

## Celebrating Christmas in Lawrence



Hundreds of Lawrencians attended the lighting of the Christmas tree across from City Hall and proceeded to have a hot drink inside, where the children received presents. See more pictures on page 7.

### Celebrando la Navidad en Lawrence

Cientos de lawrencianos asistieron a la iluminación del arbolito de Navidad al frente del ayuntamiento y después procedieron a disfrutar de una bebida caliente, donde los niños recibieron regalos. Vea más fotos en la página 7.

### De el primer paso hacia unas Navidades libre nicotina

Con las vacaciones de invierno y el Año Nuevo acercándose, tome la decisión de llevar una vida más saludable para usted y su familia. Si quiere dejar de fumar, vapear o usar otros productos de tabaco, no se rinda. Muchos dicen que dejar de fumar es lo más difícil que han hecho. Hay ayuda disponible, ¡así que dé el primer paso ahora!

1-800-QUIT NOW (1-800-784-8669), la Línea para dejar de fumar de Massachusetts para tabaco / nicotina está disponible para recibir asesoría GRATUITA las 24 horas del día, los siete días de la semana (excepto el Día de Acción de Gracias

y Navidad) para ayudarlo a dejar de fumar. Sin conferencias. Sin juicios. También puede conectarse con Quitline en línea en [mass.gov/quitting](http://mass.gov/quitting). Massachusetts Quitline ofrece servicios en varios idiomas: hay entrenadores disponibles en inglés, español y árabe. Los hispanohablantes pueden llamar directamente al 1-855-DEJELO-YA para hablar con un entrenador hispanohablante.

Para obtener más información, visite [mass.gov/quitting](http://mass.gov/quitting) o llame a Ashley Hall de Tobacco-Free Partnership al (978) 722-2864. Haga de las vacaciones y el Año Nuevo el comienzo de su viaje para dejar de fumar.

### Take the First Step toward a Nicotine-Free Life for the Holidays

With the winter holidays and the New Year approaching, make a resolution for a healthier life for you and your family. If you want to quit smoking, vaping, or using other tobacco products, don't give up. Many say quitting is the hardest thing they've done. Help is available, so take the first step now!

1-800-QUIT NOW (1-800-784-8669), the Massachusetts Quitline for tobacco/nicotine is available for FREE coaching 24 hours each day, seven days a week (except Thanksgiving and Christmas) to support you

through quitting. No lectures. No judgments. You can connect with the Quitline online, too, at [mass.gov/quitting](http://mass.gov/quitting). The Massachusetts Quitline offers services in several languages — English, Spanish, and Arabic-speaking coaches are available. Spanish speakers may call 1-855-DEJELO-YA directly to speak with a Spanish-speaking coach.

For more information, visit [mass.gov/quitting](http://mass.gov/quitting), or call Ashley Hall of the Tobacco-Free Partnership at (978) 722-2864. Make the holidays and New Year the start of your quit journey.



Santa was at City Hall ready for pictures with the children.

Santa estuvo en el ayuntamiento para tomar fotos con los niños.

### 38th Annual SHARING OUR BOUNTY Gala and Auction



Celebrating The Artistry of Our Community and highlighting that both poverty and creativity take courage, two special paintings created by young Shelter Guests, Luisanny and Edwaini, were auctioned. Here is Babette Wheelden when she found out she had a winning bid. See more pictures on page 11.

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Open the State House!  
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## Easyrapidnow Nasal Swab Rapid Antigen Tests for Surveillance – \$11 Each



### The following is a advertisement from one of our Merrimack Valley Chamber of Commerce members

Dear Chamber Member,

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## La Ciudad de Lawrence recibe 76,140 Pruebas rápidas de antígeno COVID-19

El Alcalde Brian A. DePeña estuvo presente para recibir las pruebas rápidas de COVID-19 del Estado de Massachusetts. La Agencia de Gestión de Emergencias de Massachusetts llegó a Lawrence a las 9:50 de la mañana y descargó 38,070 kits de pruebas rápidas de antígeno COVID-19.

Los kits están siendo almacenados en un edificio de la ciudad. Los miembros del Grupo de Trabajo de Salud del Alcalde junto con individuos de la Junta de Salud, y el Departamento de Salud y Servicios Humanos, se reunieron con el Alcalde DePeña, esta tarde para discutir el despliegue de las pruebas rápidas. La conversación, se centró entre las prioridades, posiblemente la creación de un conjunto de instrucciones diversas, y la lista de organizaciones y agencias que están recibiendo kits de prueba, y la fecha de lanzamiento.

El Alcalde DePeña dijo: "Agradezco al Gobernador Charlie Baker por proveer a la Ciudad de Lawrence con herramientas adicionales en la lucha contra este virus. A medida que el invierno comienza y las vacaciones están en pleno apogeo, la pandemia de COVID-19 ha entrado en otra fase preocupante. Poner a disposición las pruebas rápidas de COVID-19 en el hogar, junto con el uso de mascarillas, las pruebas y la vacunación, siguen siendo las formas más eficaces de seguir y reducir la transmisión de COVID-19".

Una conferencia de prensa está programada para el viernes, 17 de diciembre de 2021 en el Ayuntamiento de Lawrence para proporcionar información adicional a la comunidad. El Director de la Junta de Salud de la Ciudad, Michael Armano, dijo que "Si bien las pruebas, la investigación de los casos y el uso de las mascarillas son componentes importantes para frenar la propagación del COVID-19, la vacunación es el paso más crítico para controlar la propagación."

Estas pruebas rápidas del antígeno COVID-19 son convenientes porque son fáciles de usar y proporcionan resultados rápidos, normalmente en unos 15 minutos.

"La comunidad tendrá acceso directo a estas pruebas rápidas de varias maneras. Como nos reunimos durante las fiestas, es importante hacer la prueba antes de sus reuniones para mantener a sus seres queridos a salvo", indicó la Directora de Salud y Servicios Humanos Martha Vélez.

La Ciudad de Lawrence continúa proporcionando vacunas y pruebas en varios lugares, incluyendo el Ayuntamiento, el Hospital General de Lawrence, y en la Frutería en Lawrence ubicada en la calle Manchester. Para más información sobre las vacunas y las pruebas, incluyendo la prueba rápida llame al (978) 620-3261, (978) 620-3542 ó visite [www.cityoflawrence.com](http://www.cityoflawrence.com)

## City Of Lawrence receives 76,140 COVID-19 antigen rapid test

Mayor Brian A. DePeña was on hand to receive COVID-19 Self-Test from the Commonwealth of Massachusetts. The Massachusetts Emergency Management Agency arrived in Lawrence at 9:50 AM and unloaded 38,070 COVID-19 Antigen Rapid Two Test Kits.

The kits are being stored at a city building location. Member of the Mayor's Health Task Force along with individuals from the Board of Health, and the Health & Human Services Department, met with Mayor DePeña, this afternoon, to discuss the rollout of the rapid test. The discussion, centered among the priorities, possibly creating a set of instructions in diverse, and listing of organizations and agencies that are receiving test kits, and the roll out date.

Mayor DePeña stated "I thank Governor Charlie Baker in providing the City of Lawrence with additional tools in the fight against this virus. As winter begins and the holidays are in full swing, the COVID-19 pandemic has entered another worrying phase. Making at-home COVID-19 rapid tests available, along with masking, testing, and vaccination, remains the most effective ways to track and reduce transmission COVID-19."

A press conference is scheduled for Friday, December 17, 2021 in Lawrence City Hall to provide additional information to the community. Director of the City's Board of Health, Michael Armano, said that "While testing, case investigation, and mask wearing are important component to slowing the spread of COVID-19, vaccination is the most critical step to controlling the spread."

These COVID-19 Antigen Rapid Test are convenient because they are easy to use and provide results quickly, typically within about 15 minutes.

"The community will have direct access to these rapid test in a number of ways. As we gather during the holidays, it is important to test prior to your gatherings to keep love ones safe." indicated the Director of Health & Human Services Martha Velez.

The City of Lawrence continues to provide vaccinations and testing in a number of places, including City Hall, Lawrence General Hospital drive through, and at the Lawrence Fruteria located at Manchester Street. For more information on vaccinations and testing, including the rapid test call (978) 620-3261, (978) 620-3542 or visit [www.cityoflawrence.com](http://www.cityoflawrence.com)



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The BILINGUAL Newspaper of the Merrimack Valley

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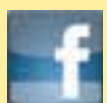
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POR DALIA DÍAZ  
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READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina



CARTAS AL EDITOR  
RUMBO

315 Mt. Vernon St.  
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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.

## ¿Cuál es su color?

Cuando mi familia llegó de Cuba en 1963, alguien se refirió a nosotros como "gente de piel aceitunada", algo que nunca había escuchado antes. Recordé mirarme a mí misma y preguntarme de dónde vino esa idea porque mi familia es caucásica o blanca y no parecemos de color olivo en absoluto.

Con el paso del tiempo, esa palabra parece haber desaparecido porque no la he escuchado en mucho tiempo, pero los estadounidenses están atraídos a las distinciones por raza o color algo que me resulta muy molesto.

Los indios americanos son de piel roja, los asiáticos son amarillos y si tienen la piel negra, son afroamericanos, incluso si no hay africanos en su ascendencia y provienen de un país latinoamericano.

Una frase común en estos días es "marrón y negro", lo que sugiere que cubre a todas las minorías, así que supongo que ahora soy de color marrón, no olivo. Un día alguien me dijo que soy muy clara para ser cubana. ¿Se supone que debemos vernos de alguna manera o color en particular? Suerte para ella que perdono la ignorancia.

¿Ha notado que la mayoría de la gente está confundida acerca de la raza y la nacionalidad? Lo que me hizo pensar en esto y luego me inspiró a escribir al respecto, fue un comentario en Fox News de Sean Duffy, quien está casado con Rachael Campos Duffy, copresentadora de un programa matutino de fin de semana. Dijo

que uno puede encontrar la felicidad en un matrimonio interracial como el de ellos. Los padres de Rachael son mexicanos y ella es blanca como él.

Si se refería a su ascendencia mexicana, esa no es su raza. Me pregunto qué escribe ella en el cuestionario del censo.

## ¡Abran la Casa del Estado!

¿Puede creer que la Casa del Estado de Massachusetts sigue siendo el único edificio del capitolio estatal en la nación que todavía está fuera del alcance del público? Afuera del capitolio hay un letrero que dice "cerrado al público hasta nuevo aviso".

