number of events this fall. The 150th Anniversary Celebration will continue into 2022. Below is a listing of some of the events planned for later this month and this November. Division 8's 150th Anniversary Celebration is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Calendar of Events – Fall 2021

Division 8 AOH 150th Anniversary Celebration

Saturday, November 13, 2021: IRISH AUTHOR SERIES: with Michael Connelly – Mr. Connelly will discuss his book, “Murkey Overhead” - at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Copies of Mr. Connelly's book may be purchased beforehand at www.towerpub.com Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Wednesday, November 17, 2021 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: OPEN HOUSE 10:30 am – 1 pm Showcase of Irish Books, CD's, DVD's, photos, and memorabilia – Sponsored by Division 8 (FREE) – Handicap Accessible

Sunday, November 21, 2021 – JOIN PIANIST TERRI KELLEY AND VOCALIST BILL DONELAN FOR A PROGRAM OF CELTIC MELODIES – A TRIBUTE TO FRANCIS A. O'CONNOR SR. - at the Lawrence Public Library, Sargent Auditorium, 51

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>

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Foster Kids of the Merrimack Valley Issues Call For Santa's Helpers

Seeking Santa's Helpers To Support a Foster Child During the Christmas Season

Methuen, MA – October 2021: Foster Kids of the Merrimack Valley (FKMV), a non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, issues a call for Santa's

Helpers to support the Annual Foster Kids Christmas Party. The Santa's Helpers is a volunteer program designed to anonymously match up individuals or groups from the local community with one or more foster children to help fulfill their Christmas wish lists. This program is part of the Annual Foster Kids Christmas Party organized by the FKMV, whereby age appropriate toys & clothing are distributed to local foster children. The Santa's Helpers program provides a personalized, unique kind of gift-giving and creates a memorable holiday season for foster children. The Annual Christmas Event is scheduled in early December each year.

"The Annual Christmas Party has been a mainstay of the organization. I'm always amazed at how our community participation continues to grow. Last year, with the help of our Santa's Helpers, we provided toys and gifts for more than 250 children and their respective foster parents," stated Larry Giordano, President and Founder of the Foster Kids of the Merrimack Valley. "The holidays are always difficult times for foster children, they often feel alone and disconnected from their families.

This year more than ever, with this COVID situation, we have high hopes that our community will step forward again and help support our local foster children and bring a smile to their faces again."

What is a Santa's Helper?

We are looking for volunteers including businesses and/or individuals to volunteer to

be a Santa's Helper and bring joy to a foster child this holiday season. Each Santa's Helper will be anonymously assigned a child and will receive a personal wish list for that child that includes personal items like clothing as well as toys.

The foster children participating in this program are ages birth to 12 years of age, and are currently under the care of the Department of Children and Families (DCF) in the Merrimack Valley, including Lawrence, Methuen, Andover, North Andover and the greater Haverhill region. Individuals, groups, or businesses may sign up to sponsor one child or more. Cash donations are accepted in lieu of receiving a Christmas wish list.

Program Details:

October: The sign up process when businesses and individuals volunteer to become a Santa's Helper.

November: Each Santa's Helper will be assigned a child and receive a wish list that will provide the gender and age of the child.

December 5th: All gifts are due and can be dropped off at:

Methuen Karate Association
70C Bonanno Court
Methuen, MA

Sign Up Information:

To register as a Santa's Helper, please contact our Website: www.fosterkidsmv.org
Email: fkmsantashelper@gmail.com –
Call: 978-771-2150

Wrapping Party:

Due to COVID Restrictions - This year's Wrapping Party will be by reservation only. It is being held on Thursday, December 9 at St. Lucy Church Hall, 254 Merrimack St., Methuen - Please go to our website – www.fosterkidsmv.org to sign up for the time slot best for you.

Other Donations Needed:

In addition to being a Santa's Helper, the FKMV is accepting in-kind donations for the Wrapping Party, Gift Boxes, Gift Bags, Wrapping Paper, Tape, Tissue, Ribbons, Scissors and more.