Nuestros legisladores que dirigen Beacon Hill están aprovechando la pandemia de COVID-19 hasta la última gota. El presidente de la Cámara de Representantes, Ron Mariano, afirmó en una entrevista durante el fin de semana que su "preocupación" es la "seguridad pública".

Me recuerda lo que está tratando de hacer el concejo municipal de Lawrence con las reuniones por zoom.

Sin embargo, estos mismos líderes demócratas que están "preocupados" por la seguridad no se preocupan en lo más mínimo cuando celebran reuniones sin máscaras.

Para ellos, las restricciones pandémicas han sido un regalo del cielo. Después de todo, nunca se preocuparon mucho por la transparencia.

## La revisión de monitoreo enfocado por niveles de las Escuelas Públicas de Lawrence en las áreas de Educación Especial y Derechos Civiles comienza el 10 de enero de 2022.

Durante la semana del 10 al 14 de enero de 2022, la Oficina de Monitoreo de Escuelas Públicas (PSM) del Departamento de Educación Primaria y Secundaria llevará a cabo una revisión de monitoreo enfocado por niveles de las Escuelas Públicas de Lawrence. La Oficina de Monitoreo de Escuelas Públicas visita cada distrito y escuela charter cada tres años para monitorear el cumplimiento de las regulaciones federales y estatales de educación especial y derechos civiles. Las áreas de revisión relacionadas con la educación especial incluyen las evaluaciones de los estudiantes, la determinación de la elegibilidad, el proceso del Equipo del Programa de Educación Individualizada (PEI), y el desarrollo e implementación del PEI. Las áreas de revisión relacionadas con los derechos civiles incluyen la intimidación, la disciplina de los estudiantes, la restricción física y la igualdad de acceso a los programas escolares para todos los estudiantes.

Además de la visita dentro del distrito, la divulgación entre los padres es una parte importante del proceso de revisión. El director de revisión de la Oficina de Supervisión de Escuelas Públicas enviará a todos los padres de estudiantes con discapacidades una encuesta en línea que se centra en áreas clave del programa de

educación especial de su hijo. Los resultados de la encuesta contribuirán al desarrollo de un informe. Durante la revisión dentro del distrito, la Oficina de Supervisión de las Escuelas Públicas entrevistará al líder o a los líderes del Consejo Asesor de Padres de Educación Especial (SEPA) del distrito. Otras actividades dentro del distrito pueden incluir entrevistas con el personal y los administradores del distrito, revisiones de los registros de los estudiantes y observaciones dentro del distrito.

Los padres y otras personas pueden llamar a Moses Nduati, Presidente de Supervisión de Escuelas Públicas, al (781) 338-3707 para solicitar una entrevista telefónica. Si una persona requiere una acomodación, como traducción, para participar en una entrevista, el Departamento hará los arreglos necesarios.

Dentro de aproximadamente 60 días laborales después de la visita dentro del distrito, el presidente de la revisión proporcionará a las Escuelas Públicas de Lawrence un informe con información sobre las áreas en las que el distrito cumple o excede los requisitos reglamentarios y las áreas en las que el distrito requiere asistencia para corregir o mejorar las prácticas. El público podrá obtener el informe a través de <http://www.doe.mass.edu/psm/tfm/reports/>

## Fire victims / Víctimas de incendios

When a fire occurs in Lawrence, usually many families are left homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of items and things that are needed as well as victims' names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

\*\*\*\*\*

Cuando un incendio ocurre en Lawrence, por lo regular muchas familias se quedan sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que necesitan así como nombres, edades, tallas, etc. de las víctimas pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.

<http://heallawrence.org/> heallawrence@aol.com  
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## 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](http://www.mviec.org) for directions and more details.



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

"Impactando la vida de los oyentes"

Producción de Luis Piñeyro

Miércoles, de 2 a 3 de la tarde por la 1110 AM





# GLCAC nombra nueva directora de operaciones

El Greater Lawrence Community Action Council, Inc. ha nombrado a Vilma Martínez-Domínguez como nueva directora de operaciones de la agencia. Martínez-Domínguez tiene una amplia experiencia abogando por la comunidad por medio de su trabajo en la YWCA del Noreste de Massachusetts (anteriormente la YWCA del Gran Lawrence) y en la Ciudad de Lawrence.

En sus cargos anteriores, trabajó en programas, servicios y recursos relacionados con la violencia doméstica y sexual, la salud, las desigualdades sociales y raciales, el desarrollo económico y comunitario, y la vivienda.

“Vilma es una defensora tenaz y su trayectoria profesional se alinea con la misión de nuestra agencia de ofrecer oportunidades y empoderar a la comunidad”, dijo Evelyn Friedman, directora ejecutiva de GLCAC. “Estamos encantados de que se haya unido a nuestro equipo y que desde este puesto siga ayudando a la gente de Lawrence”.

Más recientemente, Martínez-Domínguez se desempeñó como directora

de Desarrollo Comunitario de Lawrence, puesto que ocupó durante cuatro años.

Previamente trabajó en la YWCA durante 24 años, siete de ellos coordinando el Grupo de Trabajo en Salud del Alcalde de la Ciudad de Lawrence. Esta coalición de la Ciudad es una colaboración amplia de más de 80 organizaciones que trabajan para responder a las desigualdades en salud y mejorar la calidad de vida de la población. El grupo de tareas se integró más tarde al gobierno de la Ciudad de Lawrence.

En su nuevo papel, Martínez-Domínguez supervisará al equipo directivo de la agencia y a los directores de los 17 programas de GLCAC, colaborando con su administración y funcionamiento diario.

GLCAC es una agencia de servicios sociales multifacética que asiste anualmente a más de 33.000 personas mediante una variedad de programas, entre ellos, de educación en la primera infancia, asistencia de combustible, asistencia nutricional de WIC, servicios de inmigración, prevención del envenenamiento con plomo y del maltrato infantil, clases de inglés y protección al consumidor.

# GLCAC Names New Chief Operating Officer

The Greater Lawrence Community Action Council, Inc. has named Vilma Martinez-Dominguez as the agency's new chief operating officer. Martinez-Dominguez has a broad range of experience advocating for the community through her work at the YWCA of Northeastern Massachusetts (formerly the YWCA of Greater Lawrence) and the City of Lawrence.

In her previous roles, she worked on programs, services and resources related to domestic violence, sexual assault, health, social and racial inequities, economic development, community development and housing.

“Vilma is a strong advocate whose background aligns with GLCAC’s mission of opportunity, empowerment and community,” said Evelyn Friedman, GLCAC’s executive director. “We are thrilled she is continuing to help the people of Lawrence by joining our team.”

Most recently, Martinez-Dominguez served as the Lawrence Community Development Director, a position she held

for four years.

She previously worked at the YWCA for 24 years, including seven coordinating the city’s health coalition, the Lawrence Mayor’s Health Task Force. The task force is a broad-based collaborative of over 80-member organizations that work to address health inequities and improve the quality of life for Lawrence residents. The task force was later integrated into the city government of Lawrence.

In her new role, Martinez-Dominguez will oversee the agency’s senior management team and program directors in the day-to-day administration and operations of GLCAC’s 17 programs.

GLCAC is a multi-faceted social services agency that assists nearly 33,000 individuals through a range of programs including early childhood education, fuel assistance, WIC nutrition assistance, immigration services, lead poisoning prevention, child abuse prevention, English-language lessons, and consumer protection.



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# Celebrating Christmas in Lawrence



After the Christmas tree lighting ceremony at Campagnone Common, guests were offered hot chocolate at City Hall, posing for pictures with Santa and they even had gifts for the children.

Después de la ceremonia para iluminar el árbol de Navidad en el Parque Campagnone, los invitaron a tomar chocolate caliente, posaron para fotografías con Santa y hasta tuvieron regalos para los niños.





# GLFHC ampliará el programa de residencia para médicos Aumenta la capacidad docente a 48 médicos de familia

Greater Lawrence Family Health Center (GLFHC) recibió una subvención que le permitirá expandir su programa de residencia en medicina familiar de Lawrence a 48 médicos, frente a la capacidad actual de 40.

GLFHC fue el primer centro de salud comunitario calificado a nivel federal en los Estados Unidos en albergar un programa de residencia docente. Iniciada en 1994, la residencia está acreditada a través de GLFHC y está afiliada al Lawrence General Hospital.

"El Premio de Educación Médica para Graduados del Centro de Salud Docente de la Administración de Recursos y Servicios

de Salud (HRSA) permite a Lawrence Family Medicine Residency (LFMR) promover su misión de capacitar a médicos de familia de espectro completo para trabajar en comunidades marginadas y vulnerables", dijo el Dr. Wendy Barr, directora de LFMR y vicepresidenta de educación clínica en GLFHC.

"Los últimos dos años nos han mostrado claramente la necesidad de aumentar la cantidad de médicos de familia con capacitación integral que puedan satisfacer de manera flexible las necesidades de sus comunidades", dijo Barr. "Estamos orgullosos de poder seguir innovando y capacitando a los médicos para que sirvan



a Lawrence y otras comunidades similares".

Si bien la mayoría de los programas de residencia en medicina familiar tienen una duración de tres años, LFMR es un programa de capacitación de cuatro años que forma parte de un programa piloto nacional que busca la innovación en la capacitación. Los residentes pasan un año adicional de capacitación para ampliar aún más su alcance de práctica, particularmente en un área de concentración, y para desarrollar más experiencia en salud de la población, gestión y liderazgo de sistemas de salud, e integrar esa atención en las comunidades. Los médicos residentes también participan en un plan de estudios reconocido a nivel nacional en el que aprenden a hablar y a brindar atención médica en español. El objetivo del programa de capacitación es capacitar a médicos de familia que brinden atención primaria integral a poblaciones vulnerables y puedan mejorar la salud y la equidad en salud de estas comunidades.

Barr dijo que el tamaño de la clase para

los residentes entrantes de LFMR aumentará de 10 a 12 médicos, y el programa está entrevistando actualmente para la Clase de 2026. Con esta financiación y expansión, de 2009 a 2025 habrá el doble de residentes capacitándose en GLFHC y un 50% más de médicos de familia que se gradúan del programa por año.

HRSA es una agencia del Departamento de Salud y Servicios Humanos de EE. UU.

La misión de Greater Lawrence Family Health Center es mejorar y mantener la salud de las personas y las familias en Merrimack Valley proporcionando una red de servicios de atención médica integrales y de alta calidad y capacitando a los profesionales de la salud para responder a las necesidades de una población culturalmente diversa. Más de 62.000 pacientes dependen de GLFHC para sus necesidades de atención primaria de salud en lugares de Lawrence, Haverhill y Methuen. Para obtener más información, visite <https://glfhc.org>.

## Merrimack Valley Credit Union continues annual tradition of supporting the fight against homelessness

### Credit Union presents check for \$20,000 to Emmaus, Inc.

Earlier this month, Merrimack Valley Credit Union (MVCU) presented a check for \$20,000 to Emmaus, Inc., the Haverhill-based nonprofit organization fighting homelessness in the Merrimack Valley.

Anthony Marino, SVP of Organizational Development & Learning at MVCU, and Yean-Ai Long, SVP of Marketing at MVCU, presented the donation to Steve Donahue, Chief Financial Officer at Emmaus, Inc.

"The holiday season can be difficult for the vulnerable populations who rely on the services that Emmaus offers," said Long. "Merrimack Valley Credit Union is proud to make this annual donation that helps Emmaus continue its vital work in the community.

Whether they are helping men, women, and children find stable housing, learn vital skills to gain employment, or have a meal to eat, we are honored to be a part of this organization that has influenced so many lives throughout the region."

"Over many, many years, Merrimack Valley Credit Union has partnered with us to work towards our mission of fighting homelessness in the Merrimack Valley," said Donahue. "It's only through the generosity of organizations like MVCU can we continue to do what we do every single day. We thank the MVCU leadership, team members, and members for being such a reliable source of support."

Since 1994, MVCU has contributed more than \$500,000 to Emmaus, and the Credit Union is Emmaus' largest private corporate donor. The credit union conducts fundraising efforts throughout the year, as well as matches employee



Left to right – Anthony Marino, SVP of Organizational Development & Learning at MVCU; Yean-Ai Long, SVP of Marketing at MVCU; and Steve Donahue, Chief Financial Officer at Emmaus, Inc.

and member donations to continue supporting this local organization.

"The Merrimack Valley Credit Union is a fine example of corporate responsibility and service to the community," said Emmaus CEO Jeanine Murphy. "Their commitment to Emmaus has been extraordinary over the past two decades."

Merrimack Valley Credit Union (MVCU) is a state-chartered community credit union with \$1.2 billion in assets. MVCU serves anyone who lives, works, volunteers, or attends school in the Merrimack Valley region or Barnstable, Bristol, Norfolk or Plymouth counties. MVCU offers a wide range of savings and loan products to meet the financial needs of its members, and has 10 branch locations in Bridgewater, Fairhaven, Haverhill, Lawrence, Methuen, North Andover, Plymouth, and Quincy, Mass., and Plaistow and Seabrook, N.H.

## GLFHC to expand physician residency program Teaching capacity grows to 48 family medicine doctors

Greater Lawrence Family Health Center (GLFHC) has been awarded a grant that will allow it to expand its Lawrence Family Medicine Residency program to 48 doctors, up from the current capacity of 40.

GLFHC was the first federally-qualified community health center in the United States to host a teaching residency program. Started in 1994, the residency is accredited through GLFHC and is affiliated with Lawrence General Hospital.

"The Teaching Health Center Graduate Medical Education Award from the Health Resources and Services Administration (HRSA) allows Lawrence Family Medicine Residency (LFMR) to further its mission to train full-spectrum family physicians to work in underserved and vulnerable communities," said Dr. Wendy Barr, LFMR Director and Vice President of Clinical Education at GLFHC.

"The last two years have clearly shown us the need for increasing the number of comprehensively trained family physicians who can flexibly meet the needs of their communities," Barr said. "We are proud to be able to further innovate and train physicians to serve Lawrence and other similar communities."

While most family medicine residency programs are three years in length, LFMR is a four-year training program that is part of a national pilot looking at training innovation. Residents spend an extra year of training to further expand their scope of practice, particularly in an area of concentration, and

to develop further expertise in population health, health systems management and leadership, and integrating that care into communities. Resident physicians also participate in a nationally recognized curriculum where they learn to speak and provide medical care in Spanish. The goal of the training program is to train family physicians who provide comprehensive primary care to vulnerable populations and can improve the health and health equity of these communities.

Barr said the class size for incoming LFMR residents will increase from 10 to 12 physicians, and the program is currently interviewing for the Class of 2026. With this funding and expansion, from 2009 to 2025 there will be double the number of residents training at GLFHC and 50% more family physicians graduating from the program per year.

HRSA is an agency of the U.S. Department of Health and Human Services.

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>.



# La Fundación Cummings otorga \$20,000 a GLFHC

## Money apoya el programa Healthcare for the Homeless de la organización



La Fundación Cummings otorgó al Greater Lawrence Family Health Center \$20,000 adicionales. En la foto, de izquierda a derecha, están el director de estrategia de GLFHC, Rich Napolitano, el voluntario Bob Cuesta de la Fundación Cummings, la vicepresidenta de operaciones de GLFHC, Sandra Silva, la voluntaria Teresa Gonzales de la Fundación Cummings y la gerente de desarrollo y relaciones con los donantes de GLFHC, Laura Burns.

The Cummings Foundation awarded Greater Lawrence Family Health Center an additional \$20,000. Pictured, from left, are GLFHC Chief Strategy Officer Rich Napolitano, volunteer Bob Cuesta from the Cummings Foundation, GLFHC Vice President of Operations Sandra Silva, volunteer Teresa Gonzales of the Cummings Foundation, and GLFHC Manager of Development & Donor Relations Laura Burns.

Greater Lawrence Family Health Center (GLFHC) recibirá \$20,000 de la Fundación Cummings para apoyar sus Unidades Móviles de Salud y el programa de Atención Médica para Personas sin Hogar.

El obsequio complementario es parte del programa Make a Difference Dollars de Cummings. El programa asigna fondos adicionales a las organizaciones a las que se les han otorgado obsequios iniciales después de una visita al sitio revisada por un comité de voluntarios.

GLFHC es una de las 30 organizaciones sin fines de lucro locales que comparten \$10 millones en fondos de la Fundación Cummings. La organización está recibiendo \$500,000 durante un período de 10 años.

“Ser un receptor de estos fondos adicionales es un testimonio de todo el bien que nuestro equipo está haciendo en todo el Valle de Merrimack para brindar atención médica integral a los residentes más vulnerables de nuestra región: aquellos que no tienen hogar y necesitan refugio. GLFHC está eternamente agradecido a la Fundación Cummings por este reconocimiento y mayor apoyo para nuestro personal, médicos y, por supuesto, los pacientes a los que servimos”, dijo Rich Napolitano, Vicepresidente Senior de Relaciones Externas y Director de Estrategia.

Durante 40 años, GLFHC ha brindado servicios integrales de atención primaria de salud a los residentes desatendidos del Valle de Merrimack. La organización

tiene seis centros de salud y farmacias en Lawrence, Methuen y Haverhill. GLFHC utiliza un modelo de prestación de servicios de atención integral diseñado para satisfacer las necesidades de la población objetivo: económicamente desfavorecidos, minorías y trabajadores pobres. Todos los servicios son lingüística y culturalmente sensibles a las necesidades de los pacientes.

La subvención complementaria apoyará los servicios para las Unidades de Salud Móviles (MHU) de GLFHC, que brindan atención médica a las personas sin hogar en todo el Valle de Merrimack. Las MHU atienden a más de 1,000 pacientes al año, y la subvención de la Fundación Cummings permitirá a las MHU realizar visitas más frecuentes a lugares a lo largo de su ruta y agregar nuevas ubicaciones. Los servicios prestados incluyen atención primaria y otra especializada, tratamiento por adicción a sustancias y asesoramiento sobre salud conductual.

La misión de Greater Lawrence Family Health Center es mejorar y mantener la salud de las personas y las familias en Merrimack Valley proporcionando una red de servicios de atención médica integrales y de alta calidad y capacitando a los profesionales de la salud para responder a las necesidades de una población culturalmente diversa. Más de 62.000 pacientes dependen de GLFHC para sus necesidades de atención primaria de salud en ubicaciones en Lawrence y Methuen. Para obtener más información, visite <https://glfhc.org>.

# Cummings Foundation Awards \$20,000 to GLFHC

## Money supports the organization’s Healthcare for the Homeless program

Greater Lawrence Family Health Center (GLFHC) will receive \$20,000 from Cummings Foundation to support its Mobile Health Units and Healthcare for the Homeless program.

The supplemental gift is part of Cummings’ Make a Difference Dollars program. The program allocates additional funds to organizations that have been awarded initial gifts after a site visit review by a committee of volunteers.

GLFHC is one of 30 local nonprofits sharing in \$10 million in funding from Cummings Foundation. The organization is receiving \$500,000 over a 10-year period.

“Being a recipient of these additional funds is a testament to all the good our team is doing throughout the Merrimack Valley to provide comprehensive health care to our region’s most vulnerable residents – those who are homeless and in need of shelter. GLFHC is forever grateful to the Cummings Foundation for this recognition and increased support for our staff, clinicians and of course the patients we serve,” said Rich Napolitano, Senior Vice President of External Relations and Chief Strategy Officer.

For 40 years, GLFHC has provided comprehensive primary health care services to underserved residents of the Merrimack Valley. The organization has six health

centers and pharmacies in Lawrence, Methuen and Haverhill. GLFHC uses a comprehensive care service delivery model tailored to meet the needs of the target population – economically disadvantaged, minorities, and working poor. All services are linguistically and culturally sensitive to patients’ needs.

The supplemental grant will support services for GLFHC’s Mobile Health Units (MHUs), which provide health care to the homeless throughout the Merrimack Valley. The MHUs serve more than 1,000 patients a year, and the Cummings Foundation grant will enable the MHUs to make more frequent visits to places along its route and add new locations. Services provided include primary and other specialized care, substance addiction treatment, and behavioral health counseling.

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 and Methuen. For more information, visit <https://glfhc.org>.

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# Mayor Fiorentini Names New CFO, City Auditor

Angel Wills to Join Haverhill in New Year as Chief Financial Officer



Haverhill City Hall will ring in the new year with a new Chief Financial Officer.

Angel Wills, Amesbury CFO since 2019, will join Haverhill in January on a part-time basis while transitioning from her current job.

Wills, the first woman to hold Haverhill's top finance job, will succeed longtime Haverhill CFO/Auditor Charles "Chuck" Benevento, who is retiring at the end of this month. Wills will start her new job with an annual salary of \$140,000.

In choosing Wills, Mayor James J. Fiorentini highlighted the significant role she has played in Amesbury in developing and presenting transparent and easy to understand public budget presentations.

"She is going to help us make our city budgets and spending priorities even more open and transparent, improving communication with the public and city councilors while increasing community involvement," Mayor Fiorentini said. "She was very highly recommended by everyone we talked to, and I am very much looking forward to working with her."