Cash donations may be sent directly to: Foster Kids of the Merrimack Valley, Inc.
Larry Giordano
P.O. Box 2166
Methuen, MA 01844

About Foster Kids of the Merrimack Valley We are a certified 501(c)3 non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, including Lawrence, Methuen, Andover, North Andover and the greater Haverhill region. With hundreds of foster children in our local area, they need role models who can make a difference in their lives. Through the efforts of the organization, our goal is to bring a positive influence into the lives of these children and support them as they grow. We offer a range of programs for local foster children of all ages. We work closely with the Department of Children and Families (DCF) to make sure our programs are complementary and needed, and do not overlap with state and federally funded programs. For more information, please visit our website at: <http://www.fosterkidsmv.org>.



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MERRIMACK VALLEY CHAMBER OF COMMERCE
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Nurturing Fathers Program

ATTENTION FATHERS!

FREE

ABOUT NURTURING FATHERS

Family Services' Nurturing Fathers Program is a program for fathers with children that creates a space for fathers to discuss, reflect and gain tools to help with understanding how to be a nurturing and supportive father, while maintaining their authority and providing consistent guidance and structure.

Other topics include:

- * Co-Parenting
- * Healthy Relationships
- * Discipline
- * Communication Skills
- * Anger Management
- * Personal Development

Date: Nov. 18, 2021
Time: 5:30 - 8:00 pm
Location: One Union St. Lawrence

Reserve your seat NOW! or for more info. Contact Angel Perez APerez@fsmv.org

978-327-6661

Dinner Provided

Nurturing Fathers is provided by Family Services of the Merrimack Valley. Learn more at: FSMV.org



Nurturing Fathers Program

Gratis

ATENCIÓN PADRES!

Sobre El Programa de Nurturing Fathers

El Programa de Family Services, Nurturing Fathers es un programa para padres con hijos que crea un espacio para que los padres discutan, reflexionen y obtengan herramientas para ayudarlos a comprender cómo ser un padre cariñoso y comprensivo, mientras mantienen su autoridad y brindan orientación y estructura consistentes.

Los temas discutidos incluyen:

- * Co-parentalidad
- * Relaciones saludables
- * Disciplina
- * Habilidades de comunicación
- * Control de la ira
- * Desarrollo personal

Fecha: Noviembre 18, 2021
Horario: 5:30 - 8:00 p.m.
Lugar: 1 de la Calle Union, Lawrence

Para reservar su espacio o mas informacion contacte a Angel Perez aperez@fsmv.org

978-327-6661

CENA ES INCLUIDA

Nurturing Fathers is provided by Family Services of the Merrimack Valley. Learn more at: FSMV.org

Knights win opener over UMaine-Augusta, 78-66

Haverhill, MA (November 3, 2021) – The Northern Essex Community College men’s basketball team jumped out to a large first half and never trailed as they defeated the Moose of UMaine- Augusta 78-66 to open the season. It marked the first time since the 2017-18 season that the Knights won the season opener.

Freshman Phillip Cunningham (Haverhill) led four Knights in double figures as he dropped a game high 15 points. Matt D’Amato (Peabody) followed with 14, Metin Yavuz (Istanbul, Turkey) with 13 and Jaleek Urena (Lawrence) with 10.

Daniel Almarante (Lawrence) tossed in six points and led a strong first half-defensive effort in which the Knights took a 41-15 lead into the locker room at halftime.

The Knights held Moose star senior Eric Crawford, son of NBA great Jamal Crawford to 10 points.

Northern Essex will return to the court on Friday night when they make their annual trip to the NHTI Edward Jones Tap-Off Classic. The Knights will play the host Lynx at 7:00pm and return to the court on Saturday afternoon at 12:00pm to take on Central Maine Community College.

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

NECC earns top seed, will host Region 21 tournament on Saturday

The Northern Essex Community College women’s volleyball team has earned the top seed by virtue of its 7-0 region record (7-7 overall) for Saturday’s NJCAA Region 21 tournament. The Knights were also the predetermined host of the tournament. NECC last hosted the tournament in 2018, when the Knights captured their second consecutive title and seventh overall.

Saturday’s action will commence at 11:00am with the top seeded Knights facing off against fourth seeded Holyoke Community College. The second semi-final will see second seeded Community College of Rhode Island take on third seeded Massasoit Community College at 1:00pm. The Championship Match will take place at approximately 3:00pm (30 minutes following the conclusion of second semi-final) where the two semi-final winners will meet. Admission to the tournament is

free of charge. All spectators are required to follow the college indoor mask mandate and maintain social distance while in attendance.