Prior to taking Amesbury top finance position, Wills was Finance Director for the town of Tyngsborough from 2016 to 2021 and Finance Director for the town of Wenham from 2014 to 2016. She was town accountant for the town of Newbury from 2007 to 2014.

Wills resume lists extensive experience overseeing Cares Act, ARPA, FEMA and other federal funds and programs during the Covid pandemic. As an example, she secured and directed Cares Act funds to support remote learning in the local school district. Wills also recently worked with school officials to merge city and school

human resources and payroll departments to improve efficiency and save money.

Wills holds a Bachelor of Science degree in Business Administration from Emmanuel College in Boston, a graduate certificate in accounting from Southern New Hampshire University and she is a certified fraud examiner. She holds several additional certificates in accounting and public purchasing and is a certified Massachusetts School Business Administrator.

In her role as Amesbury CFO, Wills supervised several city departments, including Information Technology, Administration and Finance, Human Resources, Assessing and Treasurer/Collector.

"During my employment, I have been dedicated to becoming an expert in the field of government finance," Wills said on her resume. "I have continuously worked to improve operations under my direction such as advocating for strong financial frameworks, supporting long-term fiscal planning, leveraging available resources and utilizing clear and relevant communications to engage and inform stakeholders."

Among other duties, Haverhill's CFO plays a leading role in helping the mayor craft the city's annual budget, monitors the city's financial books throughout the year and files year-end reports with the state. The position tracks city borrowing and makes regular reports to credit rating agencies to make sure Haverhill's bond rating remains strong.

In recent months, Mayor Fiorentini has hired a new fire chief, new police chief, new deputy police chief, new highway superintendent, Health Department director and now a new CFO.



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# 38th Annual SHARING OUR BOUNTY Gala and Auction

## November 13th, 2021

### Incredible evening of generosity at Lazarus House Gala and Auction Record Fundraising over \$550,000 to support families facing food insecurity and homelessness

#### Lawrence MA

Featuring WBZ-TV Channel 4 news anchor, Kate Merrill as the evening's emcee partnering with returning auctioneer, Pat Tully, the evening saw 270 supporters gather for the 38th annual Sharing our Bounty Gala and Auction. In person, live at the Andover Country Club.

Celebrating The Artistry of Our Community and highlighting that both poverty and creativity take courage, two special paintings created by young Shelter Guests, Luisanny and Edwaini, were auctioned.

One of Lazarus House' beloved Guests, Kiara Sanchez, shared her story - her journey from homelessness to entrepreneurship while living in our Shelter and Capernaum Place programs. Kiara admitted, "Sometimes I would get overwhelmed and that would put me into depression." She spoke of her gratitude for Lazarus House Ministries' donors, and the staff who guided and supported her through that time. Kiara noted the positive impact the Lazarus House family enrichment programs had on her and her boys.

VIP guests included Senator Barry Finegold and Amy Finegold, Senator Diana DiZoglio, and Jefte Santos (Lawrence Artist who provides art classes for Lazarus House Guest families and donated beautiful paintings for our Gala). We also heard from Carmen Vega (Program Director, Capernaum Place Transitional Housing) who spoke about the daily blessing of caring for and helping families reach their potential.

Lazarus House & All Godly Women - Kiara's Story - Lazarus House Ministries,

Kiara's Business Information: All Godly Women Clothing ([www.allgodlywomen.com](http://www.allgodlywomen.com)), located at 129 Winter Street Haverhill, MA.

Our Services: Our aim is to provide what is needed most by families and individuals facing material poverty, homelessness, and food insecurity in the areas of Shelter, Clothing, Food, Advocacy and Community Resources.

These core Ministries work simultaneously to provide emergency care, family enrichment, holistic programming, hope for a good future, and life skills to gain independence and sustain self-sufficiency.

The people we serve are our Guests - cherished, beloved, and treated with the utmost in respect, dignity, and care. We believe that every Guest deserves the chance to thrive.

Our Mission: To honor God in our work by serving every person we encounter with dignity and respect. We offer community, food, shelter, clothing, and advocacy services with an open and non-judgmental heart.



Art Durkin, John McKenna, Paula McKenna, Chelle Durkin, North Andover



Doug Cook, Amy Cook, Jack Dempsey & Amy Dempsey (Andover)



Luisanny with the art she created.



Pat Tully Auctioneer.



Diana Sanchez, Wanda Lara, Kiara Sanchez (honored Guest),



Kate Merrill WBZ-TV, emcee.



Edwaini showing one of the paintings offered that night.



Jefte & Lizette Santos enjoying the evening.



Taisha Weber of Andover, learning her bid had won.



Rick Crowley, acting Executive Director, Andover



# Las muertes por ataques cardíacos son más probables durante la temporada festiva de invierno que en cualquier otra época del año

**Prepárate para unas vacaciones saludables para el corazón y evita sufrir un ataque cardíaco con estos consejos**

DALLAS, 8 de diciembre del 2021— La investigación a lo largo del tiempo ha demostrado un aumento en los eventos cardíacos durante la temporada festiva de invierno, y más personas mueren por ataques cardíacos entre el 25 de diciembre y el 1 de enero que en cualquier otro momento del año.

La American Heart Association, la organización sin fines de lucro líder en el mundo dedicada al fomento de la salud cardíaca y cerebral de todas las personas, tiene consejos y recursos para ayudarlos a ti y a tus seres queridos a tener una temporada festiva feliz y saludable.

“Las fiestas de fin de año son un período ajetreado y, a menudo, estresante para la mayoría de nosotros. Las rutinas se interrumpen; es posible que comamos y bebamos más, y hagamos ejercicio y nos relajemos con menos frecuencia. También es posible que no escuchemos a nuestros cuerpos o que no prestemos atención a las señales de advertencia, pensando que pueden esperar hasta después del nuevo año. Todos estos factores pueden contribuir al aumento del riesgo de sufrir ataques cardíacos en este momento del año”, afirmó la voluntaria de la American Heart Association, Bertha Hidalgo, Ph.D., M.P.H. y profesora asociada del departamento de Epidemiología de la Universidad de Alabama en Birmingham. “Esto puede ser aún más probable para muchas personas que no pudieron estar con sus familiares y amigos el año pasado debido a las restricciones relacionadas con el COVID-19. Es increíblemente importante estar al tanto de estos riesgos. Toma algunas medidas sencillas que pueden ayudarte a mantener tu corazón sano con mucho para celebrar en el nuevo año”.

Estas son algunas de las cosas que hay que tener en cuenta (una lista que recomendamos revisar dos veces):

- **Conoce los síntomas y toma medidas:** los signos de los ataques cardíacos puede variar en hombres y mujeres, y es importante que los identifiques temprano y llames al número de emergencias para obtener ayuda. Cuanto antes comience el tratamiento médico, más posibilidades habrá de sobrevivir y prevenir daños al corazón.



- **Celebra con moderación:**

esta es una temporada caracterizada por los cambios poco saludables en la dieta y un mayor consumo de alcohol. Comer de forma saludable durante las fiestas no tiene que significar privarse de darse gustos, siempre hay formas de comer de forma inteligente. Trata de hacer cambios pequeños y saludables, y los que puedas hacer para que te sigas sintiendo en óptimas condiciones mientras comes y bebes con moderación, y no olvides cuidarte del sodio.

- **Planifica traer paz y ser amable contigo mismo:**

tómate el tiempo de cuidarte durante las ajetreadas fiestas de fin de año. Reduce el estrés de las interacciones familiares, los problemas financieros, los horarios ajetreados y otros factores estresantes que son frecuentes en esta época del año, incluidos los viajes.

- **Mantente en movimiento:**

la American Heart Association recomienda, al menos, 150 minutos de actividad física por semana, un número que suele descender durante el alboroto de las fiestas de fin de año. Sé creativo en cuanto a las formas de mantenerte activo, incluso si decides caminar en familia o practicar otra actividad divertida que puedas hacer con tus seres queridos.

- **No olvides tus medicamentos:**

los días festivos ajetreados pueden hacer que te saltes medicamentos, los olvides cuando estés lejos de casa o que no obtengas reposiciones de medicamentos de manera oportuna. Esta es una tabla de medicamentos para ayudarte a mantenerte al día y garantizar que mantengas tu presión arterial bajo control.



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– Denise

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Por Paul V. Montesino, PhD, MBA, CCP

El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com

# Encrucijada

La proximidad de un nuevo año siempre nos hace pensar en nuevas direcciones, nuevas posibilidades, lo que yo llamo encrucijadas. Los beneficios de caminar y correr no se refieren necesariamente a qué tan lejos llegas en tu ruta, sino a cuántas encrucijadas encuentras en tu camino que te tientan a ir en una dirección diferente. Estoy seguro de que tienes ejemplos en tu vida que atestiguan esa afirmación.

Las encrucijadas te dan la oportunidad de dejar los caminos oprimidos, los improductivos, los derrotados que has estado recorriendo hasta ese momento y tomar una dirección alternativa que podría hacerte prosperar, tal vez ser diferente, más creativo/a y exitoso/a.

Mientras contemplo las décadas que componen mi vida en este cruce llamado Tierra que viaja constantemente alrededor del sol, puedo ver esos momentos que me dieron una opción, algunos los tomé y otros los ignoré. Trataré de no aburrirte con los detalles, pero te daré algunos que fueron críticos. Podría ayudarte a recordar los tuyos.

Un momento temprano en mi vida fue cuando era estudiante de secundaria. Había una academia literaria en nuestra escuela encabezada por un sacerdote llamado José Rubino S.J., un jesuita, que era escritor fantasma del Diario de la Marina, uno de los periódicos más reconocidos de La Habana, Cuba. Además, el Padre también era miembro correspondiente de la Academia de la Lengua Española.

Nunca había estado en la academia, pero un par de amigos que lo habían hecho, me invitaron a asistir a una de sus sesiones y acepté. Ya sea participando en debates oratorios o escribiendo y presentando artículos de eventos y controversias científicas, literarias o actuales, la experiencia me dio una perspectiva completamente diferente de la vida intelectual. Quedé atrapado en sus tentáculos. A partir de ese momento, no pude dejar de soñar y escribir mis ideas hasta el punto de que durante los últimos diez años como escritor y editor de libros electrónicos, libros de bolsillo, tapa dura y audiolibros en Amazon me han brindado la oportunidad de mencionar y agradecer a mi profesor de literatura por darme una nueva perspectiva en la vida, una encrucijada por así decirlo, uno que me hizo

tomar un camino diferente.

Pero no fue la única. En 1959, como la mayoría de los cubanos cansados de los últimos años de conflicto entre la dictadura de Fulgencio Batista y los idealistas inspirados por la revolución castrista, pensé que iba en la dirección correcta. Un día, sin embargo, asistí a una exhibición de pequeños autos eléctricos en el vestíbulo del Banco Nacional de Cuba, cuando el "líder máximo" de la revolución, el propio Sr. Castro, hizo su entrada ruidosa y rimbombante rodeado de un séquito de guardias de seguridad fuertemente armados.

Esperaba ver la presencia de un verdadero líder que nunca había conocido, pero en su lugar me encontré con la expresión egoísta y narcisista de un lunático, girando ojos inseguros en su rostro incluidos. No dejaba que nadie hablara, ni mucho menos contradecir sus ideas. Era evidente que nuestra nación estaba en manos de un loco que nos llevaría a un final trágico. Había planeado permanecer en Cuba hasta ese momento de encrucijada y decidí tomar una ruta alternativa hacia el exilio en los Estados Unidos. Los años transcurridos desde 1959 hasta estos días son mi mejor evidencia, la tragedia continuó, pero no hasta su final.

Ha habido muchas otras encrucijadas en mi vida, personal y profesional. Hubo la decisión de quedarme en Miami, FL, cuando vine de Cuba o mudarme a Boston. Una vez en Boston, una decisión importante fue completar mi educación universitaria o no, otra dejar la industria bancaria después de treinta y cuatro años y convertirme en profesor universitario a tiempo completo. Siempre he mirado esas encrucijadas con aceptación, interés e incluso gratitud. Si alguien te ofrece una mano con una invitación para cambiar de dirección, no la rechaces. Considéralo. Puede ser un momento verdaderamente creativo en tu vida. Seamos honestos, ¿no te encontraste frente a una encrucijada la primera vez que tu pareja te sonrió? ¿Y qué hiciste? Apuesto a que lo sé.

Se nos da un testamento vital que no reconocemos ni apreciamos plenamente: el tiempo. Miles de minutos y segundos se depositan en la cuenta bancaria de nuestra vida para usarlos a nuestro agrado. La decisión que enfrentamos es si aprovechar ese tesoro para hacer una diferencia para beneficiarnos a nosotros mismos, a los

demás o a ambos. Es triste dejarlo ir a la basura. Una vez que se usa, se ha ido para nunca volver. Esta es la única cuenta de ahorros que no paga intereses; en realidad deprecia. Mira la fortuna del tiempo a la que ya no puedes tener acceso. Las oportunidades desaparecieron, los planes futuros desaparecen, tal vez incluso las posibilidades no son disponibles. Agarra

lo que queda, corre con él y trata de usarlo sabio y generosamente. Después de todo, esa es la verdadera riqueza que tenemos en el mundo. No es dinero, posesiones, títulos universitarios, aplausos; es el sonido inevitable de tic-tac de las manecillas del reloj mientras avanza.

Y ese es mi punto de vista hoy. ¡Feliz 2022!



**A POINT OF VIEW** © 1996

By Paul V. Montesino, PhD, MBA, CCP

# Crossroads

The approach of a new year always makes us think about new directions, new possibilities, what I call crossroads. The benefits of walking and running are not necessarily about how far you go on your route, but on how many crossroads you encounter on your way that tempts you to go in a different direction. I'm sure you have examples in your life that attest to that statement.

Crossroads give you an opportunity to leave the downtrodden, the unproductive, the defeated roads you have been traveling up to that point and take an alternate direction that could let you thrive, perhaps be different, more creative, and successful.

As I look into the decades that make up my life on this cruise ship called Earth that travels constantly around the sun, I can see those moments that gave me a choice, some I took, and others I ignored. I'll try not to bore you with the details but will give you a few that were critical. It might help you remember your own.

One early moment in my life was when I was a junior High School student. There was a literary academy in our school headed by a priest named Jose Rubino S.J., a Jesuit, who was a ghostwriter of Diario de la Marina, one of Havana Cuba's most recognized newspapers. In addition, the Father was also a correspondent member of the Spanish Language Academy.

I had never been to the academy, but a couple of friends had, invited me to attend one of its sessions and I accepted. Whether it was participating in oratory debates or writing and presenting papers of scientific, literary, or current events and controversies, the experience gave me a completely different outlook of intellectual life. I got caught in its tentacles. From that point on, I couldn't stop dreaming and writing my ideas to a point that during the past ten years as a writer and publisher of e-books, paperbacks, hardcovers, and audio-books at Amazon has provided me with an opportunity to mention and thank my literature professor for giving me a new perspective in life, a crossroad so to speak, one that made me take a different path.

But that wasn't the only one. In 1959, like most Cubans tired of the recent years of conflict between the dictatorship of Fulgencio Batista and the idealists inspired by the Castro revolution, I thought I was walking in the right direction. One day, however, I happened to attend an exhibit of small electric cars at the vestibule of the

National Bank of Cuba, when the "Maximo leader" of the revolution, Mr. Castro himself, made his noisy and bombastic entrance surrounded by a retinue of heavily armed security guards.

I expected to see the presence of a true leader I had never met but encountered instead the selfish, narcissistic expression of a lunatic, revolving unsecured eyes on his bearded face included. He wouldn't let anybody speak, never mind contradicting his ideas. It was evident that our nation was in the hands of a mad man that would lead us to a tragic end. I had planned to remain in Cuba until that crossroad moment and decided to take an alternative route into exile in the United States. The years since 1959 to these days are my best evidence, the tragedy continued, but not to its end.

There have been many other crossroads in my life, personal and professional. There was the decision to stay in Miami, FL, when I came from Cuba or move to Boston. Once in Boston, one important decision was to complete my college education or not, another to leave the banking industry after thirty-four years and become a full-time university professor. I've always looked at those crossroads with acceptance, interest, and even gratitude. If someone offers you a hand with an invitation to change direction, don't refuse it. Give it your consideration. It might be a truly creative moment in your life. Let's be honest, didn't you find yourself facing a crossroad the first time your significant other smiled at you? And what did you do? I bet I know.

We're given a living will that some don't recognize or appreciate fully: time. Thousands of minutes and seconds are deposited in our life's bank account to use as we please. The decision we face is whether to tap that treasure to make a difference to benefit ourselves, others, or both. It's sad to let it go to waste. Once it's used is gone never comes back. This is one savings account that pays no interest; it actually depreciates. Look at the time fortune you can no longer access. Opportunities are gone; future plans have gone, maybe even the possibilities are no longer available. Grab what's left, run with it, and try to use it wisely and generously. After all, that's the true wealth we have in the world. It's not money, possessions, college degrees, applause; it's the inevitable tic-tac sound of the hands of the clock as it marches on.

And that's my point of view today. Happy 2022!

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# Running the Campus: LatinX Does Not Mark the Spot



By Lane A. Glenn, President Northern Essex Community College

Last week, the results of a national survey conducted by Bendix and Amandi International revealed that only 2% of Hispanic Americans use the term “Latinx.” Most prefer “Hispanic” or “Latino,” nearly half are bothered by the term, and nearly a third said they would be less likely to support a political candidate or organization that uses it.

The survey mirrored the results of a similar poll conducted last year by the venerable Pew Research Center which found that only one in four U.S. Hispanics reported hearing the term “Latinx,” and only 3% said they used it.

This is not news to us at Northern Essex Community College.

As New England’s first federally designated Hispanic Serving Institution, a college where 43% of our students are Hispanic, as the term “Latinx” began to be used more frequently a couple years ago, particularly on college campuses, we surveyed our students to find out their preference.

In 2019, we asked a group of faculty, staff, and students, as part of our involvement in the “Leading for Change Racial Equity and Justice Institute” at Bridgewater State University, whether the college should adopt the term “Latinx.”

After reviewing available research on the subject and talking to their peers and colleagues, they arrived at the same conclusion: Most employees and students prefer Hispanic or Latino/a, which is how they and their families identify.

The final recommendation the group provided, and the college adopted, was:

“We welcome any member of the college community to use Latinx as a gender inclusive option. We recommend that in formal communication the college continue to use Hispanic or Latino/a to respect the preferences of our students and communities at this time.”

The Greek philosopher Heraclitus famously said, “No man steps in the same river twice, for it’s not the same river, and he’s not the same man.”

And so it goes with language, which is constantly flowing and evolving.

Around the time we conducted our survey at NECC, John McWhorter, a Black professor of Linguistics, American Studies, and Philosophy at Columbia University, and a frequent columnist on issues of race, language, and other topics, wrote a piece for Atlantic called, “Why Latinx Can’t Catch On,” in which he explained, from a professional linguist’s point of view, “Latinx doesn’t seem to be catching on the way African-American did, beyond certain circles. It’s largely because language change

tends to come up from the people rather than being presented from on high.”

Indeed.

The creation of language can be a messy, unpredictable process that takes years, generations, millennia to evolve, and it often does so through a process known as “social constructionism,” which means, basically, that a group of people agree on what something means.

They don’t usually vote on it (except in France, where the Académie Française and its august body of “Immortals” actually does publish an official dictionary of allowable French words).

Instead, they experiment, try it out, and if it sticks, they use it—for a while, anyway, until something better comes along.

For example, as language expert Anne Curzan explains in her TED Talk, “What Makes a Word Real?” the word “nice” once meant “foolish,” while the word “naughty” once meant that you had nothing (“naught”).

So, how do you decide which word to use, and when, especially when it comes to words that describe race and ethnicity, which are often politically charged?

Well, it may require some extra work at times.

If you want to immerse yourself in the subject in small doses, you might try binging some episodes of National Public Radio’s podcast “Code Switch,” assembled by “a multiracial, multigenerational group of journalists who explore how race affects every part of society,” including language. It’s a marvelous collection of perspectives that may help you navigate the sometimes-treacherous waters of how we talk about race in America.

But in the specific case of “Latinx,” if the advice of high-paid survey firms; white, middle-aged college presidents; and egghead university linguists isn’t convincing enough, then try listening to what 16-year-old Evan Odegard Pereira, a student in the Nova Classical Academy in St. Paul, Minnesota, had to say in his essay, “For Most Latinos, Latinx Does Not Mark the Spot,” which was one of the Top 10 winners this year (out of more than 11,000) in the Learning Network’s Eighth Annual Student Editorial Contest:

The United States has always had trouble categorizing people of Latin American descent, and the term Latinx is just the most recent example. Created as a gender-neutral alternative to Latino or Latina, it has gained momentum over the past decade and is now used by politicians, universities and corporations eager to signal their awareness of this new term. Despite its good intentions, many Latinos, including myself, view it as problematic.