Dejalee Torres (Lawrence, MA) has led the Knights attack throughout the season as she currently leads the team and region with 108 kills and 2.7 kills per set. Torres is also among the region leaders in blocks.

Kaithlene Perez-Flores (Lowell, MA) and Yoneli Batista (Lawrence, MA) have both provided consistency on both sides of the net throughout the season. Perez-Flores currently ranks second in the region with 124 digs and has 59 kills. Batista ranks second behind Torres in kills with 74 and third in digs with 117.

Carol Ferreras (Lawrence, MA) is among the regional leaders in assists with 4.35 per set and averages one ace per set from behind the service line.

Ethan Rousseau named NJCAA National Player of the Week

The NJCAA announced on Wednesday afternoon, that sophomore Ethan Rousseau (Haverhill/Whittier Tech) of the Northern Essex Community College men’s soccer team has been named the NJCAA men’s soccer player of the week, for the week ending October 24th.

Rousseau had a record breaking week, as he scored three second half goals last Tuesday evening in the Knights 4-3 win over Springfield Technical Community College. The three goal performance was the first hat trick in the modern day era of the men's soccer program and also helped the Knights secure their first post-season appearance.

Rousseau added another goal last Thursday when the Knights suffered a 4-2 defeat at the hands of Roxbury Community College.

Rousseau becomes the second player



in the programs history to earn a weekly national award. In the inaugural 2019 season Anthony Belomo, now playing at Stonehill College was named the NJCAA Goalie of the Week.

Rousseau and the Knights will take the pitch on Thursday afternoon in the quarterfinal round of the Region 21 playoffs as the six seed and travel to third seeded Community College of Rhode Island. The winner will advance to play Roxbury Community College on Saturday.

Torres highlights three All-Region honorees for NECC volleyball

Haverhill, MA (October 28, 2021) - Three members of the Region 21 runner-up Northern Essex Community College women's volleyball team were named to the All-Region teams as selected by the Region 21 volleyball committee.

Dejalee Torres (Lawrence) was selected the region’s most outstanding player and earned First Team All-Region honors. Joining Torres on the All Region First Team was Kaithlene Perez-Flores (Lowell). Yonelli Batista (Lawrence) was tabbed All Region Second Team.

Torres finished the season as the regional leader in both kills and kills per set 135 and 2.81 respectively. On the defensive side of the net, Torres was third regionally

in blocks averaging .29 per set and was fifth regionally with 125 digs.

Perez-Flores was strong on both sides of the net for the Knights and provided consistency throughout the season. She excelled behind the service line averaging nearly one ace per set ranking second in the region, while adding 124 digs on the season.

Batista ranked third regionally with 1.91 kills per set and was second in the region with 140 digs on the defensive side of the ball.

The Knights finished the season with an 8-8 overall record falling in the championship round of the NJCAA Region 21 post-season tournament to the Community College of Rhode Island.

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Merrimack Valley Chamber Afternoon with Rudolph the Red-Nosed Reindeer: The Musical!

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From My Corner



LETTERS TO THE EDITOR
RUMBO
315 Mt. Vernon St.
Lawrence MA 01843
Email: Rumbo@rumbonews.com

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

Elections are over!

If anyone believes that now is the time to relax, enjoy the world around us just because there's a new administration, is terribly mistaken. While we can put the candidate signs away, there is a new dilemma bursting out. That's the redistribution of districts.

Come next elections, we may have to vote at a different polling place and a new rat race will begin. With the creation of a District 19, some of the names that we have been seeing running for others posts will be running for State Representative of this new district.

We'll be selecting a State Senator since Barry Finegold will finally be out of Lawrence. Come to think about it, I believe that it would be a real advantage if instead of selecting one senator and one representative, there was a clean plate and pick all three. Most of you will find my words harsh but they all proved to us that they don't know what they are doing. Perhaps they were in such a rush to screw the public last December that made a mess out of that Home Rule Petition.

They felt insulted by me because I

called them "traitors" (Finegold, Rivera, Morán, Devers, Minicucci, and Gov. Baker, but who cares?) for selling out our rights to holding a special election. Now we realized that they never consulted the City Charter to create the rules for the winner of the November election to take charge. We should include our City Council who signed it the day after it had been approved by the Legislature and Governor Baker. Bunch of traitors all!

The politicians who created that farce didn't even know they were violating Massachusetts General Laws when they wrote that, *"The mayoral candidate elected in the regularly scheduled 2021 municipal election shall be immediately seated, administered the oath of office, and assume all the powers of mayor immediately upon the proper certification by the board of registrars, and serve for the balance of the then unexpired term of mayor."*

It is obvious that they were accommodating Kendrys Vasquez to continue at the helm and, not expecting someone else to win our smart legislators didn't bother to check that the Board of

Registrars meets ten days after Election Day in case there are complaints or requests of a recount. Had they taken the time to compare it to the City Charter, they would have made a request for the Board to meet the day after for the purpose of administering the oath of office, pending the rest of the procedures, in case the plan backfired.

It was a sloppy, careless, inconsiderate document that wasn't worth the paper it was written on. That's why I wonder how many times these legislators pulled the woolen over our eyes, about things they pretend to be well versed on.

I can only say that a new chapter is beginning – hopefully, this time it won't involve corruption.

Now, pickup your signs

We have an ordinance requiring all political signs to be removed within 30 days once elections pass. Some signs have been left year after year to the point they are discolored, becoming part of the local scene and we don't notice them.

Inspectional Services claims not to

have sufficient personnel to go after these violators. That's not an appropriate answer because it has an easy solution: hire more people. The fines imposed to politicians who fail to remove their signs more than will pay for the inspector's salary.

We have been suggesting that for a long time to control the number of weekend warriors doing major upgrades and repairs when there are no inspectors around. It's understood that they don't want to pay for city permits to do that work legally, but very often work done illegally is not done correctly putting the families at the peril of electrical fire or other mishaps

Question on the ballot

The question on the ballot this year about overriding the 2½% property tax did not pass. The votes were: YES 4696 and NO 4925. It was an emotional issue because we all want new schools for our children but there are ways to obtain a new building without rejecting the protection that Proposition 2-1/2 offers and get into more debt borrowing \$43 million.

11th Annual In Pink Comedy Show Delivers on Laughs

Proceeds benefit Greater Lawrence Family Health Center's women's programs



GLFHC President & CEO Guy Fish, MD (center) presents the Rosalyn Kempton Wood Award for Inspirational Leadership to from left) Melissa Marrama, Jen Borislow, Collette Turgeon, and Judy Tomeo of Borislow Insurance.

After more than a year of working through the COVID pandemic, Greater Lawrence Family Health Center (GLFHC) took time out with friends and supporters to laugh and de-stress during the 11th Annual In Pink Comedy Show on Oct. 28. For safety, the event was virtual this year.

"You've been stressed and I know how stressed you people have been," said the evening's entertainment, renowned comedienne Judy Carter. "So what can you do about it? You can LAUGH at it."

Carter was the headliner for the Comedy Show, and had her friends, Lynette Charity, MD, and Shelby Lane, MD, get in on the act. The practicing doctors are also comediennes and provided a lot of laughs during the night.

The event also honors inspirational people who selflessly give to those in need. Four member of Borislow Insurance were honored with the Rosalyn Kempton Wood Award for Inspirational Leadership. The award pays tribute to the memory of philanthropist Wood, a longtime friend of the health center whose generosity helped ensure women in need throughout the Merrimack Valley received basic and critical

health care. The 2021 award was presented to Jen Borislow, Melissa Marrama, Judy Tomeo and Collette Turgeon. Each of these outstanding women have given to those in need during the pandemic in countless ways. They mobilized teams of people to provide resources to the homeless, and also provide frontline health care workers with thousands of sandwiches, hot meals, fresh fruit cups, personal protective equipment, care baskets and inspirational messages.

"These women have been exemplary," Guy Fish, MD, GLFHC's President & CEO said. "Rather than sit back and watch COVID-19 take lives, they each found a way to give back to the community and help others."

The event's Keynote Speaker, Congresswoman Lori Trahan of Massachusetts 3rd Congressional District, highlighted the important role community health centers play in their regions.

"Like each of you I'm reminded each year of just how important the In Pink fundraiser is for our community," Trahan said. "By supporting Greater Lawrence Family Health Center's incredible work, In Pink helps so many women."