Many of us find Latinx confusing or culturally offensive.

This is partially because of the term’s linguistic nuances. Latinx is an Anglicization of our language, an artificial label that defies the basic rules of Spanish pronunciation. To native Spanish speakers, Latinx feels foreign and imposed.

Foreign and imposed. Or, as scholarly types have taken to calling it, an example of “linguistic imperialism,” in which a dominant group of people, perhaps even with good intentions, forces its language and ways of thinking on another group of people.

Debates like this over language are often reduced to simple but exaggerated reactions between those who learned certain



words and ideas that were acceptable at one time and do not see a reason to change; and those who are particularly tuned in to changing language norms and eager to adapt quickly as new words come along.


Wherever you may be on this continuum, one quality above all others may be especially useful: humility.

For those less willing to learn and adapt, it may be useful to recognize that, whether you do or not, the language used by those around you will anyway. Not every change

gets picked up and carried along, but many do, for very good reasons, and you may find that an openness to trying new words and ideas will serve you well.


And for those eager, like the Immortals of the Académie Française, to police language and to scold those who get it wrong, it may be useful to remember Heraclitus’ observation about flowing rivers and the constancy of change, and extend some patience and goodwill to others navigating the same waters in their own way.

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-Julie Dowd, NIN Volunteer



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# Eversource se prepara para la temporada de tormentas invernales

La empresa de energía ofrece consejos de preparación para los clientes.

BOSTON, Mass. (30 de noviembre de 2021) - Con la temporada de huracanes en el Atlántico terminando oficialmente hoy y la temporada de tormentas de invierno por delante, Eversource está preparando y alentando a los clientes a hacer lo mismo. La compañía de energía trabaja durante todo el año en el mantenimiento y la mejora de líneas y equipos eléctricos, de modo que pueda resistir mejor el clima a veces feroz e impredecible de Nueva Inglaterra. Eversource invierte decenas de millones de dólares cada año para fortalecer el sistema de suministro: instalando postes más fuertes y "cables de árbol" más gruesos, agregando interruptores inteligentes y fusibles inteligentes al sistema que ayudan a restaurar automáticamente la energía en ciertas situaciones e instalando cables de tierra ópticos que mejora las comunicaciones entre el sistema eléctrico y las instalaciones de operaciones de la empresa.

“Por lo general, la nieve ligera y esponjosa no causa problemas importantes para el sistema eléctrico. Es la nieve pesada y húmeda, la lluvia helada o el hielo lo que puede hacer que las ramas de los árboles y las ramas caigan sobre nuestras líneas eléctricas, provocando cortes de energía”, dijo el presidente de Operaciones Eléctricas Regionales de Eversource, Craig Hallstrom. “No podemos evitar que ocurran tormentas, pero sabemos que nuestros clientes dependen de nosotros para restaurar la energía de la manera más rápida y segura posible cuando se corta la energía y nos

tomamos esa responsabilidad en serio. Monitoreamos el pronóstico del tiempo de cerca todos los días y siempre estamos preparados para responder a cualquier daño o interrupción que pueda causar una tormenta, cada vez que golpea una tormenta, y queremos que nuestros clientes también estén listos”.

Eversource anima a los clientes a montar o reponer un kit para tormentas bien surtido. Algunos elementos esenciales que deben incluirse son:

- Suministros de primeros auxilios
- Herramientas básicas
- Radio portátil
- Linterna y pilas
- Recetas
- Agua embotellada, un galón por persona por cada día que pueda estar sin energía
- Lista de números de teléfono de emergencia
- Alimentos no perecederos, como mantequilla de maní y mermelada, atún y otros productos enlatados
- Alimentos y suministros para mascotas

La compañía de energía también recomienda cargar completamente los teléfonos celulares y los dispositivos electrónicos antes de que golpee una tormenta, de modo que si se corta la energía, los clientes pueden obtener información y actualizaciones de cortes en el sitio web de la compañía y las páginas de las redes sociales: Eversource.com, Twitter, Facebook, Instagram, y LinkedIn.

Para obtener más información sobre la preparación para tormentas, visite Eversource.com.

Eversource (NYSE: ES) transmite y entrega electricidad y gas natural y suministra agua a aproximadamente 4 millones de clientes en Connecticut, Massachusetts y New Hampshire. Eversource, reconocida como líder nacional por su ciudadanía corporativa, es la compañía de energía número uno en la lista de Newsweek de las compañías más responsables de Estados Unidos para 2020 y reconocida como una de las compañías más JUSTAS de Estados Unidos y la principal empresa de servicios públicos por Forbes y JUST Capital. Eversource transmite y entrega electricidad y gas natural y suministra agua a 1.8 millones de clientes en todo Massachusetts, incluidos aproximadamente 1.5 millones de clientes de electricidad en 139 comunidades, casi 300,000 clientes

de gas en 51 comunidades y 19,800 clientes de agua en cinco comunidades. Eversource aprovecha el compromiso de aproximadamente 8,000 empleados en tres estados para construir una sola compañía unida en torno a la misión de entregar de manera segura energía y agua confiables con un servicio al cliente superior. La compañía está impulsando un futuro de energía limpia en el noreste, con soluciones de eficiencia energética reconocidas a nivel nacional y programas exitosos para integrar nuevos recursos de energía limpia como la energía solar, la energía eólica marina, los vehículos eléctricos y el almacenamiento de baterías en el sistema eléctrico. Para obtener más información, visite nuestro sitio web ([www.eversource.com](http://www.eversource.com)) y síganos en Twitter (@eversourceMA) y Facebook ([facebook.com/EversourceMA](https://facebook.com/EversourceMA)). Para obtener más información sobre nuestros servicios de agua, visite [www.aquarionwater.com](http://www.aquarionwater.com).

## Eversource Prepares for Winter Storm Season

Energy company provides preparation tips for customers

With the Atlantic hurricane season officially ending today and the winter storm season just ahead, Eversource is preparing and encouraging customers to do the same. The energy company works year-round maintaining and upgrading electric lines and equipment, so it can better withstand New England’s sometimes fierce and often unpredictable weather. Eversource invests tens of millions of dollars every year to strengthen the delivery system – installing stronger poles and thicker “tree wire,” adding smart switches and smart fuses to the system that help to automatically restore power in certain situations, and installing optical ground wire that enhances communications between the electric system and the company’s operations facilities.

“Typically, light, fluffy snow doesn’t cause significant problems for the electric system. It’s the heavy, wet snow, freezing rain or ice that can weigh down tree limbs and branches bringing them down onto our electric lines, causing power outages,” said Eversource President of Regional Electric Operations Craig Hallstrom. “We can’t prevent storms from happening, but we know our customers depend on us to restore power as quickly and safely as possible when the power does go out and we take that responsibility seriously. We monitor the weather forecast closely every day and are always prepared to respond to any damage or outages a storm may cause – whenever a storm hits - and we want our customers to be ready too.”

Eversource encourages customers to assemble or replenish a well-stocked storm kit. Some essentials that should be included are:

- First-aid supplies
- Basic tools
- Portable radio
- Flashlight and batteries
- Prescriptions
- Bottled water, one gallon per person for every day you could be without power
- List of emergency phone numbers
- Nonperishable foods, such as peanut butter and jelly, tuna and other canned goods

- Pet food and supplies

The energy company also recommends fully charging cell phones and electronic devices before a storm hits so if the power does go out, customers can get outage information and updates from the company website and social media pages – Eversource.com, Twitter, Facebook, Instagram, and LinkedIn.

For more information on storm preparation visit Eversource.com.

Eversource (NYSE: ES) transmits and delivers electricity and natural gas and supplies water to approximately 4 million customers in Connecticut, Massachusetts and New Hampshire. Celebrated as a national leader for its corporate citizenship, Eversource is the #1 energy company in Newsweek’s list of America’s Most Responsible Companies for 2020 and recognized as one of America’s Most JUST Companies and the top utility by Forbes and JUST Capital. Eversource transmits and delivers electricity and natural gas and supplies water to 1.8 million customers throughout Massachusetts, including approximately 1.5 million electric customers in 139 communities, nearly 300,000 gas customers in 51 communities, and 19,800 water customers in five communities. Eversource harnesses the commitment of approximately 8,000 employees across three states to build a single, united company around the mission of safely delivering reliable energy and water with superior customer service. The company is empowering a clean energy future in the Northeast, with nationally-recognized energy efficiency solutions and successful programs to integrate new clean energy resources like solar, offshore wind, electric vehicles and battery storage, into the electric system. For more information, please visit our website ([www.eversource.com](http://www.eversource.com)) and follow us on Twitter (@eversourceMA) and Facebook ([facebook.com/EversourceMA](https://facebook.com/EversourceMA)). For more information on our water services, visit [www.aquarionwater.com](http://www.aquarionwater.com).

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**Things to Do Before the New Year**

- Check the snowblower
- Join a health club
- Schedule annual physical
- Donate to GLFHC**

Although the past year has been challenging, Greater Lawrence Family Health Center is proud of the care we have been able to provide our 62,000 patients.

During this season of giving, we hope you continue to support our Health Center mission and the work we do by making a gift to GLFHC.

263,000 Annual visits

600,000 Prescriptions filled

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BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

## From My Corner



### LETTERS TO THE EDITOR

#### RUMBO

315 Mt. Vernon St.  
Lawrence MA 01843  
Email: [Rumbo@rumbonews.com](mailto: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.

### What's your color?

When my family arrived from Cuba in 1963, someone referred to us as “olive-skinned people”, something I had never heard before. I recalled looking at myself and wondering where that idea came from because my family is Caucasian or white and we don't look olive at all.

As time went by, that word seems to have disappeared because I have not heard it in a long time, but Americans have hooked on distinctions by race or color something that I find very annoying.

American Indians are red-skinned, Asians are yellow, and if they have black skin, they are African-Americans – even if there are no Africans in their ancestry and come from a Latin American country.

A common phrase these days is “brown and black” suggesting that it covers all minorities, so I guess that now I'm brown, not olive. One day, someone told me that I am very light for a Cuban. Are we supposed to look in any particular way or color? Lucky for her that I forgive ignorance.

Have you noticed that most people are confused about race and nationality? What got me thinking about this and later inspired to write about it, was a comment on Fox News from Sean Duffy who is married

to Rachael Campos Duffy, co-host of a weekend morning show. He said one can find happiness in an interracial marriage like theirs. Rachael's parents are Mexicans and she is white just like him.

If he was referring to her Mexican ancestry, that's not her race. I wonder what she writes on the census data.

### Open the State House!

Can you believe that the Massachusetts State House remains the only state capitol building in the nation that's still off-limits to the public? Outside the State House, a sign reads “closed to the public until further notice.”

Our legislators running Beacon Hill are milking the COVID-19 pandemic for every last drop. House Speaker Ron Mariano claimed in an interview over the weekend that his “concern” is “public safety.”

It reminds me of what the Lawrence city council is trying to do with zoom meetings.

Yet these same Democratic leaders who are “concerned” about safety aren't remotely concerned about it when they're holding maskless gatherings.

For them, pandemic restrictions have been a godsend. They never much cared for transparency anyways.

## Tiered Focused Monitoring review of Lawrence Public Schools in the areas of Special Education and Civil Rights begins January 10, 2022.

During the week of January 10-14, 2022, the Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct a Tiered Focused Monitoring Review of Lawrence Public Schools. The Office of Public School Monitoring visits each district and charter school every three years to monitor compliance with federal and state special education and civil rights regulations. Areas of review related to special education include student assessments, determination of eligibility, the Individualized Education Program (IEP) Team process, and IEP development and implementation. Areas of review related to civil rights include bullying, student discipline, physical restraint, and equal access to school programs for all students.

In addition to the onsite visit, parent outreach is an important part of the review process. The review chairperson from the Office of Public School Monitoring will send all parents of students with disabilities an online survey that focuses on key areas of their child's special education

program. Survey results will contribute to the development of a report. During the onsite review, the Office of Public School Monitoring will interview the chairperson(s) of the district's Special Education Parent Advisory Council (SEPAAC). Other onsite activities may include interviews of district staff and administrators, reviews of student records, and onsite observations.

Parents and other individuals may call Moses Nduati, Public School Monitoring Chairperson, at (781) 338-3707 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements.

Within approximately 60 business days after the onsite visit, the review chairperson will provide the Lawrence Public Schools with a report with information about areas in which the district meets or exceeds regulatory requirements and areas in which the district requires assistance to correct or improve practices. The public will be able to access the report at <http://www.doe.mass.edu/psm/tfm/reports/>

**“Nuestra libertad depende de la libertad de prensa y no puede ser limitada pues la perderemos.”**

**“Our liberty depends on the freedom of the press, and that cannot be limited without being lost.”**

**- Thomas Jefferson**

## CATO Freedom report: New Hampshire is the freest state, New York is the least free in U.S.

Daily Journal

By Bethany Blankey | The Center Square contributor

New Hampshire is the freest state in the U.S. compared to the rest of the country, while New York is the least free, according to the CATO Institute's latest “Freedom in the 50 States” report.

The nonprofit think tank's report provides an in-depth look into personal and economic freedoms on a state-by-state basis. It ranks all 50 states according to how their public policies affect individual freedoms economically, socially and personally, ranging from taxation to debt, from eminent domain laws to occupational licensing, and from drug policy to educational choice.

“Measuring freedom is important because freedom is valuable to people,” the report states, as “a means to their flourishing ... and an end in itself. At the very least, it is valuable to those whose choices are restricted by public policy.”

“Freedom” is a moral concept,” CATO argues, and its definition is grounded in individual liberties. “Individuals should not be forcibly prevented from ordering their lives, liberties, and property as they see fit, as long as they do not infringe on the rights of others.”

The overall freedom ranking assesses

state policies related to fiscal, regulatory and personal categories within which are multiple criteria. According to its metrics, New Hampshire is overall the freest state in America.

Rounding out the 10 freest states are Florida, Nevada, Tennessee, South Dakota, Indiana, Michigan, Georgia, Arizona and Idaho.

New York leads in most categories in the 313-page report as one of the least free states. It's the least free state overall, followed by Hawaii, California, New Jersey, Oregon, Maryland, Delaware, Vermont, New Mexico and Rhode Island.

When it comes to which state is the most fiscally free, Florida ranks first. In this category, states were assessed based on their policies related to taxation, government employment compared to private employment, spending compared to debt, and fiscal decentralization.

Rounding out the top ten freest states fiscally are Tennessee, New Hampshire, South Dakota, Pennsylvania, Georgia, Missouri, Massachusetts, Indiana, and Nevada.

The least fiscally free states are



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Hawaii, New York, New Mexico, Nebraska, Vermont, Mississippi, Delaware, Iowa, Oregon, and California.

When it comes to regulatory policy, CATO assessed states' liability system, property rights, health insurance, and labor market policies. In this category, Kansas is the freest state, followed by Nebraska, Iowa, Idaho, Wyoming, South Dakota, Georgia, Utah, Wisconsin and Indiana in the top ten. The analysis notes, “As with fiscal policy, states that rank highest on regulatory policy are mostly conservative, but they tilt toward mid-western more than southern. In general, these are ‘good-government’ states.”

The least free states with the most

government regulations, are California, New Jersey, New York, Maryland, Oregon, Hawaii, Vermont, Rhode Island, Massachusetts and Washington.

When it comes to personal freedom, which CATO defines according to a range of categories such as victimless crimes, guns, tobacco, and education, Nevada is the freest state. New Hampshire isn't far behind, followed by Maine, Vermont, New Mexico, Arizona, Colorado, Michigan, Oregon and Alaska in the top ten.

The least personally free states are again New York followed by Texas, New Jersey, Delaware, Hawaii, Kentucky, Arkansas, Connecticut, Idaho, and Wyoming.



## Library kicks off new gallery exhibits with art quilts by Ellen Fisher



BeaverBrook6

“Translating Nature Into Fabric,” an exhibit of art quilts by Ellen Fisher, will be on display at the Nashua Public Library from January 8 to February 26.

Fisher prints or dyes most of the fabrics herself, using plants that she grows in her garden or collects locally—goldenrod, sumac, wild rose and raspberry, for example. As a result, she says, her quilts reflect features of the local area, and “The plants tell their own stories.”

From these custom fabrics Fisher creates quilts using classic techniques, such as piecing, appliqué, and hand and machine stitching, as well as less-traditional raw-edge collage and fabric painting.

“The inspirations for my art quilts,” Fisher says, “are natural forms: streams, trees and shadows.” The scale of her subjects varies from whole landscapes to tiny details.



Jamie's Tomatoes

### Meet the artist

Fisher will hold a reception and give a talk about her work on Thursday, January 13, from 6 p.m. to 8 p.m. downstairs in the library’s Art Gallery. The event is free and open to the public.

The exhibit can be viewed anytime the library is open.

The library is located at 2 Court Street. Visit [nashualibrary.org/visit/directions](http://nashualibrary.org/visit/directions) for directions and parking information.

Artists wanting information about exhibiting at the library should contact Holly at [holly.klump@nashualibrary.org](mailto:holly.klump@nashualibrary.org) or (603) 589-4633.

### Rural roots

Fisher grew up in rural Maine, learning both gardening and sewing from her family. As an adult she worked in landscape design and conservation but returned to sewing about 20 years ago, when she learned quilting and began creating her own designs.

### Previous shows

Among the venues where Fisher’s quilts have been exhibited are the New England Quilt Museum, Fitchburg Art Museum, Whistler House Museum of Art and ArtSpace Maynard.

## What a memorable weekend!

On Saturday and Sunday, the clay team hosted our second annual Clay Studio Sale. This year, the sale was highlighted as part of the Lawrence Winter Art Walk.

I knew our clay team was talented, but seeing their work curated into individual collections was such a wow!

Through their generosity—and that of Anne Thiam and Iris Adams—we raised \$4,000 for Essex Art Center. The visitors who came through our space left having experienced the power of our Fall exhibitions *Shaping Things* and *Remembered*, and many of them went home with unique handmade creations that they will cherish or give as gifts for their loved

ones.

On behalf of the Board, Staff, and Faculty of Essex Art Center, I want to thank all the artists who participated and everyone who visited. We are grateful to have been a destination for you during this holiday season.

With gratitude,

Monica + the EAC Team

P.S. As we deinstall our current exhibitions and prepare for the Sound Gallery on Friday, our galleries will be closed.

## UPCOMING WORKSHOPS

If you're feeling generous and want to help support our free programming and grow our impact in Lawrence, you can make a gift.

- Sound Gallery Vol. 1 is a variety show of spoken word poetry, folk, rock, electro-pop, and experimental hip hop curated by our friend Felipe Collazo. Tickets are priced on a sliding scale, with 80% of the proceeds supporting the performers.

Below we're highlighting a few of our upcoming classes and workshops. Please see our Winter brochure in English or Spanish to see the full listing.

Screen Printing on Clay  
Sun | Jan 9 | 2:00 PM-4:00 PM | Ages 16+ | \$40 | Sally Lee

Drawing Foundations  
Sat | Jan 15-Feb 19 | 2:00 PM-3:30 PM | 6 Sessions | Ages: 10 yrs. to 18 yrs. | \$125 | Mekhi Mendoza

Painting: Abstraction  
Fri | Jan 14-Feb 18 | 10:00 AM-12:00 PM | 6 Sessions | Ages: Adults 16+ | \$165 | Jim Zingarelli

Sculpting Animals  
Wed | Jan 12-Feb 16 | 4:30 PM-6:00 PM | 6 Sessions | Ages: 8 yrs. to 16 yrs. | \$125 | Tena Millard

Essex Art Center logo  
Connect with us online at [Monica@essexartcenter.org](mailto:Monica@essexartcenter.org)

56 Island Street, Lawrence, MA, 01840

Facebook and Twitter



## Holiday schedule for the Nashua Public Library

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

- Friday, December 24-Sunday, December 26: Closed.
- Friday, December 31-Sunday, January 2: Closed

If you have questions, call the library at 603-589-4600 or email [information@nashualibrary.org](mailto:information@nashualibrary.org).

# Rumbo

“The Bilingual Newspaper of the Merrimack Valley”

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# Las muertes por ataques cardíacos son más probables durante la temporada festiva de invierno que en cualquier otra época del año

Prepárate para unas vacaciones saludables para el corazón y evita sufrir un ataque cardíaco con estos consejos

La investigación a lo largo del tiempo ha demostrado un aumento en los eventos cardíacos durante la temporada festiva de invierno, y más personas mueren por ataques cardíacos entre el 25 de diciembre y el 1 de enero que en cualquier otro momento del año.

La American Heart Association, la organización sin fines de lucro líder en el mundo dedicada al fomento de la salud cardíaca y cerebral de todas las personas, tiene consejos y recursos para ayudarlos a ti y a tus seres queridos a tener una temporada festiva feliz y saludable.