Comediennes (clockwise from top left) Judy Carter, Shelby Lane, MD, and Lynette Charity, MD, entertain viewers during GLFHC's 11th Annual In Pink Comedy Show.

In Pink raised nearly \$50,000 through sponsorships and donations, as well as the sale of Mystery Boxes and raffle tickets. Mystery Boxes contain either jewelry or gift cards with at least a \$20 value, and five items were raffled, including: a Holiday Entertaining Basket; Michael Kors bag, wallet and credit card holder; Lottery Basket filled with scratch tickets; Tuscan Kitchen Basket with gift cards; and a Keurig Basket with coffee machine.

All proceeds benefit GLFHC's women's health programs.

You may view the 11th Annual In Pink

Comedy Show on GLFHC's YouTube Channel.

The mission of Greater Lawrence Family Health Center is to improve and maintain the health of individuals and families in the Merrimack Valley by providing a network of high quality, comprehensive health care services and by training health care professionals to respond to the needs of a culturally diverse population. More than 62,000 patients depend on GLFHC for their primary health care needs at locations in Lawrence, Haverhill and Methuen. For more information, visit <https://glfhc.org>.

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

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

— Indira Gandhi

State Representative Frank A. Moran Secures More than \$1 Million in Direct District Aid through the American Rescue Plan

Massachusetts House Passes \$3.82 Billion Bill for COVID-19 Needs and Recovery

BOSTON –The Massachusetts House of Representatives unanimously passed its spending proposal utilizing American Rescue Plan Act (ARPA) and Fiscal Year 2021 (FY21) surplus funds. Funded at \$3.82 billion, the bill addresses disparities exacerbated by the COVID-19 pandemic, aiming to facilitate recovery through one-time investments in housing, environment and climate mitigation, economic development, workforce, health and human services, and education.

Earlier this year, the Massachusetts Legislature voted to transfer the state’s \$5.3 billion allocation from ARPA, which must be allocated by 2024, into a separate fund to ensure stakeholder and resident engagement in a public process. Following six public hearings and more than a thousand pieces of testimony received, the House Ways & Means Committee released its proposal which the House approved 159-0.

In addition to making these historic investments into housing relief, workforce development initiatives, public health upgrades to our public-school facilities, and more, State Representative Moran was able to secure \$1,050,000 in direct district funding for the communities of the 17th Essex District.

“This bill epitomizes Massachusetts’ resiliency in the wake of the COVID-19 pandemic and makes historic investments in programming that will revitalize our local economy and make our state stronger in the years to come,” said State Representative Frank A. Moran. “I am proud of what this once in a lifetime legislation represents and would like to thank Speaker Ron Mariano, as well as House Ways and Means Chair Aaron Michlewitz for their thoughtful and steadfast leadership throughout this process.”

This \$1,050,000 in direct local aid secured by State Representative Moran provides:

- \$250,000 to UTEC Inc. for food infrastructure training and distribution
- \$500,000 for the construction and expansion of a rail trail in Lawrence
- \$50,000 for International Veterans Care Services, Inc. to mitigate food insecurity and provide housing relief to members of the veteran community in Lawrence
- \$50,000 for Sueños Basketball to support recreational, social, and health programming for low-income youth in Lawrence
- \$200,000 to the SISU Youth Center to provide programming for at-risk youth in

Lawrence

Economic Development

The House bill includes \$500 million to replenish the Unemployment Trust Fund which will offset businesses’ contributions for unemployment programs. The bill includes \$200 million worth of tax relief for small businesses that paid personal income taxes on state or federal relief awards during the pandemic. It also includes \$60 million for grants to support small businesses negatively impacted by the pandemic, with \$35 million of it reserved for minority-owned, women-owned, and veteran-owned businesses.

To assist recovering cultural organizations and artists, the bill appropriates \$125 million to the Massachusetts Cultural Council for grants supporting cultural events, education or performances highlighting underrepresented voices. Other economic development investments include \$40 million for youth summer and school-year jobs; \$50 million to close the digital divide; and \$12 million to assist in the resettlement of Afghan refugees in Massachusetts.