“Las fiestas de fin de año son un período ajetreado y, a menudo, estresante para la mayoría de nosotros. Las rutinas se interrumpen; es posible que comamos y bebamos más, y hagamos ejercicio y nos relajemos con menos frecuencia. También es posible que no escuchemos a nuestros cuerpos o que no prestemos atención a las señales de advertencia, pensando que pueden esperar hasta después del nuevo año. Todos estos factores pueden contribuir al aumento del riesgo de sufrir ataques cardíacos en este momento del año”, afirmó la voluntaria de la American Heart Association, Bertha Hidalgo, Ph.D., M.P.H. y profesora asociada del departamento de Epidemiología de la Universidad de Alabama en Birmingham. “Esto puede ser aún más probable para muchas personas que no pudieron estar con sus familiares y amigos el año pasado debido a las restricciones relacionadas con el COVID-19. Es increíblemente importante estar al tanto de estos riesgos. Toma algunas medidas sencillas que pueden ayudarte a mantener tu corazón sano con mucho para celebrar en el nuevo año”.

Estas son algunas de las cosas que hay que tener en cuenta (una lista que recomendamos revisar dos veces):


- **Conoce los síntomas y toma medidas:** los signos de los ataques cardíacos puede variar en hombres y mujeres, y es importante que los identifiques temprano y llames al número de emergencias para obtener ayuda. Cuanto antes comience el tratamiento médico, más posibilidades habrá de sobrevivir y prevenir daños al corazón.
- **Celebra con moderación:** esta es una temporada caracterizada por los cambios poco saludables en la dieta y un mayor consumo de alcohol. Comer de forma saludable durante las fiestas no tiene que significar privarse de darse gustos, siempre hay formas de comer de forma inteligente. Trata de hacer cambios pequeños y saludables, y los que puedas hacer para que te sigas sintiendo en óptimas condiciones mientras comes y bebes con moderación, y no olvides cuidarte del sodio.

- **Planifica traer paz y ser amable contigo mismo:** tómate el tiempo de cuidarte durante las ajetreadas fiestas de fin de año. Reduce el estrés de las interacciones familiares, los problemas financieros, los horarios ajetreados y otros factores estresantes que son frecuentes en esta época del año, incluidos los viajes.
- **Mantente en movimiento:** la American Heart Association recomienda, al menos, 150 minutos de actividad física por semana, un número que suele descender durante el alboroto de las fiestas de fin de año. Sé creativo en cuanto a las formas de mantenerte activo, incluso si decides caminar en familia o practicar otra actividad divertida que puedas hacer con tus seres queridos.
- **No olvides tus medicamentos:** los días festivos ajetreados pueden hacer

que te saltes medicamentos, los olvides cuando estés lejos de casa o que no obtengas reposiciones de medicamentos de manera oportuna. Esta es una tabla de medicamentos para ayudarte a mantenerte al día y garantizar que mantengas tu presión arterial bajo control.

Obtén más información acerca de los ataques cardíacos aquí.

- Recursos adicionales:
- English news release
  - Infografía de manejo del estrés
  - Viajes saludables
  - Cardiac Mortality Is Higher Around Christmas and New Year's Than at Any Other Time: The Holidays as a Risk Factor for Death. *Circulation*, 2004
  - The “Merry Christmas Coronary” and “Happy New Year Heart Attack” Phenomenon (Commentary). *Circulation*, 2004



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THE MERRIMACK VALLEY CHAMBER OF COMMERCE

ANNUAL MERRIMACK VALLEY  
MAYORS & MANAGERS BREAKFAST FORUM

FRIDAY, JANUARY 14th, 2022

7:15 AM to 9:15 AM

Michael's Function Hall, 12 Alpha St., Haverhill, MA

Includes a Full Hot Breakfast Buffet served at 7:15 AM

Confirmed/Invited Special Guest Speakers:

- Massachusetts Lt. Governor Karyn Polito *Invited*
- Amesbury Mayor Kassandra Gove *Confirmed*
- Andover Town Manager Andrew Flanagan *Confirmed*
- Haverhill Mayor James Fiorentini *Confirmed*
- Lawrence Mayor Brian De Pena *Confirmed*
- Lowell City Manager Eileen Donoghue *Invited*
- Methuen Mayor Elect Neil Perry *Confirmed*
- Newburyport Mayor Sean Reardon *Invited*
- No. Andover Town Manager Melissa Murphy-Rodrigues *Confirmed*

Thank you to our Sponsors to date: All-Pro Electric; Covanta; Merrimack Valley Chamber Means Business Program; TEC, Inc The Engineering Corp; National Grid

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\$30.00 Member
Merrimack Valley Mayors and Town Managers Breakfast
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Friday, January 14th, 2022

Please make \_\_\_\_ reservations (Attach Names of Attendees if needed)

You may now Register for this program, and/or pay online with secure Credit Card payment at [www.merrimackvalleychamber.com](http://www.merrimackvalleychamber.com) with American Express, Discover, Master Card or Visa. You may also Pay by cash, check or credit card at this Chamber program.

\_\_\_\_ Check enclosed payable to Merrimack Valley Chamber of Commerce    \_\_\_\_ Bill Me (Members only)

\_\_\_\_ Credit Card: on location

Name \_\_\_\_\_

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# 2021 Leading by Example Award to UMass Lowell

**UMass Lowell honored as leader in sustainability.**

**State recognition caps year of achievements in the field**

UMass Lowell has won a 2021 Leading by Example Award for its multifaceted approach to promoting sustainability and improving the environment.

Overseen by the Massachusetts Department of Energy Resources, the Leading by Example program works with state agencies and public colleges and universities to advance clean energy and sustainable practices that reduce the environmental impacts of state government operations.

It is the fifth time UMass Lowell has been honored with a Leading by Example Award since the program began in 2012.

This year, the university was honored for identifying the strategies and technologies needed to meet campus energy needs while pursuing carbon neutrality by 2050 or sooner. UMass Lowell shared the award with four other public universities in the state and was commended for fostering collaboration with them, sharing best practices that can be implemented at other state facilities.

“Public sector leaders at the state and local level play a crucial role in contributing innovative approaches and solutions that help our state meet its ambitious climate and clean energy goals,” said Gov. Charlie Baker about the Leading by Example program. “The award ceremony is an opportunity to celebrate the good work of our state and municipal leaders and the action they are taking to protect our environment, reduce costs and embrace forward-looking solutions to our energy challenges.”

UMass Lowell’s award spotlights the work of the university’s Rist Institute for Sustainability and Energy (RISE), which advances research in the field and promotes community action toward solving environmental challenges.

“In the last three years, our talented faculty have brought in almost \$40 million in funding focused on climate change, energy and sustainability. As our expertise grows, so does the sense of urgency,” said UMass Lowell Chancellor Jacquie Moloney. “The enormity of the challenge that we face to meet our individual and collective climate, energy and sustainability goals is significant. It’s not a task for any one organization, one industry or one profession; it is an imperative that we collaborate and coordinate on to realize our collective goals.”

UMass Lowell launched RISE in 2019 through a \$1 million donation from

philanthropists Brian Rist, a UMass Lowell graduate, and his wife Kim Rist.

Along with coordinating research, the institute oversees engagement opportunities for UMass Lowell students and campus-community initiatives such as the Urban Agriculture Program, which provides fresh, locally grown produce to members of the Greater Lowell community.

“We are delighted to receive a 2021 Leading by Example Award for our extensive energy and carbon-reduction planning efforts,” said RISE Executive Director Ruairi O’Mahony. “Our goal is to create sustainability blueprints that can be replicated at scale, not only at UMass Lowell, but in communities throughout our region and across the world.”

RISE has consistently won praise from other organizations working to improve the environment. Again – for the third consecutive year – UMass Lowell ranks No. 1 in its commitment to sustainability among Massachusetts colleges and universities, according to the Association for the Advancement of Sustainability in Higher Education. The organization gives UMass Lowell a “Gold” designation in its STARS (Sustainability, Tracking, Assessment and Rating System) ranking, which measures institutions’ success promoting sound environmental practices and programs.

The Princeton Review’s 2021 Guide to Green Colleges also singles out UMass Lowell, citing it among the nation’s most environmentally responsible higher ed institutions, while the Sierra Club ranks UMass Lowell No. 24 among more than 325 colleges and universities across the country on its “Cool Schools” list, which commends the country’s most “green” campuses. And, this year, in an inaugural ranking, UMass Lowell is certified as a “zero waste” campus by the Post-Landfill Action Network and checks in at No. 6 on the organization’s “Zero Waste Campuses” list.

UMass Lowell is a national research university located on a high-energy campus in the heart of a global community. The university offers its students bachelor’s, master’s and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers high-quality educational programs, vigorous hands-on learning and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. [www.uml.edu](http://www.uml.edu)



Massachusetts Secretary for Energy and Environmental Affairs Kathleen Theoharides, third from left, presented UMass Lowell with a 2021 Leading by Example Award on Thursday, Dec. 9. Members of the UMass Lowell team included, from left, Energy Manager Daniel Abrahamson, RISE Executive Director Ruairi O’Mahony, Vice Chancellor of Research and Economic Development Julie Chen, Vice Chancellor of Finance and Operations Steven O’Riordan, Associate Vice Chancellor for Administrative Services Thomas Miliano and Executive Director of Operations and Services Terrence McCarthy. (Photo credit: Ed Brennen for UMass Lowell)

## Haverhill Fire that Damaged Several Vehicles Was Accidental Vapor from Overflowing Heating Oil Ignited

Haverhill—Haverhill Fire Chief Robert M. O’Brien and State Fire Marshal Peter J. Ostroskey said today that yesterday’s fire at a Haverhill fuel depot was accidental and caused by the ignition of vapor from oil that had overflowed while filling a tanker truck.

The fire at 168 Hale St. was jointly investigated by the Haverhill Fire Department and the State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal’s office, with assistance from additional State Police units. Investigators determined that the tank

of an oil tanker truck was being refilled when the operator was unable to turn off the flow of oil. Overflow oil between the truck’s cab and tank reached the hot surface of the exhaust and regeneration system, and the spreading vapor ignited. The tanker and several other vehicles were badly damaged or destroyed.

Haverhill firefighters responded to the scene rapidly and limited the spread of the flames, Chief O’Brien said. No one was injured, said State Fire Marshal Ostroskey, and there was no indication of criminal conduct.

# Rumbo

**“The Bilingual Newspaper of the Merrimack Valley”**

**WWW.rumbonews.COM**

### Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>                      [heallawrence@aol.com](mailto:heallawrence@aol.com)  
<https://www.facebook.com/heallawrence.mass>

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