Health and Human Services

Building on the House’s longstanding commitment to support and protect community hospitals, the bill allocates \$250 million for financially strained hospitals and \$20 million for community health centers. This bill includes more than \$250 million for behavioral health and substance use disorder treatment services, including \$100 million for workforce initiatives with \$15 million specifically for community health centers. The bill also includes over \$150 million for local and regional public health systems.

Other investments include more than \$78 million to address food insecurity; \$15 million for prison re-entry grants; \$10 million for community-based gun violence prevention programs, \$6.5 million for coordination teams for triage treatment and service supports and post-treatment supportive housing in Boston; and \$5 million for the Massachusetts Legal Assistance Corporation to bolster access to legal services for the most vulnerable.

Workforce Development

The bill includes \$500 million towards providing premium pay bonuses for low- and middle-income workers who worked in-person during the COVID-19 State of

Emergency. To promote employment, the bill also includes \$150 million to enhance workforce opportunities through workforce skills training, as well as \$100 million for vocational and career and technical schools.

Affordable Housing and Homeownership

The bill appropriates funds for affordable housing, with \$150 million directed toward public housing maintenance and \$150 million to create permanent supportive housing for chronically homeless individuals, survivors of domestic violence, seniors, and veterans. The bill also includes \$100 million for homeownership assistance and \$100 million for production and preservation of affordable rental housing for residents of municipalities disproportionately impacted by the COVID-19 pandemic.

Environment and Climate Change Mitigation

Building on the House’s commitment to the environment and clean energy, the bill includes investments for environmental infrastructure and development spending, with a focus on environmental justice communities, climate change resiliency and clean energy. This bill includes \$100 million for port infrastructure development and revitalization to facilitate economic activity and support the offshore wind industry.

Other investments include \$100 million toward infrastructure for communities to adapt and become climate resilient; and \$100 million for water and sewer projects, including those to remediate combined sewer overflow into waterways.

Education

To improve indoor air-quality in schools and support healthy learning environments, this bill includes more than \$100 million for grants to public school districts with high concentrations of low-income students, English language learners, and communities disproportionately impacted by COVID-19. This bill also includes \$75 million for capital and maintenance projects for higher education; \$25 million for the Endowment Incentive Program at the University of Massachusetts, state universities and community colleges, \$20 million for special education, including \$10 million for workforce development; and \$10 million for programs focused on recruiting and retaining educators of color.

Accountability and Public Engagement

As a tool to inform future ARPA spending, the House’s bill allocates \$5 million for the Inspector General’s office to create a public database and website to track total spending, including the percentage of funds spent in communities that were disproportionately impacted by the COVID-19 pandemic and to track the number of projects awarded to minority-owned businesses and organizations.

Speaker Mariano and the House Ways & Means Committee introduced their spending proposal on October 25, 2021, following a review of the Governor’s proposal and six public hearings. The bill House of Representatives approved the bill 159-0 and now goes to the Senate.



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Merrimack Valley Chamber Afternoon with KEITH LOCKHART AND THE BOSTON POPS!

KEITH LOCKHART AND THE BOSTON POPS
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www.merrimackvalleychamber.com

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

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LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after November 16, 2021 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2016 Nissan Rogue VIN 5N1AT2MV6GC810878
2. 2018 Mitsubishi Mirage VIN ML32A3HJ5JH014096
3. 2014 Toyota Corolla VIN 5YFBURHE1EP090953
4. 2016 Honda Civic VIN 19XFC2F51GE219714

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
11/1, 11/8, 11/15

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

¡Gracias por tu apoyo!

THE MERRIMACK VALLEY CHAMBER OF COMMERCE

FREE Networking Breakfast at Spark Fitness and Tennis Club!



Monday, November 15, 2021
8:00 AM to 9:15 AM
Spark Fitness & Tennis Club
307 Lowell St, Andover, MA



Attend this MVCC Networking Breakfast and Enjoy:



- ★ Business Connections and Networking!
- ★ Complimentary Continental Breakfast!
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- ★ Bring a raffle prize to promote your company!

Pre-register and bring a Potential New Member for FREE!
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The Merrimack Valley Chamber of Commerce

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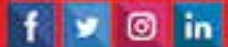
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"Lo único que nos llega sin ningún esfuerzo es la vejez."

- Gloria Pitzer

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.

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